



THE Minnesota PREP COACH

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FOUR SEEK MSHSCA VICE PRESIDENCY.

Four successful coaches have shown a strong interest in becoming the next Vice President of the MSHSCA.

The four coaches seeking the position are Barry Wohler, Juno Nayagam, David Boone, and Timothy Triplett. The winner of the election will serve a four year term with the third year as President. The term of office will begin at the 2019 summer meeting to be held in Park Rapids.

The election runs from March 22, following the spring delegate meeting and conclude April 15, 2019.

All members, current and life members, are strongly urged to cast a vote for the person of their choice.

Voting will take place online at www.mshsca.org. An email reminder will be sent to members when voting opens. Bios and photos of the four candidates are listed below.



Barry Wohler
VP Candidate

I grew up in a small town Bird Island, MN, where I played football, basketball, baseball and track. I was very fortunate to be on back to back state championship teams in football and basketball my junior and senior years. My Dad was my high school basketball coach, so it was in my blood to want to be a coach as well one day.

I was the head Football Coach for 9 years in Belle Plaine where we won 6 conference titles, with one state appearance. I was the assistant basketball coach there for 9 years as well.

Following Belle Plaine I was the head Football and Basketball coach at Marshall high school for 2 years, and continued as head basketball for 3 more years where we made it to 3 section title games with one state appearance.

Following Marshall,, I was the head Men's Basketball coach at Hamline University where in my second year we made the MIAC playoffs for the first time in 12 years and won our first playoff game in 21 years.

I realized my heart was still coaching at the high school level and have been at Orono High School the past 12 years as

the head Boy's Basketball coach where we have made 4 state tournament appearances, winning the AAA state title in 2011 and finishing 4th in 2014. I am also an assistant football and baseball coach at Orono as well. I have also been a section rep for boys basketball.

I feel fortunate to have the opportunity to run for VP of the MSHSCA and would be honored to serve if elected.



Juno Nayagam
VP Bio

My name is Juno Nayagam, and I currently serve as the head coach of the girls' junior varsity ice hockey team at Benilde St. Margaret's School in St. Louis Park, Minnesota. In addition to working at BSM, I also work as a coach and Director of Academic Services at the Fortis Academy, serve as a coach for both Minnesota Blind Hockey and Minnesota Special Hockey, and work as a head coach in the Minnesota Hockey High Performance Program.

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The Minnesota PREP COACH

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2018-2019 Delegates and Sport Association Officers

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

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A		Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	Alan Woitos (New Ulm Cathedral)
3A		Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	Chris Kircher (Swanville)
6A	Tavia Bachmann (Frazee)	Kyle Haderman (LP/Aud)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom	Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	Nathan Johnson (Proctor)
8A	Terry Sadler (Warroad)	Matt Brandt (Park Rapids)		
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Lakeville South)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Gary Prantner (Eden Prairie)
3AA		Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Jessica Allen (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)	Curt Cardinal (Holy Angels)
6AA		David Boone (Edina)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)	Todd Smrekar (Cambridge-Isanta)	
8AA	Kent Hamre (STMA)		Rob Nielsen (Det. Lakes)	
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Bob Grey (Montevideo)		Mike Beck (retired)	
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Minneapolis)		Kelli Waalk (Osseo)
Baseball	Rick Zollner (Pipestone)		John Wilkins (retired)	
Boys Basketball	Joel McDonald (Hibbing)		Tom Critchley (retired)	
Girls Basketball	Liz Carpentier (Farmington)	Brad Strand (Fergus Falls)	Carl Pierson (Waconia)	
Cross Country	Chris Goebel (Mora)	Brandon Heebink (Wayzata)	Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
Dance	Jennifer Blaido (Cedar)	Kelli McGinnis (Chanhassen)		Melissa Hurkman (membership)
Football	Scott Gonnerman (Benson)	Beau Labore (Stillwater)	Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Eric Tollefson (Moorhead)			
Gymnastics	Krysta DeLong (Edina)		Shelly Eklund (Eagan)	
Boys Hockey	John Ammerman (Moorhead)		Mike MacMillan (Ramsey)	
Girls Hockey	Shawn Reid (Blake)	Emily Erickson (Hibbing/Chisholm)	Tim Morris (St. Anthony)	Robert Sherry (Simley) Spec. Proj.
B-Lacrosse (Rosemount)	Jon Junker (Chanhassen)	Rob Horne (Benilde)	Darin Nelson	Lance Kuehn
G-Lacrosse	Ana Bowsby (Benilde-St. Margaret)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount)	Patrick Crandall (Lakeville So)
Alpine Skiing	Jason Nickelson (Visitation)			Derek Nash
Nordic Skiing	Rob Lageson (St. Paul Central)			Richard Heilman (Lakeville No.)
Robotics	Alex Jurek (Becker)			
Soccer	Jason Arnebeck (Park)	Ben LeVahn (Maple Grove)	Keith Randa (Apple Valley)	
Softball	Laura Olson (Maple River)		Shelly Hotzler (JCC)	
B-Swimming	Doug Donaldson (Coon Rapids)		Todd Walsh (Bloom.Kennedy)	
G-Swimming	Nathan Youngs (Dassel-Cokato)	Megan Weiss (Eastridge)		Kate Steineman (Cretin DH)
Synch. Swim	Kathy Henderson (Stillwater)			Katy Bohnsack (Prior Lake)
Tennis	Dave Wareham (Totino Grace)	Al Orthaus (Lake City)	Richard Engelstad (Pine City)	
Track	Aaron Berndt (Wayzata)			Scott Christensen (Stillwater)
Volleyball	Marty Kiebel (Maple Lake)	Becca Pulju (Sebeka)	Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Neil Jennisson (Cambridge-Isante)	Shawn Fredrerixon (Shafer)	Kip Lynk (Dassel)	Kurt Habeck (Eastview)

President's Message

By: Mike Peterson

The Winter Sports Season is wrapping up and we have seen some amazing accomplishments. Chaney Neu of Champlin Park scores a perfect 10 on vault; the first one in state gymnastics history. The dramatic finishes on the mat and court have been breathtaking. All this from education based sports. We are fortunate to have educational based sports in all of our lives, as it is still the shining beacon of amateur sports.

As a coaches association we are working hard to keep those memory making moments available in the future to our student/athletes. We have made great strides in building working relationships with the AD's Association and the MSHSL. These working relationships will pay big dividends for our student/athletes and coaches in the future as we continue to find ways to work together.

So many of our athletes have learned and experienced valuable lessons in athletics by playing on a even playing field where money doesn't rule and hard work and sacrifice for a common good still matters. Congratulations to all

of the Coaches, AD's and the MSHSL for providing these experiences.

Congratulations to our very own Tom Critchley Jr. of Dilworth/Glyndon-Felton High School for earning his 400th Career Victory coaching Girls Basketball. Critch is intense and cares about the well being of all of his players past, present and future.

Spring Sports are coming upon us and may be a little late in starting but the competitive fire in all of our athletes will melt the snow quickly and warm our hearts with their effort and desire. Coaches let's make this spring a memorable one for all of us and lead your teams with passion and pride along with teaching some life lessons. Put a life lesson in your practice plans each week and talk about it. It doesn't have to be a long drawn out lesson remember less is more. We have a unique position as coaches to change our athletes, teams, and country one lesson, one practice and one game at a time. Don't let the opportunity pass you by.



2018-2019 SPORTS ASSOCIATION CLINICS

DATE	SPORT	LOCATION
March 1-3, 2019	Tennis- Rick Engelstad - rengelstad@isd578.org	Fred Wells Center, St Paul
March 28-30, 2019	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
May 3-4, 2019	Swimming & Diving	Mariott NW Mpls-Brooklyn Park
July 24-25, 2019	Volleyball Clinic - kiebels@maplelake.k12.mn.us	Sauk Rapids High School
August 2019	Cross Country - jhnelson@rwps.org	Twin Cities Orthopedics Vikings Complex
August 9, 2019	Soccer - gruba23@gmail.com	National Sports Center Blaine
Sept. 21-22, 2019 tentative	Boys & Girls Hockey - mikejmacmillian@hotmail.com	Roy Wilkins Auditorium, St. Paul
Oct. 2019	Gymnastics - shelly.eklund@district 196.org	New Prague Gymnastics Facility
Oct. 2019	Boys BB - Tom Critchley Sr. - hctirc@earthlink.net	Delta Marriott Hotel, Mpls
Oct 25-27th, 2019	Baseball - John Wilkins - wilks@charter.net	Ramada Plaza, Minneapolis
Oct 25, 2019	Girls BB - scott_bergman@isd743.k12.mn.us	St. Thomas Univ
Oct. 26, 2019	Wrestling - kip.lynk@gmail.com	Simley High School
Nov. 30, 2019	Robotics - Alex Jurek ajurek@isd726.org	St. Cloud State
Jan. 2020	Track	Double Tree, Bloomington
Feb. 2020	Softball - shelly.hotzler@jccschools.com	Target Field

VP . . . continued from page 1

I believe my work experience, as well as my education, will serve me well in the position of VP of the MSHSCA. I earned my BA in Psychology from the University of Maine, my MA in Special Education from California State University-Dominguez Hills, and my JD from the University of St. Thomas School of Law. Before moving to Minnesota for law school nearly ten years ago, I worked as a special education teacher and student advocate in southern California. During that time, I worked with students of varying levels of aptitude, as well as countless parents and school administrators. Since graduating law school, I have worked in both the public and private sectors.

Please consider my application for the position of VP of the MSHSCA. If chosen, I will serve the Coaches' Association with dedication, and will work towards promoting the goals of its mission statement.

Thank you for your time and consideration.



David Boone
Vice President Bio

Growing up in Minnesota City, a small town outside of Winona, MN, my brother and I were always being encouraged to get out of the house and be active. Whether it was just he and I playing one-on-one basketball in the driveway or organizing baseball or football games with the other neighborhood kids, sports have been a large part of my life. Throughout those developmental years I was impacted by many great coaches and always knew that coaching would be a part of my life in large part due to their influences. In high school I participated in Football, Basketball, and Track & Field (I also ran a little Cross Country in Junior High School).

I graduated from Winona State University in 1992 with my BS in Mathematics Education along with a Coaching License, and while substitute teaching got my first coaching job as the Head Track & Field Coach at Winona Middle School. The following year I was offered my first teaching job at Winona Cotter High School and during that first year was named an assistant coach with the Football team, the Girls Basketball team, and the Boys & Girls Track & Field teams. The following year I was named the Head Boys & Girls Track & Field Head Coach and in 1997 was named the Section 1A Track & Field Coach of the Year.

My teaching/coaching career moved around as my family moved around southern Minnesota (Winona, LaCrosse, WI, and Mankato) before landing in the Twin Cities metro as my daughter, Emily, entered her school age years. Knowing how participating in athletics had impacted me, Emily started dance classes and soccer. She eventually tried gymnastics, lacrosse, track & field, tennis, swimming, and golf, some of these activities even had me be her coach when there was a shortage of coaches. She eventually settled in on soccer and golf and finished her career as an all-conference golfer at St.

Louis Park High School. Emily is now in graduate school at the University of North Dakota earning her MSW in Social Work and will graduate this summer.

I have been teaching mathematics and coaching for over 25 years and earned my first Masters Degree in Education in 2003 from St. Mary's University, and my second Masters Degree in Athletic & Activity Administration in 2011 from the University of St. Thomas. Throughout these years I have coached Football, Boys Cross Country, Boys and Girls Basketball, and Boys & Girls Track & Field and am currently a Level 1 certified coach with USATF. I have been a Head Track & Field Coach at Winona Cotter ('94-'97), Robbinsdale Cooper ('05), and Edina High School ('11-'18). I was named the Section 6AA Boys Track & Field Coach of the Year in 2016 and 2017. I have also officiated Basketball and will be transitioning into officiating Track & Field this spring. In 2014 I became a Registered Athletic Administrator through the NIAAA and also that year was elected to the School Board in the Robbinsdale Area School District and have since been re-elected in 2018. Since 2017 I have also served as the Section 6AA Boys Sports Delegate to the MSHSCA.

I believe my experiences in both boys and girls athletics, Class A through AAAAAA programs, coaching and officiating, assisting and head coaching, teaching and administration, and most importantly being a child and a dad in athletics has given me the myriad of experiences that will serve and honor all coaches in the MSHSCA as your vice president!



Timothy Triplett
VP Candidate Bio

Coach Triplett comes into his first season at Holy Family with 12 years of college football coaching experience, at Division I, II, and II levels, most recently, as an assistant coach at the University of St. Thomas.

In addition to his four years at UST, Triplett's coaching resume includes football programs at several D1, D2, and D3 Programs: University of South Dakota (2010-2014), South Dakota State University in Brookings (2009), Wayne State University (2007 and 2008), and Cornell College in Iowa (2006).

Triplett served as Recruiting Coordinator, Special Teams Coordinator, Travel Coordinator and NCAA Compliance Liaison during his tenure at the University of South Dakota and the University of St. Thomas.

"I am committed to the leadership development our student-athletes, coaches, and administrators. I am excited at the opportunity to get involved in the association and positively influence others."

For Triplett, the son of former University of South Dakota Head Coach Dave Triplett, family and football have intertwined throughout his life. Tim graduated from the University of South Dakota in 2005 with a degree in Media & Journalism and earned his Master's degree in 2008 from Wayne State College.

MSHSL BOARD OF DIRECTORS REPORT

Craig Anderson - Boys Sports Representative

Determination, willpower, flexibility...one can go on and on to describe what it takes to be a coach, athlete, fan, official, or administrator during a season with weather extremes. Dealing with all the rescheduling, attempting to keep your athletes in proper condition, playing a game or meet on each available date, frequently without a practice, makes the 2018-2019 Winter Schedule a memorable one. Your ability to bring out the best in your teams and athletes with these challenges, is a tribute to your leadership as a coach or administrator.

As I wrap up my final months of my four year term on the Board of Directors, I want to thank you for allowing me to serve the MSHSL as the Boys Sports Representative. Each of the Sport Associations have elected some great leaders, and we appreciate your dedication to serving your activity, but also working with the our Coaches Association. Thanks to your leadership, we are able to get valuable input from your Activity Advisory Committees and work with the Associate Directors

from the MSHSL staff, to bring your concerns and issues to the Board of Directors. It has been great working with Jill Johnson, our Girls Sports Representative, and I wish my replacement, who will be elected by the MNIAAAA, the best.

The remainder of the year will be extremely busy for the MSHSL staff and the Board of Directors. After compiling data from the member schools, Section Placement will begin. Appeals will be examined and considered during this process. We will also be meeting with our leadership at the Spring Delegate Assembly on March 22nd, at Mancini's, and the following week at the MNIAAAA Conferences in St. Cloud. I look forward to those meetings and gaining valuable feedback as we make future decisions involving your activities.

As we celebrate our great team and individual accomplishments for the Winter Activities, we wish you the best for the upcoming Spring season. May we have a gradual melting of the winter snows, and then a warm spring with a spring season with minimal postponements...after this winter, we deserve it!

SERVICE ACES

By: Dave Wareham



Watching the snow fall and listening to the weather reports is a lot like viewing the movie Groundhog Day starring Bill Murray, where he re-lives the same day over and over again. For spring coaches, it's been the same ol', same ol' each of the past few spring seasons. Yet, rather than completely depressing me, it actually makes me even more excited for the upcoming boys' tennis season: to be on court again (eventually outside in warm weather), to be active, to return to our student-athletes playing tennis. It makes me appreciate each practice, each match even more. Further, such seasons, where the weather doesn't cooperate, challenge coaches and players alike to deal constructively with those things out of our control. This, in itself, is a great lesson that can be brought to the court in matches. So all is not bad.

This past weekend (March 1-3), we held our annual MN Tennis Coaches' Association Clinic. This year was an expanded version as we collaborated with both the USTA and USPTA Northern divisions to co-sponsor the conference. National and local tennis coaches and instructors offered a variety of quality presentations on practice drills, improving athleticism, and finding happiness on court to name a few. It also included a reflection from (Duluth) Marshall School's longtime coach Kurt Bartell, who reminded the audience to enjoy both the challenge and opportunities that being involved in tennis offer us. Special thanks goes to MTCA Executive Secretary Rick Engelstad (Pine City) who took the lead in organizing the weekend from start to finish. His dedication to Minnesota high school tennis is impressive, to say the least. Plans are already being discussed for next year's clinic to be held February 28 - March 2.

With the boys' tennis season set to begin shortly on Monday, March 25th, I offer up a few reminders/tips:

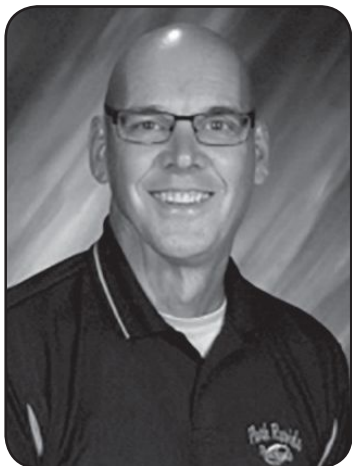
- Plan now (including how to deal with snow/rain days)
- Be conscious of the culture you want for your program; create a program mantra – [for example, ours is 'Own It']
- Communicate often with players + parents ... team's progress, schedule changes
- Order uniforms + equipment
- Confirm match schedule
- Enter varsity roster on Tennisreporting.com

Being prepared now will help things go smoothly over the next eight weeks.

A final thought as you prepare to begin the season: this past weekend our school's hockey team lost in the section final. As you can imagine, a crushing end to a season and for seniors, an end to their high school hockey career. In the aftermath, one player suggested that the way the season ended (5-0 loss) was a disappointment. I get the heartache. But what the player failed to recognize is that the success of the season wasn't in the win or the loss of that game. The success was in playing in the section final with the opportunity to go to state. Similarly, the key point in a tennis game is not AD In/Out but rather in the preceding deuce because it's that point that gives the player(s) the opportunity to win the game.

If we measure our success this tennis season by wins and losses, all but a few will find disappointment. I invite and encourage us all to recognize, reward, and compliment how our teams and players embrace opportunity – the chance to play and the chance to compete. The rest takes care of itself.

Good luck to each of your teams and players. Now, let's hope there's no Groundhog Day sequel.



A View from Schu

By: John Schumacher, MSHSCA EXECUTIVE DIRECTOR

MSHSCA Membership Comes With Privileges and Responsibilities.

When a coach joins the MSHSCA it comes with privileges that non-members don't receive. Many look at the million dollars' worth of liability insurance as the main reason to join our association. But there are many other benefits to joining: 1.) As a coach you earn the privilege to receive Coach of the Year honors or Assistant Coach of the Year honors as well as Championship Coach when your team is a state champion. 2.) Having the ability to nominate athletes in your program for All State and academic honors is a great way to promote your athletes and recognize them for all the great things they have done for your program. 3.) Membership also gives you the privilege to attend contests at no cost to scout your opponent for upcoming games. This is viewed by many coaches as a huge privilege so they can give their athletes the best opportunity for a victory. There are a few exceptions as to when your coach's pass is not honored but those situations are very few and far between. 4.) There are a few perks you receive also such as the ability to attend college contests if the college has partnered with us. There are also a few hotels in the cities we have partnered with that will give you a reduced rate. Some restrictions apply. There are many other benefits to joining the MSHSCA, too many to mention here. We are a special organization representing an elite group of people and we don't take that lightly.

One of the responsibilities that come with a MSHSCA membership is to be truthful when joining. There is no way that myself and Bernie can check 6000 plus memberships when they join to ensure that what they are putting down is true and accurate. This was brought to my attention recently when an AD from a school called me and said he was seeing an increase of MSHSCA passes being used by individuals that are either no longer coaching or are coaching at a club or for a youth program. He stated that their school was looking into not accepting our MSHSCA passes for admittance to their events due to the number of passes obtained by individuals that aren't actually coaching. This is concerning for us and should be for all legitimate coaches. On our registration page it clearly states, "that membership is for high school coaches and their assistants in the school program. If a coach cannot be verified by the school your membership will not be granted and your money will not be refunded." So to see how big of an issue this was, I reached out to the Minnesota Activities Directors Association and asked our state AD's to go to our website and review the list of coaches listed under their schools. I asked them to confirm that coaches listed are actually coaching for their school. I received responses from 50 plus AD's stating

that over 75 coaches listed under their schools name were not on their staff but had been granted membership to our association through the registration process. Many AD's stated that the coaches no longer coached at their schools or were coaching in their youth organizations or clubs in their communities. Some even said they had no idea who some of these people where.

While attending the NOCAD convention this past January we spent much time talking about who should be covered by our membership insurance? It was made very clear to all in attendance that the intention is to cover coaches that are associated with school districts athletic programs. It was also made very clear that youth organizations or club coaches should not be allowed to join. Based on the comments I have received from AD's across our state, our Insurance carrier and NOCAD's strong position on members needing to be legitimate school district coaches, I need help to ensure that all our members are coaches with school districts programs. I will be asking AD's (as they are the front line to this issue due to the fact they know who their coaches are) to review the list of coaches that appear on our website under their school. If we are notified of individuals that have received a membership card that do not meet our criteria, we will immediately remove them from our membership list and not refund their money. This person is not in good standing and won't be covered by the liability insurance. It is a process we have begun, but we will be taking a very active position on this with the 2019-2020 membership year that will open this spring. The integrity of our association and the privilege of school districts honoring of our passes are important to us and our members and we will do whatever we can to protect both. Thank you in advance for your assistance and cooperation with this issue.

Congratulations to all the winter sports State Champion coaches. I say thank you for all that you do for your schools, communities and programs but most importantly the athletes. The memories you helped create will remain with them for a lifetime. These memories will be the topic of conversation any time they get together at reunions and community events.

As I look outside my window I can't imagine any programs will be practicing outside anywhere in the state during the month of March. This will challenge spring coaches to be creative in their practice plans as well as keeping their athlete's feeling practices are meaningful. Let's all hope that Mother Nature will turn her thermostat up and the snow will start to disappear so our spring sports can get outside and provide a quality experience for our student athletes.

If at any time you need assistance don't hesitate to contact me at jschumacher@mshsca.org or call me at (218) 732-0204. Thank you for all you do for the student athletes in your programs as your impact on their life's will be have a long lasting effect long after they graduate from your schools.

Delegates Corner

Terry Sadler

What an Experience!

Recently, I was honored with the opportunity to participate in the Marine Corps Educators Workshop in San Diego. Approximately 30 educators, coaches and media from the Twin Cities Recruiting Station were joined with the same number from the Des Moines Recruiting Station. This weeklong event provided us an inside look at the Marine Corps and the opportunities they offer.

In the early hours Monday, local recruiters showed up at each attendee's door to provide and ride to the airport. Upon arrival in San Diego, we were greeted by more Marines who provided transportation to the hotel that we'd call home for the week. That evening, there was a welcoming social and briefing of the week's schedule.

Tuesday began with an early breakfast and then the Drill instructors took over. They tried their very best (God help them and us!) to get each group into formation in a quick, orderly fashion while giving us new "recruits" a taste of what it would be like to be receiving instructions instead of giving them. Let's just say we STILL have some remedial training to complete! Off we went to the MCRD (Marine Corps Recruit Depot) for processing.

Through the week, we were given opportunities to actively perform many of the tasks and skills taught to recruits in boot camp. We (most of us) completed the CFT (Combat Fitness Test); with no one receiving a passing grade; we were provided instruction on how to dress in camies before running through a part of an obstacle course, we received instruction on hand-to-hand combat techniques, we received instructions on marksmanship and then went to a firing range to test our skills. The Sound Force (Marine Corp Rock Band) performed for us at lunch then answered questions; we went to the Leadership Obstacle Course where we were tasked to complete various "missions" with limited resources that forced collaborative and cooperative efforts by the team. The week culminated with an 8:00 presentation of the colors ceremony and graduation. One couldn't help but become a bit emotional watching the well-orchestrated graduation ceremony while having a better understanding of what these recruits accomplished in their 12 ½ weeks to earn the right to be called, "Marine".

Included in all this physical and mental training through the week, we were provided multiple opportunities to speak with newly titled Marines after completing the Crucible, Marines who were nearing the end of their first enlistments, to those who have chosen to make the Marines their career. Each provided a little different perspective regarding their decision to join the Marines, why they were leaving or re-enlisting. They each discussed their MOS (Military Occupation Specialty),

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MSHSCA EMAIL CHANGE:

Contact: John & Bernie Schumacher at
jschumacher@mshsca.org

HAVE YOUR NEW CARD FOR ALL WINTER & SPRING SPORTING EVENTS

Your 2018-2019 Membership & Insurance Expires July 31st.

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

Park Center does NOT accept Membership Cards for admission.

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

**MINNESOTA
STATE HIGH SCHOOL COACHES ASSOCIATION
LIFE MEMBERSHIP**

A member of the coaching profession
for 25 years or more

Date Issued _____ Executive Director _____

The card is white with Green Ink for the year 2018-2019.

2018-2019 Membership Card
 Minnesota State High School Coaches Association
 John Schumacher, Executive Director, Park Rapids
 Phone: 218-732-0204 • Cell: 218-255-0827
 Email: jschumacher@mshsca.org • Website: www.mshsca.org
 President, Mike Peterson, Perham



John Doe
 St Anthony Village

Asst. Football
 Head Wrestling
 Asst. B/G Track

• • REMINDER • •
AFTER REGISTERING FOR YOUR MEMBERSHIPS OR CLINICS, DON'T FORGET TO PRINT YOUR RECEIPT!

Delegates Corner . . . continued from page 7

what opportunities are for growth in that job/career, even what opportunities were available if he/she chose to change MOS. I was impressed by the availability of courses and college classes for Marines to take to work towards a degree and promotions. This was in addition to the GI Bill. Marines are highly encouraged to take advantage of these course offerings.

I was astonished by the leadership, authority, knowledge, and skill demonstrated by these young men and women as they worked efficiently and effectively as a team to accomplish their day-to-day duties.

If you ever get a chance to participate in an educator's workshop offered by one of the branches of the military, I highly recommend you not turn it down. This provided me the opportunity to learn more about the Marines, of course, but also the importance of team building through cooperative and collaborative interactions to accomplish goals. _____

FAST TRACKS

Robb Lageson

For a few weeks after the season, I am at a loss for what to do at practice time. I miss seeing my athletes and helping them become better skiers. I do not miss the scrambling to find snow and arranging bus transportation. I guess learning to be resilient is a goal for coaches as well as athletes.

It was quite a year for Minnesota High School Nordic Skiing. Hard to find skiable snow for most of the season and now it is hard to find a place to put all the snow. Unfortunately, most of the great snow came after the High School season.

Our team's last day of practice was in a snowstorm with a foot of snow on the ground. Athletes everywhere on the snow, skiing, laughing, and playing. The last day of practice was the first day we could ski on a good base of natural snow in the metro area. It has been a few years since we have had enough real snow to play around in.

Nordic Ski Coaches are creative. We make do. In the metro area this year, we had a few days with just enough snow to ski on a golf course. We shoveled to make short loops on golf courses, ponds, and ballfields. Most of the season our only option was to get on man-made snow. The man-made snow was always busy. It is another challenge to effectively teach and coach athletes on crowded snow.

Access to man-made snow will continue to be an issue for many teams in a low snow year. Limited access to snow further complicates the process of developing good skiers and building strong teams.

Spring Meeting date is April 13th in Mora. There will be Coaches Education Level 100 Field session available in the morning before the meeting.

Topics for discussion will include:

MSHSL Updates.

Proposed State Meet Format changes.

State Meet Venues. No change in the next few years
Proposal to the MSHSL to add Adaptive Factor Timing to allow differently disabled Nordic Athletes to compete on a level playing field at Minnesota High School League competitions.

Flouro Wax Policy

Club and HS Team Relationship Issues

Season Start date

Bylaw Voting Rules. _____



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

The 2019 season is just getting underway for Minnesota's high school synchronized swim teams. Coaches are finalizing music, beginning to write choreography, and prepping for tryouts and placements. Swimmers are ready to be challenged and be competitive. The spring season routine for those of us in high school synchronized swimming is just getting started. But 2019 holds big changes to our routine.

One change in our season is within our varsity figure requirements. Although they don't get the attention of synchro routines (swimming to music), synchro figures do account for 50% of the score, and this season we are seeing a rotation change in the required varsity figures. Figures are stunts performed by each swimmer one-at-a-time in front of a panel of officials. The two new figures for 2019 varsity competition include Heron and Kip. They replace the Barracuda and Tower which had been in the mix for approximately 5 years. The Ballet Leg and Front Walkover remain in the mix.

Another big change for the season is the location of our State Championship. The meet typically is held at the University of Minnesota Aquatic Center. Due to extensive renovations, we will be hosting the meet at the Rochester Recreation Center instead. Because of the change in venue, we also changed portions of the format of the meet. The figure competition will be completed two weeks in advance, and therefore will count for both Section and State scores.

Looking ahead to 2020 and beyond, the coaches will also address changes to scoring as we try to match changes already made nationally. But for now, let 2019 commence. Good luck to all Minnesota synchronized swim teams during this season of change! _____



CLEARING HURDLES



By: *Clearing the Hurdles*
 Aaron Berndt, Wayzata High School
 President, MN Track & Field Coaches Association

The 2019 track & field season is upon us! I extend my best wishes to all coaches and athletes for this upcoming season. It always seems to go by in such a blur once the season gets underway.

A big thank you to all the coaches that attended another successful coaches clinic this past January. It was well attended from coaches all over Minnesota and surrounding states. A special thank you to our clinic directors, Dave Wieber and Johnny Josephson, for organizing and putting on the clinic this past year. If you know of more good speakers for future years or you would be interested yourself, consider contacting our clinic directors. The success of this clinic has been built on the many coaches who have stepped up to the podium to lead a session.

A highlight of the clinic is the Hall of Fame and Coach of the Year presentation. This year's Hall of Fame inductees were Mark Alcorn of Holdingford and Len Lasley of Hutchinson. Our head coaches of the year were Ryan McIntyre of Two Harbors (A girls), Mike Andring of Plainview-Elgin Millville (A boys), Rob Graham of Eagan (AA girls), and Ken Klamm of Prior Lake (AA boys). Our assistant coaches of the year were Amy Northrup of Pine Island (class A) and Michelle

Perkins of Lakeville North (class AA). Our volunteers of the year were Andy Abrams of Byron (class A) and Bruce Melin of Sartell (class AA). The 2019 Presidents Award, for significant contributions to track and field in MN went to Jane Reimen-Morgan from Minnetonka. Congratulations to all award recipients once again.

I want to make sure you are aware of two new programs we have started for our track and field coaches. We have launched both the T&F mentor program as well as the Women4Women initiative in Minnesota. Over 25 coaches have volunteered to be mentors to any other coaches in MN. If you are a new coach, please take advantage of this program. This can be a tremendous help in starting out your first years in coaching. The Women4Women is a program to recruit and retain effective coaches, especially female coaches, in MN track and field. These coaches can have such a strong impact on our student-athletes. If you would like more information on either of these programs, please visit our association webpage for the program links. The web address is <https://www.mshsca.org/track>.

This season we will again be awarding our second annual Mr./Ms. Track & Field. All nomination forms are on our association webpage. We had an excellent amount of candidates last year and are hoping for even more this year. Please consider nominating a deserving senior from your teams to be rightfully recognized.

I encourage everyone who has not yet joined the Minnesota Track and Field Coaches Association to please do so. The benefits for you and your team are many.

Again, I wish everybody a great start to the season, the championship season will be here in what seems like the blink of an eye.

CHIP SHOTS

By: *Eric Tollefson*
 Minnesota Golf Coaches Association
 President.

Looking out my living room window at the high snow piles surrounding the driveway it's difficult to believe golf season is just around the corner. But the MSHSL website lists Monday,

March 18, as the starting practice day, so I guess it's true. And speaking of the MSHSL website, don't forget to visit the Coaches Clipboard between March 11 and March 27 to complete the 2019 online meeting requirements for the coming golf season.

If there's snow on your course in late March or early April, the modernized Rules of Golf, which went into effect January 1, 2019, should provide plenty of after-school meeting opportunities for your players. In February I attended a one-day Rules class taught by MGA Rules guru Doug Hoffman. The Rules of Golf have been reduced from 34 to 24. Doug's take on the changes is people unfamiliar with golf's Rules may have an easier time mastering the new Rules than those trying to adjust from the old to the new!

In any event, I encourage golf coaches to put in time

before our season begins and become more familiar with the modernized Rules of Golf. The USGA and R&A websites are great places to start as both sites feature videos, quizzes, and other learning tools. Additionally, the USGA will supply your team with copies of The Player's Edition of the Rules of Golf for just the cost of shipping. Visit the USGA website for more information.

Looking for a fundraiser for your team? Please consider the Birdie Marketing golf discount card. Birdie Marketing not only supports our Association, but also contributes to participating fundraising schools. Through random draw each year eight teams which have sold a minimum of 25 discount cards are awarded a \$500 check for their program. The 2018 winners include Burnsville's Larry Opatz, East Central's Rod Erickson, Fridley's Gary Lind, Hinckley's Steve Grimm, Litchfield's Bill Huhner, Sartell-St. Stephen's Jason Huschle, St. Michael-Albertville's Michael Fore, and White Bear Lake's Susan Ryan. You can get more information about the card at Birdie Marketing's website, minnesotagolfcard.com, or by calling them at 763-753-6988.

Please make a resolution to post your team and individual scores weekly on the Association's website. You can download a file with clear and easy-to-follow instructions. Follow the "Rankings" link. Girls ratings are handled by Barry Wallin



GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2018 – August 1, 2019

LIMITS OF INSURANCE

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

COVERAGES

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

EXCLUSIONS

- ❖ 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.

CAMP INSURANCE

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.

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.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 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.

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.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

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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.

Dance Team



Brittney Rehling

The Target Center hosted the State Dance Team Tournament on February 15 (jazz) and February 16 (kick). On Friday, Class A prelims included teams from Aitkin, BOLD, Cannon Falls, Frazee, Lac Qui Parle Valley Dawson-Boyd, Marshall School – Duluth, Montevideo, PACT Charter, Richfield, St. Charles, Yellow Medicine East and Zumbrota-Mazeppa. Six teams moved onto Finals held Friday evening and included (in order of final placement) Lac Qui Parle Valley Dawson-Boyd (1st), Zumbrota-Mazeppa (2nd), Frazee (3rd), Yellow Medicine East, Aitkin & Duluth Marshall.

AA Jazz teams in the preliminary round included Austin, Benilde St. Margaret's, Faribault, Hermantown-Proctor, Marshall, Mound Westonka, Orono, Rocori, Sartell, Simley, St. Cloud Cathedral, and Totino-Grace. Totino-Grace brought home the AA jazz state championship, followed by Benilde St. Margaret's in second, Sartell in third, Mound Westonka in fourth, Orono in fifth & Faribault in sixth.

AAA Jazz teams competing Friday in prelims were Anoka, Brainerd, Centennial, Eastview, Edina, Lakeville North, Maple Grove, Mounds View, Prior Lake, Spring Lake Park, St. Cloud Tech and Wayzata. Wayzata won the AAA Jazz State Championship. Rounding out the Finals for AAA were (in order of final placement after Wayzata) Edina, Eastview, Maple Grove, Prior Lake & Lakeville North.

Saturday's kick portion of the State Tournament brought many fans. Class A fans are known for the enthusiastic cheer sections, and proud sportsmanship. A Kick Prelims included Aitkin, ACGC, Bagley, Cannon Falls, Frazee, Lac Qui Parle Valley Dawson-Boyd, Lake City, Montevideo, PACT Charter, St. Charles, Wabasha Kellogg, and Yellow Medicine East. Lac Qui Parle Valley Dawson-Boyd won the Kick State

Championship on Saturday, followed by Yellow Medicine East, Aitkin, Lake City, Frazee and Bagley rounding out Finals.

AA Prelims in kick went as follows: Austin, Benilde-St. Margaret's, Chisago Lakes, Faribault, Hutchinson, Marshall, Orono, Rocori, Sartell, Simley, St. Cloud Cathedral, and Totino Grace. Sartell earned a kick State Championship for the third year in a row after the final round of competition. Totino Grace came in 2nd, followed by Faribault, Benilde St. Margaret's, Austin and Orono.

AAA Prelims teams included Anoka, Brainerd, Centennial, Chaska, Eastview, Henry Sibley, Lakeville North, Maple Grove, Prior Lake, Sauk Rapids Rice, Spring Lake Park, and Wayzata. Wayzata won the AAA Kick State Championship with Lakeville North and Eastview earning 2nd and 3rd. 4th through 6th place went Brainerd, Chaska, then Maple Grove.

This year's State Tournament crowned two "double champions" in both jazz and kick. In Class A, Lac Qui Parle Valley Dawson-Boyd brought home the blue medal in both divisions, as well as Wayzata in Class AAA, who was the only team to defend their jazz title from 2018.

On the horizon, is the 2019 MADT Coaches Celebration, this will be held on Friday March 15th, 2019. Coaches and schools will receive awards for sportsmanship, rookie coach of the year, head coach of the year (in each respective class) and assistant coach of the year (in each respective class) as voted on by peer members.

The following day, Saturday March 16th, the Minnesota Association of Dance teams will host its annual All-State Dance Team at Farmington High School. Coaches nominate athletes to participate in this event. This year, our association reached out largest number of nominations with over 430 dancers nominated for this opportunity. A panel of current and former coaches met to evaluate and determine the participant roster for jazz or kick and for each class based on coach-submitted videos. The dancers selected are working to learn a routine and perform together with their peers in a finale. This group of dancers represents the best we have in Minnesota High School Dance Team. MADT will also acknowledge its member schools' student athletes with the Senior Academic and Team Academic Awards.

CHIP SHOTS ... continued from page 9

of Rosemount High School and Eagan High School's Brian Johnson runs the boys ratings.

Steve Heslop from Pequot Lakes manages the Association's Academic All-State awards which are presented at the respective banquets prior to the State Tournament rounds. Information and the deadline for submission will be posted on our coaches website.

Finally, speaking of our banquets, the chairs include Crosby's Rich Aulie for Class A, Shattuck-St. Mary's Mike Frankenfield for Class AA, and Park Center's Tim Kallevig got Class AAA. Whether you qualify individuals or your team for the State Tournament please make it a priority to attend the banquet. In addition to being a great showcase for the qualifiers, it's a great

way to socialize with other coaches in our Association and to honor Hall of Fame inductees which are also honored at the banquets.

Have a great spring working with your players and I hope to see you on a green golf course soon.

MnIAAA CORNER

Submitted by: Bob Grey

Why We Do What We Do

The second half of the winter season was a bit of a challenge for the majority of Minnesota. Thanks to “Mother Nature” - we dealt with school closings due to the deep freeze as well as snow and blizzard conditions causing a number of postponements, cancellations and rescheduled events. Activities Directors from across the state are to be commended on their creativity and willingness to work it out so that the students were still able to experience the joy and excitement of participating in their chosen activity. Additionally, a big “thank you” to the officials of Minnesota who also were great to deal with and very helpful in getting schedules filled.

When seasons have as much turmoil as this past winter brought - it is very easy to begin asking the question - “Why do I do what I do?” for the answer to that question - let’s begin by looking back at the purpose statements that were written by all Activity Directors and coaches when the MSHSL first introduced the CER.

As one reads through purpose statements you will see words such as grit, perseverance, integrity, respect, responsibility and so on. Words like win and championship rarely if ever show up in purpose statements as those are goals for what we all do instead of the purpose. It is the purpose- or the reason for which extra-curricular activities exist that will lead us to answer the questions “Why do we do what we do?”

Recently, I was fortunate to watch resilience at it’s finest while watching a boys basketball game. The home team was 1-17 going into the game playing host to a 14-3 team.

While the matchup was not one that anyone would consider as entertaining on paper, the crowd was still of decent size. As the game progressed the home team found itself down by 18 in the middle of the second half, and it would have been very easy to throw in the towel and give up. However, through resiliency the team continued to scrape and claw itself back into the game - eventually having an opportunity to tie the game on the last possession. The best ending maybe would have been that they came all the way back and win the game - not the case as the last second attempt rimmed out and the game was lost sending the team to a 1-18 season record.

While the team did not reach its goal of winning the game - the purpose of having the activity was certainly realized. There were a number of character traits that were learned during that game. They learned to never give up, to count on each other , to work together, and list goes on. As this group of young men walked off the court - while they were not smiling - they did leave the court with their heads held high as they felt good about what they had done. They will not be making it to a State Tournament but what they have done is to learn about themselves, developing lifelong skills and traits that will help them for their future.

As we have survived another frustrating winter season and look forward to what may be another challenging Spring season keep in mind the purpose for “Why We Do What We Do” - to create young men and women out of boys and girls.

MEETING DATES FOR 2018-2019 MEMBERSHIP YEAR

MSHSCA Finance Committee Executive Board Meeting - **Thursday March 21st 7pm.** Country Inn Suites-Eagan.

Spring Delegate Assembly - **Friday March 22nd, 2019** at Mancini’s Char House in St. Paul. All officers should be in attendance.

Summer Meeting - **June 23-24th, 2019** Park Rapids, MN

September 7, 2019 - Fall Delegate Assembly and Sport Association Meeting. This meeting will be held at the Minneapolis Marriott West beginning at 8:00 a.m. with a buffet breakfast before the meeting. All Officers should plan to be in attendance.

October 12, 2019 - Hall of Fame and Awards Banquet. This will once again be held at the Minneapolis Sheraton West.

PREP COACH DEADLINES TO SUBMIT

March 1 | June 15 | September 1 | December 1



Be Aware, Be Able, Be Prepared **B1 FOR A FRIEND!**

Someone you know may need a friend - **B1** ... Take the B1 Pledge

BE AWARE

Be aware and understand the problem of youth suicide.

- Suicide is the 2nd leading cause of death for youth ages 10-24. (2016 CDC WISQARS)

BE ABLE TO IDENTIFY

Be able to identify warning signs in a friend who may be hurting. Look for these warning signs in your friends:

- Suicide threats
- Depression
- Anger, increased irritability
- Lack of interest in activities they once enjoyed
- Sudden increase/decrease in appetite
- Sudden changes in appearance
- Dwindling academic performance
- Preoccupation with death and suicide
- Previous suicide attempts

BE PREPARED TO REACT

You should never be afraid to talk to someone who may be depressed or at-risk. At the very least, they will know there is someone who cares for them. You should also have an action plan in case a friend or family member shows signs of suicidal ideation. Taking the B1 pledge will help you to "Be Prepared".

WHERE DO I GO FOR HELP?

- Your favorite teacher/coach
- Parents
- Clergy
- Guidance counselor
- Doctor
- Trusted adult
- Crisis line such as 1-800-SUICIDE (784-2433) or 1-800-273-TALK (273-8255)
- Local mental health center

LET RASCAL FLATTS KNOW YOU WILL B1 FOR A FRIEND

BY TAKING THE PLEDGE AT www.rascalflattsB1.com

 **The Jason Foundation**
www.jasonfoundation.com

Programs for the awareness and prevention of youth suicide



Diamond Cuts

Laura Olson
President Minnesota Fastpitch Coaches Assoc.
Fastpitch Softball Article

Let the countdown begin until March 11th! It will be here sooner than you think. As we prepare for the upcoming season, I wanted to share a couple of reminders.

First, please make sure to bookmark our association page, <http://www.mshsca.org/fastpitchsoftball>, as there are a lot of valuable resources on the page. If you have not done so already, please update the coaches win club. We love to recognize those coaches who reach coaching milestones at our annual clinic, but can only do that if your records are up to date. You will also find the link for membership to the association. Please encourage all of your coaching staff to become members so they can take advantage of the benefits, especially the million dollar liability policy. Please remember as well that the head coach needs to be a member of the association in order for your student athletes to be recognized for association sponsored awards such as All-Section, All-State Academic and Athletic and All-Star. The deadline to become a member is April 1st.

Second, the deadlines for the aforementioned awards are also listed on our webpage. Academic All-State, both team and individual, nominations are due on April 6th. All-Star nominations are due at 10 PM on May 5th and All-State nominations are due at 10 PM on May 27th. These deadlines are firm as there is a very short turnaround time for awards to be made. Please remember to nominate your deserving student athletes for these awards. We have a lot of talented softball players from all over the state and we want to get them recognized!

The annual MFCA Coaches Clinic was hosted at TARGET FIELD this past February 2nd. We had a GREAT turn out of both high school coaches and travel/youth coaches. We had nearly 400 coaches in attendance. We would like to thank the Minnesota Twins organization and the Play Ball initiative for sponsoring what we hope is an annual event. We had some outstanding coaches and USA softball players sharing some great philosophy, fundamentals and drills. We would also like to thank Cindra Kamphoff for sharing great advice about developing mental toughness and positive team culture in our programs. Those that attended got a lot of information that they could implement from day one in their upcoming seasons.

Some great news about Caswell Park in North Mankato where our State tournament is held. It will be the home of the NFP Aussie Peppers. It is so exciting to have a professional team playing in Minnesota and on the same fields our athletes get to play on for our tournament. We are pleased to have a good working relationship with this facility and city of North Mankato. We are also pleased that the Minnesota Twins will continue with their sponsorship of our All-Star series. We are looking to expand on this relationship and continue to improve

our series.

Last, please remember to keep up to date on your coaches clipboard which can be accessed through the www.mshsl.org page. The online rules meeting will open in early March. If you have any questions at all, make sure to contact your section rep or myself.

I leave you thinking about the words of the great Pat Summitt, "Most people get excited about games, but I've got to be excited about practice, because that's my classroom."

Remember the influence you have on your student athletes. Make this the best class they ever took in high school! Continue to grow the game. Good luck on the upcoming season!

If you were to need anything, please contact your section representative or feel free to email me at lolson@isd2135.org.

ICE CHIPS

By: Greg Anzenc

Celebrating 75 Years of The MSHSL Boys Hockey State Tournament

The 2019 Minnesota High School Hockey State Tournament has some extra special meaning this year as we celebrate our game and the 75th year of this prestigious tournament! There are many commemorative events and activities taking place and the entire week is sure to be yet another great memory to add to the decades of great history and traditions born from the nations best high school hockey event.

New Trophy For State Tournament Champions

The Eveleth Golden Bears won the first-ever Minnesota state high school hockey championship in 1945. The original trophy won by the Golden Bears has been proudly displayed at the historic Eveleth Hippodrome since that first championship nearly 75 years ago. In celebration of the 25th anniversary of the Girls Minnesota State High School Hockey Tournament and the 75th anniversary of the Boys Minnesota State High School Hockey Tournament, Eveleth's original championship trophy will once again be hoisted in 2019 and every year moving forward by Minnesota's best in high school hockey. Now named The Eveleth Trophy, the trophy has been redesigned by Jostens and will become a traveling trophy to be shared by the four Minnesota High School Hockey State Champions each year. Each of the four championship teams will have the opportunity to celebrate with the trophy in their respective communities in the spring or summer, similar to the Stanley Cup. You can watch an excellent video chronicling the history of the trophy at stateofhockey.com.

Hall of Fame & HP Programs

In addition to the great events surrounding the state tournament, we are also accepting nominations for the Hall of Fame and ramping up for our spring programs including the High Performance Programs at the 15, 16, 17, 18 and Senior levels.

Success for any of our high school programs is dependent upon having great partners, and the MHCA is fortunate to have both the State of Hockey and the Minnesota Wild on our team. This year fans were able to watch a live stream of section final games for the first time ever thanks to the State of Hockey.

... continued on page 15

Finally, if you haven't seen the "Dream. State." series created by the State of Hockey, it's an excellent documentary that follows the journey of one high school program each year as they dream about a trip to the state tournament in March, must watch TV that can viewed at stateofhockey.com.



FLIP NOTES



By Krysta DeLong – Edina

It's crazy to think that our season just wrapped up at State at the University of Minnesota! It was a State meet to truly remember as the level of talent keeps rising in MN. We saw our first perfect 10.0 at the state meet on vault, by Champlin Park's Chaney Neu. Huge congratulations to every team and each individual that competed at State and represented their school with pride! Huge congrats to Detroit Lakes for taking the Class A team title for the 5th year in a row and with a state record of 152.2. In the Class AA team competition Lakeville North took home the title for the 2nd time in 3 years.

Our state weekend began with our banquet and celebrating many successes from the season, along with acknowledging our State Head Coach of the Year, Kaitlyn Helmbrecht, Class A and Doug Amundson, Class AA, and Assistant Coaches of the Year, Kristin Driscoll, Class A, and Dave Velaski, Class AA. At our banquet, we took the opportunity to recognize our

All State Elite which is awarded to the top 5 gymnasts in each Class, based on their top 5 all around scores.

Class A

Bella Frattolone – Mahtomedi
 Cora Okeson – Detroit Lakes
 Abby Weber – Sartell-Saint Stephen
 Jada Olsen – Perham
 Camryn Brinkman – Melrose Area

Class AA

Chaney Neu – Champlin Park
 Char Morke – Cambridge-Isanti
 Cassie Kahrer – East Ridge
 Kelsey Neff – Edina
 Lindsay Bangs – Owatonna

Special thank you to Deana Walsh for serving as our banquet coordinator. Thank you to Kaitlyn Helmbrecht for serving as our President the last two years! Thank you to all our section reps for their extra work and dedication to our association.

Our section reps will be meeting this spring and begin planning our fall clinic. If you have any ideas, please feel free to share with your section rep and/or myself. Congrats on a successful season! Enjoy the rest of the school year!

COACHES!

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



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

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

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 2018-2019 school year.

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- College of St. Scholastica
- College of St. Benedict
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
(Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- North Dakota State College of Science (Wahpeton)
- Northland Community College (Thief River Falls)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Catherine's University (St Paul MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Mary's University (Winona)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- University of Minnesota - Crookston (Crookston MN)
- University of Minnesota - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- University of Wisc-River Falls
- Vermilion Community College (Ely MN)

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

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



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Have You Moved or Changed Your Email?



If you know of a member who has moved or is not receiving their Prep Coach, please ask them to notify us. Including Life and Retired Life members. Send change of addresses to John & Bernie Schumacher, 16332 Deer View Road, Park Rapids, or email us at jschumacher@mshsca.org. It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

Need new Life Card?

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



Swim Strokes

*Doug Donaldson
Boys Association President
Coon Rapids High School*

It's official - I can say with 100% certainty that at least one state record has been set already - the most snowfall in February ever! Channeling my inner Romo-stradamus, I also know that by the time you read this article, some swimming and diving records will have been broken as well.

However, our sport is about more than simply breaking records. The lessons of hard work, failure, growth, pain, and success define and shape our sport in numerous ways. I have two brothers on my team whose seasons and results exemplify how our sport can be rewarding, cruel, inspiring, and demoralizing all at once. One of the brothers had a phenomenal regular season and went lifetime best times in two events at sections but finished 3rd place in both, narrowly missing state for the second year in a row. The other brother also went lifetime best times in both of his events at sections and made the top 16 at our section meet for the first time ever. Both had incredible performances, but one walks away feeling confident and excited for next year while the other is crushed after once again failing to make it to state. The line, "there's always next year," is tossed around with a sympathetic pat on the back, but it doesn't numb the sting of disappointment. I know I am not the only coach who experiences and must deal with a rollercoaster of emotions at the section meet, yet I continue to be amazed every year at how our sport can elicit such strong emotional responses.

This year's 15th annual True Team Section and State meets saw some exciting races and record performances. The Class A True Team State Champion was Breck/Blake, with St. Thomas

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2018-2019

Past President Gary Prantner	B/G Soccer G Swimming Robotics	B Swimming Wrestling	Baseball B Hockey
President Mike Peterson	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf G Hockey
President Elect Terry Stadler	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
Vice President Tom Critchley Jr.	Volleyball B Basketball	Synch. Swimming B/G Lacrosse	Softball Dance

These are the Board of Directors that are the liaison to your sport. Feel free to contact them with questions. You will find their contact information on the website.

Academy in 2nd and Northfield in 3rd. Meet records were set in the 200 Medley relay, 100 freestyle, 100 breaststroke, and 400 freestyle relay. The Class AA True Team State Champion was Edina, with Minnetonka finishing 2nd and Wayzata 3rd. Meet records were set in the 50 freestyle, 100 butterfly, and 100 backstroke. Results can be found on the MSHSCA Swimming and Diving Coaches' Association website, under the MN True Team tab. Congratulations to and thank you to all of the teams who participated in the True Team Section and State meets.

The Boys' Swimming and Diving State Championships will have taken place by the time you read this article. It appears to once again be another exciting meet for both Class A and Class AA. Based on the entry times, there are serious threats to several all-time state records and several returning champions are going to have to dig deep to retain their crowns. Regardless, the state meets will once again be an epic finish to what has been an incredible season.

The annual All-State Banquet will be held Friday, May 3rd at the Minneapolis Marriott Northwest. It is a fantastic event that honors the incredible athletes, coaches, officials, and support staff who make the sport of Swimming and Diving in Minnesota truly special. More information regarding the banquet can be found on the MSHSCA Swimming and Diving website.

In conjunction with the All-State Banquet, the Upper Midwest Coaches' Clinic will take place on May 3rd and 4th at the Minneapolis Marriott Northwest. Clinic details will be posted on the MSHSCA Swimming and Diving website. The clinic is always informative and provides a beneficial networking opportunity for many of the coaches in our state. Please consider attending!

Thank you all for an incredible season and for all the devotion, hard work, passion, and love you pour into our great sport. The positive impact you have on your athletes is immeasurable and will sustain them throughout their lives. Keep being awesome!

**SWIMMING AND DIVING CLINIC - May 3-4, check
online registration and agenda @MSHSCAswimdive**

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

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



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

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

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

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

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

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

Coach Awards, Honors & Highlights: _____

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

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

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

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



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insurance, office depot/office
max and others.

www.hscoachesbenefits.org/

ADAPTED ATHLETICS

By: Brett Kosidowski

Adapted Athletics were definitely interesting during this “Snow-Nami Season”. Many games and practices were postponed and or cancelled all the way through the season. Coaches, Athletic Directors, and fans had to learn to be flexible this year, to ensure that our games were played, but on Mother Nature’s time. The season was a great one, with a few big games left to be played as this article went to print. It has been a point of emphasis this year with our Executive Secretary and the Minnesota State High School League to make sure that our coaches and schools are reporting the updates of the season on Coaches’ Clipboard. This allows other teams to keep track of the schedule, and how teams are lining up when it comes to playoff scenarios. It is also important for our fan base to have the ability to check in on their team’s progress throughout the year. Please ensure that you are consistently updating your record throughout the season, and also feel free to call in scores to the Pioneer Press, Star Tribune, and local papers.

This winter, the Dakota United Hawks hosted their 2nd Annual Community Night, by scheduling a game against South Suburban on February 26th in Rosemount. They invited all the local hockey organizations and their district family, friends, and staff to join in on the festivities. During intermission the dance team and Double-Dutch clubs performed to a sellout crowd. The Rosemount Pep Band kept the teams energized, and the fans had a blast entering the raffle and chuck-a-puck competitions put on by the Booster Club. These are events that promote our programs within the district and community, and help grow our popularity and awareness. Consider putting on an event like this once a year in your district, to promote Adapted Athletics. You’d be surprised how many people come out to support the kids! Thank you to all the coaches, athletic directors, and families that keep our programs thriving!

*“No excuses,
No explanations.
You don’t win on emotion.
You win on execution.”*

- Tony Dungy

Snap Shots



Submitted by Tim Morris, Executive Director MGHCA

Message from the president:

As we skate into December, this is a good time to briefly reflect on the excellent work that many programs are doing for the overall good of girls' hockey. Perusing through the MGHCA twitter feed, you will see many examples of teams seeing beyond themselves in order to give back, promote, and/or celebrate accomplishments. Sartell/Sauk Rapids and Champlin Park/Coon Rapids just experienced their annual Adopt-a-Family events. Shakopee is holding a clothing drive for those in need. Forest Lake held a Skate with the Rangers for their youth program. Plus, many, many more examples!

Blake, Roseville, and Benilde-St. Margaret's honored the gold medal Olympians who graduated from their respective schools with pre-game ceremonies and retiring of jerseys. I experienced the Blake event personally and it was so awesome to see Dani Cameranesi sign autographs for future hockey players for two full periods during the game.

Please keep up the great work of promoting girls' hockey in your communities and share what you are doing with the MGHCA. We are happy to help promote your events as well through our twitter handle and website. Got a story you want to write? Please do so and share with us! The more we talk, share, and promote, the brighter our sport will shine! Shawn Reid, MGHCA President

This season hopefully will be memorable for every high school player. With over half of the season left to go, many more exciting games are left to play. Along with the games, there will be other celebrations of the 25th anniversary of the state tournament, exciting tournaments over the holidays and of course, the MSHSL State Tourney in February. The high school season however doesn't end there. The week after the state tournament, the MGHCA hosts the all-star Senior Classic and the U18 Festival at the Schwan's Super Rink in Blaine. 136 senior players and 68 juniors who are U18 eligible will compete in an all-star series for bragging rights and possible selection to the MN Hockey CCM High School National Invitational Tournament in April. Twenty seniors and twenty juniors will be selected to play on these two teams against high school players from other parts of the country. There are many post-season hockey opportunities for our high school athletes. Coaches should check the MGHCA website, www.MGHCA.com and the Minnesota Hockey website, www.minnesotahockey.org for more information on any of these high performance programs. Coaches can also contact any of their section reps for info on other MGHCA programs and awards.

We hope everyone has a fantastic holiday season enjoying time with family, friends and teammates and of course by participating in or watching our great sport. Have a happy holiday!!

HOOP SCOOP

Liz Carpentier



End of Season Perspective

It's that time of year again when our communities pack the gyms in order to see their favorite school, team, or player make a run to a coveted state tournament berth. All of our teams would like to do well in section play, and as coaches, we are no different. After I became the organization president this past fall, I wrote my first article for coaches about "how much is enough" for our programs in the off-season and taking enough time for ourselves. That was an idea that went against the grain, so to speak, in this era of expectations from parents, players and communities. Knowing that it is playoff time, I wanted to remind all of us coaches to focus on the reasons we coach and mentor these young women...our purpose.

There are 455 schools in Minnesota that offer girls' basketball, and only a few of them will win their last game. Obviously, we all want to win, but in many ways, we should stand firm in knowing we coach for a greater purpose and provide other wonderful goals with and for our players. That is why we coach, and to steal a phrase from the MSHSL, that is why our students play. Winning and losing should not be the only measure by which you or your players succeed. As a coach you, along with your teams, can create the goals that measure success. I hope all coaches enjoy the process of mentoring and bonding with your student-athletes. Your seniors are finishing their time with you before they move on to their lives after high school basketball, while your freshmen are probably still a bit shocked by the bright lights of the high school and need a steadying hand to help guide them.

Our ability to guide and mentor is really why we do this. Yes, it is fun to win, and I am as competitive as anyone in the state. Continue to enjoy the days, games and practices with your athletes and make some lasting memories that don't rely on a scoreboard. Best of luck to all coaches, teams, and schools as the MN Girls Basketball State Tournament approaches.

"I'm not going to buy my kids an encyclopedia. Let them walk to school like I did."

- Yogi Berra

Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA



KEEPERS,

One of the significant charges of our association is to keep abreast of the game and to provide information and resources to membership, all with the goals in mind of providing educational opportunities that will help us enhance and improve not only the game itself, but our personal skills and knowledge. To wit, this column will highlight the service(s) that have been added to the MFCA, and the initiatives, resources and activities available to our membership

President Scott Gonnerman has compiled valuable information and sent out timely "MFCA blasts" re all things MFCA.

In addition, in late Fall, Marc Bachman and Chuck Hartmann began presenting and sharing, via a twitter account, #mf-cachat, some of the same information, but added presentations as well.

This writer recently returned from the National USA Football Conference, an intense three day gathering of coaches and leaders from across the country. I was impressed by the breadth of the conference; the number and quality of the presentations, the message of powerful leaders, and the opportunity to meet with 40 plus Executive Directors from every part of the country. Some highlights;

The message by Mike Tomlin, the Pittsburg Steelers, "SPEAK BOLDLY AND LOUDLY" for football. General Ray Odriono, Chairman of the Board, USA Football, "Football is a uniquely American game..it is what separates us from the rest of the world". The ENDLESS RESOURCES of USA football, and their desire to make them available is top notch. Visit the website, USAfootball.com. Of Particular importance, the official formation of THE NATIONAL HS FOOTBALL COACHES ALLIANCE. This is an exciting movement /organization of approximately 45 states to unify and become ONE VOICE for football in the country. The MFCA will keep you abreast as we move forward with this historic effort.

When we stop getting better, we stop being good. The MFCA continues to try to improve our programs and services to our Keepers of the Game. However, it is you, fellow keeper, who is the life blood of each and every effort, program and service. Just as we need every player on the field, we need you to be engaged, involved and supportive in all things MFCA. I can, proudly report to you that the MFCA is highly regarded throughout this nation. This is because of YOU.

Spring events to come; PLEASE CIRCLE THESE DATES AND ATTEND: MFCA Clinic. Mar 28-30, 2019. Hall of Fame Awards banquet, Mar 30. Youth football summit, April 27. MFCA Recruiting fair, May 6. More info. to come. Serve proudly good keepers. See you at the next gathering.

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Top National HS Speakers • Area HS & College Coaches
University of North Dakota Staff
Over 30 Speakers & 60 Hours

FEATURES:

Assistant Coaches Panel • Association Events
Don Swanson Kickoff Party • FCA Luncheon • Door Prizes

Register at mnfootballcoaches.com

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

- Lou Holtz



DUGOUT CHATTER



By: Rick Zollner

As I am writing this version of Dugout Chatter it is snowing! In fact February, 2019, is the 4th snowiest month in Minnesota since 1875. By all signs this will be another battle as Spring tries to strikeout Winter. Keep the faith, coaches. The fields will clear and we eventually hear the ump say “play ball”.

There are many responsibilities that come with being the head baseball coach. Make sure you have joined the MSHSBCA. There are multiple benefits including liability coverage, the ability to nominate your players for post season awards and the 2019 Play Ball! MN All Star Series. Also, for members only, the TWINS will be offering game tickets to certain games during the season. Coaches also have many responsibilities to fulfill at the MSHSL website. The Coaches Clipboard opens March 11, and closes March 27. Updating rosters and games is also a necessity. After games you need to access the website and update all of your pitch count information.

The MSHSBCA would like to welcome the following **baseball coaches into our Hall of Fame.**

Dale Bruns – Holdingford
 Jon Fellows – Ortonville
 Hans Hanson – Perham
 Jack Kelly – Windom
 Bill Lechner – Hill-Murray
 Bucky Lindow – Cannon Falls
 Jim O’Neil – Cretin-Derham Hall
 Jeff Wollin – Litchfield

Congratulations to these amazing coaches for all they have done for their players, schools, and communities. Also, the TWINS will be honoring the HOF inductees, with a pregame ceremony, on August 23rd at Target Field.

Be sure to nominate your players for the 2019 Play Ball! MN All Star Series. The six team tournament will be played on June 28-29 at Chaska. This will be one week later than normal. When nominating your deserving players first ask them if they would be able to attend, if selected. If you are unsure if your player is deserving of this honor - I would say nominate him. The selection committee and series coaches will do their best to build a competitive team. Please visit www.mshsbca.org for more information.

Our 2019 Play Ball! MN All Star Series Coaches are as follows: Congratulations coaches on this honor!

South: Brandon Raymo – Montevideo and Aaron Nesvold - Sleepy Eye
North: Paul Walsh - Parkers Prairie and Brian Gruber - Minnewaska
Metro South: Rob Walsh – Burnsville and Jim Gess - Bloomington Jefferson

Metro East: Rob Garry – Mahtomedi and Mike Parker - Stillwater

Metro West: Jon Ledeboer - Heritage Christian Academy and Brooks Marquart - Maple Lake

Metro North: Danny Nalepka - Fridley and Cole Deible – Monticello

Please visit the association website at www.mshsbca.org. There is a plethora of information available. Hopefully, you voted on the recent survey questions. Information will be released once the results are in. Your input gives the advisory board direction to pursue changes to our great game.

Feel free to contact me or any members of the advisory or executive boards with questions. My email is rick.zollner@pas.k12.mn.us

“There are three things in my life which I really love: God, My Family, and Baseball.

The only problem – once baseball season starts, I change the order around a bit.” Al Gallagher 1971



Dig This

By: Becca Pulju

Greetings volleyball world! This is my first article as the MNVBCA President, and I look forward to serving our organization in this role! I truly enjoy everything about the game of volleyball and am lucky to have been involved with our organization for the past nine years.

My family recently returned from a trip to Mexico where we enjoyed the sunshine, the beach, and volleyball! Yep, a lot of volleyball. We played in the pool and on the beach and were quickly referred to as “that volleyball family from Minnesota”. I was asked repeatedly if volleyball is big in Minnesota, and I proudly explained how “big” it is! We have top collegiate women’s teams at all levels, from Junior College to Division I, and our high school players are on many collegiate rosters across the country! This past December many of you even watched the NCAA Championships at Target Center! Saying volleyball is “big” in Minnesota is an understatement.

I truly believe that sports have a way of connecting people, and it was very cool to see it happen organically while on vacation. We played volleyball with folks from Massachusetts, Long Island, Mexico, Pittsburgh, Michigan, and Europe. We varied in ages from 9 to 50, and it was the highlight of our afternoons!

I was reminded that volleyball is a simple game. Teamwork matters and a little healthy competition is good for a family. It also emphasized how lucky I am to be connected to this great sport. I have met so many people over the years through

... continued on page 23

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All Levels.
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**6th annual
April 19, 2019
Minneapolis, MN**

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women
coaches
symposium

WCS

For all women who are coaching, want to coach, or who aspire to coach, the April 19 Women Coaches Symposium is a great day of networking and professional development. Join 300+ women, all sports, all levels, all women speakers.

Hosted at TCF Bank Stadium, our keynote speaker is GM & Lynx Head Coach, Cheryl Reeve.

Check out the program and amazing speakers, who will address our theme, "self care for coaches."

We have a special session just for students/female athletes who are graduating or just graduated titled "Your Next Play:

Confidently Transition from Sport to Career." Students get a special \$25 registration rate.

All info at WCS.UMN.EDU

Flyer is attached so you can easily pass it along to women who may want to attend, or print and put on your announcements board.

Thank you and I hope to see some of your coaches there!

Dr. Nicole M. LaVoi, Director, the Tucker Center for Research on Girls & Women in Sport

this game; it is a great community of people. A community that works together to grow our sport, help each other, and most importantly do what's best for young athletes. Many high school coaches are working in the off-season with younger players through JOs or helping with Boys' volleyball which is growing exponentially across the state.

Right now, our organization is waiting on the MSHSL reclassification process to see how the Sections are made up and to get representatives from every section on our Board of Control. Currently, our association has made a recommendation to the league regarding what the State Tournament would look like with 4 classes, assuming we will be moving to 4-classes based on numbers involved across the state. There are over 16,000 girls participating in volleyball, the most of any girl's sport with roster limits. We are hopeful this will move forward and would go into place in the 2021-22 school year. Our hope is to keep the integrity of our State Tournament because keeping the consolation bracket is very important to us as an organization.

We are five months away from pre-season, but many of

us will get together in July for our annual Coaches' Clinic. This year it will again be held at Sauk Rapids High School on Tuesday, July 24th and Wednesday, July 25th. It is a great opportunity for coaches to gather, learn new drills/activities, meet other coaches, network and have fun! The All-Star game will be held Wednesday night. The hotel for the clinic is the St. Cloud Holiday Inn. Every year it is a great way to get my mind geared up for the season! I look forward to seeing everyone there and getting to know more great members of this Minnesota Volleyball Community.

This was my first winter escaping the great "north", but I am hoping to find another beach somewhere that will welcome this volleyball lady and her family into a friendly pickup game! Stay warm my friends, and let's hope Spring is on the way - see you in July!



WINTER SPORTS ACADEMICS

NORDIC SKI GOLD Boys

Brainerd
Champlin Park
Eden Prairie
Elk River/Zimmerman
Ely Memorial
Irondale
Lakeville North
Maple Grove
Marshall School, Duluth
Minneapolis Southwest
Minnehaha Academy
Moorhead
Osseo
Park Center
Robbinsdale Armstrong
Roseville
Sartell-St. Cloud Cathedral
Simley
Spring Lake Park
St Louis Park
St. Paul Highland Park
Stillwater
Tartan High
Washburn
White Bear Lake

SILVER

Bemidji
Blaine
Bloomington
Chanhassen and Chaska
Coon Rapids
Duluth
Edina HS
Henry Sibley
Holy Family Catholic
Lakeville South
Little Falls
Mesabi East Area Nordic
Mora High School
Mound Westonka
Mounds Park Academy
Prior Lake
Rogers
St. Paul Central
Wayzata
Willmar

GOLD Girls

Bemidji
Blaine High School

Bloomington Nordic
Brainerd
Champlin Park
Chanhassen-Chaska
Coon Rapids
Duluth East
Eden Prairie
Edina HS
Elk River/Zimmerman
Ely Memorial
Grand Rapids
Henry Sibley
Holy Family Catholic
Irondale
Lakeville North
Lakeville South
Little Falls
Maple Grove
Marshall School, Duluth
Mesabi East Area
Minneapolis Southwest
Minnehaha Academy
Moorhead
Mora
Mound Westonka
Mounds Park Academy
Orono High School
Osseo
Park Center
Prior Lake
Robbinsdale Armstrong
Roseville
Sartell-St. Cloud Cathedral
Simley
St Louis Park
St. Paul Central
St. Paul Highland Park
Stillwater
Tartan
Washburn

Silver
Girls

Spring Lake Park

2018-2019 WINTER STATE CHAMPION TEAMS

ALPINE SKIING

Girls	Lakeville South	Wayne Hill
Boys	Edina	Jared Scribner

NORDIC SKIING

Girls	Robbinsdale Armstrong	Kim Rudd
	Robbinsdale Armstrong	Steve Hopke
Boys	Sartekk-St. Cloud Cathedral	Joe Teff

GYMNASTICS

Class A True Team	Detroit Lakes	Steve Zamzo
Class A MSHSL	Detroit Lakes	Steve Zamzo
Class AA MSHSL	Lakeville North	Teri Ho9man

GIRLS HOCKEY

Class A	Breck School	Keith Radloff
Class AA	Edina	Sami Reber

DANCE-High Kick

Class A	Lac qui Parle Valley	Dawson Boyd Lisa Johnson
Class AA	Sartell-St. Stephen	Kelly McCarney
Class AAA	Wayzata	Alyse Iorio

DANCE-Jazz

Class A	Lac qui Parle Valley	Dawson Boyd Lisa Johnson Kristen Gagnon
Class AA	Totino Grace	Alyse Iorio
Class AAA	Wayzata	

WRESTLING

Class A	Long Prairie Grey Eagle -Browerville	Jacob Lorentz
Class AA	Simley	Will Short
Class AAA	Shakopee	Jim Jackson

BOYS SWIMMING MSHSL

Class A	Breck/Blake	Michelle Carlson
	Breck/Blake	Brian Wright
Class AA	Edina	Scott Johnson

BOYS SWIMMING TRUE TEAM

Class A	Breck/Blake	Michelle Carlson
	Breck/Blake	Brian Wright
Class AA	Edina	Scott Johnson



By: Ana Bowsby

Important Dates

Must be member of the coaches association by April 15th to be eligible for ANY post season awards. All American nominations due by May 1st, please contact Sarah Fellows at The Blake School with questions.

1. All State Criteria: Please note there is NO open meeting this year and all nominations will be done electronically via the section rep (s)

I. All State Requirements:

A. Must be member of MSHSCA by April 15, 2019 in order to nominate players at the all section meeting

B. Yellow card policy

i. Player cannot receive more than 6 yellow cards in a 13 game season.

C. All Player names are due in All Section document (and Nora Vee) by Saturday May 25th by 12 PM.

D. Coaches who do not meet these requirements will forfeit their All-Section players' nominations and players will be ineligible for All State honors.

II. All State Nomination Method:

A. Coaches must update stats on MSHSL and Lax Hub each Sunday night by midnight**** Please respect this, it only hurts your players, the sport and your program's name. ****

B. Goalies: universal stats of: saves, shots, ground balls, interceptions, minutes played, goals allowed, and team record

C. Meet with your two section representatives to make section 1st team and second team prior to the end of the season

D. All 50 All State Players will be classified as 15 1st Team, 15 2nd Team and 20 3rd team by the MSHSCA All State Selection Committee.

i. *****NEW FOR 2019***:** The All State selection committee will be comprised of representatives from each of the 8 sections. Each section is charged with sending their **TWO** all section representatives. Those two coaches need to be part of the coaches' association by April 15th. Board members are not included as a section representative. The All State meeting will take place on **Monday, May 27th at 4:30 pm at BSM.**

MARCH 1st MEMBERSHIP REPORT 2018-19

Types of Memberships	2017-2018	2018-2019
Active Class A & AA	6383	6069
College Associates	1132	1178
Other Associates	81	58
Active Life	362	321
Retired Life	1228	1314
Honorary	<u>3</u>	<u>3</u>
TOTAL	9181	8943

Breakdown of membership by sport association (2017-18 totals in parenthesis)

Adapted Athletics (15)	17
Boys Lacrosse (95)	48
Alpine Skiing (53)	61
Girls Lacrosse (61)	31
Athletic Directors (106)	118
Football (1130)	1122
Baseball (541)	430
Football Retired (4)	1
Boys Basketball (767)	755
Girls Basketball (744)	734
Golf (boys & girls) (348)	273
Cross Country (427)	444
Soccer (boys & girls) (442)	445
Dance (284)	285
Softball (516)	357
Gymnastics (214)	226
Synchronized Swimming (15)	8
Nordic Skiing (106)	100
Girls Tennis (225)	220
Girls Swimming (241)	240
Boys Tennis (180)	152
Boys Swimming (203)	198
Track & Field (875)	827
Girls Hockey (87)	89
Volleyball (642)	661
Boys Hockey (203)	183
Wrestling (126)	143
Hockey Retired (2)	2
Robotics (0)	51

Sport associations that collect their own dues, but join the MSHSCA are Cheer (13) 15, Clay Target (12) 11, and Badminton (5) 5.



CORNER KICKS

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

What has the weather still got in store for us? The last month and a half have been quite an experience. And as the old adage says, "its tournament time and that means snow." We certainly are looking forward to the change of seasons and getting back outside. As always, if you and your school are participating in state competitions, congratulations to you, your school, and athletes. Enjoy the privilege of being at a state event.

The MSHSSCA has been working on a 3 Class Soccer Tournament for the past two years. Our proposal was submitted to the Minnesota State High School League and now is waiting for approval from the board.

The 3 class plan, if approved, will be need to be reviewed by the MSHSSCA. We will need to review the processes for how we operate. At that time we will then need to find additional coaches who are willing to fill the roles of section representatives.

A 50-50 split for the soccer seasons until the new 3 class has been put in to play has been put before the League board and will be reviewed. There will be a need to inspect our Section Reps and where we will need to fill the holes after the new section assignments come out from the High School League. It would consist of another set of representatives for the new class.

There are some people who deserve our thanks for this long on going move to three classes when it is approved. To Greg Juba (Park Girls Retired) for all of his time and hard work he has done for our organization in attending and following the process as the MSHSL Board has worked through the reclassification process. He has attended many meetings.

Thank you also must be given to our Jason Arnebeck (Boys Cottage Grove) our President and Ben LeVahn (Girls Maple Grove) President Elect for all the extra work they did to submit our 3 class proposal and working it though our associations process of board approval. Thanks to Ben for moving it through the Soccer Advisory Committee and its approval.

to the section reps for all the time they spent on this process and communicating with the committee we are grateful. Our organization is a great example what can be accomplished when people work together and find a solution.

The awards from the USC have been announced and once again a large amount of honors were given to the fine soccer players in Minnesota. The girls are in the Central Region while the boys are in the Great Lakes Region. Each region is composed of different states

The following are the awards given to the girls and their coaches.

ALL-MIDWEST PLAYERS

Amanda	Cassidy Benilde-St. Margaret's
Lily Gilbertson	Wayzata
KK Haug	The Blake School
Sara Johnston	Orono
LL Kolodge	Maple Grove
Megan Malecha	Wayzata
Megan Plaschko	Eagan
Marli Rajacich	Minneapolis Washburn
Brenda Vargas	Cristo Rey

ALL-AMERICANS

Megan Plaschko	Eagan
KK Haug	The Blake School

GIRLS COACHES OF THE YEAR:

Large School	Jeff Hopkins	Minnetonka
Small School	Dave Wald	Mahtomedi
Private/Parochial School	Paul Menge	The Blake School

These are the boy's players and coaches awards:

ALL-REGION

Darley Florvil	Minneapolis Washburn
Hudson Haecker	Breck
Zinedine Kroeten	St Louis Park
Steevenson Lamarre	Totino- Grace
Jake Lundberg	The Blake School
Kevin Ortiz	Austin
Stuart Sain	Wayzata
Tayeb Benjaafar	Minneapolis Washburn

ALL-AMERICANS

Alejandro Ferrer-Lugo	Minnetonka
Herbert Endeley	Totino-Grace

BOYS COACHES OF THE YEAR:

Large School	Aaron Percy	Minneapolis Washburn
Small School	Scott Anderson	Duluth Denfeld
Private/Parochial	Tamba Johnson	The Blake School

This is quite an array of talent and coaching. Congrats to all.

Get out your calendars because we have dates for several events for this fall. We start on Friday August 9 with the clinic that will

be held at the National Sports Center. That moves us to the State Quarterfinals that will be played on Tuesday, Wednesday and Thursday October 22, 23, and 24. These sites will be announced in the future. Those teams move to the State Tournament in USA Bank stadium. Semifinals will be played on Monday and Tuesday October 28 and 29. The championship games will be played on Thursday October 31. The Senior Classic will be played on Wednesday November 6 at the Health East Center in Woodbury.

Art Seplak (Bloomington Kennedy Girls retired) has announced the 2019 Mike Warter Scholarship Awards. These scholarships are for \$1,000 each and are given in honor of Eagan Girls Coach Mike Warter. Any senior soccer player in Minnesota has the right to apply for this award.

The girl's award winner this year is Elizabeth Eggers of Blaine High School. Eggers is a four year starter on Blaine's varsity, 3 year All-conference, All-State and All-Metro second team in 2018. She is in the top 5% of her class and volunteers as a coach and youth referee. She spends time working for Living Well Disabilities and American Lung Association. Lis will attend the University of Wisconsin La-Crosse.

Jacob Redden of East Ridge High School is the boy's winner. He is a four year varsity player, All-Conference for 2 years, All-State and 2018 All-Metro.

He volunteered with the Woodbury Parks youth soccer program, Bethel University's summer camps and used his soccer skills on a Mission trip to a Native American community. He also volunteers at two Woodbury churches. He is a member of the Student Council and National Honor Society at East Ridge. He will decide between Bethel, U of Wisconsin-Madison or Pepperdine University.

It is obvious that these two winners are more than just athletes, Honor students, volunteers and giving back to their communities the skills that have been given.

Some very good news is that Jason Arnebeck (Boys Cottage Grove) our president is back and doing well after going through a long recovery from a concussion.

Berry Arrowsmith (Blaine Boys) is recovering from an acci-

dent he had on his four wheeler. He has a bad abrasion on his ankle and a knee that does not work. Our concerns and prayers are with you as you recover.

Well, no snow today, but just wait. We know spring is around the corner but not sure which one. As always remember, you are blessed to have the best job in the world, working with high school athletes. You not only are a mentor but shaping their future.

REGISTER FOR NEXT SCHOOL YEAR

At the end of March, the 2018-2019 Membership Year will be open for fall sports coaches who want to register for next school year. Please be careful when signing up for your memberships, that you select the correct year. Spring sports for 2019 will still be registered under the 2018-2019 Membership Registration. Sports from Fall of 2019 through Spring of 2020, will sign up in the new Membership registration year labeled 2019-2020.

If you coach in both the fall and spring, make sure you select the proper school year for your fall sports next year which will be 2019-2020. If you are a coach registering yet for this spring's sport, make sure you register in the 2018-2019 membership year.

Remember, MSHSCA Membership year runs Aug 1-July 31st.

COACHES CARING PROGRAM

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

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

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

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

MEMBERSHIP CORNER

Bernie Schumacher

Assistant to the Director

Hi MSHSCA Members! Wow, here we are wrapping up our winter sports season. This tends to be a little bit of a confusing time for our members because by April 1st, we are running two (2) membership years at the same time. So below we will be giving you tips to ensure you register in the correct year and a few other tips to help with any registration questions or problems you may run into. Here are some of the most often asked questions:

Where do I sign up for my MSHSCA membership? Go online to www.mshsca.org. On there you will see a dark green registration bar on the front page. Follow that and it will guide you to the registration area. Make sure thou when you are logging in that you are not logging into the white word “login” at the top of the home page. That will take you to sport engine and not to the registration portion you need to get at.

2) Membership Year. It is very important when logging into register that you select the correct membership year as we will have 2 of them running by April 1st. Remember to think of the membership year in the same time frame as the school year. Those of you still signing up for spring sports 2019 need to make sure that you select the 2018-2019 membership year. Those of you wanting to sign up for Fall sports 2019 and beyond need to select the 2019-2020 membership year link. Selecting the wrong year can cause you issues for your post-season awards if we don’t catch it, so be very careful when signing Up. Membership years run Aug 1st-July 31st.

3) Correct Link. Another frequent issue we see is people signing up in the wrong year due to the fact they have the wrong/old registration link. Many smartphones, computers save things through history, so by pulling up what you used last year and registering through archived links you will end up with issues. We have to change our registration link every year, so the one that you used last year is not the correct one for this year. Please always start your registration for membership at our website at www.mshsca.org and chose the correct membership year based on the sport season that you are registering for.

4) I forgot my password. We worked hard this past year with our website designer to get the “forgot password” portion of our system working. It is important though after you request your password that you look in your spam, as we are finding the password response goes there often. This option will not work thou if your email address you used last year has been changed and is no longer working. You will have to contact me for personal assistance if that is the case.

5) My email address has changed and not active so I can’t register. The registration system that we are working with is email specific and the system doesn’t care if your email address works or not. Think of your email as an ID only. We know many schools are changing their emails. The one most important thing to remember is that you must go into the system with the last email and password that you signed up your membership with the previous year. Get yourself registered first, hit finished and once registered you can go back in and edit any of your information, from mailing address, phone number, email and

even your password. Do right away after you registered thou, especially if your address has changed so that when we print your card we have the correct mailing address. There is an EDIT button to the left of your profile. You know that old saying; “Garbage in garbage out?” How you type your name, address etc. in your profile is how it will come out on your membership card. So type carefully and accurately. Key point...you must get yourself registered into the current system (Membership year/school year) first in order to edit. We are finding people register, but they don’t look at their profile information and addresses have changed and not updated and your card ends up coming back to us. Please make sure to always keep your profile up to date which you can update anytime throughout the year. There is an edit button to the left of your profile, click on that when wanting to edit.

6) Assistant Coach vs Head Coach. When registering, make sure that if you are a Head coach that you check the little box below the sport you selected. If you don’t check that then you won’t come up as a head coach in the system and athletes won’t qualify for postseason awards. Many notice that they aren’t listed as head coach when they get their card and then we have to go through another process to get it corrected.

7) Section Selections. The Sports Associations need you make sure when registering, to not only select your sports that you coach but please make sure to select what SECTION you are in. They use this information and are finding out many coaches are skipping this step in the registration. It is important to fill in all areas of your profile, properly select your sport, if you are a head coach or not, and also your section. This information is needed by your sport’s associations.

8) Receipts. We added a registration receipts link so that you can go back any time and print your receipt. It won’t give you a break down, but it gives you a grand total of memberships/events you have signed up for the year. It is best to print your receipt right when you finish registering when it prompts you as that will give you a breakdown. This is also the paperwork you can turn into your school if they refund you or will be paying for your membership. If paying by Credit Card, please print the credit card page so that your school can see the service/handling fees that are charged when using credit card. If you don’t print that page, they will be calling me and asking me what those additional fees are that showed up on their credit card that don’t appear on your receipt.

9) Life Membership. There is still time to get your application in for approval At the board of directors June annual meeting. After you have coached for 25 years, you can apply for a Life Membership to the MSHSCA. Details are on our website at www.mshsca.org. Deadline is May 15th.

10) The MSHSCA Website is a very valuable tool that gives you more details and information about our organization, your sports associations and so much more. Please find some time to wander through it so you know what it all offers you. The electronic version of the MSHSCA Prep Coach is on there too.

These are the main questions we often get. If there is a specific question you need answered, please feel free to contact me at bschumacher@mshsca.org or call 218-732-0204. We continue to look at ways to make registering and our website more user friendly. We appreciate your commitment to education based athletics.

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 (____) _____

MEMBERSHIP PERKS

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C
A

- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr (weekends on Coaches Call 800-325-3535, ask for MN Coaches Association Rate
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400 (weekends only)

For Hotel rates, coaches should indicate membership in MSHSCA.

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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

JOHN SCHUMACHER MSHSCA

16332 Deer View Road
Park Rapids, MN 56470

6TH ANNUAL

WOMEN COACHES SYMPOSIUM

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