

2009-2010 HIGH SCHOOL

FOOTBALL MINNESOTA

A Publication of the Minnesota Football Coaches Association



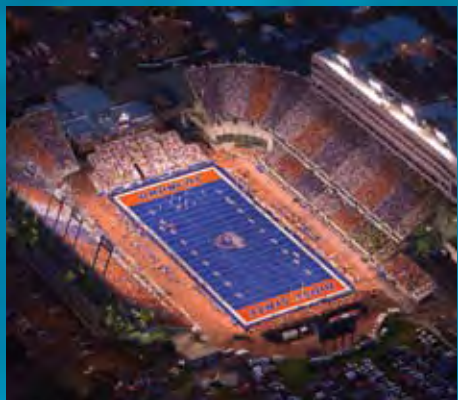
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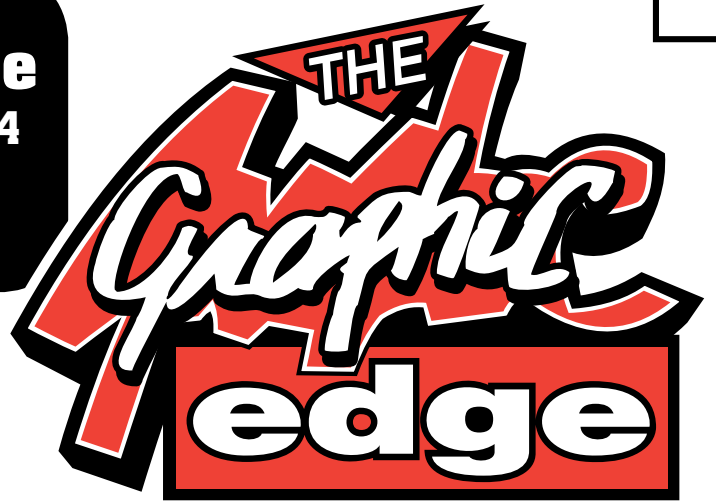
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FOOTBALL MINNESOTA

A Publication of the Minnesota Football Coaches Association

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EXECUTIVE DIRECTOR'S MESSAGE



Ron Stolski
Executive Director

Fellow Coaches,

If you received this magazine, you are a member or a partner of the Minnesota Football Coaches Association. Or, you are an affiliate in some way. In this brief message, let's hi-light and salute some of the activities, programs, and accomplishments, of the MFCA, 'The Keepers Of The Game'.

Our mission statement, (I am paraphrasing), 'The professional organization of football coaches serving and representing Minnesota High School football for over 50 years by preserving its past, providing educational opportunities, recognizing and honoring achievement, valuing good sportsmanship, enhancing the game of football, and engaging in partnership with the MHSCA and MSHSL to developed healthy participation for the student-athletes of our schools'; is being fulfilled by a number of events and programs sponsored and conducted by your MFCA.

To hi-light just a few... the Mr. Football selection and Banquet; Clay Anderson, Albert Lea, chair. The summer football Camp -Outreach; Wayne Petermeir, chair. The annual MFCA Football Scholarships; Will Wackman, chair. The Recruiting fair; Jeff Ferguson, Totino-Grace, chair. The Hall of Fame selection; Scott Tschimperle and Paul Lemke, Glencoe-Silver-Lake, co chairs. The Hall of Fame banquet; Dave Nelson, Minnetonka, chair. The All-Star game; Dave Fritze, Eagan, chair. The MFCA Clinic. The Football Advisory to the MSHSL, President Paul Dunn, Springfield, chair. The Code Of Ethics; Past President Shannon Gerrety. In addition to these, and other programs and initiatives, the Rep Assembly meets bi-annually in the Fall and Spring to be appraised of and discuss pertinent issues of importance to football in Minnesota. I outline some of these programs to illustrate a very important point. We are not a hollow or insignificant organization. We are a working organization that is striving to fulfill our mission. In the pages of this manual, you will find contributions from coaches from every class, conference, section and area of our great state.... Thank you to you all for your daily contributions to not only this magazine, but to advancing the game of football in your school, community conference, and section!

All of our efforts require funding... thanks to our many financial partners for providing the dollars to allow us to sponsor the many and varied programs we offer. To that end I want to directly address the annual MFCA Clinic, and urge you, again, to make plans to attend in 2011. Since the MFCA partnered with The U of M in 2008, we have striven to provide the very best clinic in the nation. The clinic committee spends endless hours planning and conducting a clinic that is worthy in every way. Since it's inception just three years ago, our attendance, summarized, averages right around 1,000. this number includes attendees, exhibitors, and presenters; All proceeds have gone directly to the association. Again, summarizing, approximately \$52,000.00 has been transferred to the MFCA. Prior to our sponsorship of the clinic, no monies were realized for the MFCA. Why attend our clinic? The answer is in the facts. All funds generated go directly to support the MFCA. Our target for the 2011 clinic is to top 1300.... please, to the extent, that you can, plan now to attend your Clinic in 2011.

I have rambled, and apologize. The point is we have a special organization; something to be proud of... we are 'The Keepers Of The Game'. Special thanks to Past president, Jon Johnson, a fantastic job!! Thanks to all Committee Chairs, Reps, the Ex. Committee, and to all of you for your interest and support. Congratulations to President Paul Dunn, I know he will be an outstanding leader.

It is Fall and Football. How fortunate we all are!

Ron Stolski

2010 MINNESOTA FOOTBALL

MINNESOTA FOOTBALL COACHES ASSOCIATION

DIRECTOR OF PUBLICATIONS - TERRY TUREK

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This publication is issued annually by the MFCA

PAST PRESIDENTS

1956-57	Harvey Shew - Brainerd	1983-84	Tony Thiel - Battle Lake
1957-58	Lew Swearingen - Jackson	1984-86	Dick Walker - Richfield
1958-59	Red Wilson - Bemidji	1986-87	Jim Simser - New Richland - Hartland
1959-60	Loren Hagge - Rochester	1987-88	Dave Nigon - Totino Grace
1960-61	Frank Cleve - Minneapolis Henry	1988-89	Keith Swanson - Hoffman-Kensington
1961-62	Lew Barle - Greenway	1989-90	Jerry Peterson - Owatonna
1962-63	Tom Mahoney - Fairmont	1990-91	Dave Brokke - Granite Falls
1963-64	Steve Silianoff - So. St. Paul	1991-92	Con Natvig - Swanville
1964-65	Dale School - Redwood Falls	1992-93	George Larson - Cambridge
1965-66	Bill Hansen - Willmar	1993-94	Buz Rumrill - Silver Lake
1966-67	Bob Roy - St. Louis Park	1994-95	George Tuvey-Janesville-Waldorf-Pemberton
1967-68	Marv Gunderson - Winona	1995-96	George Thole - Stillwater
1968-69	Milt Osterberg - Worthington	1996-97	Ken Baumann - Mahnomen
1969-70	Dick Lagergren - Brainerd	1997-98	Dave Hylla - Proctor
1970-71	Les Dreschsel - Ada	1998-99	Neal Hofland -Chokio Alberta
1971-72	Don Varpness - New Ulm	1999-00	Ken Belanger -Zumbrota-Mazeppa
1972-73	Ron Raveling - Columbia Heights	2000-01	Bubba Sullivan - Northfield
1973-74	Rollie Bromberg - Cloquet	2001-02	Dick Strand - Southland
1974-75	Don Swanson - Minneapolis Henry	2002-03	Dave Nelson - Blaine
1975-76	Don Stueve - Fergus Falls	2003-04	Mike Mahlen-Verndale
1976-77	Dean Brown - Winona	2004-05	Dwight Lundeen - Becker
1977-78	Gary Gustafson - North St. Paul	2005-06	Flint Motchenbacher - Detroit Lakes
1978-79	Grady Rostberg - Hutchinson	2006-07	Clay Anderson - Albert Lea
1979-80	Dick Lawrence - Eveleth	2007-08	Wayne Petermeier - Browerville
1980-81	Ron Scott - Coon Rapids	2008-09	Shannon Gerrety - Blaine
1981-82	Jim Roforth - Lake City	2009-10	Jon Johnson - Litchfield
1982-83	Ron Stolski - Brainerd	2010-11	Paul Dunn - Springfield

SECRETARY - TREASURER

1956-57	Frank Cleve - Minneapolis Henry	1983-87	Don Larson - Albert Lea
1957-61	Dwaine Hoberg - St. Louis Park	1987-00	Jim Simser - Fairmont
1961-64	Bob Roy - St. Louis Park	2000-08	Terry Turek - LeSueur-Henderson
1964-74	Chuck Elias - Minneapolis Central	2008-	Jim Dotseth - Minneapolis Henry
1974-83	Jerry Peterson - Owatonna		

PRESIDENT'S MESSAGE

To: Minnesota Football Coaches

From: Paul Dunn, President of the MFCA

Greetings from the MFCA! On behalf of our association, I want to wish all of you the best of luck as you prepare for the 2010 football campaign. The passion, preparation and dedication you bring to our profession are exemplary! The MFCA is here to stand beside you and help in any way we can. As "keepers of the game," we hope to partner with you in your success.

The success of Minnesota High School Football is made possible in part by your membership in the Minnesota Football Coaches Association. I encourage both you and all of the coaches on your staff to become members of the association. This membership helps Minnesota High School Football and is a great value to you as a coach.

This value includes liability insurance that covers you during the season, school year and for camps and other related activities during the summer through the end of July. Membership makes your players eligible to apply for MFCA scholarships. These are \$500.00 awards given to players that are enrolled in a Minnesota High School and are members of their high school football team. Membership also makes your players eligible for both All-state Academic Team Awards and All-state Individual Academic Awards.

Your membership entitles you to significant discounts at the Doubletree Park Place Hotel in St. Louis Park. This is the site of the Annual MFCA Coaches' Clinic that will be held next spring from March 31st – April 2nd. We had over 900 coaches attend last year's clinic and we look to continue to improve and grow the clinic. National speakers, championship coaches, vendors and the annual hall of fame banquet will give all who attend a place to connect, learn and grow.

Membership allows you to quickly and easily showcase your players to college coaches through the annual recruiting fair and recruiting guide that is compiled each spring. Your players are also eligible for MFCA Mr. Football Award as well as consideration for the Minnesota Metro vs. Outstate All-Star Game held in June.

These are just a few of the things in which the MFCA is involved. If you wish to learn more about the MFCA, read about current initiatives, or desire to join the association, please log on to our website at www.mnfootball-coaches.org. This will give you all the information that you need.

Finally, on behalf of the leadership of the MFCA, we want to wish you a safe and successful season.

Sincerely,

Paul Dunn
President of the MFCA
Head Coach – Springfield Tigers
paul.dunn@springfield.mntm.org



PRESIDENT

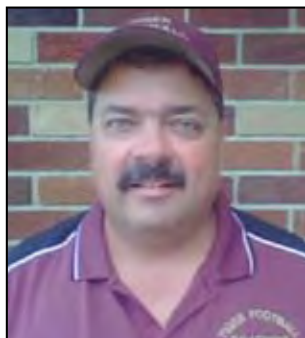
Paul Dunn - Springfield

MINNESOTA FOOTBALL COACHES ASSOCIATION



EXECUTIVE DIRECTOR

Ron Stolski



PRESIDENT

*Paul Dunn
Springfield*



SECRETARY - TREASURER

Jim Dotseth

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MFCA CLINIC A GREAT SUCCESS AGAIN IN 2010!

By Claud Allaire
Clinic Coordinator
claud.allaire@comcast.net

Thanks to overwhelming support by members of our association, the MFCA clinic was a great success again this year. As an association, we are without doubt growing this clinic into one of the best in the country! With a combination of local, area, and national technicians, the Gophers practice and headline speakers, an event that provides many networking opportunities for our coaches, this has clearly become our official gathering event!

The numbers alone are impressive; We had over 900 participants, 50 exhibitors, over 35 speakers presenting 70 sessions! Our high school national speakers included the staff from two-time Texas state finalists Copperas Cove, four time Iowa State champion Gary Swenson from Valley high school, Ralph Munger and Steve Dengler from three time Michigan state champion Rockford, and Gary Gaines, the "Friday Night Lights" coach from Odessa Permian. At the collegiate level, we featured Dale Lennon and the Southern Illinois staff, MIAC championship staff from St. Thomas, the NSIC championship Minnesota State staff, Air force Academy head coach Troy Calhoun, and of course, coach Brewster and the Gophers staff.

The clinic also featured a number of unique events and opportunities for members of our association. Our Thursday night social raised money for our association scholarship program; Speakers were available for breakout Q&A discussion sessions throughout the clinic; Several association committees met during the clinic weekend; and the Gophers practice in the new TCF stadium!. In addition, our Friday night Don Swanson Tailgate Party featured the always hilarious Dick Jonckowski and recognized members of the Minnesota football coaching community for their accomplishments. The culminating event of the weekend was our Hall of Fame Banquet on Saturday night where members of our association were inducted in recognition of their lifetime contributions to our game and their

communities. We also recognized our conference, section, class, and state coaches of the year.

Bringing this clinic together was the culmination of many efforts. This included the leadership provided by our Executive Director, Ron Stolski and the tireless work of our clinic committee consisting of Dave Nigon, Jim Dotseth, Dave Nelson, Ray Kirch, John Gross, and Claud Allaire. Dan O'Brien served as our liaison to the Gophers staff and events. In addition, there were a great number of other coaches who stepped forward and provided considerable effort in making this event possible. We cannot mention all of them as there were so many others who also played critical roles. The Doubletree staff were also phenomenal in both their support of our association and in coordinating the weekend's events.

Our accomplishments in our first few years are impressive but our goal is mighty. Clearly, we want to offer Minnesota coaches the best clinic experience in the country! We look forward to your continued participation in making this happen; Remember, if you only attend one clinic, this should be the one!



Executive Director



Executive Committee

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 1st Vice President
 2nd Vice President
 Secretary/Treasurer
 Asst. Coach Rep.
 Past Presidents
 Retired Coaches

All Star Game
 Membership
 Hall of Fame banquet
 Mr. Football
 Operations and Communications
 By-Laws and Constitution
 Awards



Standing Committees



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 Shannon Gerretty
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 Terry Turek

Recruiting Fair
 Jeff Ferguson

Awards
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 Claude Allaire

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 Dwight Lundeen

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 Mike Watson
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MFC Clinic
 Ron Stolski

Mr. Football
 Clay Anderson

All-Star Game
 Dave Fritze

Power of Influence
 Bubba Sullivan

Membership
 Flint Motchenbacher

Scholarship
 Will Wackman

Community Service
 Beau LaBore

CODE OF ETHICS

PREAMBLE

One of the distinguishing characteristics of a profession in education may be that its members are cognizant of, and perhaps dedicated to, rendering a service to humanity. As educators who choose to coach football, we must understand that the justification for football is that it provides educational and physical values for those who play the game, and the game essentially belongs to the players who choose to play it.

The welfare of the game depends on how coaches live up to the spirit and letter of ethical conduct, and how coaches, as educators, model ethical conduct, and remain mindful of the trust and confidence placed in them by colleagues, players, and the public.

PURPOSE

This code of ethics has been developed to protect, promote, and preserve the best interests of the game and the coaching profession. Its primary purpose is to clarify and distinguish ethical and professional practices from those which are detrimental. Its secondary purpose is to emphasize the value of football as an experience that contributes to the overall education of the student-athlete and to stress proper functions in relation to schools, players, and the public.

ARTICLE ONE – RESPONSIBILITY TO PLAYERS

1. Coaches shall be aware of the tremendous influence they have on the education of the student-athlete; therefore, they shall never place the value of winning above the value of instilling the highest ideals of character and integrity.
2. Coaches shall follow or create and enforce a set of training rules for players that reflect the positive values of abstaining from drugs, alcohol, and tobacco.
3. Coaches shall never place the value of winning over the safety and welfare of players.
4. Coaches shall not exert pressure on faculty members to give players special consideration.
5. Coaches shall show respect to all players by treating them with integrity and honesty in both verbal and nonverbal behavior, regardless of their role or contribution to the team.
6. Coaches are responsible for their players' actions on the field and must not permit them to perform with the intent of causing injury to opposing players.
7. Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players; they shall instruct players to play within the written rules and within the spirit of the game at all times.

ARTICLE TWO – PROFESSIONAL BEHAVIOR

1. Coaches shall exemplify the highest moral character, behavior, and leadership.
2. Coaches shall display modesty in victory and be gracious in defeat.

3. Coaches shall promote ethical relationships among fellow coaches.
4. Prior to, and following contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

ARTICLE THREE – SPORTSMANSHIP

1. Coaches shall exhibit, model, and teach good sportsmanship.
2. Coaches shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep clubs, booster groups, parents, and administrators.

ARTICLE FOUR – SCOUTING

It is considered ethical to scout opponents only during games and agreed upon scrimmages, and within the designated rules of the conference or section by-laws. The head coach is responsible for the actions of his scouts.

ARTICLE FIVE – RELATIONSHIPS WITH GAME OFFICIALS

Coaches shall respect the integrity and judgment of the game official. Coaches shall not indulge in conduct which would incite players or spectators against officials. Public criticism of officials is considered unethical.

MFCA MEMBERS FOR 2009-2010

Listed below are the dues-paying head coaches of the MFCA for the year 2009-10.

These coaches are representative of the high school football teams in Minnesota. The association would like to remind all coaches to renew their membership for the upcoming year and to encourage their assistants to do the same.

The MFCA believes that it is realistic to have over 90% of all head coaches as members. Membership strengthens the as-

sociation and allows for better representation for all teams and their concerns.

Remember, the MFCA is not just a "head coaches only" group, several teams have taken advantage of having assistants take a more active role in association meetings and it has improved participation and representation a great deal.

Please note that some coaches names may have been inadvertently omitted.

Coach	School
Aakre, Arek.....	Fosston H.S.
Abbott, Chad.....	Saint Thomas Academy
Abbott, Stephen	Saint Thomas Academy
Abel, David.....	Waseca H.S.
Ackerman, Tom.....	Murray County Central H.S.
Ague, Kristopher	Watertown-Mayer H.S.
Albrecht, Jason.....	Lakeville North H.S.
Alger, Steve	Saint Peter H.S.
Allen, Daniel	Sauk Rapids/Rice H.S.
Allen, Mike	Northfield H.S.
Allen, Quentin.....	Simley H.S.
Altiere, Anthony	Two Harbors H.S.
Alto, Dan	Kelliher H.S.
Altobelli, Joe.....	Dilworth-Glyndon-Felton H.S.
Amdahl, Alan.....	Albany Area H.S.
Amundson, Scott.....	Barnesville H.S.
Andersen, Kory.....	New Ulm H.S.
Anderson, Aron	Brainerd H.S.
Anderson, Brad.....	Wayzata H.S.
Anderson, Chad	Hayfield H.S.
Anderson, Chad	Cretin-Derham Hall H.S.
Anderson, Clay	Albert Lea H.S.
Anderson, Colin.....	Andover H.S.
Anderson, Cory.....	Milaca H.S.
Anderson, Craig	Dilworth-Glyndon-Felton H.S.
Anderson, David	Sauk Rapids/Rice H.S.
Anderson, Heath.....	Simley H.S.
Anderson, Jacob	Eden Valley-Watkins H.S.
Anderson, Jay.....	Totino-Grace H.S.
Anderson, Jeremy.....	Braham Area H.S.
Anderson, Jeremy.....	Park Rapids Area H.S.
Anderson, John	Pelican Rapids H.S.
Anderson, Larry.....	Simley H.S.
Anderson, Ryan	Chisago Lakes Area H.S.
Anderson, Shawn	White Bear Lake Area H.S.

Coach	School
Anderson, Sherman.....	Nevis H.S.
Andreasen, Joey.....	Ashby H.S.
Angstman, Mark.....	Princeton H.S.
Armbrust, Kevin	Onamia H.S.
Arnoldi, Paul.....	Springfield H.S.
Ashfield, George	Bloomington Kennedy H.S.
Attig, Aric.....	Thief River Falls H.S.
Aufdenkamp, William.....	Frazee-Vergas H.S.
Auger, Andy.....	St Cloud Cathedral H.S.
Aurich, Dean.....	Mayer Lutheran H.S.
Austin, Clair.....	Goodhue H.S.
Austinson, John.....	Byron H.S.
Aycock, Craig.....	Saint Cloud Tech H.S.
Bachman, Marc.....	St Peter H.S.
Bahlmann, Terry	Marshall H.S.
Bakken, Jon.....	Waterville-Elysian-Morristown H.S.
Baldry, Dean	Yellow Medicine East H.S.
Barger, Mike.....	Mankato East H.S.
Barnacle, Jesse.....	Dilworth-Glyndon-Felton H.S.
Barnes, David	Simley H.S.
Barnes, John	St Thomas Academy H.S.
Barnett, Jeff.....	Mankato Loyola H.S.
Basil, Joseph	Edina H.S.
Battaglia, Daniel.....	East Central H.S.
Battaglia, Scott	Carlton H.S.
Bauman, Earl	St Michael-Albertville H.S.
Baumann, Brad	Maple Lake H.S.
Baumgarten, Joel	Rocori H.S.
Becker, Chad.....	Browerville H.S.
Becker, Kurt.....	Watertown-Mayer H.S.
Behrens, Chris	Watertown-Mayer H.S.
Bender, Collin.....	Waconia H.S.
Bengtson, Hokan	Becker H.S.
Benick, Jim Benick.....	New Prague H.S.
Bennett, Andrew.....	Minneapolis South H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Benning, Dan	Browerville H.S.
Benning, Ray	Eagle Valley H.S.
Bentele, Terry	Granada-Huntley East Chain H.S.
Berdan, Ronald	Sleepy Eye - St Mary's H.S.
Berg, Cullen	Simley H.S.
Berg, Jason	Farmington H.S.
Bergeson, Bryant	Dilworth-Glyndon-Felton H.S.
Bernsdorf, Christopher	Floodwood H.S.
Bettcher, Josh	Detroit Lakes H.S.
Beuning, Paul	New London-Spicer H.S.
Bickle, J.D.	Rochester Century H.S.
Biegner, Chris	Alexandria Jefferson H.S.
Biehn, Chris	Mankato Loyola H.S.
Biermaier, Michael	Browerville H.S.
Biezuns, John	Robbinsdale Cooper H.S.
Birkholz, Adam	Lester Prairie H.S.
Bittner, Jon	Crookston H.S.
Bjerklie, Bryan	Red Lake Falls H.S.
Bjorklund, Randall	South Saint Paul H.S.
Bjornjeld, Mark	Lac qui Parle Valley H.S.
Blair, Dean	Saint Paul Humboldt H.S.
Blank, David	Wabasso H.S.
Blom, Gary	Saint James H.S.
Blomdahl, David	Braham Area H.S.
Bobbe, John	Andover H.S.
Bobeldyk, Timothy	Murray County Central H.S.
Boe, Jason	Triton H.S.
Bohaty, James	Moose Lake-Willow River H.S.
Boie, David	Richfield H.S.
Boken, Doug	Rockford H.S.
Boltmann, Reed	Edina H.S.
Boomer, Mike	Cook County H.S.
Boonstra, Jeff	New London-Spicer H.S.
Borchert, Steve	Russell-Tyler-Ruthton H.S.
Borowicz, Douglas	Roseau H.S.
Borowske, Brett	White Bear Lake Area H.S.
Botsford, Timothy	Grand Rapids H.S.
Bouman, Troy	Pipestone Area H.S.
Bowlin, Patrick	Winona Cotter H.S.
Boyle, Jay	International Falls H.S.
Bozzo, Anthony	Saint John's Prep
Braaten, Luke	Litchfield H.S.
Braaten, Matthew	Cambridge-Isanti H.S.
Braeger, Marc	White Bear Lake Area H.S.
Brager, Nathan	Ada-Borup H.S.
Brain, Zachary	Saint Agnes H.S.
Brainard, Paul	Hill City H.S.
Brainerd, Paul	Hill City H.S.
Brakke, Robert	Brainerd H.S.

Coach	School
Brandl, Robert	Saint James H.S.
Breitbach, Ryan	Win-E-Mac H.S.
Brekke, Scott	Thief River Falls H.S.
Brekken, Joel	Duluth East H.S.
Brenner, Craig	BOLD H.S.
Brent, Benjamin	Rogers H.S.
Breyen, Michael	Elk River Area H.S.
Briard, Jeffrey	Springfield H.S.
Brinkman, Daniel	Hutchinson H.S.
Brisson, Joe	Browerville H.S.
Bronaugh, Eric	Saint Agnes H.S.
Brookins, Bret	East Ridge H.S.
Brott, Lukas	Lake City H.S.
Brouwer, Andrew	Bagley H.S.
Brown, Brian	Concordia Academy - Roseville
Brown, F. Michael	St Paul Academy & Summit School
Brown, Lambert	Fridley H.S.
Brown, Thomas (T.J.)	Springfield H.S.
Brudellie, Ryan	BOLD H.S.
Brue, Charles	Hillcrest Lutheran Academy
Bruggers, Tom	Coon Rapids H.S.
Bruns, Paul	Holdingford H.S.
Buboltz, James	Minnesota Valley Lutheran
Buchkoski, Scott	Chisago Lakes Area H.S.
Buck, Chris	Zumbrota-Mazeppa H.S.
Budreau, John	Zimmerman H.S.
Buerkle, Jeff	Anoka H.S.
Buffetta, Brian	Mt Iron-Buhl H.S.
Buffetta, Jeff	Mt Iron-Buhl H.S.
Buker, Daniel	Litchfield H.S.
Buntje, Mark	Lyle-Pacelli H.S.
Buntje, Scott	Albany Area H.S.
Burns, Edwards	Hopkins H.S.
Busdicker, Neaql	Breck School
Bute, Robert	New Ulm H.S.
Butenhoff, Peder	Fergus Falls H.S.
Byklum, Darrin	Climax-Fisher H.S.
Byrd, Tracy	Wayzata H.S.
Callahan, Pat	Saint Thomas Academy
Campbell, Philip	Le Center H.S.
Cannon, Timothy	Morris Area School
Carlson, Brett	White Bear Lake Area H.S.
Carlson, Darby	Maple Grove H.S.
Carlson, James	Shakopee H.S.
Carlson, Lee	St James H.S.
Carlson, Luke	Saint Thomas Academy
Carrier, Jason	Houston H.S.
Carroll, John-Howard	Rochester Lourdes H.S.
Casavan, Gary	Red Lake Falls Lafayette H.S.

Coach	School
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Casey, Jacob	White Bear Lake Area H.S.
Cassellius, John	Winona H.S.
Chaffin, Jeff	Northome H.S.
Chamernick, Mark	St Cloud Cathedral H.S.
Cherney, Joseph	Cass Lake-Bena H.S.
Christensen, Jeremy	Clinton-Graceville-Beardsley H.S.
Christensen, Tait	Litchfield H.S.
Christenson, Kevin	Nicollet H.S.
Christianson, Bill	Pine City H.S.
Christie, Jeremy	Sauk Rapids/Rice H.S.
Clark Jr, John	Mahnomen H.S.
Clark, Alan	Monticello H.S.
Clark, Paul	Warroad H.S.
Cleary, Matthew	Forest Lake H.S.
Cleaveland, John	Hill-Murray School
Clough, Greg	Minnetonka H.S.
Coenen, Jerome	Chanhassen H.S.
Cole, Jeffrey	Maple River H.S.
Comer, Dale	Coon Rapids H.S.
Comer, David	Lakeville South H.S.
Comnick, Jacob	Proctor H.S.
Conway, Vince	Hill-Murray School
Cornell, Gary	Virginia H.S.
Cornell, Keith	St Michael-Albertville H.S.
Cortez, James	Kerkhoven-Murdock-Sunburg H.S.
Cotter, Joe	Lakeville South H.S.
Cousineau, Joe	Woodbury H.S.
Crabtree, Joshua	Luverne H.S.
Cremers, Ed	Virginia H.S.
Crosby, Tom	Martin County West H.S.
Cross, Michael	Elk River Area H.S.
Currie, Robert	Lakeville South H.S.
Czech, Bradley	Little Falls H.S.
Dahl, Brian	Clinton-Graceville-Beardsley H.S.
Dahl, Darris	Bagley H.S.
Dahl, Joel	Mound Westonka H.S.
Dahl, Mark	Luverne H.S.
Dahlstrom, David	Foley H.S.
Dammann, Michael	MACCRAY H.S.
Daniel, Mike	White Bear Lake Area H.S.
Darling, Matt	Sartell-St. Stephen H.S.
Davis, Chris	Murray County Central H.S.
Davis, Cory	Champlin Park H.S.
Davis, Steve	Glencoe-Silver Lake H.S.
Davis, Timothy	Shakopee H.S.
Davis, Todd	Kingsland H.S.
DeCann, Jay	Melrose Area H.S.
Deering, Nathan	Minnesota Valley Lutheran

Coach	School
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Deibele, Cole	Monticello H.S.
DeLong, John	Murray County Central H.S.
Demars, Tom	Pine River-Backus H.S.
Deschneau, Brian	Mounds View H.S.
Deschneau, Michael	New Prague H.S.
Destache, Dan	White Bear Lake/Mahtomedi H.S.
Dettmer, Lee	Princeton H.S.
Develice, Thomas	Blaine H.S.
DeWitt, Brian	Nevis H.S.
Diediker, Matt	Tartan H.S.
Diekmann, Chritopher	Murray County Central H.S.
Diercks, William	Goodhue H.S.
Dierks, Jon	Mankato East H.S.
Dieryck, Jeffery	Duluth Denfeld H.S.
Dietel, John	Monticello H.S.
Digiovanni, Jeremy	Rogers H.S.
Doering, Douglas	Willmar H.S.
Donnay, Ryan	Rogers H.S.
Dorn, Josh	Albany Area H.S.
Dorr, Mitch	Cook County H.S.
Dose, David	Glencoe-Silver Lake H.S.
Dotter, Paul	Robbinsdale Armstrong H.S.
Douglas, Dan	Montevideo H.S.
Drazan, Dan	Pine Island H.S.
Drews, John	Rochester John Marshall
Drexler, Jeremy	New Ulm Cathedral H.S.
Duffy, John	Mounds View H.S.
Dunn, Paul	Springfield H.S.
Dyer, Lynn	Thief River Falls H.S.
Edbladd, Jeffrey	Cambridge-Isanti H.S.
Eggermont, Jerry	Owatonna H.S.
Eichten, Jacob	Albany H.S.
Eidelbes, Zach	Zimmerman H.S.
Eidsness, Rick	Moorhead H.S.
Eklund, L. Lee	None
Elder, Erin	Windom Area H.S.
Eldred, Mark	Eagan H.S.
Ellefson, David	Hutchinson H.S.
Ellefson, Tim	Hutchinson H.S.
Ellinghuysen, Joel	Lewiston-Altura H.S.
Ellingson, Daniel	Hills-Beaver Creek H.S.
Elliott, Darin	Nicollet H.S.
Elston, Chad	Mora H.S.
Empting, Michael	Alexandria H.S.
Emter, Ryan	Henning H.S.
Enge, David	Anoka H.S.
Engebretson, Dan	Mounds View H.S.
Engebretson, Kevin	Alexandria H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Engen, Gary	Mounds View H.S.
Eppen, Matthew	Burnsville H.S.
Erdmann, Greg	Fulda H.S.
Erdmann, Jeff	Rosemount H.S.
Erickson, Roger	Lake of the Woods H.S.
Esch, Mark	Mankato West H.S.
Escher, Dwayne	Lake Crystal-Wellcome Memorial
Eskierka, Stan	Henry Sibley H.S.
Essler, Dan	New London-Spicer H.S.
Essler, Jared	Saint Michael-Albertville H.S.
Essma, William	Totino-Grace H.S.
Etienne, Jeff	Richfield H.S.
Everett, Tim	East Grand Forks Sacred Heart H.S.
Eversman, Ryan	Rochester Century H.S.
Ewald, Andrew	St Louis Park H.S.
Ewing, Gregory	Hutchinson H.S.
Fabish, Mark	Cook County H.S.
Fahleen, Michael	Wheaton Area H.S.
Faust, Dave	Henry Sibley H.S.
Ferguson, Jeffrey	Totino-Grace H.S.
Ferraro, Sam	Champlin Park H.S.
Ferrier, Aaron	Redwood Valley H.S.
Fiereck, Ryan	Saint Francis H.S.
Finanger, Phil	Edina H.S.
Finlayson, Loren	Sauk Rapids/Rice H.S.
Finn, James	Concordia Academy - Roseville
Finne, Jason	St Agnes H.S.
Fischer, Adam	Irondale H.S.
Fischer, Steven	Irondale H.S.
Fisher, Jason	Southwest Star Concept H. S.
Flann, Derek	Tracy Area H.S.
Fleischman, Andrew	Edgerton H.S.
Flieth, Doug	Sibley East H.S.
Florek, Jason	St Cloud Tech H.S.
Floysand, David	Tartan H.S.
Flugum, Jeff	South St Paul H.S.
Fogelson, Mike	Bemidji H.S.
Foley, Jim	Champlin Park H.S.
Foley, Patrick	Waconia H.S.
Forsell, Tad	Hermantown H.S.
Foss, Dale	Northland H.S.
Franck, Larry	Byron H.S.
Franz, Marc	Rogers H.S.
Fredericksen, Chad	Breckenridge H.S.
Freed, Jason	Brainerd H.S.
Freeh, Bob	Spectrum H.S.
Freeman, Erik	Melrose Area H.S.
Frisell, Dave	Mankato East H.S.

Coach	School
Fritze, Mike	Apple Valley H.S.
Froehling, Mark	Farmington H.S.
Fruechte, Carl	Caledonia H.S.
Fryklund, Rick	Saint Thomas Academy
Frykman, Jon	Hutchinson H.S.
Gaffaney, Michael	Yellow Medicine East H.S.
Gagnon, Andrew	Howard Lake-Waverly-Winsted H.S.
Galvin, Jim	Mounds View H.S.
Gans, James	Sauk Rapids/Rice H.S.
Garry, Jerome	Rochester Lourdes H.S.
Garvin, Joseph	Lake City H.S.
Garvis, Leon	Minneapolis Washburn H.S.
Gast, Michael	Grygla-Gatzke H.S.
Gatzlaff, Ryan	Houston H.S.
Gaughran, Richard	Eden Prairie H.S.
Gegenheimer, Matt	Prior Lake H.S.
General, Dexter	Rochester Century H.S.
Gerrety, Shannon	Blaine H.S.
Gibbs, Steve	Cambridge-Isanti H.S.
Gillespie, Bryan	Frazee H.S.
Gimbel, Chad	Bloomington Prairie H.S.
Gindorff, Michael	Crosby-Ironton H.S.
Gisvold, Lee	Cannon Falls H.S.
Glasener, Vaughn	Melrose Area H.S.
Glass, Todd	Red Lake Falls Lafayette H.S.
Glazier, Darin	Tartan H.S.
Golberg, Kirk	Lakeville South H.S.
Goligowski, Greg	Browerville H.S.
Gomarko, Lyle	Springfield H.S.
Gonnerman, Scott	Benson H.S.
Gorsline, Dennis	New Ulm H.S.
Goslee, Kyle	Montevideo H.S.
Gothmann, Steven	Richfield H.S.
Goudy, Bryan	Orono H.S.
Grad, Gary	Andover H.S.
Grams, Trent	Lester Prairie H.S.
Grandstrand, Jason	Grygla-Gatzke H.S.
Granning, Ty	Alexandria Jefferson H.S.
Grant, Mike	Eden Prairie H.S.
Gravdahl, Steven	St Francis H.S.
Greenwald, Seth	Eagan H.S.
GRIFFIN, JOHN	Woodbury H.S.
Grimes, Joe	Park Rapids Area H.S.
Groen, Leonard	Anoka H.S.
Gronner, Jeff	Cromwell H.S.
Gross, Christian	Foley H.S.
Gross, Dan	BOLD H.S.
Gross, Derrick	Kelliher H.S.

Coach	School
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Grosz, Greg	Minnetonka H.S.
Grussing, Mark	Benson H.S.
Guggisberg, Rich	Northfield H.S.
Gullikson, Tony	Warren-Alvarado-Oslo H.S.
Gullingsrud, Michael	Ada-Borup H.S.
Gunderson, John	Minnesota Valley Lutheran
Gunderson, John	Buffalo H.S.
Gustafson, Chad	New London-Spicer H.S.
Haala, Cory	Sleepy Eye H.S.
Haapajoki, Wade	Brainerd H.S.
Haataja, Steve	Dassel-Cokato H.S.
Hackett, Gabe	St Michael-Albertville H.S.
Hadley, Greg	Belgrade-Brooten-Elrosa H.S.
Hagan, Brian	Lyle H.S.
Hagen, Darwin	Grygla-Gatzke H.S.
Hahn, Curtis	St Michael-Albertville H.S.
Haider, Patrick	White Bear Lake Area H.S.
Hale, Dennis	Worthington H.S.
Haley, Kevin	Barnum H.S.
Halfmann, Daniel	Nevis H.S.
Hall, Justin	Bloomington Kennedy H.S.
Hallman, Kevin	Saint Thomas Academy
Halverson, Alan	Saint Agnes H.S.
Halverson, Kenneth	Cambridge-Isanti Public Schools
Halvorson, Gary	Woodbury H.S.
Hamlin, Dave	Spectrum H.S.
Hanks, Jon	Benilde-St Margaret's H.S.
Hanlon, Ryan	Fosston H.S.
Hansen, Chad	Andover H.S.
Hansen, Craig	Maple Grove H.S.
HANSEN, LEIF	Park H.S.
Hansmann, Wayne	Pine City H.S.
Hanson, Benjamin	Red Lake Falls Lafayette H.S.
Hanson, David	Cambridge-Isanti H.S.
Hanson, Erik	Monticello H.S.
Hanson, Keith	Hawley H.S.
Hanson, Mark	St Francis H.S.
Hanson, Scott	Bethlehem Academy
Harrington, Nate	Providence Academy
Harris, Brian	Dover-Eyota H.S.
Harris, Marcus	Breck School
Harris, Mark	Woodbury H.S.
Harris, Ryan	Cretin-Derham Hall H.S.
Hartman, Chuck	Sibley East H.S.
Haugen, David	Pelican Rapids H.S.
Havron, Brad	Duluth Denfeld H.S.
Hedervare Jr, Joseph	Waseca H.S.
Hedstrom, Peter	Springfield H.S.

Coach	School
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Heers, Chad	Monticello H.S.
Heggedahl, Larry	Floodwood H.S.
HEIGL, MICHAEL	Lester Prairie H.S.
Heille, William	Worthington H.S.
Heise, James	Lake City H.S.
Helget, Jeffery	Sleepy Eye - St Mary's H.S.
Helland, Kenny	Le Center H.S.
Hemming, Steve	Richfield H.S.
Henderson, Donald	Triton H.S.
Hendricks, Troy	Bemidji H.S.
Hendrickson, Ryan	Underwood H.S.
Henn, Paul	Waconia H.S.
Hennen, Daniel	Eden Prairie H.S.
Hennen, Michael	Cambridge-Isanti H.S.
Hentges, Patrick	G-F-W H.S.
Hentges, Scott	Sartell-St. Stephen H.S.
Herder, Joel	Breckenridge H.S.
Herm, Larry	Foley H.S.
Herman, Lee	Richfield H.S.
Hermann, Tim	Austin H.S.
Hernandez, Timothy	Saint Thomas Academy
Heruth, Douglas	Blaine H.S.
Heryla, Pete	Columbia Heights H.S.
Heyse, Mark	Saint Cloud Tech H.S.
Hickman, Jesse	Blackduck H.S.
Hietala, Joseph	Duluth East H.S.
Hill, Steven	Minnewaska Area H.S.
Hillard, Andrew	Lakeville South H.S.
Hills, Greg	Rush City H.S.
Hinnenkamp, Patick	Totino-Grace H.S.
Hinrichs, Jon	Hawley H.S.
Hinsz, Tracy	Barnesville H.S.
Hoemke, Gregory	Benilde-St Margaret's H.S.
Hoffman, Scott	Stillwater Area H.S.
Hofland, David	Chokio-Alberta H.S.
Hohn, Nick	Braham Area H.S.
Holinka, Brad	Fulda H.S.
Holman, Michael	Sartell-St. Stephen H.S.
Homstad, David	Marshall School, Duluth
Hone, Matthew	Hancock H.S.
Hopkins, David	Holy Family Catholic H.S.
Houghton, Dan	Rockford H.S.
Hovland, Brian	Underwood H.S.
Huber, Bruce	Triton H.S.
Hudak, Pat	Farmington H.S.
Hudspith, William	Esko H.S.
Hughes, Curt	Rochester Mayo H.S.
Huie, Frank	Duluth Denfeld H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Huie, Randy	Red Lake County Central
Hulke, Kevin	Minnesota Valley Lutheran
Hulse, Ryan	Saint Croix Lutheran H.S.
Hunstock, William	Minnehaha Academy
Hunt, John	Buffalo H.S.
Hunter, Kraig	West Central Area School
Hunter, Michael	Simley H.S.
Huse, Brad	United South Central H.S.
Huset, Sean	North Branch H.S.
Huska, Jeff	Windom Area H.S.
Hutsell, Michael	Kingsland H.S.
Ihrke, William	Plainview-Elgin-Millville H.S.
Illikainen, Daryl	Hermantown H.S.
Inforzato, Kyle	Mound Westonka H.S.
Isaacs, Chuck	Deer River H.S.
Isaacs, Justin	Hill City H.S.
Isder, Lucas	Murray County Central H.S.
Iten, Michael	Browerville H.S.
Jackman, Jim	Litchfield H.S.
Jackson, Bob	White Bear Lake Area H.S.
Jacobson, Jim	Frazee-Vergas H.S.
Jacobson, Thomas	Redwood Valley H.S.
Janicke, Kent	Greenbush-Middle River H.S.
Jankowski, Jamie	Woodbury H.S.
Jankowski, Jason	Woodbury H.S.
Janssen, David	New Ulm H.S.
Jazdzewski, Timothy	Duluth Denfeld H.S.
Jenkins, Giovan	Minneapolis Washburn H.S.
Jenniges, Isaac	Red Rock Central H.S.
Jennissen, Mark	Staples-Motley H.S.
Jennissen, Neil	Cambridge-Isanti H.S.
Jensen, Bradley	East Central H.S.
Jensen, John	Rochester Lourdes H.S.
Jensen, Richard	St Michael-Albertville H.S.
Jevning, Bret	Brainerd H.S.
Jeziorski, Michael	Browerville H.S.
Jipson, Steve	Clinton-Graceville-Beardsley H.S.
Jirik, John	Orr H.S.
Jobe, David	Thief River Falls Lincoln H.S.
Johannes, Jerome	Medford H.S.
Johnson, Brain	Rockford H.S.
Johnson, Chris	Browerville H.S.
Johnson, Cory	Litchfield H.S.
Johnson, Craig	Watertown-Mayer H.S.
Johnson, Eric	Andover H.S.
Johnson, Erik	Staples-Motley H.S.
Johnson, Greg	Delano H.S.
Johnson, Jeff	Chatfield H.S.

Coach	School
Johnson, Joe	Mankato East H.S.
Johnson, Jonathan	Litchfield H.S.
Johnson, Mark	Montevideo H.S.
Johnson, Marvin	Elk River H.S.
Johnson, Nathan	Fosston H.S.
Johnson, Nick	Eagan H.S.
Johnson, Phil	Elk River Area H.S.
Johnson, Randy	Milaca H.S.
Johnson, Rick	Thief River Falls H.S.
Johnson, Ryan	Wayzata H.S.
Johnson, Thor	Bigfork H.S.
Johnson, Thor	Bigfork H.S.
Johnson, Todd	Mahnomen H.S.
Johnson, Tom	Frazee-Vergas H.S.
Johnston, Chad	Minneota H.S.
Johnston, Justin	Belle Plaine H.S.
Jones, Christopher	Rochester Century H.S.
Jones, Desmond	Minneapolis Edison H.S.
Jones, John	Kingsland H.S.
Jones, Matt	Verndale H.S.
Jordahl, Mike	Perham H.S.
Jorgenson, Dan	Norman County West H.S.
Josephson, Johnny	New Prague H.S.
Joyce, Bryan	Windom Area H.S.
Junker, Joshua	Redwood Valley H.S.
Jurkovich, James	Saint Thomas Academy
kaczor, dave	St Cloud Tech H.S.
Kaczor, Ruth	St Cloud Tech H.S.
Kainz, Jason	Tracy Area H.S.
Kaiser, Ward	Silver Bay (Wm. Kelley) H.S.
Kalkbrenner, Dain	Barnesville H.S.
Kallok, Rich	Cretin-Derham Hall H.S.
Kalpin, Patrick	Osakis H.S.
Kangas, Howard	Perham H.S.
Kantack, Ken	Glencoe-Silver Lake H.S.
Karlsgodt, Terry	Atwater-Cosmos-Grove City H.S.
Kasperek, Dean	Richfield H.S.
Kegler, Jared	Faribault H.S.
Kelash, Chris	Hinckley-Finlayson H.S.
Keller, Trevor	Ortonville H.S.
Keller, Warren	Warroad H.S.
Kelley, Michael	Randolph H.S.
Kemp, Joe	Wabasso H.S.
Kennedy, Shawn	Southland H.S.
Kent, Terry	Lancaster H.S.
Kesler, Mike	Rochester Lourdes H.S.
Kessler, Michael	Rogers H.S.
King, Rex	East Ridge H.S.

Coach**School**

Kinnunen, Bill..... Grand Rapids H.S.
 Kinsella, JoeBurnsville H.S.
 Kirk, TimMountain Lake-Butterfield-Odin H.S.
 Kirkeide, Shawn..... Cambridge-Isanti H.S.
 Kise, Karl..... St Cloud Apollo H.S.
 Kish, Thomas Zimmerman H.S.
 Kittelson, Matthew..... Blooming Prairie H.S.
 Klawitter, KeithCedar Mountain-Morgan H.S.
 Klein, Richard Stillwater Area H.S.
 Kleinschmidt, Mike Albany Area H.S.
 Klimek, Shawn Nevis H.S.
 Klug, Nicholas Sauk Rapids/Rice H.S.
 Knudsen, Tim Maple Lake H.S.
 Knutson, KylePerham H.S.
 Knutson, Ryan..... Woodbury H.S.
 Kobernusz, Kelly..... Holdingford H.S.
 Koep, Eric..... Henning H.S.
 Kokos, Brian Blue Earth Area H.S.
 Kolbinger, Mark..... Becker H.S.
 Konold, Jon Willmar H.S.
 Konrath, Fred..... White Bear Lake Area H.S.
 Korolewski, Ryan Brooklyn Center H.S.
 Korton, Mike..... Champlin Park H.S.
 Kosek, Gary Glencoe-Silver Lake H.S.
 Kostich, Wally Mt Iron-Buhl H.S.
 Kovich, Bob..... Lakeville North H.S.
 Krambeer, Dean Pine Island H.S.
 Krambeer, Thomas Pine Island H.S.
 Kramer, Jerry Edina H.S.
 Kramer, Scott..... Nevis H.S.
 Kratt, Roy Byron H.S.
 Krenik, David Cleveland H.S.
 Krieger, David..... Saint Thomas Academy
 Krieger, Patrick..... Benilde-St Margaret's H.S.
 Kroulik, Ivan..... Kasson-Mantorville H.S.
 Kroulik, Mark Stephen-Argyle Central H.S.
 Kroulik, Matt..... Red Lake County Central
 Kruse, Mark Saint Croix Lutheran H.S.
 Kucera, David..... Hutchinson H.S.
 Kuechenmeister, Randall Blue Earth Area H.S.
 Kuhn, Todd..... Pelican Rapids H.S.
 Kuhnke, Shawn..... Braham Area H.S.
 Kuznia, Kevin..... Stephen-Argyle Central H.S.
 Kyvig, John..... Andover H.S.
 Labine, Mike Detroit Lakes H.S.
 LaBore, Beau..... Woodbury H.S.
 Lalim, Jeff..... Yellow Medicine East H.S.
 Lamker, Derrin Osseo Area H.S.

Coach**School**

Lancaster, Andrew.....Eagle Valley H.S.
 Landherr, Kevin Rochester Mayo H.S.
 Landkamer, John Mankato Loyola H.S.
 Langemo, Trent Kingsland H.S.
 Langer, Adam..... Eden Valley-Watkins H.S.
 Lanners, Gregory Brandon/Evansville H.S.
 Lanners, Nicholas Royalton H.S.
 LaPointe, Ryan Rogers H.S.
 Larkin, Jim Chisholm H.S.
 Larkin, Todd Cambridge-Isanti H.S.
 Larsen, Joshua Monticello H.S.
 Larson, Bob..... Mahnommen H.S.
 Larson, Cory..... Dawson-Boyd H.S.
 Larson, Eric..... Westbrook-Walnut Grove H.S.
 Larson, Jonathan Saint Cloud Tech H.S.
 Larson, Nick Alexandria Jefferson H.S.
 Lee, Shane Wheaton H.S.
 Lehmann, Robert..... Rogers H.S.
 Leistikow, George Brooklyn Center H.S.
 Leither, Jamie Kimball Area H.S.
 Lemke, Carl St Croix Lutheran H.S.
 Lemke, Jeffrey..... St Croix Lutheran H.S.
 Lemke, Paul..... Glencoe-Silver Lake H.S.
 Lenarz, Thomas Cloquet H.S.
 Lenayz, Lance..... Cloquet H.S.
 Leonhardt, Bruce Coon Rapids H.S.
 Leppke, David Canby H.S.
 Leverenz, Jon Bloomington Jefferson H.S.
 Liapis, Richard..... Worthington H.S.
 Lichty, Brent..... Rochester John Marshall
 Lieser, Brent Royalton H.S.
 Linbo, Kerry..... Byron H.S.
 Lind, Daniel..... Duluth Denfeld H.S.
 Lindahl, Roger..... Benson H.S.
 Lindberg, Brad Breckenridge H.S.
 Lindow, Bucky..... Cannon Falls H.S.
 Lindquist, Chris..... St Francis H.S.
 Lingen, Bryce..... Stephen-Argyle Central H.S.
 Litecky, Bernard..... Totino-Grace H.S.
 Litecky, Brian Totino-Grace H.S.
 Littlefield, Travis White Bear Lake Area H.S.
 Loe, Jeffrey Thief River Falls Lincoln H.S.
 Lohmiller, Chip Pequot Lakes H.S.
 Longtin, Eric..... North H.S.
 Lonn, Matthew Red Wing H.S.
 Lossow, Rodney Minneapolis Roosevelt H.S.
 Louis, Ned..... Faribault H.S.
 Louzek, Dave Moose Lake H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Loven, Jay	Swanville H.S.
Luby, Connor	White Bear Lake Area H.S.
Ludvigson, Mark	Wayzata H.S.
Ludvigson, Zachary	Woodbury H.S.
Lundeen, Matt	Redwood Valley H.S.
Lunsetter, Jamie	Stephen-Argyle Central H.S.
Luschen, Terry	Litchfield H.S.
Lux, Dennis	New Ulm Cathedral H.S.
Macken, Jerry	Cretin-Derham Hall H.S.
Madigan, Mark	Simley H.S.
Magnuson, Bill	Sauk Rapids/Rice H.S.
Magnusson, Tim	Thief River Falls H.S.
Mahlen, Michael	Verndale H.S.
Mahoney, Mat	Fairmont Area H.S.
Malone, Paul	Rochester Century H.S.
Malone, Tim	Braham Area H.S.
Mangen, Dustin	Sleepy Eye - St Mary's H.S.
Marinaro, Ronald	Babbitt-Embarrass H.S.
Marleau, Dale	Deer River H.S.
Marmon, Jack	Little Falls H.S.
Marquis, Ethan	Red Lake County Central
Martig, Gregg	St Cloud Tech H.S.
Martin, Jon	Breck School
Mattox, John	Minnetonka H.S.
Maurer, Mike	Atwater-Cosmos-Grove City H.S.
McCabe, Maurice	East Central H.S.
McCarthy, Nicholas	Saint Thomas Academy
McCloskey, Jason	Waubun H.S.
McCoy, Justin	Orono H.S.
McCready, Scott	St Charles H.S.
McCready, Scott	St Charles H.S.
McDougall, Duane	Glencoe-Silver Lake H.S.
McIntyre, Ryan	Two Harbors H.S.
McLagan, Matt	Minneapolis Washburn H.S.
McMenomy, Sean	DeLaSalle H.S.
McMullen, Steven	Mahnomen H.S.
Medlo, Jon	St Bernard's H.S.
Mehr, Jacob	Pillager H.S.
Meier, Aaron	Royalton H.S.
Meinke, Jason	Simley H.S.
Mensink, Christopher	Fillmore Central H.S.
Messman, Mark	Holdingford H.S.
Mettler, Kevin	Mankato Loyola H.S.
Meuwissen, David	White Bear Lake Area H.S.
Meyer, Chris	Monticello H.S.
Meyer, Daniel	Minneapolis Edison H.S.
Meyers, Daniel	Northfield H.S.
Michaels, Chad	Concordia Academy-Roseville

Coach	School
Michalak, Rick	Elk River H.S.
Mikla, Jeremy	Milaca H.S.
Miller, Paul	Apple Valley H.S.
Minus, Anthony	Saint Paul Humboldt H.S.
Miska, Ben	Canby H.S.
Miskowicz, Lewis	Farmington H.S.
Mithun, Paul	Staples-Motley H.S.
Moberg, Aaron	Irondale H.S.
Moeller, Gordon	Minnewaska Area H.S.
Molstad, Shawn	Minneapolis Edison H.S.
Monson, Ron	Minnehaha Academy
Monson, Shane	Braham Area H.S.
Montgomery, George	Howard Lake-Waverly-Winsted H.S.
Moore, Jeff	Verndale H.S.
Moran, Mark	Kenyon-Wanamingo H.S.
Morford, Jamie	Royalton H.S.
Morgenroth, Jeremy	Win-E-Mac H.S.
Moriarty, Thomas	North Branch H.S.
Mork, Paul	New Life Academy of Woodbury
Morris, Aaron	Park Rapids Area H.S.
Mortensen, Jeremy	Buffalo Lake-Hector H.S.
Mortenson, Jason	Kimball Area H.S.
Motchenbacher, Flint	Detroit Lakes H.S.
Mueller, Patrick	St Michael-Albertville H.S.
Muetzel, David	Mahtomedi H.S.
Mumm, Jeff	Thief River Falls Lincoln H.S.
Murphy, Thomas	Nicollet H.S.
Murtha, Timothy	Tartan H.S.
Myers, Jeff	Browerville H.S.
Myrvik, Matt	Minneota H.S.
Naatz, Peder	Hawley H.S.
Natvig, Con	Browerville H.S.
Naugle, Peter	Walker-Hackensack-Akeley H.S.
Nelson, Brian	Fertile-Beltrami H.S.
Nelson, Chris	Red Lake Falls Lafayette H.S.
Nelson, Dave	Lakeview H.S.
Nelson, Dave	Minnetonka H.S.
Nelson, Derek	Glenville-Emmons H.S.
Nelson, Jonathan	Saint Agnes H.S.
Nelson, Kevin	Zumbrota-Mazeppa H.S.
Nelson, Tom	Two Harbors H.S.
Nemanich, Jerome	Sartell-St. Stephen H.S.
Ness, Steve	Norman County East H.S.
Nickleby, Jason	Woodbury H.S.
Nickleby, Robert	Woodbury H.S.
Nickles, David	Braham Area H.S.
Nickolas, Elias	Rochester Century H.S.
Nielsen, Rob	Detroit Lakes H.S.

Coach	School
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Niklaus, Todd	St Anthony Village H.S.
Nitti, Nick	Fridley H.S.
Noga, John	Parkers Prairie H.S.
Nohner, Mark	Lake of the Woods H.S.
Noll, Chuck	Melrose Area H.S.
Norberg, Brandon	Minnehaha Academy
Nordick, Jeremy	Menahga H.S.
Nordlan, Tyler	Thief River Falls H.S.
Norton, John	St Francis H.S.
Norton, Matthew	St Francis H.S.
Nowotny, Kevin	Adrian H.S.
Nutt, Alan	Monticello H.S.
Odland, Brian	Saint Peter H.S.
Oenll, Durand	Rogers H.S.
Ogorek, Terrance	Kittson Central H.S.
Ohlgren, Dan	Rogers H.S.
Ohm, Chris	Breck School
Ohm, Chuck	Zumbrota-Mazeppa H.S.
Oja, Daryl	Melrose Area H.S.
Ojanen, Jeff	Cloquet H.S.
Oliphant, Craig	Osseo Area H.S.
Olson, Brent	Lewiston-Altura H.S.
Olson, Bryan	Sauk Centre H.S.
Olson, Chad	Wabasso H.S.
Olson, Curt	Underwood H.S.
Olson, Jason	Ulen-Hitterdal H.S.
Olson, Randy	Maple River H.S.
Olson, Steve	Fergus Falls H.S.
Olson, Tim	Thief River Falls Lincoln H.S.
Olson, Todd	Richfield H.S.
ONEILL, Mark	Champlin Park H.S.
Orth, Thomas	Henry Sibley H.S.
Osmundson, Nathan	Kimball Area H.S.
Otterblad, Jamie	Two Harbors H.S.
Otto, Josh	Belle Plaine H.S.
Overgaard, Kevin	Blaine H.S.
Owens, William	Saint Thomas Academy
Oxton, John	Lakeville North H.S.
Oye, Todd	Luverne H.S.
Pagel, Michael	Fulda H.S.
Palke, Joe	Mounds View H.S.
Palmer, Scott	Buffalo H.S.
Parendo, Derek	Proctor H.S.
Parzyck, Ian	Holy Family Catholic H.S.
Patterson, Tony	Minneapolis North Community H.S.
Paukert, Scott	Zumbrota-Mazeppa H.S.
Paul, Eric	Moorhead H.S.
Pavlovich, Merrill	Delano H.S.

Coach	School
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Pavlovich, Mike	Stillwater Area H.S.
Pearson, Kevin	Fergus Falls H.S.
Pedersen, Karl	Saint Agnes H.S.
Pederson, Rob	Eden Valley-Watkins H.S.
Perrault, Edward	Waubun H.S.
Perry, Langdon	Saint Thomas Academy
Pervenanze, Larry	Chisholm H.S.
Petermeier, Wayne	Browerville H.S.
Peters, Brian	Woodbury H.S.
Petersen, Jeff	Rogers H.S.
Peterson, Daniel	Westbrook-Walnut Grove H.S.
Peterson, Mark	Saint Francis H.S.
Peterson, Matthew	Two Harbors H.S.
Pfeffer, Zachary	Simley H.S.
Pfiefer, David	Blooming Prairie H.S.
Philipp, Steve	Red Lake Falls Lafayette H.S.
Phillips, Mike	St Francis H.S.
Pink, Tom	Kelliher H.S.
Plaisance, Don	New Prague H.S.
Plaschko, Jeff	St Paul Johnson H.S.
Poepard, Ryan	White Bear Lake Area H.S.
Pohlkamp, Joseph	Brainerd H.S.
Pohlkamp, Leo	Pierz-Healy H.S.
Polzine, Jared	Pine City H.S.
Poncelet, Tony	Goodhue H.S.
Post, Jeremy	White Bear Lake Area H.S.
Potthoff, Douglas	Spring Lake Park H.S.
Powell, Greg	Bigfork H.S.
Preston, Norman	Maple River H.S.
Prickett, Todd	Thief River Falls Lincoln H.S.
Prigge, Bradly	Zumbrota-Mazeppa H.S.
Prose, Eric	Park H.S.
Qual, Randy	Mora H.S.
Quame, Dan	Mankato East H.S.
Quast, Robert	Concordia Academy - Roseville
Quirk, Donald	Chisholm H.S.
Raasch, Darin	Zumbrota-Mazeppa H.S.
Raddatz, Paul	Walker-Hackensack-Akeley H.S.
Rader, Jim	Frazee-Vergas H.S.
Rahm, Darin	SWMOA
Rambow, Lyle	Morris Area School
Ramey, Deryl	Brainerd H.S.
Ramey, Jeffrey	Brainerd H.S.
Randall, Ron	Plainview-Elgin-Millville H.S.
Rasmussen, John	Sauk Rapids/Rice H.S.
Rauen, Willie	Zumbrota-Mazeppa H.S.
Ray, Richard	Two Harbors H.S.
Raymo, Josh	Foley H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Redman, Aaron.....	Mounds View H.S.
Reihe, Dennis	Anoka H.S.
Reker, Jon	Red Wing H.S.
Remboldt, Peter	Benson H.S.
Remick, Brian	Red Lake Falls Lafayette H.S.
Reynolds, Kurt.....	Thief River Falls H.S.
Richards, Michael.....	Belgrade-Brooten-Elrosa H.S.
Richmond, Nick.....	Wabasha-Kellogg H.S.
Richter, Michael.....	Mankato West H.S.
Rieder, Patrick	Dilworth-Glyndon-Felton H.S.
Riggs, Mark	Burnsville H.S.
Rignell, Richard.....	Anoka H.S.
Riley, Chris	Zimmerman H.S.
Rindels, Scott.....	Kingsland H.S.
Ripley, Scott.....	Montevideo H.S.
Rivera, Steve	Simley H.S.
Roback, Pete.....	Rosemount H.S.
Roberson, Benjamin	Rochester Mayo H.S.
Roberts, Wayne.....	Eveleth-Gilbert H.S.
Robertson, Brian	Barnum H.S.
Robinson, Aaron	St Croix Lutheran H.S.
Robinson, James.....	Murray County Central H.S.
Robinson, Richard	Academy of Holy Angels
Rockwell, John.....	Columbia Heights H.S.
Roddy, Jack	Moody HS - Corpus Christi, Texas
Rogalla, Carter	Thief River Falls H.S.
Rogness, Jason	Hillcrest Lutheran Academy
Rogotzke, Roger.....	G-F-W H.S.
Rohl, Gerard.....	Buffalo H.S.
Rohweder, Tim	Proctor H.S.
Roll, Bill	Hill-Murray School
Romens, Scott.....	Pine Island H.S.
Ronnenberg, Adam	Maple Lake H.S.
Rooney, Colin	Saint Thomas Academy
Rosburg, Bill.....	Chanhassen H.S.
Rosenow, Bruce.....	Hutchinson H.S.
Rosholt, John	Watertown-Mayer H.S.
Ross, Carter	Westbrook-Walnut Grove H.S.
Ross, Chuck.....	Underwood H.S.
Ross, Jeffery	Sauk Centre H.S.
Ross, John.....	Sartell-St. Stephen H.S.
Ross, Michael.....	Champlin Park H.S.
Rossmann, Christopher.....	Kimball Area H.S.
Rossmann, Samuel	Kimball Area H.S.
Rostberg, Andrew.....	Hutchinson H.S.
Rotchadl, Dan	Mankato Loyola H.S.
Rothe, Chris	Rochester Century H.S.

Coach	School
Roundtree, Elmore	Eagan H.S.
Rowe, Michael.....	Rocori H.S.
Rude, Corey.....	Hutchinson H.S.
Rudolph, Dean.....	Alexandria Jefferson H.S.
Rudolph, Nate.....	Sauk Rapids/Rice H.S.
Rue, Kristopher	Saint Michael-Albertville H.S.
Rundell, Edwin.....	Watertown-Mayer H.S.
Runke, Doug.....	Mound-Westonka H.S.
Russell, Dan.....	Shakopee H.S.
Ruud, Paul	Glencoe-Silver Lake H.S.
Sacrison, Michael.....	Barnesville H.S.
Salmi, Darrell	Stillwater Area H.S.
Samson, Robert.....	Woodbury H.S.
Sarner, Ryan.....	Anoka H.S.
Sartain, Marshall	White Bear Lake Area H.S.
Saueressig, Jeff.....	Chisago Lakes Area H.S.
Sawyer, Justin	North Branch H.S.
Scanlan, Mike.....	Cretin-Derham Hall H.S.
Scanlon, Mark	Duluth Denfeld H.S.
Schaff, Tyler	St Francis H.S.
Schaner, Brian	Breck School
Scherber, Drew	Proctor H.S.
Schieck, Richard	Kerkhoven-Murdock-Sunburg H.S.
Schimek, Brent.....	Deer River H.S.
Schimming, David.....	Montevideo H.S.
Schlieff, Jeff.....	Spring Lake Park H.S.
Schluchter, Wayne.....	St Cloud Tech H.S.
Schmalzbauer, Adam	Providence Academy
Schmidt, Barry	Madelia H.S.
Schmidt, Bradley.....	LeSueur-Henderson H.S.
Schmidt, Brett	Hawley H.S.
Schmidt, Tyrone	St Francis H.S.
Schmidtke, Paul	Lakeville South H.S.
Schmit, Matt	Austin H.S.
Schmitz, Greg	Woodbury H.S.
Schnathorst, Vern	Detroit Lakes H.S.
Schneider, Dale	Eden Prairie H.S.
Schoenecker, Nicholas	International Falls H.S.
Schoenfelder, Roger	Blue Earth Area H.S.
Schoneck, Brian.....	Maple River H.S.
Schramel, Mark.....	Delano H.S.
Schroeder, Adam	Saint James H.S.
Schuller, Thomas.....	Jackson County Central H.S.
Schulte, Trevor	Yellow Medicine East H.S.
Schultz, Bob.....	Wayzata H.S.
Schultz, John	New Richland-H-E-G H.S.
Schultz, Matt	Red Wing H.S.

Coach**School**

Schultz, Tom	Round Lake-Brewster
Schulz, Dirk	Parkers Prairie H.S.
Schumacher, Todd	East Grand Forks H.S.
Schwab, Brady	Springfield H.S.
Schwartz, Bob	Greenway H.S.
Schwartz, Chad	Edina H.S.
Schwegel, Brandon	Bagley H.S.
Schwegel, Randy	Pine River-Backus H.S.
Schwirtz, Dean	Glencoe-Silver Lake H.S.
Scoblic, Joseph	Lester Prairie H.S.
Scull, Kirby	St Paul Como Park H.S.
Seaton, Timothy	Verndale H.S.
Sedlak, Jason	Saint Thomas Academy
Seiler, Kyle	Rockford H.S.
Seiler, Mark	Mankato East H.S.
Seipkes, Don	Henning H.S.
Semmen, James	Lanesboro H.S.
Sexauer, Chad	South St Paul H.S.
Seymour, Daniel	New Prague H.S.
Shackelford, Rick	Renville County West H.S.
Shanks, Brian	Truman H.S.
Shearer, Jack	Duluth Denfeld H.S.
Sherwin, Kelly	Eastview H.S.
Short, Chris	Simley H.S.
Sieben, Michael	Sartell-St. Stephen H.S.
Sieling, John	Eagle Valley H.S.
Sievert, Scott	Saint Croix Lutheran H.S.
Sikich, Mark	Park H.S.
Simmons, Dean	Saint Thomas Academy
Simon, Ted	Maple River H.S.
Sinclair, Aaron	Little Falls H.S.
Skaalerud, Justin	St Cloud Tech H.S.
Skillings, Joel	Minneota H.S.
Skjerven, Courtney	Thief River Falls H.S.
Slater, Gerald	Tartan H.S.
Slinden, Dan	Eden Prairie H.S.
Sloan, Gary	Grand Meadow H.S.
Smalley, Michael	Academy of Holy Angels
Smart, David	Ada-Borup H.S.
Smith, Anthony	Maple Lake H.S.
Smith, Jeffrey	Saint Thomas Academy
Smith, Justin	Woodbury H.S.
Smith, Scott	Spring Lake Park H.S.
Snyder, Boyd	Royalton H.S.
Soderberg, Anthony	Dilworth-Glyndon-Felton H.S.
Sola, Thomas	Northfield H.S.
Solem, Steve	BOLD H.S.

Coach**School**

Solie, Delles	Owatonna H.S.
Sommers, Kevin	Kimball Area H.S.
Spahn, Greg	Bigfork H.S.
Spanos, John	Litchfield H.S.
Stahlberg, Charles	Minneapolis Edison H.S.
Staloch, Tim	Maple Lake H.S.
Stanger, Corey	Monticello H.S.
Stanton, Chris	Randolph H.S.
Stanton, Douglas	Lakeville South H.S.
Stanwick, Chad	Eden Valley-Watkins H.S.
Staska, Bob	McGregor H.S.
Steele, Ryan	Lewiston-Altura H.S.
Stencel, Pierre	United South Central H.S.
Stephenson, Andrew	Spring Lake Park H.S.
Stevenson, Chet	Brainerd H.S.
Stevenson, Derek	Red Rock Central H.S.
Stewart, John	Spring Lake Park H.S.
Stiel, Tony	Hinckley-Finlayson H.S.
Stinogel, Jack	St Cloud Tech H.S.
Stoffel, Michael	St Francis H.S.
Stohs, Justin	Watertown-Mayer H.S.
Stokke, Todd	Lewiston-Altura H.S.
Stolski, Ron	Brainerd H.S.
stone, jody	Shakopee H.S.
Storbeck, Douglas	Blue Earth Area H.S.
Stork, Dan	New Richland-H-E-G H.S.
Storley, Drew	Rosemount H.S.
Strand, Bryan	Barnesville H.S.
Strand, Randy	Adrian H.S.
Style, David	Glencoe-Silver Lake H.S.
Sullivan, Bubba	Northfield H.S.
Sunderman, Nicholas	Melrose Area H.S.
Sutton, Rick	Eagan H.S.
Svoboda, Daniel	Glencoe-Silver Lake H.S.
Swaggert, Brent	St Francis H.S.
Swanberg, Dave	LeSueur-Henderson H.S.
Swanson, Joel	Sauk Centre H.S.
Swanson, Richard	Duluth Denfeld H.S.
Swansson, Chris	Rosemount H.S.
Swansson, Lane	Woodbury H.S.
Swansson, Scott	Woodbury H.S.
Sweeney, Shawn	Lake City H.S.
Swegarden, Jed	Lake Park-Audubon
Swenson, Erik	The Blake School
Swenson, Jeffrey	Royalton H.S.
Swenson, Joel	Royalton H.S.
Tallum, Jeremy	Marshall County Central H. S.

"THE KEEPERS OF THE GAME"

Coach	School
Tangen, Donald	Glencoe-Silver Lake H.S.
Tanner, Tim	Renville County West H.S.
Taray, James	Floodwood H.S.
Taylor, Dean	Saint Cloud Cathedral H.S.
Taylor, Ian	Minnehaha Academy
Taylor, Steven	St Cloud Tech H.S.
Terry, Robert	Henry Sibley H.S.
Tetzloff, John	Minnesota Valley Lutheran
Theisen, Leo	Westbrook-Walnut Grove H.S.
Thiel, Tony	Wheaton Area H.S.
Thielen, Jon	Eden Valley-Watkins H.S.
Thompson, Davin	Rushford-Peterson H.S.
Thompson, Jacob	Plainview-Elgin-Millville H.S.
Thompson, Joel	Mora H.S.
Thompson, Larry	Lakeville South H.S.
Thompson, Michael	Houston H.S.
Thompson, Mitchell	Rushford-Peterson H.S.
Thompson, Nathan	Orono H.S.
Thompson, Steven	Faribault H.S.
Thornton, Mark	Northfield H.S.
Timm, Justin	Rocori H.S.
Tollefson, Rodney	Sibley East H.S.
Tollefsrud, Paul	Mabel-Canton H.S.
Torgerson, Douglas	Atwater-Cosmos-Grove City H.S.
Torson, Tracy	Saint Francis H.S.
Townsend, Matt	Columbia Heights H.S.
Tri, Ray	Eden Valley-Watkins H.S.
Trobec, Bill	Sartell-St. Stephen H.S.
Trostad, Chris	Crookston H.S.
Trowbridge, Philip	Barnesville H.S.
Tschimperle, Scott	Glencoe-Silver Lake H.S.
Turek, Terry	LeSueur-Henderson H.S.
Tyler, Elliott	Orono H.S.
Umbreit, Jake	Maple River H.S.
Urbaniak, Karl	Mabel-Canton H.S.
Urbaniak, Keith	Kittson Central H.S.
Urman, Paul	Long Prairie-Grey Eagle H.S.
Utermarck, James	Truman H.S.
VanBriesen, Cory	Adrian H.S.
Vande Berg, Eric	Eastview H.S.
VanErp, Tom	Wadena-Deer Creek H.S.
VanVoorhis, Tom	Champlin Park H.S.
Veach, Nathan	West Lutheran H.S.
Veldboom, Brad	Minnetonka H.S.
Verhel, Andrew	Duluth Denfeld H.S.
Vesel, Terrence	Hibbing H.S.
Vickers, Charles	Saint Agnes H.S.

Coach	School
Viesselman, Karl	Northfield H.S.
Vieths, Brad	Proctor H.S.
Vik, David	Montevideo H.S.
Vik, Jon	Rochester Century H.S.
Viken, Les	Fosston H.S.
Viss, Dylan	Morris Area School
Vold, Chris	Duluth Central H.S.
Voss, Chris	Fairmont H.S.
Vrieze, Daniel	Dover-Eyota H.S.
Vrieze, Nathan	Martin County West H.S.
Wacker, Tyrone	Jackson County Central H.S.
Wackman, William	Spring Lake Park H.S.
Wagner, James	Eastview H.S.
Wagner, Jeffrey	Waterville-Elysian-Morristown H.S.
Wagner, Steve	Sauk Rapids/Rice H.S.
Walker, Brian	Red Rock Central H.S.
Walquist, Scott	Princeton H.S.
Walstrom, Blaine	Mound Westonka
Walter, Brian	St Agnes H.S.
Walter, Matthew	Annandale H.S.
Walz, Craig	St Charles H.S.
Warne, Kent	Marshall County Central H.S.
Warner, Joel	Milaca H.S.
Wasko, Steven	Two Harbors H.S.
Watson, Michael	Centennial H.S.
Webb, Matthew	Rogers H.S.
Weber, Tom	Saint Thomas Academy
Wegman, Steve	Red Rock Central H.S.
Weibel, Shane	Cambridge-Isanti H.S.
Weidauer, Barry	Yellow Medicine East H.S.
Weiland, Jeffrey	Orono H.S.
Weinandt, Ryan	Dassel-Cokato H.S.
Weinberger, Dick	Bloomington Kennedy H.S.
Weiss, Bill	Chisago Lakes Area H.S.
Welch, James	Maple Lake H.S.
Wendland, Brad	Waseca H.S.
Wengert, Christopher	Rochester Century H.S.
Wensloff, Tracey	Roseau H.S.
Wertjes, Jeff	Truman H.S.
Westerback, Erick	Saint Thomas Academy
Westermann, Scott	Hopkins H.S.
Weston, Sheldon	Sauk Rapids-Rice H.S.
Westpfahl, Mark	Simley H.S.
Whalen, Timothy	White Bear Lake Area H.S.
Wheelock, Brad	Saint Cloud Tech H.S.
Whitbred, Charles Jr.	Mora H.S.
Wiebe, Travis	Northfield H.S.

Coach	School
Wieshalla, Jeff	Browerville H.S.
Wietman, William	Carlton H.S.
Wigern, Mark	Glencoe-Silver Lake H.S.
Wilke, Rich	Andover H.S.
Wilking, Bruce	Nicollet H.S.
Will, Grant	Lakeview H.S.
Willaert, Nick	Mankato East H.S.
Williams, Jeffrey	Owatonna H.S.
Williamson, Benjamin	Mounds View H.S.
Wilson, Jonathan	Saint James H.S.
Winters, Michael	Farmington H.S.
Wisniewski, Luke	Eagan H.S.
Witt, Jerry	Morris Area School
Woitalla, Mark	Northfield H.S.
Wold, Douglas	Eagle Valley H.S.
Wolf, Gary	Pequot Lakes H.S.

Coach	School
Woodley, Bryan	Champlin Park H.S.
Worel, Ken	Rogers H.S.
Wuori, Ricky	Cass Lake-Bena H.S.
Wyandt, Shane	Farmington H.S.
Wynia, Peter	Saint Thomas Academy
Yanke, Mick	Norwood Young America H.S.
Young, Jonathan	Coon Rapids H.S.
Zajac, Jesse	Royalton H.S.
Zamzo, Steven	Detroit Lakes H.S.
Zeitchick, David	St Paul Highland Park H.S.
Zeman, Dick	Lakeville South H.S.
Zeman, Michael	Rogers H.S.
Ziebarth, David	St Thomas Academy H.S.
Zigan, Andy	Monticello H.S.
Zika, Luke	International Falls H.S.
Zweber, Mike	Lakeville North H.S.

MFCA RETIRED LIFE MEMBERSHIP

Do you want to stay active in the MFCA? Life membership in the MFCA for retired coaches is the answer. We now offer an opportunity for retired coaches to remain involved in association matters. Membership is open to all retired coaches (both assistant and head) who

are life members of the State Coaches Association or who have been long-time football coaches. A one-time fee of \$25.00 brings all the benefits of association membership. PASS THE WORD! Contact Terry Turek, P.O. Box 81, Henderson MN 56044.

Anderson, Lyle	Foley, Jerome T	Knutson, James	O'Neill, Robert D.	Smith, George
Anderson, Robert P.	Fox, Don	Konrath, Fred	Peterick, John C	Stolski, Ron
Barnett, Raymond	Fredlund, Frank	Kostich, Dan	Peterson, Bob D.	Stoterau, Dennis
Baumann, Kenneth	Gasner, Paul	Larson, George	Peterson, Lloyd	Strand, Dick
Belanger, Kenneth	Graham, Gary	Lawrence, Dick	Peterson, Ralph J.	Strand, Richard
Belseth, Mike	Gross, John	Lien, Ken	Quenette, William	Stussy, Lloyd
Bergloff, Clark	Gustafson, J. Gary	Lipelt, Roger	Rauen, Willie	Sullivan, Bob
Bjornaraa, Bud	Halsted, Charles	Lubarski, Conrad	Robinson, Ron	Swanson, Keith
Bromberg, Roland	Hansen, John	Mader, James L	Roff, Dan	Taylor, Dean
Canakes, Stav	Heikkinen, Marv	Mahoney, Tom	Roforth, Jim	Thiel, Anthony J.
Celt, Bob	Helleckson, Russ	Manke, Rick,	Roham, Dan	Thole, George
Claffy, Herb	Henderson, Roy	Martin, Bill	Rohman, Dan	Thompson, John
Collison, Bob	Herges, Peter	Marton, William	Rossini, Reno	Traurig, Leo
Conzemius, John C.	Hiebert, Del	Menage, Elmer	Rostberg, Grady	Trimble, Gary
Dahl, Mac	Hill, Ken O.	Mike Belseth	Roy, Bob	Tuvey, George E
Darnell, Doug	Hofland, Niel	Mork, Paul	Rumrill, Buz	Uhlir, David
Davies, John	Holzer, Michael	Nelson, Andy	Scanlan, Mal	Vagle, Virg
DeRocher, Darien	Idstrom, Thomas	Nigon, David	Schmitz, John	Waldner, Pat Bruno
Domschot, Ronald	Jacobson, Kenneth	Nordquist, Stuart	Schneider, Gregg	Walker, Richard
Dotseth, Jim	Jaeger, Rick	Nunnink, Stephen	Scott, Ron	Wemeier, George
Draheim, Ed D	Jerdee, Jerry	Olson, Stan C	Scott, Ron L	Willhite, Jack M.
Elias, Charles F	Johnson, DeWayne	Olson, Warren	Siegle, Al	Wilson, Bill
Elston, Del	Kallok, Richard	Olson, Warren H.	Simser, Jim	Youso, Robert

COACH TO COACH PROGRAM

The Coach to Coach program began with the 2006 football season. The program was developed by the MFCA Executive Committee and is designed to allow Minnesota high school football coaches to contact successful, retired coaches and get their insight on how to implement ideas on a variety of topics such as offense, defense, special teams, program building, and many more.

The Coach to Coach program lists some of the most successful and legendary coaches in Minnesota high school football his-

tory. Represented among these coaches are numerous state championship coaches, 200+ game winners, and many coaches who have thirty or more years of coaching football. The retired coaches listed are willing to give some of their best advice and information acquired over their long and successful careers. Member coaches are encouraged to utilize this program to improve their programs in any area.

Coach	Address	City/State	Zip	Phone Number
Belanger, Ken	21875 Marek Road	Frederic, WI	54837	715-327-8726
Mike Belseth	1438 Andrews Avenue	Breckenridge	56520	218-643-2442
Celt, Bob	1963 Cherry Street	Red Wing	55066	651-388-5980
Collison, Bob	7500 Cahill Road #215 C	Edina	55439	952-942-9055
Darnell, Doug	6825 Dupont Avenue North	Brooklyn Center	55430	763-560-1702
Davies, John	22439 Beach Road	Deerwood	56444	218-546-6460
DeRocher, Darien	7101 Brown's Lane	Brainerd	56401	218-825-8466
Domschot, Ronald	105 Knut Street	Alexandria	56308	320-763-7140
Dotseth, Jim	4180 Trenton Lane	Plymouth	55441	763-544-2970
Elias, Charles	10362 Columbus Circle	Bloomington	55420	952-884-1013
Fox, Don	1809 3rd Avenue Southwest	Austin	55912	507-433-3016
Gasner, Paul	51 142nd Avenue Northwest	Andover	55304	763-757-2340
Graham, Gary	11825 Bluegill Drive	Sauk Centre	56378	320-352-2881
Gross, John	6745 3rd Avenue Southeast	Medford	55049	507-451-9533
Gustafson, Gary	2246 Thomas Lane	White Bear Lake	55110	651-777-0286
Heikkinen, Marv	2806 Solway Road	Menahga	55733	218-628-1663
Herges, Pete	PO Box 66	Albany	56307	320-845-2981
Hill, Ken	1031 3 1/2 Avenue North	Sauk Rapids	56379	320-252-4035
Hofland, Neil	201 2nd Street West	Chokio	56221	320-324-7363
Jacobson, Kenneth	517 Park Street	Chatfield	55923	507-867-4759
Konrath, Fred	2227 Foxtail Court	Lino Lakes	55110	651-426-0752
Kostich, Dan	109 37th Avenue South	Moorhead	56560	218-233-1079
Larson, George	444 Maple Dell Road	Cambridge	55008	763-689-2371
Lipelt, Roger	740 Quantico Lane North	Plymouth	55447	763-478-5549
Lubarski, Conrad	909 Bradford PO Box 1	Argyle	56713	218-437-6354
Mader, Jim	PO Box 330	Albany	56307	320-845-2814
Manke, Rick	18135 Willow Springs	Detroit Lakes	56501	218-847-7106
Martin, Bill	2785 Matilda Street	Roseville	55113	651-484-6416
Menage, Elmer	816 North Estey	Luverne	56156	507-283-2479
Mork, Paul	2166 Regent Drive	White Bear Lake	55110	651-429-6429
Nigon, David	2606 Rivers Bluff Lane	Anoka	55303	763-571-9116
Olson, Warren	569 Rice Creek Terrace	Fridley	55432	763-571-2297

Coach	Address	City/State	Zip	Phone Number
Peterson, Bob	Box 262	Esko	55733	218-879-4908
Peterson, Lloyd	112 Ranch Avenue	Marshall	56258	507-532-5916
Quenette, William	3616 5th Street South	Moorhead	56560	218-233-7752
Robinson, Ron	415 South Range Road	Springfield	56087	507-723-4718
Roff, Dan	5470 Vinewood Lane	Plymouth	55441	763-550-1109
Roham, Dan	405 3rd Street	Belview	56214	507-938-4274
Scanlan, Mal	1938 Fairmont Avenue	St Paul	55105	651-699-7877
Schneider, Gregg	1391 Valley View Road	Chaska	55318	952-448-5667
Scott, Ron	12816 Jonquil Street NW	Coon Rapids	55448	612-546-3262
Siegle, Al	PO Box 273	Pelican Rapids	56572	218-863-5861
Simser, Jim	940 Liberty Lane	Fairmont	56031	507-235-8689
Strand, Richard	Box 316	Mayville, ND	58257	701-430-1562
Stoterau, Dennis	114 W Chestnut Street	Redwood Falls	56283	507-644-8063
Swanson, Keith	114 Dakota Avenue	Hoffman	56339	320-986-2697
Taylor, Dean	32899 Apache Lane	St. Joseph	56374	320-253-2525
Thole, George	2114 Fair Meadows Road	Stillwater	55082	651-439-5991
Traurig, Leo	812 South Payne Street	New Ulm	56073	507-354-8376
Waldner, Pat Bruno	6408 Brook Lane	Savage	55378	952-447-3504
Walker, Richard	7420 Edinborough #6315	Edina	55435	952-806-9922
Wemeier, George	1624 Waterbury	Waconia	55387	952-442-5432

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MFCA MAKES HISTORY

In the summer of 2009, during a Executive Committee meeting of The Minnesota Football Coaches Association, (MFCA,) committee member Claud Allaire, made an interesting suggestion as to how we might enhance the annual induction of the 2010 class of Hall of Fame inductees. The leaders of the MFCA were engaged in a discussion as to how we might support The American Football Coaches Foundation Plaza of Influence. Allaire's idea, and the ensuing, encouraging, dialogue that followed, seemed to serve a dual purpose. One, in addition to being recognized for their years of service, accomplishment, and achievement to Minnesota Football, Inductees would be forever honored with a brick or tile in the Plaza. Two, the MFCA could make a substantial contribution to the Foundation and its stated purpose of 'furthering education and support of football coaches everywhere'. The idea was immediately accepted by the Executive Committee, and the process of 'getting it done' began.

The Minnesota Coaches Association Hall Of Fame was established in 1965. Since the initial induction, honorees have received the appropriate recognition, a banquet, plaque; an evening filled with pride, joy, and memories. Many program improvements have been made over the decades.... the Foundation initiative may be the most rewarding and significant. Ron Stolski, Executive Director of the MFCA, was given the task of implementing this exciting idea. During the annual AFCA conference in January, he was able to get a few minutes with Coach Teaff to express the thought, and even more time with Foundation President, R. C. Slocum to share the idea. Ron was met with enthusiasm and support by these two great leaders. Buoyed by this initial support, he began the process of implementation with AFCA Secretary, Janet Robertson. The result... on March 27, 2010, MFCA Hall of Fame inductees, Dave Dose, Dennis Hale, Jim Dotseth, and Jim Reinhardt, were honored by their coaching colleagues for their significant accomplishments in and for, Minnesota

Football. And, received the announcement that they would forever be enshrined at The American Football Coaches Foundation in The Plaza of Influence.

The summer idea had, through the effort and cooperation by many, become a reality. Plans are now under way to allow those that have been inducted in previous years to, with the aid of the association, purchase bricks of their own; a way to continue service to the great game of football and all it serves! On behalf of the association, Ron Stolski extends sincere thanks to so many for making this landmark program a reality. And, to Claud Allaire, for forever being a thinker 'outside of the box'. We are proud of Minnesota Football; prouder still that we can make an everlasting contribution to the American Football Coaches Foundation Plaza Of Influence.

Ron Stolski, Executive Director of The MFCA, can be reached by email stolski@yahoo.com, ph; office 218-829-1698, cell 218-820-4742



RECRUITING FAIR 2010

The 8th annual MFCA Recruiting Fair was once again held at the Double Tree Hotel.

Under the supervision of Jeff Ferguson, of Totino Grace, who has been organizing and coordinating the event for the past several years, the Recruiting Fair provides information on Minnesota high school football players and is a valuable resource to college coaches throughout the upper Midwest.

Numerous college coaches attended and met with high school coaches from all over Minnesota. Approximately 1000 Minnesota football players were represented in the booklet. And over 200 high school coaches submitted information on their prospective players.

The goal is to continue to increase the size and scope of this event, with more high school and college coaches attending every year. It is a great service that we can offer to our players to enhance their exposure, and the college coaches love it.

Rob Nielson and Flint Motschenbacher of Detroit Lakes input the data sent in by coaches, printing the booklets and making it available to the college coaches.

RULES CHANGES AND UPDATES

NFHS 2010 FOOTBALL RULES REVISIONS

1-5-2c: New football glove/hand pad standard implemented for the 2012 season.

1-5-3a: Restrictions removed on penalty-marker colored pads or gloves.

1-5-3b1, 2, Note 3: Illegal player equipment rule clarified.

3-1-2; 1-7: Point differential rule modified for member state associations.

3-2-2: Coin toss provisions revised.

3-5-10b: Concussion rule revised.

3-7-1: Replaced players – replacement timeframe clarified.

8-2-2; 8-2-3; 8-2-4 (NEW); 8-2-5; 10-4-5; 10-5-1f; 2-41-10: Penalty options for fouls on scoring plays expanded to include scoring team fouls.

9-4-3k: Horse-collar clarified.

9-4-8 (NEW): Penalty defined for unintentional contact between a nonplayer and an official in the restricted area.

Nine-, Eight- and Six-player Rules: Field markings in nine-, eight- and six-player rule differences adjusted.

Points of Emphasis

1. Concussion Recognition and Management_
2. Heat Illness and Hydration_
3. Illegal Helmet Contact_
4. Assisting the Runner_
5. Sportsmanship and Public Address Announcers_
6. NFHS Football Officials Manual

Source: NFHS website

Note: Please check NFHS rulebook for

specific citations and explanations.

MSHSL RULE MODIFICATIONS

TIE-BREAKING PROCEDURES - If, at the end of the fourth quarter, the teams have identical scores the tie will be resolved by the “Ten-yard line Overtime Procedure” as outlined in the National Federation Football Rulebook.

MERCY RULE - When the point differential reaches 35 points or more in the fourth quarter, the clock will go to running time. The clock will be stopped for any time-outs (team or official); and after scoring plays, until the ensuing kickoff. Regular timing rules will be used if the point differential drops back to less than 30 points. Note: Rule 3-1-3 remains in effect - this allows the game to be shortened or terminated at any time, by mutual agreement of the opposing coaches and the referee.

9-MAN MODIFICATIONS - Modification of the football distance penalty in 9-Man football. In 9-Man football, all penalties that require a loss of 15 yards in 11-man football, will be penalized a loss of 10 yards on an 80-yard field. If a 100-yard field is used for 9-man all 15 yard penalties would be assessed as 15 yards.

On the 9-Man field the “9-yard marks” in rule 1-2-3e are placed 7 yards from the sideline.

There are no uniform numbering requirements for 9-Man.

The 45-point rule for 9-Man football will not be enforced in Minnesota.

The free blocking zone is a square area extending laterally 3 yards on either side of the spot of the snap and 3 yards behind the line of scrimmage.

FIELD DIMENSIONS - When facilities permit, 9-Man football should be played on a 100-yard field. If space does not allow for 100 yards, games can be played on a 80-yard field. In either case the width of the field is 40 yards. Distance from sidelines to hash marks is 48 feet, 4 inches.

Source: MSHSL website

Note: Please check MSHSL website and rule books for additional information

THE CAMP OUTREACH PROGRAM

A continuing initiative of the MFCA Executive Committee is the Camp Outreach program, which began in the summer of 2005. The program is being coordinated by Wayne Petermeier, head football coach at Browerville high school. In this program, high school football coaches in Minnesota can contact another football coaching staff in order to coordinate a football coaching clinic for their own coaching staff. It is a great way for coaches to learn from other coaching staffs about offensive, defensive, special teams and get some excellent, firsthand knowledge from coaches who are currently using specific offensive, defensive, or other strategies successfully in Minnesota, at the high school level. It gives coaching staffs an opportunity to “pick the brain” of other coaches concerning techniques, program building, conditioning, or just about any topic they can think of regarding high school football.

The clinics presented through this program are free for the staff that makes the request, with the assistance of Coach Petermeier. The high school staff that presents the program is paid \$500 by the MFCA, with funding provided by the Minnesota Vikings. Two high school staffs have already taken advantage of the new initiative and there is currently funding for more.

Coaches who wish to utilize this worthwhile program, or would like further information, should contact Wayne Petermeier. Contact information for coach Petermeier is listed below.

Wayne Petermeier
PO Box 45
Browerville, MN 56438
Email: ribsby@browerville.k12.mn.us

MFCA CONFERENCE REPRESENTATIVES

Listed below are the names of the MFCA conference delegates who represent their respective conferences to the Association. Please note any misprints, mistakes, or errors and address them to the MFCA Secretary, Jim Dotseth.

These are the coaches who are responsible for carrying information to and from conferences on behalf of the Association and MSHSL matters. They are a vital link in the entire process

and the Association will only improve as these members are utilized to the fullest.

Conference representatives should have a "checklist," created by Wayne Petermeier of Browerville, that will help organize MFCA duties. Please contact Coach Petermeier or visit the website to obtain a checklist <www.mshsca.org/football/index.htm>

Conference	Coach	School
9M .. Great Northern E.....	Jeff Gronner.....	Cromwell
9M .. Great Northern W	Dennis Holsman.....	Hill City
9M .. North Tri-County	Darrin Byklum.....	Fisher/Climax
9M .. North Tri-County	Jason McCloskey.....	Waubun
9M .. Pheasant North.....	Mike Mahlen.....	Verndale
9M .. Pheasant South	Tony Thiel	Weaton
9M .. Southeast.....	Karl Urbaniak.....	Mable-Canton
9M .. Southern Confederacy...	Jim Utermarck	Truman
9M .. St. Louis County	Wally Kostich.....	Mt. Iron-Buhl
9M .. Top-of-the-State.....	Scott Parker	Marshall Cnty Central
1A ... Gopher Valley 1A.....	Ken Helland	LeCenter
1A ... Great Polar Red	Charlie Campbell.....	Nashwauk-Keewatin
1A ... Little Sioux.....	Mike Damman	MACCRAY
1A ... Minnesota Christian.....	Nate Harrington..	Providence Acadmy
1A ... Northern Plains 1A	Bryan Strand.....	Barnsville
1A ... Prairie South	Wayne Petermeier	Browerville
1A ... Southern Minnesota E	Jerry Neubauer... Sleepy Eye	St. Mary's
1A ... Southern Minnesota W...	Cory Haala.....	Sleepy Eye Public
2A ... Central Minnesota	Ray Tri.....	Eden Valley-Watkins
2A ... Gopher Valley 2A.....	Jon Bakken.....	Waterville-EM
2A ... Great Polar White	Dave Louzek.....	Moose Lake/Willow River
2A ... Heart-O-Lakes Classic.....	Dave Haugen	Pelican Rapids
2A ... Hiawatha Valley Gold.....	John Austinson.....	Byron
2A ... Northern Plains 2A	Bryan Strand.....	Barnsville
2A ... Prairie North	Don Seipkes.....	Ottertail Central
2A ... Southwest	Todd Oye	Luverne
2A ... Three Rivers North.....	Bill Ihrke	Plainview-EM

Conference	Coach	School
2A ... Three Rivers South	Bill Ihrke	Plainview-EM
2A ... Tri-Metro West.....	Ron Monson	Minnehaha Academy
2A ... West Central South.....	Scott Gonnerman	Benson
3A ... Great Polar Blue	Mike Gindorff.....	Crosby-Ironton
3A ... Heart-O-Lakes North	Chris Trostad.....	Crookston
3A ... Hiawatha Valley Blue	John Austinson.....	Byron
3A ... Minnesota River	Terry Turek.....	LeSueuer-Henderson
3A ... Sea Range	Derek Parendo.....	Proctor
3A ... South Central	Marc Bachman.....	St. Peter
3A ... St. Paul City.....	Dave Zeitchick.....	Highland Park
3A ... Tri-Metro East	Todd Niklaus.....	St. Anthony
3A ... West Central North.....	Jay DeCann	Melrose
3A ... Wright County.....	Paul Lemke.....	Glencoe-Silver Lake
4A ... Big Nine	Clay Anderson	Albert Lea
4A ... Central Lakes	Jon Konold	Willmar
4A ... Classic Suburban.....	Eric Longtin.....	North St. Paul
4A ... Mississippi 8.....	Mike Hennen.....	Cambridge-Isanti
4A ... Missota	Bubba Sullivan.....	Northfield
4A ... North Country.....	Flint Motschenbacher	Detroit Lakes
4A ... North Suburban	Will Wackman	Spring Lake Park
5A ... Classic Lake	John DenHartog	Hopkins
5A ... Lake.....	Mike Fritze.....	Apple Valley
5A ... Lake.....	Rick Sutton.....	Eagan
5A ... Minneapolis	Lenny Sedlock.....	MPLS South
5A ... NW Suburban.....	Shannon Gerrety	Blaine
5A ... Suburban East.....	Beau LaBore.....	Woodbury

COACHES CHECKLIST



Things that should be discussed at your conference and section meetings

* Everyone should be part of the FOOTBALL Coaches Association. That means that you must sign up for the Football Coaches Association as well as the Parent Association. You must check off Football and pay the EXTRA money. **You need this as a head coach for any player or coaching award!**

* Is there anyone we feel would be worthy of the Hall of Fame? SEE HALL OF FAME BELOW

* Who is our candidate for CONFERENCE coach of the year? SEE CONF. COACH BELOW

* Do you have a candidate for Assistant coach of the year? Must be a current or former Butch Nash winner

* Do you have a candidate for the Butch Nash Award? SEE BUTCH NASH BELOW

* Do we feel we have anyone that is "All Star Game" qualified? SEE ALL STAR GAME BELOW

* Do we have anyone that is "Mr. Football" qualified? SEE MR. FOOTBALL BELOW

* Make sure you send in your Academic All State Team SEE TEAM ACADEMIC INFO BELOW

* Make sure you send in your Academic All State Individual SEE INDIV. ACADEMIC INFO BELOW

* Update your email and your assistants email with Flint Motschenbacher SEE FLINT BELOW

* List any retired coaches in your area that may be interested in becoming a coaching mentor. This is a new program set up through the Football Coaches Association: See Ron Stolski Below

* Any team interested in the MSHSFA football camp scholarship. Make sure you fill out the form and send it in on time SEE Summer Football Camp BELOW

* Conference Rep. It is your obligation to get to the spring meeting and attend it. If you are not able to attend make sure you have someone from your conference attend the meeting. There is important information discussed at this meeting! It will help you and your conference. Someone from your conference should attend!

*** ALL STAR FORMS AND NOMINATION SHEETS WILL BE SENT TO YOU BY AN ALL-STAR REP AT A LATER DATE. IT IS USUALLY SENT OUT IN DECEMBER.**

IMPORTANT CONTACT NAMES FOR FORMS AND ACCOMPLISHMENTS

Individual Academic Selection Committee

Class	Name	School	Fax number
9 Man	Mike Mahlen	Verndale	218-445-5185
Class 1A	Wayne Petermeier	Browerville	320-594-8105
Class 2A	Scott Gonnerman	Benson	320-843-2262
Class 3A	Scott Tschimperle	Glencoe-Svr Lk	320-864-6475
Class 4A	Andy Rostberg	Hutchinson	320-587-8217
Class 5A	Rick Sutton	Eagan	651-683-6910
Chairman	Dave Frisell	Mankato East	507-387-7927

Team Academic Selection Committee

Class	Name	School	Fax number
9 Man	Dave Krenik	Cleveland	507-931-9088
Class 1A	Wayne Petermeier	Browerville	320-594-8105
Class 2A	Leo Pohlkamp	Pierz	320-468-6577
Class 3A	Ryan Weinandt	Dassel-Cokato	320-286-4131
Class 4A	Bubba Sullivan	Northfield	507-645-3455
Class 5A	Dave Nelson	Minnetonka	952-401-5905
Chairman	Con Natvig	Browerville	320-594-8105

BUTCH NASH

CONFERENCE AND SECTION COY

Jim Dotseth
4180 Trenton Ln. N.
Plymouth, MN 55441
dotseth@comcast.net

HALL OF FAME

Scott Tschimperle
stschimperle@gsl.k12.mn.us
Paul Lemke
plemke@gsl.k12.mn.us

MR. FOOTBALL

Clay Anderson
Albert Lea High School
canderson@albertlea.k12.mn.us

SUMMER FOOTBALL CAMP

Wayne Petermeier
ribsy@browerville.k12.mn.us
Browerville: 320-594-8111

COACHING MENTOR PROGRAM

Ron Stolski
stolski@yahoo.com

ALL STAR GAME

Dave Fritze
dfritze@lightblast.com

SCHOLARSHIP PROGRAM

Will Wackman
wwackman@splpark.k12.mn.us

HALL OF FAME BANQUET

Dave Nelson
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ALL THE FORMS NEEDED ARE AVAILABLE ON THE MFCA WEBSITE:

www.mshsca.org/football/index.htm

www.mnfootballcoaches.com

MINNESOTA HIGH SCHOOL FOOTBALL CONFERENCE STANDINGS: 2009-2010

Please note that there may have been changes to certain conferences. There may be mistakes due to "typos"/lack of information. Teams are listed in order of conference finish with regular season, and final season records.

Big 9 Conference Standings

Mankato West	7	0	11	1
Rochester Century	6	1	7	2
Faribault	5	2	6	4
Rochester Mayo	5	2	5	4
Owatonna	4	3	7	4
Winona	3	4	4	5
Austin	2	5	4	6
Albert Lea	2	5	2	7
Mankato East	1	6	2	7
Rochester John Marshall	0	7	1	8

Central Lakes Conference Standings

Sartell-St. Stephen	7	0	13	1
Alexandria	5	1	9	2
Sauk Rapids-Rice	5	2	6	3
Brainerd	4	2	8	4
Rocori	4	3	5	4
Willmar	3	4	5	5
Little Falls	3	4	5	5
St. Cloud Tech	2	4	4	6
Fergus Falls	0	6	0	9
St. Cloud Apollo	0	7	0	9

Central Minnesota Conference Standings

Eden Valley-Watkins	7	0	12	1
Pierz	6	1	10	2
Holdingsford	5	2	6	4
Maple Lake	4	3	6	5
Howard Lake-Waverly-Winsted	3	4	5	5
Belgrade-Brooten-Elrosa	2	5	2	7
Kimball Area	1	6	2	7
Rockford	0	7	0	8

Classic Lake Conference Standings

Wayzata	3	1	9	2
Minnetonka	3	1	8	3
Hopkins	3	1	7	3
Edina	1	3	5	5
Robbinsdale Armstrong	0	4	2	8

Classic Suburban Conference Standings

St. Thomas Academy	7	0	11	1
Mahtomedi	7	0	10	2
Henry Sibley	5	2	8	3
South St. Paul	5	3	7	4
North St. Paul	3	4	4	5
Hill-Murray	2	5	4	7
Tartan	2	5	3	6
Richfield	0	6	3	7
Simley	0	6	1	8

Gopher Valley A Conference Standings

Blooming Prairie	6	0	11	2
Le Center	5	1	8	2
Mankato Loyola	4	2	5	4
Medford	3	3	4	5
Randolph	2	4	3	6
Bethlehem Academy	1	5	3	6
St. Clair	0	6	4	7

Gopher Valley AA Conference Standings

Waterville-Elysian-Morristown	6	1	13	1
United South Central	6	1	8	2
Gibbon-Fairfax-Winthrop	4	3	8	4
New Richland-H-E-G	4	3	5	4
Minnesota Valley Lutheran	4	3	4	5
Martin County West	3	4	3	6
Lake Crystal-Wellcome Mem.	1	6	1	7
Maple River	0	7	0	9

Great Northern East Conference Standings

McGregor	8	0	8	1
Cromwell	7	1	10	2
Isle	5	2	7	3
Floodwood	4	4	6	5
Wrenshall	1	5	1	5

Great Northern West Conference Standings

Northland	4	4	5	5
Nevis	3	4	4	5
Kelliher/Northome	3	5	3	6
Hill City	1	7	1	8
Laporte	0	4	0	4

Great Polar Football Alliance - Blue Standings

Crosby-Ironton	5	0	10	1
Pine City	4	1	7	3
Rush City	3	2	7	4
Braham	2	3	4	6
Aitkin	1	4	2	7
Hinckley-Finlayson	0	5	0	9

Great Polar Football Alliance - Red Standings

East Central	7	0	10	1
Barnum	6	2	7	3
Ogilvie	5	2	8	3
Chisholm	4	3	6	4
Onamia	3	4	4	5
Mesabi East	3	4	3	5
Carlton	2	5	2	6
Cook County	2	5	2	7
Ely	0	7	1	8

Nashwauk-Keewatin	0	0	0	0
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Great Polar Football Alliance - White Standings

Moose Lake-Willow River	5	0	13	1
Greenway/Nashwauk-Keewatin	3	2	6	4
Deer River	2	3	4	6
Esko	2	3	3	6
Duluth Marshall	2	3	3	6
Two Harbors	1	4	2	7

Heart O'Lakes Conference - Classic Standings

Staples-Motley	6	0	9	1
Dilworth-Glyndon-Felton	5	1	9	2
Breckenridge	4	2	5	4
West Central Area	2	4	4	5
Pelican Rapids	2	4	3	7
Warroad	1	5	2	7
Wadena-Deer Creek	1	5	1	8

Heart O'Lakes Conference - North Standings

Pequot Lakes	6	0	10	2
Perham	5	1	9	2
Thief River Falls	4	2	6	4
Crookston	2	4	3	6
East Grand Forks	2	4	2	7
Park Rapids Area	1	5	2	7
Roseau	1	5	1	8

Hiawatha Valley League - Blue Standings

Kasson-Mantorville	6	0	12	1
La Crescent	5	1	9	2
Byron	4	2	6	3
Rochester Lourdes	3	3	6	4
Cannon Falls	2	4	4	5
Stewartville	1	5	2	7
Lake City	0	6	0	9

Hiawatha Valley League - Gold Standings

Zumbrota-Mazeppa	6	0	8	3
Triton	5	1	8	3
Goodhue	4	2	7	4
Pine Island	3	3	3	6
Kenyon-Wanamingo	1	5	2	7
Winona Cotter	1	5	1	7
Hayfield	1	5	1	8

Independents Standings

Bemidji	1	0	6	6
Moorhead	0	1	3	6
Chanhassen	0	0	2	7

MN Academy for the Deaf 0 0 0 6

Lake Conference Standings

Eden Prairie 7 0 12 1
Lakeville North 6 1 9 3
Lakeville South 6 2 7 3
Eastview 5 2 7 4
Rosemount 4 3 7 4
Eagan 4 4 5 5
Bloomington Kennedy 3 5 4 6
Bloomington Jefferson 3 5 4 6
Chaska 3 5 3 6
Burnsville 2 6 2 7
Apple Valley 1 7 1 8
Chanhassen 0 4 2 7

Little Sioux Conference Standings

Minneota 8 0 14 0
Adrian 6 2 11 3
Dawson-Boyd 6 2 8 3
MACCRAY 6 2 7 3
Murray County Central 5 3 7 4
Tracy-Milroy-Balaton 5 3 5 4
Russell-Tyler-Ruthton 4 4 5 5
Canby 3 5 3 6
Fulda 2 6 2 7
Renville County West 2 6 2 7
Lakeview 1 7 1 8
Ortonville 0 8 0 8

Minneapolis City Conference Standings

Minneapolis Washburn 6 0 8 3
Minneapolis North 5 1 9 3
Minneapolis South 3 3 3 6
Minneapolis Henry 3 3 3 6
Minneapolis Southwest 2 4 4 5
Minneapolis Roosevelt 2 4 2 7
Minneapolis Edison 0 6 1 8

Minnesota River Conference Standings

Belle Plaine/Holy Family Acad 7 0 9 1
Holy Family Catholic 4 1 9 2
Mayer Lutheran 4 3 6 4
Jordan 4 3 5 4
LeSueur-Henderson 4 3 5 4
Sibley East 2 5 2 7
Norwood-Young America 1 5 1 7
Montgomery-Lonsdale 0 6 0 9

Mississippi 8 Conference Standings

Rogers 6 1 9 2
Buffalo 6 1 8 2
St. Michael-Albertville 6 1 8 3
Cambridge-Isanti 5 3 6 4
Zimmerman 3 3 5 5
Big Lake 3 4 3 6
Becker 2 4 4 6
Princeton 0 7 1 8
Monticello 0 7 1 8

Missota Conference Standings

Hutchinson 7 0 9 2
Northfield 6 1 8 3
New Prague 5 2 8 3
Shakopee 4 3 5 4
Prior Lake 3 4 3 6
Farmington 2 5 3 6
Holy Angels 1 6 3 7
Red Wing 0 7 0 9

MN Christian Athletic Association Standings

Providence Acad./Heritage 6 0 8 1
St. Agnes 4 1 6 4
Lester Prairie/Holy Trinity 4 2 6 4
West Lutheran 3 3 3 6
Lion's Gate/Bethany Academy 2 4 3 6
New Life Academy 1 5 1 8
St. John's Prep 0 5 1 7

North Country Conference Standings

Duluth Denfeld 3 1 7 4
Duluth East 3 1 4 5
Detroit Lakes 2 2 4 6
Grand Rapids 2 2 3 7
Duluth Central 0 4 1 8

North Suburban Conference Standings

Totino-Grace 6 0 13 0
Fridley 6 0 8 2
Irondale 5 2 6 4
Benilde-St. Margaret's 4 2 8 3
Spring Lake Park 3 4 4 6
Robbinsdale Cooper 3 4 3 6
Chisago Lakes Area 3 5 4 6
St. Francis 2 5 3 6
North Branch 2 5 2 7
St. Louis Park 1 4 2 7
Columbia Heights 1 5 2 8

North Tri-County Standings

Ada-Borup 7 0 11 1
Norman County East 5 2 6 4
Waubun 4 3 6 5
Ulen-Hitterdal 3 3 4 5
Win-E-Mac 1 6 1 8
Norman County West 0 6 0 9

Northern Plains A Conference Standings

Fosston 7 0 12 1
Lake Park-Audubon 6 1 7 3
Mahnomon 5 2 6 4
Warren-Alvarado-Oslo 4 3 7 4
Red Lake County 3 4 4 5
Fertile-Beltrami 2 5 2 7
Badger/GB-MR 1 6 1 8
Cass Lake-Bena 0 7 1 8

Northern Plains AA Conference Standings

Barnesville 7 0 11 1
Hawley 6 1 10 2
Frazee 5 2 6 3

Lake of the Woods 4 3 6 4
Pine River-Backus 3 4 3 6
Bagley 2 5 2 7
Walker-Hackensack-Akeley 1 6 1 8
Blackduck 0 7 0 8

Northwest Suburban Conference Standings

Centennial 7 1 10 2
Blaine 7 1 8 2
Andover 6 2 7 3
Champlin Park 5 3 6 4
Anoka 5 3 6 4
Osseo 3 5 4 6
Maple Grove 3 5 3 6
Coon Rapids 2 6 2 7
Park Center 1 7 1 8
Elk River 1 7 1 8

Pheasant Conference North Standings

Verndale 8 0 11 1
Bertha-Hewitt 7 1 9 2
Hillcrest Lutheran Academy 6 2 7 3
Eagle Valley 2 6 2 7
Underwood 2 6 2 7
Ashby 0 8 0 9

Pheasant Conference South Standings

Clinton-Graceville-Beardsley 8 0 12 1
Wheaton 5 3 6 4
Chokio-Alberta/Herman-Norcross 5 3 6 4
Brandon-Evansville 3 5 3 6
Hancock 1 7 1 8
Lincoln HI 1 7 1 8

Prairie Conference - North Standings

United North Central 4 0 7 3
Ottertail Central 3 1 5 4
Pillager 2 2 2 7
Parkers Prairie 1 3 1 8
New York Mills 0 4 0 8

Prairie Conference - South Standings

Browerville 3 1 9 2
Osakis 3 1 8 2
Royalton 2 2 6 4
Upsala/Swanville Area 2 2 5 4
Kerkhoven-Murdock-Sunburg 0 4 2 7

Sea Range Conference Standings

Ashland 6 1 6 1
Cloquet 6 1 7 2
Hermantown 6 1 6 3
Virginia 5 3 7 4
Hibbing 3 4 3 6
Proctor 2 5 3 6
International Falls 1 6 1 6
Eveleth-Gilbert 0 8 0 9

South Central Conference Standings

Fairmont 5 0 8 3
Waseca 4 2 8 4

"THE KEEPERS OF THE GAME"

Blue Earth Area	4	2	5	4
St. Peter	2	3	2	6
New Ulm	1	4	2	7
St. James	0	5	1	8

Southeast Conference Standings

Grand Meadow	6	1	10	2
Houston	6	1	8	3
Lanesboro	4	3	5	4
Mabel-Canton	4	3	5	4
Spring Grove	4	3	5	5
Glenville-Emmons	3	4	4	5
Lyle/Austin Pacelli	1	6	1	8
LeRoy-Ostrander	0	7	0	8

Southern Confederacy Conference Standings

Westbrook-Walnut Grove	8	0	9	1
Edgerton/Ellsworth	7	1	9	2
Nicollet	6	2	10	3
Alden-Conger	4	4	5	5
Hills-Beaver Creek	4	4	4	5
Janesville-Waldorf-Pemberton	3	4	4	5
Cleveland	3	5	4	6
Granada-Huntley-EC/M.L.	3	5	3	6
Truman	1	7	1	8
Madelia	0	7	0	9

Southern Minnesota Conference Standings

New Ulm Cathedral	8	0	11	1
Springfield	7	1	9	2
Wabasso	6	2	7	3
Cedar Mountain/Comfrey	5	3	6	4
Sleepy Eye	4	4	4	5
Red Rock Central	4	4	4	5
Sleepy Eye Saint Mary's	2	6	2	6
Buffalo Lake-Hector	2	6	2	7
Mt. Lake/Butterfield-Odin	2	6	2	7
Southwestern United	0	8	0	9

Southwest Conference Standings

Jackson County Central	6	0	9	2
Luverne	4	2	10	3
Pipestone Area	4	2	6	4
Marshall	3	3	4	5
Windom Area	2	4	4	6
Redwood Valley	1	5	4	6
Worthington	1	5	2	7

St. Louis County Conference Standings

Cherry	8	0	10	1
Orr	6	2	9	3
Mountain Iron-Buhl	5	2	7	3
Bigfork	5	3	6	4
AlBrook	5	3	6	4
Tower-Soudan	5	3	5	4
Littlefork-Big Falls	4	4	4	5
Cook	3	5	3	6
Babbitt-Embarrass	3	5	3	6
Cotton	2	6	2	7
Silver Bay	1	6	1	8

Mesabi Academy	0	8	0	8
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St. Paul City Conference Standings

St. Paul Highland Park	4	1	8	2
St. Paul Central	4	1	7	3
St. Paul Como Park	4	1	5	4
St. Paul Johnson	2	3	4	6
St. Paul Harding	1	4	4	5
St. Paul Humboldt	0	5	1	8

Suburban East Conference Standings

Stillwater Area	8	0	9	1
Cretin-Derham Hall	7	1	12	1
Mounds View	6	2	10	3
Woodbury	5	3	6	4
White Bear Lake	5	3	5	4
Forest Lake	4	4	4	5
Hastings	3	5	3	6
Roseville	1	7	2	8
Park of Cottage Grove	1	7	1	8
East Ridge	0	8	0	9

Three Rivers Conference - North Standings

Plainview-Elgin-Millville	5	0	8	2
Lewiston-Altura	3	2	5	5
Dover-Eyota	3	2	4	6
St. Charles	2	3	2	7
Onalaska Luther	1	4	1	7
Wabasha-Kellogg	1	4	1	8

Three Rivers Conference - South Standings

Caledonia	5	0	11	1
Southland	4	1	8	2
Rushford-Peterson	2	3	6	4
Kingsland	2	3	4	5
Fillmore Central	1	4	4	6
Chatfield	1	4	3	6

Top of the State Conference Standings

Kittson County Central	6	0	9	1
Stephen-Argyle	5	1	13	1
Grygla-Gatzke/Goodridge	4	2	6	3
Clearbrook-Gonvick	3	3	5	4
Sacred Heart	2	4	3	5
Northern Freeze	1	5	1	7
Climax/Fisher	0	6	0	7

Tri-Metro East Conference Standings

St. Croix Lutheran	3	0	9	2
St. Bernard's	2	1	7	4
St. Paul Acad./Mounds Park Acad.	1	2	2	7
Brooklyn Center	0	3	0	9

Tri-Metro West Conference Standings

DeLaSalle	5	0	11	1
Minnehaha Academy	3	1	8	2
Concordia Academy-Roseville	2	2	3	6
St. Anthony Village	1	3	4	5
Breck	1	3	3	7
Blake	1	4	2	7

West Central Conference - North Standings

New London-Spicer	7	0	14	0
Albany	6	1	9	2
Mora	5	2	10	3
Foley	4	3	5	4
Milaca	2	5	3	6
Melrose	2	5	3	6
Sauk Centre	1	6	2	7
St. Cloud Cathedral	1	6	1	7

West Central Conference - South Standings

BOLD	6	1	7	3
Yellow Medicine East	5	2	7	4
Morris Area	4	3	6	4
Montevideo	4	3	5	4
Atwater-Cosmos-Grove City	4	3	6	5
Minnewaska Area	4	3	4	5
Paynesville Area	3	4	3	6
Lac qui Parle Valley	3	4	3	6
Benson	2	5	2	7
Long Prairie-Grey Eagle	0	7	0	8

Wright County Conference Standings

Glencoe-Silver Lake	7	0	13	1
Delano	5	2	7	3
Orono	4	2	6	3
Dassel-Cokato	4	3	6	4
Annandale	4	4	5	5
Waconia	3	3	5	5
Litchfield	3	4	3	6
Mound-Westonka	1	6	1	8
Watertown-Mayer	0	7	0	9

MINNESOTA STATE HIGH SCHOOL LEAGUE BOARD OF DIRECTORS - FOOTBALL TASK FORCE

RECOMMENDATIONS FOR FURTHER STUDY AND CONSIDERATION

1. Create an Option for Zero Week

Schools may schedule a game one week earlier than the first allowed date on a limited basis. Those who play are allowed to start practice approximately one week earlier. Teams cannot practice during their bye week.

2. Division Scheduling Plan Concept (details could be changed)

Section playoffs remain the same as they are currently. This plan is for regular season schedule only.

9-Man creates their own conferences or plays section schedule

5A play in sections or stay in current conferences – take out the out-state 5A teams -- Moorhead, Brainerd, St. Cloud Tech, Duluth (2), Rochester (3) and Owatonna. They move to Division I and play non-conference with 5A. (this would not have to be done)

Create 3 Divisions for regular season:

Division I	600 and up
Division II	300 to 600
Division III	150 to 300

Create Sections or Conferences within those divisions – same process that we currently use for sections. In theory this would be better than section football –there are more teams in each division, geography would not be as much of an issue. Could play 7 or 8 games within the Division for the Division or Conference Championship, may play outside of the Division for non-conference games – traditional rivalries. Use current sections for play-offs.

3. MSHSL Places Schools in Conferences for Football Only

Establish criteria for schools to submit for placement into a conference for football only. MSHSL then places – for football only – use a panel that places all schools. This could be done using the same procedure and criteria as currently used, or revamp the plan to make it “quicker and easier.” (would be easier inherently if for football only). Everyone ends up in a conference and would have a schedule. Create a Scheduling

Panel that would create a centralized assist in matching up for non-conference games

4. Section Scheduling Plan Alternative Concept (details could be changed)

1. Play two non-section games to start the season – then play section schedule of 7 games.

2. Top four teams from a section match up with another section for a Regional Competition.

3. Four winners play to determine the top two that advance to state playoffs.

4. Match up with another Regional for Quarterfinal round – with winners advancing to the Semifinals (this would not have to be done)

5. Teams who don't make top four schedule one additional game vs. other teams who did not make the top four.

6. This is played within the same dates we now use for football – everyone plays through “Section Saturday.”

7. Could develop Zero Week concept if still necessary to help with scheduling

8. Could develop a centralized scheduling process to help with non-section games

9. 9-man could use this or could continue to schedule with conferences as travel for section play could be difficult

COMPETITIVE SECTION ASSIGNMENTS FOR 2010-2011

Competitive Section Assignments in football for this year.

Section and classes were affected by the MSHSL's new enrollment calculation. School's enrollments in grades 9-12 are totaled, rather than grades 9-11, as had been done in the past. Additionally, 40% of the free/reduced lunch program students are subtracted from a school's enrollment figure. And another change was allowing schools that had 50% or more of their student enrollment to "opt down" a class.

This change in the process caused more "movement" by teams between sections and classes.

Class: 9MAN

Section: 1

Alden-Conger High School
Glenville-Emmons High School
Grand Meadow High School
Houston High School
Lanesboro High School
LeRoy-Ostrander High School
Mabel-Canton High School
Coop: 262 "Lyle-Pacelli"
Austin Pacelli High School
Lyle High School (HOST)
Coop: 432 "Spring Grove H.S."
Gerdes Home School
Spring Grove High School (HOST)

Section: 2

Cleveland High School
Janesville-Waldorf-Pemberton H.S.
Madelia High School
Minnesota State Academy for the Deaf
Nicollet High School
Saint Clair High School
Truman High School

Section: 3

Clinton-Graceville-Beardsley H.S.
E.C.H.O. Charter School
Hancock High School
Hills-Beaver Creek High School
Lincoln H I High School
Wheaton High School
Coop: 76 "Tri-State Tigers"
Campbell-Tintah High School (HOST)
Coop: 91 "Chokio-Alberta/
Herman-Norcross"
Chokio-Alberta High School (HOST)
Herman-Norcross High School
Coop: 142 "Edgerton/Ellsworth"
Edgerton High School (HOST)

Ellsworth High School
Coop: 154 "Brandon/Evansville"
Brandon High School
Evansville High School (HOST)

Section: 4

Bertha-Hewitt High School
Eagle Valley High School
Isle High School
Onamia High School
Rothsay High School
Underwood High School
Verndale High School
Coop: 20 "Ashby"
Ashby High School (HOST)
Country Bible Christian
Coop: 213 "Hillcrest Lutheran Academy"
Hillcrest Lutheran Academy (HOST)
Synstelien Home School
Wangerin Home School
Wentzel Home School

Section: 5

AlBrook High School
Cotton High School
Cromwell High School
Floodwood High School
Fond du Lac Ojibwe High School
Hill City High School
McGregor High School
Silver Bay (Wm. Kelley) High School
Coop: 496 "Wrenshall H.S."
Cloquet Christian Academy
Wrenshall High School (HOST)

Section: 6

Ada-Borup High School
Laporte High School
Nevis High School
Norman County East High School
Norman County West High

School
Northland High School
Ulen-Hitterdal High School
Waubun High School

Section: 7

Babbitt-Embarrass High School
Bigfork High School
Cherry High School
Cook High School
Littlefork-Big Falls High School
Mesabi Academy School
Mountain Iron-Buhl High School
Orr High School
Tower-Soudan High School

Section: 8

Clearbrook-Gonvick High School
Sacred Heart High School
Stephen-Argyle Central High School
Win-E-Mac High School
Coop: 165 "Climax/Fisher Knights"
Climax High School
Fisher High School (HOST)
Coop: 196 "Goodridge/Grygla-Gatzke"
Goodridge High School
Grygla-Gatzke High School (HOST)
Coop: 197 "Kittson County Central"
Kittson Central High School (HOST)
Lancaster High School
Coop: 235 "Kelliher/Northome"
Kelliher High School (HOST)
Northome High School
Coop: 277 "Northern Freeze"
Marshall County Central H.S. (HOST)
Tri-County High School

Class: A

Section: 1

Blooming Prairie High School
Fillmore Central High School
Goodhue High School
Medford High School
Randolph High School
Rushford-Peterson High School
Wabasha-Kellogg High School
Coop: 46 "Bethlehem Academy"
Bethlehem Academy (HOST)
Discovery Public School of Faribault
Hoisington Home School

Section: 2

2A Buffalo Lake-Hector-Stewart High School
Le Center High School
Mankato Loyola High School
New Ulm Cathedral High School
Sleepy Eye High School
Sleepy Eye Saint Mary's High School
Springfield High School
Coop: 81 "Cedar Mountain/Comfrey"
Cedar Mountain High School (HOST)
Comfrey High School
Coop: 517 "Gr-Hunt-E Ch/Martin Luth"
Granada-Huntley-East Chain H.S. (HOST)
Martin Luther High School

Section: 3

Adrian High School
Fulda High School
Murray County Central High School
Red Rock Central High School
Wabasso High School
Westbrook-Walnut Grove High School

Coop: 316 "Mountain Lake/B-O"
Butterfield-Odin High School
Mountain Lake High School
(HOST)
Coop: 424 "Southwestern United"
Round Lake-Brewster (HOST)
Southwest Star Concept H.S.

Section: 4

Atwater-Cosmos-Grove City H.S.
Belgrade-Brooten-Elrosa H.S.
Northwest Passage Charter High School
Saint Agnes High School
Saint Bernard's School
West Lutheran High School
Coop: 254 "Lester Prairie \ Holy Trinity"
Holy Trinity High School
Lester Prairie High School
(HOST)
Coop: 845 "Lions Gate Christian/
Bethany Academy Golden Lions"
Bethany Academy
Lion's Gate Christian Academy
(HOST)

Section: 5

Canby High School
Dawson-Boyd High School
Kerkhoven-Murdock-Sunburg H.S.
Lakeview High School
MACCRAY High School
Minneota High School
Ortonville High School
Renville County West High School
Russell-Tyler-Ruthton High School

Section: 6

Barnesville High School
Browerville High School
Lake Park-Audubon
New York Mills High School
Parkers Prairie High School
Pillager High School
Pine River-Backus High School
Royalton High School
Coop: 458 "Upsala/Swanville"
Swanville High School
Upsala High School (HOST)

Section: 7

Barnum High School
Carlton High School
Chisholm High School
Cook County High School
East Central High School
Ely High School
Mesabi East High School
Ogilvie High School

Section: 8

9 teams in this section
A Map
Administered by Region 8A
Blackduck High School
Cass Lake-Bena High School
Fertile-Beltrami High School
Fosston High School
Lake of the Woods H.S.
Mahnomen High School
Warren-Alvarado-Oslo High School
Coop: 193 "Badger/GB-MR"
Badger High School
Greenbush-Middle River High School (HOST)
Coop: 368 "Red Lake County Rebels"
Red Lake County Central
Red Lake Falls High School
(HOST)

Class: AA

Section: 1

Caledonia High School
Chatfield High School
Cotter High School
Dover-Eyota High School
Kingsland High School
Lewiston-Altura High School
Pine Island High School
Zumbrota-Mazeppa High School
Coop: 392 "Saint Charles High School"
Hope Lutheran High School
Saint Charles High School
(HOST)

Section: 2

Hayfield High School
Kenyon-Wanamingo High School
Maple River High School
New Richland-H-E-G H.S.
Southland High School
Triton High School
United South Central High School
Waterville-Elysian-Morristown H.S.

Section: 3

3A Jackson County Central High School
Lake Crystal-Wellcome Memorial
Luverne High School
Martin County West High School
Minnesota Valley Lutheran
Pipestone Area High School
Saint James High School
Tracy-Milroy-Balaton High School
Windom Area High School

Section: 4

G-F-W High School
Howard Lake-Waverly-Winsted H.S.
Kimball Area High School
Maple Lake High School
Mayer Lutheran High School
Montgomery-Lonsdale High School
Saint John's Prep
Saint Paul Humboldt High School
Coop: 372 "New Life Academy/St. Croix Preparatory Academy"
Forte Home School
Grissom High Home School
Juscak Home School
Master's Academy Home School
New Life Academy of Woodbury (HOST)
Pratt Homeschool
St. Croix Preparatory Academy

Section: 5

B O L D High School
Benson High School
Eden Valley-Watkins High School
Lac qui Parle Valley High School
Minnewaska Area H.S.
Morris Area School
Paynesville Area High School
Yellow Medicine East H.S.

Section: 6

Breckenridge High School
Crosby-Ironton High School
Holdingford High School
Long Prairie-Grey Eagle H.S.
Osakis High School
Pierz High School
Wadena-Deer Creek High School
West Central Area School
Coop: 35 "Ottertail Central Bulldogs"
Battle Lake High School (HOST)
Henning High School

Section: 7

Braham High School
Deer River High School
Esko High School
Eveleth-Gilbert High School
Hinckley-Finlayson High School
Marshall School, Duluth
Rush City High School
Coop: 308 "Moose Lake/Willow River"
Moose Lake High School
(HOST)
Willow River High School

Section: 8

Bagley High School
Dilworth-Glyndon-Felton H.S.
Frazee High School
Hawley High School
Pelican Rapids High School
Red Lake High School
Walker-Hackensack-Akeley H.S.
Warroad High School
Coop: 284 "United North Central Warriors"
Menahga High School (HOST)
Sebekha High School

Class: AAA

Section: 1

Byron High School
Cannon Falls High School
Kasson-Mantorville High School
La Crescent High School
Lake City High School
Plainview-Elgin-Millville High School
Rochester Lourdes High School
Stewartville High School

Section: 2

Blue Earth Area High School
Jordan High School
LeSueur-Henderson High School
Minneapolis Roosevelt High School
Minneapolis Washburn High School
Saint Paul Highland Park
Saint Peter High School
Waseca High School
Coop: 39 "Belle Plaine/Holy Family Acad"
Belle Plaine High School
(HOST)
Holy Family Academy

Section: 3

Dassel-Cokato High School
Fairmont High School
Glencoe-Silver Lake High School
Montevideo High School
Norwood-Young America High School
Redwood Valley High School
Sibley East High School
Watertown-Mayer High School
Worthington High School

Section: 4

Blake School (The)
Concordia Academy-Roseville
DeLaSalle High School
Minnehaha Academy
Saint Anthony Village High School
Saint Croix Lutheran High School

"THE KEEPERS OF THE GAME"

Saint Paul Johnson High School
Coop: 403 "St. Paul Academy & Summit/Mound"
Mounds Park Academy
St. Paul Academy and Summit School (HOST)

Section: 5

Breck School
Brooklyn Center High School
Columbia Heights High School
Holy Family Catholic High School
Minneapolis Edison High School
Minneapolis North Community H.S.
Rockford High School
Coop: 293 "Henry H.S. / West Metro"
FAIR School
Minneapolis Patrick Henry H.S. (HOST)
Coop: 689 "Providence Academy"
Heritage Christian Academy
Providence Academy (HOST)

Section: 6

Albany High School
Annandale High School
Foley High School
Litchfield High School
Melrose Area High School
New London-Spicer High School
Sauk Centre High School
Zimmerman High School
Coop: 395 "St. Cloud Cathedral"
Saint Cloud Cathedral High School (HOST)
Saint Cloud Christian School

Section: 7

Aitkin High School
International Falls H.S.
Milaca High School
Mora High School
Pine City High School
Proctor High School
Two Harbors High School
Virginia High School
Coop: 194 "Greenway Naskauk Keewatin"
Greenway High School (HOST)
Nashauk-Keewatin High School

Section: 8

Crookston High School
East Grand Forks High School
Park Rapids Area High School
Pequot Lakes High School
Perham High School
Roseau High School
Staples-Motley High School
Thief River Falls High School

Section: 1

Albert Lea High School
Austin High School
Faribault High School
New Prague High School
Northfield High School
Red Wing High School
Winona High School

Section: 2

Hutchinson High School
Mankato East High School
Mankato West High School
Marshall High School
New Ulm High School
Waconia High School
Willmar High School

Section: 3

Academy of Holy Angels
Richfield High School
Saint Louis Park High School
Saint Thomas Academy
Simley High School
South Saint Paul High School

Section: 4

Chisago Lakes Area High School
Hill-Murray School
Mahtomedi High School
North Branch High School
Saint Paul Como Park H.S.
Coop: 404 "Saint Paul Central"
Saint Paul Central High School (HOST)
Saint Paul Open School
Coop: 406 "Saint Paul Harding H.S."
Community of Peace Academy
Saint Paul Harding High School (HOST)

Section: 5

Becker High School
Big Lake High School
Delano High School
Monticello High School
Princeton High School
Rogers High School
Saint Michael-Albertville H.S.

Section: 6

Fridley High School
Mound-Westonka High School
Orono High School
Park Center High School
Spring Lake Park High School
Totino-Grace High School
Coop: 43 "Benilde-St. Margarets"
Benilde-St. Margaret's School (HOST)
Groves Academy

Section: 7

Bemidji High School
Cloquet High School
Grand Rapids High School
Hermantown High School
Hibbing High School

Section: 8

Alexandria High School
Detroit Lakes High School
Fergus Falls High School
Little Falls High School
Rocori High School
Saint Cloud Apollo High School
Sartell-Saint Stephen High School
Sauk Rapids-Rice High School

Class: AAAAA

Section: 1

Farmington High School
Lakeville North High School
Lakeville South High School
Owatonna High School
Rochester Century High School
Rochester John Marshall
Rochester Mayo High School

Section: 2

Irondale High School
Mounds View High School
North High School
Roseville Area High School
Stillwater Area High School
Tartan High School
White Bear Lake Area High School

Section: 3

Apple Valley High School
Bloomington Jefferson High School
Bloomington Kennedy High School
Burnsville High School
Eastview High School
Prior Lake High School
Rosemount High School

Section: 4

Cretin-Derham Hall High School
Eagan High School
East Ridge High School
Hastings High School
Henry Sibley High School
Park High School
Woodbury High School
Coop: 295 "Minneapolis South"
Minneapolis South High School (HOST)
Minnesota Transitions Charter School

Section: 5

Champlin Park High School
Maple Grove High School
Robbinsdale Armstrong High School
Robbinsdale Cooper High School
Wayzata High School
Coop: 342 "Osseo"
Maranatha Christian Academy
Osseo High School (HOST)

Section: 6

Chanassen High School
Chaska High School
Eden Prairie High School
Edina High School
Hopkins High School
Minneapolis Southwest High School
Minnetonka High School
Shakopee High School

Section: 7

Andover High School
Blaine High School
Centennial High School
Coon Rapids High School
Forest Lake High School
Saint Francis High School
Coop: 14 "Anoka H.S."
Anoka High School (HOST)
Legacy Christian Academy

Section: 8

Brainerd High School
Buffalo High School
Cambridge-Isanti High School
Duluth Central High School
Duluth East High School
Elk River High School
Moorhead High School
Saint Cloud Tech High School

COMMUNITY SERVICE RECOGNITION

MINNESOTA FOOTBALL COACHES ASSOCIATION

Return to: Beau LaBore, 2665 Woodlane Drive, Woodbury, MN 55125 or e-mail blabore@sowashco.k12.mn.us

Head Coach _____
first middle last

School Address _____ City/Zip Code _____

E-mail _____ Home phone _____ Work phone _____

Member MSHSCA? _____ Yes; _____ No. Member MFCA? _____ Yes; _____ No.

Class: 9M; A; 2A; 3A; 4A; 5A; Conference _____

COMMUNITY SERVICE PROJECT

Supervisor: _____ Date(s): _____ Number of players involved: _____

Describe Project: _____

Purpose/Goal: _____

Community Feedback: _____

Submitted by: _____ Head Football Coach _____

MFCA SCHOLARSHIP

The MFCA began awarding scholarships to worthy high school football players with the class of 2008. Will Wackman of Spring Lake Park chairs the committee that selects the award winners from those nominated.

Candidates are judged on the following criteria.

1. Academics
2. School/Community Involvement
3. Essay- On what Football has meant to their life
4. Athletic Achievement
5. Letters of Recommendation

A good number of players applied in the initial year of the award and they all had fine credentials, making the selection process difficult and competitive. Of these applicants, four were selected. It is hoped that the association will be able to award more players in the future, as long as it is financially viable.

The four scholarships were named after former high school coaches, whose names were nominated to the committee. These coaches were selected based on their support of the coaches association and overall impact on high school football.

2010 Scholarships Winners along with the college they plan on attending:

Tom Mahoney Scholarship Winner:
Beau Bachmann- St. Peter

Don Swanson Scholarship Winner:
Christopher Zong Yang- Humboldt

Les Dreschsel Scholarship Winner:
Jacob Essler- New London-Spicer

David Nigon Scholarship Winner:
Brandon Marquardt- Champlin Park

Al Siegle Scholarship Winner:
Ryan Tri- Eden Valley-Watkins

Andy Nelson Scholarship Winner:
Brett Nowatny- Adrian

Steve Silianoff Scholarship Winner:
Matthew Schnorenberg- Mankato East

Dave Hylla Scholarship Winner:
Kristopher Wensmann- Melrose

“How football has impacted my life”

“Out of all the sports that I play, football has taught me the most life lessons. Football has taught me to have dedication, teamwork, and the importance of trust.

~Brandon Marquardt, Champlin Park

“The decisions that I make in everyday life have a lot to do with football. I care so much about football and I would never do anything that could take away my opportunity to play. Whether it be working hard as a student, family member, or community member, football has always made me want to be my very best all the time.”

~Beau Bachmann, St. Peter

“A true leader knows how to act when everything is going well and all the pieces of the puzzle fall into place as it did for us in high school football. That same leader has to know how to act when the going gets tough and the outcome doesn't go your way as it did for us in the two Class A Prep Bowls, getting the runner up trophy.”

~Brett Nowotny, Adrian

“It has taught me lessons I could never have learned in any classroom. The greatest part of the invaluable lessons I received from football is that they can be applied back to the classroom and even better, they can be utilized in my everyday life. The lessons I refer to are known by most, but fully understood by few. I learned hard work, being part of a team, and mental toughness.”

~Kristopher Wensmann, Melrose Area

“Running routes and playing catch while he threw the ball was almost a daily happening around our house. As I got older, my classmates started to join us and we started to play football games in the backyard. Those days really started a special bond between me, my classmates, and my dad.”

~Jacob Essler, NewLondon-Spicer

“Another thing football has taught me is when you love something and want to get better, you have to work at it. You don't become a great football player by birth, you've got to work when nobody is looking. The same thing goes for anything you do, you've got to work at being a better player, student, and most importantly person.”

~Ryan Tri, Eden Valley-Watkins

“By far the most valuable trait I have gained from football is the ability to compete against myself. A drive to better myself in all aspects of my life will help me in my future. Football has not only taught me how to achieve success, but how to work through failure.”

~Matthew Schnorenberg, Mankato East

“Throughout my high school career, football has taught me a lot, such as, leadership, hard work, dedication, and good health. I have learned about what I need to do to succeed in football and life.”

~Christian Yang, St. Paul Humboldt

MINNESOTA

FOOTBALL COACHES ASSOCIATION

SCHOLARSHIP

The Minnesota Football Coaches Association will award scholarships to students who are currently enrolled in a Minnesota High School and are members of their high school football team.

Eligibility

- Applicant must plan to be enrolled in college for the 2011-2012 academic year.
- A minimum grade point average of 3.0 (B) is required. The student's high school transcript must accompany the application.
- Student must write a 250 word essay that describes how the sport of football has impacted their life.
- Essay must be typed.
- Application must be accompanied by two letters of recommendation from high school faculty members familiar with the student's academic and extra-curricular achievements.
- Head Football Coach must be a member of the MFCA.

Submission of Application

Submit the application and all other material required to:

MFCA Football Scholarship
Attn: Will Wackman
1100 81st Ave.
Spring Lake Park, MN 55432

Applications must be postmarked by March 1, 2011

Application will be judged on the following criteria

1. Academics
2. School/Community Involvement
3. Essay
4. Athletic Achievement
5. Letters of Recommendation

Notification and payment

The scholarship winner will be chosen by a committee of MFCA members and will be announced by May 15, 2011. The check will be mailed to the college during the summer of 2011 following verification of enrollment.

For Additional Information:

Contact Will Wackman
1100 81st Ave., Spring Lake Park, MN 55432
Tel. (763) 786-5571 x 5126
wwackm@district16.org

MINNESOTA FOOTBALL COACHES ASSOCIATION SCHOLARSHIP

Name: _____ School: _____

Permanent Address: _____

City/State/Zip: _____ Telephone: _____

E-mail: _____

School Address: _____

City/State/Zip: _____ Telephone: _____

SSN#: _____ Head Coach's Name: _____

Grade Point Average: _____ (on a 4.0 scale) ACT Composite Score: _____

Anticipated date of Graduation: _____ College Choice: _____

Verification of Application

By signing below, the student confirms that the information provided is accurate and that the essay was written by that same student. The student also asserts to his/her intent to attend a university or college in the fall of 2010. The school official confirms that all the information above is accurate and up-to-date.

Student Signature _____

School Official: _____ Signature: _____

Title: _____ Phone: _____

NOTE THESE ITEMS MUST BE RECEIVED WITH APPLICATION FORM:

- Official High School Transcript
- 250 Word Essay
- Two letters of Recommendation
- Activities Resume (including Athletic Achievement and School/Community Involvement)

MR. FOOTBALL AWARD

An annual award recognizing Minnesota's best high school football player.

Sponsored by: Minnesota Football Coaches Association, Coach of the Year Clinic,
Minnesota Vikings, National Football Foundation Hall of Fame

Nomination Form

Award Criteria

- Recipient must be a graduating senior.
- The head coach of all nominees must be a current member of the MFCA.
- Nominees cannot have any MSHSL eligibility violations.
- Each player must be nominated by their conference/MFCA representative.
- Conference Nominations
 - Class 5A and 4A conferences will be allowed to nominate two players, if need be.
 - Class 3A, 2A, 1A, and 9 Man conferences will nominate one player.
 - Independent schools will be classified as "one conference".

Selection Process

- Conference Representatives submit nominees by November 5th.
- Selection Committee evaluates nominees and chooses 10 finalists by November 15th.
- The ten finalists will be required to submit one complete game tape to the committee.
- Banquet is held in conjunction with Coach of the Year clinic.

Player's Name _____

School _____ Conference _____

Head Coach _____ Current MFCA member ? Yes No

Position(s) Played _____

Copy this page and use the back of the form to include statistics, recommendations, and any other information regarding the nominee(s).

Coaches are to mail, fax, or email the form(s) to the Committee chairman.

Clay Anderson

Albert Lea High School

Email: canderson@albertleal.k12.mn.us

Mr. Football Committee

Chairman Clay Anderson, Albert Lea; Mike Fritze, Apple Valley

Dwight Lundeen, Becker; Vern Schnathorst, Detroit Lakes; Mike Hennen, Cambridge; Claud Allaire, Simley;
Scott Gonnerman, Benson; Jeff Weiland, Orono; Rick Sutton, Eagan and Jim Dotseth, Sec-Treas.

MR. FOOTBALL 2009-10

Zach Vraa

**Wide Receiver, Defensive Back
Rosemount
Coach, Jeff Erdamnn
Lake Conference**

Rosemount wide receiver Zach Vraa was named Minnesota's Mr. Football at the conclusion of a first-class banquet held at the Doubletree Hotel in St. Louis Park. Vraa was among 10 seniors who were finalists for the award given by the Minnesota High School Football Coaches Association. Vraa is the sixth winner of the award and the third from the Lake Conference.

The 6-3, 200-pound Vraa caught 39 passes for 783 yards and 12 touchdowns this season for the 7-4 Irish. He also led Rosemount in punt returns (averaging 15 yards) and kickoff returns (22.7 yards). His career receiving numbers are 113 catches, 1,985 yards and 25 touchdowns.

Vraa, who also is on the basketball and track teams at Rosemount, has a grade-point average of 3.76. He is weighing football scholarship offers from North Dakota State and North Dakota.



The finalists for Mr. Football in 2009 were:

- Beau Allen, DL, Minnetonka
- Joel Bauman, RB, Kerkhoven-Murdock-Sunburg
- Jacob Brusehaver, RB-LB, Hutchinson
- John Crockett, RB, Totino-Grace
- Seantrel Henderson, OL, Cretin-Derham Hall
- Ben Henson, OL, Buffalo
- Brandon Marquardt, RB, Champlin Park
- Ryan Tri, WR-CB, Eden Valley-Watkins
- Zach Zenner, RB-QB, Eagan



Mr. Football Award Committee

Chairman, Clay Anderson	Albert Lea	Claud Allaire	Simley
Mike Fritze.....	Apple Valley	Scott Gonnerman	Benson
Dwight Lundeen.....	Becker	Jeff Weiland	Orono
Vern Schnathorst	Detroit Lakes	Rick Sutton.....	Eagan
Mike Hennen.....	Cambridge	Jim Dotseth	Sec-Treas.

FOOTBALL SCHEDULING

The term “section scheduling” has been bouncing around Minnesota high school football for several years now with coaches, administrators and MSHSL officials each having their own opinions on the subject. The MFCA, for its part, has held the opinion that the current format of conference affiliated scheduling is working for the majority of Minnesota high school football programs.

Some schools have experienced difficulty scheduling games, especially non-conference games. And a very small number of schools are currently not in a conference, which makes it difficult for them to schedule games.

To address these schools concerns, the MSHSL convened a Task Force of football coaches, activities directors and MSHSL board members to propose possible solutions. A survey of schools was also conducted in 2007.

Of 334 survey returns, 30, or 8.9 %, schools indicated that they experienced “serious issues in scheduling” and 87, 26.04%, indicated issues “to a lesser degree”. This made a total of 117 schools with some sort of scheduling “issue”. In terms of percentages those figures come out to 35.02% of surveyed schools having some sort of issue with scheduling. That would leave 64.98% of surveyed schools indicating no issues with scheduling. These figures fall in line with a previous survey conducted several years ago in regard to any possible changes in regular season changes as the majority of schools seem to experiencing little or no scheduling issues.

There are arguments in favor and against the idea of section scheduling that most coaches have been hearing for several years. A main point of those in favor of it is the “ease” of scheduling as regular season schedules would mirror the sections that are determined by the MSHSL process. Many of the scheduling problems for non-conference opponents are in the large school classifications as “smaller” teams are sometimes hesitant to schedule bigger schools. Football teams would then only play other teams in their same classification, though not all coaches consider this a “positive”. It would alleviate almost all teams from competing in a regular season conference/section with a “small” number of schools as most sections would have eight teams, although the classification system would need to be altered somewhat in order to accomplish this part of the idea to reduce the number of sections that have more or less than eight schools.

Those who do not favor the idea point to various foreseen problems such as the loss of traditional conference rivalries, the section changes that occur every two years as being “disruptive” and confusing to their local fan base, a loss of school “autonomy” as regular season schedules would now be determined by the MSHSL and not at the local level and increased travel costs, which would negatively effect already

financially hard pressed athletic budgets.

The task for came up with four proposals, which are listed below. There are concerns with the proposals also.

The “zero week” option would “extend” the scheduling season one week and therefore allow schools one more open date to schedule an opponent. Teams would still have to find an opponent willing to play on that date.

The Division Plan would reduce the number of classifications by pooling all large school (5A) schools into sections, leaving the 9 Man class “as is” and then dividing the remainder into three “divisions”. This proposal would seem be a return to the previously used five class system and there are several questions regarding the length of season (7 or 8 games) and that it seemingly would still base regular season schedules on the sections devised the League.

Proposal three is the “section scheduling” that has been referred to earlier whereby the MSHSL places schools in sections and these sections would be used for regular season schedules.

Proposal four still used the “section scheduling” idea but mixes in the possibility of non-conference games. An interesting point regarding proposal four is that it would reduce the number of teams that qualify for the post season playoffs by having four teams advance rather than the current eight teams that advance now. It does allow for the non-qualifying teams to schedule a “10th game”, although this facet of the proposal may not have great appeal to teams that finish their “regular season” with a losing record.

And while the proposals seem to somewhat vague on certain issues (the term “this would not have to be done” is used several times) three of the four proposals use some form of section scheduling. This would drastically change high school football in Minnesota, as it currently exists. It would also be a historic decision by the League, as they have never attempted to schedule a regular season in any sport before. Which also brings up the point regarding the constitutional authority of the MSHSL to determine any individual activity’s regular season in it entirety.

The MSHSL board will consider the Task Force proposals during the 2010-11 school year. Football coaches and/or activities directors with concerns or ideas regarding the proposals should contact their school district representative and MSHSL representative to let the thoughts, for or against, idea of section scheduling for high school football in Minnesota. It would seem to be too big a decision to made by a small number of people or in too soon a fashion.

Do not let stress and anxiety affect your coaching

By: Stan Popovich

Sometimes, stress and anxiety can become a problem for coaches. The key is to know how to manage that stress and anxiety. As a result, here is a brief list of techniques that a coach can use to help manage their stresses and anxieties as they do their job.

Occasionally, you may become stressed when we have to coach in an important game. When this happens, visualize yourself doing the task in your mind. For instance, you have to coach in the championship game in front of a large group of people in the next few days. Before the big day comes, imagine yourself coaching the game in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once during a game. When this happens, a person should take a deep breath and try to take things step by step. Do not get

overwhelmed by the stress and focus on the present situation.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements at half time or at the next break. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and stresses in coaching. For instance, you have a lot of anxiety and you decide to take a small walk before your game to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your coaching.

Biography:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques which is located at www.managingfear.com

During the school year visit the MFCFA Website for updated information!

MINNESOTA FOOTBALL COACHES ASSOCIATION

"The keepers of the game"



www.mshsca.org/football/index.htm

Taking pride and ownership in a small school program

How we placed ownership of the team, back on the team

By: Head Coach Bryan Strand

Grew up and played at Southland High School (Adams, MN) played under my father Richard Strand (Hall of Fame 2003), then went to play for four years at Mayville State University (1992-1995). Coached two years in Menahga (97-98), 5 years in LeCenter (99-03) and now 5 years in Barnesville. I have been the head coach in Barnesville since 2005, the first two years it was known as Agassiz Valley and the next two years as Barnesville-Rothsay and finally in 2009 it went back to being only Barnesville. I am married to Meg (McCarty) and have five kids, Robbie (16), Taylor (16), Michael (14), Sydney (5) and Jacob (4 months).

In the spring of 2005, before my first year of coaching the Agassiz Valley "Thunder" I asked the kids what they thought it took to have a winning program? What I got back really surprised me, a bunch of blank stares. You see I was taking over a program that had gone 0-9 in 2004, 4-5 in 2003 and 3-6 in 2002, they truly did not know what it was going to take. After having been in LeCenter, Menahga and from my hometown school of Southland I had never been around kids that didn't know what it took to win. What they lacked was confidence and above all else strength. For that first summer I kept telling the kids they needed to get in the weight room and preached it, but as a head coach and high school principal I wasn't in there as much as I should have been. I relied on others to do the work.

After my first season as head coach I knew we had to change some things up, year one record was a dismal 1-9. The first thing I noticed is that we didn't have a fighting attitude, we were fine



L-R Mike Sacrison, Phil Trowbridge, Dain Kalkbrenner, Bryan Strand, Andy McCarty (not pictured: Cody Cox, Glen Maninga)

as long as we were in games but once we got down it was all but over. In year two I asked my retired father in law, Andy McCarty (Park Rapids) to come on board as a volunteer assistant and run the offense and I would run the defense and special teams. Things did go better and we did see our kids fighting a bit more but still ended the season at a 2-7 mark. In year three we made some major changes, we changed conferences from the very difficult to the Northern Plains conference, a new consolidation between the North Star conference and the Valley Plains conference. This was a good fit for us as we were an extremely small Class AA school (Barnesville alone was Class A, but with Rothsay we moved to AA) and the teams in the conference matched up great with us. Our first year

in the conference (2007) we went 7-3 and tied for 2nd in the conference and in 2008 we had the identical record. But we still couldn't get over the top and beat the really good teams (Hawley and Pelican Rapids). As a coaching staff we had to get things figured out.

As I spoke to earlier, the weight room had always been an issue, we have a great weight room but attendance was poor and sporadic. I sat down and tried to think of what we could do to get kids involved in the weight room and more importantly how can we continue it during the entire year. What I came up with is something that we call our "Weight Lifting Club" and it is open to both boys and girls in grades 7-12. I personally go to the school every morning by 6:30 a.m and open the doors and the kids start rolling in shortly

"THE KEEPERS OF THE GAME"

after. This is a school year long program in which we have kids lift either before school, after school or during two of our weight lifting classes during the school day. We generally have around 20-25 boys and girls in the morning and then about 10-12 after school. Our two classes during the school day reach about 35 kids, so most days we have around 60-75 of our student athletes in the weight room. We have purchased two gigantic record boards that hang in the weight room for both boys and girls and this has raised the interest as well, we test them on both strength and speed, including their vertical jumps. The weight lifting club students work at concession stands during sporting events and raise money for the weight room to purchase new and updated items as well as to buy weight lifting coats, hats, shorts, shirts, etc. Kids love getting clothes, especially ones that brag about what they have been doing. The other thing we raise money for is to have a weight lifting competition in the spring of the year and invite area schools; we purchase over \$700 worth of trophies and medals and get over 50 lifters from different schools in the area. We give out awards by each weight group in which we have 11 different groups and also give out awards by grades in both total weight lifted and pound for pound (total weight/body weight) It is a way to showcase what they have worked

for during the year. Then after the competition we post a highlight video on Youtube (search: trojanstrength) and hence kids are excited about being in the weight room and they have a goal for the end of the year! Since starting our weight lifting club we went from 5 kids(2008) 9-12 bench pressing over 200 pounds to the very next year(2009) we had 16 kids bench pressing 200 lbs or more and only 4 of those were seniors. Kids now are putting pressure on the ones that don't lift and are getting them in there, and it shows ownership in the program. As coaches we can now spend our time working with the ones that show up and worry less and less about the ones that aren't getting in because eventually they will or they will have trouble getting on the field.

The other area I want to touch on is in that of volunteer coaches. When I started in 2005 I had 3 assistant coaches, a varsity assistant (Phil Trowbridge), a JV coach and a freshman coach. When dealing with 50 plus kids this is extremely hard. In 2006 I asked Andy McCarty to come on board and run the offense and two past players by the names of Mason Askegaard and Dana Brakke to help with the 9th grade teams and JV teams. What I saw was better run practices, more eyes, more coaches coaching, and an overall better attitude by all involved. I tried to have each coach responsible for one different

area, such as offensive line coach was not the defensive line coach but he would help with the defensive line. What this did is it let the offensive line coach worry about and plan a practice plan for just his offensive line but he would still help whoever was in charge of another group. In 2008 I lost one of my volunteer coaches and gained three others, Mike Sacrison, Chad Holland, and Glen Maninga (former player from Menahga). This really freed coaches up and saw a lot more individualized attention to each group we were working with, and most importantly it gave many more voices to praise and keep kids pumped up during the season. In 2009 we added another past player as a volunteer coach in Cody Cox, who was on the Out State football team in 2008 but because of an arm injury cut his college career short. We are a small school program but to get others to come on board and help out and give up their free time for the benefit of their football team means the world to myself, the kids and most importantly the town. In 2009 we went back to being just Barnesville (coop with Rothsay was dissolved), we dropped back down to Class A, won our conference and returned to the state tournament for the first time since 1978, as well as going 11-1. All of which would not of been possible without the help of all of our volunteer coaches and the time and effort our kids have put into the weight room.

In closing I want to say that very rarely is it the X's and the O's, but rather the jimmy and the joes! You have to have the right guys around you and your program, because that is exactly what it is, your program to do with as you can. Get the kids to buy into what is expected of them, and place that on them, give them the opportunity to do what you want them to and then reward them when they do it, this can be thru prizes, names on boards or simply praise. Don't be afraid to ask others to help out, 4 eyes are better than two and 10 are better than 4. Reach out to the community and get positive people to help build a positive, rewarding program.



4'x8' Board that hangs in the weight room

The Most Important Play in Football

By Eric Davis

On behalf of Head Coach Todd Hoffner and the rest of our staff at Minnesota State University, I want to thank the Minnesota High School Football Coaches' Association for the opportunity to share some of our thoughts on what we believe to be a significant element of the game of football. As a former high school coach I want to take this opportunity to thank all high school and youth football coaches for everything they do for this great game.

"The punt is the most important play in football," is not a phrase that originates with me. It is a phrase used throughout the coaching profession, most notably by Ohio State University's Jim Tressel. A successful Punt Team must master football's basic fundamentals of blocking and tackling, as well the specialty skills of snapping and kicking. As coaches it is our job to ensure that these fundamentals are developed through efficient use of meeting and practice time, and that our players are put in a position to succeed by utilizing a scheme that is easy to understand and execute.

Alignment

We utilize a fairly traditional formation. (Image 1) Our slots are back off the ball. They must align at a depth that will allow them to fit into our zone protection when the tackle on their side executes his kickslide technique. The depth and splits of our gunners, personal protector and punter are shown on the diagram.

Protection

We install a number of protections, including full zone, overload, half-zone/half-man, and full man. We will set vertical and protect the block point, which for us is at 9 yards. A key part of our protection is our operation time, and our goal is to be under 2 seconds from snap to kick.

Coverage

Image 2 - The gunners will attack the opposite shoulder of the return man. It is imperative that they both execute this technique, because if one of them attacks the opposite shoulder and the other one attacks the near shoulder we will have created a lane for the returner to attack. The rest of our coverage unit will fan out

to their landmarks and converge to the football

Personnel

Before we start Spring Practice or Fall Camp, we have a Special Teams draft of sorts. Our punt team gets first priority when it comes to personnel. Only quarterbacks are off-limits. Typically, this team will be full of linebackers and safeties at the college level. When I was coaching high school at Mankato East, we used our 20 carry per game tailback as our long-snapper, because I believed so strongly in using our best players on this unit. Our Special Teams depth chart is posted daily in our locker room and we require our players to sign next to their name wherever it appears so we do not have to waste time calling out names during practice.

Practice

We start practice with a specialty period each day. Our snappers, kickers, punters, and returners will practice those skills daily. Our punter will work on regular punts, coffin corner kicks, and sky kicks throughout the week. He will punt into the wind and with the wind. Twice a week our protection unit will work on their kickslide technique, as well getting released vs. holdup technique.

Our Special Teams periods are scattered throughout practice. When it's time for the Punt Team to get its reps, we expect our players and coaches to be flying around so as not to waste our very precious time. We might work half-line or full team. Our opponent's rush or return scheme will be on cards for our Scout Team to execute, although some weeks we may dial up the intensity and put our

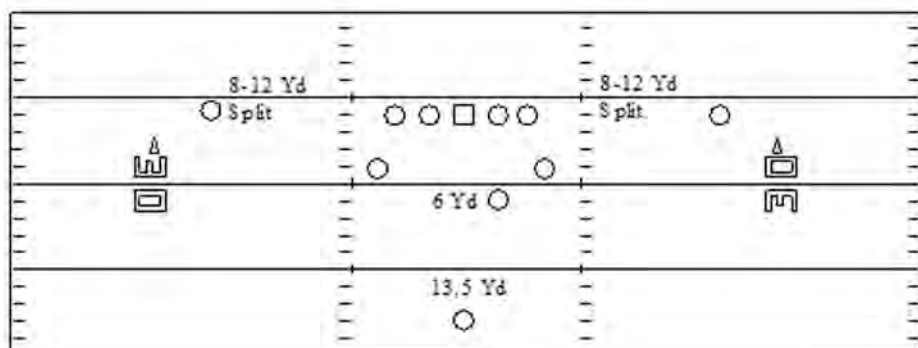


Image 1 - Alignment

"THE KEEPERS OF THE GAME"

own Punt Block team out there and get after it. We have been a very good punt blocking team the past two seasons, so working Good vs. Good is beneficial for both sides.

If we are going 11 on 11, then we will typically start with our first unit taking 3 straight reps. On the first two they will protect live, but rep is over once the ball is kicked. On the third rep they will cover downfield and tag off on the ball carrier. Then the second unit will repeat that same process. Our goal is to get 6 reps every 5 minutes. We will maximize our reps on the field and do most of our teaching and correcting in the film room when we watch our practice video the next day. At the high school level there would probably need to be more time spent coaching on the field as not all aspects of practice are typically videotaped.

There are great things happening in Maverick football. We've been fortunate enough to win 19 games the past two seasons. Our practices and meetings are

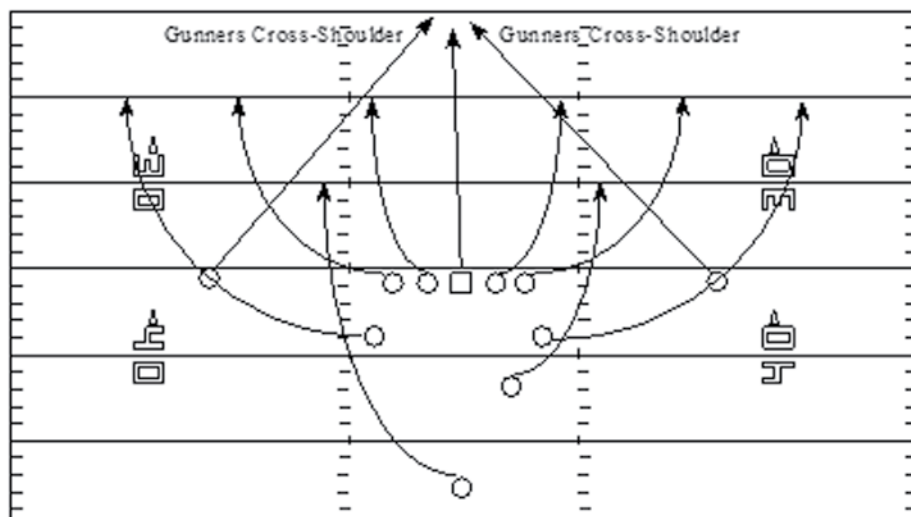


Image 2 - Coverage

open to high school coaches. If there is ever anything our staff can help you with, please do not hesitate to contact us. Enjoy your off-season, and best of luck this upcoming season.

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Rogers HS offensive practice organization

By Mick Goudy (Offensive Coordinator & Quarterbacks Coach) and Ryan LaPointe (Running Backs Coach)

First of all we would like to take this opportunity to thank the leadership of the MFCA for all they do in promoting our great game of football in the state of Minnesota. It is an honor for us to share a little bit about the Rogers football program with you.

Rogers High School just finished its seventh season of playing football this past November, culminating with its first state tournament appearance in school history. Each of the past seven seasons has been another year of improvement for us, with new landmarks being reached each season. We feel that organization is a vital component to being successful at any level. We spend a considerable amount of time as a coaching staff reviewing our practice plans, with the goal of making practice-time as efficient and productive as possible.

At Rogers we do not feel we have the numbers to “two-platoon” and designate our players as an offensive or defensive player for the season. For this reason we teach each player an offensive and defensive position, which they begin practicing during two-a-days and continue practicing throughout the entire season. As we have grown the past seven years, we have been fortunate to develop more depth at the varsity-level, resulting in fewer players needing to play both ways on Friday nights. Nonetheless, everybody still learns both sides of the ball ninth through twelfth grade. In this article we will focus on the offensive side of the ball where we will specifically take you through our practice organization.

We try to follow these basic principles at Rogers HS during all of our practices each season:

1. All coaches MUST take ownership



in the program. That means they are responsible for their position players in practice (classroom meetings, drills, etc) and in games (who plays and when).

2. Practices must be up-tempo. All Pass Skele/Interior Run periods and Offensive Team periods will be run at game speed. Plays must be run in less than 25 seconds.

3. ALL plays run during Interior Run/Pass Skele and Team periods will be “go to the whistle.”

4. EVERYONE is active – We want very little standing around in practice by either coaches or players

5. All 10-12 grade players will get varsity coaching – The benefits of this are:

- Some sophomores are ready for varsity at the beginning of the season and we are able to identify them immediately.

- Some sophomores progress and improve during the season and are able to

step up to the varsity because they have practiced with the varsity. This makes them comfortable with our system and they can then play with confidence.

- ALL sophomores get a lot of individual varsity coaching, which is one reason why our sophomore teams have had a great deal of success the past few years.

FALL CAMP

The following is how we organize our first ten days of practice. At a meeting before the season begins, the coaches divide up all 10-12 grade players into two equally competitive groups (Blue and White). We do not put our “1’s” together until our Saturday scrimmage at Mahtomedi. The coaches also make sure that each offensive and defensive position is divided equally by numbers between the Blue and White groups. Coach Franz will make changes to these groups during two-a-days for the following reasons:



- We change a player's offensive or defensive position after we start practicing.

- The coaches want to see a certain player put into a more competitive situation.

- We will switch QBs to give them a chance to work with different centers and wide receivers.

During two-a-days, the Blue group will practice only offense in the morning and only defense in the afternoon. The White group is just the opposite. Therefore, we will run the same identical practice in the afternoon that we ran in the morning. The benefits of this type of practice are:

- This gives the coaches plenty of time (approximately 1 hour and 45 minutes per practice) to give all the players enough repetitions. Coaches do not feel rushed to get everything accomplished during that practice.

- We are only coaching half the players at our position at any one time. Every player is getting an opportunity to show us what they have!

Our QB Coach likes it for these reasons:

- Only have _ of the 10-12 grade QBs per practice – They all get the repetitions that they need to improve.

- The QBs only warm up and throw either in the AM or PM, but not both. They get plenty of throws in practice each day. This has eliminated any arm problems with over throwing early in the season.

Our offensive practice sessions are divided up into these 4 periods:

1. Individual Position Time: This includes warm-up and stretching with their position coach.

2. Group Time: Combining QBs with Backs, Wide Receivers, or both. O line practices alone.

3. Interior Run and Pass Skele:

- Interior Run: The offense aligns on the line of scrimmage in the same formation (No Huddle). Coach calls out the play and the offense executes it, players go to the whistle, and return to same field location. GOAL= Execute as many of our base run plays, Play Action Passes, and screens as we can during this period. Position coaches sub for their position. Generally the defensive coaches rotate players in every 3 plays.

- 10 minutes - BLUE O Line,TEs,Younger QBs and RBs vs. WHITE D Line, LBs.

- 10 minutes - BLUE O Line, TEs, Older QBs and RBs vs. WHITE D Line, LBs.

- The QBs and RBs switch after 10 minutes with Pass Skele QBs and RBs.

- In PM – Same organization, but it is WHITE on "O" vs. BLUE "D".

- Pass Skele: We use an entire practice field (empty of equipment). We go up and down the field as often as time allows. We want to teach up-tempo, 25 seconds or less between plays. We are always practicing field position and game situations (ex. from our 5-yard line all the way to our opponents 5-yard line. We either use "Thud Speed" (Defense wraps up but does not take offensive player to the ground) or "Fit Speed" (Defense tries to strip ball from offensive player). Coach Franz is the "ref," and only blows the

whistle when offensive player has been stopped.

- 10 minutes - BLUE WRs, Older QBs and RBs vs. WHITE DBs, LBs.

- 10 minutes - BLUE WRs, Younger QBs and RBs vs. WHITE DBs, LBs.

- The QBs and RBs switch after 10 minutes with Interior Run QBs and RBs.

- In PM – Same organization, but it is WHITE on “O” vs. BLUE “D”.

4. Team Time: Usually a 25-minute session with 2 offensive groups (an older and a younger group) rotating every other play. Each offensive group organizes on a hash to give the other room. They then break the huddle and find the ball from the previous play. The defense usually rotates players in every 3 plays. During this time, once again the offensive position coach subs their players into this drill. We also use the entire field for this offensive period with no more than 25 seconds between plays. Once the offense scores, we turn around and head for the opposite goal line. Coach Franz is the “ref” for this as well, and again blows the whistle when offensive player is stopped. Either “Thud” or “Fit” speed is used here. Because of this emphasis, offensive and defensive players learn:

- Play till the whistle! – Each play could be a 3 yard gain or an 80 yard gain – Just like Pavlov’s dog, if you train them to hustle down the field they will. If you train them to stop after 5-10 yard gains from the same spot on the field during your practice time, then your blockers will stop or look back to see if ball carrier is still running.

- We get a lot of repetitions running plays from the hash marks – This is great for the players and the play caller (Offensive Coordinator).

- The Offense emphasizes running correct routes and downfield (TD) blocking while the Defense emphasizes coverage and pursuit angles.

IN-SEASON PRACTICE ORGANIZATION

Our principles continue during the season with very few alterations. We still

divide our players into a Blue and White group. BLUE – Players that are starters or back-ups on either offense or defense. WHITE – JV and Sophomore players. Following is our general plan for each day of practice:

MONDAY (JV Game Day)

- Team Meeting for entire team: 15-30 Minutes in the classroom.

- Varsity Team (BLUE) - Defense with varsity coaches in classroom. 45 Minutes

- Sophomores (WHITE) on offense with varsity coaches for team-time practice on field.

- Varsity Team (BLUE) – Offense with varsity coaches in classroom and on practice field. 45 Minutes

- BLUE and WHITE together: Condition, Stretch and Weights. 45 Minutes

TUESDAY (BLUE-Varsity on O first) & WEDNESDAY (BLUE-Varsity on D first)

- Very similar to our two-a-days practice schedule:

- Indy Time: Warm-up and fundamentals with position coach.

- Group Time Tuesday (Running Emphasis): QB with RBs reviewing run plays on spacer.

- Group Time Wednesday (Passing Emphasis): QB with WRs reviewing all pass routes. RBs with O Line working on pass protection vs. WHITE D Line and LBs scout pass rush and blitzes.

- Pass Skele/Interior Run: Rotate two 10 minute sessions like described above during Fall Camp. Scout team is our sophomores and they run our opponent’s base defense.

- Team Time: Same tempo as described above during Fall Camp. We want this to be as game-like as possible: Personnel group called from sideline, Offensive Coordinator sends in play with QB from the sideline. QB calls play, team breaks huddle and we run the play until the whistle. Once the offense scores, we turn around and head for opposite goal line. Coach Franz is the “ref” for this as well, and again blows the whistle when offensive player is stopped. Either “Thud” or “Fit” speed is used here.

Because of the game-like approach during this session, our offensive players and coaches are practicing:

- Personnel substitutions.

- Coming out from inside our 5 yard Line.

- Left/Right Hash.

- “Check with Me” plays.

- Goal Line vs. opponent’s goal line defense.

- A couple of Hurry Up situations.

- We then flip and repeat the practice plan with the other _ of the team. Only alteration is with the WHITE (JV/Soph) Offense. We then serve as the offensive scout team for the BLUE (Varsity) Defense during Skele/Interior and Team periods.

THURSDAY (Sophomore Game Day)

- Offensive Team Time: (Up to _ hour) vs. JV Scout (Opponent’s) Defense.

- Game-like period: Use entire field, personnel and play sent in from sideline, go to whistle. Practice game situations.

- Goal is to be crisp and sharp, not to run a hundred plays. Want to be confident in plays we plan to utilize in Friday’s game. Once we are satisfied, we are done, not a time limit.

FRIDAY (Varsity Game Night!)

Communication is Key to Program Transition



By Nathan Brager

ZERO! After my first two years as a head coach I had not won a single game. Zero and eighteen is not the ideal way to start your head coaching career. In fact, it's a good way to end your coaching career before it even starts.

Due to a number of circumstances, I managed to end the 2007 and 2008 seasons with a 0-9 record as the head coach of the nine-man Ulen-Hitterdal Spartans. I felt like I was working hard and conducting my program the right way, but it just didn't seem to translate into wins.

I must have been a saint in another life, because after two years of disappointment I had an opportunity to move to a new school in 2009 and take over another football program. I was offered the opportunity to lead the Ada-Borup Cougar nine-man football team that in 2008 had went 10-3, won the Section 6 championship, and lost to eventual State Champions Houston in the state semi-finals. The team had lost some outstanding players from the 2008 season, but heading into the 2009 season

High School: Cando, ND (1998)

College: Minnesota State University-Moorhead (2003)

- B.S. Chemistry
- Minor: Biology

Coaching Career:

- 2004 – assistant coach at Ada-Borup, MN
- 2007 – head coach at Ulen-Hitterdal, MN
- 2008 – head coach at Ulen-Hitterdal, MN
- 2009 – head coach at Ada-Borup, MN

Family:

- Wife (Kara) and two children (Greta 2, Anderson 4 months)
- Resides in Hawley, MN
- Teaches in Ada, MN

the cupboard was anything but bare. Like I said, I must have done something correct in a previous life.

I shouldn't imply that my hiring was a miracle (even though for most winless coaches it would be) because I had worked in the Ada-Borup school district before. In fact, I had been an assistant coach to my predecessor Coach Mike Gullingsrud in 2004. On top of that the Ulen-Hitterdal Spartans were in the same conference as the Cougars. I must confess it's a little tough to enter a job interview at a school that has beat you by roughly forty points or more the previous two seasons and ask for a job.

I think, or at least hope, that people realized that my unsuccessful tenure at Ulen-Hitterdal was influenced by injuries and some upcoming youth. My last season at Ulen-Hitterdal we started four freshmen and three sophomores. Not an excuse, just reality. Whatever the reasons, I had a fresh opportunity.

With this great opportunity came some obstacles. First, I was taking over for a very successful and beloved head coach. Second, my two high school assistants had more experience and success as head coaches than me. Third, my new players had throttled me the previous two seasons. I couldn't expect respect. Instead I'd have to work hard to earn it. My goal was to make the transition as smooth as possible and place the team in the best possible position to repeat its success. This would require communication.

The first thing I did was to request a meeting with the former head coach Mike Gullingsrud. Coach Gullingsrud obliged and we had a lengthy transitional meeting. Understanding that not every program conducts its business the same, I brought nearly every procedural question I could think of. How had they conducted their pre-game? What was the state of the equipment? Who normally did the stat books? You can imagine how many details we went over, but this gave me a great foundation for transitioning the program smoothly. In a matter of hours I learned what may have taken me months.

The second part of our meeting was maybe even more productive. As an opponent I had scouted the Cougars, but nobody knows his players like a head coach. We went through each and every returning player from the previous season. Their strengths, weaknesses, and potential were all discussed in great detail. Once again, something that would have taken me days of practice to try to work through was accomplished in less than an hour of discussion.

Next I met with my new assistant coaches. The meeting was in a sense a job interview for all of us. We discussed everyone's strengths and weaknesses as coaches. How we could best take advantage of everyone's knowledge was of main importance. Coordinating positions were determined along with position coaching responsibilities. At

this point most of the logistics of the upcoming season had been determined.

Now it was time to get familiar with the players. Our school, like many schools, has open gym during the morning throughout the summer. I tried to attend as many sessions throughout the summer as possible so that I would have the opportunity to talk to players on a more informal basis. We'd have time for team meetings in the future. I wanted to try to build a personal relationship with the players over the few short months before the season began.

The key to this part of the transition was simple communication. Some coaches may come in and completely wipe things clean so as to start over with their iron fisted system. I took the approach of keeping most of the systems, procedures, and traditions they had used over the years, but added my own ideas and philosophies. A good example would be the difference in defensive philosophy.

The 2008 Cougars' base defense was a 4-2 defense (figure 1.) It was a very attacking defense with lots of players tight in the box looking to penetrate and make tackles for loss. The linebackers were often three yards off the ball with the corners sneaking as close as five yards off the ball. It worked very well for them because of the strength of their defensive line which included an all-state player.

Looking at our personnel for 2009 and my defensive philosophy we made some changes. Our base defense became a 3-4 (figure 2.) The inside linebackers were set at a minimum of five yards deep with the outside linebackers at two and a half. The two safeties aligned ten to twelve yards off the ball. We weren't nearly the attacking defense. Instead we gave our athletes some room to run and make plays downhill with their natural ability. We ended the season only allowing about eight points per game so things appear to have worked out well.

After the very successful 2008 season, many people would have been justified in predicting a step backward for the

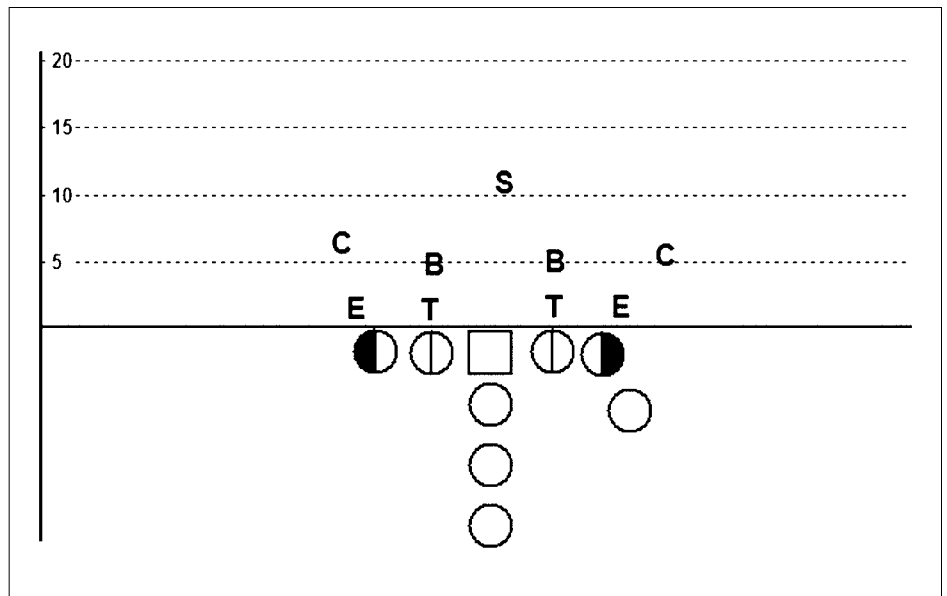


Figure 1: 4-2 Cover 3 / Cover 2

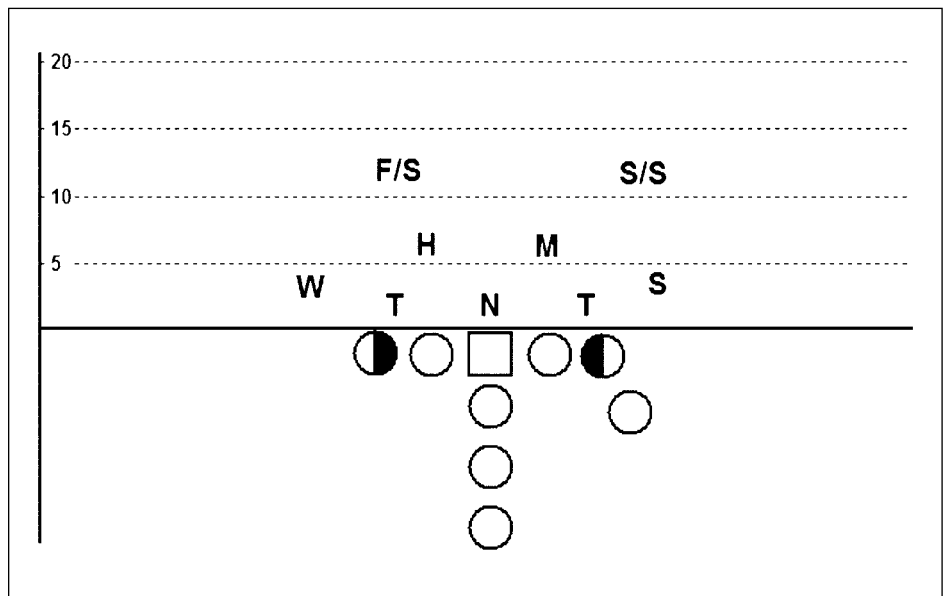


Figure 2: 3-4 Cover 2

2009 Cougars. A successful head coach had stepped down for a winless no name to take over. A large number of talented senior athletes had graduated leaving behind a number of question marks to outside observers.

In 2009, the Ada-Borup Cougars went 11-1 (finally my first win), won their first Tri-County Conference Championship, became repeat champions of Section

6, and lost a heartbreaker in the state semi-finals. What was the key? Obviously talent comes first, but the amount of communication between coaches, administration, and players allowed for the best transition possible.

10 Mistakes to Avoid in the Preseason

By Glenn Caruso, Head Football Coach
University of St. Thomas

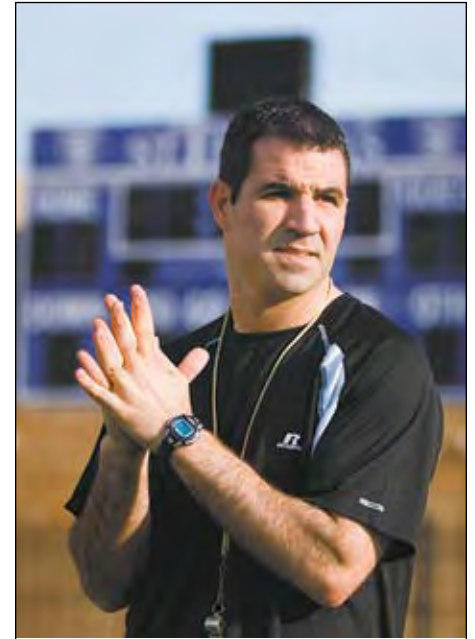
We would like to thank the Minnesota High School Coaches Association for allowing us to write this article, it is both an honor and a privilege to be associated with the organization. The past two years have been tremendously enjoyable here at UST, and it is due, in large part, to the outpouring of support of the high school coaches in our state; and we would like to say thank you.

The following article is an excerpt of one written in collaboration with Mike Kuchar for American Football Monthly, and of any article that we've had published, this subject by far, drew the most positive responses from high school coaches who felt helped them and their program. I believe that one of the best things we do at St. Thomas has little to do with scheme or recruiting, but with how we handle the flow and organization of practices & games, interjecting a highly competitive atmosphere into practice for a highly competitive sport as well as the progression with which we install our concepts. It is a compilation of mistakes, and corrections to those mistakes that I have made in my first 10 years of coaching, and I hope some can help you and your program. And please consider

this article an open invitation for you and your staff to attend any of our practice sessions throughout the year.

1. Don't practice in a sterile environment, create tempo

Football is not a laid back sport, so why practice in a laid back environment? It may sound obvious, but many coaches still take their time out there on the practice field, explaining drills, or doing a lot of instruction during high tempo sessions. That is nothing like football. You have to practice with a purpose, with some urgency. Urgency is not the same as hustle. Urgency requires that you're doing it with a desired response. You have intent to your actions. We've eliminated the static stretch period, where players don't move during a stretch. We have a ten minute flex period in the beginning of practice where the stretching consists of full range of motion exercises to get the blood flowing. Throw static stretch out the window. Kids get more out of it when their body temperature is raised because that's where they get their best flexibility. This sets the tempo of practice immediately.



2. Don't neglect creating competition in players

You don't ease into Friday night games under the lights, so why ease into practice? At UST, we open practice with something competitive every day; we call this the competitive edge period. We do something every day to get them to compete. There is always a winner and a loser and it teaches ultimate accountability; a concept that is increasingly disappearing from our society today. Sometimes if you have a lull in practice it picks people up and you get going right away.

3. Don't schedule long amounts of time for individual, group and team periods

We believe that no period over ten minutes is effective. At St. Thomas, most of the practice periods are five minutes in length, with the team periods lasting upwards of ten. Kids often lose focus during longer periods of time. Plus, when was the last time you saw a twenty-minute drive in a football game? When I was a

coordinator, I used to love twenty minute periods of team because I can script in a ton of plays. Why go a twenty minute team period if it becomes a lull and drag? We'll just use a ten minute team period with a five minute corrections period following that individual coaches will handle with their players. What I love about that is it teaches your players to flip the switch on and off, and it allows your coaches to make corrections on what he just saw. It helps create tremendous tempo. We typically run fourteen plays in ten minutes.

4. Don't schedule mandatory water breaks

Piggybacking off the topic of scheduling practice periods, make sure to keep water breaks off of the schedule. Old school coaches may have a problem with this, but I'm not interested in denying a kid water. We let the kid get water whenever the heck he wants. Obviously, dehydration is so a debilitating factor for athletes. We have the student managers provide water at each individual station. You'd get a ton more reps during that period because your entire team isn't getting water.

5. Don't condition if it's not conducive to football

When was the last time you saw your players run a gasser during a football game? Sprinting the width of a football field continuously, has never taken place in an actual game, yet we continue to condition our players at the end of practice by doing something that they will never do. Sure, it takes a lot to get rid of the stubbornness of prior tradition, but there are certainly other things a coach can do to make sure his team is physically prepared for game day. We attribute being "winded" during a course of a game, to more of a mental than physical deficiency. We run to the ball, we run in everything we do so we don't have to condition. If we have high tempo, it basically takes care of three things: it give us more reps, it forces us not to condition because we're running back and forth every single time, and it gives them a mental edge to think in a

high pressure environment. I would like my kids to think that they love playing on Saturday because they're hustling so much to hustle during the week. Gameday should be a vacation.

6. Don't use conditioning as a form of punishment

This argument can trace all the way back to the negative reinforcement vs. positive reward theory depending on what you believe, but it has been my experience that there is no better enforcer to discipline problems than taking away playing time. We never use conditioning anymore as a form of punishment. I used to all the time. But we see that nothing affects a kid, more than taking away his playing time. My goal is to make a kid be driven intrinsically, not extrinsically. I don't want them thinking the only motivation they have for acting right is me watching them. You're never going to get what you need that way and you'll get worn out as a coach. If a kid doesn't do what is expected, fine I'll find somebody else. He'll get it eventually. Let's make a punishment that will force our players not to do something again. We don't run them.

7. Don't incorporate three-a-days during summer sessions

I feel that three practices a day for a teenager is useless. It will suck the physical and emotional energy right out of them- particularly at a time when you need it the most- during summer sessions in the heat. I don't think a kid could get up physically or emotionally doing that. Two practices a day are plenty, and I wouldn't practice for more than two hours. Not only will you get diminishing returns, but you are practicing negative habits. As a coach, if you can't get done what you need to in 120 minutes, you are not organized enough. Anything after two hours, the kids will start to drift and lose focus- and before you know it you're getting worse.

8. Don't install your scheme slowly; use the overhaul method

A kid will have to think quickly under intense circumstances during the course of a game, so why should he be able to take his time retaining information in the pre-season? We push the envelope with that to see what they can handle. We install everything we have in our offense within a six day basis- that way they are truly never comfortable (complacent) in the first week. If you go through it slowly, you're gearing your coaching towards the low-end intellectual ability of your team; they start to feel complacent if they know it all in the beginning. This was a huge mistake I learned in the beginning of my career, because as coaches we want everything to be installed perfectly. Getting it all in immediately and quickly teaches kids how to conceptualize, because you can't memorize anything when you're overloaded. We believe in the whole, part, whole teaching philosophy; where kids see the entire picture first, then witness how their position is affected by it. We've even decided to discard playbooks, I'm sure many will think I'm nuts. But I think it gives kids that don't pay attention in meetings a crutch. They figure they can still do it as long as they read the playbooks. Can't happen. If you can't take the words out of my mouth and translate them into positive action on the field, you'll never play for me. And you're not learning anything.

9. Don't expect to master game management skills without practicing them

It's amazing to me when I sit and think about that as football coaches we are expecting our kids to know how to handle critical situations games and we don't spend the time to practice it; leave nothing to chance. We practice everything from the two minute drill, 5 minute drill, last play to where to assemble the team during a water break. And we do it right in the middle of practice just to shake things up. Some of the drills will include a sideline drill, so players know where to stand- particularly in punting

situations when personnel need to get out in a hurry. If you don't practice it, you can't expect it to look pretty come game time. Due to this, we have been fortunate enough to only have one delay of game penalty in the past 6 seasons.

10. Don't underestimate the importance of a walk-through period

We love walkthrough periods, right after meetings, and right before practice starts. Not only does it show them how the pieces of the puzzle fit together, but also it is a low-risk, high reward exercise,

critical for those dog days of summer. During installation sessions, we will always implement a team wide walk-through period before going full speed. If I was a coach in high school, I would sacrifice twenty minutes of practice time for walk-through's every practice. It's that important. It puts bodies out there and I can go over questions before we go full speed on the reps. I love the aspect of a walk-through. We also try to correlate transitioning from high-tempo activities to low-tempo activities frequently during practice. For example, after the inside run period with the offensive line, he'll

have the o-line do a down tempo walk thru period. After the wide receivers go through their route running period, he'll have them work on walking through their corrections. And while the QB's are done with their mesh drills, they will transition into a low-key blitz recognition period. This will help with the ebb and flow of practice- backing up physical tempo with intellectual tempo.

MINNESOTA FOOTBALL COACHES CLINIC

www.mnfootballcoaches.com



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Sponsored by the MFCA and the University of Minnesota

Teaching Progression can make a Difference

One of the first keys in developing a successful defense is getting your players to believe in your system, not only believing in your system but also getting your players to trust each other. Believe in each other!

At Pequot Lakes High School, Head Coach Chip Lohmiller is entering his 7th season following an illustrious career as a place kicker at the University of Minnesota and the National Football League. Last year Coach Lohmiller's Patriots went on a ten game winning streak before bowing out in the Class AAA State Tournament Quarterfinals.

Two years ago the coach and his staff found that by changing up their teaching progression it greatly helped their players to buy into and trust the coaching staff's defensive philosophy much quicker. For players to trust each other they must first trust the system.

On our first day of camp we have a 20 minute talk with our defensive players to discuss the outline of our philosophy and defensive system. Every year we have new players, they have much to learn in a short period of time. We don't want to overwhelm them with too much information. We always try to remember the one reason they are there is to have fun.

We use little catch phrases that help make it fun and give the new players a foundation to work from. Little phrases like; never try to do someone else's job, always concentrate on doing YOUR job! Never wait for someone to make a big play, always think I need to make A play! From the first day of practice and throughout our first two weeks, we continually use these types of thoughts in our teaching.

From a coaches perspective there never seems to be enough time during practice. But, we have found that from the player's perspective, shorter more efficient practices are even more rewarding. The following are the skill sets we use to formulate what we feel is an effective teaching progression. Every



*Head Coach Chip Lohmiller,
Defensive Coordinator Nick Grunzke*

minute of every practice is spent discussing, demonstrating, or reviewing some form of these skills. If it doesn't pertain to one of the following, we do not spend time on it.

- Stance, Technique, Tackling, Alignment, Assignment,
- Keys & Reads, Run Force, Pass Pressure & Coverage,
- Intense Pursuit & Pursuit Angles, Creating Turnovers

	Group 1	Group 2	Group 3
Individual work:	Defensive Line	All Line backers	All Defensive Backs
Or Individual work:	D- Line & O.L.B's	Inside Linebackers	All D- Backs
Or Individual work:	Defensive Line & Linebacker	All Corner Backs	All Safeties
Group Session:	D- Line & ½ Linebackers	D- Backs & ½ Linebackers	None
Team session:	1-2 players from all positions	1-2 players from all positions	None

"THE KEEPERS OF THE GAME"

We are a fairly small school and have found that this daily practice plan utilizes everyone, yet doesn't leave us short of players to appropriately cover what we feel is important with the best use of our time. Our defensive practices consist of three categories, individual, group session, and team session.

Our defensive practice starts with individual work which we call Every Day Drills. We plan our individual drills with our teaching progression in mind. Skills we cover in individual work are agility, tackling, stance, technique, keys & reads, and turnovers. We try to cover two categories each practice using 2 or 3 different drills. If an E.D.D. cannot be directly associated with one of these skill sets it probably doesn't apply to a game situation and should be eliminated from our practice.

In Group Session we split the Linebackers into two different groups and alternate every other session, or half way

through the session. Skill sets we cover in group are, alignment, assignment, run force, inside hull for the front seven and 7 on 7 passing game for the coverage players.

Team session is set up with two teams, one player from each position on a team with a back up player. Depending on our topic, during walk through we may have them face each other on the line of scrimmage. By using two groups at a time we get everyone involved, no one is sitting and watching. This session is usually a little longer than the other two.

Throughout the year we run four different defensive formations. We introduce one formation at a time during our first two weeks of camp. Each formation has six to eight plays and we use four different cover packages. We will face, some form of five different offensive sets throughout the year or maybe even on one Friday night. It is easy to understand why we need to be very

productive during this session.

During team time we walk through everything, which helps get everyone on the same page. We have Q & A time, which is very important and we have found builds unity. And the main portion of this session is set for game situations. The skill sets we address during team session are alignment, assignment (gap responsibility), run support, pass coverage and teamwork. At the end of team session we work on pursuit drills.

We believe this program is a contributing factor in successfully building our defensive team. It has increased our team confidence and reduced mistakes on Friday night.



Head Coach Chip Lohmiller



Assistant Coaches, Jeremiah Duvall, Joby Goerges



Special Teams Coach Dean Hoult

TOM MAHONEY MAN OF THE YEAR AWARD

Don Swanson

1931-2009

Minneapolis Public Schools



The man everyone knew as “Swannie” is this year’s recipient of our Man of the Year Award. Swannie passed away on September 15, 2009, leaving a void in his family, his community and in the fellowship of football coaches in Minnesota and around the upper Midwest. A proud graduate of South High School and Gustavus Adolphus College, Swannie was a life-long educator in the city of Minneapolis. Officially, he gave thirty years of his career to the students and families of the city of Minneapolis with his teaching, coaching, and his work as an athletic director. Unofficially, Swannie gave all of us everything we ever needed in a friend, mentor and colleague. His work as part of this clinic is legendary and he cannot be replaced — nor will he be.

Swannie spent twenty-eight of his thirty years in public education at his beloved Patrick Henry High School where he taught, coached football and wrestling, and later served as Athletic Director. He started the Hall of Fame at Henry and when he retired, the community paid tribute to him by renaming the football stadium “Don Swanson Field”.

In honoring Swannie, we remember his sense of humor, his quick wit, his engaging charm and most importantly, his tireless efforts on behalf of students and coaches. The mere mention of his name invariably brings a smile to the faces of those who knew and loved him. Swannie is survived by his wife, Barbara; son, Scott (Debby) Swanson; granddaughters, Abby & Olivia; daughter, Leslie (Rick) Knutson; grandsons, Kyle and Kory.

MINNESOTA STATE FOOTBALL COACHES 2009 COACH OF THE YEAR

Jon Bakken
Waterville-Elysian Morristown



MINNESOTA STATE FOOTBALL COACHES 2009 ASSISTANT COACH OF THE YEAR

Jay Anderson
Totino Grace



MINNESOTA STATE FOOTBALL COACHES PREVIOUS STATE COACH OF THE YEAR

Football Hall of Fame Annual Banquet

1965

Bill Severin
Grand Meadow, Region I

1966

Stav Canakes
Edina, Region V

1967

Tom Mahoney
Fairmont, Region II

1968

Jerry Sullivan
Minneapolis Roosevelt, Region V

1969

Art Haas
Austin, Region I

1970

Gary Gustafson
North St. Paul, Region IV

1971

George Larson
Cambridge, Region IV

1972

George Wemeier
Minneapolis Washburn, Region V

1973

Dick Lawrence
Eveleth, Region VII

1974

John Drews
Rochester John Marshall, Region I

1975

Bob Swanson
Mountain Iron, Region VII

1976

Lyle Eidsness
St. Peter, Region II

1977

Paul Benson
Granite Falls, Region III

1978

Jim Simser
New Richland-Hartland, Region I

1979

Ron Raveling
Columbia Heights, Class AA

1980

Les E. Drechsel
Crookston, Class A

1981

Gary Roebuck
Holdingford, Class B

1982

George Thole
Stillwater, Class AA

1983

Ron Scott
Coon Rapids, Class AA

1984

Grady Rostberg
Hutchinson, Class

1985

Norm Johnson
Minneapolis Roosevelt, Class AA

1986

George Larson
Cambridge, Class A

1987

Dave Brokke
Granite Falls, Class B

1988

Gerhard Meidt
Minneota, Class C

1989

Jim Mader
Albany, Class A

1990

Ken Baumann
Mahnommen, Class C

1991

Neal Hofland
Chokio-Alberta, 9 Man

1992

Larry Thompson
Lakeville, Class AA

1993

Rick Manke
Detroit Lakes, Class A

1994

DeWayne Johnson
Anoka, AA

1995

Ken Jacobson
Chatfield, Class C

1996

Clark Bergloff
Mora, Class A

1997

Bob "Bubba" Sullivan
Northfield, Class 4A

1998

Keith Bergstedt
Cromwell, 9 Man

1999

Lyle Anderson
Cook County, 1A

2000

Mike Grant
Eden Prairie, 5A

2001

Flint Motschenbacher
Detroit Lakes, 4A

2002

Mike Mahlen
Verndale, 9 Man

2003

Dave Dose
Glencoe-Silver Lake, 3A

2004

Dave Nelson
Minnnetonka, 5A

2005

Mark Kroulik
Stephen-Argyle, 9M

2006

Jim Reinhardt
Rushford-Peterson, 1A

2007

Jeff Ferguson
Totino-Grace, 4A

2008

Carl Fruechte
Caledonia, 2A

**CONFERENCE / SECTION COACH OF THE YEAR QUESTIONNAIRE
MINNESOTA FOOTBALL COACHES ASSOCIATION**

Return to: Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441 or Fax 1-888-590-8819

NOTE: This award is for one coach. If your program has co-coaches, both will receive plaques at the banquet. However, for Class and State Coach of the Year award(s) you will need to select one.

Candidates name in full _____
first middle last

Address _____ City/Zip Code _____

E-mail _____ Home phone _____ Work phone _____

Birthdate _____ College attended _____ Year graduated _____

Member MSHSCA? _____ Yes; _____ No. Member MFCA? _____ Yes; _____ No.

Class: 9M; A; 2A; 3A; 4A; 5A; Conference _____ School _____

Were you Conference Coach of the Year? _____ Yes; _____ No.

If not, who is your Conference Coach of the Year? _____ School _____

School Address _____ City/Zip Code _____

Coaching background (Previous schools, years at the school, and any other significant information).

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Years as a head football coach _____ Season Record _____ Career Record _____

List other background information that would help the committee in their selection (previous championships, awards, etc.)

Submitted by: _____ Signature _____

2010 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Jim Reinhardt ~ Rushford / Rushford-Peterson

Jim Reinhardt is a 1968 graduate of Owatonna High School. While at Owatonna, Jim lettered in football. He went on to the University of Minnesota where he graduated with a Bachelor of Science Degree and became a math and science teacher. He received his Master's Degree from Winona State University in 1982.

Jim's first and only school was Rushford High School, later pairing with Peterson in 1989. He has been a math and science teacher his entire career. Jim has coached all levels of football starting with the junior high B-squad and varsity assistant. He was named head coach in 1985. In addition to coaching football, Jim was a basketball coach at the 8th, 9th, and B squad levels. His overall career football record is 198-68. He won 12 conference titles, nine section titles, one state runner up in 1988 (Rushford) and three state championships: 2002, 2004, and 2006 as Rushford-Peterson. Jim was named Conference Coach of the Year and Section

Coach of the Year numerous times. He was named the Class A Coach of the Year in 2002, 2004, and 2006. He was honored by the Minnesota Football Coaches Association as State Coach of the Year in 2006. Many of Jim's players went on to play at the college level, and one, Steve Heiden, who played for South Dakota State, went on to the professional level, playing for the San Diego Chargers and the Cleveland Browns. Jim's greatest memories are the three state championships but more importantly, the relationships and associations he developed in football with both players and coaches.

Jim and Mary were married in 1977. Mary is a graduate of Goodhue High School and Winona State University. She is the teller supervisor at the Associated Bank in Rushford where she's been employed for 31 years. They had three sons: Brian,



who would have been 29 in June, Mike, who is 27, and Matt, age 24. Both Brian and Mike have Ataxia Telangiectasia and Brian died shortly before his 16th birthday. Mike graduated from Rushford-Peterson High School in 2001 and is currently employed at Rushford Foods and at Midtown Foods in Winona. Matt graduated from Rushford-Peterson High School in 2004 where he was a three-sport athlete participating in football, basketball and golf. In 2009, he graduated from Winona State University. Matt teaches science at Kingsland High School in Spring Valley and is an assistant football coach.

Jim's hobbies include trout fishing, fishing rod construction, and biking. He is active in his church, St. Joseph's Catholic Church, and with the Win Cress Trout Unlimited conservation group.

2010 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Dennis Hale ~ Worthington High School

Dennis Hale is a 1965 graduate of Jackson High School. While at Jackson, he earned many letters: three in football, three in basketball, four in track, and two in baseball. After graduation, he went on to the University of Minnesota. He lettered three years and played in the North/South All-Star game in 1968. Dennis was also a player on the U of M's Big Ten championship team in 1967. He graduated from the U of M in 1970. He started his coaching career while there, serving as an assistant freshman coach in the fall of 1969.

Dennis's first teaching job was in Kenyon, MN. He was an elementary physical education teacher from 1971- 1974. He was a volunteer assistant football coach one year and a varsity assistant for two years while at Kenyon. In the fall of 1974, Dennis went to Barnesville, MN where he taught until 1977. He was the head football coach for three seasons, with a 22-7 record and three conference championships. He was a threetime Conference Coach of the Year during his three years at Barnesville. In 1977, Dennis moved on to his final stop at Worthington High School in Worthington, MN. His record there was 160-152, with eight conference titles, three section championships, and three state tournament appearances. Dennis was a coach for the Outstate team in the 1991 All-Star game. He was named Conference Coach of the Year eight times and Section Coach of the Year in 2005. Dennis has also received the 25 Years of Service Award for basketball. He enjoyed the opportunity to coach his son along with his three state tournament appearances.

Dennis has been busy in his community as well. He conducted YMCA football clinics and coached traveling teams. He volunteers for Habitat for Humanity in the Worthington area. He is also active in his church. Since his



retirement, Dennis has traveled to Hawaii, Arizona, and Florida. He is married to Dee and has two children: Jennifer, 37, married to Brad Keenan with grandchildren Ella, 3, and Josh, 1; and Adam, 33, with his wife Amy and grandson Axel, 1.

2010 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Jim Dotseth ~ Minneapolis Patrick Henry Citation Division

Jim Dotseth is a 1961 graduate of Clarkfield High School in Clarkfield, Minnesota. He earned letters in football, basketball, track, and baseball. Jim went on to Waldorf College where he played both football and basketball his freshman and sophomore years. He was All-Conference in football and All-State in basketball while at Waldorf. Jim finished his college degree at the University of Minnesota in 1968. Later, he received his Master's of Education from the U of M in 1972. In 1997, he completed his administrative degree. Jim spent the first 30 years working in the Minneapolis Public School System. During his years in the Minneapolis system, he coached at a variety of levels. He won ten conference wrestling titles while at Roosevelt. He was also the head football coach at Patrick Henry and Robbinsdale Armstrong. Jim finished his career in education as an administrator in the Chaska school system.

Jim has been an active member of the coaches association. He has been chair of several committees past and present. They include: past Minnesota Football Coaches Association Banquet Chair, past MFCA All-Star Game Director 1987-1999, current MFCA Awards Committee Chair, current Secretary/Treasurer for the MFCA. He was a member of the Nike Clinic Staff from 1986-2006, and the MFCA Clinic Staff. Jim was named to the Metro coaching staff for the 1985 All-Star game. He was also named the Nike Clinic Man of the Year in 1998. Also in 1998, he received the MFCA Distinguished Service Award. In 2000, Jim was named to the Waldorf College Hall of Fame. He was named Conference Coach of the Year several times in wrestling and football in the Minneapolis Conference. Jim's wrestling coaching record was 185-96-8 while at Minneapolis Roosevelt High School. He has fond memories of coaching both successful and challenging teams.



He enjoyed working with students, athletes, coaches and committee members. Jim credits his long-time friend, Don Swanson, for the years he worked with committee members and coaches, which gave him the wonderful memories he carries into retirement.

Jim attends and volunteers at Living Word Christian Center in Brooklyn Park. He is married to Wanda and they have two daughters and three grandchildren: Daughters Jennica and son-in-law Paul Burgh with their children Caleb (10) and Hannah (7), and Deena and son-in-law Wade Laugen with daughter Avery (2). Jim enjoys golf, reading, and volunteering in his spare time. He has also spent time traveling to several states, including Hawaii.

2010 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Dave Dose ~ Glencoe-Silver Lake High School

Dave Dose graduated from Glencoe High School in 1969. He was a seven time letter-winner in athletics, including three in track and two in both football and basketball. Dave then went on to Mayville State University where he was a four-time letter-winner in football. He earned his elementary education degree from Mayville in 1973 and began his teaching journey.

Dave's first teaching job was in Trimont, MN. He taught elementary for two years and then moved to St. James, MN. He was at St. James for ten years as an elementary teacher, and it was there that he began his football coaching career. He was an assistant for four years and then head coach for the next six. While at St. James he amassed a 37-19 coaching record with two conference and two section titles and two state tournament appearances. In 1985 he returned to Glencoe, his alma mater, where he was an assistant for one year before becoming Glencoe High School's head coach in 1986, a position he held until 1993. While at Glencoe, Dave took over a struggling program and built a 32-39 record with one conference championship. At that time Glencoe paired with Silver Lake and Dave took a year off. He came back for the 1995 season as the defensive coordinator through the 1998 season. In 1999, he became the head coach for the Glencoe Silver Lake Panthers until his retirement in 2007. As the head coach for GSL, he amassed a career record of 97-19. His overall coaching record is 166-77. As the GSL coach, Dave won four conference titles, seven section titles, and four state championships: 2000, 2003, 2006, and 2007. During this time GSL was also a state runner-up in 2002 with two other semi-final appearances. Dave was named the Conference Coach of the Year seven times, Section Coach of the Year seven times, State Class 3A Coach of the Year four times, and Minnesota Football Coaches Association State Coach of the Year in 2003.



Dave has one former player in the NFL, Willie Van De Steeg, with the Baltimore Ravens, and many others who are now playing or have played college football. Some of Dave's fondest memories are watching the young men grow and mature into fine adults. He still treasures the memory of his first Metrodome appearance and walking out of the tunnel to take the field, a feeling he wishes all coaches could experience.

Dave currently subs and does some traveling to different college football stadiums and Las Vegas. He is married to Kari, his wife of 21 years. They have two sons: Eric, 19, a freshman at St. Cloud State University, and Brian, 17, currently a junior at Glencoe Silver Lake High School. He also has a pet cat, Cubby.

Previously Inducted Hall Of Fame Members

Sponsored by the Minnesota High School Football Coaches Association

1965

Bernie Bierman
Frank Cleve
Bernie Cole
Jake Christiansen
Vein Morrison
Bronko Nagurski
Ted Peterson
Lew Swearingen

1966

Bert Batson
Lester S. Barnard
Red Hastings
John Gagliardi
Lefty Ranweiler

1967

Francis "Pug" Lund
Louis Todnem
Paul Giel
Cliff Morlan
Joe Markley

1968

Lee Brockmeyer
Sid Hartman
Charles "Bud"
Wilkinson
Elmer Wigen

1969

C.P. Blakeslee
Dick Bradley
Ray Christenson
Jim Byrne
Lloyd Hollingsworth
Pete Guzy

1970

Ed Widseth
Adrian Christenson
Jake Christiansen
Walter Hertz
Frank ORourke
Les Knuti
Bud Grant
Wendell Vlasin

1971

Manny Marget
Butzie Maetzold
George "Butch" Nash
Harold M.
"Snooks" Sullivan

1972

Dick Wildung
Jim Lee
Jerry Krueger
William F. Broekmeier
Fred Vant Hull

1973

Earl Teas
Chuck Elias
Ralph Anderson
Jerry Dahlberg
Bruce Smith
Mary Helling

1974

Oats LeGrand
Jerry Ekstein
Kenneth "Red" Wilson
Edor Nelson
Doc Watson

1975

Art Haas
Les Neil
Bob Collison
Russ Helleckson
Dick Mahar
Bernie Lusk

1976

Kermit Anderson
Will Gullickson
Dwayne Hoberg
Jack Malevich
Jim Pederson
George Roscoe
Murray Warmath

1977

Frank "Butch" Larson
Herschel H. Lysaker
Art Avis
Jim Carrington
Lee Krough
Jim McLaughlin
Leo Sebastian

1978

Chuck Dixon
Chauncey Martin
Ted Meinhover
Roy "Chip"
Rasmussen
George Reedy
Marti Rossini
John Vucinovich

1979

Bruce Bakke
Herman Frickey
Bill Hanson
LeRoy McMahon
Dick Mulkern
Harry Newby
Milt Osterberg
Bob Schrank
Steve Silianoff
Lloyd Stein

1980

Bruce Bennett
Neal Davis
James Gustafson
James Molnar
Norm Wagner
Jim Wallace

1981

Lou Barle
Irv Nerdaal
Glenn Redmann
Clayton Tonnemaker

1982

Bob Gove
Wally Hitt
Gary Olson
Don Nyland
Dale Scholl

1983

Stan Nelson
Joe Mrkonich
Jim Gotta

1984

Dick Lawrence
Tom Briere
Jim Henkes

1985

Don Swanson
Bob Roy
Bruce Frank
Don Riley
Giffy O'Dell

1986

Chuck Halsted
Ralph Hagberg
Pete Herges
Ike Pesonen
Cliff Senne

1987

Terry Egerdahl
Lauren "Huns" Hagge
Donald "Bill"
McMoore
Jerry Sullivan
Angelo Taddie

1988

Herbert Claffy
Mac Dahl
Art Fredrickson
Ralph Peterson
Ron Raveling
Cal Stoll

1989

John Drugg

Don Fox
Jim Griffin
Bill Severin
Harvey Shew
Tony Thiel

1990

Roland Bromberg
Gary Gustafson
Tom Mahoney
Bob ONEil
Dick Rezanka
Al Siegle

1991

Morgan Brandrup
John Davies
Earl Gramling
Roy Hokkanan
Ron Scott
Bob Youso

1992

Stay Canakes
Dan Devine
John Hansen
Joe Mayer
Warren Olson
George Wemeier

1993

Les Dreschel
Ken Mauer
Tom Porter
Dana Powers
Dick Walker

1994

Dick Bakke
George Larson
Jim Malosky
Andy Nelson
Marsh Nelson
George Smith

1995

Gerry Brown
Bruce Frank
Norman Johnson
Bob Peterson
Pat "Bruno" Waldner

1996

Jim Christopherson
Mary Gunderson
Mike Morrissey
Lloyd Peterson

1997

Bill Beck
John Drews
Ross Fortier

Andy Lia
Jerry Peterson

1998

John Conzemius
Frank Fredlund
Bob Sullivan
Jerry Wallskog
Wes Wistrom

1999

Bill Martin
Gerhard Meidt
Grady Rostberg
Buz Rumrill
Mal Scanlan
Omer Sieben

2000

Jerry Hegna
Andy McCarty
Elmer Menage
Ed Mettner
Jim Simser
George Thole

2001

Ken Belanger
John Gross
Don Bertek
Roger Lipelt
Keith Swanson
Stuart Nordquist

2002

Pepper Lysaker
Ken Baumann
Rick Manke
Paul Mork
Willie Rauen
Jim Roforth

2003

Lyle Anderson
Clark Bergloff
Jim Mader
David Main
Dave Nigon
Dick Strand

2004

Dean Taylor
Stan Olson
Gary Graham
Deryl Ramey
Randy Shaver

2005

Ken Jacobson
Jerry Sonnek
Terry McLean
Neal Hofland

Dick Jonckowski
Donovan Larson

2006

Charles Kavanagh
Ken Hill
Rich Kallok
Stan Skjei
Richard Tressel
Gordon Hinck

2007

Keith Bergstedt
Dave Brokke
Robert Hage
Dan Kostich
Conley "Con" Natvig
Tom Witschen

2008

Don Elston
Mario Lucia
Jim Sims
Ron Stolski
Gary Trimble

2009

Roger French
Dave Hylla
DeWayne Johnson
Dwight Lundeen
Mike Mahlen

2010

Dave Dose
Jim Dotseth
Dennis Hale
Jim Reinhardt

"HALL OF FAME" NOMINATION FORM

MINNESOTA FOOTBALL COACHES ASSOCIATION

Contact:

Scott Tschimperle: tschis@gsl.k12.mn.us

Paul Lemke: lemkep@gsl.k12.mn.us

DIRECTIONS:

1. Please have nominee (if possible) complete this nomination form completely.
2. Please type or print neatly.
3. Please answer questions in all categories of the nomination form that are applicable.
4. Please include a picture (black and white preferred) of the nominee to be used for press purposes.
5. Nominations must be received by Jan. 1st, 2010

NAME: _____ DATE: _____

PRESENT ADDRESS: _____

(city, state, zip)

TELEPHONE (HOME): _____ (WORK): _____

BIRTHDATE: _____ MARRIED: _____ SINGLE: _____

SPOUSES NAME: _____ CHILDREN AND AGES: _____

PRESENT EMPLOYMENT POSITION: _____

NOMINATED BY: _____

ADDRESS OF NOMINATOR: _____

(city)

(state)

(zip)

NOMINATOR'S TELEPHONE (HOME): _____ (WORK) _____

Induction into the Football Coaches "Hall of Fame" is gained through one of three divisions. These divisions are:

- A. The high school division (Coaches)
- B. The college division (Coaches)
- C. The citation division (Writers, Announcers, Athletic Directors, Fans, etc.)

IN WHICH DIVISION IS THE INDIVIDUAL NAMED ABOVE NOMINATED? _____

NOMINEES HOBBIES: _____

NOMINEES TRAVELS: _____

EDUCATION

High School(s): School, City/State, Years, Degree Received

2010 POWER OF INFLUENCE AWARD RECIPIENT



Dwight Lundeen ~ Becker

THE POWER OF INFLUENCE AWARD: CRITERIA AND HISTORY

The Minnesota Power of Influence award is presented by the MFCA to recognize one of the many extraordinary football coaches in Minnesota. The Minnesota award winner is our association's nominee for the national Power of Influence Award, which is presented jointly by the American Football Coaches Association and the American Football Coaches Foundation®.

The Power of Influence Award was created as a way for the AFCA and AFCF to honor a deserving high school football coach for his effect on his players, school and community. The individuals nominated must be active head football coaches and must embody the life-changing qualities of respect and inspiration. They must have touched lives and caused student-athletes and others to want to emulate their honesty, patience and modesty. This award is not based on wins and losses, however, it is noted that coaches of powerful influence have longevity and success.

Previous Minnesota Power of Influence winners and national nominees have included: Dwight Lundeen of Becker 2009, Dave Nelson of Minnetonka 2008, Dave Hylla of Proctor 2007, Mike Mahlen of Verndale 2006, and Ron Stolski of Brainerd 2005. Stolski went on to be named the national Power of Influence Award winner by the AFCA and AFCF.

PREVIOUS POWER OF INFLUENCE AWARD RECIPIENTS

2006

Ron Stolski
Brainerd High School

2007

Mike Mahlen
Verndale High School

2008

Dave Hylla
Proctor High School

2009

Dave Nelson
Minnetonka High School

2010

Dwight Lundeen
Becker High School

MINNESOTA FOOTBALL COACHES ASSOCIATION DON SWANSON AWARD

Mike Watson ~ Centennial High School

Coach Mike Watson has been selected to receive the first annual Don Swanson Award, given in honor of the late Don Swanson. “Swannie” was a long-time head coach and athletic director at Minneapolis Patrick Henry and served as the director of this clinic for more than twenty years.

Coach Watson is a deserving recipient. A lifelong member of our association, Mike served as a conference rep, coached in the All-Star game, and served as chair of the Individual Academic All-State Awards committee.

After 38 years as a high school head coach, the last 32 at Centennial, Mike will retire this year. He goes out in grand style, garnering Northwest Suburban Conference Coach of the Year, Section 7AAAAA Coach of the Year, and KARE-11 TV’s All-Metro Coach of the Year. A graduate of North Park College in Chicago, Mike has also coached wrestling and track during his career and he served as an athletic director for many years. He and his wife, Karen, have three grown children, Matt, Heidi and Brett and they enjoy their eight grandchildren. In retirement, they plan to travel but also intend to stay connected to coaching and the MFCA.



MINNESOTA FOOTBALL COACHES ASSOCIATION 2009 CLASS COACHES OF THE YEAR



*Mark Kroulik ~ Stephen-Argyle
9-Man Coach of the Year*



*Chad Johnston, Minneota
Class 1A Coach of the Year*



*Jon Bakken, Waterville-Elysian-Morristown
Class 2A Coach of the Year*



*Dan Essler, New London-Spicer
Class 3A Coach of the Year*



*Jeff Ferguson, Totino-Grace
Class 4A Coach of the Year*



*Mike Scanlan, Cretin-Derham Hall
Class 5A Coach of the Year*

MFCA - SERVICE AWARD WINNERS



Dwight Lundeen ~ 40 Years



Roger Lipelt ~ 40 Years



Terry Karlsgodt ~ 35 Years



Dennis Hale ~ 35 Years

MFCA - SERVICE AWARD WINNERS



Bernie Litecky ~ 35 Years



Ken Helland ~ 30 Years



Terry Ogorek ~ 30 Years

MFCA - 200 WINS



Terry Ogorek ~ Kittson County Central



Stev Solem ~ Bold

Not pictured: 30 Year Service Award – Earl Bauman

BUTCH NASH AWARD

The Minnesota High School Football Coaches Association feels that Butch Nash is the epitome of the ideal assistant coach.

Total loyalty, coaching competency, outstanding rapport with players and fellow coaches, integrity beyond reproach, and many years of dedicated service to a worthy profession are the qualities that describe Butch.

These are the qualities exemplified by the assistant coaches who have been chosen to receive this year's Butch Nash Award.



Butch Nash
Minnesota Gophers

BUTCH NASH AWARD REQUIREMENTS

- An active assistant football coach at the high school level.
- Although not strictly limited to varsity level coaches, the Executive Committee sets a requirement of being an assistant who is a "front liner" – in the limelight, under the gun, recipient of praise and/or criticism approaching the level of the head coach.
- Certainly, a few younger coaches can meet these requirements, BUT, in all candor, years of service to a program will influence the selection committee's choices (generally 15 or more years).
- Both the head coach and the nominee must be members of the MFCA.
- No more than one assistant from a high school program will be honored in a given year.
- The award will be limited to eight recipients in a given year.

BUTCH NASH Award Recipients



Jay Anderson, Totino Grace



Roger Erickson, Lake of the Woods



Chad Gustafson, New London-Spicer



Terence Kent, Kittson County Central



Paul Lemke, Glencoe-Silver Lake



Tim Olson, Thief River Falls



Scott Palmer, Buffalo



Scott Swansson, Woodbury

Butch Nash Award Nomination Form

(Award for assistant football coaching at the high school level)

Candidates name in full _____
First middle last

Address _____ City/Zip Code _____

E-mail _____ Home phone () _____ Work phone () _____

Birthdate _____ College attended _____ Year graduated _____

Candidate: Member MSHSCA? ____ Yes; ____ No. Member MFCA? ____ Yes; ____ No.

Head Coach: Member MSHSCA? ____ Yes; ____ No. Member MFCA? ____ Yes; ____ No.

Head Coach e-mail _____ Home ph: _____ Work ph: _____

Class: 9M; A; 2A; 3A; 4A; 5A; Conference _____ School _____
(please circle)

School Address _____ City/Zip Code _____

Current football coaching assignment _____

Coaching background (Previous schools, years at the school, and any other significant information).

1. _____
2. _____
3. _____
4. _____
5. _____

Total number of years as high school assistant football coach (minimum 15 years) _____

List other background information that would help the committee in their selection (previous championships, awards, etc.)

Submitted by: _____
Head Football Coach

Return to: **Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441 or Fax 1-888-590-8819**

2009 MINNESOTA CONFERENCE COACHES OF THE YEAR

CONFERENCE	COACH	SCHOOL
Big Nine	Mark Esch	Mankato West
Central Lakes	John Ross	Sartell-St. Stephen
Central Minnesota	Mark Messman	Holdingsford
Classic Lake	Brad Anderson	Wayzata
Classic Suburban	Dave Muetzel	Mahtomedi
Classic Suburban	Dave Ziebarth	St. Thomas Academy
Gopher Valley 1A	Chad Gimbel	Blooming Prairie
Gopher Valley 2A	Jon Bakken	Waterville-Elysian-Morristown
Gopher Valley 2A	Brad Huse	United South Central
Great Northern East	Bob Staska	McGregor
Great Northern West	Derrick Gross	Kelliher-Northome
Great Northern West	Shawn Klimek	Nevis
Great Polar Blue	Mike Gindorff	Crosby-Ironton
Great Polar Red	Dan Battaglia	East Central
Great Polar White	Dave Louzek	Moose Lake-Willow River
Heart O'Lakes Classic	Ryan Beachy	Staples-Motley
Heart O'Lakes North	Chip Lohmiller	Pequot Lakes
Hiawatha Valley Blue	Ivan Kroulik	Kasson-Mantorville
Hiawatha Valley Gold	Willie Rauen	Zumbrota-Mazeppa
Lake	Mike Zweber	Lakeville North
Little Sioux	Chad Johnston	Minneota
Minneapolis City	Tony Patterson and Ricky Williams	Minneapolis North
Minnesota Christian	Nate Harrington	Providence Academy/ Heritage
Minnesota River	Justin Johnston	Belle Plaine
Mississippi 8	Marc Franz	Rogers
Missota	Andy Rostberg	Hutchinson
North Country	Frank Huie	Duluth Denfeld
North Suburban	Lambert Brown	Fridley
North Tri-County	Dan Jorgensen	Norman County West

CONFERENCE	COACH	SCHOOL
Northern Plains 1A	Les Viken	Fosston
Northern Plains 2A	Bryan Strand	Barnesville
Northwest Suburban	Shannon Gerrety	Blaine
Northwest Suburban	Mike Watson	Centennial
Pheasant North	Mike Mahlen	Verndale
Pheasant South	Steve Jipson and Brian Dahl	Clinton Graceville-Beardsley
Prairie North	Jeremy Nordick	United North Central
Prairie South	Wayne "Ribsy" Petermeier	Browerville
Prairie South	Pat Kalpin	Osakis
Sea Range	Tom Lenarz	Cloquet
South Central	Mat Mahoney	Fairmont
Southeast	Gary Sloan	Grand Meadow
	Ryan Gatzlaff	Houston
Southern Confederacy	Leo Theisen and Carter Ross	Westbrook Walnut Grove
Southern Minnesota	Denny Lux	New Ulm Cathedral
Southwest	Tom Schuller	Jackson County Central
St. Louis County North	John Jirik	Orr
St. Louis County South	Dan Zubich	Cherry
St. Paul City	David Zeitchick	St. Paul Highland Park
Suburban East	Scott Hoffman	Stillwater Area
Three Rivers	North Bill Ihrke	Plainview-Elgin-Millville
Three Rivers	South Carl Fruechte	Caledonia
Top of State	Terry Ogorek	Kittson County Central
Tri-Metro East	Carl Lemke	St. Croix Lutheran
Tri-Metro West	Sean McMenemy	DeLaSalle
West Central North	Dan Essler	New London-Spicer
West Central South	Steve Solem	BOLD
Wright County	Scott Tschimperle	Glencoe-Silver Lake

2009 MINNESOTA SECTION COACHES OF THE YEAR

CLASS: 9 MAN – SECTION COACH

- 1 Gary Sloan, Grand Meadow
- 2 Tom Murphy, Nicollet
- 3 Steve Jipson and Brian Dahl, Clinton-Graceville-Beardsley
- 4 Mike Mahlen, Verndale
- 5 Jeff Gronner, Cromwell
- 6 Nathan Brager, Ada-Borup
- 7 John Jirik, Orr
- 8 Mark Kroulik, Stephen-Argyle

CLASS: 1A – SECTION COACH

- 1 Chad Gimbel, Blooming Prairie
- 2 Denny Lux, New Ulm Cathedral
- 3 Randy Strand, Adrian
- 4 Jon Medlo, St. Bernard's

5 Chad Johnston, Minneota

- 6 Bryan Strand, Barnsville
- 7 Dan Battaglia, East Central
- 8 Les Viken, Fosston

CLASS: 2A – SECTION COACH

- 1 Carl Fruechte, Caledonia
- 2 Jon Bakken, Waterville-Elysian-Morristown
- 3 Todd Oye, Luverne
- 4 Pat Hentges, Gibbon-Fairfax-Winthrop
- 5 Ray Tri, Eden Valley-Watkins
- 6 Leo Pohlkamp, Pierz
- 7 Dave Louzek, Moose Lake-Willow River
- 8 Peder Naatz, Hawley

CLASS: 3A – SECTION COACH

- 1 Ivan Kroulik, Kasson-Mantorville
- 2 Brad Wendland, Waseca
- 3 Scott Tschimperle, Glencoe-Silver Lake
- 4 Sean McMenemy, DeLaSalle
- 5 Tony Patterson, Minneapolis North
- 6 Dan Essler, New London-Spicer
- 7 Randy Qual, Mora
- 8 Chip Lohmiller, Pequot Lakes

CLASS: 4A – SECTION COACH

- 1 Bob "Bubba" Sullivan, Northfield
- 2 Mark Esch, Mankato West
- 3 Dave Ziebarth, St. Thomas Academy

4 Dave Muetzel, Mahtomedi

- 5 Marc Franz, Rogers
- 6 Jeff Ferguson, Totino-Grace
- 7 Troy Hendricks, Bemidji
- 8 John Ross, Sartell-St. Stephen

CLASS: 5A – SECTION COACH

- 1 Mike Zweber, Lakeville North
- 2 Jim Galvin, Mounds View
- 3 Kelly Sherwin, Eastview
- 4 Mike Scanlan, Cretin-Derham Hall
- 5 Brad Anderson, Wayzata
- 6 Mike Grant, Eden Prairie
- 7 Mike Watson, Centennial
- 8 Ron Stolski, Brainerd

COACHES WITH THE MOST STATE CHAMPIONSHIPS

While numerous coaches have coached state championship teams and several have coached teams to two state titles a select few have been able to guide their teams to three or more state championships. The coaches listed below won at least three state titles at one or more schools. If any coaches have been omitted, reader should contact the Secretary-Treasurer.

Titles / Coach	School(s)	Years
7 Mark Kroulik	Stephen Stephen-Argyle	1992 2003, 04, 05, 06, 07, 09
6 Ken Baumann	Mahnomen	1980, 90, 91, 92, 93, 98
6 Mike Grant	Eden Prairie	1996, 97, 2000, 02, 06, 07
5 Dick Hanson	Burnsville	1972, 80, 85, 89, 91
5 Jeff Ferguson	Totino Grace	2003, 04, 06, 07, 09
4 Rick Manke	Glyndon-Felton Detroit Lakes	1985 1992, 93, 95
4 Gerhard Meidt	Rothsay Minneota	1972 1986, 87, 88
4 George Thole	Stillwater	1975, 82, 84, 95
4 Dave Dose	Glencoe-Silver Lake	2000, 03, 06, 07
3 Lyle Anderson	Cook County	1997, 98, 99

Titles / Coach	School(s)	Years
3 Keith Bergstadt	Cromwell	1995, 96, 98
3 Don Henderson	Triton	1994, 2000, 06
3 Ken Jacobsen	Chatfield	1994, 95, 96
3 George Larson	Cambridge	1986, 87, 2000
3 Dave Main	Gaylord	1973, 75, 79
3 Jim Reinhart	Rushford-Peterson	2002, 04, 06
3 Grady Rostberg	Hutchinson	1983, 84, 98
3 Larry Thompson	Lakeville	1988, 92, 2003
3 Jon Bakken	Waterville-EM	1989, 1999, 2009

WINNINGEST ALL TIME HIGH SCHOOL COACHES 200 OR MORE WINS

Wins	Losses	Ties	Coach	School	Years
325	96	1	Mike Mahlen	Verndale	41
319	147	5	Ron Stolski	Brainerd	48
307	66	6	George Larson	Cambridge	40
287	66	2	Ken Baumann	Mahnomen	32
285	69	2	George Thole	Stillwater	31
284	134	3	Dwight Lundeen	Becker	40
277	89	1	Grady Rostberg	Hutchinson	34
275	133	2	Stuart Nordquist	International Falls	41
269	115	2	Jim Roforth	Osakis	45
265	122	11	George Smith	Mahtomedi	43
263	86	2	Neal Hofland	Chokio-Alberta	35
259	102	9	Les Dreschel	Red Lake Falls/Crookston	40
259	105	13	John Hansen	Osseo	40
256	94	8	Tom Mahoney	Fairmont	38
244	113	0	Merrill Pavlovich	Delano	34
242	60	0	Mike Grant	Eden Prairie	31
241	91	0	Dave Nigon	Totino Grace	31
237	117	0	Carl Lemke	St. Croix Lutheran	37
236	79	0	Gerhard Meidt	Rothsay/Minneota/Big Lake	32
233	108	3	Buz Rumrill	Glencoe/Silver Lake	33
230	65	0	Jim Mader	Albany	26
230	138	1	Roger Lipelt	Wayzata/Providence	40
225	108	1	Larry Thompson	Lakeville South	31
223	91	1	Jim Simser	Fairmont/New Richland-H	31
222	91	0	Stan Olson	LeRoy-Ostrander	30
221	97	0	Dave Brokke	Granite Falls/YME	31
220	65	0	Jon Bakken	Waterville-Elysian-Morristown	25
220	74	0	Clark Bergloff	Mora	29
218	119	0	Terry Karlsgodt	Atwater-Grove City- Cosmos	35
217	121	1	Don Stueve	Fergus Falls	37
216	130	6	Billy Beck	Lac Qui Parle Valley	39
213	147	0	Don Seipkes	Henning/Ottertall Central	37
212	64	0	Gary Graham	Browerville	25
212	83	8	Kenneth "Red" Wilson	Bemidji	34
212	121	2	DeWayne Johnson	Anoka	33
211	76	0	Dave Nelson	Minnetonka	26
210	131	5	Bill Beck	Appleton	35
209	91	0	Jerry Wallskog	LeCenter/BDRSH/Monty	31
207	92	0	Terry Ogorek	Kittson County Central	30
207	109	2	Andy Nelson	Lake Benton/Verdi	34
206	89	0	Ron Johnson	Clearbrook/Gonvick Tr.	31
203	66	1	Stav Canakes	Edina	27
202	67	0	Steve Solem	BOLD	23
202	106	13	Bruce Frank	Le Sueur	37
202	120	2	Con Natvig	Swanville	33
200	65	0	Rich Kallok	Cretin-DH	22
200	77	3	Bob Youso	Moose Lake/Willow River	30
200	89	0	Ken Mauer	St. Paul Harding	32

ACTIVE HIGH SCHOOL COACHES WITH 100 WINS OR MORE

W	L	Ties	Coach	School	Years
325	96	1	Mike Mahlen	Verndale	41
319	147	5	Ron Stolski	Brainerd	48
284	134	3	Dwight Lundeen	Becker	40
244	113	0	Merrill Pavlovich	Delano	34
242	60	0	Mike Grant	Eden Prairie	31
237	117	0	Carl Lemke	St. Croix Lutheran	37
230	138	1	Roger Lipelt	Wayzata/Providence	40
225	108	1	Larry Thompson	Lakeville South	31
220	65	0	Jon Bakken	Waterville-Elysian- Morristown	25
218	119	0	Terry Karlsgodt	Atwater-Grove City- Cosmos	35
213	147	0	Don Seipkes	Henning/Ottertail Central	37
211	76	0	Dave Nelson	Minnetonka	26
207	92	0	Terry Ogorek	Kittson County Central	30
202	67	0	Steve Solem	BOLD	23
191	129	0	Richard Risbrudt	Fergus Falls	32
188	62	0	Don Henderson	Triton	23
188	121	0	Earl Bauman	St. Michael-Albertville	30
183	70	0	Leo Pohlkamp	Pierz	24
181	159	0	Dennis Hale	Worthington	36
179	82	0	Randy Strand	Adrian	25
169	80	0	Terry Turek	Le Sueur-Henderson	25
168	12	0	Mark Kroulik	Stephen-Argyle	15
168	58	0	Ivan Kroulik	Kasson-Mantorville	21
163	83	0	Terry Bahlmann	Marshall	26
161	101	0	Ray Tri	Eden Valley-Watkins	26
159	171	1	Mike Watson	Centennial	43
155	79	0	Bubba Sullivan	Northfield	21
149	71	0	Dean Aurich	Mayer Lutheran	22
144	66	0	Bill Hudspith	Esko	20
141	152	0	John Sieling	Eagle Valley	32
138	116	0	Randy Schwegel	Pine River-Backus	31
133	113	0	Jeff Mumm	Thief River Falls	25
131	68	0	Mark Messman	Holdingford	19

W	L	Ties	Coach	School	Years
131	147	0	Ken Helland	LeCenter	30
128	124	0	Patrick Foley	Waconia	27
125	82	0	Dan Ellingson	Hills Beaver Creek	21
126	96	0	Rick Sutton	Eagan	24
126	82	0	Larry Herm	Foley	28
119	65	0	Howard Kangas	Perham	18
115	120	0	Mark Nohner	Lake of the Woods	25
112	54	0	Bill Ihrke	Plainview-Elgin-Milville	16
111	22	0	Carl Fruechte	Caladonia	11
110	71	0	Dave Hopkins	Holy Family	18
109	65	0	Gary Sloan	Grand Meadow	17
108	81	0	Leo Theisen	Westbrook Walnut Grove	20
108	153	0	Dave Krenik	Cleveland	28
107	68	0	Gerard Rohl	Buffalo	17
107	70	0	Mark Froehling	Farmington	18
105	24	0	Brad Anderson	Wayzata	11
105	61	0	John Ross	Sartell-St. Stephen	15
105	84	0	Tom Murphy	Nicollet	19
101	23	0	Dave Louzek	Moose Lk/Willow River	11
100	46	0	Clair Austin	Goodhue	12

Please inform Jim Dotseth of corrections/updates:
dotsethj@comcast.net

Central Minnesota Conference

2009 found three CMC teams, EV-W, Pierz and Maple Lake, playing in the Section finals. The Eagles and Pioneers went on to play in the State Quarterfinals, with EV-W advancing to play in the Metrodome.

Holdingford had a strong season, finishing 5-2 in the conference and winning a section game as well, and looks to

be one of the favorites in 2010. HLWW had a young team that could challenge for the conference title. With BBE, Kimball and Rockford all playing a lot of younger players in 2009, it looks to be a real battle in the CMC in 2010.

Conference Standings		Awards			
Eden Valley-Watkins	7-0	Defensive Lineman of the Year	Joe Holdvogt	EV-W	Sr.
Pierz	6-1	Defensive Back of the Year	Kevin Kramer	EV-W	Jr.
Holdingford	5-2	Linebacker of the Year	Peter Nordlie	Maple Lake	Sr.
Maple Lake	4-3	Offensive Lineman of the Year	Dylan Peterson	Pierz	Sr.
Howard Lake-Waverly-Winsted	3-4	Offensive Back of the Year	Victor Lumley	Holdingford	Jr.
Belgrade-Brooten-Elrosa	2-5	Receiver of the Year	Ryan Tri	EV-W	Sr.
Kimball	1-6	Quarterback of the Year	Tyler Geislinger	EV-W	Sr.
Rockford	0-7	Specialist of the Year	John Omann	Pierz	Sr.
		Coach of the Year	Mark Messman	Holdingford	

Sabres Take the Central Lakes Conference

Sartell-St. Stephen claimed the Central Lakes Conference with a perfect 8-0 season. The Sabres had a tremendous season, winning Section 8-4A defeating a tough Alexandria Cardinal Football team 20-18. Sartell followed up the Conference and Section championship with a runner-up finish in the state 4A finals to Totino-Grace. In the State Quarterfinals the Sabres dominated the Bemidji Lumberjacks 27-6 and in an exciting finish, ending in a last second field goal Sartell defeated St. Thomas Academy in the State Semifinals 31-29. Sartell was led by an impressive senior class including Rob Voshell (WR/CB) and Tony Schmitz (TE/DE). Coach John Ross' Sabres led the Central Lakes in scoring offense and defense, scoring an average of 30 points per game while only giving up 12 per game. Sartell finished the season with a record of 13-1.

Coach Mike Empting led the revival of the Alexandria Cardinals to finish the regular season with a 7-1 record (9-2 overall) and a runner-up finish in the Central Lakes Conference. Along with a fine regular season the Cardinals finished the season with a strong performance in the section championship against Sartell-St. Stephen Sabres. The Cardinals averaged 29 points per game and only gave up an average of 15 points per game. Alexandria was led by senior quarterback Colin Erickson and wide receiver/safety Mark Whiting.

The Sauk Rapids-Rice Storm finished third with a 5-2

Conference Standings		
Sartell-St. Stephen	7-0	13-1
Alexandria	5-1	9-2
Sauk Rapids-Rice	5-2	6-3
Brainerd	4-2	8-4
Rocori	4-3	5-4
Willmar	3-4	5-5
Little Falls	3-4	5-5
St. Cloud Tech	2-4	4-6
Fergus Falls	0-6	0-9
St. Cloud Apollo	0-7	0-9

conference record. The word to describe the Storm's season was "exhilarating". The Storm had five games that we decided by less than 7 points, coming up victorious all five times. Coach Bill Magnuson's leadership and 27 seniors led the Storm to an overall record of 6-3.

Brainerd caught fire in the playoffs and Coach Ron Stolski's Warriors made a return trip to the Metrodome before falling in the state semifinals to the eventual 5A champs Cretin-Derham Hall. Highlighting their playoff run was an overtime victory over Centennial 34-28. The Brainerd Warriors were 4-2 in the Central

Lakes good for fourth place and ended up 8-4 overall. The high powered Warrior offense caught fire during the playoffs scoring over 30 points in three out of their 4 playoff games. Leading the Warriors this season were seniors Kyle Crocker (WR/CB) and Aaron Pavsek (TE/DE).

The Rocori Spartans were led by first year coach Mike Rowe finishing the Central Lakes with a 4-3 conference record and 5-4 overall. The Spartans ended the season strong winning their final three regular season games, two out of the three coming on the road. Coach Rowe brought a no-huddle style offense to the Central Lakes while still having an aggressive blitzing defense. The Spartans were led by 29 seniors.

Willmar Cardinals finished tied for sixth place finishing 3-4 in the conference and 5-5 overall. First year Coach Jon Konold also brought a no-huddle, spread offense to the Central Lakes. The young Cardinals graduate only 8 seniors led by quarterback Mark Dunham and wide receiver/linebacker Taylor Filipek who led the Cardinal's offense averaging 24 points per game. The season was highlighted by a home playoff victory over the Marshall Tigers, the first since 2002.

The Little Falls Flyers were "flying" high this season finishing with a 5-5 overall record and tied for sixth place (3-4) in CLC. This was a truly successful turnaround season for the Flyers and Coach Aaron Sinclair. Little Falls had some impressive victories this season, including two victories over 5A opponents Moorhead and St. Cloud Tech. The Flyers were led by a strong

offensive line including seniors Dustin Yorek and Collin Swanson and dual threat quarterback Alex Scott.

St. Cloud Tech battled the injury and sickness bug throughout the 2009 football season finishing the season with a 2-4 conference record and 4-6 overall. Coach Gregg Martig led the Tigers to big wins over Bemidji, Sauk Rapids-Rice, and rival St. Cloud Apollo. The Tigers season was highlighted with a playoff win against the Moorhead Spuds. St. Cloud Tech was led by senior offensive/defensive lineman Garrett Berg.

The Fergus Falls "Otters" won the CLC conference and Section 8AAAAA championship in 2008 but lost key players to graduation the following spring. In 2009, they were struck with injuries early in the season and played without the services of NDSU division 1 tackle signee Adam Schueller, and All-Conference wide receiver Nick Risbrudt, who has signed to play football for Jamestown College this fall. With the lack of depth and inexperience also being key factors, the Otters struggled to win a game, but hope to bounce back and challenge again in 2010.

St. Cloud Apollo Eagles finished the season winless in conference play but under the direction of Coach Jon Benson the Eagles played determined football throughout the entire season. The Eagles were led by senior running backs Travis Theilen and Dylan Babiracki.

Classic Lake Becomes the "New" Lake Conference

The final year of the Classic Lake conference saw what could be seen as a fitting three way tie for first place, with Hopkins, Minnetonka, and Wayzata all finishing with identical 3-1 records.

During the regular season, Minnetonka lost to Wayzata, 28-0, early in the year, but that game was counted as a "non-conference" game due to scheduling. Minnetonka's "conference loss" was to Hopkins in an exciting, 31-30 win for the Royals. Hopkins suffered its lone conference loss to Wayzata, 35-14. So when Minnetonka and Wayzata played in the regular season finale, Wayzata had sealed at least a conference title tie and Minnetonka had win to gain a share of the championship.

In a defensive showcase, the game was tied 0-0 at the end of regulation and was decided on a Minnetonka field goal for a final score of 3-0. And while Hopkins was playing a non-conference at the same time as the Minnetonka-Wayzata matchup, they gained a piece of what would eventually be the last Classic Lake title by virtue of their 3-1 conference record.

Classic Lake Conference Standings

	Conference	Overall
Wayzata	3-1	9-2
Minnetonka	3-1	8-3
Hopkins	3-1	7-3
Edina	1-3	5-5
Robbinsdale Armstrong	0-4	2-8

Post season play saw the Classic Lake advance teams as usual. Armstrong won its Section 5AAAAA quarterfinal game before bowing out vs. Champlin Park. Edina defeated Shakopee in an exciting 46-43 overtime win before their season came to an end against Eden Prairie. Minnetonka advanced to the Section 6AAAAA title game by defeating Hopkins before losing to Eden Prairie. And Wayzata captured the Section 5AAAAA title with a win over Champlin Park. Wayzata thus advanced to the state

tournament, where they lost in the quarterfinals to Eden Prairie.

The Classic Lake conference “disbanded” with Robbinsdale Armstrong’s departure after the season was completed. The four remaining teams, Edina, Hopkins, Minnetonka and Wayzata were placed in the Lake Conference, which had seen its membership swell to as many as twelve teams in recent

years. This placement, along with several other factors, resulted in the majority of Lake conference schools leaving the Lake and going to the newly formed South Suburban Conference and two schools, Chaska and Chanhassen joining the Missota.

This left five teams in the Lake conference as Eden Prairie was the lone team to remain with the four former Classic members.

Classic Suburban Conference

2009 was another competitive year in the Classic Suburban Conference. Solid football was played every Friday and fans were treated to some great football. In the post season, St. Thomas Academy, Mahtomedi, Henry Sibley, South St. Paul, and Hill Murray all played for section championships with St. Thomas Academy and Mahtomedi both advancing to the state playoffs. In 2010, conference leaders will look to continue their success, while the rest of the pack will try to move up in the standings.

The St. Thomas Academy Cadets led by Dave Ziebarth took a perfect record all the way to the state semi-finals. With a solid defense and a balanced offense, the Cadets finished with a perfect 8 and 0 regular season record. Three straight playoff victories including the 4AAAA section championship ran their record to 11 – 0 and an opportunity to play in the dome. However, a last second field goal by Sartell-St. Stephen left Ziebarth’s Cadets short of the title game. The Cadets perfect 7-0 conference record garnered them the conference co-championship.

Coach Dave Muetzel saw his Mahtomedi Zephers race out to a 5 – 0 record before hitting a bump in the road with a close loss to 5A power Edina. The Zephers finished the regular season with 2 more conference wins, the 3AAAA section championship, and a perfect 7-0 conference record. Since the 2009 conference schedule did not have Mahtomedi and St. Thomas Academy playing each other, the Cadets and Zephers would have to share the title.

However, the conference would get its unofficial “outright champion” on November 13th as Muetzel and Ziebarth both took their teams to Woodbury for the state quarterfinal game. On a cool rainy night, the Cadets came out on top 20-15 and won a trip to the Metrodome.

Henry Sibley coaches Tom Orth and Stan Eskierka used a solid ground game all the way to a 5-2 conference record. In the playoffs, the Warriors sent both Park of Cottage grove and

Woodbury packing before falling in the 4AAAAA section final to eventual 5A state champ Cretin Derham Hall.

South St. Paul Packer Coach Chad Sexauer switched back to an option attack and had the biggest turnaround of the year. From 0-8 in 2008 to a solid 5-3 conference record, the Packers finished their campaign with big wins over Chanhassen and Holy Angels, before losing in the 4AAAA section final to St. Thomas Academy.

North (Eric Longtin), Hill Murray (Vince Conway), Tartan (Darin Glazier), Richfield (Lee Herman), and Simley (Claude Allaire) rounded out the lower tier in the conference and will look to improve in 2010.

End of the year honors went to Leo Leighton, St. Thomas Academy as Defensive Player of the Year and to Joe Rubbelke, North High School as Offensive Player of the Year. Dave Ziebarth, St Thomas Academy, and Dave Muetzell, both were honored as conference coaches of the year and section coaches of the year.

Gopher Valley 1A Conference

Coach Chad Gimbel's Awesome Blossoms from Blooming Prairie were the undefeated Gopher-Valley Conference Champions. Blooming Prairie was never seriously challenged in their conference season, they defeated their biggest rivals, Le Center 38 - 25 and Mankato Loyola 20 - 0. Blooming Prairie also had a very good run in the play-off, winning section 2A and then playing very tough in the State Semifinals, but losing to eventual state champion Minneota.

Conference Coach of the Year honors went to Chad Gimbel of Blooming Prairie. Coach Gimbel's squad led the conference in scoring by averaging 37.4 points per game, and average winning margin of 24.1 points per game. Coach Ken Helland's Le Center squad led the conference in defensive points allowed at 9.5 per game.

Conference Standings	Conference Record	Points Allowed	Points Overall	Record	Coach
Blooming Prairie	6 & 0	299	106	11 & 2	Chad Gimbel
Le Center	5 & 1	236	76	8 & 2	Ken Helland
Mankato Loyola	4 & 2	135	121	5 & 4	Dan Rotchadl
Medford	3 & 3	113	150	4 & 5	Jerome Johannes
Randolph	2 & 4	147	142	3 & 6	Chris Stanton
Bethlehem Academy	1 & 5	150	198	3 & 6	Scott Hanson
St. Clair	0 & 6	96	206	4 & 7	Jeff Tietje

MINNESOTA

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Gopher Valley Conference

The Waterville-Elysian-Morristown football team tied for the top spot in the Gopher Valley AA Conference title with United South Central in 2009.

Following their loss to USC midway through the season, the Buccaneers went on to claim the Class AA State Championship, defeating the top three rated teams in successive games during the state tournament.

The Bucs, coached by the 2009 State Coach of the Year Jon Bakken, were the top team offensively and defensively in the conference.

WEM averaged 355 yards per game on offense and allowed only 134 per game on defense.

Two-time, All Gopher Conference pick Reid Roemhildt gained 502 yards rushing on 75 carries and was second in the conference in scoring with 66 points. Junior QB Conrad Masberg completed 86-of-167 for 994 yards and nine touchdowns. Senior running back Gus Geyer was second in the conference in rushing with 667 yards on 98 carries. He led the conference in scoring with 78 points.

Junior wide receiver Jordan Gregor caught 23 passes for 202 yards. Senior lineman Chris Kuball was named to play in the All Star Game and sophomore lineman Jeff Amundson has been All Conference two straight years.

USC, led by first-year head coach Brad Huse, tied with WEM for the conference title. The Rebels were led by the conference's top quarterback and top receiver. Senior signal caller Riley Swearingen completed 58-of-119 passes for 1055 yards and 11 scores. Sophomore tight end Kyle Bauman caught 16 passes for 354 yards and eight TDs. Swearingen, along with lineman A.J. Dreyer, were both selected to play in the All Star Game. Other key players for USC included seniors Taylor Overbo, Nick Fure and Zach Wigern.

New Richland-Hartland-Ellendale-Geneva, Gibbon-Fairfax-Winthrop and Minnesota Valley Lutheran tied for third with 4-3 records.

The Panthers, led by coach Dan Stork, were led by five All Conference seniors. They included Dan Wagner, the third leading rusher in the conference with 620 yards on 128 carries and David Lindell, one of the top defensive players in the conference. He finished with 108 tackles and four sacks. His tackle total was the second best in the conference.

The other honored seniors included Kevin Klocek, Tyrel Olson and Tyler Firme.

GFW, coached by Pat Hentges, was also led by five senior All Conference players. Their top player was running back Jay Rogotzke, who led the conference in rushing with 862 yards on 100 carries. Dylan Jackson caught 11 passes for 144 yards and two scores. Josh Boyda led the conference interceptions with five. Jackson finished with four.

Kyle Hoffman and Zak Nuebarth were also named to the All Gopher Conference First Team.

Final Standings Gopher Valley AA

	Conference	Overall
WEM	6-1	13-1
United South Central	6-1	8-2
NRHEG	4-3	5-4
Gibbon-Fairfax-Winthrop	4-3	8-4
Minnesota Valley Lutheran	4-3	4-5
Martin County West	3-4	3-6
Lake Crystal-Wellcome		
Memorial	1-6	1-7
Maple River	0-7	0-9

MVL, coached by Jim Buboltz, was led by one of the best players in the conference in three-time All Conference pick Galen Holzhueter. He gained 532 yards on 103 carries and scored six TDs and finished with 52 tackles. Quarterback Christian Evers completed 41-of-95 passes for 521 yards. He also gained 561 yards on 113 carries and scored four TDs. Brandon Johnson led the conference with 10 sacks and added 74 total tackles.

Martin County West, coached by Tom Crosby, was led by three-time All Conference selection, Chris Gaaswyk. Gaaswyk gained 353 yards on 70 carries and was third in the conference in tackles with 107, including a league leading 64 solos. Junior Alex Schliesmann scored seven rushing touchdowns, gaining 517 yards on 122 carries. Jake Abel and Tim Sparks tied for third with three interceptions.

Lake Crystal-Wellcome Memorial, coached by Duey Escher, was led by senior Josh Sonnabend, who led the conference in tackles with 114. Juniors Tom Sandt and Cody Tibbetts were both in the top 10 in tackles, along with sophomore Nate Meixell. Meixell led the team in rushing with 351 yards and seven scores.

Maple River, coached by Brian Schoeneck, were led by junior All Conference pick, Jordan Leagjeld. Leagjeld was ninth in the conference in tackles with 85, including 39 solos. Senior Cole Minks caught 17 passes for 195 yards and junior Scott Schoneck gained 242 yards rushing on 63 carries.

Post Season Playoff Results

WEM defeated Moose Lake-Willow River, 33-22, in the Class AA State Championship

USC lost to Triton, 28-25, in Section 2AA Semifinals

GFW lost to Luverne, 27-0, in Class AA State Quarterfinals

NRHEG lost to Triton, 32-8, in Section 2AA Quarterfinals

MVL lost to Windom Area, 15-12, in Section 3AA Quarterfinals

MCW lost to Luverne, 48-14, in Section 3AA Quarterfinals

Maple River lost to USC, 46-8, in Section 2AA Quarterfinals

Lake Crystal-Wellcome Memorial did not make the playoffs.

The Great Polar Football Alliance Conference

~ East Central Eagles - Red Division Champion ~

~ Moose Lake-Willow River Rebels - White Division Champion ~

~ Crosby-Ironton Rangers - Blue Division Champion ~

The Great Polar Football conference consists of 21 teams that fall into one of the three divisions according to size. The Great Polar Alliance Conference had two state tournament teams this season in Class A East Central and Class AA Moose Lake Willow-River. Moose Lake-Willow River advanced to the Class AA championship game where, despite a valiant effort, came up just short to Waterville-Elysian-Morristown, 22-33.

The Red Division:

The East Central Eagles were the Red Division champions for the Great Polar Football Alliance Conference in 2009. The Eagles finished the regular season with a perfect 7-0 record. The Eagles went on to win the Section 7A championship and advanced to the state quarterfinals for the first time since becoming East Central. While the Eagles lost their state quarterfinal game to a very good Fosston team, they finished the 2009 season with an outstanding overall record of 10-1.

The Eagles were led by seven first team all-conference selections in: Jake Jensen, Roy Hiler, Nicholas Gutknecht, Adrian Olesen, Tyler Gaede, Kevin Klocke, and the conference's Most Valuable Player on defense, Dylan Hiler.

The Barnum Bombers played a solid season, going 7-3 and finishing second in the conference. The Bombers were led by a solid group of seniors, including 1,200 yard rusher Taylor Carlson and quarterback Nick White. White also led the team on defense as well with eight interceptions. Other major contributors were: Jason Johnson, Joel Koski, Nathan Privette, and Zack Slater.

Ogilvie finished the season with a record of 8-3. The Lions were led by the conference's offensive Most Valuable Player in halfback Michael Anderson. Anderson finished the season with 1,168 rushing yards and 122 tackles on defense. Anderson on offense, and an Ogilvie defense that only gave up eight points per game, led the Lions throughout the season before Ogilvie was eliminated in the section championship in a close game with East Central, 8-14.

The Chisholm Bluestreaks were looking to defend their 2008 conference championship in 2009 with many talented returning starters. Some major injuries really hurt the Bluestreaks in the middle part of the season. After a tough loss to East Central, Chisholm lost back-to-back games to Barnum and Carlton by a total of just four points. The Bluestreaks returned to win three



Josh Hogan of Barnum running in the snow against Mesabi East.

straight games before losing to East Central in the Section 7A semifinals.

The talented lineup for the Bluestreaks included Peter Zunich, Erik Paine, Blayne Waselk, Ryan Lucas, and Spencer Peratalo, all of which were first team all-conference selections.

Onamia sported a new look and a revised style of play, winning more games in 2009 than they had in the previous two seasons combined. Defensively, the Panthers were led by Chris Logsdon who led the team in tackles. On offense, senior running back Christian Lawrence tallied 805 rushing yards, ten touchdowns, and averaged over 100 yards rushing per game.

The Panthers would pick up their three conference wins on a three game win streak that included wins over Carlton, Cook County, and Ely. The Panthers had four first team all-conference selections: Chris Logsdon, Christian Lawrence, Joe Strauch, and Mark Francour.

The Mesabi East Giants finished the season with a 3-5 record. The Giants were led by halfback and conference playmaker Marcus Miranda. In addition to Miranda, the Giants' Garrett Larson and E.J. Welch were also all-conference first team selections.

The Carlton Bulldogs finished the season with a 2-6 record. The Bulldogs were very competitive but a lack of depth hurt as the Bulldogs had a tendency to wear down in the second half

of games. One of the more memorable Bulldog moments this season came during homecoming week when they knocked off Chisholm, 10-8. Carlton's first team all-conference selection, Chaise Jokinen, who led the team in touchdowns, receiving yards, return yards, and interceptions will return next season along with leading rusher Jake Gran.

Cook County had a tough season as they started the first five games of the year without one of the best players in the conference, halfback and linebacker Kipp Sande. The Vikings were 0-5 without Sande, and 2-2 with him. While the Vikings struggled for much of the year, they were led by senior Jacob Rude who selflessly moved from his fullback position to the offensive line for the betterment of the team. The Vikings return a very young team and is looking to improve upon an injury-riddled season.

Ely finished the season with a 1-8 record. All-conference selection Patrick Heiman led the Timberwolves throughout the season. The season highlight was a 45-28 win over Fond du Lac.

The White Division:

The Moose Lake-Willow River Rebel football team had another exciting season. The Rebel's made their fourth consecutive trip to the State Tournament finishing with a 13-1 record. The Rebels were the Class AA state runner-up, losing to Waterville-Elysian-Morristown, 22-33, in the Prep Bowl.

The Rebels again had a very strong offense finishing the season with over 5,700 yards of total offense led by running backs Michael Unzen (1,730 yards and 18 touchdowns) and Austin Jacobson (1,564 yards and 23 touchdowns). Moose Lake-Willow River will again have high expectations for the 2010 season returning a majority of the offensive and defensive starting line from the 2009 season.

It was the first season of Greenway football joining up with Nashwauk-Keewatin football to become the Greenway-Nashwauk-Keewatin Raiders. After two exciting wins to start the season against Braham and Aitkin, the Raiders lost back-to-back heart-breakers to Crosby-Ironton and Moose Lake. The Raiders regrouped, however, and won three straight games against Esko, Duluth Marshall, and Two Harbors. A tough battle to end the regular season against Deer River ended in a closely contested 6-10 loss. The Raiders then won their first playoff game against Two Harbors before losing to Mora in the Section 7AAA semifinals.

Deer River struggled through an up-and-down season as they finished with a 4-6 season. After a rocky start in their first couple of games, the team won two of their next three games. The Warriors were without their top two quarterbacks for the next two games. Deer River regrouped with the return of their quarterback and played their best football at the end of the season. This run included a regular season win at Greenway-Nashwauk and a first round playoff victory over Esko.

The Warriors were led by the running tandem of Kenny Benham and Lucas Benson. Benham rushed for 102 yards per



Barnum's Nick White jumps to intercept an East Central pass.

game while Benson averaged 62 yards per game. Both backs scored nine touchdowns during the season. The Warrior's Damon Benham led the team with 93.5 tackles.

A young Esko squad finished the season with a record of 3-5. Esko started the season with early wins against Hinckley-Finlayson and Duluth Marshall combined with losses to Braham and Two Harbors. Esko went into the second half of the season with a 2-2 record. After a last second loss in Greenway and a convincing win against Deer River, Esko was 3-3 with two regular season games remaining. Rush City and Moose Lake, who ended up facing each other in the section championship game, handed the Eskomos two losses to end the regular season. Esko's season came to an end with a tough loss to Deer River in the playoffs.

It was a tale of two seasons for the Marshall School. The season began with a very inexperienced and young offensive line. They tried to hold their own against the likes of Moose Lake-Willow River and Pine City, but the learning curve was simply too great in the early part of the season as the Hilltoppers started 0-4. However, as the team matured, it played some excellent football over the second half of the season. Duluth Marshall won three of their last four games and averaged over 400 yards per game on offense in their three wins.

Two Harbors started the season with a 2-1 record and looked to have things headed in the right direction. A combination of turnovers, injuries, and illness (swine flu) then took their toll on the Agates. The Agates went on to lose their next six games to finish with a disappointing 2-7 record. The senior backfield of Scott Comrie and Ryan Guentzel amassed 2,000 rushing yards apiece over the past two seasons. The Agates were led by four very talented two-way starters: Scott Comrie, Ryan Guentzel, Tony Ankley, and Mack Conrow.

The Blue Division:

The Crosby-Ironton Rangers had a terrific season, finishing with an undefeated conference record of 5-0. After ten straight wins on the season, the Rangers met a tough Peirz team in the

Section 6AA Championship game. The Rangers lost a heart-breaker in the Fargodome, 6-13. Crosby-Ironton was led by quarterback Philip Kuhlmann who passed for 1,560 yards and 19 touchdowns. Mark Hoge led the team in receiving with 715 yards and seven touchdowns. The backfield duo of Matthew Hudrlik (956 yards and six touchdowns) and Nathan Hudrlik (965 yards and 12 touchdowns) combined for 1,921 rushing yards and 18 touchdowns.

After graduating 24 seniors and finishing as Section 5AAA runner-up in 2008, there were many questions facing the 2009 Pine City team. A young Dragons team responded well finishing the season with a 7-3 overall record and finishing 4-1 in the Blue Division of the Great Polar Football Alliance Conference. Their single loss in conference play was to conference champion Crosby-Ironton. Virginia eliminated the Dragons from the Section 7AAA playoffs in the second round.

Pacing the Dragons on offense were running back Adam Olson and quarterback Nate Wendorf. Olson gained nearly 1,400 yards on the ground and through the air while scoring 19 touchdowns. Wendorf threw for nearly 1,000 yards and 14 touchdowns, while completing over 50% of his passes. The defense was led by linebacker Taylor Gonyea, who racked up 65 solo tackles and 45 assisted tackles, including five for losses and two quarterback sacks.

The Rush City Tigers advanced to the Section 7AA championship game for the first time in school history. The Tigers took a five game winning streak into the Section championship game against the Moose Lake-Willow River Rebels. The Tigers lost in a hard fought game versus Moose Lake, but Rush City finished with an impressive 7-4 record. The Tigers were led by an outstanding group of 15 seniors and had very good balance on offense by rushing for over 2,600 yards and passing for over 1,300 yards.

Rush City had five players named to the all-conference team: Justin Bosman, (conference Offensive MVP), Josh Marty, Gage Murawski, Kevin Johnson, and Jeremiah Friday. In addition, the Tigers had three honorable mention selections in Jon Watts, Tyler Leibel, and Jordan Scheffer.

Braham finished the year with a 4-6 record overall and a 2-3 record in the conference. Braham was able to win their first playoff game in three years with an 18-7 win at Duluth Marshall. Braham's next opponent proved to be too much, as Moose Lake Willow River, the eventual Class AA Runner-Up, beat Braham on Halloween night.

Aitkin finished the season with a 2-8 record. Running back Sam Johnson carried the load this year as a true workhorse finishing the season with 738 yards on 148 carries. Senior quarterback Andrew Welshons added to the rushing attack with 435 yards on 95 carries. Most of the team's rushing yards were gained behind the three-year starter at left tackle, Andy Nyberg. The Gobblers are looking to improve upon a fairly competitive season by playing better defense and taking advantage of opportunities in the red zone.

Conference Standings - Red Division

	Conference	Overall
East Central	7-0	10-1
Barnum	6-2	7-3
Ogilvie	5-2	8-3
Chisholm	4-3	6-4
Onamia	3-4	4-5
Mesabi East	3-4	3-5
Carlton	2-5	2-6
Cook County	2-5	2-7
Ely	0-7	1-8

Conference Standings - White Division

	Conference	Overall
Moose Lake-Willow River	5-0	13-1
Greenway/Nash-Keewatin	3-2	6-4
Deer River	2-3	4-6
Esko	2-3	3-6
Duluth Marshall	2-3	3-6
Two Harbors	1-4	2-7

Conference Standings - Blue Division

	Conference	Overall
Crosby-Ironton	5-0	10-1
Pine City	4-1	7-3
Rush City	3-2	7-4
Braham	2-3	4-6
Aitkin	1-4	2-7
Hinckley-Finlayson	0-5	0-9

The Hinckley/Finlayson Jaguars had a tough season in 2009. The Jaguars had a large number of players on the roster, but the majority of them were at the ninth and tenth grade levels. The Jaguars were led by Ryan Duncley and Austin Ellis who were both key components to the Jaguar offense. Brandon Harth, Cory Lymburner, Matt Lyseth and a host of underclassmen will return for the Jaguars in 2010.

Hiawatha Valley

It was another strong year for the HVL Conference with five teams making it to Section Championships.

The Blue Division had a great year with two teams making it to Section Championships and one making it to the State Semifinals. The Kasson- Mantorville Komets led the way with a very successful season, going 12-1, winning the Blue Conference and Section 1AAA, and making it to the State Semifinals, with their only loss coming to eventual State Champions New London-Spicer. A young LaCrescent Lancer team, who's only two losses were to the KM Komets, took second and runner up in Section 1 AAA. The young Byron Bears had a resurgent year, with the help of some good seniors, took third place. The annual power Rochester Lourdes Eagles had a up and down year and finished fourth. A young Cannon Falls Bombers started strong but faded towards the end but has plenty of reason to be excited for next fall, took fifth. Stewartville and Lake City had rebuilding type seasons but with strong underclassmen the 2010 looks promising for them and the whole HVL Blue Division.

The Gold Division of the HVL had another balanced season with three teams making it to Section Championships. The Zumbrota-Mazeppa Cougars were on top of the HVL Gold, winning their second Gold Championship in a row. They fell in the Section Championship to the two time defending State Champions Caledonia Warriors. The Triton Cobra's, had another successful season as they took second to the ZM Cougars in the Gold Division, also took runner-up in Section 2AA to the eventual State Champions WEM. The Goodhue Wildcats, also had a nice season, though they took third in the HVL Gold, they took runner up in the Section Finals of 1A. The Pine Island Panthers, under a new coach, made good strides of improvement took fourth. The Winona Cotter Ramblers, Hayfield Vikings, and Kenyon Wanamingo Knights all had rebuilding type seasons but look for a stronger 2010 season.



Caption: #9 Connor Henderson looks for running room behind the blocking of #70 Alex Chicos, #76 Conner Breitbarth and #15 Jordan Johnson



Zach Southwick (#12) of Byron tries to escape the tackle of Jacob Hodge (#8) of Kasson Mantorville on September 11th

Conference Standings - Blue Division

Kasson-Mantorville	6-0	12-1
LaCrescent	5-1	9-2
Byron	4-2	6-3
Rochester Lourdes	3-3	6-4
Cannon Falls	2-4	4-5
Stewartville	1-5	2-7
Lake City	0-6	0-9

Conference Standings - Gold Division

Zumbrota-Mazeppa	6-0	8-3
Triton	5-1	8-3
Goodhue	4-2	7-3
Pine Island	3-3	3-6
Kenyon Wanamingo	1-5	2-7
Winona Cotter	1-5	1-8
Hayfield	1-5	1-8

Little Sioux

2009 was the first year that the Little Sioux Conference (LSC) expanded to 12 teams with the addition of Lakeview and Renville County West. Conference champion Minneota went through the eight game conference schedule undefeated. Three teams tied for second place: Adrian, Dawson-Boyd and MACCRAY all ended the regular season with 6-2 records. The LSC was divided up during the section play-offs. Adrian, Murray County Central, and Fulda played in Section 3A, Tracy-Milroy-Balaton played in Section 3AA and the other eight teams along

with KMS played in Section 5A. Minneota won Section 5A over Dawson-Boyd and Adrian beat MCC in the Section 3A final. This gave the LSC two teams in the state class A tournament.

Two LSC teams, Minneota and Adrian, played for the state championship in the Metrodome on Nov. 27. The conference rivals played the first game of the year in which Minneota won 43-13 and they ended up playing the last game of the year in the state championship game. Minneota won this game 42-21 and earned the 2009 Class A state championship.

Conference Standings

Team	Conference	Overall	Coach
Minneota	8-0	14-0 Class A Champion	Chad Johnston
Adrian	6-2	11-3 Class A Runnerup	Randy Strand
MACCRAY	6-2	7-3	Mike Dammann
Dawson-Boyd	6-2	8-3	Cory Larson
MCC	5-3	7-4	Chris Davis
TMB	5-3	5-4	Derek Flann
RTR	4-4	5-5	Steve Borchert
Canby	3-5	3-6	Ben Miska
Fulda	2-6	2-7	Mike Pagel
RCW	2-6	2-7	Tim Tanner
Lakeview	1-7	1-8	Grant Will
Ortonville	0-8	0-8	Trevor Keller

2009 LSC Award Winners

Champions	Minneota	
Runner Ups	Dawson Boyd, Adrian	MACCRAY
Head Coach of the Year	Chad Johnston	Minneota
Assistant Coach of the Year	Matt Myrvik	Minneota
Most Valuable Offensive Back	Matt Anderson	Dawson Boyd
Most Valuable Offensive Lineman	Mike Hammer	Minneota
Most Valuable Defensive Back	Mike Hammer	Minneota
Most Valuable Defensive Lineman	Will Kurka	Minneota
Section 5 A Champions	Minneota Vikings	
Section 5 A Coach of the Year	Chad Johnston	
Section 3 A Champions	Adrian Dragons	
Section 3 A Coach of the Year	Randy Strand	
State Champions	Minneota Vikings	
State Runner Up	Adrian Dragons	

Minnesota River Conference

The Minnesota River Conference crowned a new champion in 2009 as head coach Justin Johnston guided the Belle Plaine Tigers to the school's first title since 1998. The Tigers spread offense, directed by talented QB Charlie Kern, racked up points throughout the season and the Tiger's defense also held other regular season opponents in check.

Holy Family stayed with the Tigers until their week seven matchup. Belle Plaine jumped out to an early lead in that game and maintained their advantage to preserve a 40-25 victory.

The rest of the MRC competitors fell in line behind the top two teams. A three way tie for third included Jordan, Le Sueur-Henderson, and Mayer Lutheran. These three teams all lost to the top two finishers and "split" between themselves. Sibley East continued to improve as they became more competitive throughout the season. Norwood Young America and Montgomery-Lonsdale had to deal with replacing most of their starters from 2008 and occupied the last to conference spots.

The playoffs saw some uncharacteristic early exits as only one team, Holy Family made it to the section final round. LSH, SE, Montgomery, and Jordan all lost their opening round games. Belle Plaine was upset in their section semifinal game, as was Mayer Lutheran.



Mayer Lutheran RB Anthony Puckett looks to gain ground against the LSH defense.



LSH All Conference RB David Burns turns the corner against Mayer Lutheran.



MRC Offensive Back of the Year, QB Charlie Kern of Belle Plaine evades a "would be tackler".

Award Winners

	Player, School
Off. Back MVP	Charlie Kern, Belle Plaine
Def. Back MVP	Luke Buttendorf, Mayer Lutheran
Off. Line MVP	Mitch Mandel
Def. Line MVP	Jay Roane, Holy Family
Special Team MVP	Ivan Mendoza, Norwood Young Am.
Coach of the Year	Justin Johnston, Belle Plaine

MRC Final Standings

	MRC	Overall	Head Coach
Belle Plaine	7-0	9-1	Justin Johnston
Holy Family	6-1	9-2	Dave Hopkins
Jordan	4-3	5-4	Jay Lepper
Le Sueur-Henderson	4-3	5-4	Terry Turek
Mayer Lutheran	4-3	6-4	Dean Aurich
Sibley East	2-5	2-7	Chuck Hartman
Norwood Young America	1-6	1-7	Paul Henn
Montgomery-Lonsdale	0-7	0-9	Tim Klingbeil

Mississippi 8 Conference

The 2009 football season was another outstanding year for the Mississippi 8 Conference. The Mississippi 8 consisting of Becker, Big Lake, Buffalo, Cambridge-Isanti, Monticello, Princeton, Rogers, St. Michael/Albertville, and Zimmerman are developing some intense rivalries as the conference has matured into its fifth season.

Rogers, led by Marc Franz, won a share of conference championship. The Royals continued their championship run by earning the Section 5AAAA championship. Coach Franz used an efficient offense and an attacking defense as the formula for success. Congratulations go out to the entire Rogers football program on their trip to the state tournament.

Coaches Gerald Rohl of Buffalo and Earl Bauman of STMA relied on ground control offenses and stingy defenses to propel them to a back-to-back share of the conference championship. Both teams made the section finals representing the Mississippi 8 well.

Coach Todd Larkin of Cambridge-Isanti used a power run game and an quick, agile defense to finish with a 5-3 record in the conference. Coach Dwight Lundeen of Becker, Coach Tom Kish of Zimmerman and Coach Dan Johnson of Big Lake finished with identical conference records of 3-4. Becker used an efficient passing game and a blitzing defense, Zimmerman used an option attack and a solid defense, and Big Lake relied on their running game and formidable defense to win games this season.

Coach Jason Telecky of Monticello and Coach Roy Hanenburg of Princeton both were in their inaugural seasons as head coaches at their respective schools. Both teams experienced a trying season of learning new systems, but look to rebound from their 0-7 conference records in 2010. Coach Dan Johnson of Big Lake was also a new coach in 2009 as the conference welcomed three new head coaches.

As we welcomed three new head coaches, Dwight Lundeen of Becker finished his 40th year as the Head Football Coach at



Becker. He was named as the recipient of the AFCA Power of Influence Award given annually to one coach from Minnesota.

The 2009 season also featured many outstanding individual performances in the Mississippi 8 Conference. Buffalo's offensive tackle and nose guard, Ben Henson was named the Most Valuable Player. Zimmerman teammates Glen Bye and Jeff Nielsen were named Quarterback of the Year and Defensive Lineman of the Year respectively. Teammates Nick Scherer, Receiver of the Year, and Chris Asmus, Special Teams Player of the Year, represented Cambridge-Isanti. Buffalo's Josh Gaughan was the Runningback of the Year, Roger's Tim Charmoli was the Offensive Lineman of the Year, and STMA's Kwaku Amoah was the Special Teams Player of the Year. Buffalo's Louie Clifton was the Secondary Player of the Year and Linebacker of the Year was shared by STMA's Kraig Schumm and Roger's Alex Meixell.

The Mississippi 8 Conference will be adding the Elk River Elks to the football conference in the fall of 2010 to bring its members up to ten. With this addition, non-conference games have been eliminated, and instant rivalries will be established between inter-district teams from Elk River, Rogers and Zimmerman.

Final Standings

	Conference	Overall	Head Coach
Buffalo	6-1	9-2	Gerald Rohl
Rogers	6-1	9-2	Marc Franz
St. Michael-Albertville	6-1	8-3	Earl Bauman
Cambridge-Isanti	5-3	6-4	Todd Larkin
Becker	3-4	4-6	Dwight Lundeen
Big Lake	3-4	3-6	Dan Johnson
Zimmerman	3-4	5-5	Tom Kish
Monticello	0-7	1-8	Jason Telecky
Princeton	0-7	1-8	Roy Hanenburg

Missota Conference

Hutchinson exits the Missota Conference as champions. In their final season in the league, the Tigers went undefeated in the conference. At one point in the season, Hutch put up 40 or more points in 7 straight games. Hutchinson has left their mark on the Missota Conference, winning or sharing 9 titles in their 20 years in the conference under the father and son coaching combination of Andy Rostberg and his predecessor, Grady Rostberg. Hutchinson will be joining the Wright County Conference in 2010. The Tiger's Jacob Brusehaver was the conference nominee for the Mr. Football Award.

Northfield finished strong in the Missota and qualified for the State Tournament for the second straight year. Bubba Sullivan's Raiders gave Hutch its closest battle in the league and was able to knock off conference foe New Prague in the Section Championship game.

Jim Benick took over the helm at New Prague this year and led the Trojans to a very solid finish and a place in the section championship game. The highlight of the Trojans season was a thrilling last second victory over Faribault in the section semi-finals where the Trojans converted a 2 point conversion for the victory.

Coach Jody Stone's rebuilding project in Shakopee paid dividends this year as the Sabers climbed into the upper half of the Missota this season. Following their strong Missota season, the Sabers gave 5A power Edina all they could handle in the playoffs before succumbing to the Hornets in a 43-46 shootout.

In Prior Lake's final year in the Missota, Coach Matt Geggenheimer's Lakers had an exciting 1 point victory (30-29) over Holy Angels in week three and a solid 14-0 shutout of perennial power Farmington in week five. Prior Lake, charter members of the Missota Conference, will be joining the new South Suburban Conference next year.

Farmington had a down year in the wins column for the traditionally strong program. Coach Mark Froehling's Tigers opened the season with a nice victory over Grand Rapids and followed that up with wins over Red Wing and Holy Angels in weeks three and seven respectively.

Coach Mike Smalley's Academy of Holy Angels squad opened the season with a nice win over Hill-Murray and opened the playoffs with a solid victory over Simley. During the Missota season, the Stars games were an example of how any play can make a difference. The Stars were a bit snake-bit, losing four games by a total of 12 points, two of them by only 1 point. For next season, Mike Smalley has stepped down as coach and Ray Betton will be stepping in as coach of the Stars.

Final Standings

	Conference	Overall
Hutchinson	7-0	9-2
Northfield	6-1	8-3
New Prague	5-2	8-3
Shakopee	4-3	5-4
Prior Lake	3-4	3-6
Farmington	2-5	3-6
Holy Angels	1-6	3-7
Red Wing	0-7	0-9

Red Wing continues its rebuilding phase under Coach Matt Schultz. Increased participation numbers are a sign of good things to come for the Wingers.

Missota Membership Changing for 2010-2011

Starting in the fall of 2010, Chaska and Chanhassen will be joining the Missota Conference. Chaska will actually be rejoining the league that it left in 1994. Prior Lake and Hutchinson are leaving the league.

North Suburban Conference

The 2009 football season was another outstanding year for the North Suburban Conference. The NSC, consisting of Benilde St. Margaret, Chisago Lakes, Columbia Heights, Cooper, Fridley, Irondale, North Branch, Saint Francis, Saint Louis Park, Spring Lake Park, and Totino-Grace, was once again one of the strongest and most competitive in the state of Minnesota.

Totino-Grace, led by co-conference coach of the year Jeff Ferguson, went 7-0 in conference play to claim a tie for the conference title. This was the ninth time in the last decade that the Eagles have won or tied for the conference title. Ferguson and his staff guided a team that was outstanding on defense and led the conference in scoring with a 43.1 points per game average.

The Fridley Tigers were the other co-champions in the NSC. Coach Lambert Brown's defense led the conference giving up 13.5 points per game and along with a potent rushing attack; the Tigers secured a share of their first conference championship in the 21st century.

The Benilde-St. Margaret's and Irondale Knights tied for third in the NSC with identical 5-2 records. Co-head coaches John Hanks and Patrick Krieger of Benilde-St. Margaret's and Ben Geisler of Irondale used spread offenses and hard hitting



defenses as their method for success.

After the top four teams, the conference became very bunched up. It seemed like every game was up for grabs and many of the games came down to the final minutes. Coaches Bill Weiss of Chisago Lakes, Jeff Schlieff of Spring Lake Park, John Biezuns of Cooper, and Chris Lindquist of St. Francis relied on run dominated offenses and opportunistic defenses to secure their victories.

First year head coach Justin Sawyer's of North Branch fielded a highly competitive team that was sure to have gained valuable experience for the future. Saint Louis Park, led by Andy Ewald, and Columbia Heights, led by Matt Townsend, had seasons with many ups and downs. Both of these teams will look to improve in the 2010 season.

The 2009 season also featured many outstanding individual performances in the North Suburban Conference. Running back John Crockett of Totino-Grace was voted the Most Valuable Player in the NSC and was a finalist for the Mr. Football award. Senior All -State Linebacker Gabe Mezzanga of Totino-Grace was named the Defensive Player of the year. Senior Quarterback Ericson Saye of Fridley was the Offensive Player of the Year. Gopher recruit Jimmy Gjere, a senior from Irondale, received the Conference's Offensive Lineman of the

Year Award. Fridley's Jake Litecky, Defensive Tackle, received the Conference's Defensive Lineman of the Year Award. Gopher recruit Jimmy Gjere, a senior from Irondale, received the Conference's Offensive Lineman of the Year Award and Jimmy Mireri was awarded the Special Teams Player of the Year award.

The 2009 Football Season ended on a high note for the NSC as Totino-Grace won its' fifth state title of the decade, with a dominating run through the state playoffs. Congratulations go out to Coach Ferguson and his entire staff.

Final Standings

	Conference	Overall
Totino-Grace	7-0	13-0
Fridley	7-0	8-2
Benilde- St. Margaret's	5-2	8-3
Irondale	5-2	6-4
Spring Lake Park	3-4	4-6
Robbinsdale Cooper	3-4	3-6
Chisago Lakes Area	3-4	4-6
St. Francis	3-4	3-6
North Branch	2-5	2-7
St. Louis Park	1-6	2-7
Columbia Heights	1-6	2-8

Northwest Suburban Conference

2009 was another great year in the NWSC. With records of 7-1, Blaine and Centennial were Co- Champions. Congratulations to Shannon Gerrety, Mike Watson, and their staff's for an awesome season. Congratulations should also go out to Andover for a great season finishing in third place with the conference record of 6-2. The league was very competitive again this season.

Again this year the conference was very balanced in its power. On any given night, any team could knock off any team. The NWSC has proven year in and year out to be one of Minnesota's toughest conferences. Each team respects their opponent and knows the outcome of the game will come down to the wire. This makes for an exciting game every week. We are all proud to be part of an exciting league and we can't wait for the challenges that 2010 will bring.

Congratulations to Centennial for representing the Northwest Suburban Conference in the state tournament. We all believe the NWSC has as tough of competition as any in the state of Minnesota and we are proud when one of our own can represent the entire league playing in the state tournament.

The conference awards were spread evenly this year. The Most Valuable Offensive Player Award went to Champlin Park's running back Brandon Marquardt. Blaine's Dijon Starr won the Most Valuable Defensive Players of the Year award. The Most Valuable Offensive Lineman Award went to Max Chapman of Blaine and the Most Valuable Defensive Lineman award was received by Jim Kemp of Andover. The Most Valuable Special Teams Player of the Year Award won by Mike Thai of Blaine.

Blaine's Head Football Coach Shannon Gerrety and Centennial's head coach Mike Watson received the Coach of the Year Award. Congratulations to all the NWSC award winners.



Conference Standings

Blaine	7-1
Centennial	7-1
Andover	6-2
Anoka	5-3
Champlin Park	5-3
Maple Grove	3-5
Osseo	3-5
Coon Rapids	2-6
Elk River	1-7
Park Center	1-7

Pheasant North Conference

The Verndale Pirates took the 2009 Pheasant North Conference title with an undefeated 8-0 record and 11-1 overall. It was another great year in the North, with many solid teams competing well against each other week in and week out. Verndale once again represented the North Pheasant in the State Tournament, losing to South Pheasant Champion, Clinton-Graceville-Beardsley, in the Quarterfinals. All-Staters Amos Schmidt (RB 2048yds, 31TD) and Clay Cottrell (C/DT Conf. MVP Lineman) led Verndale this year as Seniors and will be missed. Both were also named to the Academic All-State team. Pirate Seniors Jon Kohlhase and Colby Schmidt will also need to be replaced, as they were named to the All-State Honorable Mention team. Next year Verndale will look to Matt Willis, Dan Kneisl, Zack Meidinger, Cody Yungbauer, and Kyle Booth to help try to lead them to another Conference Title.

The Bertha-Hewitt Bears finished 7-1 in the conference and 9-2 overall. Led by Conference MVP back Jake Braaten, the Bears nearly went to state, losing to Verndale in a tough back and forth Section Title game. The Bears will look to QB Jared Hoernberg next year to try and overtake Verndale as the North Champion.

Following the Bears were the Comets from Hillcrest Lutheran Academy. They finished 6-2 and 7-3 overall. Hillcrest was led by All-State LB Jared Schultz. He also was a force from the QB position. Like Verndale, the Comets also placed two players on the All-State Academic team, Schultz and Andrew Hohncke.

Rounding out the North was Eagle Valley (2-6, 2-7), Underwood (2-6, 2-7), and Ashby (0-8, 0-9). 2010 should be another great year as many complete players and balanced teams will be competing for the title.

South Central Conference Football

It was another outstanding run for the South Central Conference in 2009. Fairmont mentor Mat Mahoney led the Cardinals to the 2009 SCC championship while Brad Wendland's Waseca Bluejays peaked during section play, winning section 2 and playing in the Class 3A State Tournament. Mahoney was selected South Central Conference Coach of the Year. Wendland was selected Section 2 Class 3A Coach of the Year.

The Mahoney led Cardinals finished with a perfect conference record. Fairmont made the plays when they mattered in tight games versus Waseca and Brian Odland's St. Peter Saints to finish with their unblemished record. In section 3 class 3A the Cards earned their way to the section championship game before being defeated by eventual Class 3A runners-up Glencoe-Silver Lake. Fairmont was led by SCC back Richie Haycraft who averaged 100.1 yards per game and 5.5 yards per attempt.

Wendland's Bluejays took a few games to get rolling, but once they got on track the Jays steamrolled opponents. The Bluejays entered section 2 class 3A as the fifth seed but defeated the Giants of LeSueur-Henderson before upsetting #1 seed Belle Plaine in the semi-finals. In the championship game Sam Milbrett's 40 carries for 194 yards was too much for the Washburn Millers. Milbrett led the Bluejays averaging 169 yards per game and 7.3 yards per attempt. Theo Helms led the Bluejays defense with 124 tackles, 74 of them solo.

Randy Kuechenmeister's Blue Earth Area Buccaneers finished second in the South Central with their lone conference loss at the hands of the Cardinals. The high octane Buc offense was led by seniors Garrett Anderson and Nick Lee. Unfortunately stats for the Bucs weren't available when this article was written.



"A group of St. Peter tacklers close in on a Waseca runner."

New mentor Brian Odland brought a wide open offensive attack to Saint Peter. The Saints finished with the second most yards offensively in the SCC. The Saints were led by Beau Bachman who averaged 188.2 yards per game and 12.69 yards per attempt. Aaron O'Gorman tallied 85 tackles for the Saints defense while Joey Bartlett led the SCC with 6 interceptions.

Rob Buté's New Ulm Eagles promising start was cut short

by injuries to key players. The Eagles were led by juniors Alex Kollman and Adam Loose offensively. Kollman averaged 78.2 yards per game and 4.4 yards per carry. The Eagles were led defensively by Bryan Kehren's 122 tackles and Kevin Clancy's 6 interceptions which tied Bartlett for the SCC lead.

The Saint James Saints, led by coach Lee Carlson, had a tough season but found reason to celebrate after defeating Minneapolis Roosevelt 14-6 in the season's final weeks. The Saints were led by Giovanna Alvarado who averaged 81.6 yards per game and 6.8 yards per attempt. Charles Kostad led the Saints defense with 5 interceptions.

At season's end, the following players were selected to the 2009 SCC All-Conference team:

Blue Earth Area: Daniel Eckhardt, Nathan Carr, Garrett

Anderson, Nick Lee, Taylor Andrews

Fairmont: Justin Heinrich, Richie Haycraft, Conner Guetter, Logan Peymann, Jacob Gerdts, Will Hawkins

New Ulm: Jake Schmidt, Bryan Kehren

St. James: Charles Kostad

St. Peter: Beau Bachman, Aaron O'Gorman, Joey Bartlett

Waseca: Sam Milbrett, Brandon Pederson, Theo Helms, Erik Felsheim

Honorable Mention:

BEA: Zach Tvedten, Joe Franta FMT: Scott Hines, Westen Bremer NU: Troy LeBrun STJ: Giovanni Alvarado STP: Ben Conlon WAS: Brandon Klug

Southeast Conference Write Up

Hurricanes stay on top, joined by Grand Meadow

Edited from Bluff County News

The first shared football championship in seven years is not a surprise considering the wideopen four-team Southeast Conference race in 2009. Houston (8-3, 6-1 SEC) made it three titles in a row and was also half of the last tie in 2002 with Mabel-Canton. The Cougars were a strong contender this year as well, but it was Grand Meadow (10-2, 6-1 SEC) that closed with enough momentum to grab not only half of the SEC title but also to claim a fourth section championship and trip to state. M-C and Lanesboro were both a couple of injuries, a few turnovers and a few points from the top.

Glenville-Emmons (4-5) was the surprise of the league snapping a 21-game losing streak with an opening-week win and going on to escape the cellar by moving two rungs up the conference ladder to sixth place. The Wolverines pulled off the only real upset of the season, waylaying Mabel-Canton 22-20 in week seven.

Spring Grove (5-5, 4-3 SEC) moved up from fifth place in 2008 to tie Lanesboro and M-C for third, fourth and fifth this season. While G-E jumped up the SEC ladder, Lyle/Pacelli and LeRoy-Ostrander slipped a notch down into seventh and eighth places, respectively. The Athletics (1-8, 1-6 SEC) experienced a drop off in point production. After averaging 27.5 points per game the previous season, L/P managed only 10.5 this go-around. LeRoy-Ostrander (0-8, 0-7 SEC) averaged the same 10.5 points for the second straight season. The Athletics defeated the Cardinals 6-2.

The Super Larks are no strangers to the throne room; it was their 23rd conference grid title since 1947. GM always has the respect of conference coaches, but the defense had not measured up the previous autumn. In the four games against

Lanesboro, Mabel-Canton and Houston in 2008, the Larks surrendered 48 points per game. This year in those same four games (two each season versus Houston), the GM defense gave up only 20 points per game. Against the whole league, the Larks allowed only 16.4 points per contest with about half of those scores coming after the starters had retired for the evening. GM's Michael Gehling was the conference Defensive Player of the Year and also half of a dynamic offensive tandem along with Back of the Year quarterback Caleb Leichtnam. The Lark attack averaged a league-high 38 points per game.

Houston was a question mark coming in after losing the head coach and graduating a superb group of gridgers who had won the state championship in 2008. Led by Lineman of the Year Nick Henderson and explosive allpurpose performer Tye Carrier, the Hurricanes proved up to the task. Featuring mostly backups from that 2008 state-title team, Houston was alone atop the 2009 SEC standings until the final regular season game. They handed the Super Larks their only regular season setback in week four, 23-14. However, it did not start well for the 'Canes who saw their 14-game winning streak end in the season opener with only one touchdown in a 27-7 setback against Mabel-Canton. That was a non-conference contest but also the first showdown among conference contenders. But Houston bounced back and went on to win six straight SEC games until running into Mabel-Canton again in the regular-season finale. Houston, after averaging 34 points in the other games, again could muster only one touchdown against the Cougars. The 'Canes' 19-game conference winning streak came to an end with a 25-8 loss. The Hurricanes won two section games and played better than the 35-7 score would indicate as the campaign closed in the section finals against Grand

Meadow. To win a championship, a team cannot let close games slip away. In some respects, there was not much difference between the title and fourth place.

Mabel-Canton at 5-4 (4-3 SEC) was not far from 9-0, losing three games by a total of seven points. Later in the section playoffs, the Cougars were on the brink of a one-point win before suffering their fourth and final loss in the final half minute, 28-21. All four games were decided in the final 60 or 90 seconds. Lanesboro (5-4, 4-3 SEC) also had four close games, three decided very late. The Burros prevailed twice by with extra points 36-30 over Spring Grove and 21-20 over M-C. They also dropped two, including a seven turnover self-destruction against SG. Lanesboro lost a 14-point lead amid five turnovers versus Houston.

Spring Grove (5-5, 4-3 SEC) lost both of its close games, once by extra points and by a lastminute field goal in the section semi-finals. But the Lions continued dramatic improvement in defense, allowing 25 points per game after 38 and 50 the previous two seasons. GM will return about half its starters - four on offense and five on defense. Houston returns three

and a half starters on defense and two and a half on offense. M-C graduates most of the linemen but returns starters to five positions on defense and four on offense.

Lanesboro brings back six starters on defense and five on offense. SG retains five starters on both offense and defense. There were seven seniors at L-O and six at both G-E and L/P.

Southern Confederacy Conference

2009 proved to be another exciting year for the Southern Confederacy Football Conference. In what turned out to be the championship game for the conference title was actually the first game of the season. Westbrook-Walnut Grove defeated Edgerton/Ellsworth and won the out-right conference title with an undefeated regular season. WWG was eliminated in the second round of the 11 Man – 1A Playoffs. WWG Coaches Leo Theisen and Carter Ross took home conference “Coach of the Year” honors along with the championship trophy.

The E/E Flying Dutchmen and coach Andrew Fleischman finished the regular season 7 – 1, with the conference runner-up trophy. With the help of Landon Anker, Conference Lineman of the Year and Codi Gunnick, Defensive Player of the Year in the Southern Confederacy, E/E finished second in the Section to Clinton-Graceville-Beardsley.

The Nicollet Raiders led by coach Tom Murphy finished third in the SCC, but because of their great play-off run, were Prep Bowl Runners-Up to State Champion Stephen-Argyle. Quarterback Jordan Rudenick was chosen Conference Co-Offensive player of the year.

Finishing in a tie for fourth place were Hills-Beaver Creek, Alden-Conger and Janesville-Waldorf-Pemberton. JWP coach Merle Sveen is returning the 2009 Conference Co-Offensive player of the year in QB Trevor Traynor for 2010. Coach Chad Mattson and his Alden-Conger Knights were eliminated in the second round of the playoffs and finished 5 – 5 in 2009.

Hills-Beaver Creek for the first time since 1996 was not in a football sharing agreement with Ellsworth High School.

Ellsworth is currently sharing football with Edgerton High Scholl. Hills-Beaver Creek finished the regular season at 4 – 4 in 2009 and will have a new look next year.

Head Coach Dan Ellingson, who has been the Head Coach at HBC since 1991 is stepping down from that position. He will continue working in the football program but with the middle school athletes. Rex Metzger, Defensive Coordinator for the past 4 years at HBC, will be taking over as Head Coach in 2010 for the Patriots. After 19 seasons as the HBC Head Coach, Ellingson finishes his career with 122 wins and 69 losses, (21 Seasons, 125-82 overall) 5 Conference Championships and 4 wins in Section Championship games.

Tying for 7th place in the SCC were Cleveland and Granada-Huntley-East Chain/Martin Luther at 3 wins and 5 losses during the regular season. Coach Dave Krenik of Cleveland has a number of athletes returning in 2010 and should be a factor in the 2010 conference race. GHEC/ML Head Coach Lee Dallager again had a strong team and looks to climb in the conference standings in 2010.

Rounding out the conference was Truman with a record of 1 – 7 and Madelia at 0 – 8. Coaches Jeff Wertjes of Truman and Barry Schmidt of Madelia both are poised to improve their conference standings in 2010.

2010 will be another highly competitive season in the Southern Confederacy Conference and with some new faces on the field and the sidelines the conference will once again be strong in the 9-Man ranks.

Suburban East Conference Claims its Second State Champion

For the second time in the nine year history of the Suburban East Conference, a member school claimed a 5A State Championship. Cretin Derham Hall won the Prep Bowl 16-5 over Eden Prairie. Hastings won the Prep Bowl in 2001. An all SEC Prep Bowl was denied when Mounds View lost in the 5A State Semifinals to Eden Prairie, 17-0.

In 2008, Cretin Derham Hall became the first team to win three Suburban East Conference Championships since it began in 2001. One year later, Stillwater joined the Raiders posting an 8-0 conference record. In week six, the Ponies hosted CDH and won 12-7. Stillwater's victory over CDH ended the Raiders 30 game conference win streak. Stillwater joins White Bear Lake as the only teams to top CDH since they entered the league in 2005. The Raiders are now 36-2 all-time in the SEC.

The Ponies earned their third title with the conference's third best offense and defense. Stillwater's offense featured a balanced attack that methodically moved down the field. Their scoring drives were often time-consuming and centered on SEC Offensive MVP Jesse George. George led the conference in scoring (84 points), and rushed 187 times for 868 yards. A stingy, yet opportunistic defense allowed 53 point in eight games and while creating 24 takeaways. The Ponies first loss came in a rematch against Mounds View in the Section 2-5A Finals where they fell 23-17.

While CDH's conference win streak came to an end it did not deter them in the playoffs. The Raiders still boasted the league's

top offense and defense. The Raiders (7-1, 12-1), also scored the most points, averaging over 30 points per game for the fifth consecutive year. Their attack was led by Mark Alt, who despite missing several games with a broken collar bone, completed 65% of his passes for 979 yards and 16 touchdowns as Raiders racked up 384 yards per game. The Raiders 18th trip to state in 19 years closed as they raised the championship trophy by handing six-time state champion Eden Prairie their first loss in a title game.

The Mounds View Mustangs (6-2, 9-3) finished third in the SEC for the second consecutive year. With losses to only CDH and Stillwater, the Mustangs won with a steady defense that gave up only 201 yards per game. The Mustangs avenged their loss to SEC champion Stillwater with a fourth quarter comeback in the Section 2-5A Finals. The fifth state berth in seven years ended in their first trip to the Metrodome in the State Semifinals.

Woodbury and White Bear Lake each finished tied for fourth place in the league with 5-3 records. With 10 teams in the conference, each team plays eight of the nine conference teams. Had the fourth place teams played you would have seen mirror images featuring powerful rushing offenses and steady defenses. Woodbury led the conference in rushing yards with 2,160 while WBL gained 2,015. Woodbury surrendered 289 yards per game while White Bear allowed 294. Woodbury finished 6-4 overall while White Bear ended 5-4.

Suburban East Conference Champions

Year	School	Record
2001	Hastings/ Mounds View	6-1
2002	Hastings/ Mounds View	6-1
2003	Stillwater	6-1
2004	White Bear Lake	7-0
2005	Stillwater	7-0
2006	Cretin Derham Hall	7-0
2007	Cretin Derham Hall	8-0
2008	Cretin Derham Hall	8-0
2009	Stillwater	8-0

Suburban East Conference – Final Standings

	Conference	Overall
Stillwater	8-0	8-0
Cretin Derham Hall	7-1	7-1
Mounds View	6-2	6-2
Woodbury	5-3	5-3
White Bear Lake	5-3	5-3
Forest Lake	4-4	4-4
Hastings	3-5	3-5
Roseville	1-7	1-7
Park	1-7	1-7
East Ridge	0-8	0-8

2009 Suburban East Conference – Awards

Most Valuable Player on Offense:	Jesse George, RB, Stillwater
Most Valuable Player on Defense:	Jeremy Gillard, LB, Stillwater
Offensive Lineman of the Year:	Seantrell Henderson, OT, Cretin Derham Hall
Defensive Lineman of the Year:	Spencer Cummings, DT, White Bear Lake
Coach/ Staff of the Year:	Scott Hoffman, Stillwater

Forest Lake was the conference's only 4-4 team. The Rangers were led by the best dual threat quarterback in the league, Zach Riedeman. Riedeman was second in all purpose yards (1,166) behind Jesse George despite missing two games. Forest Lake lost a seesaw battle to Anoka in the first round of the playoffs, 31-28. Hastings finished one game behind the Rangers. The Raiders (3-5, 3-6) showed improvement on offense and defense and earned victories again East Ridge, Park, and Roseville. Hastings also lost in the first round of the playoffs, falling to Eagan.

Park (1-7, 1-8) and Roseville (1-7, 2-8) each posted one conference victory. Each team beat newcomer East Ridge. The Wolfpack had to rally 27-25 at Homecoming to fend off the Raptors while Roseville beat them 28-7. The Wolfpack's quarterback Kirby Quebodeaux was a dual threat combining for 928 all purpose yards. Roseville, for the second year in-a-row, shrugged off a one win regular season to make a run in the playoffs. While the Raiders would not return to the section championship game, they did upset WBL 34-14 in the first round of the playoffs before losing to the eventual champion Mounds View.

East Ridge High School officially opened in 2009. East Ridge sits between Park and Woodbury as the third high school in South Washington County Schools. The Raptors played the SEC schedule without seniors. While ER did not win a game in 2009, they return every player in 2010. This includes the conference rushing leader, Ezekeil Okeleye, who amassed 1,049 yards on 155 carries.

East Ridge joined the conference with a turf surface. Also adding turf in 2009 was Roseville. Therefore, six of the ten conference schools have turf at their home field. However, every team will play at least one game on grass.

After one season at East Ridge, Ray Betton resigned to take the head coach position at Holy Angels. Betton's replacement is former Holy Angels head coach and Raptor assistant coach Mike Pendino.

The SEC was represented in the Minnesota High School Football All Star Game by three schools. CDH and Mounds View sent offensive linemen Shea Walker and Billy Turner, respectively. White Bear Lake sent defensive tackle Spencer Cummings. The Metro Honorary Coach was Hall of Famer George Thole of Stillwater. The Metro All Stars won the game 28-0.

Three Rivers Conference

The Three Rivers Conference had excellent competition in the fall of 2009. Caledonia won the South Championship coached by Carl Fruechte, and Plainview-Elgin-Millville won the North Championship coached by Bill Ihrke. Caledonia won the Section 1AA championship and was knocked off by eventual state champion WEM in a close state quarterfinal game. Shawn Kennedy's Southland Rebels also had a noteworthy season losing only to defending state champion Caledonia, and a 15-12 section semifinal setback also to eventual state champion WEM.

Carl Fruechte is taking a leave of absence as head coach at Caledonia to watch his daughter and son play college volleyball and football. Brent Schroeder will be taking over as the Head Coach, and Carl will remain as a member of the coaching staff, he just won't be on the sidelines during the varsity games. Coach Fruechte and his staff have been a great challenge for everyone in the league, and we all thank him for raising the bar for all of us – our coaching fraternity wishes the best for him and his family.



Blaine Miller of PEM turns the corner against Wabasha-Kellogg

Onalaska Luther (WI) will not be a member of the TRC in 2010, so some TRC teams will be picking up non-conference games this fall. The TRC is looking for a 12th team to join the league in 2011.

TRC North Division Standings

Plainview-Elgin-Millville 5-0 (8-2)
 Lewiston-Altura 3-2 (5-5)
 Dover-Eyota 3-2 (4-6)
 St. Charles 2-3 (2-7)
 Onalaska Luther 1-4 (2-7)
 Wabasha-Kellogg 1-4 (1-8)

TRC South Division Standings

Caledonia 5-0 (11-1)
 Southland 4-1 (8-2)
 Rushford- Peterson 2-3 (6-4)
 Kingsland 2-3 (4-5)
 Chatfield 1-4 (3-6)
 Fillmore Central 1-4 (4-6)

Tri-Metro West Football 2009

DeLaSalle High School won the Tri-Metro Conference West Division. Sean McMenomy's arrival, from Minneapolis Southwest, as the new head coach allowed them to keep their success going. DLS was 4-0 in conference and 8-0 overall in the regular season. Quarterback Evan Williams was recognized as the West Division's Mr. Football 2009.

Minnehaha Academy earned second place when they lost the final, regular season game to DLS 22-18. They were 3-1/7-1 in the regular season. Blake School finished in third place with a 2-2/2-6 record. SPA/MPA finished fourth at 1-3/2-6. Breck School finished fifth at 0-4/2-6.

All Conference Awards

DeLaSalle	Evan Williams, Reggie Gandy, Walter Franklin, Keaton Rush, Sherome Milon, Seth Johnson & Peter Ringham.
Minnehaha Academy	Dan Doran, Taylor Hanson, Patrick McNabb, Jack Johnson, Bryce Walt, Joel Reinhardt & Matt Wolpert.
Blake School	Tyler Storlie & Blake Burwell.
SPA/MPA	Justin Frey & Evan McWilliam.
Breck School	Steven Kiesel & Austin Lommen.

West Central North Football

What an exciting year for the WCC North Conference. The conference again proved to be one of the toughest football conferences in the state of Minnesota. New London-Spicer behind a very stingy defense and well-balanced offense attack won the class AAA state championship with a 28-21 victory over Glencoe Silver Lake. NLS lead by head coach Dan Essler was a perfect 14-0. Maybe one of the best teams in state to not make the state playoffs in 09' was the Albany Huskies lead by head coach Mike Kleinschmidt. Albany finished the season 9-2 with both losses coming to state champion NLS. Again with a physical ground game and aggressive defense Albany ground its way through a tough and physical WCC North Conference. The Mora Mustangs lead by head coach Randy Qual had a great season finishing third in the conference but also winning their section and making it to the state semi-finals in the Metrodome. Mora finished the season 10-3 and created a lot of mismatches all season long with their spread offense and attacking 3-4 defense. The Foley Falcons lead by head coach Larry Herm finished the 09' season 5-4 and was lead by an outstanding rushing attack and play action passing game. Tied for 5th in the conference were the Milaca Wolves and Melrose Dutchmen, both finishing the season at 3-6. Milaca and head coach Randy Johnson were lead by an outstanding offense and defensive lines that created havoc all season long during conference play. Milaca will have one of the top returning backs in the league returning next fall. Melrose showed improvement running



New London QB Jamie Moten under center ready for the snap vs Melrose Area High School.

the triple option and playing a lot more physical on defense. Head coach Jay DeCann has many of starters returning in the fall of 10'. The Sauk Centre Mainstreeters and head coach Joel Swanson finished the season at 2-7 and St Cloud Cathedral and head coach Dean Taylor finished the season at 1-7.

West Central South

The West Central Conference South title was won by the BOLD Warriors. Congratulations to Coach Steve Solem, his staff, and players on a fantastic season! They finished the conference play with a 6-1 record and had an overall record of 7-3. The YME Sting, coached by Mike Gaffaney, finished with a 5-2 conference record. That was good for a second place finish in the WCC South. Four teams finished tied for 3rd place at 4-3.

The YME Sting and ACGC Falcons, coached by Terry Karlsgodt, made fantastic runs in the section playoffs. The Sting upended the LQPV Eagles and the BOLD Warriors before falling to a strong Eden Valley-Watkins Eagle team in the Section 5AA Championship game. The ACGC Falcons made it to the Section 4A title game, losing to St. Bernards.

Conference Standings

	Conference	Overall	Coach
BOLD	6-1	7-3	Steve Solem
YME	5-2	7-4	Mike Gaffaney
ACGC	4-3	6-5	Terry Karlsgodt
Minnewaska	4-3	4-5	Steve Hill
Montevideo	4-3	5-4	David Vik
Morris	4-3	6-4	Jerry Witt
LQPV	3-4	3-6	Mark Bjornjeld
Paynesville	3-4	3-6	Max Meagher
Benson	2-5	2-7	Scott Gonnerman
LP-GE	0-7	0-9	Paul Urman

Conference Awards

Award	Player	School
MVP	Brett O'Halloran	BOLD
"D" Player of the Year	Tyler Sand	YME
Top Lineman	Shawn Dollerschell	BOLD
Top Back	Alex Steffel	BOLD
Top WR	Justin Frank	Paynesville
Coach of the Year	Steve Solem	BOLD

WCC South Top Stats

Passing Efficiency	Troy Hendrickson	Montevideo
Rushing	Brent O'Halloran	BOLD
Receptions	Justin Frank	Paynesville
Scoring	Brent O'Halloran	BOLD
Kicking	Tate Neubauer	BOLD
Punting	Tyler Hansen	Morris Area
Interceptions	Brandon Manderschied	Minnewaska
	Brady Johnsrud	Minnewaska
Sacks	Eric Elbe	Minnewaska

Wright County Conference

The 2009 season was another good one for the Wright County Conference. Glencoe – Silver Lake won the conference title going undefeated with a 7 – 0 record. Glencoe - Silver Lake then advanced to the Prep Bowl before losing to New London – Spicer 28-21. With nine teams currently in the conference, Hutchinson asked to join the Wright County Conference. Hutch will join the conference and we will be having a ten team schedule starting this fall, 2010. In other moves, Watertown – Mayer will be leaving the conference at the end of the 2010–2011 school year. They will be moving to the Minnesota River Conference. Watertown – Mayer Head Coach Ed Rundell has stepped down and at the time of the writing of this article a replacement had not been named. No other coaching changes are expected at this time in the conference.

Conference Standings

	Conference	Overall
Glencoe-Silver Lake	7-0	13-1
Delano	5-2	7-3
Orono	5-2	6-3
Dassel-Cokato	4-3	6-4
Annandale	4-4	5-5
Waconia	3-4	5-5
Litchfield	3-4	3-6
Mound-Westonka	1-6	1-8
Watertown-Mayer	0-7	0-9

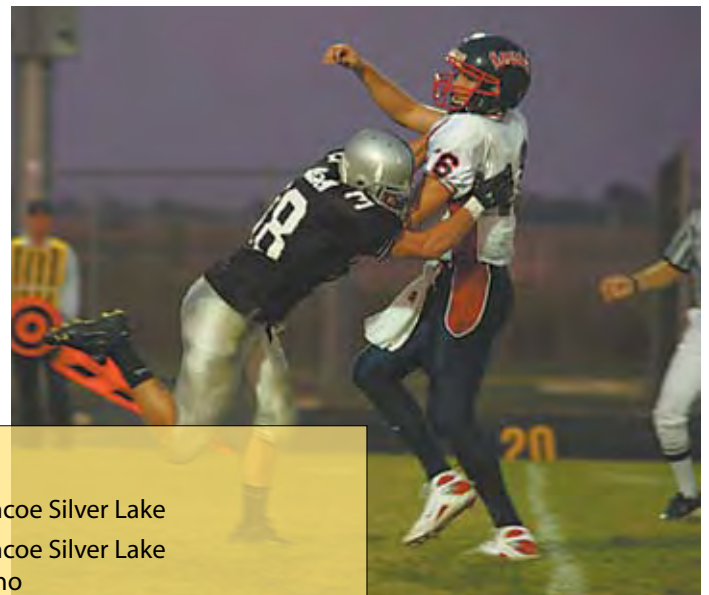
CONFERENCE RECAPS



GSL's # 42 Cody Christensen scores a touchdown against Mora in the State Semi Finals at the Metrodome



GSL's # 9 Kyler Anderson looks for an opening against Orono



GSL's #38 Luke Alsleben applies pressure against Orono QB Erik Peterson

Coaches Awards

Coach of the Year:	Scott Tschimperle	Glencoe Silver Lake
Most Valuable Offensive Back:	Aaron Lueders Chase Gottschalk	Glencoe Silver Lake Orono
Most Valuable Offensive Lineman:	Denny Wittrock	Annandale
Most Valuable Quarterback:	Brady Stromme	Annandale
Most Valuable Receiver:	Dominic Devine	Litchfield
Most Valuable Defensive Lineman:	Sam Pokornowski	Dassel-Cokato
Most Valuable Linebacker:	Mitch Keenan	Glencoe Silver Lake
Most Valuable Defensive Back:	Jake Raskob	Delano
Most Valuable Special Teams Player:	Joey Falde	Orono

Academic All-State Football Team Concept

Purpose of Awards – To promote and recognize academic achievement by Minnesota high school football teams in each classification.

Proposal – Team academic recognitions in each class will be awarded based on the following standards and procedures.

STANDARDS

Gold Awards – Top teams from each class regardless of section will win Gold award plaques. The standard will likely be established using the top eight team GPA's from each class until a standard is set.

Silver Awards – The Silver awards are the second level recognitions for the next 10 to 12 teams after the Gold teams. Once again, future GPA standards will be determined based on the top 18 to 20 teams in both gold and silver categories. Silver plaques will be awarded.

Bronze Awards – The next 12 to 16 teams in each class will receive certificates.

GUIDELINES AND PROCEDURES

* The teams and awards from each class will be chosen by the Academic All-State Team Committee.

* A team must use all members on their official home roster in determining the team GPA. (may include Grades 10-12, no freshmen for small schools.)

* Each player's name and GPA must be recorded and sent to the class representative.

* A 4.00 system will be used and 4.00 will be the highest grade possible. No weighted grades.

* Grades will be rounded to two decimal points.

* Grades will be from the past full school year. No summer school or current fall grades should be included.

* Individual GPA's will be added together and divided by the number of team members to determine the team GPA. The team GPA must be included on the entry form.

* A school official (principal, councilor, etc.) must sign the form.

* To be eligible for the team academic awards, the head coach must be a current member of the MFCA.

* Forms must be submitted to the class representatives by November 1st and award winners must be submitted to the committee by November 8th.

TEAM ACADEMIC ALL STATE REPRESENTATIVES

Class	Name	School	Fax Number
9 Man	Dave Krenik	Cleveland	507-931-9088
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Leo Pohlkamp	Pierz	320-468-6577
3A	Ryan Weinandt	Dassel-Cokato	320-286-4131
4A	Bubba Sullivan	Northfield	507-645-3455
5A	Dave Nelson	Minnetonka	952-401-5905
Chairman	Con Natvig	Browerville	320-594-8105

INDIVIDUAL

Academic All-State Football - Player Guidelines and Procedures

A review of the Minnesota State Football Coaches Association's basic requirement for the team are:

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade-point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:

9-Man=11	3A=14
1A=12	4A=15
2A=13	5A=16

6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.

7) The Coach submitting the player application must be a member of the Minnesota State Football Coaches Association.

Guidelines & Procedures:

- 1) All applications should be typed or printed with correct names

and data.

2) The selection committee must have a good summary of not only the player's academic record, but the player's football accomplishments.

3) If the first quarter grades are not out for the applicant's senior year, his first quarter senior subjects must be listed.

4) All applications must be sent to your class academic team representative. If you have any problems, contact your class representative first. Please check the time deadlines on the application form.

Remember: This is your state's FOOTBALL COACHES ASSOCIATION'S endeavor.

Individual All-State Player Committee

Class	Name	School	Fax Number
9 Man	Mike Mahlen	Verndale	218-445-5185
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Scott Gonnerman	Benson	320-843-2262
3A	Scott Tschimperle	GSL	320-864-6475
4A	Andy Rostberg	Hutchinson	320-587-8217
5A	Rick Sutton	Eagan	651-683-6910
Chairman:	Dave Frisell	Mankato East	507-387-7927

Academic All-State Football Team Application

School _____ Class _____

Address _____ Section _____

Head Coach _____ Phone (_____) _____

Players Name	G.P.A.	Players Name	G.P.A.
1) _____		26) _____	
2) _____		27) _____	
3) _____		28) _____	
4) _____		29) _____	
5) _____		30) _____	
6) _____		31) _____	
7) _____		32) _____	
8) _____		33) _____	
9) _____		34) _____	
10) _____		35) _____	
11) _____		36) _____	
12) _____		37) _____	
13) _____		38) _____	
14) _____		39) _____	
15) _____		40) _____	
16) _____		41) _____	
17) _____		42) _____	
18) _____		43) _____	
19) _____		44) _____	
20) _____		45) _____	
21) _____		46) _____	
22) _____		47) _____	
23) _____		48) _____	
24) _____		49) _____	
25) _____		50) _____	

Send Team Application to (Fax Numbers):

9 Man	Dave Krenik	Cleveland	507-931-9088
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Leo Pohlkamp	Pierz	320-468-6577
3A	Ryan Weinandt	Dassel-Cokato	320-286-4131
4A	Bubba Sullivan	Northfield	507-645-3455
5A	Dave Nelson	Minnetonka	952-401-5905
Chairman	Con Natvig	Browerville	320-594-8105

Composite

(Signature of verifying school official)

Title

Class 5A, 4A and 3A make copy of page for additional names.

INDIVIDUAL APPLICATION

Academic All-State Player

Name of Applicant _____ Grade _____

Birthday: Month _____ Day _____ Year _____ Height _____ Weight _____

School _____ Coach _____

Football position played as a Starter Offense: _____ Defense: _____

Circle Class: 9-Man 1A 2A 3A 4A 5A Kicking Game: _____

Accumulative High School G.P.A. _____ Attach a Transcript or list subjects completed or enrolled in.

Grade 10 Subjects	Grade 11 Subjects	1st Quarter Senior Subjects
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____

Use a 4.00 Scale for G.P.A.

Pursuant to the provision of PL 93-380 (Family Educational Rights and Privacy Act of 1974), I hereby grant permission to release a copy of my academic record and G.P.A. average for use by the Minnesota Football Coaches Association in selecting the Academic All-State Team.

Signature of Parent or Student Applicant if 18 years or older

PLAYER INFORMATION

Coaches: Please use the following format to submit data for your applicant.

School Background Information:

- 1) List academic honors.
- 2) List other school activities and leadership role in school.
- 3) List other sports with varsity participation.

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense, defense, kicking game).
- 2) List all football honors - previous and this season.
- 3) Statistics (list stats from this season and career totals). Mention any school or conference records. Mention if a lineman has any team stats that may be pertinent to the team's success.
- 4) Coaches comment: Please submit a short letter to the academic team selection committee describing your player in terms of ability, performance, potential character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Nov. 1.
- 2) Class selection committees must have teams picked by Nov. 1 and sent to the academic chairman.
- 3) Class representatives must notify all team selections by Nov. 1.

Send Individual Application to (Fax Numbers):

9 Man	Mike Mahlen	Verndale	218-445-5185
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Scott Gonnerman	Benson	320-843-2262
3A	Scott Tschimperle	GSL	320-864-6475
4A	Andy Rostberg	Hutchinson	320-587-8217
5A	Rick Sutton	Eagan	651-683-6910
Chairman:	Dave Frisell	Mankato East	507-387-7927

2009 ACADEMIC ALL STATE TEAMS

Team	Coach	Team	Coach	Team	Coach
9-MAN - GOLD		CLASS 2A - SILVER		CLASS 4A - SILVER	
Hillcrest Lutheran Academy	Charlie Brue	Luverne	Todd Oye	Faribault	Ned Louis
Stephen/Argyle	Mark Kroulik	Benson	Scott Gonnerman	Mankato West	Mark Esch
Hills-Beaver Creek	Dan Ellingson	Lewisohn- Altura	Brent Olson	Fergus Falls	Richard Risbrudt
Ada-Borup	Nathan Brager	NRHEG	Dan Stork	Totino Grace	Jeff Ferguson
Nicollet	Tom Murphy	Minnewaska	Steve Hill	St. Michael-Albertville	Earl Bauman
Cleveland	Dave Krenik	Hawley	Peder Naatz	Mound Westonka	Kyle Inforzato
Cromwell	Jeff Gonner	Waterville-Elysian-Morristown	Jon Bakken	Academy of Holy Angels	Mike Smvalley
Verndale	Michael Mahlen	Frazee	Jim Rader	Chisago Lakes	Bill Weiss
9-MAN - SILVER		CLASS 3A - GOLD		CLASS 5A - GOLD	
Nevis	Shawn Klimek	New London-Spicer	Dan Essler	Cretin Derham Hall	Mike Scanlon
CLASS 1A - GOLD		Holy Family	Dave Hopkins	Cambridge Isanti	Todd Larkin
Wabasso	Joe Kemp	St. Peter	Brian Odland	White Bear Lake	Bob Jackson
Red Rock Central	Brian Walker	Litchfield	Jon Johnson	Eagan	Rick Sutton
Fillmore Central	Chris Mensink	Sauk Centre	Joel Swanson	Eastview	Kelly Sherwin
Springfield	Paul Dunn	Minnehaha Academy	Ron Monson	Lakeville North	Mike Zweber
Le Center	Ken Helland	Melrose	Jay DeCann	Rosemount	Jeff Erdman
Wabasha-Kellogg	Nick Richmond	Montevideo	David Vik	Andover	Rick Wilkie
Royalton	Joel Swenson	CLASS 3A - SILVER		CLASS 5A - SILVER	
Mankato Loyola	Dan Rotchaal	Dassel-Cokato	Ryan Weinandt	Eden Prairie	Mike Grant
Rushford-Peterson	Davin Thompson/ Mitch Thompson	Kasson-Mantorville	Ivan Kroulik	Edina	Reed Boltmann
CLASS 1A - SILVER		Foley	Larry Herm	St. Francis	Chris Lindquist
Fosston	Les Viken	East Grand Forks	Todd Schumacher	Brainerd	Ron Stolski
Red Lake County	Brian Remick	Albany	Mike Kleinschmidt	Woodbury	Beau LaBore
Adrian	Randy Strand	P.E.M. (Plainview-Elgin-Millville)	Bill Ihrke	Lakeville South	Larry Thompson
Bethlehem Academy	Scott Hanson	Mora	Randy Qual	Anoka	Jeff Buerkle
Browerville	Wayne Petermeier	Glencoe Silver Lake	Scott Tschimperle	Rochester Mayo	Kevin Landherr
Westbrook-Walnut Grove	Leo Theisen/Carter Ross	Proctor	Derek Parendo	Shakopee	Jody Stone
St. Agnes School	Jason Finne	Columbia Heights	Matt Townsend	Minnetonka	Dave Neslon
Barnesville	Brian Strand	CLASS 4A - GOLD			
CLASS 2A - GOLD		South St. Paul	Chad Sexauer		
Minnesota Valley Lutheran	Jim Buboltz	Spring Lake Park	Jeff Schlieff		
Eden Valley-Watkins	Ray Tri	New Prague	Jim Benick		
St. James	Lee Carlson	Winona	John Cassellius		
Yellow Medicine East	Mike Gaffaney	North Branch	Justin Sawyer		
Pierz	Leo Pohlkamp	Northfield	Bubba Sullivan		
Tracy - Milroy - Balaton	Derek Flann	Sauk Rapids	Bill Magnuson		
Osakis	Patrick Kalpin	Albert Lea	Clay Anderson		
Maple River	Brian Schoneck				

ACADEMIC ALL STATE INDIVIDUALS

Class 9-Man

Josh Klaseus Cleveland
Ryan Hutar Cromwell
Jordan Smith Cromwell
Nolan Wester Cromwell
Brendon Foss Hancock
Colton Bass Hills-Beaver Creek
Andrew Hohncke ... Hillcrest Lutheran Academy
Jared Schultz Hillcrest Lutheran Academy
Sean Swenson . Kittson County Central
Mark Blashack Nicollet
John Safranski Stephen/Argyle Central
Amos Schmidt Verndale
Clayton Cottrell Verndale

Class 1A

Tony Vaske Springfield
Cooper Wilson Fosston
Matt Traxler Le Center
Joseph Kopel Mankato Loyola
Levi Brown Rushford-Peterson
Brett Gerardy Red Lake County
Adam Diekmann Adrian
Brett Nowonty Adrian
Andrew Strei Ortonville
Nate Dwyer West Lutheran
Andrew Juve Fosston
Brad Keller Medford
Lucas Kalina Browerville
Nate Becker - Browerville

Class 2A

Royal Sonsalla Caledonia Area
Justin Hesse Caledonia Area
Jackson Henrich Morris Area
Michael Jetvig Hawley
Joel Lambrides Warroad
Aaron Storey Warroad
Travis Kahl Pierz
Zachary Kroells Minnesota Valley

Lutheran
Galen Holzhueter Minnesota Valley Lutheran
David Lindell NRHEG
Shane Winkler Otter Tail Central
Josh Soupir Tracy-Milroy-Balaton
Mason Hegna Yellow Medicine
Alex Gay BOLD
Matthew Holdvogt Eden Valley Watkins

Class 3A

Greg Naschansky
Plainview-Elgin-Millville
Brodie Raymond Saint Peter
Chris Paradise Kasson-Mantorville
Kris Wensmann Melrose Area
Adam Motzko Watertown-Mayer
Eric Massaro Roseau
Tyler Lewandowski Foley
Tayler Hanson Minnehaha Academy
Tyler Berling Sauk Centre
Marshall Ash Milaca
Ben Slater Glencoe-Silver Lake
Alex Richelsen ... Holy Family Catholic
Dylan Graves Mora
Joey Sisser New London-Spicer
Eric Osterdyk Pine City
Theo Helms - Waseca

Class 4A

Matt Gottschalk Orono
Cole Karsky Sartell-St. Stephen
Nick Nobbe Mound-Westonka
Steven Wagner Chisago Lakes
Kyle Grote North Branch
Kris Yang St. Paul Humboldt
Johnny Paulsen Mankato West
Gabe Mezzenga Totino Grace
Chase Gottschalk Orono
Kraig Schumm . St. Michael-Albertville
Ross Thompson Alexandria
Jordan Benesh Mankato East

Daniel Freund... St. Thomas Academy
Tristan Faust Northfield
Conor McFadden St. Thomas Academy
Mat Schnorenberg Mankato East
Dan Horvat Red Wing

Class 5A

Beau Allen Minnetonka
Stephen Asp Edina
Alex Bade Shakopee
Max Busher Rosemount
Kellen Euerle St. Cloud Tech
Yusef Hassan Burnsville
Michael Lesmeister Anoka
Brad Lossee Eastview
Jacob McHenry Henry Sibley
Reid Mimmack Brainerd
Mark Nystrom Lakeville North
Anthony Osifuye Woodbury
Andrew Pattock Centennial
Jason Schneider Andover
Jacob Smith Centennial
Patrick Voltin Anoka
Zach Vraa Rosemount
Zach Zenner Eagan

STATE PLAYOFF ADJUSTMENTS

With the advent of state quarterfinal games being played on neutral, artificial surfaces the Minnesota State High School League has readjusted the pairings for the tournament games.

As there is no longer any "home field advantage" for a

state tournament team in the quarterfinal matchups with the games being conducted at neutral sites it was felt that matchups could be adjusted.

The new tournament pairings are listed below and go to the year 2015.

REVISED PAIRINGS FOR 2010 STATE FOOTBALL

Quarterfinals:

2010: Section 3 vs. 1; 4 vs. 2; 7 vs. 5; 8 vs. 6
2011: Section 1 vs. 4; 2 vs. 3; 5 vs. 8; 6 vs. 7
2012: Section 2 vs. 1; 4 vs. 3; 6 vs. 5; 8 vs. 7
2013: Section 1 vs. 3; 2 vs. 4; 5 vs. 7; 6 vs. 8
2014: Section 4 vs. 1; 3 vs. 2; 8 vs. 5; 7 vs. 6
2015: Section 1 vs. 2; 3 vs. 4; 5 vs. 6; 7 vs. 8

Semi-Finals:

2010: Day 1 - Section 3 vs. 1 Winner vs. Section 8 vs. 6 Winner
Day 2 - Section 4 vs. 2 Winner vs. Section 7 vs. 5 Winner

2011: Day 1 - Section 6 vs. 7 Winner vs. Section 2 vs. 3 Winner
Day 2 - Section 5 vs. 8 Winner vs. Section 1 vs. 4 Winner

2012: Day 1 - Section 6 vs. 5 Winner vs. Section 2 vs. 1 Winner
Day 2 - Section 8 vs. 7 Winner vs. Section 4 vs. 3 Winner

2013: Day 1 - Section 5 vs. 7 Winner vs. Section 2 vs. 4 Winner
Day 2 - Section 6 vs. 8 Winner vs. Section 1 vs. 3 Winner

2014: Day 1 - Section 8 vs. 5 Winner vs. Section 4 vs. 1 Winner
Day 2 - Section 7 vs. 6 Winner vs. Section 3 vs. 2 Winner

2015: Day 1 - Section 3 vs. 4 Winner vs. Section 7 vs. 8 Winner
Day 2 - Section 1 vs. 2 Winner vs. Section 5 vs. 6 Winner

PREP BOWL XXVIII

**STEPHEN-ARGYLE, MINNEOTA,
WATERVILLE-ELYSIAN-MORRISTOWN,
NEW LONDON-SPICER, TOTINO GRACE, CRETIN-DERHAM HALL**

Prep Bowl XXVIII saw traditional football powers reassert themselves as all but one of the programs who captured state titles in 2009, had won at least one previous title.

9 Man - Stephen-Argyle brought home its seventh state championship under head coach Mark Kroulik. The Storm completed a 13-1 season with a 37-22 victory over Nicollet, 10-3, coached by Tom Murphy. S-A did so with a commanding ground game that rushed the ball 88 times for 569 yards with two of their running backs rushing for over 180 yards.

Class 1A- Minneota, coached by Chad Johnston, captured its fourth state title and first since 1988. The Vikings defeated Adrian, coached by Randy Strand, 42-21. Both teams play in the Little Sioux conference and Minneota had defeated Adrian in the first matchup. Minneota's balance attack, 240 rushing yards and 159 passing yards, were enough to keep them in control of the game from start to finish. Minneota completed an undefeated season, 14-0 and Adrian finished 11-3.

Class 2A - Jon Bakken led Waterville-Elysian-Morristown to the program's third state title with a 33-22 win over Moose Lake-Willow River, coached by Dave Louzek. WEM jumped out to a commanding 33-0 before MLWR scored 22 fourth quarter points to narrow the score. Both teams finished with 13-1 records.

Class 3A - New Londdon-Spicer toppled Class 3A powerhouse Glencoe-Silver Lake with a fourth quarter

comeback as Dan Essler's Wildcats upended Scott Tschimperle's Panthers 28-21. GSL, the defending state champions, entered the last quarter leading 14-6. But NLS narrowed the score to 21-20 by the midway point in the quarter. The Wildcats used their potent passing game, which gained over 240 yards in the game, to drive for the winning score late in the game. For NLS it capped an undefeated season, 14-0, while GSL suffered its first loss of the year to finish 13-1.

Class 4A - Totino Grace, coached by Jeff Ferguson, won its seventh state title with a convincing 45-7 victory over John Ross' Sartell Sabres. Grace rushed for over 300 yards and they led throughout the game and built 31-0 halftime lead. Grace finished 13-0 while the Sabres suffered their first loss to complete a 13-1 season.

Class 5A - Two tradition rich powers met when Cretin-Derham Hall, coached by Mike Scanlon, and Eden Prarie, coached by Mike Grant, met in the 5A title game. The game was a defensive battle. The CDH Raiders connected on several key pass plays to set up scores while their defense kept the Eagles in check throughout most of the game. Both teams finished the year with 12-1 records.

2009 Playoff Results

2009 CLASS 5A PLAYOFFS

SECTION CHAMPIONS					
Eastview H.S. (7-3)	24				
Cretin-Derham Hall H.S. (9-1)(H)	27	Cretin-Derham Hall H.S.	45		
Centennial H.S. (10-1)	28			Cretin-Derham Hall H.S.	16
OT		Brainerd H.S.(H)	19		
Brainerd H.S. (7-3) (H)	34			Cretin-Derham Hall H.S.	
Lakeville North H.S. (9-2)	17			AAAAA State Champion	
Mounds View H.S.(9-2) (H)	21	Mounds View H.S.	0		
Wayzata H.S. (9-1)	3			Eden Prairie H.S.(H)	5
Eden Prairie H.S. (10-0) (H)	7	Eden Prairie H.S.(H)	17		

2009 CLASS 4A PLAYOFFS

SECTION CHAMPIONS					
Saint Thomas Academy (10-0)	20				
Mahtomedi H.S. (10-1) (H)	15	Saint Thomas Academy H.S.	29		
Bemidji H.S. (6-5)	6			Sartell-Saint Stephen H.S.	7
Sartell-Saint Stephen H.S.(11-0)(H)	27	Sartell-Saint Stephen H.S.(H)	31		
Northfield H.S. (8-2)	20			Totino-Grace H.S.	
Mankato West H.S. (10-0) (H)	31	Mankato West H.S.	0	AAAA State Champion	
Rogers H.S. (9-1)	14			Totino-Grace H.S.	45
Totino-Grace H.S. (10-0) (H)	56	Totino-Grace H.S. (H)	35		

2009 CLASS 3A PLAYOFFS

SECTION CHAMPIONS					
Glencoe-Silver Lake H.S. (11-0)	6				
OT		Glencoe-Silver Lake H.S.	28		
DeLaSalle H.S. (11-0) (H)	3			Glencoe-Silver Lake H.S.	21
Mora H.S. (9-2) (H)	31	Mora H.S.(H)	0		
Pequot Lakes H.S. (10-1)	14			New London-Spicer H.S.	
Kasson-Mantorville H.S. (11-0)	46			Class AAA State Champion	
Waseca H.S. (8-3) (H)	14	Kasson-Mantorville H.S.	14		
Minneapolis North Community H.S. (8-2)	8			New London-Spicer H.S. (H)	28
New London-Spicer H.S.(11-0)(H)	28	New London-Spicer H.S. (H)	34		

2009 Playoff Results

2009 CLASS 2A PLAYOFFS

SECTION CHAMPIONS

Luverne H.S. (9-2) 27

G-F-W H.S. (8-3) (H) 0

Moose Lake-Willow River (11-0) 41

OT

Hawley H.S. (10-1) (H) 35

Caledonia H.S. (11-0) 13

Waterville-Elysian-Morristown(10-1)H 20

Eden Valley-Watkins H.S. (11-0) 41

Pierz H.S. (10-1) (H) 7

Luverne H.S. 21

Moose Lake-Willow River H.S. 22

Moose Lake-Willow River H.S. (H) 27

Waterville-Elysian-Morristown

AA State Champion

Waterville-Elysian-Morristown H.S. 21

Waterville-Elysian-Morristown H.S. (H)33

Eden Valley-Watkins H.S. 20

2009 CLASS 1A PLAYOFFS

SECTION CHAMPIONS

Adrian H.S. (9-2) 27

OT

Saint Bernard's School(7-3)(H) 21

East Central H.S. (10-0) 7

Fosston H.S. (11-0) (H) 49

Blooming Prairie H.S. (10-1) 21

New Ulm Cathedral H.S.(11-0) 8

Minneota H.S. (11-0) 45

Barnesville H.S. (11-0) (H) 17

Adrian H.S. 14

Adrian H.S. 21

Fosston H.S. (H) 7

Minneota

A State Champion

Blooming Prairie H.S. 26

Minneota H.S. (H) 42

Minneota H.S. 49

2009 CLASS 9-MAN PLAYOFFS

SECTION CHAMPIONS

Clinton-Graceville-Beardsley H.S. (11-0) 46

Verndale H.S. (11-0) (H) 8

Orr H.S. (9-2) 16

Stephen-Argyle Central H.S. (10-1) (H) 45

Grand Meadow H.S. (10-1) 28

Nicollet H.S. (8-2) (H) 35

Cromwell H.S. (10-1) 14

Ada-Borup H.S. (10-0) (H) 38

Clinton-Graceville-Beardsley H.S. 18

Stephen-Argyle Central H.S. 37

Stephen-Argyle Central H.S. 21

Stephen-Argyle Central H.S.

9-Man State Champion

Nicollet H.S. 36

Nicollet H.S. 22

Ada-Borup H.S. 35

CLASS 5A CHAMPION ~ CRETIN-DERHAM HALL



CLASS 4A CHAMPION ~ TOTINO GRACE



CLASS 3A CHAMPION ~ NEW LONDON SPICER



CLASS 2A CHAMPION ~ WATERVILLE-ELYSIAN-MORRISTOWN



CLASS 1A CHAMPION ~ MINNEOTA



CLASS 9-MAN CHAMPION ~ STEPHEN-ARGYLE



37th Annual Minnesota High School

7:00 P.M. SATURDAY, JUNE 26, 2010 • ST. CLOUD STATE UNIVERSITY

ALL STAR FOOTBALL GAME

METRO: 28

Jeff Weiland - Orono

A heavy rain shortened the 2010 MFCA high school All Star game with the Metro team prevailing by a score of 28-0. A solid running game by the Metro squad, led by Orono coach Jeff Weiland, built an early lead as they capitalized on several Outstate turnovers to set up scores. And while the Outstate team, whose head coach was Rochester Century's Jon Vik, seemed to be putting things together as the game went on, they weren't able to crack the Metro defense and the game ended with 7:49 to go in the fourth quarter as heavy rain and lightning forced the game to be called.

The Metro team ran for 139 first half rushing yards and made the most of good field position due to Outstate turnovers. A recovered Outstate fumble gave the Metro team the ball on the 30 yard line, which quickly became the game's first touchdown. The Outstate offense then put together a good drive that culminated in TD early in the second quarter for a 14-0 lead. An interception later in the second quarter provided for another short drive for a score and a 21-0 lead. The Metro defense then provided its own score when they

OUTSTATE: 0

Jon Vik - Rochester Century

were able to return an interception for a touchdown with only 39 seconds left in the half to build a 28-0 lead.

That score held up for the remainder of the game as the heavy rain affected both team's offenses in third quarter and the "weather shortened" fourth quarter.

Several players were cited for their outstanding play. Defensive back Carlton Littlejohn of Minneapolis North was named the Metro Defensive Player of the Game and Brandon Marquardt of Champlin Park was named the Metro Offensive Player of the Game. For the Outstate team quarterback Colin Erickson was named the Offensive Player of the Game and linebacker Mitch Keenan of Glencoe-Silver Lake was named as the Defensive Player of the Game.

With the win, the Metro team now holds a 16-15 advantage since the Metro vs. Outstate format began in 1980.

Co-sponsored by the

**Minnesota Football Coaches Association,
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Your support helps benefit
the MFCA Award Activities.
Thanks for helping!

Dave Fritze
Game Manager



2010 OUTSTATE ALL-STAR FOOTBALL

#	Name	Name School/City	Pos	HT	WT	Conference	High School Coach
1	Joel Bauman	Kerkhoven-Murdock-Sunburg	RB	6'2"	195	Prairie	James Cortez
2	Bo Putrah	Faribault	LB	6'4"	210	Big 9	Ned Louis
3	Evan Olson	Bemidji	LB	5'11"	210	Independent	Troy Hendricks
4	Ben Bucholz	Perham	QB	6'8"	220	Heart O' Lakes	Howie Kangas
5	Jake Essler	New London-Spicer	DB	5'9"	170	West Central	Dan Essler
6	Riley Swearingen	United South Central, Wells	DB	6'3"	170	Gopher Valley AA	Brad Huse
7	Jerrad Ryks	Austin	RB	5'11"	173	Big 9	Tim Herman
8	Adam Valen	Rochester Mayo	WR	6'4"	185	Big 9	Kevin Land
9	Nick Risbrudt	Fergus Falls	WR	6'2"	188	Central Lakes	Richard Risbrudt
10	Justin Bosman	Rush City	DB	6'0"	190	Great Polar	Greg Hills
11	Mitch Keenan	Glencoe-Silver Lake	LB	6'2"	215	Wright County	Scott Tschimperle
12	Zach Southwick	Byron	DB	5'11"	170	Hiawatha Valley	John Austinson
15	Colin Erickson	Alexandria	QB	6'2"	230	Central Lakes	Mike Empting
16	Mark Whiting	Alexandria	DB	6'5"	193	Central Lakes	Mike Empting
17	Rob Voshell	Sartell-St. Stephen	DB	6'1"	190	Central Lakes	John Ross
20	Dylan Graves	Mora	WR	6'2"	185	West Central	Randy Qual
21	Will Kurka	Minneota	DE	6'4"	220	Little Sioux	Chad Johnston
22	Sam Milbrett	Waseca	LB	5'10"	175	South Central	Brad Wendland
23	Andy Pfeiffer	Mankato West	RB	6'0"	185	Big 9	Mark Esch
24	Phil Nowak	Annandale	TE	6'4"	250	Wright County	Matt Walter
25	Matt Anderson	Dawson-Boyd	RB	6'1"	185	Little Sioux	Cory Larson
26	Michael Gehling	Grand Meadow	DB	6'1"	185	Southeast	Gary Sloan
27	Derek Riley	Wabasso	FB	5'10"	195	Southern Minnesota	Joe Kemp
28	Ryan Tri	Eden Valley-Watkins	WR	6'0"	165	Central Minnesota	Ray Tri
32	Issac Fruechte	Caledonia	WR	6'3"	200	Three Rivers	Carl Fruechte
33	Brian (BJ) Bueckers	Albany	LB	6'2"	225	West Central	Mike Kleinschmidt
44	Sam Pokornowski	Dassel-Cokato	DT	6'0"	230	Wright County	Ryan Weinandt
50	Buma Foncham	Duluth East	DT	6'1"	245	North Country	Joe Hietala
56	Alex Hohenstein	Jackson County Central	C	6'2"	215	Southwest	Tom Schuller
57	Cooper Wilson	Fosston	LB	6'2"	225	Northern Plains A	Les Viken
62	Erik Rosenfeldt	Hawley	DT	6'1"	286	Northern Plains AA	Peder Naatz
69	Aaron Johnson	New London-Spicer	OT	6'6"	245	West Central	Dan Essler
70	Andrew Muer	Perham	OG	6'3"	305	Heart O' Lakes	Howie Kangas
73	David Schotanus	Southland, Adams	OG	6'0"	240	Three Rivers	Shawn Kennedy
75	Chris Kuball	Waterville-Elysian-Morristown	DT	6'0"	240	Gopher Valley AA	Jon Bakken
76	Collin Swanson	Little Falls	OG	6'0"	310	Central Lakes	Aaron Sinclair
77	Colby Straka	Mankato West	OT	6'1"	285	Big 9	Mark Esch
78	Alex Dreyer	United South Central, Wells	C	6'3"	235	Gopher Valley AA	Brad Huse
88	Aaron Pavek	Brainerd	DE	6'5"	240	Central Lakes	Ron Stolski
89	Tony Schmitz	Sartell-St. Stephen	DE	6'5"	230	Central Lakes	John Ross
93	Dustin Struckman	Le Center	OT	6'1"	270	Gopher Valley A	Ken Helland
95	Alex Bisch	Northfield	TE	6'6"	215	Missota	Bubba Sullivan
96	Chris Klaphake	Melrose	DE	6'2"	210	West Central	Jay DeCann

OUTSTATE STAFF

Head Coach:

Jon Vik ~ Rochester Century

Assistants:

Jeff Briard - Springfield

Frank Huie - Duluth Denfeld

Tom Murphy - Nicollet

Honorary Coach:

Grady Rostberg ~ Hutchinson

Mike Dammann - Maccray

Chad Gimbel - Blooming Prairie

2010 METRO ALL-STAR FOOTBALL

#	Name	Name School/City	Pos	HT	WT	Conference	High School Coach
1	Brandon Wolf	Rosemount	PK	6'4"	185	Lake	Jeff Erdmann
2	Tarrell McDuffie	St. Paul Highland Park	SS	5'11"	175	St. Paul City	Dave Zeitchick
4	Leo Leighton	St. Thomas Academy	FS	6'1"	175	Classic Suburban	Dave Ziebarth
5	Daniel Noehring	Lakeville South	WR	6'0"	170	Lake	Larry Thompson
6	Ben Krebsbach	Benilde-St. Margaret's	QB	5'11"	180	North Suburban	Jon Hanks/Patrick Krieger
7	Dajon Newell	Lakeville North	RB	5'8"	175	Lake	Mike Zweber
8	Daniel Doran	Minnehaha Academy, Minneapolis	QB	6'1"	165	Tri-Metro	Ron Monson
9	Taylor Grant	Eden Prairie	TE	6'5"	230	Lake	Mike Grant
15	Carlton Littlejohn	Minneapolis North	SS	6'2"	200	Minneapolis City	Tony Patterson
16	Zach Burrington	Maple Grove	CB	6'1"	175	Northwest Suburban	Craig Hansen
17	Max Busher	Rosemount	LB	6'1"	220	Lake	Jeff Erdmann
20	Daryl Brown	Wayzata	CB	5'10"	160	Classic Lake	Brad Anderson
21	Ben Skelly	Lakeville North	LB	6'1"	190	Lake	Mike Zweber
22	Brandon Marquardt	Champlin Park	RB	5'10"	200	Northwest Suburban	Mike Korton
23	John Crockett	Totino-Grace	RB	6'1"	190	North Suburban	Jeff Ferguson
24	Chase Gottschalk	Orono	WR	6'0"	185	Wright County	Jeff Weiland
25	Jimmy Mireri	Fridley	CB	5'10"	165	North Suburban	Lambert Brown
31	Zachary Zenner	Eagan	WR	6'0"	215	Lake	Rick Sutton
33	Garrett Bender	Minneapolis Washburn	LB	6'4"	215	Minneapolis City	Giovan Jenkins
34	Grant Olson	Wayzata	LB	6'1"	225	Classic Lake	Brad Anderson
35	Mitch Hallstrom	Eden Prairie	FS	6'2"	190	Lake	Mike Grant
41	Jeffrey Dubose	St. Croix Lutheran	CB	5'8"	175	Tri-Metro	Carl M. Lemke
43	Brian Thell	Mahtomedi	FB/TE	6'0"	230	Classic Suburban	Dave Muetzel
47	Gabe Mezzenga	Totino-Grace	LB	6'4"	230	North Suburban	Jeff Ferguson
49	Jimmy Gildea	Minnetonka	LB	6'2"	215	Classic Lake	Dave Nelson
55	Max Chapman	Blaine	OL	6'1"	315	Northwest Suburban	Shannon Gerrety
58	Donte Green	Minneapolis North	DE	6'2"	245	Minneapolis City	Tony Patterson
61	Conor McFadden	St. Thomas Academy	OL	6'3"	260	Classic Suburban	Dave Ziebarth
62	Jim Kemp	Andover	DT	6'2"	320	Northwest Suburban	Rich Wilkie
70	Ray Satnik	Hill-Murray	OL	6'6"	280	Classic Suburban	Vince Conway
71	Caleb Bak	Concordia Academy, Roseville	OL	6'3"	255	Tri-Metro	Brian Brown
74	Jack Houlton	Minnetonka	OL	6'3"	280	Classic Lake	Dave Nelson
75	Shea Walker	Cretin-Derham Hall	OL	6'2"	290	Suburban East	Mike Scanlan
77	Andrew Pattock	Centennial	OL	6'3"	295	Northwest Suburban	Mike Watson
78	Billy Turner	Mounds View	OL	6'6"	285	Suburban East	Jim Galvin
81	Jason Schneider	Andover	WR	6'5"	205	Northwest Suburban	Rich Wilkie
82	Zach Vraa	Rosemount	WR	6'3"	200	Lake	Jeff Erdmann
88	Mohammed Kromah	Totino-Grace	DT	6'3"	300	North Suburban	Jeff Ferguson
90	Dijon Starr	Blaine	DE	6'2"	265	Northwest Suburban	Shannon Gerrety
91	Spencer Cummings	White Bear Lake	DE	6'4"	246	Suburban East	Bob Jackson
93	Tyler Kubler	Eden Prairie	DT	6'1"	245	Lake	Mike Grant
95	Yusef Hassan	Burnsville	DE	6'0"	220	Lake	Mark Riggs
99	Jay Reinke	New Prague	DE	6'5"	215	Missota	Jim Benick

METRO STAFF

Head Coach:
Jeff Weiland ~ Orono

Honorary Coach:
George Thole ~ Stillwater

Assistants:
 Bob Kovich - Lakeville North
 Ron Monson - Minnehaha Academy
 Todd Niklaus - St. Anthony Village

Tony Patterson - Minneapolis North
 Rick Sutton - Eagan

2009-2010 UNIFIED DUES APPLICATION FORM
Minnesota State High School Coaches Association, Inc.



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

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

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

SCHOOL _____

HOME MAILING ADDRESS _____

CITY _____ ZIP CODE _____

COMPETITIVE SECTION NO. _____ HOME PHONE # () _____

E-MAIL ADDRESS _____

DUES PAYABLE: Check One

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

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

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

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

SPORT ASSOCIATION DUES

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

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

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

ANNUAL MSHSCA DUES..... \$30.00

(INCLUDES \$1,000,000 LIABILITY INSURANCE)

SPORT ASS'N DUES \$ _____

Head or Ass't

TOTAL \$ _____

LIFE MEMBER DUES, actively coaching..... \$10.00

(INCLUDES \$1,000,000 LIABILITY INSURANCE)

SPORT ASS'N DUES \$ _____

Head, Ass't or Ret'd

TOTAL \$ _____

Reasons Why MSHSCA Membership is Beneficial - www.mshsca.org

1. Executive Director available to work for you on a daily basis.
2. Dues include a \$1,000,000 Liability Insurance for classroom and 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. Offers a national clinician exchange for our qualified high school clinicians.
10. Opportunity to be recognized as Minnesota Coach of the Year.
11. Opportunity to be recognized as 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. Information available on MSHSCA Website.

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 other offers, discounts, groups or conventions.

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