



# THE *Minnesota* PREP COACH

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## COACHING IS MORE THAN X'S & O'S

By: Dr. Russ Flaten, Certified Mental Performance Consultant (CMPC)

***“Change is inevitable, growth is an option.”***

– Trevor Moawad

There has been quite the buzz around sports this summer as everyone was going back to sports as usual. We saw an uptick in COVID again, and now we are balancing local and national mandates. The exciting part is that sports will happen, but it's important to consider not just change from a logistics standpoint with COVID, but how change influences how we think and behave. That means recognizing the role of change can help us better support our student-athletes as we come into the first full season of sports in over a year.

**Recognizing student-athlete resistance is key to navigating a successful fall transition**

*So, what do we really need to know?*

**Change causes resistance.** Change can cause us to feel stressed, uncomfortable, or feel incompetent. We are constantly judging what we should be doing. We ask ourselves questions like, “Do I need to know this? Is this even worth my time? Do I need to try something different, or should I stick to what I know?” Whether it's micro or macro changes, it's still a battle.

Another way of looking at it is in how we see the behavior of others. Do you recognize any of the following?

- Defiant or bad attitude?
- Overly sensitive or low confidence?
- Cocky?

These are examples of resistance in action.

### THE PATH AHEAD

To address common challenges around change, we can start getting ahead through recognition of resistance and education. Recognition and education help drive ongoing conversations with your athletes on mindset and resilience.

1. **Recognize the cause of resistance.** We may have a lot of surface-level reasons for why we feel stuck or avoid learning and change. We want to start by recognizing how it manifests. Just name it.

2. **Reflect and educate.** You don't need to have specific answers right now, but deeper understanding drives more meaningful communication. Meaningful communication drives stronger support. Just reflect on the two factors below in the resistance checklist.

Use the checklist below as a tool to keep a more accurate gauge of your athlete's mindset.

### RESISTANCE CHECKLIST

Below are two factors we can use as a tool to get started. Don't worry about not having a solution for those who say no or were lacking in these areas. Awareness is enough for now.

- Was I motivated to learn today?
- Did I embrace discouragement/difficulty today?

Think about the benefits you will experience if you keep these factors front and center each week. These are factors we can use for ourselves and our athletes to continue making progress even in difficult times.

To learn more about this topic or other player development strategies visit: [www.mindset4change.org](http://www.mindset4change.org) or email Russ: [russ@mindset4change.org](mailto:russ@mindset4change.org)

**COACHING... continued on page 3**

### Featured In This Issue

President's Message.....	3
Reflections by Ringer .....	4
Membership Corner.....	8
Hall of Fame .....	28

## The Minnesota PREP COACH

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## Delegates for 2020-2021 and Sports Association Officers

If you would be interested in filling one of the open Delegate positions please contact Rick Ringeisen, Executive Director

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1A	Adam Wilder (Mable-Canton)	Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	John Seipp (Trinity School)	
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	Jim Baker (Retired)
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	Chris Kircher (Swanville)/Tim Triplett (Holy Family)
6A	Tavia Bachmann (Frazee)	Kyle Haderman (LP/Aud)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnommen-Waubun)	Lon Boike (Crookston)	Terry Sadler (Warroad)	Lisa Hanson (EGF)
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Apple Valley)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Gary Prantner (Eden Prairie)
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	Larry McKenzie (Minneapolis North)
6AA	Juno Nayagam (Benilde-St. Marg)		Kerry Sutherland (Hopkins)	Curt Cardinal (Park Center)
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)
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Girls Basketball	Leah Dasovich (Minnnetonka)		Carl Pierson (Waconia)	
Cross Country	Brandon Heebink (Wayzata)	Jeff Morris (Perham)	Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
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Girls Hockey	Claire Goldsmith (Mound-Westonka)		Tim Morris Ex Direc (Lakeville South)	
B-Lacrosse	Jon Junker (Chanhausen)	Rob Horne (Benilde)	Darin Nelson	Lance Kuehn (Rosemount)
G-Lacrosse	Ana Bowsby (Benilde-St. Margaret)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount)	Patrick Crandall (Lakeville So)
Alpine Skiing	Nate Springer (Eden Prairie)			Bob Boldus (Lakeville North) (Treas)
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G-Swimming	Kelly Boston (Eden Prairie)		Todd Walsh (Bloom.Kennedy)	Katie Haycraft (Prior Lake)
Synch. Swim	Kathy Henderson (Stillwater)		Laura Davidson (Forest Lake).	Katy Bohnsack (Prior Lake)
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Track	Aaron Berndt (Wayzata)	Lee VanNhyuis (Osakis)	Scott Christensen (Stillwater)	)Sec/Treas
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Wrestling	Eric Swenson (Wayzata)		Kip Lynk (Dassel)	

## President's Message

By: Barry Wohler

At our summer meeting in June, where we met in person thankfully, I transitioned from President Elect of the Minnesota State Coaches Association to President. I would like to thank Tom Critchley Jr. for his wonderful leadership throughout the problematic 2020-21 year. Tom handled the duties of his presidency admirably as he was our spokesperson throughout the pandemic and all that it entailed. Tom was committed to the members of our organization and was very thoughtful and thorough in all his decisions. Much like all of you, I am hoping for a return to normal for the 2021-22 school and athletic year.

We have our Executive Board meeting September 10, and

our fall delegate meeting September 11th. We are having our Hall of Fame Banquet on October 9th, where we will honor the 2020 inductees. I am looking forward to being able to meet with everyone in person again. I look forward to serving you as the President this year. I am hoping we will all have the opportunity to coach our teams through a full season and be mask free! I would like to thank all our coaches for getting through a challenging 2020-21 year, and I know we will be ready to make any adjustments for the 2021-22 seasons that may arise. I wish everyone a very successful and healthy fall as our practices and games begin this year!

## MSHSL BOARD OF DIRECTORS REPORT:

By: Dawn Engebretson  
Girls' Sports Rep

Welcome to the 2021 fall season! Everyone is excited and hopeful that our fall sports will be able to proceed in a "normal", or "near normal" fashion. After last year, we all know how important activities are for our student athletes and the coaches, the school body, and the communities they represent.

The MSHSL Board of Directors held our annual summer work session on August 2, and the official Board Meeting on August 3. Some highlights include welcoming Charlie Campbell as Associate Director. He will lead Education, Volleyball, Girls & Boys Tennis, Boys Basketball, Track & Field, and Cheer. Another notable discussion included forming a committee to work with Boys Volleyball as they continue to work toward adoption into the MSHSL. We also received updates from the Diversity, Equity & Inclusion Committee as

they continue to become more inclusive as a league. Lastly, the state tournament structure is being finalized for Soccer, Cross Country, and Girls Volleyball, as each has added a class. Please see [www.mshsl.org](http://www.mshsl.org) for the full meeting synopsis.

On August 11, the Executive Committee granted a temporary pandemic provision to bylaw 111. This provision provides eligibility to students who transferred during the 2020-2021 school year to return to the school of their original enrollment if the transfer occurs on or before Sept. 10. This was done as a response to board discussions, as well as input from member schools. Please contact your Athletic Director for further information.

Finally, thank you for your commitment to the students of Minnesota. We know what you did was not easy, but please know you are truly appreciated. You made a huge difference in the lives of your students when they needed it the most. You put students first and gave them opportunities we were not sure they would get. Thank you.

## COACHING ... continued from page 1

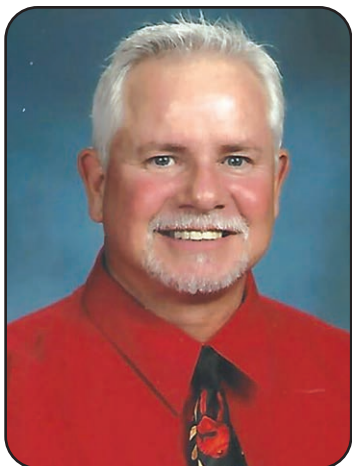
### About the Author:

Dr. Russ Flaten specializes in learning and performance. Some of Russ's featured work experience has included providing NFL and NBA draft assessments, training resiliency and leadership to U.S. Army populations, and mindset training to joint military intelligence populations. On the sport's side, Russ works on player development programming with coaches and administrators for youth thru college athletics populations as well runs "Coaches Corner" – a coaches community group for sharing resources, conversations, and informal education.

*“Do you know what my favorite part of the game is? The opportunity to play.”*

- Mike Singletary

## Reflections by Ringer



By: Rick Ringeisen, MSHSCA  
Executive Director

**“Coaching is a great life”**

-- Dick Hanson

Coaching is a life passion that most coaches consider an honor and a privilege to be able to spend a career in service to their communities, schools, teams, and athletes.

As a young coach, I had the opportunity to hear Dick Hanson, the legendary Burnsville football coach, talk about being a coach. I remember most about what Dick had to say that day because he considered “coaching to be a great life.” I realized that Dick Hanson loved coaching, and it was his passion to make a difference in the lives of his players, the world one student-athletes, one team, and one season at a time. Dick’s success and respect were earned by the championship individuals he prepared for life. Teaching and coaching was the passion; the game of football and his love of sport made everything else possible.

In its purest sense, coaching is a labor of love. Coaches approach every day with zeal and with great attention to detail. There is no end to the number of work coaches put into their teams and programs long-term. There is always more a coach can do to develop their teams or study to improve themselves. There are ups and downs. Victories to celebrate, and losses to process and overcome. Coaches understand that there will be critics and supporters regardless of the number of wins and losses. Listening and being resilient are skills that every coach must learn to harness to survive and build their programs.

The bottom line is that coaches love the sports they coach, their teams, and their athletes. They proudly wear their school colors and put every ounce of themselves into what they do. Coach’s email boxes fill up daily with emails that must be read and responded to within a reasonable amount of time. There are phone calls for coaches to return, scouting to be done, and of course, practices to plan. The list of tasks to accomplish and self-imposed obligations continues to grow through the season and beyond.

From the perspective of a person outside education-based athletics, they wonder why they would dedicate themselves to such a demanding career such as coaching. Especially when they realize that to be a high school coach they also need to have a full-time job. When they realize the time demands of a season and that some coaches coach two and three-season plus summer camps, they are amazed that it is even possible to accomplish for one year, let alone doing so year after year for decades.

Those people don’t understand the impact education-based athletics had on us when we were young and the importance of education-based athletics today. Every coach takes the coaches from their past with them to practice and games. Their words still ring through our minds, and their coaching day by day and season after season taught a game, respect, and built our character. We know what we gained and admired about our

coaches and are thankful for what they taught us. We also hope to inspire our student-athletes the way they inspired us, and we, in turn, want to give back to the next generations.

There are some amazing benefits of being a coach. The first being the people we coach with. They become extended family and lifelong friends. I tell my student-athletes that teammates are forever. I feel the same way about the people I have coached within my career. The second gift is the love and support of our families. Being a coach puts more pressure on families than most other jobs. The long hours and late-night bus rides mean we are not at home. Being a coach also means that we will have critics, and our families hear those criticisms. I know that being the coach’s kid was not a walk in the park. Now would be a good time to thank your spouse and family for their support for you and your coaching. My wife does a great job of keeping track of my team’s schedule to make sure I have time for family and home projects. Honestly, loss of jobs gets put off until the end of the season. The third benefit of being a coach is that we coach young people year after year, so the reflection of age is only noticeable if we pause and look in the mirror. We age like everyone else; we don’t realize it because we have enjoyed a journey through life one season at a time working with young student-athletes.

As the excitement of the new school year fills our hearts and minds with inspiration, we realize that “coaching is a great life.” When I heard Dick Hanson say that so many years ago, I had no idea that those words would mean so much to me all these years later. What I did feel then, and still do to this day, is looking forward to the start of the fall sports seasons, the crisp cool evenings, and the glow on the field lights on the horizon of the cities and towns across our state. As I write, I can almost hear the bands playing and smell the popcorn. The gyms will be filled with volleyball matches, and cross country runners will be striding across the grass. Dance lines will be performing their high kicks, and school spirit will be displayed and shouted from the bleachers! While this fall may not be a full recovery from the pandemic we had all hoped for, this year already feels much better than last year. Fans are back in the stands; there will be Fall MSHSL tournaments! I hope all of you can enjoy coaching this year and get back to doing what you do best to coach education-based athletics!

### Minnesota Coaches Receive National Recognition

This past summer, the National High School Athletic Coaches Association (NHSACA) recognized four exceptional Minnesota coaches.

- **Craig Anderson**, who coached at Pine Island, received the National Baseball Coach of the Year Award!
- **Jeff Mace**, who coaches at Edina, received the National Swimming & Diving Coach of the Year Award!
- **Franz Boelter**, who coached volleyball and basketball at Bethlehem Academy and New Prague, was inducted as a member of the 2021 Class into the NHSACA National Coaches Hall of Fame!
- **Steve Paulsen**, who coached tennis at Edina, was induct-

# Delegates Corner

*Jenny Rosium*

Welcome to the 2021-2022 school year and another exciting year of Minnesota State High School League activities! I want to wish everyone the best of luck and hope you have a great year interacting with your student-athletes and watching them grow in their activities and, more importantly, as people through your leadership. Thank you for sharing your passion and commitment to your activities and our students

I am so excited for this fall season of sports to get rolling. I am starting my 18th year coaching volleyball, and after last season I am thrilled to have a normal start to the season. The challenges of last season have renewed my joy of coaching and being in the gym. I appreciate every day I get to spend with my players and watch them play the sport I love. We know this year will have its own

set of challenges, but we are better prepared to roll with the changes as this year moves forward.

The work of the MSHSCA and its Delegate Assembly remain important. The Delegate Assembly consists of delegates from all class A and AA sections with one representative for boys sports, one representative for girls sports, and an at-large delegate for each section. All sports that fall under the umbrella of the MSHSCA also are represented with a delegate.

The first meeting will take place on September 11th. Please continue to voice your concerns and support for the sport and organization which you represent. Over the years, many changes that affect coaches and athletes

**DELEGATES CORNER... continued on page 6**

## HALL OF FAME BANQUET

*By: Bernie Schumacher-HOF Coordinator*

Dear Members;

The MSHSCA Hall of Fame Banquet is scheduled for Oct. 9, 2021, from 4:30 pm-9:30 pm at the Sheraton Mpls West-Ridgedale.

The banquet is a special night where coaches and officials across the state can recognize those who have given many years of their time, have been successful in bringing home State Titles to their schools, increased recognition of their sport, and been active members of the MSHSCA throughout the years.

In 2019 we had a record-breaking attendance of 480 people that paid tribute to over 200+ deserving individuals. In 2020 the banquet was canceled due to Covid, so we are long over-due recognizing coaches across our state. HOF individuals are inducted, along with a George Haun Award, Steve Kerzie Award, awards for DSA-Officials and DSA-Asst. Coaches. 25 Year Members are recognized along with Championship Coaches, Coaches of the Year, and Assistant Coaches of the Year. We look forward to a full capacity crowd again this year.

The 2020 HOF individuals and special awards winners are being carried forward and will be honored this year. They include Kent Viesselman Wells-Easton and USC/AC, Floyd Smaller Central High School St. Paul, David Maras Brainerd High School, Steve Hangartner Watertown-Mayer, Michael Jacobs Marshall, and Susan Alstrom Buffalo Lake-Hector-Stewart. Receiving the George Haun Award is Mark Solberg Cambridge-Isanti. The Steve Kerzie Award goes to Keith Randa. DSA-Officials being honored this year include Roger Cota, Bob O'Hara, Deb Sutor, and Darrel Monson. DSA- Assistant Coach Awards will go to: Neil Tesdahl from Crosby-Ironton and Tim Utt

Please mark Oct. 9th on your calendar. The banquet is open to all coaches, family members, friends, and past athletes. It is a great night where we all get to come together to support and recognize a dedicated, hardworking group of individuals.

Nomination forms for HOF, DSA-Officials, and DSA-Asst Coaches are available online at the mshsca.org website and also are in this publication. The deadline to be considered for next year's HOF Banquet is June 1st.

Ticket information will be available through the award winners, and also by contacting Bernie Schumacher at 218-732-0204 or via email. See below.

**The deadline date to purchase tickets will be September 20th, 2021.**

If you have any questions, please feel free to contact me.

Bernie Schumacher  
HOF Coordinator  
bschumacher@mshsca.org

## MnIAAA CORNER

By: *Matthew Matson*  
*President MNIAAA*  
*Champlin Park High School*

Where did the summer go? I know many of you are asking yourselves the same questions. As Activities Directors, we know that you spent many days/nights working with your student athletes this summer using your coaching waivers. Your hard work and dedication do not go unnoticed! We hope you found some time to get away and relax before our fall seasons started. If you are a veteran coach, we know you had an enjoyable summer experience, and congratulations to our new coaches around the state! We are excited to see what you bring to the table!

Speaking of new, the MNIAAA recently held their new AD fall workshop on August 11th and 12th. We had 40 new AD's across the state attend our workshop in St. Cloud, and we

know of 25+ new ones that have been hired since. They are super excited to work with you, learn from you, and grow your hometown programs into perennial powers. Your communities are lucky to have them represent your school.

AD's had a chance to learn about leadership, coaching philosophies, professional programs, and the approach to "Own it, Make it Yours". AD's also had the opportunity to learn about the rSchool platform, the MSHSL general rules, policies, eligibility, transfers, and best practices while starting to navigate the MSHSL website. It was a ton to pack into two days, but we know they will be relying on other AD's and veteran coaches to help them out. There is nothing wrong with asking questions. Coaches feel free to help them learn!

Again, thank you for all you have done and continue to do as we start to put this pandemic behind us. Our students, parents and communities are counting on you to lead the way. The normalcy of your relationships with our student athletes is what will help us through this journey!

Thank you,  
 Matt Mattson

## DIVERSITY AND INCLUSION LIAISON OFFICER

Larry McKenzie

Let me begin my introduction with one of my favorite quotes: "Fortunate is the person that sees a need, recognizes the responsibility and actively pursue becoming the answer."

I will be forever grateful to Past President Tom Critchley, Jr for seeing the need for a more inclusive Minnesota State High School Coaches Association. For making it a priority under his watch to establish the Diversity and Inclusion Liaison Officer position and trusting me to carry out the MSHCA vision of the position.

For those of you unfamiliar with who is Larry A. McKenzie, please allow me to make a quick introduction.

In the words of Nelson Mandela, I believe that sports can change the world, but that it is not responsible for changing the world. It has the power to inspire, and "Coaches" have a platform of influence to bring about change.

A native of Miami, Florida, I've committed my life to inspire and motivate young men and women to work hard and reach for the sky. As a coach for 40 years, my mission has been to

"develop a foundation for a championship program and use basketball as a tool to empower young men to be champions in the classroom, in their families, and their communities."

I have been a long-time community and youth advocate with a focus on working with urban youth. My service to young people has earned me numerous awards and recognition, including KARE 11's Eleven Who Care, KTCA's Everyday Hero, the Minneapolis Park Board's Volunteer of the Year, Positive Image Father of the Year, and most recently named a 2018 Bush fellow.

I was inducted into the Minnesota Basketball Coaches Association 2014 class Basketball Hall of Fame, becoming the first African American coach to receive this honor.

My greatest accomplishment is that I'm married to Pamela Wilkins and the father to Lawrence McKenzie and Rashida (Karandick) Ogunride.) I am the proud grandfather of four granddaughters, Kailah, Lauren, and Olivia McKenzie, and Maya Ogunride.

## DELEGATES CORNER ... continued from page 5

throughout Minnesota have begun their journey or gathered support at the MSHSCA delegate assembly. The voice of this organization has been critical in helping to implement change for many sports through the MSHSL Representative Assembly.

On a final note, I would like to congratulate all of our award winners and HOF inductees. This October, the HOF banquet will be my first, and I am excited to be a part of it. Remember to appreciate every moment you get to spend with your athletes! I wish everyone the best of luck as we kick off this school year and sports season.

*"I swing big with  
 everything I've got.  
 I hit big or I miss big.  
 I like to live as big as I can."*

- Babe Ruth



## Diamond Cuts

By: Jason Baune

President Minnesota Fastpitch Coaches Assoc.

It is my honor to take over the role of president from Dawn Engebretson. She has done a fantastic job of representing our sport during a challenging time. For those that I haven't met, I just completed my 19th season as the head coach in Becker. While I haven't held an official position on our executive committee, I have had a chance to work closely with our association leaders as a host for our annual coaches clinic for many years. I look forward to working with all of you to continue to grow our sport.

What a crazy 18 months it's been for all of us! After missing out on a season in 2020, it was great to see our student-athletes back on the softball field in 2021. A big thank you to everyone that played a role in making the spring season a success. Congratulations to all the teams that participated in the state tournament this year! While some adjustments had to be made, I can attest that it was a wonderful experience for our athletes.

Following the state tournament, we once again held our Senior All-Star Series where we honored 88 of our most dedicated and talented seniors. We'd like to thank the Minnesota Twins for their partnership in this special event, as well as the support that they provide for our coaches clinic and other activities. Unfortunately, our annual Border Battle with Wisconsin had to be put on hold again this year, but we look forward to bringing the event back in 2022 and making it better than ever.

As Dawn mentioned in June, we would like to send out a huge thank you to Shelly Hotzler for all that she has done for our association throughout her many years of service. Shelly leaves big shoes to fill, which leads me to an important request. We have openings in our association that we need to fill. If you are interested in serving in a role on the executive council or in being a section rep, please reach out to me ([jbaune@isd726.org](mailto:jbaune@isd726.org)) or Dawn ([engebretsond@rockford.k12.mn.us](mailto:engebretsond@rockford.k12.mn.us)). We would love to get you more information or answer any questions that you have.

Last but certainly not least, please make sure that you have completed your membership for the 2021-22 school year so that you are receiving all of the benefits associated with membership.

Thank you for all that you do to support our student-athletes. I hope you have a great school year and I look forward to seeing many of you out on the fields in the spring!

## Dance Team



Molly Carlson

Dance Teams around the state of Minnesota are enjoying what looks to be - fingers crossed - a much more "normal" fall season. Many schools began their fall dance team programs in mid-August and are busy with technique training, learning choreography for football game performances, and performing in fall shows hosted by teams around the state. Schools with fall dance team programs offer the opportunity for dancers to be coached by different coaches than their winter season coaches, and they enjoy a more laid-back, less competitive fall dance season.

The Minnesota Association of Dance Teams is also looking forward to its annual LEAD Student Convention, which takes place each fall in October, but had to take a hiatus along with most events in 2020. This year's Student Convention will occur on October 9th, 2021, at Mound Westonka High School. The Student Convention is an opportunity for dancers around the state to come together and take classes from college teams and other instructors. MADT is excited to welcome two National Champion college dance teams this year: the University of Minnesota Dance Team and the St. Cloud State University Dance Team. Dancers have the option of taking the kick and or jazz technique and combo classes. They also can explore other styles of dance, such as pom, lyrical, and hip hop. Along with active dance classes, dancers have the opportunity to take classroom classes in areas such as leadership, character/teamwork, and injury prevention.

MADT is also looking forward to its Coaches Continuing Education event, held on Sunday, October 10th, at Mound Westonka High School. The CCE event, which takes place every two years, is an opportunity for coaches to come together to hear speakers on everything from leadership to practice planning to helping dancers deal with mental health. This year's CCE event will take place on the same day as our MADT fall membership meeting. Dance Team coaches across the state can't wait to reunite for an in-person day of networking and learning from their colleagues.

The winter competitive Dance Team season begins on October 25th, 2021, and coaches and dancers can't wait to experience what will hopefully be a regular season. MADT is operating under the theme of "Stronger Than Ever," and we are looking forward to gathering the strength we gained from this past year and moving forward in a strong, positive direction.

**MSHSCA EMAIL CHANGE:**

**Contact: Rick & Joyce Ringeisen at**  
**[ringer@mshsca.org](mailto:ringer@mshsca.org)**



# MEMBERSHIP CORNER

Joyce Ringeisen  
Assistant to the Director

## MSHSCA Membership cards have gone Digital for 2021-2022!

### The Digital Membership is going well!

#### As of August 25 we have registered well over 3000 members for the 21-22 Membership Year

As of July 1, 2021, the MSHSCA changed to a digital membership card system. Members will no longer receive their annual membership cards in the mail. Instead, MSHSCA members will receive emails with links to download and print their MSHSCA membership cards.

This change makes it very important that the email you sign in to your account is active because that is the email address that your insurance and membership links will be sent to.

This is exciting news because the change brings many advantages for the MSHSCA and its members. The advantages are as follows:

- Faster service for MSHSCA members
- MSHSCA members will be able to carry an MSHSCA card digitally on their phones.
- MSHSCA members will also be able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.
- MSHSCA members will have the option to add their picture to their MSHSCA membership card. This will add an additional level of security to the MSHSCA membership system.
- The MSHSCA will save thousands of dollars in card printing costs, envelopes, and postage.

When you join for the 2021-2022 membership year, you will receive two emails.

The first email will arrive shortly after registering and will provide you a link to print your receipt. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

For a copy of your receipt, you can click [here](#).

#### Registration Info:

**Username:** your email

**Registration Site:** [mshsca21.cordonco.com](http://mshsca21.cordonco.com)

The second email will arrive after your membership has been processed. You will be provided several links to download to print the general liability insurance information and your membership card. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

To print or save your information, click one of the following links:

---

#### General Liability Insurance Program

Insurance information.

Download the PDF: ([Click here](#))

Navigate to the PDF: ([Click here](#))

Download the image: ([Click here](#))

Navigate to the image: ([Click here](#))

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#### Wallet Size Membership Card

Keep this card with you. The Membership card is good for admission at many high schools and colleges in Minnesota. You can choose the link to save the image and save it to your camera roll. You can then use your smartphone to show the Membership card. As an alternative, you can choose to view the pdf and print a copy of your membership card.

Download the PDF: ([Click here](#))

Navigate to the PDF: ([Click here](#))

Download the image: ([Click here](#))

Navigate to the image: ([Click here](#))

---

#### Registration Info:

**Username:** your email address

**Registration Site:** [mshsca21.cordonco.com](http://mshsca21.cordonco.com)

This is a major change in the MSHSCA. We have been told by the programmer that when major changes like this are made, to expect glitches. Please be patient this year as we update and move to the digital MSHSCA membership system.

In the past, your email was only used as a login ID. From now on, the email address you sign in with must be an active email account that you can access to open the MSHSCA membership emails sent to you. You must log in with the last email and password that you used to sign up for your membership within past years. Once you are into the MSHSCA membership system, you can update your member profile. There is an EDIT button on the left side of your profile. Please note that your member-

**MEMBERSHIP CORNER ...**

continued from page 8

ship card will print the information you have entered.

As in the past, if you are having difficulty, you can write to the Executive Director, Rick Ringeisen, at [ringer@mshsca.org](mailto:ringer@mshsca.org) and request assistance.

We have only had a few members experiencing problems!

**Troubleshooting:**

**“I did not receive an email after I registered but I see my credit card was processed.”**

This is likely due to one of the following reasons:

1. The email was blocked or it is in your Spam mail
2. You received the email but did not recognize it. The email will come from [Registration@cordonco.com](mailto:Registration@cordonco.com) and the subject is Minnesota State High School Coaches Association.
3. The email is sent automatically to the email address in your MSHSCA profile, so if you are using a different email you may need to edit your profile.

**Solution:**

You can log into your MSHSCA member profile at any time to open membership links

Log in to <https://mshsca21.cordonco.com> (this is the same link you use to join MSHSCA every year)

Look for the menu on the left side of the page. Click on “Documents Card Print” to open your links.

This is also the same place to EDIT your Profile with any address/email changes.

**“I cannot access the membership links after registering. It says: Awaiting Access Approval”**

You are likely in the “Check/Money” Payment Method. You will not have access until the payment has been received. Once payment is received, you will receive an email with the links.

**ICE CHIPS**

By: Greg Anzelc

**MHCA Update:**

It's been a busy summer and we are looking forward to fall and the start of the season! The Minnesota Wild Virtual Leadership Summit was held on Wednesday, July 14. This event was free of charge and open to boys and girls high school hockey captains and coaches. A big thanks to the Wild and the great speakers including Jared Spurgeon and Minnesota Wild Head Coach, Dean Evason. Plans are in the works for our Fall Clinic, October 15-16, in Duluth during the Ice Breaker Tournament. Teams in the tournament include Providence, UMD, Minnesota State University, Mankato, and Michigan. We have a great lineup of speakers including staff from Minnesota State University, Mankato, and more! The host hotel is the Inn on Lake Superior. Check out [mnhockeycoach.com](http://mnhockeycoach.com) for more details and registration information!

**HOOP SCOOP**

By: Leah Dasovich

Minnetonka, HS

2021-2023 MGBCA President

As summer winds down, I hope this finds you refreshed and ready for both another school year and basketball season. I am optimistic that we learned a lot through the challenges of the last year and a half, and despite some potential obstacles this coming year, we are prepared to make it the best season yet for our student-athletes.

What better way to kick off the 2021 season than with the Minnesota Girls Basketball Coaches Association Fall Clinic?! I won't speak for everyone, but I definitely missed seeing so many of you last year and learning from some of the best. Details are still in the works, but we anticipate a great day of connection and growth. Below is the tentative timing:

**Friday, October 29th @ The University of St. Thomas**

7:30-8:25	Registration
8:25-8:30	Welcome
8:30-12:30	3 speakers
12:30-1:30	Lunch at St. Thomas Student Union
1:30-4:50	3 speakers
4:50	Door Prize Giveaways (Must be present to win)

While the lineup is not completely set, this year's clinic will feature coaches Lindsey Whalen (University of Minnesota), Ruth Sinn (University of St. Thomas), Tim Grove (University of Minnesota-Morris), and at least one additional Division 1 coach. So, save the date for Friday, October 29th, at the University of St. Thomas, and be sure to invite any and all new coaches in your sections and conferences. Look for registration information and final details in the coming weeks.

Have a great start to your fall, and I can't wait to see you at the clinic!

**REFLECTIONS BY RINGER ...**

continued from page 4

ed as a member of the 2021 Class into the NHSACA National Coaches Hall of Fame!

Congratulations to **Craig, Jeff, Franz, and Steve!** You are all truly deserving of being recognized for your coaching career accomplishments! You have all given unselfishly of your time and talents to your communities, programs, and the MSHSCA. You have made a significant impact on the lives of many student-athletes. You all exemplify Billy Graham's quote. **“A coach will impact more young people in a year than the average person does in a lifetime.”**



## CORNER KICKS

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

As soccer coaches start the season, we are reminded that all of us will be busy with not only coaching our athletes but applying the recommendations of the MSHSL to keep players and coaches safe during the covid pandemic.

A quick reminder about membership: your membership must be done online at [www.mshsca.org](http://www.mshsca.org) by Friday, October 1st, to be eligible for MSHSSCA awards. Suggest to your whole staff that becoming a member is a real benefit. It is a small fee. Insurance coverage is one of the most significant values of membership. Especially with the virus, the insurance will cover coaches during the pandemic if they follow State and School District directions for health during the pandemic.

To clarify, something that might not be understood is that you must belong to the association to have your players considered for All-State Teams and Academic Team Awards. Would you further consider becoming a member of the United Soccer Coaches Association? You can check with registration staff about joining this National Association. It is also a great value, and the more coaches that belong to the National Association, the more players and coaches can be honored by that organization. The deadline for joining is midnight, Thursday, October 1.

We reached a milestone with the first Section Representative meeting with three classes of teams and reps. It was held in person and on zoom. After the meeting, we were excited to meet and greet the new Gopher Women's Soccer Coach, Erin Chastain. She shared about her coaching philosophy and the start of the Big Ten season. It was a great time to share and meeting with fellow coaches and friends.

The 31st Soccer Clinic was held at the National Sports Center in Blaine on Friday, August 12th. The clinic was well attended, and on-field sessions were well attended. Special thanks to the following: Greg Juba-Clinic Director, Art Seplak-Treasurer and Clinic Registration, Crissy Makela-Clinic Demonstrator Coordinator, Pat Malicki, and Bill Vance-Field Hosts, and Ben LeVahn-President and for running the general membership meeting.

The State High School League has indicated that we will have third-place games and work on a site for these contests. The MSHSL website has posted that the third-place games

will be played in the Regional Athletes Center in West St. Paul

We continue to move forward with our three-class format as an organization. We want to thank those who have stepped up to be section representatives. The MSHSSCA organization will be gearing up for the end of the year awards. The biggest change will be that of All-State's first and second teams. The All-State Selection meeting will be held on October 17. Each gender and class will have a team. Added to the award list will be a Coach of the Year and an Assistant Coach of the Year for each class and section. From the section winners, each class and gender will have a state winner. Exciting times are coming for the soccer athletes and teams in Minnesota. Our next Board Meeting is on September 15.

State tournament Quarterfinals will be held on Tuesday, October 26th, Wednesday, October 27th, and Thursday, October 28th, at various sites. The State Tournament will be held at US Bank Stadium the first week in November. There will not be a Tuesday game because it is election day. Semi-Finals will be played on Wednesday, November 3, Thursday, November 4, and finals will be on Saturday, November 6.

The Senior Classic will be played at M. Health Fairview Center in Woodbury on Wednesday, November 11th.

Please use the website for additional information and important dates. Also, take the time to read information from your section rep. We did not want anyone to miss a due date and cause a problem with an award from the MSHSSCA. If you get time, thank Berry Arrowsmith (Blaine Boys) for all the time and effort that goes into being the webmaster for your organization.

That is all until we gather at the State Tournament. Have a great year with your team. And as always, remember you are blessed with the best job in the whole world, working with kids.

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***“Today, do what  
others won’t,  
so tomorrow you can  
accomplish what  
others can’t.”***

**- Simone Biles, Gymnast**

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# Dig This

By: Darin Swenson  
Litchfield High School

The 2021 season is finally here. We are back in the gyms and back on the court. The first matches of the year are in the books. Weekend tournaments are back and so is the excitement of pool play and championship brackets. In all of the excitement, we might find ourselves getting caught up in the moment and forgetting some important details. So, allow me to give you a few reminders.

**Minnesota High School Coaches Association:** We encourage you to become a member of the coaches association. With your member, you will have access to some great benefits. Also, membership is required in order for you and your players to be eligible for postseason awards (All-State, Academic Team, and Individual Academic). To join or renew your membership, go to [www.mshsca.org](http://www.mshsca.org) and complete the necessary steps.

**Minnesota Volleyball Coaches Association Website:** Over the years, our association has made great efforts to provide our members with a one-stop-shop for all the information they need related to Minnesota volleyball. We believe we have done an excellent job making this a reality. We encourage you to visit and keep coming back to [www.mnvbca.org](http://www.mnvbca.org) for more information as the season goes on. If you have any questions or suggestions, please don't hesitate to reach out and let us know.

**Scores and Stats:** Having a plan is always important, and that's true as ever when it comes to keeping accurate stats for your program. We recommend that you assign and train somebody in your program to take stats during your games and report game scores and stats to the appropriate media outlets. You can find statistical definitions on our MNVBCA website. These cumulative season stats will be necessary for any coach that is planning on nominating players for All-State. We also ask that you report all scores to the MN Volleyball Hub and Minnesota-Scores.net, as well as your local newspapers and radio stations.

## Important Dates and Deadlines:

**Monday, October 25** - All-State Academic Individual Nominations, All-State Academic Team Nominations, and All-State Stats Forms are due! Any Submission after 11:59pm will not be accepted!

**State Tournament and All-State Banquet:** The MSHSL is still working out the details for running a 4 Class State Tournament. A lot of work goes into expanding one of the greatest volleyball tournaments in the country, and we are all anxiously waiting to see what the tournament will look like. We will continue to keep you informed when the tournament structure starts to emerge.

Good luck to all players and coaches as you work your way through the season. Enjoy the experience!

## MEMBERSHIP REPORT

September 1, 2021

### 2020-2021 Final Report

Types of Membership	2018-2019	2019-2020	2020-2021
Active Class A & AA	6559	6103	6217
College Associates	1178	1287	697
Other Associates	58	62	29
Active Life	343	340	332
Retired Life	1293	1351	1401
Honorary	4	5	5
<b>TOTAL</b>	<b>9435</b>	<b>9148</b>	<b>8681</b>

### Breakdown of membership by sports association (2018-2019/2019-2020 totals in parenthesis)

Adapted Athletics (21/18) 31	Boys Lacrosse (104/48) 66
Alpine Skiing (62/64) 48	Girls Lacrosse (90/47) 92
Athletic Directors (119/113) 109	Football (1133/1113) 1044
Baseball (515/515) 486	Football Retired (1/4) 6
Boys Basketball (764/702) 582	Robotics (58/51) 58
Girls Basketball (737/682) 602	Golf (boys & girls) (360/288) 321
Cross Country (449/426) 425	Soccer (boys & girls) (445/436) 443
Dance (280/290) 277	Softball (489/424) 423
Gymnastics (225/ 229) 196	Synchronized Swimming (18/10) 15
Nordic Skiing (103/116) 97	Girls Tennis (222/226) 210
Girls Swimming (240/254) 228	Boys Tennis (185/172) 168
Boys Swimming (197/200) 180	Track & Field (881/735) 740
Girls Hockey (90/93) 148	Volleyball (661/636) 546
Boys Hockey (192/209) 194	Wrestling (143/153) 165
Hockey Retired (2/2) 4	

Sports associations that collect their own dues, but join the MSHSCA are Cheer (13/13) 10, Clay Target (12/9) 6, and Badminton (5/6) 6.

### 2021-2022

Types of Membership	2018-19	2019-20	2020-21	2021-22
Active Class A & AA	6559	6103	6217	3240
College Associates	1178	1287	697	1054
Other Associates	58	62	29	32
Active Life	343	340	332	235
Retired Life	1293	1351	1401	1444
Honorary	4	5	5	5
<b>TOTAL</b>	<b>9435</b>	<b>9148</b>	<b>8681</b>	<b>6010</b>

# Over Hill and Dale

By: *Brandon Heebink, Wayzata High School  
President, MN Cross Country Coaches Association*

Happy Fall one and all! More importantly, happy cross country season! I know you all have been looking forward to this season and a return to training and racing for your teams and being at awesome meets on weekday afternoons and/or Saturday mornings. By the time you read this, the 2021 season will be in full swing.

As this season progresses, we'll all be looking forward to those meets that leave lasting memories for us coaches, and especially for our athletes. Some of the most memorable and most exciting each year is the section and state championship meets, which will return to their traditional formats this year with one key difference: cross country now has 3 classes.

The section meets will still operate similarly in determining the state qualifiers. The top 2 teams from each section and the top 6 individuals not on a qualifying team will advance to state. That means across 3 classes, a total of 96 teams and 288 individuals will advance to the state meet, the most ever. That totals 960 runners (as well as 192 alternates) that will get to compete at St. Olaf on Saturday, November 6th. The schedule for the first 3 class state meet has also been set by the MSHSL and here it is:

- 9:30 am – AAA Boys
- 10:30 am – AAA Girls
- 11:15 am – AAA Awards (approx.)
- 12:00 pm – A Boys
- 1:00 pm – A Girls
- 1:45 pm – A Awards (approx.)
- 2:30 pm – AA Boys
- 3:30 pm – AA Girls
- 4:15 pm – AA Awards (approx.)

The course will be the same as in the past. Awards will continue to be held in the same format and location. Also, the day before the meet, the course will open for qualifiers to do a course preview.

Before we get too excited about the championship part of the season, some congratulations are in order from our clinic in August as a group of amazing coaches were inducted into the Coaches Association Hall of Fame. I want to pass along my sincere congratulations to these incredible role models and coaches:

- John Shurb – Lac Qui Parle Valley/Dawson-Boyd
- Myron Ahle – Little Falls
- Don Timm – Coon Rapids

Hearing the accolades of all three of these men at their induction was incredible and motivating for me. Even more, was hearing and seeing their passion for the sport and their athletes was inspiring. While at the clinic I had the opportunity to sit down and speak with Don Timm for a while. He was one of my high school coaches! It brought back so many great memories of my high school days of being with him at practice

and meets, as well as in his history classroom each day.

I wasn't the only former runner there for their coaches though. A number of runners came back to see their coaches inducted and I think that was the biggest takeaway and a reminder to all of you as we get going on a new season. Our job is so focused on the immediate season and working with our current athletes, but it certainly doesn't end there. As coaches, our runners are our runners forever. Still today, I use things that I've learned from Coach Timm in my classroom and in my coaching and whenever the opportunity arises. I try to meet up and catch up with my coach. Even though he may be more of a colleague at this point, 14 years into my coaching and teaching career, he will forever be Coach Timm to me because of what he has meant.

Best of luck this fall, have a great season, and continue to be those amazing leaders for the young runners of Minnesota!



## Swim Strokes

By: *Kelly Boston*

*Girls Swim and Dive Coaches Association President*

It's great to be back at the pool. So far this season looks very different than last. Invitationals are back and so are our spectators at many venues. Almost all of the COVID restrictions that we had to follow in meets last season have been lifted.

At the time of this writing, the Swim and Dive Coaches Association is excited to announce that the True Team Section and State meets are back after taking a hiatus last season. The Section meets will be held Saturday, October 16. The girls' Class AA State Meet will be held on Wednesday, October 20, and the Class A Meet will be held on Thursday, October 21. Both of the True Team State meets will be evening meets held at the University of Minnesota and spectators will be welcomed. We are also excited to announce that after not having a MSHSL State meet last fall, they are gearing up for the return of this Championship meet November 18 - 20 at the U of MN.

We will continue to keep the lines of communication open and will report any updated pandemic restrictions if they occur. I want to thank the many people who make swimming in Minnesota a tremendous opportunity. The officials, coaches, athletic directors, parents, the MSHSL, the MSHSCA, and of course, our student-athletes. These people make the amazing sports of swimming and diving at the high school level possible in Minnesota.

### MSHSCA EMAIL CHANGE:

Contact: **Rick & Joyce Ringeisen at**  
**ringer@mshsca.org**



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# CLEARING HURDLES



By: Aaron Berndt, Wayzata High School  
 President, MN Track & Field Coaches Association  
[aaron.berndt@wayzataschools.org](mailto:aaron.berndt@wayzataschools.org)

On behalf of the Minnesota Track & Field Coaches Association, I want to welcome everybody back for another great school year and track & field season. I hope your summer allowed you to be able to relax and rejuvenate. This year especially should be something to look forward to as we look to a more traditional season with many new MSHSL changes going into effect.

As I write this, Minnesota Track & Field is now classified as a three-class activity within the MSHSL. The new section placements have been released and planning for the new formats is well underway. Our association advisory has met with the MSHSL several times to help plan and organize the new section and state meets as well. We feel really strongly that what has been put together is going to be really good for Track & Field in Minnesota. Both the league and the association will update coaches as more details are finalized.

**Please save the date for the 2022 Minnesota Track & Field coaches' clinic: Thursday, January 20 through Saturday, January 22, at the DoubleTree by Hilton Hotel in Bloomington.** We will start Thursday evening with our true team and association meetings followed by clinic sessions on Friday and Saturday. We will be inducting new members into the association Hall of Fame on Friday evening. This is the final year the clinic will be held at the DoubleTree location before we move to a new venue in 2023.

As always, if you have not joined the association for this school year yet, please do. Your association membership includes many benefits and generous coaching insurance. Furthermore, being a member allows your athletes to be eligible for Academic All-State, Mr. / Ms. Track & Field nominations, in addition to your coaching staff's ability to be recognized for Coach of the Year honors.

Even though the start of the next track & field season seems far away, it is not too soon to utilize some of our association mentorship and education programs:

- The Women4Women coaching initiative for Minnesota Track & Field coaches is a group devoted to encouraging more women to respond to the call of coaching track & field and supporting women to be strong role models in addition to excellent coaches. This group has put together many resources for members and created an extensive list of coaches to teach and support each other. To learn more or to join Women4Women, please e-mail the MN Track & Field Coaches Association Vice President Meghan Orgeman of Alexandria ([morgeman@alexschools.org](mailto:morgeman@alexschools.org)) or visit the W4W home page at: [mshsca.org/w4w](http://mshsca.org/w4w).
- Another opportunity for coaches is our association mentorship program. Over 30 coaches in MN have volunteered to serve as mentors to new/younger coaches. Many more have shared on surveys that they are either looking for a mentor or are happy to volunteer as one. For a list of contacts and to learn more about the program, see the listing on our website at: [mshsca.org/mentor](http://mshsca.org/mentor).

Please follow Minnesota Track & Field Coaches Association on Twitter @MNTFCA to find the most up-to-date information this school year.

Finally, thank you for all you do for your athletes and in support of Track & Field. Again, don't forget to join the association for the 2021-2022 season and enjoy the beautiful fall weather!

## SPECIAL MEETINGS OF IMPORTANCE

September 10,2021	HOF Coordinator/Executive Director Meeting	Mpls Marriott West
September 11, 2021	MSHSCA Fall Delegates Meeting	Mpls Marriott West
October 8, 2021	HOF Coordinator/Executive Director Meeting	Sheraton Minneapolis West, Minnetonka
October. 9, 2021	MSHSCA Hall of Fame Banquet	Sheraton Minneapolis West, Minnetonka
March 17 or 24, 2022	Executive Board / Finance Meeting	Hilton Garden Inn, Eagan
March 18 or 25,2022	Spring Delegate Assembly	Mancini's
June 26-27, 2022	Summer Executive Board Meeting	

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## PREP COACH ARTICLE DATES

March 1      June 15      September 1      December 1

# SERVICE ACES

By: Robert DeCorsey



It is hard to believe that we are already in our third week, as I write this, of the season. These first weeks' schedules have been packed. In this time of packed schedules and matches, it's sometimes easy to lose sight of why we do what we do, as crazy as it seems sometimes. In the many seasons, I have coached tennis (28), basketball (30), and throw in track, golf, and softball, I have been on all sides of the spectrum with my teams.

No matter where I have been on the spectrum of "success," I have realized that I love coaching and working with my players. I'm far from perfect. From the perspective of why I coach a lot, I can lose my mind (some who know me are laughing.) But I do love it. We talk every day about what we can control on the court, ATTITUDE, AND EFFORT. When they go out to play, I ask my girls for two things: CHAMPIONSHIP ATTITUDE and CHAMPIONSHIP EFFORT. Our team isn't great, but I'm enjoying it a ton!

What does all of this mean above, perspective and gratefulness? We are once again in a strange time. I feel fortunate that we are going to have a really close to normal season again, including section play, both team and individuals, and a state tournament. So as we fly through our season, keep in mind why you do what you do and be grateful for our players and the chances we get to play.

Good luck and have a great season to you all.

A few notes as the high school tennis season gets underway:

1. **TennisReporting.com** – You MUST register your team, submit your rosters, and report your scores. While a few kinks need to be worked on in the system, it is easy and smooth IF we coaches do our job. Most notable is entering our rosters fully (first name, last name, grade) and accurately. If you have questions, many are addressed on YouTube search Tennis Reporting.
2. **Technology during matches** – TECHNOLOGY: Heart monitors, smartwatches, cell phones, or any device capable of receiving or delivering communication is prohibited from being on the court or on the participant. Beginning with the introduction of the lineups or the start of warm-ups for each match:
  - a. Warning before if used before match
  - b. Default of match if caught using the device during the match
3. **Join the MTCA** – I invite and encourage you to join the tennis coaches association. There are many benefits:
  - a. Part of a fantastic organization whose mission is to create the best experience of high school tennis for our student-athletes
  - b. Team and senior individuals can qualify for academic awards. (ONLY possible if the head coach is a member of the MTCA).
  - c. Coach of the year awards
  - d. Insurance during summertime
  - e. You get into high school activities with a pass for free.

You can sign up online: <https://www.mshsca.org/tennis>

## COACHES!

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

Your school will receive a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Trophies Plus Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school.

Thank you for your help with this program to recognize your athletes.



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[Redacted]

[Redacted]

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Minnesota State High School Coaches Association and its members.

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

[Redacted]

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2021 – August 1, 2022

[Redacted]

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

[Redacted]

[Redacted]

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

[Redacted]

[Redacted]

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly [gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
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Karen Boller [kboller@loomislapann.com](mailto:kboller@loomislapann.com)

*Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.*

# Goal Posts

By: Ron Stolski



Keepers,

First, the August 13, MFCA Awards banquet with over 225 in attendance was a resounding success. Congratulations to Coach of the Year, Justin Reese, Fridley, Assistant COY, Doug Wannous, Owatonna, Power of Influence recipient (posthumously), Steve Jipson, Clinton-Graceville-Beardsley, Don Swanson recipients, Dave Nigon and Beau LaBore, Stillwater, and Distinguished Service recipient, Jeff Ferguson. In addition, several class Coaches of the Year were recognized, along with the 2021 Hall of Fame inductees, Richard Robinson, Mike Plinske, Terry Horan, Karl Deis and Bill Bailey.

We are at it again! Kids, coaches, fans, are all back. Schools and communities are humming. Fall and football are in the air. Few sports transcend time and tradition like high school football. The experience, truly, is a part of the fabric of our lives. Similarly, few professions are more rewarding or timeless as coaching. This writer has mused often about the special designation that the word ‘coach’ implies and holds. Coaches are teachers, counselors, mentors, and leaders. We develop, organize, innovate, adjust, connect, and inspire. We are, can be, difference makers in and for the people we touch. In many ways coaching is a unique profession. Few people in a profession can be simply identified just by a descriptive term. When they call you COACH, immediately people ‘know who you are’, and to great extent what you represent. They don’t call you by name, you are simply, ‘coach’ What special opportunities and responsibilities we have to make a difference.

The life lessons learned on the field are as timeless as the traditions themselves. In places all across our state, fans gather to celebrate the experience that is Friday night football. Whether they are from communities large, middle or small, the game holds the same timeless importance, and creates the same memories. There remains a shared common bond. We are one as travelers in the football journey and in our heart of

*“No man steps  
in the same river twice”*

- Heraclitus

hearts, we know it is the road, not the Inn, that holds us. It is a journey we shall never forget.

In every corner of the state, kids come with dreams in their pocket to chase those dreams. They play the game, just as legions of players before have, and those who follow will. And coaches help them. We do what we do because we are the Keepers of the Game. And so, in other times and other places we shall remember the team at the ready, under the Hunter’s moon, spilling onto our fields of green to play a game they love. And so good keepers, when they ask you how you spent your life, reply with humility and pride that you spent it with other people’s kids. Say you did the best you could for them. Then say you would and will do it all over again.

Have a great journey!



## DISCOUNTS AND BENEFITS

Access exclusive discounts/benefits for member coaches of the Minnesota Coaches Association. There are thousands of products and services available to you exclusively through the National High School Athletic Coaches Association. Annual membership paid by MSHSCA. Discounts on travel, insurance, office depot/office max and others.  
[www.hscoachesbenefits.org/](http://www.hscoachesbenefits.org/)

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# Mat Chatter

By: Eric Swenson



Welcome to the 2021-22 school year and hopefully a return to “normal” high school sports seasons. It is my pleasure to share my thoughts about the upcoming wrestling season with all of you. My name is Eric Swenson and I am the current president of the MWCA. I am a father of three, teacher, and coach. Wrestling has been a major part of my life since 1988 when I tried out for the 8th-grade wrestling team. Since then I have wrestled, coached, and met thousands of great wrestling people. Currently, I am the head wrestling coach at Wayzata High School. My oldest son, Cael, just graduated and will be attending SDSU this fall, and my younger son, Logan, will be a 10th grader on the Wayzata team this season. If wrestling has taught me anything it is that we can achieve great things through hard work, dedication, and effort. A former mentor once told me, “Nothing works unless you do.” To achieve success, we cannot do the work alone. We, as a community, must work together to continue to help our sport grow. As we enter the 2021-22 school year and wrestling season, it is time to work.

So many coaches, parents, and contributors worked very hard to make the last wrestling season meaningful. Through the effort and dedication of so many, our student-athletes were able to have a full season of wrestling, which included state championship teams and individuals. Last September I was doubtful that a full season would occur due to Covid-19, but our wrestling community rallied and created an experience that will last a lifetime for so many. The hard work continued throughout the season, and off-season, which has created even more opportunities for our student-athletes. The MWCA is excited to announce girls’ wrestling starting this upcoming season. The MSHSL has approved a girls-only individual section and state tournament that will occur simultaneously with the current boys’ state tournament series. Girls will practice with the boys and may compete with the boys throughout the season, as well as during the postseason if they choose. Twelve weight classes have been suggested: 95, 106, 113, 120, 126, 132, 138, 145, 160, 170, 182 and 220.

Wrestling is difficult. The sport requires so much from our athletes and coaches. In life, it is common to avoid difficult situations and many give up when challenges get “too hard.” Wrestling teaches us to get out of our comfort zone. It teaches us that giving up is not an option. If you watched the Olympics this summer, you may have witnessed athletes from around the world doing heroic things. I believe Gable Steveson may have provided us with the most heroic achievement. When others might have quit or given up, Gable pushed through adversity and came out victorious. Gable has been a hero for many in Minnesota, but now he is an American hero. If for some reason you are not sure why I am referring to Gable as a hero, let me remind you what he did. Gable defeated former Olympic and World Champion wrestlers to win a gold medal. What

makes this extraordinary is that in Gable’s gold medal match he was losing by four points with only 13 seconds left against a three-time world champion! That is not a typo; 13 seconds left, down by four points and Gable won! Time was on the clock and Gable did not quit, he did not give up. He trusted the process, believed in all of his training, and persevered. It was emotional for so many because what Gable did is what so many of us preach to our athletes. For years we have told athletes, “You can do anything; if there is time on the clock you can still win,” and “Never give up.” All of those pieces of advice became real with 13 seconds left at the 2021 Olympics. Unbelievable, heroic, and inspiring.

As the school year begins and the season creeps closer, things may challenge us. Obstacles will get in the way, but we can be reminded of all that is good. We can look back at our successes during the worst pandemic in our lifetime, as well as the greatness displayed at the highest level of our sport, and we can be confident that through hard work we can succeed.



## MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC. EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2021-2022

<b>PAST PRESIDENT</b> Terry Stadler	<b>B/G Soccer</b> G Swimming Robotics	<b>B Swimming</b> Wrestling	<b>Baseball</b> B Hockey
<b>PRESIDENT</b> Tom Critchley Jr.	<b>Football</b> Adapted Athletics	<b>G Basketball</b> Gymnastics	<b>G/B Golf</b> G Hockey
<b>PRESIDENT ELECT</b> Barry Wohler	<b>B/G Cross Country</b> G Tennis	<b>Nordic Skiing</b> Alpine Skiing	<b>B Tennis</b> B/G Track
<b>VICE PRESIDENT</b> Jennifer Roisum	<b>Volleyball</b> B/G Lacrosse	<b>Synch. Swimming</b> B Basketball	<b>Softball</b> Dance
<b>Girls Sports</b> Inclusion & Diversity	<b>Becky Leuer</b> Larry McKenzie		

These are your representatives for your sport association on the MSHSCA Board of Directors. If you have any issues, concerns or questions, please feel free to contact them. Their information is listed on our website at [www.mshsca.org](http://www.mshsca.org)

# 2021 SCHOLARSHIPS



## ELLIE REIERSON

Dear MSHSCA,

I am honored to be the recipient of the MSHSCA Scholarship for the 2021-2022 school year. I was very happy and appreciative to learn that I was selected as the beneficiary. I am Majoring in Pre-Dentistry and Minor in Accounting this coming Fall at Mayville State University. I will be a freshman and will also be participating on the volleyball team. I plan on having my own dentistry postgraduate and am grateful that you have offered me this scholarship. This makes my goals easier to reach. By awarding me this scholarship, you have helped lighten my financial burden which helps me focus more on schooling. This generosity has inspired me to help and give back to others as well one day. I hope that by helping others, they too, will become inspired to give back in the future. Again, thank you for the generosity in this donation and helping to better my education.



## JOHN (JACK) VOGL

Dear MSHSCA,

Thank you to the MSHSCA for selecting me for this scholarship. This is yet another great opportunity brought to me through sports. I will use this money to attend Concordia College in Moorhead as I continue my education and football career. I am very thankful.



## NATHANIEL HEGLAND

Dear MSHSCA Board of Directors,

I'm so very honored to have received the Past Presidents scholarship. I am proud to represent MSHSCA with my achievements and academics. MSHSCA and the past Presidents have my full gratitude.



## JENNA NYBLOM

Dear MSHSCA,

I am extremely honored to be selected as one of the 2021 MSHSCA scholarship recipients! Thank you for your generosity, which will allow me to help pay for my tuition at The University of Northern Iowa. In receiving this scholarship, I believe it will motivate me for my future education and athletics career. My educational pursuits would not be complete without your act of generosity! Once again, thank you!



## TESS JONES

Dear MSHSCA,

Thank you for selecting me as the Past Presidents Scholarship recipient. I plan to use this scholarship to further my education at Dakota Wesleyan University in Mitchell, South Dakota for Elementary Education. Thanks.

# HIP THANK YOUS



## **ADDISON FLEISCHMAN**

Dear MSHSCA,

Thank you for selecting me to receive the Kathy Frederickson scholarship. I plan to use this award to further my education at Dakota Wesleyan University, to become a teacher. With my degree I can do my part to continue Kathy's work by teaching my female students they deserve the same opportunities as their male peers.

Thanks you again.



## **BREVMY LINGEN**

Dear Minnesota State High School Coaches Association,

Thank you for awarding me the prestigious Howard E. Emerson Scholarship, it is truly an honor. This is a generous gift and it will go to great use as it goes toward paying for my college tuition. Thank you again!



## **BODE MAGNUSON**

Dear MSHSCA,

Thank you so much for awarding me this MSHSCA scholarship. I have been blessed over these last few years to be able to play the sports I love. They have helped me express who I am and helped me make many connections along the way. I am excited to continue my next adventure at the University of Central Florida next year. Your Association's support will help make this adventure possible by providing me with this scholarship opportunity. I can't thank you enough; I appreciate this gift very much.



## **COOPER GRAHEK**

Dear MSHSCA;

Thank you for selecting me for the Darien & Mary DeRocher scholarship. I am honored to accept this scholarship from the MSHSCA as I have had various coaches growing up that have had a positive impact on my life and who I am today. This scholarship will help me continue my education at the Carlson School of Management at the University of Minnesota. It is very much appreciated.

Thank you again.




## **MARLYS MICHAUD**

Dear MSHSCA,  
MSHSCA-

Thank you so much for the opportunity to win this scholarship! It is such an honor and I cannot wait to use it to pursue my education at Gustavus. Thank you so much!

# GIRLS HOCKEY "SNAP SHOTS"



By: by Tim Morris,

Executive Director, MGHCA

[www.MGHCA.com](http://www.MGHCA.com) [Execdirector.MGHCA@outlook.com](mailto:Execdirector.MGHCA@outlook.com)

## 2021-22 High School Season – A Look Forward

The coming girls hockey season is fast approaching. With that, coaches are taking care of the last-minute details we all face during the season. Scheduling buses, preparing for tryouts, scheduling games and scrimmages if not completed already, ordering team supplies, and uniforms, etc.. The bright spot right now it appears we should be able to have a "normal" season and renew some of the rivalries that may have been interrupted due to the Covid rules of last season. With that being said, all coaches should still be prepared for possible changes to your schedules. The best way for us as coaches to make sure we can get a full season is to remain vigilant in trying to identify players that may have become infected with one of the strains of Covid and to mitigate contact with teammates and other teams right away. While nobody can require our participants to receive Covid vaccinations, encouraging the parents of athletes to protect their players will also protect their hockey season. This is just something everyone can do to help stop or at least slow the spread of this virus. Please do your part to help.



## Membership for the 2021-22 Season

All coaches should become members of the coaches association by joining the MSHSCA. Fees remain the same as last year with the benefits listed on the MGHCA website

and also the MSHSCA website. Coaches must be members to qualify for post season awards presented by the MGHCA and the MSHSCA. Those awards include Championship Coach awards, Section and State Coach of the Year, and Team Academic recognition among others.

## 2021 Fall Clinic

The MGHCA is pleased to announce that we are offering a FREE fall coaches hockey clinic for all of our member coaches. The clinic will take place on October 8 & 9, 2021 at the Super Rink's Grand Ballroom. The MGHCA will provide continental breakfast on both days and a buffet lunch on Friday. Here's the catch...to attend the clinic free, coaches must join the MSHSCA prior to the clinic. While the clinic is free, there will still be an online registration for the clinic so the caterers know how much food to order. Go to [www.MGHCA.com](http://www.MGHCA.com) for clinic info and the registration link. A great line up of speakers has been assembled and we think every coach will get something out of the clinic. This is also a great chance for coaches to acquaint themselves with their coaching peers. Hope to see to you at the clinic.

## 2021 MGHCA Hall Of Fame & Awards Banquet

The MGHCA is proud to announce our 2020 Hall of Fame Class. These inductees include Barb Halbrehder, Bill Halbrehder, Tom Kulenkamp and Pat Furlong. These folks have impressive credentials and have certainly earned a spot in our Hall of Fame. Along with the HOF inductees we will also be honoring our State Head and Assistant Coaches of the Year, and our Brano Stankovsky Award recipient. The banquet will be held in conjunction with the Fall Clinic but will require a separate registration. The banquet will start around 7:00pm on Friday, October 8th in the Grand Ballroom. The registration for the awards banquet will be \$15 per person. Please take the time to support these individuals who have contributed so much to our game. We look forward to having you in attendance. This will be a great evening for celebrating our member coaches.

# COACHES CARING PROGRAM

Do you know of a Minnesota high school coach who is facing a catastrophe and could use some financial assistance? You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org)

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

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

**Trophies Plus is now helping to sponsor the Coaches Caring Program to help keep it sustainable.**

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# 2021 MSHSCA 25 YEAR LIFE MEMBER COACHES

Scott Anderson	Craig Nordling
Rick Bruns	Laura Olson
Jim (James) Buboltz	Doug Orr
Mike Christianson	Tom Ostroot
Chad Cronin	Derek Parendo
Jeremy Digiovanni	Marc Paul
Robert (Bob) Fink	Keith Pearson
Dave Guenther	Sean Peterson
Edward J. Gustafson	Carl Pierson
David Haugen	Jason Rademacher
John Hertwig	Steve Randgaard
Kim Hoehne	David Rocheleau
John Jirik	James Schneider
Dana Kallman	Vicki Seliger-Swenson
Michael Kleinschmidt	Cory Solberg
Marty Kiebel	Tim Staloch
Bruce Kivimaki	Neil Steffes
Bob Kuehl	Dan Stifter
Eugene (Mike) Lorenzen	Michele (Mickie) Tuseth
Trevor Monroe	Steve Walker
Jason Mortenson	William Ziegler
Matt Nelson	

## OFFICIALS

### DISTINGUISHED SERVICE AWARD

2021	Deb Sutor, Fergus Falls
Roger Cota, St. Hilaire	Darrel Monson, Winona
Bob O'Hara, St. Louis Park	

### ASSISTANT COACH DISTINGUISHED SERVICE AWARD

2021	
Neil Tesdahl, Crosby-Ironton	
Timothy Utt, Duluth Denfeld	



## DISCOUNTS AND BENEFITS

Access exclusive discounts/  
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coaches of the Minnesota  
Coaches Association.

There are thousands of products  
and services available to you  
exclusively through the National  
High School Athletic Coaches  
Association. Annual membership  
paid by MSHSCA.

Discounts on travel,  
insurance, office depot/office  
max and others.

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

# DUGOUT CHATTER



By: *Ryan Holmgren – Elk River*  
*President MSHSBCA*

## That's a Wrap

The 2021 season officially came to an end in June and it's time to look back on all of the accomplishments that took place and the incredible memories that were made in the highly anticipated 2021 high school baseball season.

## 2021 State Tournament

The State baseball Tournaments in all 4 classes were held on June 15, 16 and 18, of this year. A big thank you goes out to the communities and baseball operations at Jordan, Chaska, St. Cloud, and of course, Target Field and the Minnesota Twins.

This year 4 new Champions were crowned. Congratulations to Hayfield (A), Glencoe – Silver Lake (AA), Mahtomedi (AAA), and Farmington for achieving the ultimate goal of becoming State Champions!

## Play Ball Mn. All Star Series

A week after the State Tournament was completed The Annual Play Ball Mn All Star Series hosted by the MSHSBCA returned after a 1-year hiatus. This year's series was once again held at beautiful Chaska Athletic Park on June 25th and 26th. Although weather and rain prevented the final rounds from being played on Saturday, June 26th, each of the 6 teams was able to get in two games and experience all that is wonderful and great about this special event.

A special thank you goes out to Don Gawreluk, who once again did a tremendous job of organizing and running this entire event. Also special thanks to Dale Welter and the entire crew at Chaska Athletic for providing their top-notch facility to our Senior All Stars and their families once again. This event is truly exceptional and provides so many lasting memories for all involved. This year was no different!

## All State and All State Academic Teams named

With the conclusion of the 2021 season, that means the annual awards sponsored by the MSHSBCA were also handed out. The All State and Academic All State teams for all 4 classes were announced along with the All-Section teams. For a complete list of these awards winners and all awards winners sponsored by the MSHSBCA, please visit the website at [www.mshsbc.org](http://www.mshsbc.org)

## Looking Ahead

Now that the spring and summer seasons of 2021 are in the books, it's time that we turn our attention to our annual Fall Clinic. This year, as planned and promised for about a year now, we will have a new location and new dates for our annual clinic. The dates will be all day on Friday, Nov. 12, and all day Saturday, Nov. 13th.

This year, the new location will be the Viking Lakes Center on the campus of the Minnesota Vikings training facility in Eagan, Mn. The Hall of Fame Banquet will take place Saturday night and will be the final event of the Fall Clinic. Nothing will be held on Sunday now.

Clinic speakers have been lined up, and there will be a hybrid format this year with live speakers all Friday and Saturday, along with some online speakers that will be released at certain times throughout the clinic. This is a byproduct of the success we had with our online clinic last year and a way to reach more coaches and attract bigger and better speakers.

Look for more information on our website and expect emails from the MSHSBCA soon regarding registration, information, and a list of all of this year's clinic speakers.

Once again, thank you to each and every one of you for all you did for your student-athletes this year and during the 2021 baseball season. What you have done and continue to do for our sport is not measurable by any standards. Hopefully, your summer was a success, and you found some time to relax, be with the family and enjoy life as we know it again!

Best wishes to the start of a new school year as well. Baseball Season may be over, but the next one is right around the corner. See you at the clinic in November as we start preparing for 2022.



By: *Michael Breyen*

Welcome to "Under the Bar," the Minnesota Strength Coaches Association (MSCA) newsletter. My name is Mike Breyen, President (Elk River), our Vice President is Jessica Gust (St. Louis Park) and our Secretary is Alex Greenway (Tracy-Milroy-Balaton). We are excited for the start of the MSCA. The focus of this organization is to provide opportunities for the strength coaches in the great state of Minnesota to gain and share knowledge with one another in an effort to expand coaches' toolboxes so our athletes have the opportunity to become the best they can be. We are in the process of developing standards and guidelines that will provide the framework for us to recognize the top state Strength Athletes as well as top Strength Coach(s) in our state.

We are in the process of creating a website for information about the organization and upcoming events. Please feel free to forward this information on to other coaches who may be interested in learning more about us. If you are a strength coach, we encourage you to join the MSCA and begin connecting with coaches all around the state.

## Upcoming Events

- MN NHSSCA #Family Day - Social October 16th in Detroit Lakes, MN
- Big Time Strength Coaches Clinic in Dassel, MN 1/8 2021
- MN NHSSCA State Clinic will be at St. Louis Park High School January 22, 2022.

**2020-21 SECTION COACHES OF THE YEAR**

Section 1A: Chris Pack, Hayfield  
 Section 2A: Judd Walter, Sleepy Eye St. Mary's  
 Section 3A: Ted Taatjes, Central Minnesota Christian  
 Section 4A: Nathan Bellefeuille, Legacy Christian  
 Section 5A: Scott Kramer, Nevis  
 Section 6A: Cory Bedel, Hancock  
 Section 7A: Kyle Giorgi, Nashwauk-Keewatin  
 Section 8A: Kent Christian, Badger-Greenbush-Middle River

Section 1AA: Brad King, Caledonia  
 Section 2AA: Seth Anderson, Waseca  
 Section 3AA: Mark Torgerson, Morris Area/Chokio-Alberta  
 Section 4AA: Kevin Seim, St. Croix Prep  
 Section 5AA: Larry Mckenzie, Minneapolis North  
 Section 6AA: Don "Skip" Dolan, Annandale  
 Section 7AA: Wes Cummins, Moose Lake-Willow River  
 Section 8AA: Matt Johnson, Fergus Falls

Section 1AAA: Kyle Finney, Byron  
 Section 2AAA: Jeremy Drexler, Mankato West  
 Section 3AAA: Matt Mccollister, South St. Paul  
 Section 4AAA: Lance Johnson, Minnehaha Academy  
 Section 5AAA: Bridgeport Tusler, Monticello  
 Section 6AAA: Andre Phillips, Mound-Westonka  
 Section 7AAA: Joel McDonald, Hibbing  
 Section 8AAA: Forrest Witt, Alexandria

Section 1AAAA: Josh Williams, Owatonna  
 Section 2AAAA: Jake Damman, Shakopee  
 Section 3AAAA: Paul Goetz, Eastview  
 Section 4AAAA: Kent Getzlaff, Woodbury  
 Section 5AAAA: Mark Tuchscherer, Champlin Park  
 Section 6AAAA: Bryan Schnettler, Wayzata  
 Section 7AAAA: Rhett McDonald, Duluth East  
 Section 8AAAA: Charlie Schoek, Brainerd

**2020-21 MBCA STATE COACHES OF THE YEAR**

Class AAAA: Bryan Schnettler, Wayzata  
 Class AAA: Forrest Witt, Alexandria  
 Class AA: Seth Anderson, Waseca  
 Class A: Chris Pack, Hayfield

**2020-21 MBCA ASSISTANT COACHES OF THE YEAR**

Bill Fetsch, Tartan  
 Jeff Gullickson, Fertile-Beltrami  
 Jamie Longstreet, Delano  
 Keith Pearson, Fergus Falls  
 Desmond Walker, Richfield  
 Justin Wittrock, Litchfield

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*"It's not whether you get  
 knocked down; it's whether  
 you get up."*

- Vince Lombardi

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## 2021 SPORTS ASSOCIATION CLINICS

DATE	SPORT	LOCATION
Oct. 7-8, 2021	Gymnastics - shelly.eklund@district196.org	Stillwater High School
Oct. 25, 2021	Girls BB - scott_bergman@isd743.k12.mn.us	University of St. Thomas
Oct. 29-30, 2021	Boys BB - Tom Critchley Sr. - hctirc@earthlink.net	Mpls, Hyatt Regency
Oct. 1, 2021	Wrestling - kip.lynk@gmail.com	Simley High School
Oct. 2021	Boys Hockey - mikejmacmillian@hotmail.com	TBA
Oct. 8-9, 2021	Girls Hockey	National Sports Center -Blaine
Nov 2021	Baseball	TBA
2021	Track	Zoom meeting prior to season
2021	Robotics- Alex Jurek - ajurek@isd726.org	St. Cloud State (Atwood Memorial Center)

Please email updated clinic dates for 2021-2022 to Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org)

# SPRING TEAM ACADEMICS

## BOYS LACROSSE

### SILVER

Mankato  
Chanhasen

## BOYS TRACK

### GOLD

(GMLOKS) Grand Meadow /  
LeRoy-Ostrander / Kingsland /  
Southland  
(LFCMC) Lanesboro / Fillmore  
Central / Mabel-Canton  
Alexandria  
Andover  
Annandale  
Apple Valley  
Belle Plaine Boys  
Bloomington Jefferson  
Brainerd HS  
Buffalo  
Canby-Minneota  
Concordia Academy  
Dassel-Cokato  
East Grand Forks Senior High  
School  
Eastview  
Eden Valley-Watkins / Kimball  
Edina  
Faribault High School  
Holy Family Catholic High  
School  
Irondale  
Lake Crystal-Welcome  
Memorial / Nicollet  
Lakeville North  
Mankato East  
Mankato Loyola/Cleveland  
Math and Science Academy  
Dragons  
Mesabi East-Aurora (mail to  
Aurora)  
Milaca  
Monticello  
Mora  
Morris Area / Chokio - Alberta  
Mounds Park Academy  
Mounds View  
New Prague  
Northfield High School  
Northwest Nighthawks  
Owatonna  
Park Christian Falcons  
Park High School in Cottage  
Grove  
Parkers Prairie High School  
Pequot Lakes High School  
Pine Island  
Plainview-Elgin-Millville  
Princeton High School

Proctor High School  
Rochester Century High School  
Rochester Mayo  
Rockford High School  
Rocori  
Rogers  
Saint Paul Highland Park  
Sauk Rapids-Rice  
Sibley East  
Southwest Christian High  
School  
St Cloud Apollo High School  
St. Charles High School  
St.Paul Central  
Tri-City United  
Two Harbors  
Waseca  
Wayzata  
Willmar  
Worthington High School  
Zumbrota-Mazeppa

### SILVER

Eveleth-Gilbert / Virginia  
Bagley/Fosston Co-op  
Blue Earth Area  
Braham  
Cannon Falls  
Eveleth-Gilbert / Virginia  
Foley  
Frazee  
International Falls  
Janesville Waldorf Pemberton  
La Crescent-Hokah  
Maple River  
Minnewaska Area  
Montevideo High School  
Northome/Kelliher/Blackduck  
Parnassus Preparatory School  
Pillager High School  
Pine City  
Rochester Lourdes  
Rush City High School  
Simley  
Thief River Falls

## GIRLS

### GOLD

(GMLOKS) Grand Meadow /  
LeRoy-Ostrander / Kingsland /  
Southland  
(LFCMC) Lanesboro / Fillmore  
Central / Mabel-Canton  
(United North Central)  
Menagha / Sebeka  
(West Marshall Fusion)  
Stephen-Argyle / Warren  
Alvarado-Oslo  
Alexandria Area High School

Andover H.S.  
Annandale  
Apple Valley  
Barnesville  
Becker  
Belgrade-Brooten-Elrosa  
Belle Plaine  
Bloomington Jefferson  
Blue Earth Area  
Brainerd  
Buffalo  
Byron  
Canby-Minneota  
Cannon Falls  
Concordia Academy  
Crookston High School  
Crosby-Ironton  
Dassel-Cokato  
Detroit Lakes  
Eagan  
East Grand Forks  
Eden Valley-Watkins / Kimball  
Eveleth-Gilbert- / Virginia  
Farmington  
Fertile-Beltrami  
Foley  
Frazee  
Glencoe - Silver Lake  
Greenway / Nashwauk -  
Keewatin (GNK)  
Heron Lake-Okabena / Fulda  
Holdingford High School  
Holy Family Catholic High  
School  
International Falls  
Janesville Waldorf Pemberton  
La Crescent-Hokah  
Lake Crystal-Welcome  
Memorial / Nicollet  
Lakeville North  
Mankato East  
Mankato Loyola/Cleveland  
Mankato West  
Maple River  
Martin County West  
Math and Science Academy  
Dragons  
Mesabi East - Aurora (mail to  
Aurora)  
Milaca  
Minnetonka  
Minnewaska Area  
Montevideo High School  
Moorhead High  
Mora  
Mounds Park Academy  
Mounds View  
Northfield High School  
Northome/Kelliher/Blackduck

Northwest Nighthawks (Home  
school)  
Osakis  
Park Christian Falcons  
Park High School in Cottage  
Grove  
Parkers Prairie High School  
Paynesville  
Pequot Lakes High School  
Pillager High School  
Pine City  
Pine Island  
Plainview-Elgin-Millville  
Princeton High School  
Prior Lake High School  
Proctor High School  
Rochester Century  
Rochester Lourdes  
Rockford High School  
Rocori  
Rogers  
Roseville Area  
Rush City High School  
Rushford-Peterson / Houston  
Saint Paul Highland Park  
Sauk Rapids-Rice  
Sibley East  
Simley  
South St. Paul  
Southwest Christian High  
School  
Southwest MN Christian /  
Edgerton  
St Cloud Apollo High School  
St. Croix Lutheran Academy  
St.Paul Central  
Stewartville High School  
Stillwater High School  
Thief River Falls  
Tri-City United  
Two Harbors  
United South Central / Alden-  
Conger  
Visitation  
Wabasso  
Waseca  
Wayzata  
Wheaton / Herman-Norcross  
Willmar  
Worthington High School  
Zimmerman High School  
Zumbrota-Mazeppa

### SILVER

Bagley/Fosston Co-op  
Braham  
Eagle Ridge Academy  
East Central  
Parnassus Preparatory School

# ROBOTICS

By: Curtis Robertson  
Team 4480 - UC-Botics  
Upsala High Schools



The “Varsity Sport of the Mind,” FIRST Robotics Competition, went through a big change this year in offering teams across the state three methods of competition to meet and cater to the needs of individual School Districts and COVID-19 policies. It was exciting to see the opportunities for teams to pursue the three new and unique challenges. These challenges included designing and building a new competition/game for the future, accomplishing home skills-based challenges through building a robot and recording its performance, and lastly developing and working on a more local level challenge that impacted the community directly.

This past year, across Minnesota, there were 161 teams in all that registered to compete this year. 50+% of these teams are from rural Minnesota, about 45% is made up of the Metro, and the remaining 5% is from larger towns in greater Minnesota (picture Duluth, Mankato, etc). Through this large diversity of backgrounds, all teams operate as a single class for competition. The FIRST Robotics Competition in Minnesota impacts students ranging from 7th-12th grade and has no limitations on who can participate. All are welcome to engage in this incredible challenge and develop workplace skills and first-hand experience in problem-solving through a competitive atmosphere.

The 2021 Season culminated with the MSHSL State Tournament. This year the event was virtual with each qualifying team having to record their robot completing both autonomous and teleoperated tasks. In the end, there were two champions crowned - FRC 5464 out of Faribault (Falcon Robotics) and FRC 6749 from Eagle Ridge Academy (tERAbites). FRC 3130 from East Ridge HS (The ERRORS) finished in 3rd place. Congratulations to all of the teams that competed at this year’s state tournament!

As we enter into the 2021-2022 school year, we are hopeful to bring everything back closer to “normal.” The parent organization of FIRST is opening up more to accommodate our off-season events here soon too starting as early as August through October. Keep an eye out for those happening in your region, and stay tuned for more!

Here are the upcoming dates for training and off-season events:

September 18	East Metro Cooperative Competition (EMCC), Woodbury
October 2	Jumpstart for Mentors at Delta ModTech, Ramsey
October 16 & 17	Minnesota Robotics Invitational (MRI), Roseville
October 30	NMRC Open, Upsala
October 30	Jumpstart Medtronic, Fridley
November 20 & 21	Minne Mini Regional (MMR), Prior Lake
December 4	Jumpstart Training at SCSU, St Cloud

All dates and updates can be found at FIRST Upper Midwest’s website: [firstuppermidwest.org](http://firstuppermidwest.org)

## MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2020-2021 school year.

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

- St. Mary’s University
- University of Northwestern, St. Paul
- College of Saint Benedict
- Anoka-Ramsey Community College
- Martin Luther College
- Gustavus (Tom Brown AD)
- Concordia College
- Bethany Lutheran College
- Minnesota State Community & Technical College Fergus Falls
- Minnesota State University, Mankato
- Macalester College
- University of Minnesota Duluth
- Hibbing Community College
- University of Minnesota Crookston
- Central Lakes College
- St. Cloud Technical & Community College
- Minnesota State University Moorhead
- St. Cloud State University
- Carlton College
- Bemidji State University
- St. Catherine University
- University of Minnesota Morris
- Bethel University
- St. Olaf
- Hamline University
- MN West Community & Tech College
- The College of St. Scholastica
- Concordia University, St. Paul
- Ridgewater College
- Southwest Minnesota State University
- Rochester Community & Technical College
- St John’s University
- Minnesota West Community & Technical College

*Another example of  
the MSHSCA  
at work for the  
membership!*

- \*1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D. at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. No admission to mens D1 hockey at BSU, St. Cloud State.
6. BSU - D2 - reg. season only.
7. Concordia Moorhead not usable at MIAC and NCAA post season games.

# 2020-2021 Minnesota Coach of the Year & Assistant Coach of the Year

Sport		Coach of the Year	Assistant Coach of the Year
<b>GIRLS TENNIS</b>		No Fall Champions, COY, or ACOY	
<b>GIRLS SOCCER</b>	Class A Class AA	Ron Snyder, Sartell Aaron Lindquist, Rogers	
<b>BOYS SOCCER</b>	Class A Class AA	Mike Harris, Richfield Peter Tyma, Lakeville South	
<b>GIRLS CROSS COUNTRY</b>	Class A Class AA	Nathan Stoa, Hawley Brad Moening, Highland Park	Jennifer McNamee, Nevis
<b>BOYS CROSS COUNTRY</b>	Class A Class AA	Will Floersheim, Greenway/Nashwauk-Keewatin John Maresh, Prior Lake	Paula J. Gamer, East Ridge
<b>VOLLEYBALL</b>		No Fall Champions, COY, or ACOY	
<b>GIRLS SWIMMING MSHSL</b>	Class A Class AA	Rory Fairbanks, Hutchinson Marcia Ford, Andover	Linsi Jagger, Osseo
<b>ADAPTED SOCCER</b>		No Fall Champions, COY, or ACOY	
<b>FOOTBALL</b>	9 Man 1A 2A 3A 4A 5A 6A	Chad Christianson, Hancock Dean Aurich, Mayer-Lutheran Randy Kuechenmeister, Blue Earth Area Mike Kleinschmidt, Albany Justin Reese, Fridley Kevin Feeney, Moorhead Ben Burk, Lakeville South	Doug Wanous, Owatonna
<b>ALPINE SKIING</b>		Jason Nickelson, Visitation	Scott Carlson, Mankato W.
<b>NORDIC SKIING</b>		No COY or ACOY	
<b>GYMNASTICS</b>	Class A Class AA	Steve Hangartner, Watertown-Mayer Jennifer Bartlett, Elk River-Zimmerman	Marissa Samuelson, St Paul Highland Park Doug Amundsen, New Prague
<b>GIRLS HOCKEY</b>	Class A Class AA	Claire Goldsmith, Mound-Westonka Bob Kuehl, Mound-Westonka Molly Arola, Alexandria	Bob Sherry, Henry Sibley/St. Paul Paul Grafstrom, Roseau
<b>DANCE High Kick/Jazz</b>		No COY or ACOY	
<b>BOYS SWIMMING</b>	Class A Class AA	Kathy Walker, Alexandria Scott Johnson, Edina	Braden Fraser, Kennedy Linsi Jagger, Osseo
<b>GIRLS BASKETBALL</b>	Class A Class AA Class AAA Class AAAA	Chad Johnston, Minneota Aaron Boyum, Albany Dan Baird, Becker Tara Seifert, Chaska	Alan Panka, Minneota Todd Kuhn, Albany Dominic Squires, Becker Andrew Cerisier, Chaska

# 2020-2021 Minnesota Coach of the Year & Assistant Coach of the Year

Sport		Coach of the Year	Assistant Coach of the Year
<b>BOYS HOCKEY</b>	Class A	Tony Couture, Little Falls	Ron Guild, Delano
	Class AA	Kevin Willey, Osseo	Tony Kunka, Moorhead
<b>ADAPTED FLOOR HOCKEY</b>	No COY or ACOY		
<b>BOYS BASKETBALL</b>	Class A	Chris Pack, Hayfield	Jeff Gullickson, Fertile-Beltrami
	Class AA	Seth Anderson, Waseca	Jamie Longstreet, Delano
	Class AAA	Forrest Witt, Alexandria	Desmond Walker, Richfield
	Class AAAA	Bryan Schnettler, Wayzata	Keith Pearson, Fergus Falls William Fetsch, Tartan
<b>ADAPTED BOWLING</b>	No COY or ACOY		
<b>BOYS LACROSSE</b>		Andrew Law, Moorhead	Matt Puskarich, Shakopee
<b>GIRLS LACROSSE</b>		Kelsey Long, Rosemount	
<b>BOYS TENNIS</b>	Class A	Rob Paul, Mound-Westonka	Brent Reinbold, Mound-Westonka
	Class AA	Gary Aasen, Edina	Lee Kruger, Duluth East
<b>SOFTBALL</b>	Class A	Dennis Trom, Randolph	
	Class AA	Eric Lewis, LeSueur-Henderson	
	Class AAA	Jason Baune, Becker	
	Class AAAA	Tiffany Rose, Rosemount	
<b>ADAPTED SOFTBALL</b>	No COY or ACOY		
<b>GIRLS GOLF</b>	Class A	Kipp Stender, Lac qui Parle Valley	
	Class AA	Steve Randgaard, Lake City	
	Class AAA	Tim Zupfer, Alexandria	
<b>BOYS GOLF</b>	Class A	Keith Pederson, Fertile-Beltrami	
	Class AA	Aaron Young, Cloquet	
	Class AAA	John Schetinski, Maple Grove	
<b>BASEBALL</b>	Class A	Kasey Krekling, Hayfield	Matt Braaten, Cambridge-Isanti
	Class AA	Dean Schwirts, Glencoe-Silver Lake	Joe Hofman, Maple Lake
	Class AAA	Rob Garry, Mahtomedi	
	Class AAAA	Jon Graff, Farmington	
<b>GIRLS TRACK &amp; FIELD</b>	Class A	Aaron Thauwald, Grand Meadow	
	Class AA	Sara Hatleli, Rosemount	
<b>BOYS TRACK &amp; FIELD</b>	Class A	Matt Northrop, Pine Island	
	Class AA	Jay Hatleli, Rosemount	
<b>TRACK &amp; FIELD</b>	Class A		Jim Hubka, Kingsland
	Class AA		John Maresh, Prior Lake
<b>SYNCHRONIZED SWIMMING</b>		Kathy Henderson, Stillwater	Rachel Meyer, Wayzata

# HALL O

## David Maras



David Maras graduated from Hibbing High School in 1959. He was the captain of the cross-country and track teams, both of which won the region championships and finished 2nd in the state in track. David graduated from St. Cloud State in 1963. He taught Jr. High in Milwaukee, Wisconsin, from 1964-1967. David began coaching jr. high boys gymnastics in 1965 and 1966. His teams won the Milwaukee City Championships both years. He also coached jr. high football and basketball. In 1967, David moved to Brainerd where he worked as both an elementary and adaptive physical education teacher until 1999.

David has a long coaching history. He started coaching the elementary boys program in 1967, coaching all elementary sports from 1967-1982. He was the assistant boys high school gymnastics coach for 2 years. In 1970, David started girls elementary gymnastics. Then he became the head girls gymnastics coach in 1982. His teams have won 15 conference championships, 15 section championships and 14 times runner-up.

David coached 52 CLC individual champions, 37 section individual champions, 52 state competitors, and 3 individual state champions. His team record was 292- 49 for dual meets.

From 1984-1987, David coached high school diving. He was awarded diving section Coach of the Year twice, state gymnastics Coach of the Year twice, and was a four-time section gymnastics Coach of the Year. David was a charter member of the Minnesota girls gymnastics Hall of Fame. He was also inducted into the University of Minnesota Hall of Fame for lifetime service and the Brainerd High School Hall of Fame.

David has been involved in gymnastics in many different capacities. He was the president of the Minnesota Girls Gymnastics Coaches Association for two years. He was on the Advisory Board for 8 years, and served for 33 years as a section representative. David was a clinician at three state coaches clinics and judges clinic. He ran summer camps in several Minnesota cities over the years. He was a speaker at a national physical education conference on elementary gymnastics. He was also a Minnesota Dance Educator of the Year in 1991. Lastly, David is the chair of the Minnesota Gymnastics Hall of Fame.

## Floyd Smaller



“I am so eternally grateful to have been selected for a 2nd time to such an illustrious, outstanding, organization. You can not but feel an overwhelming sense of pride and achievement when you realize that you have

been included with the best of the best. The H.O.F is the most exclusive organization in the world, but you can earn a spot on the team if you have the drive, the pride, the smarts, the personalized values that you acquired through your training, teaching, and mentorship, in order to climb that mountain. You never do it alone. Without all the people that touched my life through my home, school, church, and other institutions there would be no me. It will be an absolute pleasure to share this important exclusive moment with a large number of my family members, friends, and well wishes.

May God’s light keep shining upon all those individuals that try so hard to line up to the high standards that the MSHSL sets for all of its participants in all areas of competition. I was very surprised to receive a phone call last July from Mr. Barry Wholer (a great athlete in his own high school era) that I had been selected to the H.O.F. Coachees edition. Thank you Mr. Wholer, thank you, Mr. John Schumacker, thank you Mrs. Bernie Schumacker, and thank you, Mr. Rick Ringeisen, at the age of 84, thank God. “I will be forever grateful!”

Floyd will attempt to put some of his life’s activity records on paper. He graduated from Mechanic Arts High School in 1955. He was all conference in football, basketball, and track and field. I set records in both the discus and long jump. Floyd held the discus record for just 15 minutes at 160 feet. It was broken by Bob Blakly, 175 feet. He was the city track scoring champ and leading scorer on the Football team.

In 1957 Floyd was a freshman FB player at the University of MN on the Fresh Team. He participated in FB and Track. He played City League Municipal Football in 1958. In 1959 they were the Semi Pro League “Runner ups”. In 1960 they were the Champions. Floyd was selected as the most valuable player at QB. He was recruited by Oklahoma University, which fell through because of freshman participation at the U of M, AM&N College (later), and the University of Arkansas at Pine Bluff. In 1961 Floyd wrote the coach a 15-page letter. The coach took a chance. In 2 weeks he offered him a full 4 years scholarship. Then he offered him a track scholarship for 4 years as well. In 1962, Floyd sat out, as he was ineligible for illegal track participation. The reason was he had set 2 records in track and field in the long jump, 23+, and javelin, 200ft. In 1964 Floyd was voted the football’s most valuable player 2 times that season. He won every long jump at home, and every javelin throw home and away. He was Honorable Mention All Conference Football, All South Western Conference in both the long jump and javelin throw in 1965.

In the Fall of 1965, Floyd started his first job. He worked at Dermatt, Arkansas. In his first year, his CHICOT H.S basketball team was 3rd place in the conference. In 1966 they were 1st in the conference, 1st in the district, and a 1st-time entry in the state

# F FAME

tournament in the school's history. Unfortunately, they lost by 8 in the first game. In 1966 his Dermott Chicot High School girls track team won the Crosset Count international track meet. They celebrated by building floats and had a small town parade. Also in 1966, the boy's basketball team won the 3rd highest scorer in the nation for a one-game performance. They scored 99 points at the half, and 60 in the second half. The first team only played the first half. The second team played the 3rd quarter and the third team played the 4th quarter. The score was 159-57 the year they went to the state. In 1967 their record was 44 and 4. Floyd returned to St. Paul, Minnesota in 1969. In 1969, his team was the Wilson Jr. High School track championship basketball runner-up and gymnastics runner-up.

They were the track champions, gymnastic champions, and basketball champions in 1970. In 1971 they were the Mechanic Arts High School B squad runner-up. They tied the B

squad championship and lost the Twin City game to Mpls Central in 1972. In 1975, Floyd became the assistant coach to H.O.F'er Gerald Keenan. They lost to Chism in the A finals by 8 points. From 1976 - 1984, Floyd's team lost only 12 games, won 6 outright championships, two runner-ups, one 3rd place finish, and won three Twin City Championships. As Dan Brink's assistant coach, they had two 2nd place finishes in the state, St. Louis Park and Duluth Central.

On to football. In 1987/88 they won the back-to-back undefeated city championship. They held the record for 2nd most wins in the City Conference behind coach Ken Mauer. Their record was 119-106. During this time they coached 3 High School All Americans, 6 that went on to the pros, 1 with 2 Super Bowl rings, and 1 that broke the NCAA passing record of Dan Marino and Ty Ditma.

Floyd also had a prestigious track and field coaching career. From 1977 - 2000 his girl's teams earned 15 Girls City Championships, 9 Boys City Championships, 5 Girls Region Champions, and 3 Boys Region Champions. He had 2 Girls State Championships and 2 Boys State Championships. His team has 40 girls Individual Champions and 35 boys Individual Champions. There were also many Relay Champions and invitational Track Champions. He coached an All-Time record holder that is still left, Von Sheppard. He set the Long Jump record which still stands at 24' 9.25". It was set in the early '80s.

## Kent Viesselman

Kent Viesselman started his teaching and coaching career in Lamberton, Minnesota, in the fall of 1964. His first position was as a junior high math teacher, the B Team Boys Basketball coach, Head Boys Track & Field Coach, and



Head Boys Cross Country Coach. Girls Interscholastic Athletics did not exist at that time. His entire track inventory was one homemade non-adjustable hurdle, one shot put that was too light, and a rubber discus that looked like someone had taken a bite out of it. "That first year, we didn't score a point in either the Conference or the District meet," commented Viesselman, "we were so slow that we couldn't even beat each other. But those kids worked hard, and things got a lot better. Some of the young kids we had that first year ended up being excellent track athletes."

After six years in Lamberton, in 1970, Viesselman made the move to Wells-Easton, where he was hired to coach Boys Cross Country, Boys Track and Field, Boys B Team Basketball, and teach Jr High Math and Geometry. He continued coaching basketball until 1985. Viesselman retired from the classroom in 1999 but continued to coach Cross Country through 2015 and Track & Field through 2018.

"We had some pretty good teams in the '70s and '80s," commented Viesselman, "but our program really took off with the advent of the "True Team Series" in the late '80s. True Team Track was right in line with what our philosophy had always been, team track. With declining enrollment, in 1991-2, Wells-Easton joined with South Central Kiester, Bricelyn, Walters, and Freeborn to become United South Central. In 2004, USC and Alden-Conger decided to Co-op Cross Country and Track & Field programs. It was at this time that Viesselman assumed the role of Head Girls and Boys Coach in both sports.

During Viesselman's tenure, Wells-Easton, USC, and USC/AC in Cross Country and Track and Field, amassed a total of 39 Conference Team championships, 38 Subsection Team championships, 21 MSHSL Section Team Championships, 24 State Participant teams in Cross Country, 16 State Participant Teams in True Team Track, 15 Individual State Champions, 3 State Championship Teams (True Team), as well as several top 3 finishes in both the MSHSL State Meet and State True Team Meets.

Between Cross country and Track, Viesselman has been selected as Section Coach of the year 27 times, including Boys Section Track Coach of the year in five different decades. Minnesota Coach of the year twice in Track and Field and twice in Cross country. He has previously been inducted into the True Team Hall of Fame (2001), State Cross Country Coaches Hall of Fame (2001), USC Hall of Fame (2012), and State Track Coaches Hall of Fame (2015).

He has given back to his profession by serving as Vice President and President of the Track Coaches Ass'n, serving as a member of the True Team Committee, and as the Section Meet coordinator for 6 years. He has also been a clinic presenter 3 times.

## HALL OF FAME ... continued from page 29

“One of the things I’m most proud of: In 2015, no less than 15 of our former athletes were coaching Track & Field and/or Cross Country at the varsity level either in Minnesota or Wisconsin.”

### Mike Jacobs

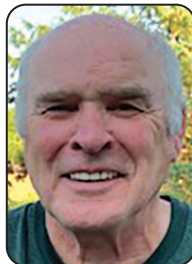
Mike’s first experience in organized sports was in Montevideo. As a proud Monte Mohawk he was fortunate to letter in three sports; football, wrestling and track. Full disclosure dictates that he had a mediocre impact on sports success during his high school years. Mike hates the word “mediocre” and prefers to think that he was a late-blooming, gifted athlete who simply ran out of time due to graduation. Certainly nothing that had transpired in the past gave any hint as to the journey he was about to experience in athletics and the tremendous impact that coaching would have on his life.

Mike coached in the Marshall track program for forty years, the last twenty serving as head boys coach. As he worked through that program, he was blessed to be mentored by three extremely gifted coaches; Duane Clites, Gary Grabau and Leo Geraets. Their passion for track and field, plus their insistence on proper technique and highly organized practice plans, proved invaluable. Mike believes he owes them a lot.

In 1979, Mike was hired as the Assistant Girls/Boys Cross Country Coach. His qualification: he had for three years pursued jogging and had run a few 5Ks and 10Ks. Someone thought it was a perfect fit. As luck would have it, the program’s head coach resigned the next year and he was “promoted” to that position. That’s what you get when you are a “warm body”. Mike would continue as Marshall’s Head Cross Country Coach for thirty-one years. Though he may jest at his improbable introduction to this sport, he cherished dearly every moment that I coached. He cherishes the trust of hundreds of athletes, the passion shared by dedicated assistants and the friendships formed with fellow CC Coaches and parents. Over the years Mike’s and his teams had tremendous success. In cross country they were the Conference Champions thirty two times. They made fifteen Team State Meet appearances, and won the State Team Championships twice. He coached one individual champion, Yayah Iman, and made it to the Nike National Team Championship meet once. In Track and Field his teams were the conference champions six times. He had countless individuals compete at the State meet. Most importantly, he has thousands of priceless memories!

### Steve Hangartner

Steve Hangartner grew up in Cedar Rapids, Iowa. Sports have always been a big part of his life. His mom frequently played ball with him and with the neighbor kids. Kids would come to his door and ask if he and his mom could come



out and play!

Steve grew up with three brothers. They all participated in motocross. Steve was more interested in school sports and became involved in every sport possible. In high school, he participated in eight different sports and went on to wrestle and compete in gymnastics at Division I, University of Northern Iowa, in Cedar Falls, Iowa. He graduated and ran a private gymnastics club, taught school, and worked on his master’s in Education Administration.

He married his beautiful, talented wife, Debra Irwin, in 1987 and took a job in Watertown, Minnesota, where he still teaches and coaches. Steve and Deb are parents of two boys who graduated from Bethel University in Arden Hills, Minnesota. Both played baseball at Bethel and still play for the Watertown Town Baseball Team. They and their wives have given them two beautiful grandchildren, whom Deb and Steve love spoiling!

When Steve first started coaching in Iowa in 1980, he ran a private gymnastics club in Waterloo, where he’d been hired to coach the elementary boys. Then the club’s head girls’ coach was in a bad motorcycle accident and couldn’t coach the girls’ teams anymore. That’s when the club asked Steve to take over running the girls’ program also. He knew very little about girls’ gymnastics and was thrown into the fast track!

Steve said that he would never forget when he started coaching the elite-level girls at a United States National tournament. He didn’t even know how to set the uneven bars because he had always worked with boys. At one meet, he was setting one of his gymnasts’ vault board, and when he looked up, NBC was filming him on television. Next to him was Bella Karolyi, the Romanian Olympic coach in Romania before defecting to the United States. Bela was talking to two of his gymnasts, Mary Lou Retton and Diane Durham. On Steve’s other side was United States Olympic coach Don Peters. Another Olympic coach, Dick Mulvahill, was getting ready to put his girls’ springboard in place. The other coach in their rotation was Gary Goodson, who was the Canadian National Coach before coming to the United States.

Steve said to himself, “What am I doing here???” Just a few weeks ago, Steve had been working with 8-year-old boys. Now here he was, working among the best coaches in the world! Steve remembers telling his old college roommate that he was traveling so much that he wasn’t even unpacking his luggage. He was attending clinics, camps, and seminars on a regular basis to better study the science of how to coach gymnastics.

One of his girls did end up making the National Team, and Steve had to go to the Olympic Training Center in Colorado Springs for two weeks and train with her for that. He learned a lot very fast in that short six years of coaching and running the club. It was great preparation for coming to Watertown in 1987, where he continues to coach high school girls’ gymnastics and teach middle school science and math. He is now entering his 35th year at Watertown-Mayer.

As far as Steve’s philosophy, he has always tried to make a difference in his students’ and athletes’ lives. He looks for the positive and tries to encourage them whenever possible, at the same time

using constructive criticism so they know how they can improve. As a dad, he has tried to keep the same philosophy. He firmly believes it is important to be present in their lives. By coaching his boys, he developed a special bond that meant a lot to them growing up and still does to this day. He has always tried to be a transformational coach and dad by connecting and building relationships.

Steve remembers when he grew up, he yearned for his dad to play catch with him. But his dad was “old school,” as was common in those days, with the philosophy that a father’s job was to provide for the family, not to play with his kids. Steve made sure he always had time for his two boys. They each just had a baby this year, so Steve is very excited to see what direction they go in their parenting. As a grandpa, Steve has a new role, but still the same philosophy of making a difference in his sons’, daughters-in-laws’, and grandchildren’s lives -- by encouraging them in whatever they do.

Some of Steve’s favorite quotes are: “Don’t just be average, be the best you can be in whatever you do.” “Practice while others sleep.” “I can do all things through Christ who strengthens me. “Philippians 4:13.

## Susan A. Alstrom

Susan Alstrom graduated from Falls High School, International Falls, MN, in 1972. She went on to Bemidji State University, Bemidji, MN, graduating in 1976, with a BS in Education/Coaching and Drivers Education. Susan received a scholarship the first year they were given out for women’s athletics. After graduation from Bemidji State University, she continued her education at Western Michigan University, Kalamazoo, MI, graduating in 1980, with a Masters in Athletic Training.

Susan has had many professional accomplishments over the course of her career. She has been a member of the Coaches Association from 1976 to the present. She was the president of the Girls Coaches Association as well as Secretary-Treasurer for the Volleyball Association from 1988 to the present. Susan was a Board of Control member from 1988-2003. She has worked at the State track meets for 20+ years. She has served on numerous committees during her career. She served on the Ad Hoc committees at the high school League on eligibility, sportsmanship, etc. Susan also served on a committee for volleyball at the state level to pick deserving teams for sportsmanship for about 10 years. She served on a committee to select all-tournament teams for several years. Susan started softball for Hector and Buffalo Lake. She has a long history of coaching multiple teams and sports. She has coached volleyball for 34 years, softball for 15 years, track and field for 15 years, and basketball at the varsity level for 3 years, and several years at the jr. high level. Susan was a SADD Advisor, Student Council Advisor, and was in charge of St. Thomas for the International Special Olympics in 1990. She coached track for the Special Olympics in the Litchfield area and is presently serving on the B-Club Board as the President.



Susan has numerous personal accomplishments as well as professional. In high school, she was the first State Champion in shot and discus. She was the Sub –Section and Section champ as well. Susan was a cheerleader for the state champion hockey team, President of the GAA, a member of the NHS, and spent 3 years on the Student Council.

While At BSU Susan played multiple sports. She was a 4-year starter on the field hockey team, a captain for 2 years, State Champion for 4 years, All-Conference 3 years, 4th in the nation at the first ever national team competition, and represented the Northern Collegiate and Midwest teams as an individual for 2 years. She was invited to try out for the Olympic team. Susan played basketball for 4 years at the varsity level. She was the captain for 2 years, all-conference for 3 years, and won the conference title twice. Susan also competed in track and field. She competed for 3 years, and student taught the 4th. She was their captain for 2 years, state champions as a team for 2 years, and team conference champions both indoor and outdoor for 2 years. She won shot, discus and javelin and also was on the 4X440 relay that won state. Susan placed 3rd in the 440. She also placed 3rd at Regionals, and the team also placed 3rd in Regions in Wichita. She was the indoor and outdoor conference champion in the shot, discus, 4X200, and 4X400 relays.

Susan has many other interests, awards, and opportunities to compete while in college. She was recognized with a Special Merit Award at the Capitol for national Women’s and Sports Day. She played team handball, won 2 national championships, was runner-up once, won Gold at the Minneapolis Olympic Festival, a silver in Oklahoma, and was invited to play for the national team. She played league hockey for 20 years and AAU basketball for 25 years. Susan even played hockey in Russia. Her team went to nationals in both fast and slow-pitch softball.

One of Susan’s passions is traveling and climbing mountains. She has traveled to all 7 Continents, 48 countries, and still loves it. She has climbed several mountains including Kilimanjaro, highest in Africa, Aconcagua, highest in South America, Ixtaccihuatl and Orizaba, Mexico, Shasta, California, and Fuji, Japan. She has hiked to Base Camp of Everest, the Inca Trail to Machu Picchu, and a few mountains in Colorado. Susan has rafted several Class IV-V class rivers in Africa and South America and the US. Along with mountain climbing and river rafting, she has competed in numerous triathlons, 5K, 10K, and half marathons, and other fun events like the Edmond Fitz relay. She has run 17 marathons and completed the border-to-border 6 times. This is a 550 mile, 4-day triathlon.

Not only is Susan an accomplished athlete, but she has also achieved numerous accomplishments and awards in her coaching career. She had 643 career coaching wins in volleyball. This included 9 conference championships, 10 Sub-Section titles, 4 section titles, 1 state runner-up, and 3 state third-place finishes. She was named State Coach of the Year, twice, Section Coach of the Year, four times, and was the Conference Coach of the Year 9 times and Sub-Section Coach of the Year 10 times. Her awards continue into softball and track earning conference Coach of the Year in

## HALL OF FAME ... continued from page 31

softball for 3 years and track for 2. Her team won a conference title in softball and was the Sub-section runner another year.

Over the years of Susan's successful career, both as an athlete and coach, she has earned a place in many different Hall of Fames. She is a member of the Volleyball Coaches Association Hall of Fame. She went into the Bemidji States Hall of Fame as an individual in 1998. She went in as part of the Field Hockey Team in 2006, and the Track team in 2014. Susan was inducted into the Northern Sun

Conference Hall of Fame as an Individual in 2010. She was honored with the Bronco Hall of Fame, International Falls, in 2015, as part of a team and also as an individual. KDUZ Radio in Hutchinson inducted Susan into their Hall of Fame in 2005. In 2012 she was inducted into the Buffalo Lake- Hector- Stewart /Wall of Honor. Susan was honored as one of the top 30 athletes in the first 30 years of women's athletics at BSU. As part of the MSHSCA, she was awarded the George Hahn Leadership Award.

## GEORGE HAHN AWARD

### Mark Solberg

Mark Solberg is the Athletic and Activities Administrator at Cambridge-Isanti Schools.

He has been married for 39 years to his wife Kelly. He has four sons, Matt, 34, Sam, 32, Nick, 28, and John, 24. Mark has worked for 41 years at Cambridge-Isanti, 23 of which as the AD.



Mark graduated in 1976 from Tyler High School. In 1981 he received his Bachelors' Degree in Social Studies, and Health and Physical Education and Coaching Certificate from Sioux Falls College. Mark then earned his Master of Arts Degree in Educational Curriculum and Instruction from St. Thomas College in 1985. In 2001, he added Certified Athletic Administrator to his resume. In 2002, Mark completed his Educational Administration Licensure K-12 Principal at St. Mary's University.

He was an MSHSL Umpire in baseball and softball from 1997-1999. He was also an MSHSL Referee in boys' and girls' basketball from 1979-1999. From 1981-1999, Mark was a Psychology and Sociology Teacher and Coach at Cambridge-Isanti High School. From 1991-1999, Mark was a part-time Psychology and Sociology Teacher at Cambridge Community College. He has been the Athletic and Activities Administrator at Cambridge-Isanti Public Schools from 1999 to the present.

Mark has a long history of coaching at Cambridge-Isanti. He was the sophomore girls basketball coach from 1981-1982. From 1982-1985 Mark was the assistant high school baseball coach. He was then the head baseball coach from 1986-1996. They were the Section Champions in 1994. Mark was an assistant football coach from 1981-1993, and then from 2004-2007. From 1994-1998, Mark was the head football coach at Cambridge-Isanti High School. They were the Section Champions in 1995 and 1997. While he was an assistant football coach they were State Champions in 1986 and 1987, and Section Champions in 1983, 1986, 1987, 1991, 1992, 2005. Mark has been a member of the Minnesota State High School Coaches Association from 1981 to the present.

Mark has served in many leadership positions. He was a Delegate to the Minnesota State High School Coaches Association starting in 1999 to the present. He served on the Minnesota State High School League Board of Directors from 2011-2015. During this time he was also the Chairperson of the Minnesota State High School League Communications and Marketing Committee. Mark was a member of the Minnesota State High School League Board- Executive Committee from 2012-2015.

He was the President of the Minnesota Interscholastic Athletic Administrators Association from 2009-2010. He planned, organized, and helped run the first-ever Athletic and Activities Administrative Assistant Convention in 2009. As an Activities Administrator he has had Section Championship teams in boys' basketball, girls' basketball, football, gymnastics, one-act play, girls' swimming and diving, boys' track and field, girls' track and field, volleyball, wrestling, as well as State Champions in football in 2000. Mark was an MSHSL Region 7AA Rep from 2004-2006. He was awarded the Region 7AA Athletic Administrator of the Year in 2003. Mark was a presenter at the new Athletic Administrators Workshop in 2000. He has been a manager of numerous- conference, section, and state tournaments from 1999 to the present.

## STEVE KERZIE AWARD

### Keith Randa

Keith retired last June after a 40 year Science teaching career and a 38-year soccer coaching career. He spent 37 years at Apple Valley High School. During Keith's career, he was supported by his wife of 40 years, Deb, and his three children, Kirsten (Matt) Wagner, Erik Randa (Sarah Starling), Kurt Ashley Wagner, and four grandchildren.



Keith graduated from the University of Minnesota, Twin Cities, in 1981 with a B.S. in Earth/Life/Broad Area Science. In 1988 he added a M. Ed. Science Education also from the University of Minnesota: Twin Cities. In 2000, he completed his Specialist Degree, in Education Leadership, from Minnesota State University Mankato.

Keith has taught from 1984 to the present as a Science Teacher/Coach at Apple Valley High School. From 2013 –2018 he was an ELL Summer Academy Science Teacher. He was the Beta House Team Leader from 1994-2009, all at Apple Valley High School. In 1983 and 1984, Keith was a Science Teacher/Coach at John Glenn Middle School, ISD#622. Previously from 1982-1984, he was a Science Teacher/Coach at North High School/ John Glenn Middle School, ISD#622.

Over his teaching career, Keith has belonged to several professional associations. These include Minnesota Science Teachers Association, Minnesota Earth Science Teachers Association, National Soccer Coaches Association, Minnesota State High School Coaches Association, and the Minnesota State High School Soccer Coaches Association.

Keith has also participated in numerous academic, professional activities. He was the District 196 9th Grade Science Curriculum Committee Lead Teacher, 2009-2013. A Mn Teacher Licensure Examination Question Reviewer in 2009, a Minnesota Department of Education Teacher Preparation Program Reviewer in 2006, 2004, 2000-2001. Keith was the MN Earth Science Teachers Association President from 1998-2000, a MN Earth Science Teachers Association Founding Board Member and Board Member from 1985-2005, and a MN Earth Science Teachers Association Newsletter Editor from 1986-1989.

While working for District 196, Keith was on the ninth grade Science Curriculum Committee in 1996 and 1997, on the District 196-Outcome Based Education Review Task Force in 1994. He served on the Apple Valley High School Site Council in 1998-2000, the Students at Risk Committee, 1991-1996, and the school Climate Committee in 1986. Keith also was a part of Project ESTEEM (Earth Science Teachers Exploring Exemplary Materials) with Harvard in 1991, the “Grass Roots” Science Teaching Project with the University of Minnesota Duluth, in 1984. He completed a MN Rocks and Waters Field Experience Course at St. Cloud State University in 1985.

Along with his academic activities, Keith has also been a part of several athletic professional activities.

He has been an MSHSL Region 3AA Committee Member from 2013-2018, Girls Coaches Representative.

He has served as MSHSL Representative Assembly Member from 2014-2016, a MN State High School Coaches Association Sports Representative, 2003-present. He has been on the MSHSL Soccer Advisory Committee from 2003 to the present. Keith was the MN State High School Soccer Coaches Association President from 2003-2007, the MN State High School Soccer Coaches Association President Elect from 2001-200, and MN State High School Soccer Coaches Association Past President from 2007-2009. He was the

MN State High School Soccer Coaches Association Media Technology Director from 2009-2018. From 2018 to the present he is the MN State High School Soccer Coaches Association Executive Director. Keith served as a MN State High School Soccer Coaches Section Representative from 1993-2001 and was on the MSHSL State Soccer Tournament All-Tournament Team Selection Committee from 1998 to the present.

Keith has won various professional awards, including; “Who’s Who Among American Teachers,” Section 6AA Coach of the Year, and Minnesota State High School Coach of the Year in 1999. He was inducted into the Minnesota State High School Soccer Coaches Association Hall of Fame in 2005 and was an NHSACA Coach of the Year Finalist in Soccer in 2015.

Over Keith’s coaching career, he has held numerous positions. From 1981 – 1983 he was the Boy’s Soccer Varsity Assistant at North High School, North St. Paul. From 1984 – 1989 he was the Girls Soccer JV Coach and Varsity Assistant at Apple Valley High School. From 1985-1989 he was the Boys JV Hockey Coach, and from 1990-2018 the Girl’s Soccer Head Coach at Apple Valley High School. They were the State Champions in 1995, State Runners-Up both in 1992 and 1993, Section Champs, 1992-1995, 1997, Lake Conference Champs: 1992-1993, 1996, and 1999. His final record was 325-167-57, with a winning percentage of 0.644.

Keith sits 23rd in the Highest Winning Percentage. His 549 Games Coached ranks 11th amongst MN High School coaches. He coached High School Soccer for 38 years, 2nd to Guido Kauls.

---

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

**- Lou Holtz**

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

**CRITERIA FOR THE  
SELECTION OF  
CANDIDATES**

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

**ELIGIBILITY  
REQUIREMENTS**

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

Minnesota State High School Coaches Association  
HALL OF FAME NOMINATING FORM



SEND NOMINATIONS TO: Bernie Schumacher 16332 Deer View Road  
Park Rapids, MN 56470 Email: bschumacher@mshsca.org

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
 Birth Date \_\_\_\_\_ Marital Status \_\_\_\_\_ Deceased \_\_\_\_\_  
 Spouse's Name \_\_\_\_\_ Children's names and ages \_\_\_\_\_

Nominating Person or Group \_\_\_\_\_  
 Rationale for Nomination \_\_\_\_\_

Personal History: Hometown \_\_\_\_\_  
 College/s \_\_\_\_\_ Year \_\_\_\_\_

College Honors: \_\_\_\_\_

Coaching History: (Sports, schools & years) \_\_\_\_\_

Coaching awards, honors & highlights: \_\_\_\_\_

Are you currently an inductee to a sport association? \_\_\_\_\_ If yes, please list: \_\_\_\_\_

Present status \_\_\_\_\_ Organizations & honors other than coaching: \_\_\_\_\_

Coaches Association involvement & present status: \_\_\_\_\_

Please list other highlights & experiences: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Date \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## MSHSCA CODE OF ETHICS

As a professional educator, I will:

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect the integrity and personality of each individual athlete.
3. Encourage the highest standards of conduct and scholastic achievement.
4. Seek to inculcate good health habits including the establishment of sound training rules.
5. Fulfill responsibilities to provide health services and an environment free of safety hazards.
6. Exemplify the highest moral character, behavior and leadership.
7. Provide ethical relationships among coaches.
8. Encourage a respect for all athletics and their values.
9. Abide by the rules of the game in letter and spirit.
10. Respect the integrity and judgment of sport officials.
11. Display modesty in victory and graciousness in defeat.
12. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

The code of ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate assembly.

## MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

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

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

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

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

Mike Peterson  
458 3rd St SW • Perham, MN 56573



### OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

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

Address \_\_\_\_\_

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

# 2020-2021 CHAMPIONSHIP COACHES

Note: There were no MSHSL fall season champions due to the Covid pandemic.

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
<b>GIRLS TRUE TEAM SWIMMING</b>			<b>ADAPTED FLOOR HOCKEY</b> no winter champions		
<b>GIRLS TENNIS</b>			<b>BOYS BASKETBALL</b>		
<b>GIRLS SOCCER</b>			Class A	Hayfield	Chris Pack
<b>BOYS SOCCER</b>			Class AA	Waseca	Seth Anderson
<b>GIRLS CROSS COUNTRY</b>			Class AAA	Minnehaha Academy	Lance Johnson
<b>BOYS CROSS COUNTRY</b>			Class AAAA	Wayzata	Bryan Schnettler
<b>VOLLEYBALL</b>			<b>ADAPTED BOWLING</b>		
<b>GIRLS SWIMMING MSHSL</b>			PI	North - St. Paul	Trudy McQuiston
<b>ADAPTED SOCCER</b>			CI	Alexandria Area	Wade Traphagen
<b>FOOTBALL</b>			ASD	Alexandria Area	Wade Traphagen
<b>ALPINE SKIING</b>			<b>ROBOTICS</b>		
Girls	Edina	Jared Scribner	Class A	Eagle Ridge Academy (tie with Faribault)	Derek Lutz
Boys	Lakeville South	Wayne Hill	<b>BOYS LACROSSE</b>		
<b>NORDIC SKIING</b>				Benilde-St. Margaret's	Robert Horn
Girls	Forest Lake	Ryan Wright	<b>GIRLS LACROSSE</b>		
Boys	Minneapolis Southwest	Bill Kerker		Prior Lake	Heather Pierson
<b>GYMNASTICS</b>			<b>BOYS TENNIS</b>		
Class A MSHSL	Watertown-Mayer/ Mound-Westonka	Steve Hangartner	Class A	Beck	Sion Wilkins
Class AA MSHSL	Sartell	Briquette Joseph	Class AA	Edina	Gary Aasen
<b>GIRLS HOCKEY</b>			<b>SOFTBALL</b>		
Class A	Proctor-Hermantown	Emma Stauber	Class A	Randoph	Dennis Trom
Class AA	Edina	Sami Reber	Class AA	LeSueur-Henderson	Eric Lewis
<b>DANCE-High Kick</b>			Class AAA	Becker	Jason Baune
Class A	Lac qui ParleValley/ Dawson Boyd	Lisa Johnson	Class AAAA	Rosemount	Tiffany Rose
Class AA	Sartell	Kelly McCarney	<b>ADAPTED SOFTBALL</b> no spring champion		
Class AAA	Eastview	Jenny Raiche	<b>GIRLS GOLF</b>		
<b>DANCE-Jazz</b>			Class A	Lac qui Parle Valley	Kipp Stender
Class A	Lac qui ParleValley/ Dawson Boyd	Lisa Johnson	Class AA	Lake City	Steve Randgaard
Class AA	Sartell	Kelly McCarney	Class AAA	Alexandria Area High School	Timothy Zupfer
Class AAA	Eastview-Apple Valley	Jenny Raiche	<b>BOYS GOLF</b>		
<b>BOYS SWIMMING MSHSL</b>			Class A	Fertile- Beltrami	Keith Pederson
Class A	Breck/Blake	Michelle Carlson	Class AA	Cloquet	Aaron Young
	Breck School	Brian Wright	Class AAA	Maple Grove	John Schetinski
Class AA	Edina	Scott Johnson	<b>BASEBALL</b>		
<b>BOYS SWIMMING TRUE TEAM</b> no winter champions			Class A	Hayfield	Kasey Krekling
<b>GIRLS BASKETBALL</b>			Class AA	Glencoe-Silver Lake	Dean Schwirtz
Class A	Minneota	Chad Johnston	Class AAA	Mahtomedi	Rob Garry
Class AA	Albany	Aaron Boyum	Class AAAA	Farmington	Jon Graff
Class AAA	Becker	Dan Baird	<b>GIRLS TRUE TEAM TRACK</b>		
Class AAAA	Chaska	Tara Seifert	Class A	GMLOK	Aaron Thauwald
<b>BOYS HOCKEY</b>				Grand Meadow/ LeRoy-Ostrander/Kingsland	
Class A					
Class AA	Eden Prairie	Lee Smith			

# 2020-2021 CHAMPIONSHIP COACHES

Note: There were no MSHSL fall season champions due to the Covid pandemic.

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
Class AA Class AAA	Rocori Rosemount	James Meyer Sara Hatleli	<b>SYNCHRONIZED SWIMMING</b>  Henderson	Stillwater	Kathryn
<b>BOYS TRUE TEAM TRACK</b> Class A Northrup Class AA Class AAA	Pine Island  Willmar Rosemount	Matthew  John Bobbe Jay Hatleli		<b>Programs &amp; coaches not listed are because they are not current members of the MSHSCA.</b>	
<b>GIRLS TRACK &amp; FIELD</b> Class A Class AA	Rockford Rosemount	Chad Robran Sara Hatleli	 <p><b>FOLLOW US ON</b> <b>twitter</b> <b>@mshsca</b></p>		
<b>BOYS TRACK AND FIELD</b> Class A Class AA	Morris Area/Chokio-Alberta Rosemount	Dale Henrich Jay Hatleli			



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Minnesota State High School Coaches Association

## Assistant Coach Distinguished Service Award



### Criteria:

- The individual should have been a high school Assistant Coach for at least 20 years.
- As of 2020-21 season, nominees must be a member of the association. Anyone who has retired previous to the 2020-21 season may still be eligible regardless of their membership status.
- Nominations may be made by individual coaches, or sport associations.

Nominee:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Member of the association \_\_\_\_\_ yes \_\_\_\_\_ no

Please include the following information in your email or attached to a separate piece of paper if mailing:

School(s), years and which sports that the nominee has served as an assistant coach.

Additional bio information that supports the nominee for the Assistant Coach Distinguished Service Award.

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

**Email Completed applications to:** Thomas.Sharp@district 196.org or **mail form to**  
Tom Sharp 13969 Duluth Court Apple Valley, MN 55124

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@MSHSCA

# MEMBERSHIP PERKS

S

- **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)

H

- **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)  
Call Patrick Riley - 952-367-5082 (upon availability)

S

**For Hotel rates, coaches should indicate membership in MSHSCA.**

C

•••Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

A

## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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

RICK RINGEISEN, MSHSCA  
20085 Italy Ave.  
Lakeville, MN 55044

MINNESOTA PREP COACH



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