



THE *Minnesota* PREP COACH

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THANK YOU DARIEN

Thank you Darien DeRocher. Thank you for nearly 50 years of service to the Minnesota State High School Coaches Association and the thousands of members you have served over the past 50 years. Darien has chosen to step down as the Prep Coach editor so that he will be able to spend more time with his wife, Mary, as she goes through rehabilitation following a very serious fall, in their home, in October.

Darien began his service to the Coaches of Minnesota serving as a delegate for District 16 in the years prior to being named as the Executive Secretary of the Minnesota State High School Coaches Association in 1975. Darien succeeded Art Avis. At the same time Darien started his tenure as Executive Secretary, he also took over the duties as Editor for the Prep Coach. Darien continued in that position through his tenure as Executive Secretary and for the past 16 years after retirement. That means that every Prep Coach since 1975 has been produced through the efforts of Darien.

In his first article in of the Prep Coach, Darien talked about the importance of communication. I don't know if there is any one skill that is more important than communication. The face of high school athletics in the state has changed dramatically since Darien wrote his first article. We have added numerous classes to sports, we have added numerous sports and girl's sports have grown to the same level as the boy's sports. During the growth and change in our high school sports, it is the skill of communication that has helped guide the decision making process. The important part of this, from my viewpoint, is how this represents one of Darien's favorite plea; "Don't do anything to Coaches, or for Coaches, without including Coaches in that decision." I think it is fair to say that, over the years, the process that has been put in place with the MSHSL and the various Advisory Committees has evolved into an effective way for coaches to be included in that decision making process and how our sports are governed. That is not to say the every decision that is arrived at is the one we liked the best but at least the inclusion in the process gave us a voice.

The time, effort, dedication and "Labor of Love" that Darien



has poured into the MSHSCA can never be appreciated enough. The coaches of the State of Minnesota are all in a better position today because of Darien's strong leadership. On behalf of all of the coaches of Minnesota, thank you Darien and God speed as you take some time to step back and enjoy your time with your wonderful partner, Mary.

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The Minnesota PREP COACH

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President's Message

By: Todd Smrekar, President
Cambridge-Isanti High School

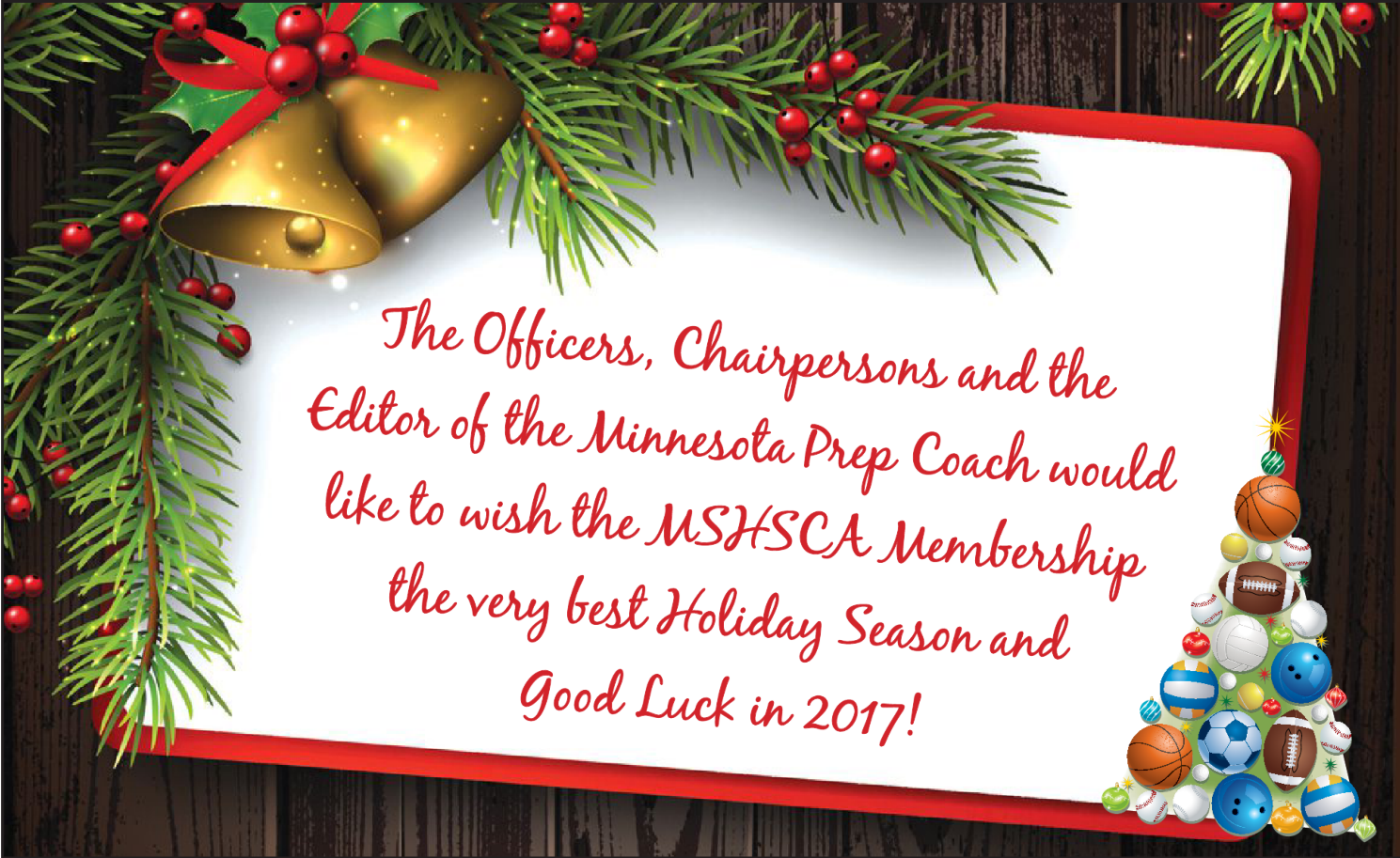
It is hard to believe, but winter is definitely here. A fresh blanket of snow and cold temperatures have settled in, our first state tournaments of the school year are already in the books, winter sports seasons are in full swing, and the holiday tunes are playing on KOOL 108. As the father of a senior who has competed in swimming and hockey for as long as I can remember, I am trying to savor each competition, as there have been many "last moments" already this year. It is bitter sweet, no doubt about it. Rest assured, no matter when that last buzzer sounds on her career, I know that she will have learned so many valuable lessons and be ready for the next phase of her life no matter what.

Referencing my September message, I mentioned the value of what we do as coaches and how today's youth need good coaching now more than ever. I have always known the value of what we all do as coaches, but it has been reinforced so many times over as I have watched my daughter's athletic career. The way her coaches have pushed her and her teammates to

achieve great things. However, greatness is not always a gold medal or a championship trophy. Simply, the value in good old fashioned hard work, dedication, commitment to the process, cooperation, and setting achievable and measurable goals. That's the value in what we do. These are things that don't take super human effort, and are skills that athletes take with them as they move onto to next phase of their life.

Coaches may not always get the credit they deserve, we all know that, it is tough a job that has multiple demands. Stay with it, kids need good coaches. Our society will be better off as a result. Ultimately, the life lessons that my daughter has learned fighting through build up for section swimming, and morning practices in hockey, will transfer into the next chapters of her life, I am sure of that!

I am wishing you all the very best to you and yours as we flip the calendar to 2017. I hope your holiday season is filled with all that matters the most to you.



*The Officers, Chairpersons and the
Editor of the Minnesota Prep Coach would
like to wish the MSHSCA Membership
the very best Holiday Season and
Good Luck in 2017!*

After the Game Bring Your Team to 



SNYNCHRONIZED SWIMMING

By: Kathryn Henderson

Capitalizing Olympic Excitement to Help Boost Local Enrollment.

Synchronized swimming is a sport where it's members are extremely passionate about all of it's quirky, difficult, artistic characteristics. But, those who are not involved with the sport rarely give it a second thought besides the occasional spoof they see on TV or in a movie. So, when the Summer Olympics come around every four years, those of us who coach the sport take the opportunity to advertise a little more than usual.

Synchronized swimming coaches know that "synchro" is a great sport for building strong, confident girls. It combines athleticism and artistry like few other sports can do, and although we've been around for decades, we still struggle increasing our numbers/teams. Our MN State Invitational Championship typically has 14-15 teams competing (almost 300 athletes), and that has remained the same for many years. Parents of synchronized swimmers often comment about how incredible the sport is, love what it does for their daughters, and question how come more girls don't participate. Many of our swimmers learn about it through word-of-mouth. That's why the hype and enthusiasm created by the Olympics can aid in our cause. Watching Olympic-level synchro is inspiring, and it gives our local high school swimmers an opportunity to boast about their sport to others.

The games in Brazil this past summer did not disappoint with inspiring the synchronized swimming community. All of the athletes, from all countries, performed wonderfully, and since we're a fairly small sport we all like to claim our six-degrees of separation from an Olympian. For those of you reading this that didn't get to see the best of the best from our sport, here is a link to some of the duet footage from the Olympic games: <http://stream.nbcolympics.com/synchronized-swimming-duets-free-routine-final>. For those of you preparing for the upcoming 2017 synchro season, the link is sure to get you ready for all the quirky, difficult, and incredibly FUN times ahead with our high school athletes.



FLIP NOTES



By Toni Kleber, Moorhead

The gymnastics season has begun! Coaches and gymnasts are working hard on routines and preparing for competitions.

All coaches should have completed the online rules interpretation meeting and continuing education requirements by this time. Please make sure your assistant coaches have completed all their requirements as well.

Reminder for all head coaches to join the Minnesota High School Coaches Association before the January 8th deadline. The link can be found on our website www.MGGCA.org. Click Forms, then click Membership to complete your registration. Head coaches must be a MHSCA member for their gymnasts to be eligible for All State, All State Honorable Mention, All State Elite, and Academic awards. You must also be a member to be eligible for the Coach of the Year award. Assistant Coaches are encouraged to join as well and are then eligible for the Assistant Coach of the Year award.

As your meet season begins, please send your scores to Colleen Stark Haws. Class A schools need to email both Colleen and Jen Harmoning. Instructions can be found on our mggca.org site, as the process has changed. Remember to include your team name and date of meet in your email. Also remember to enter your meet scores and rate your judges on mshsl.org.

Good luck to all the great teams across the state of Minnesota. Have a safe and fun season!

ADAPTED ATHLETICS

By: Marcus Onsum, Robbinsdale

President, Minnesota Adapted Coaches Association

Our fall adapted soccer season has now wrapped up, and many of our adapted coaches and athletes find themselves preparing for the upcoming, exciting and fun filled adapted hockey season. Most, if not all, of our athletes are in the process of making the transition from one sport to another, and are already fired up to get the hockey season started! The adapted floor hockey regular season will be in full-swing by mid-January, with the state tournament being held at Bloomington Jefferson High School on March 17 & 18, 2017.

Since the last issue of Minnesota Prep Coach in September, state champions were crowned in adapted soccer. The adapted soccer state tournament was held on November 18 & 19 at Stillwater High School, and we had another great turnout. In the PI division, Anoka-Hennepin repeated as state champions, defeating Robbinsdale-Hopkins-Mound Westonka 3-1. In the CI Division, Park Center also repeated as champions, defeating North Suburban, 9-5. Congratulations to both of these programs on their fantastic seasons!

During the soccer season, our coaches returned to in-person

rules meetings, in addition to the MSHSL online meetings as a means of eliminating some issues that have arisen over the last several years. We discussed items associated with game play, our conference policies and website access, coaching ethics and several other topics. This meeting was a success, and we will be holding these in-person meetings for the rest of our adapted sports for the foreseeable future. The floor hockey coaches meeting is set for December 12, 2016, at Robbinsdale Armstrong High School at 6:00 PM.

Good luck to all of our floor hockey teams this winter, and I hope everyone is able to enjoy a safe, fun filled season!

CHIP SHOTS



By: Bob Gorden
Detroit Lakes

Hope everyone is having a great school year, our coaches teaching, and the ones retired from teaching. Enjoy and have a great off season. Like a friend of mine says, when you are retired, every day is like a Saturday. The only day we know isn't a Saturday is Sunday, because the paper is a lot thicker.

Wow, where did our fall go? Time seems to fly by faster every year. Only in Minnesota can we be golfing on a Wednesday, November the 16th, and have a snow day and first blizzard on Friday, November 18th. Winter sports are all in full swing, that means under 4 months and our 2017 golf season will begin.

If you haven't joined the Golf Coaches Association for 2016-2017, please do so and take advantage of the benefits for the entire school year. Remember the Coaches Association year runs from July to July and not the calendar year, so make your dues count. The million dollar insurance policy is in effect for the entire school year, and your membership pass gets you into most High School and College events all school year long. You will be on our association email list as a registered coach, and receive all of our emails during the entire school year. This is how we can get hold of and communicate with all of our coaches. So don't wait until spring golf season, join now if you haven't yet.

Other upcoming 2017 Golf dates:

Coaches online rules begins March 13. This has to be completed by March 28, 2017, with the State High School League. This is on your coach's clipboard on the MSHSL website.

Deadline to complete the Eligibility Verification forms is March 30, 2017.

Practice can begin March 20! Wow, this is just under 4 months from this writing of Chip Shots. Good luck organizing and getting ready for your new season!

Last day to play sections is June 6, 2017, and the State Tournaments are June 13-14, 2017, at the same sites. Class A will be at Pebble Creek GC in Becker. Class AA will be at Ridges at Sand Creek GC in Jordan, and Class AAA is at Bunker Hills GC in Coon Rapids.

I am fortunate that both my wife Diane and myself are retired and have been able to head to Arizona with our kids and grandkids for the winter months. We walk, hike golf a lot, and enjoy seeing sunshine almost everyday. If you need to contact me about anything, please do. My mailing address is 24878 North Melissa Drive, Detroit Lakes, Mn. 56501. My mail is forwarded to me in Arizona. You can also email me at bdgorden@detlakes.k12.mn.us, or call my cell anytime, 218-234-5509.

Have a great Holiday Season and Happy New Year. Think green and see you on a course. Golf Coaches Association President Bob Gorden



ICE CHIPS

By: Mike MacMillan

MHCA Executive Director

Another season is upon us and we are looking forward to an awesome year of high school hockey. With the completion of the summer STP programs, summer tournaments, captains practice, tryouts and scrimmages, it is time to get after it!

It has been an exciting Fall for MHCA getting ready for the season. We have redesigned our website, and encourage all to check out the new look and all the stories and events shaping High School Hockey in Minnesota! www.mnhockeycoach.sportngin.com You will also be able to link into our Twitter and newsletter accounts off the website.

We hosted, along with our Corporate Partners, the first State Of Hockey High Performance Coaches Summit in St. Paul this fall, and it was a major success. We teamed up with the Minnesota Wild, Minnesota Hockey, USA Hockey and State Of Hockey to educate coaches of all levels from Mites to High School from across the State! A Championship group of coaches spoke including, The Minnesota Wild's, Matt Majka and Jamie Spencer, as well as GM Chuck Fletcher and Head Coach Bruce Boudreau. The Clinic also included a panel discussion with all of the State's Division I head coaches, Don Lucia, Tom Serratore, Mike Hastings, Bob Motzko and Scott Sandelin. We also reached out and had the MIAC Championship coach, Chris Brown, from Augsburg speak. We were honored to have new Wisconsin coach, Tony Granato, Air Force coach, Joe Doyle, Phil Osaer, Guy Gosselin, former Rochester JM Grad, and Roger Grill, former Apple Valley Grad, from USA Hockey and National Championship Coach from North Dakota, Brad Berry speak. In 2017, be moving our Hall Of Fame presentation to the State Of Hockey High Performance Coaching Summit, on September 22 & 23, 2017. To nominate potential High School Hockey Hall of Fame candidates, please go to our website!

After the Game Bring Your Team to 



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

And then it was over! It is hard to believe that we have completed the fall season and have named the new state champions for the 2016 Fall Sports. Congratulations to all of the state champions. I also want to congratulate each of you for the hard work and dedication each of you have put forth as you prepared your teams and helped each of them to be the best that they could be. The role each of you plays in Education Based Athletics should never be overlooked or undervalued. You do make a difference in our future leaders lives in teaching each of them how to commit and focus on their journeys. I would like to give you an early heads up on the Awards Banquet for the 2016-2017 year. We honor every state champion coach, coach of the year and assistant coach of the year at our annual banquet, and that banquet will be held on October 14, 2017. I will be contacting each award recipient with information, but please mark this date down and keep it open.

This has been a very difficult fall for the MSHSCA as we have lost some real icons of coaching and leadership in our state. Past President Tim Johnson, swim coach at Mankato East, passed away in October. Tim is a past George Haun Award winner and coached for 40 years. George Hanson passed away in October after a long battle with Alzheimer's. George was a former basketball coach at Detroit Lakes and the University of Minnesota. Following his tenure at the U of M, George went on to work for the Minnesota State Department of Education where he, along with Ed Prohofsky, started the Adapted Athletic Program in our state. Bob Nangle of Pipestone passed away in early November. Bob was a long time AD at Pipestone and served on numerous committees for the MSHSL. Bob was a leader and tremendous advocate for coaches. Jim Walsh, longtime coach and

AD at Osakis, passed away in mid November. Jim coached for more than 40 years and will be remembered in the tennis world for all of his work with the tennis players from Osakis over the years. Bill Frantti, Hall of Fame hockey coach, passed away the third week of November. Bill is an icon in the world of St. Cloud hockey dedicating his life to the development of programs in the St. Cloud area. We, in the coaching profession, have been richly blessed by the great body of works these gentlemen have accomplished in their long and storied careers. Thanks Coaches!

The September Prep Coach featured a page with information about the Jason Foundation. Each of us has the opportunity to play a significant role in recognizing the signs and symptoms of suicide in a student athlete. Minnesota is a member of NOCAD and we are teaming together to provide all of our membership access to the Coaches Assistance Program. To find out more about this great training contact www.jasonfoundation.com/coachesassistanceprogram/ it is important for each of you to at least check this out.

A proposal has been made to the Representative Assembly of the MSHSL to limit contact days in the summer with athletes. Each sport will be impacted if this proposal is passed. There may be some who all for this and there are some who are totally against it. I feel that it is the responsibility of every coach to read the exact wording of the proposal and determine how it would impact your program as you currently have it structured. Coaches need to be proactive on their own behalf and the behalf of their programs. I know some of the sport associations have already addressed the proposal, but this is not an issue that should be left up to the leadership alone to address. You each need to make your feeling known as well as the rationale for the way you feel.

Mary and I want to wish each of you a very blessed Holiday Season. As we prepare to begin our last year as your Executive Directors, we want to thank each of you for all you do. Education Based Athletics is a wonderful experience that we need to continue to provide to all of our students. The vast majority of those of us who have chosen the profession of coaching have had the same experience that we are trying to provide for our young men and women. I think most of us can agree that our lives would be significantly different if it had not been for the opportunities we all received from Education Based Athletics. Thanks for helping to continue to provide these opportunities.

EMAIL CHANGE:

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at
jomar2@arvig.net



CLEARING HURDLES



By: Gary Wade, Rushford-Peterson HS
Minnesota Track and Field Coaches Association

I hope everyone had a wonderful Thanksgiving with family and friends. The holiday season is a busy time of year, make sure to slow down and enjoy it.

This year's Track and Field Clinic will be January 26-28, and will be held at the Bloomington Double Tree. I would like to thank clinic directors Craig Nelson, Dave Wieber and Johnny Josephson for all their hard work in putting together a great clinic.

The clinic starts Thursday evening with the true team meeting followed by a friendly social. This year's speakers will include Heather Miller Koch as well as many outstanding Olympic, college and high school coaches. We will have 48 hours of track and field instruction, a Hall of Fame banquet, two coach's socials and over 900 pages of track and field notes. More clinic information and registration can be found at <http://www.mshsca.org/Track> be sure to get registered early.

Finally, I would like to encourage all of you to get more involved with the track and field association. From the true team to the coach's clinic, it is the volunteer coaches that have made these events so successful. So please consider getting involved. See you at the clinic!

MINNESOTA TRACK & FIELD COACHES ASSOCIATION CLINIC 2017



Save the Date!

January 26, 27 & 28, 2017
Bloomington DoubleTree Hotel
and Conference Center.

Register Online and Reserve your room at:
<http://www.mshsca.org/trackclinic>

Some of this year's speakers include: Olympic Heptathlete Heather Miller Koch, her Coach Ryan Koch, Distance Guru Scott Christensen, Throws Guru Rob Lasorsa, National Coach of the Year Aaron Berndt and Vertical Jumps Expert Matt Kolb.

This year's clinic will include 48 hours of Track & Field instruction from some of the top coaches in the world! It will also include two coaches socials and a Hall of Fame Banquet. Coaches will also receive notes for each presentation. All this for the bargain price of \$100.

For additional information contact Craig Nelson or Rod Fuchs at: nrcraignelson@hotmail.com, rod_fuchs@hotmail.com

USE YOUR MEMBERSHIP CARD

Your 2016-2017 Membership & Insurance
Expires July 31st.

Have your new card for fall sporting events.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

Park Center does NOT accept Membership Cards for admission.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession

Date Issued

Executive Director

The card is white with Blue Ink for the year 2016-2017.

2016-2017 Membership Card

Minnesota State High School Coaches Association

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Phone: (218) 847-6796 • Email: jomar2@arvig.net

Website: www.mshsca.org

President, Todd Smrekar - Cambridge-Isanti

John Doe

St Anthony Village

Asst. Football

Head Wrestling

Asst. B/G Track



After the Game Bring Your Team to SUBWAY



CORNER KICKS

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

The state tournament is in the history books. We were the first state tournament in US Bank Stadium and it was a success. The MSHSSCA wishes to thank the Minnesota State High School League and the US Bank stadium and staff for hosting an historical event. Thanks also to the fans who attended the games.

The following teams were crowned state champions.

Girls A	Benilde-St Margaret's	Scott Helling-Christy
Girls AA	Centennial	Ginger Flohaug
Boys A	St. Thomas Academy	Noel Quinn
Boys AA	Stillwater	Jake Smothers

On Wednesday, November 9th, the BSN/MSCSSCA Senior Classic was held at North St. Paul. A good sized crowd was treated to two excellent games. As coordinator for the game I want to thank all those that helped with the game. Announcer Steve Witt, timer Robert Lamb, Doctor Dave Olson (a North High Grad) and trainer Julie Goodman. The staff at North High are so helpful in the success of the game. Special thanks to AD Jed Helwig, administrative assistant Penny LaVick and the best host and helper, Andy Nevis. He makes the job so easy. In addition to these three are the three team managers, Crissy Makela, (Mankato West Girls), Lenard Woelfel (Mankato West Boys) and Jason Arnebeck (Park Boys). Art Seplak (Treasurer), Keith Randa (Apple Valley Girls), College Coordinator Berry Arrowsmith (Blaine Boys), and Greg Juba (retired) all were instrumental in the success of this game. Steve Cook and his officials are to be commended for their role in the games. Darrell Zieske (Skyview girl's assistant soccer coach), the 10 girls from Skyview who served as ball personnel are greatly appreciated by their head coach, me. Certainly, a special thanks to the most important part of the team, my wife, Peggy who puts up with two hectic weeks of getting the game together. It is a team effort, and I have the best team that a coordinator could have.

Many awards are presented to coaches, players and deserving individuals. The following awards were presented at the All-tournament Banquet.

Coach of the Year

Girls A	Mark Anderson	Minnehaha Academy
Girls AA	Megan Johnson	St. Michael-Albertville
Boys A	Rick Toward	Bemidji
Boys AA	Nantha Viswanathan	St. Cloud Tech

Assistant Coach of the Year

Girls A	Pat Prindle	Orono
Girls AA	Mary Dye	Eastview
Boys A	Brent Schacht	St. Croix Lutheran
Boys AA	Tony Price	Woodbury

The highest honor that the MSHSSCA can bestow to an athlete is the Ms. and Mr. Soccer Award. Five individuals from each class are nominated by the section reps and then ranked to give us the athlete that will be honored. They are as follows:

Ms Soccer Class A Girls	Maggie Connors	Visitation
Ms. Soccer Class AA Girls	Makenzie Langdok	St. Michael-Albertville
Mr. Soccer Class A Boys	Jake Makela	Mankato West
Mr. Soccer Class AA Boys	Juan Louis	Minneapolis Washburn

This year two outstanding individuals were given awards for their excellent achievements in soccer. The latest inductee in the Hall of Fame, is Karen Ladue the head girls coach at Rochester Lourdes. She started the program in 1997 and has compiled a 215-105-24 record in the 20 years. She is a Minnesota soccer player having competed at Park-Cottage Grove. She has spent many hours serving on state and local soccer associations. Her credentials clearly warrant consideration for the Hall of Fame, as so she is so honored. Congratulations to Karen on her accomplishments and her Hall of Fame Honor.

The second Award was the Distinguished Service Award. Jody Redman, who oversees the MSHSL education program and the curriculum entitled, "WHY WE PLAY", was given the award. Jody spent many years as the High School Leagues liaison for soccer. Redman has worked at helping the sport, parents, officials, coaches and athletes keep high school soccer relevant. Helping us with length of season, seeding the first state tournament, and relationships between coaches, student-athletes and referees has been an incredible journey and very successful. Even as we joke about the "white home jersey", we can never say thanks enough for this endeavor. Thanks again from all of us.

Thanks to Bill Vance (Totino-Grace Boys) his help with the write-up.

Last year the MSHSSCA was honored to help with a soccer project from one of the applicants for the Mike Worter Scholarship. Abbie Jo Madson included in her application about a project called "Shoot For A Change." This was to build a soccer field in Busolo, Uganda. Here is her update.

"Thank you so much for your time in reading my story and scholarship application. It means the world to me and the rest of "Shoot For A Change" members that you felt inspired to donate. We were able to make a difference across the world and provide the opportunity to be able to laugh, run and play soccer. Thank you, Abbie Jo Madson

You now realize how much we instill in kids for the good. We need to thank you, Abbie, for the lesson that you have taught us about sharing with others in this world. We are extremely proud of what you and your team has done. The other members of her team are: Will Crowley, and Aubin Famiok

As with all things the soccer community was saddened by the death of one of our members. Greg Juba (Park-Girls retired) wrote this for Corner Kicks.

"Born in Wales, Gavin Pugh, came to Minnesota in 2004 to work with Coerver coaching and quickly became one of the

state's most beloved coaches. During the 12 years here, Gavin founded the well-respected coaching program, Dragon Soccer, and acted as the Director of Coaching for Centennial Soccer Club. Gavin coached at Moundsview and Champlin Park. Gavin passed away in Sept of 2016 due to complications from ALS. He is survived by his wife, Christa, and two children. Gavin will be remembered for his infectious personality and the love of the game of soccer. He held a gift for making everyone he knew feel like they were his best friend and the mark he left on the Minnesota soccer community will never be forgotten. "

On another note, we were glad to see Vince Thomas (Eden Prairie Boys) at the state tournament. We wish him continue success in his battle with cancer.

Most times I have stayed away from personal items. But two very good friends have been honored in the past 8 months and I am going to take literary privilege in this issue. The first gentleman (and I mean gentleman) is Wally Wakefield, the longtime sports editor and reporter for the Lillie News

Organization. Wally was given the 2016 MSHSL Outstanding Media Service Award at the 2016 Boys Basketball tournament. You more than deserve this award and I feel it is an honor to know you. Thanks for all the interviews and the times I phoned you from North Dakota in August.

The second is also to another area person, Mark Klingsborn, Tartan Boys basketball coach. Mark was inducted into the Boys Basketball Hall of Fame in November. His 500 wins and success speak for themselves. It has been a great experience to work with you with both at North and Tartan basketball contests. Congrats to an honor well deserving.

Next issue will contain the All America, All Region and National Coaches of the Year awards. Look at the website for additional information you may need. The Holiday Season is here and it is time for family and friends. Enjoy every minute of these special people. 2017 is just a two calendar pages away. Be thankful for the best job in the world. That job is working, mentoring and touching kids' lives. We are all blessed.

FAST TRACKS

Doug Boonstra, Eden Prairie HS

Nordic Ski Coaches Association President

I remember back to the days I was coaching high school hockey. I never had to wonder what the conditions would be like for that practice. Would it be really cold at the rink, would there be wind, snow, rain, hail, let alone, would there be ice? Basketball coaches' biggest worry might be 'will we be sharing the court with another team, or do we get the full court?'. Do you think swim coaches wonder if there is going to be water in the pool? Being a Nordic Ski coach, I know you can guess where I am going with this. Oh, how we cherish those days where the weather pattern is steady, the trail conditions are good, and we can plan our training session without worry about will we be able to get accomplished what we want to, or need to, for that day.

I think most of us coaches look for teachable moments with our athletes, like we do with our own children. How many times have you shared with your own kids, 'Don't worry about the things that are out of your control?' Sometimes we, as coaches, need to be reminded of this ourselves when it comes to the weather, and what we are trying to accomplish. Ultimately, we are trying to provide a safe place for kids to be kids, enjoy each other's company, and learn life lessons through competition. Even if sometimes we feel that we are just an extension of the CC running season, there are many lessons that we can teach. During this extended fall season we are having, let's be reminded, that there are plenty of things that we could spend our time worrying about, but the weather should not be one of them. Easy for me to say...when is it supposed to snow?



Notice:

To Credit card users for membership and/or clinics. The charges will show a vendor name of Register.Cordonco.com

This is the company we use for online registration.

After the Game Bring Your Team to 

MnIAAA CORNER

By John Vraa, New London-Spicer HS

MnIAAA President

There are numerous studies and articles outlining why parents need to let their children fail and how allowing children to fail helps them succeed, yet rarely do we see that in today's culture of youth and high school athletics. The current standard as I see it is quite the opposite. There are no hardships in sport participation today – water bottles are filled by parents, uniforms washed by parents, parents drop off and pick up at each site with little or no inconvenience, treat bags are filled by parents, schedules and entry fees are managed by parents. In short, the student-athlete is managed by the parent.

To a certain extent these parent behaviors are admirable. When taken too far, the managing parent collides with the educational based coach. Now instead of managing the student-athlete, the parent wants to manage the environment their child is playing in. Line-ups, playing time, positions, play calling, practice drills, motivation, team rules, and discipline – all responsibilities of the coach – become goals of the over-involved parent in order to provide a soft landing for their child.

As teacher/coaches, we know the power of failure and the need for characteristic of grit. However, too often parents do not see the value of grit or do not allow that characteristic to develop naturally. Wikipedia defines grit as, “a positive, non-cognitive trait based on an individual's passion for a particular long-term goal or end state, coupled with a powerful motivation to achieve their respective objective. This perseverance of effort promotes the overcoming of obstacles or challenges that lie within a gritty individual's path to accomplishment, and serves as a driving force in achievement realization.” Angela Lee Duckworth has received national acclaim for the TED talk, “Grit: the power of passion and perseverance.” I highly recommend to YouTube this TED talk if you have not seen it.

I was also intrigued by an article written by Margaret M. Perlis, titled, “5 Characteristics Of Grit -- How Many Do You Have?” In the article, Perlis points out that lack of grit is the number one character change in today's kids. I encourage you to incorporate the five traits Perlis outlines below in an effort to educate parents on the necessity to please trust us to allow your child to fail.

Courage

While courage is hard to measure, it is directly proportional to your level of grit. More specifically, your ability to manage fear of failure is imperative and a predictor of success. The supremely gritty are not afraid to tank, but rather embrace it as part of a process. They understand that there are valuable lessons in defeat and that the vulnerability of perseverance is requisite for high achievement.

Conscientiousness: Achievement Oriented vs. Dependable

The achievement-oriented individual is one who works

tirelessly, tries to do a good job, and completes the task at hand, whereas the dependable person is more notably self-controlled and conventional. Achievement orientated traits predict job proficiency and educational success far better than dependability. In the context of conscientious, grit, and success, it is important to commit to go for the gold rather than just show up for practice.

Long-Term Goals and Endurance: Follow Through

One of the distinctions between someone who succeeds and someone who is just spending a lot of time doing something is this: practice must have purpose. That's where long-term goals come in. They provide the context and framework in which to find the meaning and value of your long-term efforts, which helps cultivate drive, sustainability, passion, courage, stamina...grit.

Resilience: Optimism, Confidence, and Creativity

While a key component of grit is resilience, resilience is the powering mechanism that draws your head up, moves you forward, and helps you persevere despite whatever obstacles you face along the way. In other words, gritty people believe, “everything will be alright in the end, and if it is not alright, it is not the end.”

Excellence vs. Perfection

In general, gritty people don't seek perfection, but instead strive for excellence. It may seem that these two have only subtle semantic distinctions; but in fact they are quite at odds. Perfection is excellence's somewhat pernicious cousin. It is pedantic, binary, unforgiving and inflexible. Certainly there are times when “perfection” is necessary to establish standards, like in performance athletics such as diving and gymnastics. But in general, perfection is someone else's perception of an ideal, and pursuing it is like chasing a hallucination.

www.forbes.com, August 29, 2013

***“Don't be afraid to give up
the good and go
for the great.”***

- Steve Prefontaine





*Suicide Mostly Happens During the
Holiday Season...
Myth or Fact?
The Answer is MYTH.*

According to the Centers of Disease Control (CDC), suicide rates peak during the Spring and Fall

EDUCATION is the key to **PREVENTION**.

Information, tools, and resources are readily available to help identify and assist someone who may be struggling with thoughts of suicide.

The Jason Foundation, Inc., a national leader in youth suicide awareness and prevention, and the National Organization of Coaches Association Directors (NOCAD) are teaming together to provide all of NOCAD's membership with access to the Coaches Assistance Program (CAP).

CAP provides the education and help that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.



www.jasonfoundation.com/coachesassistanceprogram/

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

MSHSL BOARD OF DIRECTORS REPORT

By: Jill Johnson

I hope that this note finds you welcoming in the winter season and excited for the upcoming holidays! My name is Jill Johnson and it is my pleasure to serve on the MSHSL Board of Directors on your behalf, as the Girls Sports Representative. I look forward to working with and learning from Mr. Craig Anderson as together, we advocate for our girls and boys athletic programs throughout the state.

I want to thank Shelly Hotzler for her four years of excellent work as the previous Girls Sports Representative to the MSHSL Board of Directors. Shelly's efforts and commitment to honoring the game, every game, is second to none. She leaves giant shoes to fill, and I am truly humbled to have the opportunity to follow in her footsteps.

I enjoyed meeting many of the dedicated leaders that are that are involved with making a positive difference in their sport during the Fall Coaches Association meeting this past September. Your passion is contagious and efforts are appreciated. Keep up the great work each of you are doing for your respective sport!

Congratulations to all of the teams and individual participants that advanced to the 2016 MSHSL Fall State Championships! Success stories abound from every tournament and participation in the new stadium sure added to the excitement! Preliminary numbers in from the soccer and football state championships put attendance during our 7 event days over 115,000 spectators! In fact state soccer recorded a 60% increase in attendance as compared to previous years in the Metrodome.

Highlights from the October and December Board of Director Meetings include:

The 2016-2017, 2017-2018 Boys and Girls Basketball State tournaments will include consolation play on a two-year trial

basis.

The 2017 Softball State tournament will now be seeded. Also for softball this season, there will be a 15 run game-ending rule after the completion of 3 ½ or 4 innings of play.

The Baseball Pitch Count Policy was approved for implementation for the 2017 season.

Minnesota is the 20th state to agree to support and partner with USA Football's Heads Up Football Program. As a partner, we recognize the importance of player safety and are taking steps to make the sport safer. Although this is an optional program for member schools, we encourage you to explore the resources now available.

The proposed constitutional amendment to provide a guaranteed position on the MSHSL Board of Directors for school superintendents failed for lack of quorum/response.

Several recommendations for bylaw changes are now at the region level, including amendments to the non-school competition/training bylaw, sport specific changes for baseball and tennis and the additional of girls wrestling to name a few. We encourage you to stay in contact with your Activities Director so that your input is heard as the region committees discuss the current proposals. If supported, the amendments will be forwarded to the Representative Assembly for consideration in May. There will also be a special session of the Representative Assembly on January 26th, 2017 to discuss a change in how enrollments of cooperative sponsored schools will be determined for placement into competitive sections.

Best wishes for a successful season and a very happy and safe new year. Our next Board of Directors Meeting will be on February 2, 2017. Please do not hesitate to contact either Craig Anderson, or myself, if we can be of assistance in any way. It is truly an honor for Craig and I to represent such a remarkable contingent of professionals!

Delegates Corner

By: Gary Prantner - Byron High School

Don't forget the connections

Quite frequently coaches and advisors get caught up in the hustle and bustle of the season. Organizing potlucks, parent meetings, making sure we get our offenses in, setting up our routines and practice plans. We work on game strategies and with the press after games. Then we go home to breakdown film and prepare for the next day, just to do it all over again. Sometimes we forget to take time and enjoy why we are actually here coaching, and that is the student athletes we get to be in contact with.

This season take an extra few minutes each day to have a side conversation with different groups of your athletes each day. Ask them about their day, how their classes are going, or what's new in their life? Spending time building relationships with your student athletes will gain you a lot of credibility. You just might find them listening and working harder for you

when it is time to get back to "business".

Athletic seasons go by so fast and will leave coaches tired and wondering where the time went. Very few of us will ever have a chance to win a state championship, and the athletes will quickly forget the exact record of the team. What we all have, whether we are a 7th grade coach to a varsity coach, is an opportunity to build a positive connection with your athletes. Letting your athletes know that you care about them on field, and are there to support them off the field will lead to solid memories for the season. Those memories are a victory that will last for many years to come.

Over Hill and Dale

By: Jesse Nelson
Red Wing

We wrapped up another successful cross country running season with a beautiful day at the state meet at St. Olaf. Congratulations to our state championship teams.

Class A Boys: Mora coached by Chris Goebel
Class A Girls: Fairmont coached by Bob Bonk
Class AA Boys: Wayzata coached by Mark Popp
Class AA Girls: Edina coached by Matt Gabrielson

We also honored the top 25 athletes in each race as All-State. Thanks to Tom Sharp of Eastview for helping with this as well as the Academic All-State award.

The MSHSL cross country advisory committee will meet in early August to address any issues, including the state meet. Forward any feedback to me. jhnelson@rwps.org

This is the time of year for us as coaches to take time to recharge as well as keep learning so we can be the best for our student athletes and our programs. Network with the coaches in your conference or section about what works for them, read a book or two on coaching theory, current topics in distance

running, or psychology. Complete coaching education courses or certifications. We expect our kids to keep doing things to make themselves better, have the same expectation for yourself. Together we will keep Minnesota high school cross country the best in the Midwest and highly respected nationally.

Jeff Schmidt of Hutchinson, our long time association secretary, is ready to turn over the duties to someone new. Please consider giving back to our organization and serving in some capacity, including this role. Jeff or I could give you details of what the duties would include.

jhnelson@rwps.org or jeff.schmidt@isd423.org

Congratulation to all for the great things you accomplished in your programs this season. Enjoy the offseason!

COACHES!

DO YOU KNOW WHERE YOUR
ACADEMIC PLAQUES ARE DISPLAYED?
LET'S MAKE SURE YOUR ATHLETES ARE
HONORED & VISITORS,
TO YOUR SCHOOL, KNOW IT!



Your school has received a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Beaches Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. Thank you for your help with this program to recognize your athletes.

After the Game Bring Your Team to 

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2016-2017 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)
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech 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 Mankato (Mankato, MN)
(Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- North Central University (Minneapolis)
- North Dakota State College of Science (Wahpeton)
- University of Northwestern (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 Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Mary's University (Winona)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- 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!*

- *1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D. at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.
6. The number to call for UND tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.
7. Complimentary passes are not available for Division I Hockey at Bemidji.



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**Minnesota State High School
Coaches Association, Inc.**

**Executive Committee Liaison Assignments
2016-2017**

Rob Nielsen - Detroit Lakes

Past President	B/G Soccer	B Swimming	Baseball
	G Swimming	Wrestling	

Todd Smrekar - Cambridge-Isanti

President	Football	G Basketball	G/B Golf
	Adapted Athletics	Gymnastics	

Gary Prantner - Byron

President Elect	B/G Cross Country	Nortic Skiing	B Tennis
	G Tennis	Alpine Skiing	B/G Track

Mike Peterson - Perham

Vice President	Volleyball	Snych. Swimming	Softball
		B Basketball	B/G Lacrosse

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

**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. Including Life and Retired Life members. Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar2@arvig.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.

Need new Life Card?

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

**MSHSCA's
2016-2017**

Thank You
to our

**CORPORATE
PARTNER**



**SUBWAY HELPS MAKE SOME OF
OUR PROGRAMS POSSIBLE!**

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

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076
Email: jbad154@q.com



**MINNESOTA STATE
COACHES ASSOCIATION
HALL OF FAME
NOMINATING FORM**

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____
 College: _____ Year: _____
 College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach Awards, Honors & Highlights: _____

Are you currently an inductee to a Sport Association? If yes, please list: _____

Present Status: _____ Organizations & Honors (other than coaching): _____

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**More Hall of Fame Nominees are requested.
There are a lot of deserving coaches that should be recognized!!**



Dig This

By: *Greg Ueland*
Roseville Area

This years MSHSL State Volleyball Tournament was absolutely fantastic. I was impressed with the level of play that I witnessed at the Xcel Energy Center last week. I also want to point the many teams that were making the state tournament for the very first time in their program's history. I know how much fun this is for a school and community. Congratulations to Mayer Lutheran, Maple Lake, and Eagan for taking home championships in their respective classes.

I also want to congratulate all of the Section Coach and Assistant Section Coach of the Year recipients.

Class A Head Coach of the Year

1A	Scott Koepke	Caledonia
2A	Joelle Grimsley	Mayer Lutheran
3A	Katie Gervais	Tracy Milroy-Balaton
4A	Rachel Zinter	Nova Classical Academy
5A	Tabitha Mortenson	Kimball
6A	Diane Ross	Underwood
7A	Connie Boyum-Erzar	Deer River
8A	Tina Turn	Kittson County Central

Class A Assistant Coach of the Year

1A	Dan Reinhart	Caledonia
2A	Ken Trnka	Waterville-Elysian-Morristown
3A	Rick Haberman	Tracy Milroy-Balaton
4A	Leah Rudzitis	Legacy Christian Academy
5A	Anna Anderson	Kimball
6A	John Lilliquist	Sebeka
7A	Lori Wester	Cromwell
8A	Jami Carr	Kittson County Central

Class AA Head Coach of the Year

1AA	John Dzuby	Stewartville
2AA	Jen Nerison	Kenyon-Wanamingo
3AA	Deidre Wierson	Jackson County Central
4AA	Tom Emanuel	Holy Angels
5AA	Jennifer Stoa	Rockford
6AA	Jim Klaphake	Sauk Centre
7AA	Sue Wasbotten	Hermantown
8AA	Stephanie Hanson	Park Rapids

Class AA Assistant Coach of the Year

1AA	Scott Willenborg	Stewartville
2AA	Tracy Erlandson	Kenyon-Wanamingo
3AA	Janet Haren	Jackson County Central
4AA	Joe Berg	Holy Angels
5AA	Kelsi Hogg	Howard Lake-Waverly-Winsted
6AA	Kellie Wehrmann	Sauk Centre
7AA	Erika Matzke	Rush City
8AA	Denny Hystead	Fergus Falls
	Heidi Spicer	East Grand Forks

Class AAA Head Coach of the Year

1AAA	Jackie Richter	Lakeville North
2AAA	Katie Koegh	Waconia
3AAA	Kathy Gillen	Eagan
4AAA	Greg Ueland	Roseville
5AAA	John Yunker	Champlin Park
6AAA	Crystal Dohlman	Bloomington Jefferson
7AAA	Mary Patnode	Princeton
8AAA	Traci Grussing	Willmar

Class AAA Assistant Coach of the Year

1AAA	Nate Erdal	Lakeville North
2AAA	Jenna McNallan	Prior Lake
3AAA	Hannah Specktor	Apple Valley
4AAA	Jessica Tobias	Roseville
5AAA	Becky Aman	Blaine
6AAA	Anita McLaird	Robbinsdale Armstrong
7AAA	Steve Dickhudt	North Branch
8AAA	Amy Bjerke	Moorhead

Also, please mark your calendars for July 26 and 27, 2017, for the Minnesota Volleyball Coaches Association Coaching Clinic held at St. Cloud State University. We are again planning to have a great line-up of coaches.

Lastly, I would like to say that it has been a privilege and honor serving you all as your president of the Minnesota Volleyball Coaches Association. I have met so many great people and have learned so much in the process. I have confidence that we will continue to grow and foster this great sport in our great state! Thanks again to everyone for all that you do for volleyball in the state of Minnesota!



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

Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA



Greetings; This is the season of thanks and praise, so let us begin...

At this writing, we have just finished the very first Prep Bowl in the marvelous edifice, US Bank Stadium. Congratulations and thank you to the MSHSL for hosting and producing another first class event. The amount of staff planning and work to conduct two week-ends of state tournament play can neither be understated nor underestimated. The football communities of our state are fortunate to have the competent, professional leadership provided by the MSHSL. Thank you Dave, Kevin, Lisa and all. Congratulations to the teams that advanced to the Bank and played with purpose, passion and pride. Special kudos from all in the MFCA to the champions; Grand Meadow, Minneapolis North, Caledonia, Rochester Lourdes, Benilde-St. Margaret's, Elk River, and Totino-Grace. A part of the mission statement of the MFCA is to recognize and honor achievement, both as it pertains to coaches, players, and communities. As you read this, we will have completed two other season ending events. The Late Fall All-star game and the naming of Mr. Football. Belated congratulations to the teams from the South and North, and to the 10 Mr. Football finalists, winners all, and to the Mr. Football recipient.

- Thank you to the media; print, visual, and radio, large and small that give coverage, voice and support for athletes in all sports.
- Thank you to the legions of volunteers in our communities

that give credence to sport as a valuable exercise in community.

- Thank you to USA Football and spokespersons, Dave Baker, Scott Halenbeck and Matt Birk, for giving voice to the value of keeping football viable throughout our nation.
- Thank you to the coaches of the MFCA, 1100 strong, for their unselfish commitment to make the football experience fun and safe.
- Thank you to the officers, committee chairs, district representatives, and membership for their volunteer efforts to engage and enhance the profession of being a coach a significant, honorable endeavor.
- Thank you to Rob Nielsen for reasons too obvious and numerous to mention.
- A SPECIAL thank you for the special leaders of the MSHSCA... Darien and Mary Derocher and John and Mary Erickson for their decades of selfless service to all sports. Their example is one we should all be proud to model.
- Finally a heartfelt Thank You to all who have chosen to try to make a difference. However we have been called, by choice or circumstance, we are members of a profession that is needed as much today as it was yesterday, and will, it is certain, be needed tomorrow. Experience teaches- it is the road, not the Inn, that when traveled with integrity and purpose, best serves our coaches journey. Travel well comrades.

The MFCA wishes you a blessed holiday season.

2017 MINNESOTA FOOTBALL CLINIC

A Partnership Between the MFCA and the Minnesota Gophers to Bring You the Best Clinic in the Country!

Thursday March 30 - April 1, 2017 • Double Tree Park Place

Registration and Details can be found at: mnfootballcoaches.com

2017 Headliners

Patt Narduzzi - Pitt

Chris Klieman & Staff - North Dakota State

Jeff Horton, Assoc. Head Coach - San Diego State

Coach Tracy Claeys and Gophers Staff

Clinic Highlights

Over 30 Speakers and 60 Sessions!

Area College and High School Speakers Gopher

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New in 2017!

Minnesota State Champions Panel

One College Credit Available

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Southwest Minnesota State University

AE 512 - Advanced Technique of Coaching Football

ENROLLMENT AVAILABLE DECEMBER 1

Questions? Email: claud.allaire@comcast.net

Clinic Registration Questions Contact:
dotsethj@comcast.net

CHAMPIONSHIP TEAMS AND COACHES 2016

Girls Tennis

Class A	Mahtomedi	Kathy Alex
Class AA	Blake	Mike Ach

Girls Swimming and Diving

Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

Volleyball

Class A	Mayer Lutheran	Joelle Grimsley
Class AA	Maple Lake	Marty Kiebel
Class AAA	Eagan	Kathy Gillen

Football

9 Man	Grand Meadow	Gary Sloan
Class 1A	Minneapolis North	Charles Adams
Class 2A	Caledonia	Carl Fruechte
Class 3A	Rochester Lourdes	Mike Kessler
Class 4A	Benilde-St. Margaret's	Jon Hanks/Patrick Krieger
Class 5A	Elk River	Steve Hamilton
Class 6A	Totino Grace	Jeff Ferguson

Girls Soccer

Class A	Benilde St. Margaret's	Scott Helling Christy
Class AA	Centennial	Ginger Fichaug

Boys Soccer

Class A	St. Thomas Academy	Noel Quinn
Class AA	Stillwater	Jake Smothers

Girls Cross Country

Class A	Fairmont	Bob Bonk
Class AA	Edina	Matt Gabrielson

Adapted Soccer

CI	Park Center	Kelli Waalk
PI	Anoka-Hennepin	Suzanne Opat



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HALL OF



HALL OF FAME
Loren Grosso, Rochester-Mayo



HALL OF FAME
Ruth Hayden, Ada-Borup



HALL OF FAME
Michael Mahlen, Verndale



HALL OF FAME
John Peterson, Cambridge



HALL OF FAME
Roy W. Nystrom, Albert Lea



HALL OF FAME
George Smith, Mahtomedi



HALL OF FAME
Ron Stolski, Brainerd



**STEVE KERZIE
DELEGATE SERVICE AWARD**
Gordon Klomps, Rochester



**GEORGE HAUN
LEADERSHIP AWARD**
Conley Natvig, Browerville

F FAME



OFFICIALS DISTINGUISHED SERVICE AWARD
(L-R) Rich Chapman, Albert Lea; Jacki Wincek, Brooklyn Center; Patsy Slegh, Sauk Centre



COACH OF THE YEAR



25 YEAR COACHES



ASSISTANT COACH OF THE YEAR



CHAMPIONSHIP COACH AND COACH OF THE YEAR



CHAMPIONSHIP COACHES

Photo Credits: Ashley Ritter

Coaches wanting a copy of the group photos should email Mary Erickson at: jomar2@arvig.net

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

FALL ACADEMIC RESULTS 2016

GIRLS SOCCER

Class A Gold
Saint Peter
Loyola/St. Clair/LCWM
Mankato West
Trinity School at River Ridge
South St. Paul High School
Sartell

GIRLS SOCCER

Class A Silver
St. Charles 1
Kasson-Mantorville
Cotter
Mankato East
Jordan
St. Croix Lutheran
Visitation
Highland Park
Simley
Saint Agnes
Breck School
Delano
Waconia
Southwest Christian
Hutchinson
Orono
Willmar Public Schools
Chisago Lakes
Mesabi East Area
St. Cloud Cathedral
St. John's Prep School

GIRLS SOCCER

Class AA Gold
Eden Prairie
Chanhassen
White Bear Lake
East Ridge
Champlin Park
Maple Grove
St. Louis Park
Robbinsdale Armstrong
Hopkins
Minneapolis Southwest
Blaine
Cambridge-Isanti

GIRLS SOCCER

Class AA Silver
Lakeville North
Lakeville South
Minnetonka
Chaska
Edina

Prior Lake
Shakopee
Bloomington Jefferson
Rochester John Marshall
Hastings
Apple Valley
Roseville
Woodbury
North High
Spring Lake Park/St.
Anthony
Centennial
Osseo
Coon Rapids
Cretin-Derham Hall
Wayzata
Minneapolis Washburn
Andover
Forest Lake
Brainerd

BOYS SOCCER

Class A Gold
Trinity School at River Ridge
St. Croix Lutheran
Minnewaska Area

BOYS SOCCER

Class A Silver
Schaeffer Academy
Mankato West
Simley Westley
Bemidji
Little Falls Community High
School

BOYS SOCCER

Class AA Gold
East Ridge

BOYS SOCCER

Class AA Silver
Prior Lake
Cretin-Derham Hall
Wayzata

GIRLS GOLF

Gold
Heritage Christian Academy
West Central Area
Park Christian
North Woods
Kasson Mantorville
Le Sueur-Henderson
Cleveland

Montevideo
Worthington
Dassel-Cokato
Melrose Area
Detroit Lakes
East Grand Forks
Perham
Thief River Falls
Wadena-Deer Creek
Mayo
Apple Valley
Rosemount
Maple Grove
Wayzata
Bemidji
Moorhead

GIRLS GOLF

Silver
Springfield
Adrian
R-T-R
Canby
Lac qui Parle
Minneota
Frazee
Fertile-Beltrami
Fosston
Fairmont
Visitation
Annandale
Fridley
Pierz
Hermantown
Pequot Lakes
Hastings
Rochester JM
Chanhassen
Edina
Minnetonka
Orono
Cambridge-Isanti
Buffalo

BOYS GOLF

Gold
R-T-R HS
Heritage Christian Academy
Delano

BOYS GOLF

Silver
Dawson-Boyd
Rochester Lourdes
Le Sueur-Henderson
Cleveland
Tri City United
Annandale
Foley
Detroit Lakes

Rochester Century
Eden Prairie
Orono
East Ridge
Eastview
White Bear Lake
Rogers
Forest Lake

GIRLS TENNIS

Class A Gold
Aitkin
Annandale
Belle Plaine Senior High
School
Benson
Blake
Breck School
Fairmont Jr./Sr. High School
Foley
Jordan
Lac qui Parle Valley
Lourdes
Luverne 1
Marshall School of Duluth
Melrose
Minnewaska Area
Montevideo
Osakis
Parkers Prairie 1
Pequot Lakes
Pine City
Pipestone Area High School
Roseau
Saint John's Preparatory
School
Saint Peter
Sibley East
St. Croix Lutheran
St. James Area
St. Paul Academy & Summit
School
Staples
Virginia
Wadena-Deer Creek

GIRLS TENNIS

Class A Silver
Cannon Falls
Cotter Schools
Crookston
East Grand Forks Senior
High
Eveleth/Gilbert
Glencoe Silver lake
Holy Family Catholic
Lake City High School
LeSueur Henderson
Litchfield

Maple River
 Mora High School
 Mounds Park Academy
 New London-Spicer
 Park Rapids Area High
 School
 Pierz
 Sauk Centre Secondary
 School
 Sleepy Eye
 Southwest Christian High
 School
 Tri City United
 Yellow Medicine East

GIRLS TENNIS
 Class AA Gold
 Academy of Holy Angels
 Alexandria
 Andover
 Anoka
 Becker
 Bemidji
 Big Lake
 Blaine
 Bloomington Jefferson
 Brainerd
 Buffalo
 Cambridge-Isanti
 Champlin Park
 Coon Rapids
 Cretin-Derham Hall
 Delano
 DeLaSalle
 East Ridge
 Eden Prairie
 Edina
 Elk River
 Farmington
 Forest Lake
 Harding
 Hermantown
 Hutchinson
 Irondale
 Lakeville North
 Lakeville South
 TRF Lincoln
 Little Falls Community HS
 Mahtomedi
 Mankato East
 Mankato West
 Minneapolis Southwest
 Minneapolis Washburn I
 Monticello
 Mounds View
 Northfield
 Princeton
 Prior Lake
 Red Wing
 Robbinsdale Armstrong

Rochester Century
 Rocori
 Roseville
 Saint Louis Park
 Saint Paul Highland Park
 Saint Paul Humboldt
 South St. Paul
 Spring Lake Park
 St. Cloud Tech
 St. Francis
 St. Michael-Albertville
 Stillwater
 Tartan H.S.
 Totino-Grace
 Trinity School at River Ridge
 Visitation
 Wayzata
 Willmar
 Woodbury

GIRLS TENNIS
 Class AA Silver
 Chanhausen
 Chisago Lakes
 Duluth East
 Eagan
 Fergus Falls
 Henry Sibley
 Hibbing
 Hill Murray
 Maple Grove Senior High
 Minnetonka
 Mound Westonka
 North Branch
 Orono
 Richfield
 Robbinsdale Cooper
 Rogers
 Rosemount I
 St. Anthony Village

FOOTBALL
 9-MAN
 Gold:
 Hancock
 Kittson County Central
 NCE-UH

Silver
 Ely
 Verndale
 Fulda
 Brandon-Evansville
 Westbrook-Walnut Grove
 Underwood
 Stephen-Argyle
 Central
 MACCRAY

CLASS 1A

Gold
 Wabasso
 Mankato Loyola
 Wabasha-Kellogg
 New York Mills
 Dawson-Boyd
 St. Clair

Silver
 Lac Qui Parle Valley
 Goodhue
 Lake Park - Audubon
 Springfield
 Parkers Prairie
 Kimball Area
 Murray County Central
 Kerkhoven-Murdock-
 Sunburg
 Minneota
 Janesville-Waldorf-
 Pemberton
 Browerville Red Rock
 Central
 Canby
 Adrian

CLASS 2A
 Gold
 Minnewaska Area
 Eden Valley - Watkins
 Hawley

Silver
 Zumbrota-Mazeppa
 Maple River
 Sauk Centre
 Lewiston-Altura
 Benson

CLASS 3A
 Gold
 Litchfield

Silver
 Morris Area-Chokio/Alberta
 Rochester Lourdes
 Plainville-Elgin Millville
 St. Cloud Cathedral
 Melrose
 Lake City
 Perham
 Pierz
 Albany
 Luverne Glencoe-Silver Lake
 Milaca
 Holy Family

CLASS 4A

Gold
 Fergus Falls
 Detroit Lakes

Silver
 Orono
 Byron
 Wilmar
 Dassel Cokato
 Marshall
 Rocori
 South St. Paul
 Hibbing
 Waseca
 Holy Angels

CLASS 5A
 Gold
 Mankato West
 Apple Valley
 Cambridge-Isanti
 St. Thomas Academy

Silver
 Brainerd
 Bemidji
 Alexandria
 Hastings
 Moorhead
 Northfield
 Owatonna
 Chisago Lakes
 Waconia
 Rogers
 North H.S. (St. Paul)
 Monticello
 Rochester Century
 Sartell
 Spring Lake Park
 Andover
 Duluth East
 St. Michael - Albertville

CLASS 6A
 Gold
 Totino Grace
 Rosemount
 Cretin Derham Hall
 Lakeville North
 Farmington

Silver
 Minnetonka
 Stillwater
 Blaine
 Edina

... continued on page 24

After the Game Bring Your Team to 

FALL ACEDMIC RESULTS 2016 ... continued from page 23

Eastview	Moorhead	Foley	United North Central
Eastridge	Sartell	Heritage Christian	GIRLS CROSS COUNTRY
Eden Prairie	Sauk Rapids	Mayer Lutheran-LPHT	Class AA Gold
BOYS CROSS COUNTRY	Boys Cross Country	Milaca	Farmington
Class AA Gold	Class AA Silver	Northwest Nighthawks	Hastings
Austin	Hastings	Rockford	Kasson Mantorville
Kasson Mantorville	Mankato	Rush City	Lakeville North
Lakeville North	East Marshall	Spectrum	Lakeville South
Lakeville South	Waseca	St Cloud Cathedral	Northfield
Northfield	Park Cottage Grove	Watertown Mayer	Owatonna
Owatonna	Richfield	International Falls	Red Wing
Red Wing	Rosemount	Mesabi East	Rochester Century
Rochester Century	South St. Paul	Moose Lake/Willow River/ Barnum	Rochester John Marshall
Winona	Hill Murray	Mountain Iron-Buhl	Winona
Buffalo	Mahtomedi	North Shore	Buffalo
Dassel Cokato	St. Paul	Dilworth-Glyndon-Felton	Chaska
Delano	Highland Park	Frazee	Dassel Cokato
Hutchinson	St. Paul Humbolt	New York Mills	Delano
Mankato West	Coon Rapids	Pequot Lakes	Hutchinson
New Prague	Osseo	Roseau/BGMR	Mankato East
Shakopee	Anoka	Warroad	Mankato West
Waconia	Hopkins	West Marshall	Marshall
Apple Valley	Minneapolis Henry	BOYS CROSS COUNTRY	New Prague
Eagan	St. Louis Park	Class A Silver	Orono
East Ridge	Becker	Blooming Prairie	Shakopee
Eastview	Rocori	Goodhue	Waconia
Holy Angels	Thief River Falls	Hayfield	Waseca
Jefferson	Willmar	Kingsland	Apple Valley
Prior Lake	BOYS CROSS COUNTRY	Pacelli	Burnsville
St. Thomas	Class A Gold	Stewartville	Eagan
Cretin-Derham Hall	Bryon	Fairmont	East Ridge
Roseville	Chatfield	Martin County West/Martin	Holy Angels
Stillwater	Cotter	Luther	Jefferson
White Bear Lake	Dover-Eyota	Norwood/Young America	Park-Cottage Grove
Blaine	Grand Meadow/LeRoy-	St. Peter	Richfield
Centennial	Ostrander/Southland	Central Minnesota Christian /	Rosemount
Champlin Park	LaCrescent	Community Christian	South St. Paul
Fridley	Lake City	Heron Lake-Okabena	Cretin Derham Hall
Mounds View	Lanesboro/Fillmore Central	Lakeview	Hill Murray
Park Center	Lewiston-Altura/Rushford-	Mountain Lake Area	Mahtomedi
STMA	Peterson	Pipestone	North St. Paul
Benilde St. Margaret's	Pine Island	Redwood Valley	Roseville
Eden Prairie	Plainview-Elgin-Millville	Tracy-Milroy-Balaton	St. Paul
Mpls Southwest	RAACHE	Howard Lake Waverly	Highland Park
Wayzata	Belle Plaine/Holy Family	Winsted	Stillwater
Andover	Gibbon/Fairfax/Winthrop	Maple Lake	White Bear Lake
Big Lake	LeSueur/Henderson/MNCS	Mora	Benilde-St. Margaret's
Duluth East	Mankato Loyola/Cleveland	Pine City	Eden Prairie
Elk River	Minnesota Valley Lutheran	Chisholm	Edina
Grand Rapids	Lac Qui Parle Valley /	Ely	Hopkins
Hermantown	Dawson Boyd	Esko	Mpls. Southwest
St. Francis	Luverne	Greenway/Nashwauk-	St. Louis Park
Alexandria	Montevideo	Keewatin	Big Lake
Bemidji	Murray County Central	Lakeview Christian Academy	Chisago Lakes
Brainerd	Springfield / Cedar Mountain	Bagley/Fosston	Duluth East
Detroit Lakes	/ Comfrey	Hawley-Ulen-Hitterdahl	Elk River
Fergus Falls	Annandale	Park Rapids	Forest Lake
Monticello		Perham	Grand Rapids
			Hermantown
			Alexandria

Becker	Dawson Boyd	VOLLEYBALL	Robbinsdale Armstrong
Bemidji	Luverne	A/AA Gold	Randolph High School
Brainerd	Montevideo	St. Croix Lutheran	Pipestone Area High School
Detroit Lakes	Mountain Lake Area	Heritage Christian Academy	Albany High School
Moorhead	Pipestone Area	MACA	St. Clair
Rocori	Redwood Valley	Rushford Peterson High School	Roseau High School Volleyball
Thief River Falls	Southwest Minnesota Christian / Edgerton	Red Rock Central St. James Area	Foley High School
Willmar	Springfield / Cedar Mountain / Comfrey	Chisago Lakes High School	Fergus Falls
GIRLS CROSS COUNTRY	Tracy-Milroy-Balaton	Verndale	Shakopee High School
Class AA Silver	Annandale	Eden Valley-Watkins	East Central High School
Austin	Foley	Sauk Centre Public Schools	Kittson County Central
Armstrong	Heritage Christian	Minneapolis South	Bearcats
Minnetonka	Howard Lake Waverly	Blue Earth Area High School	Wheaton Herman Norcross
Andover	Winsted	St. Francis	Wabasha-Kellogg
Cambridge-Isanti	Maple Lake	Thief River Falls - Lincoln High School	Champlin Park
Fergus Falls	Milaca	Fertile-Beltrami	Eden Prairie High School
Monticello	Mora	Osakis High School	Minnewaska Area School
Sauk Rapids	Northwest Nighthawks	Trinity School at River Ridge	Rochester Century High School
GIRLS CROSS COUNTRY	Pine City	Stephen-Argyle	New York Mills
Class A Gold	Providence Academy	Win-E-Mac	Legacy Christian Academy
Byron	Rockford	Southwest Christian	Elk River
Chatfield	Rush City	Albert Lea	Jackson County Central
Cotter	Spectrum	Lanesboro Public School	Aitkin High School
Dover-Eyota	St Cloud Cathedral	Barnesville	Rothsay Public School
Hayfield	Watertown-Mayer	St. Anthony Village High School	Benilde-St. Margaret's School
Kingsland	Carlton	Centennial High School	Buffalo Bison
LaCrescent	Ely	Princeton High School	Montevideo
Lake City	Esko	St. Cloud Apollo High School	Owatonna High School
Lanesboro/Fillmore Central	International Falls	Spectrum High School	Braham
Lewiston-Altura/Rushford-Peterson	Mesabi East	Concordia Academy	Bloomington Jefferson
Pine Island	Moose Lake/Willow River/Barnum	East Grand Forks	Alexandria
Plainview/Elgin-Millville	Mountain Iron-Buhl	Goodhue High School	Lakeville South
RAACHE	North Shore	Adrian High School	TMB
Stewartville	Virginia	Dassel-Cokato Chargers	Perham
Belle Plaine/Holy Family	East Grand Forks	Deer River High School	Alden-Conger
Blue Earth Area	Park Rapids	Moorhead	Edgerton Public
Lake Crystal/Wellcome/Memorial/Nicollet	Pelican Rapids	DGF	Madelia
Mankato Loyola/Cleveland	Pequot Lakes	Norwood Young America - Central	Byron
Martin County West/Martin Luther	United North Central	BOLD	Mankato West High School
Minnesota Valley Lutheran	Warroad	Ada-Borup	Zumbrota-Mazeppa Varsity Volleyball
Norwood/Young America	Girls Cross Country	Eveleth-Gilbert	Kenyon-Wanamingo
St. James Area	Class A Silver	St. Cloud Cathedral	Andover HS
St. Peter	Goodhue	Park Christian School	Minneapolis Southwest
Sleepy Eye/St. Mary's/NUC	Fairmont	Melrose Area High School	MACCRAY
Waterville/Elysian/	LeSueur/Henderson/MNCS	GFW HIGH SCHOOL	Delano
Morristown/Janesville/	Lake Crystal/Wellcome/Memorial/Nicollet	Hermantown	Milaca
Waldorf/Pemberton	Mayer Lutheran-LPHT		New London spicer
Adrian	Eveleth-Gilbert Greenway/		
Canby-Minneola	Nashwauk-Keewatin		
Hendricks	Marshall School		
Heron Lake-Okabena	Fraze		
Jackson County Central	Perham		
Lac Qui Parle Valley /	Roseau/BGMR		
	Wadena-Deer Creek		

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After the Game Bring Your Team to 

ACADEMIC RESULTS 2016 ... continued from page 25

Underwood	Zimmerman	Stewartville High School	Little Falls
West Central Area Schools	Brandon-Evansville	Tri-County/MCC Northern Freeze	Minneapolis South
Clinton-Graceville-Beardsley	Luverne	Sartell	Cambridge- Isanti
Anoka	Litchfield	Staples-Motley	Crookston
Detroit Lakes High School	Prior Lake	Dover-Eyota	Detroit Lakes
Fillmore Central	Cannon Falls High School	Austin High School	Fosston
Cretin-Derham Hall	Bemidji	Totino-Grace High School	Maple Grove
St. Peter High School	Minneapolis Washburn	Pillager	GIRLS SWIMMING & DIVING
Mankato East High School	Mounds View	Badger Greenbush-Middle River	Class A/AA Silver
Blaine High School	West Lutheran High School	Red Lake County Central	Mankato East / Loyola
Minneapolis Southwest	Esso High School	Hastings High School	New Prague
Holy Family Catholic High School	Park Rapids	Windom Area High School	Northfield
Onamia High School	Henning	Hutchinson High School	St. Peter
Worthington High School	Annandale	Waterville-Elysian-Morristown	Winona / Winona Cotter
Roseville Area High School	Breckenridge High School	Belle Plaine	Famington
Wayzata High School	Forest Lake High School	Nevis	Hastings
Simley HS	Rochester Mayo	Two Harbors Agates	Owatonna
Red Lake Falls	Nicollet	Sleepy Eye High School	Lakeville North
Kasson-Mantorville	Goodridge/Grygla Chargers		The Breck School
Pierz Healy High School	Apple Valley	GIRLS SWIMMING & DIVING	Minnetonka
Brooklyn Center High School	Springfield Public High School	Class A/AA Gold	Bloomington Jefferson
Canby High School	Browerville Eagle Valley	Mankato West	Prior Lake
NRHEG Public Schools	Littlefork - Big Falls	Rochester Century	Mound Westonka / Holy Family
Minneota	Heron Lake-Okabena	Rochester Mayo	Waconia
Pequot Lakes	Saint Charles High School	Columbia Heights	Woodbury
Lester Prairie/Holy Trinity	Yellow Medicine East	Bloomington Kennedy	Rosemount
VOLLEYBALL	Schaeffer Academy	St. Louis Park	Apple Valley Park
A/AA Silver	Spring Grove	Richfield	Chisago Lakes
Hawley High School	Hillcrest Lutheran Academy	Chaska	South St. Paul
Lake Park Audubon	Crosby - Ironton	Eden Prairie	St. Anthony
Chaska High School	Russell Tyler Ruthton	Chanhassen	Roseville
Rockford	New Ulm Cathedral	Dassel Cokato	St. Paul Harding
Proctor High School	Warroad	Delano	Becker
Cedar Mountain - Comfrey	St. Cloud Tech High School	Hutchinson	Sauk Rapids / Rice
Holdingsford	La Crescent High School	Litchfield	Princeton
United South Central	Moose Lake	Orono	Ogilvie / Mora
Mankato Loyola	Pine City	Willmar	Monticello
Sibley East	Paynesville Area High School	Eagan	Foley
Parkers Prairie	Lake Crystal-Wellcome Memorial	Eastview	Champlin Park
Benson	Hayfield High School	East Ridge	Irondale
North Branch High School	Mahtomedi High School	Hill Murray	Spring Lake Park
Rochester Lourdes	Westbrook Walnut Grove	Mahtomedi	Albany
Waconia High School	Highland Park Senior High	Simley	Alexandria
Plainview-Elgin-Millville	Maple Lake	Milaca	Sartell
Blooming Prairie	Mora High School	Big Lake	Minnewaska /Morris
Medford	New Prague High School	Osseo	Holdingsford
Caledonia High School	Cleveland Public Schools	Wayzata	St. Cloud Apollo
Sleepy Eye St. Mary's	Triton High School	Melrose	Rocori
Le Sueur-Henderson	LQPV	Sauk Centre	St. Cloud Cathedral / St. Johns
Winona Senior High School	North Lakes Academy		

MSHSCA 2017 MEETING DATES

NOCAD	January 13-15, 2017	Gulf Shores MS
Spring Delegate Meeting	March 24, 2017	Mancini's Charhouse - St. Paul
Summer Meeting	June 25 & 26, 2017	Detroit Lakes
President's Meeting	September 9, 2017	

PREP COACH DEADLINES TO SUBMIT

Sept. 1 | Dec. 1 | Mar. 1 | May 15



Highland Park / SPA
 Edina
 Hopkins
 Minneapolis Southwest
 Cretin Derham Hall
 Washburn
 Northeast Range - Ely
 Proctor - Hermantown
 Measbi East
 Duluth Denfeld
 Two Harbors - Silver Bay
 Centennial
 Andover
 Anoka
 Forest Lake
 Coon Rapids
 Duluth East
 Thief River Falls
 Bemidji
 Perham
 Staples Motley
 Fergus
 Warroad

COACHES CARING PROGRAM

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

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

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

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

After the Game Bring Your Team to SUBWAY

SERVICE ACES

By: *Ford Rolfsrude*
Shakopee HS



We want to make sure that everyone is aware of the items that pertain to tennis during the current school year. But first, a strong reminder to be part of the organization that works to improve our sport in the high school setting.

Membership

Tennis coaches, don't forget to renew your membership. We thank those who are currently a member of our association. If you haven't joined this year, we encourage you to join again and we would love to have those who were non-members last year become part of the Coaches Association. We want our association to continue growing. Being a member has many benefits. Especially important is the affiliation with others

around the state to help improve the high school sports of girls and boys tennis.

Lifetime members: You still need to join the Sports Association to be included in Coach of the Year and Academic Honors for your team. An area in which we really want to grow is the involvement of Assistant Coaches. Please encourage your Assistant Coaches to become members.

To join the Coaches' Association or to view membership benefits, please go to <http://www.mshsca.org> and click on "Membership" at the top of the page.

Hall of Fame Induction

Two new coaches were inducted into the Minnesota Tennis Coaches Hall of Fame at this fall's banquet. Les Zellmann and Steve Paulsen have been outstanding coaches for St. James and Edina High Schools, respectively.

Les Zellmann

Les Zellmann, from St. James High School, is the Boys and Girls tennis coach and this fall coached his girls' team to their 12th consecutive state tournament. He has coached many sports

... continued on page 29

DUGOUT CHATTER



By: *Don Gawreluk*

Vice-President - Minnesota State High School Baseball Coaches Association

Once again the John Wilkens fall clinic was well attended and our association had a very successful Hall of Fame and Awards Banquet. A sincere thank you to John Wilkens and his family for their continual work to make that run so smoothly and to Paul Twenge who once again brought in a great list of clinicians. We thank our vendors for their support and also the Ramada Plaza for hosting us. Please check out all of this past year's award winners at our website, www.mshsbca.org. I would like to take the time to again recognize our 2016 Hall of Fame inductees: Steve Davis - Princeton, David Glenn - Minnehaha Academy, Dave Lane - Mayer Lutheran, Lyle Rambow - Morris, Bob Schlagel - Rush City and Richard Wasko - St. Paul Johnson. Congratulations to these men and their programs—what a great honor! Please be sure to take time to nominate worthy candidates for all of our awards. Coaches, forms can be found on our website.

We are a few months away from the 2017 season, but the convention and clinic season is getting into high gear. The BCA is being held in Columbus, Ohio, December 2-4 and the ABCA is in Los Angeles, CA, January 6-9, 2017. These are two very good organizations that can provide a lot of opportunities and development for your programs. Also look for the St. Olaf Clinic on January 28th. Check our website for more information on that date as well as other clinics.

Kevin Merkle spent time at our MSHSBCA meeting on

October 29 describing all of the elements to the new "Pitch Count Rule" that goes into effect for the 2017. The NFHS requires each state to have its own pitch count rules as a result of the surge in numbers for Tommy John surgeries in our youth. If you have further questions, please contact one of our Advisory Board members. The biggest questions seem to revolve around mandatory reporting and rest scenarios at all levels, not just the varsity.

The 2016 dates for the six team Play Ball MN High School All Star Series set for June 23rd -24th in Chaska. The Minnesota Twins will again host our selection committees at Target Field as we select players, complete committee work, and watch a Twins game. We thank the MN Twins for their continued support of high school baseball. Thanks also to our other GOLD sponsors Cambria and BIG Athletics. Because of their generosity, our association has been able to make some major donations to many worthy organizations such as The Miracle League, ALS, Stand Up to Cancer, Coaches Caring for Coaches, MDA, and other worthy causes. In addition, we were able to increase our scholarships recipients to twelve in 2015. We should be able to hold tight to that number this year as well. Please nominate players for both the All Star Series and the coaches scholarship, players go through the process on the website for the scholarship. Coaches, we need you to encourage your players to apply.

Please continue to visit our website as it is updated frequently, and follow us on Twitter @MSHSBCA. If you have games or scrimmages you are looking to fill or new records for the list, keep funneling them to Tink Larson. Connect with him at tlarson@hickorytech.net. Thanks, Tink, for all of your work and thank you, Todd Smrekar, for all of your web site expertise. I wish you all a great holiday season. I hope we can look forward to a short winter and quiet spring! Unless you think you may be getting coal this Christmas, ask Santa for a new fungo for your upcoming season!

See you at the ballpark!

in St. James the past 38 years, but tennis has been his claim to fame. If someone asks you about tennis in St. James, the person you think about is Les Zellmann.

Les is currently the Athletic Director in St. James, and throughout his career has been very active in the Coaches Association. During his career he has been President of the MTCA, Served on the MSHSL Tennis Advisory committee, helped unify the boys and girls associations, worked to expand rosters from 13 to 15 and many other projects for the betterment of the student athlete, and was Tennis Coach of the Year in 1998, 2005, 2007, and 2012.

Les's teams have been known for their skill, competitiveness, and sportsmanship. You could never meet a more humble person, a more dedicated person, and a person whose main mission in his career is to improve the lives of the student athletes that he coaches.

Steve Paulsen

Steve Paulsen is the current coach of the Edina Girls Tennis Team. He has been their coach for the past 14 years. Steve has an overall career record of 469 - 12. His State Tournament record is an unimaginable 62-1. He has coached 8 State Singles Champions and 7 State Doubles Champions. Steve was also selected as Minnesota Tennis Coach of the Year in 2005, 2010, 2011, 2013, and 2015. He was selected as National Coach of the Year in 2007.

Steve is currently the Director of Tennis at Interlachen Country Club and he is a Tennis Professional at Lifetime Fitness in Lakeville. Steve has always been known to be a gentleman and is willing to help other coaches out with any advice they may need. The school district in Edina is lucky to have a man of such quality.

Steve has been involved with the Tennis Association and has helped on the State Advisory Committee. Steve was also on the committee who advised the Executive Council on this year's new state tournament banquet format.

Banquet Changes

This year the MTCA took on the challenge of organizing and presenting the banquet. We had been working with a third party vendor for a number of years, but decided to take it on ourselves so we could keep costs down for families and put our own flare on the event. As mentioned above, we inducted two coaches into our Hall of Fame and Steve Paulsen was our keynote speaker. Steve did an amazing job and the night was a success, as evidenced by all the positive feedback we received in our survey sent out to coaches after the event. Of course, there were some aspects we will tweak to make the night even more engaging in the future, but overall we were very pleased with the outcome.

SPRING CLINIC

Make sure to put the dates of Friday, March 3 (evening) & Saturday, March 4 (all-day) on your calendar for the 2017 MN Tennis Coaches Clinic. The location will be the Fred Wells Tennis & Education Center at Fort Snelling. Rick Engelstad (Ex. Sec.) has been working hard on organizing clinicians for the clinic. We will also have our annual meeting at the Tennis Center on Friday, March 3, in the evening. We look forward to seeing you there.

2017 MTCA COACHES CLINIC



**Friday, March 3rd and
Saturday, March 4th**

**Fred Wells Tennis & Education Center
100 Federal Drive, St. Paul, MN 55111**

**Register for the clinic at:
<http://www.mshsca.org/tennis>**

Cost: \$65.00

**Questions: email Rick Engelstad,
rengelstad@isd578.org**



FRIDAY, MARCH 3rd

5:00-8:00 Open Playing Time / Drills and Play

**8:00 MTCA Meeting & Social:
Beverage and Pizza**

SATURDAY, MARCH 4th

Clinicians for this years clinic:

**Christin Thurston, Tennis Professional-Licensed
Cardio tennis professional (Level 3) & USPTA
Northern Division Executive Director**

**Marc Stingley, PTR Diversity and
Inclusion Coordinator**

Kevin Whipple, PAES Tennis at Baseline

**Bruce Gullikson, USPTA Elite Professional, PTR
Professional MTM**

Wilson Keynote Speaker TBA



After the Game Bring Your Team to 

MEMBERSHIP PERKS

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- **COUNTRY INN & SUITES - Eagan** - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800
- **COUNTRY INN & SUITES by Carlson** - Minneapolis West, MN - 651-287-8800
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR . 15% discount. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - Rate Code: L16 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796
- **ROSEVILLE VISITORS Association DISCOUNTS** - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr
Coaches Call 800-325-3535, ask for MN Coaches Association Rate
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400

For Hotel rates, coaches should indicate membership in MSHSCA.

MEMBERSHIP PERKS

•••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.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!

HOOP SCOOP



Mark Cook - Maple Grove HS Head Girls
Basketball Coach

President – Minnesota Girls Basketball Coaches Association

DI and DII Scholarships at an All Time High for the Class of 2017

According to KJASR.com, as of the end of November, there are currently 71 girls playing basketball in Minnesota from the class of 2017 who have already accepted a Division I or II scholarship to play at the next level. That number is up from 58 from the class of 2016 and 48 from the class of 2015. The class of 2017 is the highest in the last decade, with the class of 2008 being the closest when 68 kids signed a Division I or II scholarship. The 2017 number will actually only get bigger as the Spring signing day is still yet to come.

So question becomes, why have we seen this increase over the past couple years? Has the level of girls basketball in the state of Minnesota gone up? Has AAU, social media, and companies like Hudl and Krossover allowed for greater exposure for our athletes? Have there been changes at the high school level that have made a difference? I think the answers to all of these questions is, “Yes!”

Long time girls basketball coach and current head of the Miss Basketball committee in Minnesota, Pat Barrett, points to a few significant factors. “Kids can play more with 26 games,” Barrett says. He adds, “Longer halves means more playing time and opportunity in games for kids.” Barrett also believes that the Summer Coaching period for high school coaches with their athletes has helped in the development of players. “The quality of our State Tourney has shown the high quality of coaching and athletes in our state. We are developing more players and college coaches are finding them.”

Kevin Anderson, owner and operator of KJASR.com which covers girls basketball in Michigan, Minnesota, Wisconsin, Nebraska, North Dakota, South Dakota, Iowa, and Illinois, has watched the ebb and flow of college scholarships with Minnesota athletes for a long time. He thinks that there are a variety of reasons for the growing numbers. When asked, Anderson replied, “I think one reason Minnesota is an attractive spot to shop for players is the strong high school component, the active club scene (AAU), and parents that are searching for an edge for their child with private lessons and such.”

Jon Herbrechtsmeyer, Head Women’s Basketball Coach at Bethel, would argue that the talent isn’t actually that much different than it ever has been. He says that other college coaches have just finally come around and realized that this state is a hot bed of basketball talent. According to Herbrechtsmeyer that talent is the byproduct of a few different things. First, the high school system in Minnesota is structured the right way. Four classes with great competition at all levels, helps to develop great players. Second, he believes that our high school coaches are top notch. They are working hard to

develop strong players and teams to compete at a high level year in and year out. Finally, Herbrechtsmeyer believes that, “Our AAU system is better than anywhere in the country. Dave Preller does a fantastic job of organizing a system that is one of the largest in the country in women’s basketball. The clubs are highly competitive and go out and challenge themselves against the best teams in the country.”

While predominantly positive, there are also been some complications with this growing number. The Miss Basketball committee has to narrow its list at some point. Trying to narrow a list down and get out to see, and properly evaluate, 70+ scholarship athletes is very difficult. The MGBCA All-Star Game Committee is running into similar issues when forming the teams for their event. With 40 spots and a guarantee of 10 spots per class, there are going to be very talented and deserving scholarship athletes left out of that event. It is unfortunate, but a reality when you have this many kids in the state receiving scholarships.

Despite some of the logistical complications mentioned above, it is great for girls basketball in the state of Minnesota that we have so many kids being recognized for their talent and playing at the next level. The fact that we can regularly turn on the NCAA Women’s games on national television and watch kids from Minnesota compete is a testimony to the level of talent we have in our state. Watching Becca Dahlman play at Vanderbilt, Nia Coffee at Northwestern, Cayla McMorris and Courtney Fredrickson at Wisconsin, TT Starks and Sienna Johnson at Iowa State, Maddie Guebert at South Dakota State, Kiera Russell at Arizona State, Kenzie Barta at Harvard, Carlie Wagner at Minnesota, just to name a few, not only play at big schools, but compete at a high level in the toughest women’s basketball conferences in the country is so much fun for women’s basketball fans in the state of Minnesota. We the number of Division I and II athletes that we have in the class of 2017, we can look forward to many more years of this!

“There isn’t a single professional sports season now that doesn’t go on at least a month to long. Baseball starts in football weather, and football in baseball weather, and basketball overlaps them both.”

- James Reston



Diamond Cuts

By: Laura Olson - Maple River HS

Who can believe that it is already December! Before you know it, March will be here and we will be in the gyms starting our indoor practices. As we gear up for our spring seasons, there are some changes and dates to make sure that you are aware of. First, the MSHSL advisory committee approved the following for the upcoming 2016-2017 season: seeding of the state tournament team and a 15 run rule after the completion of 3 ½ innings. This is exciting because these changes came about because of the survey of and feedback from our coaches association members. Thank you to all of those who participated in the process. Your input is important in helping to improve and promote the sport of fastpitch softball. Secondly, make sure to save the date on February 4th. This is the date for the Winter Clinic at Becker High School. There is an outstanding line up of clinicians that will provide you with information and drills for defense, offense, pitching and team culture. You do not want to miss out on learning from Gerice Olson and Beth Spoehr from the NDSU coaching staff, as well as favorites John Tschida from the University of St. Thomas and Jody Lunz. More information about the clinic can be found online at <http://www.mshsca.org/fastpitchsoftball>. Speaking of the website, other important information can be found there, such as the link for membership, the link to update your win/loss record and the dates for submitting nominations for Academic All-State Individual (April 7), Academic All-State Team (April 7), All-Star (April 23) and All-State (May 21). Because of turnaround time, these dates are firm and there will be no exceptions. Of course, this is all a mute point if you are not a member of the coaches association, so if you are not a member

yet this year, make sure to do that sooner than later. Not only does this allow you to nominate your student athletes for the post season awards mentioned above, it also has other benefits. The biggest benefit is our liability coverage. Since many of our programs have coaches that are not paid employees of a school district, this coverage would cover them in case of a situation would call for it. I would strongly encourage every member of your coaching staff to be a part of the association. As a member, you also get into any regular season activity that MSHSL sanctions, as well as some college games. The deadline for membership is April 1st. Lastly, make sure that you are staying current and up to date on your MSHSL coaches clipboard. Remember, this is where you will find the online rules meeting when it becomes available for the spring sports and well as information on your continuing education requirements as a coach.

Now, if I still have your attention I would like to end with some recognition of teams and individuals. Our defending state champions in our 4 classes are Edgerton/SW MN Christian (Class A), Zumbrota-Mazeppa H.S. (Class AA), Mankato West H.S. (Class AAA) and Chanhassen H.S. (Class AAAA). Team Minnesota represented us in the Wisconsin-Minnesota Border Battle held at the University of St. Thomas. Unfortunately, they lost 6-2 and 2-1 in the double header, but a good time was had by all. Our reigning Ms. Softball is Katelyn Kemmetmueller from Rogers H.S. and she will be continuing her post secondary career at the University of Minnesota. And last but not least, I would like to recognize you as coaches. Our sport is as great as it is because of people like you. Thank you for all you do and all you sacrifice for our student athletes. I leave you thinking about the words of Pete Carroll, "Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen". Be that nudge, that direction and that support for your players. May great things happen with your team this year!

Have a very happy holiday and winter season. If you were to need anything, please feel free to email me at lolson@isd2135.org.



2016 SOFTBALL CLINIC

February 4th, 2017



Registration begins at 8:00 a.m.
Becker High School

**ALL Coaches attending the clinic must
be a member of MSHSCA**

Payment can be by credit card, cash, check or money order.

**Register Online for the clinic at
www.mshsca.org
Clinic fee is \$80, \$100 after February 2nd**

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

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

**Checks payable to MSHSCA
Mail to: MSHSCA, PO Box 519, Detroit Lakes, MN 56502
Questions? Call: 218-234-0345 or email: jomar2@arvig.net**

After the Game Bring Your Team to 

Snap Shots



This is our first article in the Minnesota Prep Coach. The Minnesota Girls Hockey Coaches Association (MGHCA) welcomes the opportunity to provide information regarding girls' high school hockey in Minnesota to all of the members of the MSHSCA. The MGHCA has been in existence since 1996. The current President of the association is Jessica Christopherson who is currently the Head Coach at Wayzata HS. The President-Elect is Shawn Reid from The Blake School and the Past-President is Peter Hyduke from Hibbing. Their contact information is available on our website at www.MGHCA.com.



Our coaches association has been very active in providing programs and awards for our athletes over the past 20 years. Some of the awards we offer our student athletes include All-State recognition, Team and individual Academic recognition, and currently three \$1000 scholarships to graduating seniors playing high school hockey. Some of the recognitions for coaches have included our Section and State Coaches of the Year, the Brano Stankovsky Award, and most recently the start of our MGHCA Hall of Fame (started in 2013).

Over the years we have had several off-season programs designed to enhance the high school hockey experience and to provide opportunities for our athletes to showcase their talents among their peers and college recruiters. The success of these programs is evident in the number of Minnesota female players that are recruited to play D1 and D3 hockey each year. We lead the nation in the number of high school players, the number of players in college programs and the number of players selected to USA National Camp each year. Our coaches and our association take great pride in continuing to provide opportunities for our players as they progress as students as well as future

leaders in our sport. Some of the programs we provide include:

Premier Prep League – A six week pre-season league designed to complement the high school experience by providing athletes to “tune up” their game prior to the start of the high school season. Great care is taken to make sure schedule conflicts with other fall MSHSL sports are kept to a minimum.

Senior Classic – Our oldest and one of the most popular programs among our players and coaches, eight teams are formed using our section alignments used to create “section” teams. These teams then compete the weekend after the State Tournament. 136 players participate in this event each year. The dates for the 2017 are March 3-5 at the Schwan’s Super Rink in Blaine, MN. The event is free and open to the public.

U18 Festival – The newest of our programs is designed to give high school juniors who are too old by their birth year to participate in the Minnesota Hockey High Performance programs an opportunity to compete with their peers

WOMEN COACHES SYMPOSIUM



THRIVE

FRIDAY
APRIL
21, 2017

TCF BANK STADIUM, 7am – 3pm
MINNEAPOLIS, MN

An unique, professional development, networking, and community building event for women coaches of all sports and levels.

Registration, group pricing, info, and scholarships available at:
z.umn.edu/wcsreg



Featuring **The Jean K. Freeman**
Keynote Speaker:

JILL ELLIS

Head Coach of the United States Women's National Soccer Team and a development director of the United States Soccer Federation. In her 2 years as USWNT Head Coach, Ellis has led the team to 58 wins.



*“If you’re bored with life -
you don’t get up every morning
with a burning desire
to do thing --
you don’t have enough goals.”*

- Lou Holtz



DEMEMBER MEMBERSHIP REPORT 2016

Types of Membership	2015-16	2016-17
Active Class A & AA	6402	4659
Associates	1335	1221
Active Life	394	301
Retired Life	910	1372
Honorary	<u>3</u>	<u>3</u>
	9,044	7,556

Breakdown of membership by sport association (2015-16 totals in parenthesis)

Adapted Athletics (26) 15	Boys Lacrosse (99) 21
Alpine Skiing (53) 27	Girls Lacrosse (72) 28
Athletic Directors (95) 92	Football (1123) 1065
Baseball (521) 360	Boys Hockey (249) 137
Boys Basketball (830) 607	Golf (boys & girls) (345) 215
Girls Basketball (699) 588	Soccer (boys & girls) (416) 435
Cross Country (419) 420	Softball (491) 245
Gymnastics (218) 155	Synchronized Swimming (19) 6
Nordic Skiing (113) 96	Girls Tennis (221) 209
Volleyball (665) 656	Boys Tennis (173) 127
Boys Swimming (196) 131	Track & Field (837) 586
Girls Swimming (251) 218	Wrestling (114) 96
Girls Hockey (61) 59	Dance (25) 13

Sport associations that collect their own dues, but join the MSHSCA are Cheer 13, Clay Target 12, and Badminton 4.

MSHSCA's 2016-2017

Thank You
to our

CORPORATE PARTNER



SUBWAY HELPS MAKE SOME OF OUR PROGRAMS POSSIBLE!

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

BOUNCE SHOTS



By: John Junker

2016 was another successful and exciting season. I would like to congratulate Chris Fleck and our 2016 Minnesota State High School League Champions, the Prior Lake Lakers. The Championship was a great experience for both athletes and coaches and a great opportunity for those who got to participate.

While the reasons all of us coach these boys will vary slightly, we share a common goal of seeing them be successful both on the field and growing into great young men. With that, we have the opportunity to honor and recognize individuals who have demonstrated an incredible level of dedication, commitment and support of our game, their players, program and communities. Our 2016 Coaching Awards were:

Coach of the Year: Jason Worwa (Woodbury)

Asst Coach of the Year: RJ Ancona (Rosemount)

Man of the Year: Dylan Dickey (New Prague)

We also want to congratulate the programs that were recognized for sportsmanship during the 2016 season:

MSHSL Varsity

Prior Lake (honorable mention: Armstrong, Lakeville North, Rosemount)

MSHSL JV

Minnetonka (honorable mention: Eagan, Hastings)

MSHSL Freshman

Tie: Armstrong, Farmington, Jefferson, Shakopee

Congrats to these coaches and programs on these accomplishments!

But as both Summer and Fall have now come and passed... Summer Leagues and Clinics have wrapped up as well as opportunities for Fall Ball. As coaches, we are working hard to finalize our schedules, work with our booster clubs and parents on all sorts of activities. Bringing our attention to the upcoming season, we need to remind coaches about a few deadlines and reminders. We set a record last year for membership in our association and would like to build upon that. So while we have time, please visit <http://www.mshsca.org/> and click Online Membership Registration. Membership in our association provides the liability insurance we all need plus provides eligibility for your players to receive postseason awards. Please also consider membership in US Lacrosse. Also a reminder, Harold Buck also pulled JV and Varsity schedules on Dec 1st for the purpose of working on ref schedules. If you did not have your schedule completed, please contact him immediately (lacrosse@yourassignment.net). He will also pull any 9/10 or B Squad schedules posted, but the absolute deadline for these will be March 31st.

Recruiting of Officials:

As always, they are trying to recruit more officials so we can cover all of the games scheduled. New officials must be at least high school freshmen. Please send the following links to any current or former players, parents, or coaches who might be interested in officiating:

General information about training and registration:

<http://www.umloa.org/training-info/>

FAQs from prospective officials:

<http://www.umloa.org/faqs-for-prospective-officials/>

To sign up for e-mail updates:

<http://www.umloa.org/interested-form/>

Good luck to everyone as we prepare for 2017 and look forward to seeing everyone on the field in a few short months.



SNAP SHOTS... continued from page 34

while trying to earn a spot on the MN Hockey U18 team for participation in the High School National Invitational Tournament held in conjunction with the High Performance Final 54 event. The U18 Festival is held in at the same time and location as the Senior Classic in Blaine.

High Intensity Camp – This program was designed to give athletes an opportunity to train in the summer with players from all over the state. The intent of the one week camp is to provide participants information they can use after the camp to train at a higher level on their own after the completion of the camp. This event takes place in June of each summer at Breezy Point Arena in Breezy Point, MN.

Upcoming important dates/events:

- MSHSL State Tournament - Xcel Energy Center, St Paul, MN – February 22-25, 2017
- MGHCA Hall of Fame Awards Banquet – Herbies In The Park, St Paul, MN – February 24, 2017
- Ms. Hockey Banquet – St Paul River Centre, St Paul, MN – February 26, 2017
- Senior Classic & U18 Festival – Schwan's Super Rink, Blaine, MN – March 3-5, 2017

If you have any questions regarding information provided in this article or information in general regarding girls high school hockey, please contact Tim Morris, MGHCA Executive Director at the following email address: [morrisingang@msn.com](mailto:morrisgang@msn.com).

Mat Chatter

By: Will Short
 Simley Head Wrestling Coach
 MWCA president



Failing to succeed...

As a coach I could give you a list of mistakes, regrets and things I wish I would have said and done at certain times with different athletes. I can tell you every athlete that did not achieve what they wanted in my program. I can also tell you every athlete that did not reach their potential or quit the sport because I did not have the words or actions to guide them in wrestling. I do not forget my coaching failures.

All of those failures that I mention made me change something, or do something a little different. I do not want to make the same mistake again. Instead of giving up when we fail, we get back to work. After failing in wrestling the great thing is the following week you can put yourself and your team on the line again. A wise old coach once told me that we learn much more when we fail than when we succeed. I believe that. I know that I have had some low points in competing and coaching but I also have had some tremendous highs. I know that I am not perfect and my personality does not always reach every athlete. I have great assistants who can complement my weaknesses. I do feel that we are impacting a high percentage of wrestlers in our program and we continue to strive to reach them all. I have seen wrestlers take what they are being taught and go to the highest level of wrestling. I have seen first year seniors win a true second match and qualify for the state tournament then thank me for four months of pain and work in a wrestling room. I have seen JV wrestlers win a JV conference title and come off and tell me that's the first trophy they ever won in their life. I have seen multiple state champions sign national letters of intent to wrestle in Division I and Division II programs and get their school taken care of by the sport of wrestling. As I embark on my twentieth year of coaching I bring all of my knowledge of failures to my team and coaching staff. I know when they are drilling poorly and the result they will get from that habit. I know when they are not in shape. I know when they don't have basic fundamentals, and the type of wrestler that will take advantage of their poor training. I know what four months of poor dieting will do to athlete at the end of the year. I know that a lack of strength training will probably lead to an injury. I know that the athletes that did the work in the off-season will make their mark early in the year. I know that as a coaching staff we must learn from our past and have a great vision of our future. From all of our former failures I come into this season with the optimism and the hope that success is right around the corner if we do the work. We will most definitely fail during the year, but hopefully we will succeed in the end. _____

GIVE THE GAME BACK

Jody Redman - MSHSL Associate Director

Almost 8 million high school students and another 40 million children play youth sports. Why? What is the purpose? Are they playing for their own enjoyment and development as people or have sports morphed into an experience that serves everyone but the children who play? The answer can be found in the fact that youth sports today is an 8-billion-dollar industry, promoting early specialization, private one-on-one coaching, multi-team participation and a significant financial and emotional investment by parents. Too often sports are no longer about children. Too often the intrinsic value sports once provided our children has shifted to adults who now benefit from an out of control sports industry. The industry has created an over-organized, over-coached frenzy that few parents can withstand—afraid that if they don't comply with the 'more is better' cultural pressure that their child will be left behind. This tension between what is developmentally appropriate for a child and the adults who are benefitting from this new industry has resulted in an unhealthy and pressure-filled experience for the millions of children who are involved in sports today—one that does little to develop their human potential.

Many will proclaim that these types of high-pressure youth sports experiences are good for kids because they build character. Co-founder of the InSideOut Initiative and author Joe Ehrmann asserts that "one of the great myths in our culture is that sports build character, as if doing a handstand, running a race, hitting a curveball, or simply suiting up are sufficient to strengthen a young person's moral fiber. Unless a coach teaches and models character and encourages its development in athletes, it is more likely organized sports will spoil play and undermine the development of the very character and virtue they claim to build."

For sports to develop better people and build character we must reframe the purpose of sports. We have to give the game back to the children who play them. For us to accomplish this we must focus not on how the sports industry can best serve adults, but how it can best serve and make children's lives better. We must transform the current win-at-all-costs sports culture into one that connects students to caring adults in their school community, adults who will look them in the eye and affirm their inherent value and worth, and utilize sports as a tool to intentionally develop and grow the inner lives of the students who play them.

Caring adults

When students are connected to an experience and they have a relationship with an adult who really cares about and affirms them, one who allows them to show up as themselves, belonging and a sense of security follows. Think back to your own playing experiences. Can you recall a coach to whom you were connected—one who accepted you for you and created a safe place where you belonged? If this was your experience, it didn't happen accidentally. It happened because your coach understood the purpose of sports and his or her role in creating

... continued on page 39

After the Game Bring Your Team to 

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.

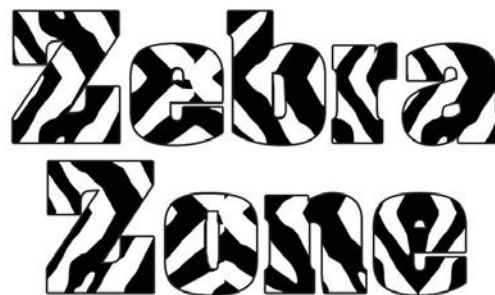
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to minnesota high school sports.

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

It is no secret that coaches do so much work behind the scenes. Ranging from counseling a student-athlete to breaking down game film, the hours are countless. The old saying of "keeping up with the Jones'" certainly applies. There is a constant amount of work and dedication that goes unnoticed by the general public. The use of technology has made it somewhat more convenient in some activities with web-based sites that allow coaches and athletes to have access almost immediately. The days of having to travel to other destinations to scout has been reduced with electronic "film exchanges" now. Much can be said that this is applicable in the world of officiating as well. Associations, crews and or individual officials are now requesting game film to review previous games as well as prepare for upcoming games. In researching some of these possibilities for officials, it will take the cooperation of schools and coaches to make it happen. A certain amount of professional respect will be needed on behalf of the coaches and the officials that agree to share information. It is certainly my hope that if officials are requesting game film or access to your web sites, Hudl - for example, that both entities can work together in a professional and trusting manner. Often times in the course of a activity the relationship between a coach and official come into play - it is inevitable. The interactions come in many forms - cordial to stressful. When times get stressful both coaches and officials need to react in a professional, not personal, manner. Being able to do this takes considerable practice at being able to take in, process and react in a positive manner. Even though you may be at the brink of an explosion inside its' what you do outwardly

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that matters. Throughout the course of an activity there will be numerous situations that come into play where both the coach and official are challenged. There are many unknowns that come up that are not expected and we need to react in a short period of time. It reminds me a bit of text messaging. When you receive a text you are not sure what it is going to say. It could be something important, something meaningless, something that makes you take notice - or something you choose to ignore. During the course of your day it is up to you to manage these messages. Some days you may accumulate enough troublesome messages to where it creates stress in your day and that affects your decision making abilities. This analogy exists in any contest with coaches and officials involved. The “messages” sent to officials by coaches come in many forms - how a official receives the message and how he reacts to it will hopefully end with both parties having a better understanding of each other via proper communication. A professional coach and official will learn to manage these situations and still maintain their composure. This is where we all get better. Unfortunately, this is not always the case. Some may choose to focus on “how” something is said, rather than focusing on “what” was said. While a coach may lose control for a moment the official still needs to listen to what is said. Yes, there is the fine line to cross when a coach may become disrespectful - and then there is just cause for some type of penalty. It is unlikely that a coach is going to send a message to an official right out of the gate that will rise to the level of disrespect. This often comes later in contests where the situation was allowed to fester and the communication lines have broken down. Even in situations that have the potential to become volatile it still needs to be handled in a calm, professional manner. Remember that no one makes you behave or react in any certain way. That decision is totally up to yourself. In the course of competition it is inevitable that disagreements are going to occur - how you handle them are up to you. One officiating term that has blossomed the last few years is “preventive officiating.” Believe it or not there have been books written on the topic. This is where officials make a preventive comment or gesture to hopefully avoid fouls, penalties or disruption in the contest and keep the flow of a contest moving. It tries to keep problems from happening before they happen. While this concept may seem golden on the outside, in reality it can become a real problem possible. Donald Collins, an expert in the area of amateur sports and officiating, writes, “Rulemakers have become sensitive to the “two-edged sword” of warnings by officials and the nebulous term “preventive officiating” in some areas. A well-timed, discrete warning to a player who may have committed a rules infraction is a viable mechanic under most codes. But the same “warning” uttered by an official who has observed illegal contact or obvious unsporting conduct has no place in officiating. From a risk management perspective, it can be legal suicide to warn and not penalize when an infraction of

a safety rule has been committed. It’s bad enough to witness an infraction and ignore it. Witnessing the infraction and advertising the fact — by means of a warning instead of a penalty — is just plain foolish.” That is a pretty strong message that if a foul or violation occurs in many situations, namely the safety of the participants, it should be recognized and called by the officials. Remember it’s just a game – try and keep it fun.

Eiter is a high school teacher in Detroit Lakes, MN. He currently officiates football and basketball. He has coached baseball, basketball and track and has also umpired baseball and softball. He can be contacted at dlref@hotmail.com.

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this space. It happens today for students when we choose to be aware of our students’ deeper needs and intentionally create a place of belonging. When this happens the conditions are right for students to experience more than what is on the surface— the game. When we intentionally create this place the conditions are right for deeper, life-changing experiences where work can be done collectively to reach a common goal; where everyone has a role; where students can be themselves and are also aware that they are part of something greater than themselves; and where learning, growth and connection are the purpose.

Inner Life

The goal of interscholastic and youth sports is not to prepare students for a college scholarship or some professional career. It just doesn’t happen that often. 78% of youth who play sport will quit by the age of 12 because it just isn’t fun anymore and 97% of the students who go on to play at the high school level will have a terminal experience when they graduate—they will no longer play organized sports as they have throughout their youth experience. So what’s the point? Why do we play? We play to develop students into people with sound moral character that will prepare them for a life that recognizes the humanity of others, that is rich with empathy and compassion and develops in them the moral courage to stand up for what is right. When we only focus on physical skills and accomplishments we don’t give them the skills that will help them over the course of their lifetime, skills that will make the world a better place. We give them very little that has any real inherent value.

It is time to give sports back to the children who play them. To focus on the true purpose of sports in our children’s lives. For this to happen, we have to establish a clear path, one that defines purpose, promotes values that are important to students and their community and defines success beyond winning. When we define success by the holistic development of our children into moral adults of character and compassion, then sports will regain its proper place in our families, schools and communities and most importantly for the children who play them.

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