



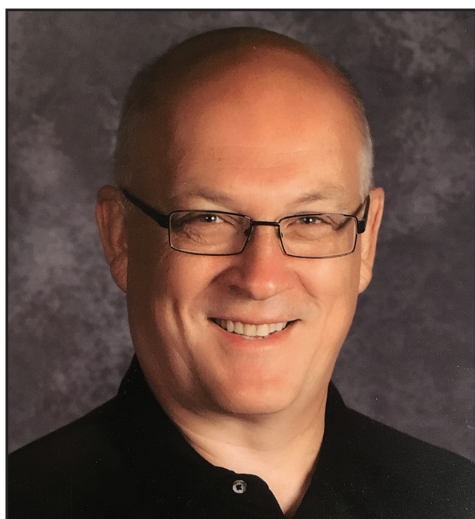
# THE *Minnesota* PREP COACH

Vol. 59 No. 1

Published by the Minnesota State High School Coaches Association

March 2021

## VICE PRESIDENT NOMINEES



**Lon Boike**

I was born and raised on a farm outside of Clara City, MN (about 100 miles west of Minneapolis). As a young farm boy, and with neighbors to the south and north of me, we would get together almost daily and play the sport that was in season! This allowed me to grow my competitive sports nature and develop my athletic skills. My junior year, I participated in the MSHSL Class A Boys' Basketball state tournament (as Clara City HS - now it is MACCRAY HS) when there were only two classes (A & AA), and my senior year, I lettered in four sports.

I attended Ridgewater College in Willmar and participated in both Basketball and Track. In basketball, we were conference champions both years and qualified for the Minnesota Junior

... continued on page 22



**Jen Marshall**

Jen Marshall is very honored to be considered to serve as Vice President for the Minnesota State High School Coaches Association and is in her 21st year of teaching and coaching in Farmington. She spent the first eleven years of her career teaching at the middle school level and the past ten at the high school.

In addition to her teaching and coaching commitments, Marshall has been involved with the Minnesota State High School Swim & Dive Coaches Association for over a decade. She served as Vice President from 2009-2011, President from 2011-2013 and Executive Secretary from 2013-16. Additionally, Marshall began serving as the All State Banquet Coordinator in 2009 and still serves in this capacity. The position organizes and plans the annual All

... continued on page 23



**Ross Wargula**

My name is Ross Wargula. Sports always have been and always will be a huge part of my life. I graduated from Waupun (WI) high school in 2007 as a three year letter winner in football and a two year letter winner in wrestling. In my youth, I also participated in basketball, baseball and track and field. Upon graduating high school, I attended the University of Wisconsin-River Falls to

... continued on page 23

### Featured In This Issue

Reflections by Ringer .....	4
President's Message .....	3
Membership Corner .....	8
Sports Clinic Information .....	22

## The Minnesota PREP COACH

Published quarterly by the Minnesota State High School Coaches Association and distributed, without charge, to all members in good standing.

### EDITOR - Mindy Nielsen

Address all new communications and photos to:  
**Mindy Nielsen**  
Email: prepcoach@mshsca.org  
(218) 841-7976

## MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

### PRESIDENT:

Tom Critchley Jr. - Big Lake

### PRESIDENT-ELECT:

Barry Wohler - Orono

### VICE PRESIDENT:

Jennifer Roisum - Battle Lake

### PAST PRESIDENT:

Terry Sadler - Warroad

### HALL OF FAME COORDINATOR

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

### OFFICIALS DSA

Mike Peterson - Perham  
Asst Coaches-DSA-Tom Sharp

### All Daily Communications should be addressed to:

**EXECUTIVE DIRECTOR:**  
Rick Ringeisen MSHSCA  
20085 Italy Ave.  
Lakeville, MN 55044  
(952) 250-9535  
Email: ringer@mshsca.org

### ADMINISTRATIVE ASS'T:

Joyce Ringeisen  
Email: jringeisen@mshsca.org

### MSHSL BOARD OF DIRECTORS:

Dawn Engebretson (Rockford)  
John Vraa (New Lundon-Spicer)

### FINANCE REPS:

Nathan Youngs - Dassel-Cokato  
Tom Sharp - Eastview

### SCHOLARSHIP CHAIR:

Gregg Martig - Pequot Lakes

### SPORTS MEDICINE:

Randy Glasmann - Maple Grove  
Tom Sharp - Eastview

## Delegates for 2020-2021 and Sports Association Officers

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

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mable-Canton)	Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	John Seipp (Trinity School)	
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	Jim Baker (Retired)
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	Chris Kircher (Swanville)/Tim Triplett (Holy Family)
6A	Tavia Bachmann (Frazee)	Kyle Haderman (LP/Aud)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnomen-Waubun)	Lon Boike (Crookston)	Terry Sadler (Warroad)	Lisa Hanson (EGF)
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Apple Valley)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Gary Prantner (Eden Prairie)
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	Larry McKenzie (Minneapolis North)
6AA	Juno Nayagam (Benilde-St. Marg)		Kerry Sutherland (Hopkins)	Curt Cardinal (Park Center)
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Brent Schimek (Deer River)	Matt Matson	Mike Beck (retired)	
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Minneapolis)	Joe Olson	Kelli Waalk (Osseo)
Baseball	Ryan Holmgren (Elk River)	Dean Schwirtz (Glencoe-Silver Lake)	Craig Anderson (Pine Island)	Todd Smrekar (Cambridge-Isanti)
Boys Basketball	Omar McMillan (Richfield)		Tom Critchley (retired)	
Girls Basketball	Brad Strand (Fergus Falls)	Leah Dasovich (Minnetonka)	Carl Pierson (Waconia)	
Cross Country	Brandon Heebink (Wayzata)	Jeff Morris (Perham)	Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
Dance	Molly Carlson (Westonka)	Brittany Rehling (Roseville)		Katie Harmeyer (Treas)
Football	Chuck Ross (Underwood)	Jeff Williams (Owatonna)	Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Eric Tollefson (Moorhead)			
Gymnastics	Toni Kebler (Moorhead)		Shelly Eklund (Eagan)	Leeann Steen-Gymn (Delegate)
Boys Hockey	Michael Taylor (Apple Valley)		Mike MacMillan (Ramsey)	
Girls Hockey	Claire Goldsmith	Emily Erickson (Hibbing/Chisholm)	Tim Morris (St. Anthony)	Robert Sherry (St. Paul United)
B-Lacrosse	Jon Junker (Chanhassen)	Rob Horne (Benilde)	Darin Nelson	Lance Kuehn (Rosemount)
G-Lacrosse	Ana Bowsby (Benilde-St. Margaret)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount)	Patrick Crandall (Lakeville So)
Alpine Skiing	Jason Nickelson (Visitation)			Nathan Springer (Treasurer)
Nordic Skiing	Rob Lageson (St. Paul Central)			Richard Heilman (Lakeville No.)
Robotics	Alex Jurek (Becker)			
Soccer	Ben LeVahn (Maple Grove)	Aaron Percy (Mpls Washburn)	Keith Randa (Apple Valley)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Dawn Engebretson (Rockford)		Shelly Hotzler (JCC)	
B-Swimming	Brian Luke (Stillwater)		Todd Walsh (Bloomington-Kennedy)	
G-Swimming	Meghan Kemna (Visitation)	Kelly Boston (Eden Prairie)	Todd Walsh (Bloom.Kennedy)	Kate Steineman (Cretin DH)
Synch. Swim	Kathy Henderson (Stillwater)		Laura Davidson (Forest Lake)	Katy Bohnsack (Prior Lake)
Tennis	Dave Wareham (Totino Grace)	Robb DeCorsey (Glencoe-Silver Lake)	Richard Engelstad (Pine City)	
Track	Aaron Berndt (Wayzata)	Megan Oregeman (Alexandria)	Scott Christensen (Stillwater) )Sec/Treas	
Volleyball	Darin Swenson (Litchfield)		Janet Golden-Landquist (Nevis)	Kim Suia (Concordia) (Treas)
Wrestling	Joel Skillings (Minneota)		Kip Lynk (Dassel)	

# President's Message

By: Tom Critchley, Jr.

The temperature has almost reached 50 degrees and the snow has even begun to melt as I write this article today. It feels like a beautiful spring day, but as a long-time basketball coach I am sure mother nature will hit us with a snow storm or two during the section tournaments that will be coming up in the next few weeks. For all the winter sports teams that are competing, let's hope that a snowstorm or two is all that we have to worry about this tournament season and that all the student-athletes and teams stay healthy and are able to participate!

I graduated in 1986 from Hawley High School, and am old enough to say that I played in a district tournament versus a section tournament. That was an experience that I will never forget and even helped shape me into the person and coach that I am today. This pandemic has taken away loved ones from many families and has taken away once in a lifetime experiences from others such as section and state tournaments, proms, graduations, and even something as simple as having your hometown fans cheer for you while you compete for your school.

With that said, I want to take a moment to thank all the people who have been involved in trying to make the most of this terrible situation and to give our student-athletes an experience even though it was not the one that they had dreamt about when they were little kids. Thank you to the state high school league and to their director, Erich Marten, and all of

the associate directors for their constant communication with the executive directors of the various sports. They reached out and valued our opinion and were quick to answer questions. Thank you to all the activity directors and their staff. Not only did they have to constantly adjust schedules, they did their best to accommodate fans. Plus, the amount of work tracking attendance for all the activities was a full time job itself! Thank you to all the custodians and volunteers who cleaned and sanitized-- sometimes several times an evening. Thank you to all the officials who have done an amazing job while not only wearing masks with a whistle, but for doing their best in making sure all athletes followed the guidelines that were set for us to play.

I want to thank all of the student-athletes who have taken this opportunity and have run with it. They have handled everything that life has thrown at them and have been resilient and strong. They have adjusted to wearing a mask while competing, to stay committed to social distancing to stay healthy, and are managing a whole new method of education that requires great discipline and resolve. I am confident that this generation of student-athletes will continue to grow and that the next generation is in good hands. Finally, I want to thank all of the coaches for their leadership, guidance, and passion for providing these opportunities for our students-athletes. Your modeling of perseverance will stay with our student-athletes far beyond this time.

## MSHSL BOARD OF DIRECTORS REPORT

By: Dawn Engebretson, Girls' Sports Rep

Winter state tournaments are right around the corner. Virtual state tournaments have already been held for debate and one act play. Even though the winter tournaments will not look like those held in the past, it is exciting to be able to have these culminating events for our student athletes.

Region Assignments, Competitive Section Placement, and District Football Assignments are all being worked on by the MSHSL Directors. In addition to creating new plans for winter state tournament & spring sports guidelines, they have been quite busy.

Here is a summary of the February 4th board meeting:

Updates were given on the winter state tournaments. Some sports will stay at a regional site for the first rounds of state (similar to state football). Other state tournaments will be at a new site, including some high schools that will be hosting state tournaments this year.

The MSHSL website is continuing to be developed and they are working to include rosters, schedules, and tournament brackets.

Staff is working with School Space Media to potentially use them to stream state tournament events.

State tournament programs will be online this year. These are free of charge. There will also be a post-tournament edition that includes completed tournament brackets.

McDonald's renewed its sponsorship of the state high school league for an additional year.

The board approved a partnership with Hudl.

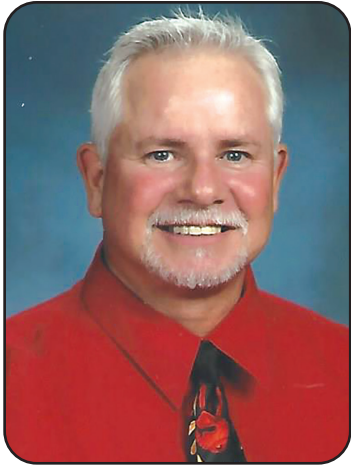
Future discussions the board will have include whether to push back the Summer Coaching Waiver time to allow spring sports to finish their seasons.

We will meet as a board on March 3. At that time we will

... continued on page 20

**Trophies Plus - Sponsor of Coaches Caring**

## Reflections by Ringer



By: Rick Ringeisen, MSHSCA  
Executive Director

***“I am going to remember 2020 by putting 2020 (\$20,200) on a check to the Minnesota State High School Coaches Association for what they have done for me in my life.”***

-- Jerry Raddatz

A life spent coaching is a life well-lived. Coaches spend their time mentoring and helping others reach their goals. Today, I will tell you about two exceptional coaches who believe in giving back, Ron Stolski and Jerry Raddatz. They made an improbable connection through the last issue of the Prep Coach. Ron and Jerry are legacy hall of fame coaches who have given unselfishly to others throughout their long careers and continue to do so with style and grace.

Ron and Jerry’s connection started when Ron wrote his Prep Coach “Goal Posts” column for the December issue. Ron wrote with his usual flair acknowledging the impact of a mentor in his life and applying what he learned to the challenges of the past year. Ron quoted his mentor by writing, “We make a living by what we get; we make a life by what we give.” Jerry read Ron’s column and was inspired and reflected on how fortunate he has been to have spent his 50-year career as a coach and major league baseball scout. Ron and Jerry had never personally met each other. Ron lives in Brainerd, and Jerry is across the state in Winona. Despite the distance between them, they soon realized they have a great deal in common with each other.

Jerry took Ron’s words to heart and decided to send Ron a letter telling him how much his quote meant to him. Being a resourceful coach and scout, Jerry quickly obtained Ron’s address. Jerry wrote a wonderful letter telling Ron how much he appreciated his Goal Post article in the Prep Coach. Jerry provided Ron with a little background information about his career and closed the letter by writing, “I know that the year 2020 will be remembered for many things by many people, but for me, I am going to remember 2020 by putting 2020 (\$20,200.00) on a check to the Minnesota State High School Coaches Association for 2020 for what they have done for me in my life.” Jerry then enclosed a check for \$20,200.00 and put the letter in the mail to Ron.

When Ron opened the letter, he was nearly speechless! Ron collected his thoughts and called Jerry to thank him for his incredibly generous gift. Ron then mailed Jerry’s letter and check to me to be deposited into the MSHSCA bank account. I then followed up by calling both Ron and Jerry to thank them for their long history of service, dedication and, of course, recognize Jerry’s generous donation. When we spoke to each other on the phone, we all quickly learned that we have several personal connections in common through coaching.

When I spoke to Jerry, he shared how fortunate he feels about the many good things that impacted his life and career. Jerry grew up in Kasson-Mantorville, Minnesota, with baseball being his passion. As a lad, while watching a local game, Jerry happened to sit next to Julie Wera of Winona, a former player for the New York Yankees! Julie played on what is considered one of the greatest baseball teams of all time that included Babe Ruth and Lou Gehrig! Julie became a mentor and friend to Jerry. Julie inspired Jerry to pursue a life in baseball which continued after high school with two years playing semi-pro baseball in Long Beach, California. Jerry then moved on to teaching and coaching in the midwest, taking his first teaching and coaching position at Wykoff High School in 1963. Jerry said, he “was excited every day working with... high school students in the classroom and on the athletic field.” In 1970, Jerry moved from Wykoff to Winona High School.

When Jerry was hired in Winona, he inherited a team of great promise. The team was considered to be one of the best teams in the history of Winona High School. The expectations were high, and when his team lost in the first round of the state playoffs, he thought he might be looking for a new job. After the season, Jerry met with the Winona superintendent, principal, and athletic director. Jerry thought he was going to get fired. Instead, they saw something special in Jerry and decided to give Jerry another chance and let him coach the next year. That was one of the best decisions that Winona ever made. Jerry’s teams went on to play four times in the state tournament, and at least eight of Jerry’s players were drafted by MLB. When Jerry’s former players talk about Jerry, they talk about how he cared for them and how he never raised his voice and mentored them to become good young men. Jerry made a life of giving back just as Julie Wera gave so much to him as a mentor impacting his life.

In the spring of 1990, one of Jerry’s players was attracting attention from the MLB scouts. After one of the games, an MLB scout asked Jerry if he would be interested in scouting for his major league team. It was a tough decision for Jerry. After careful consideration, Jerry knew he would probably never get another offer to be an MLB scout. Jerry realized that scouting players would be a better long-term plan. The Cincinnati Reds offered Jerry his first MLB scouting job. The job offer came with a pay cut. Jerry felt it was an offer he could not refuse. With his father’s support and guidance, Jerry took a leap of faith. During Jerry’s time with the Reds, they were world champions, and he received a World Series ring! Jerry eventually became a scout for the Dodgers.

When Jerry was scouting for the Dodgers, the organization directed their scouts to focus on athletes that played multiple sports. The Dodgers decided not to draft any players who only played baseball. The Dodger organization made the decision based on statistics. Baseball players who only played the sport of baseball were released 61% of the time within their first two years in the organization. Jerry explained that it was not based on their physical abilities. The difference-maker was their

**Reflections... continued on page 5**

## Delegates Corner

*Barry Wohler*

We know spring is just around the corner when we start talking about our upcoming Delegate's meeting. Our Executive board meeting will be on April 16th followed by the Delegate virtual meeting on April 17th this year. I know many of you are in the middle of your winter seasons working hard while others are getting ready for their spring seasons. I would like to give out a big thank you to all of our ADs for the job they have done scheduling and rescheduling with the ever-changing landscape of Covid rules.

I am looking forward to the Delegate's meeting giving us all a chance to catch up and share stories of the current school

year. Thank you to all of our coaches and administrators who have done all they can to give this year's athletes the best experience they can. I am also hoping for great weather this spring so our teams can get outside sooner for their practices and games. I would like to thank our officials in all of our sports for working our games and contests during these trying times. The good news is it looks like we are finally seeing a light at the end of the tunnel and we may get back to some form of normalcy as we know it sooner than later.

I wish you all a safe and successful finish to your seasons and this school year!

## REFLECTIONS BY RINGER ... continued from page 4

mental ability to adapt and improve. Speaking to Jerry on the phone was an incredible experience. His knowledge and willingness to share what he learned throughout his career were captivating to listen to.

Jerry has spent a lifetime of being generous with his time, knowledge, and with donations. In 2016, Jerry made a \$2,000.00 donation to the Minnesota State High School Coaches Association. That donation was used to fund the MSHSCA Coaches Caring Program. Jerry's generous donation was used to help coaches facing adversity. Twenty coaches received a letter of support and a \$100.00 check from the MSHSCA. Jerry contributes funds to annual scholarships in his community of Winona. In addition, Jerry recently gave the Winona High School Athletic Program a \$50,000.00 donation! This was his way of expressing his gratitude to Winona High School. These are just a few of the many examples of Jerry's expressions of gratitude for the opportunities he was given in life to pursue his passions of teaching, coaching baseball, and being an MLB scout.

In Jerry's letter to Ron, he explained, "I have had a GREAT LIFE in being a part of high school programs and still am today." After pulling my thoughts together to write this article, I realized how fortunate all coaches are to have experienced great lives because we have been a part of high school programs! Just like Jerry said, "2020 will be remembered for many things by many people". I will remember 2020 for the Goal Post article written by Ron Stolski that inspired Jerry Raddatz! I will remember Ron's "Warrior Way" motto that inspired him to coach 58 seasons and for all that he has given back to his community and the sport he loves. I will remember the connection Ron and Jerry made across the state through an article in the Prep Coach. Lastly, I will remember the year 2020 for being the inspiration for Jerry's letter to Ron and his generous donation to the MSHSCA.

On behalf of the MSHSCA members, executive board, and myself, I want to express our sincere gratitude to Jerry for his generous donation to the MSHSCA! The story about Ron and Jerry happened because they were mentored by exceptional

individuals interested in their development. They then in turn, spent their careers giving back and mentoring their students and players. Like Ron and Jerry, you are a coach, and you spend your time giving back to others, mentoring, and helping them reach their goals. Thank you one and all for being coaches and for being givers! The year 2020 made us question when things would get better. Now we know that coaches are making a difference and making the present more hopeful.

### MARY DEROCHER GONE BUT NOT FORGOTTEN

We are sad to report that Mary DeRocher passed away on February 2, 2021, in Brainerd, Minnesota. Mary was born on April 29, 1937 in Brainerd. Mary was married to Darien DeRocher for 61 years and together they spent the majority of their lives in Foley. They raised their four children in Foley where Darien served as the AD and several coaching positions. Mary was a registered nurse and worked in Foley as well.

Darien became the Executive Secretary of the MSHSCA in 1975, and for the next 25 years Mary worked tirelessly by Darien's side serving the coaches of Minnesota. Mary was the first female member of the MSHSCA. In 1999, she was awarded an honorary life membership by the Executive Committee and was awarded the George Haun award in 1999.

## MnIAAA CORNER

By: Brent Schimek

As the one year anniversary of Covid-19 pandemic approaches, it brings me pause to reflect back over the past year and how far we have come in our schools and activities programs with the adjustments we have had to make many times on a daily basis.

Along with this, the MNIAAA Executive Board has moved forward with many proposed changes for the future that will not only affect our organization, but I believe also starts us down a path of inclusion and representation that is long overdue not only in Minnesota but nationally. There will be several constitutional changes proposed at the Virtual Conference that address the areas of leadership in the MNIAAA and also some language clarifications that in the past were “assumed” but not exactly laid out. I would like to lay out a timeline for how these came about to arrive with the changes that are will be presented to you for your vote in April.

The Executive Board participated in a June Zoom meeting with local and national participants to discuss inclusion of underrepresented members in the state and national organization. With a very diverse state geographically, as well as the role or job responsibility of an “AD” varying widely in school districts, it was very evident the area to start was to collect data. A survey was developed and sent out several times throughout the summer with reminders to all ADs, not just MNIAAA members to complete.

With this information we formed in Ad Hoc committee of ADs from around the state as well as the members of the Executive Board. The committee members were the following:

Patti Weldon- Robbinsdale High School (chair)

Antony Fisher -Minneapolis Schools

Cari Pohlen - Minneota High School

Tony DeLeon – South Ridge High School

Lisa Quednow -Austin High School

We then held several meetings generating ideas on how use the data to improve our inclusion of all members.

The following proposal was created from this committee and was presented to the 16 Region Reps in October. It will be voted on as a proposed constitutional change at the upcoming conference.

The proposal in short will be as follows:

To increase the MNIAAA Executive Board to include the 4 officers elected from a geographical and A/AA rotations as well as 2 more positions to be held by underrepresented (women and people of color).

These two positions will also be on a geographical and A/AA rotation.

Each year the position of VP will be elected by the Exec. Board from Board members who have at least one year on the Board. This VP will in turn rotate to President the following year.

The details and rotation will all be laid out in the constitution which you will receive for your review to address any proposed changes prior to the conference. I am very proud of this committee and the honest and frank conversations that were had during this process. I believe it will further grow and strengthen the MNIAAA. Many other state organizations have reached out about the process we followed to model in the future. Please reach out to your Region Rep or give me a call if you have any questions.

I would also like to announce that Mike Beck, our Executive Secretary, will be retiring at the 2022 conference. We will be posting his position after the 2021 conference to ask for candidates. The candidate chosen will shadow Mike this next year to transition into the position.

Again many changes on top of your already hectic lives, but we will all come through stronger.

# COACHES!

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



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

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

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



## Diamond Cuts

By: Dawn Engebretson  
President Minnesota Fastpitch Coaches Assoc.

Spring Softball season 2021 will be different than any other we have experienced. Nothing is as it once was. We will need to be flexible, positive, and patient. As I write this article, there are still many unknowns to our season. I will share what I currently know & encourage you to look for emails from the softball board as well as information from your high school athletic director to get further direction as it comes out. The fastpitch website is also a good source for information. <https://www.mshsca.org/fastpitchsoftball>.

The coaches' online rules meeting will be available on March 22 and is due by April 7.

A Virtual Coaches Clinic will be sponsored by the Minnesota Twins on March 27. Details and links will be available soon.

The season begins March 29. The first possible game date is April 8.

Tournaments, scrimmages, and captain's practices are not allowed this season.

At the March 3 MSHSL board workshop, a plan will be presented for spring sports participation guidelines. The executive committee will approve the plans the week of March 8 and those will be shared out to schools upon approval.

Dates for submissions for All-State and All-Star players will be adjusted to accommodate our new start date.

State is planned for the week of June 14. The hope is to keep the tournament the same as previous years both with the site of North Mankato as well as the format. If that is not possible, alternate plans will be created.

It is unusual to have so many unknowns going into a season, but I know we are all looking forward to this season. Enjoy every moment you get with your players this year. We all know how precious that time is.

---

***“Here’s how I’m going to beat you. I’m going to outwork you. That’s it. That’s all there is to it.”***

**- Pat Summitt**

---



## ICE CHIPS

By: Greg Anzelc

The MHCA continues to meet with the MSHSL, Minnesota Hockey, MDH, MDE, MASC and others to keep the game safe and stay on top of changes to Covid protocols and safety measures. We are excited that there will be a State Tournament and our athletes will have the opportunity to chase the dream of playing at State. The last day to hold section games is March 25, and teams will be seeded on Friday, March 26. The State Tournament will be held at Xcel Energy Center March 30-31 & April 2-3. The CCM High Performance season kicks off April 16 with the Ted Brill Great 8 Festival in South St. Paul. Visit <https://www.minnesotahockey.org/highperformance> for a complete list of dates and events. Last, but certainly not least, we unfortunately lost a couple of great coaches recently with the passing of Dick Emahiser and Jake McCoy. Both of these great men and coaches helped shape the game for so many and their legend will live on!

---

## FLIP NOTES

By: Toni Kleber  
Moorhead High School



We are excited to have gymnasts in our gyms all across the state of Minnesota. This season is unlike any other season. Coaches have had to change many items as we have gone through this season. Items that used to be automatic for coaches needed to be rethought and revised taking all things into consideration. Sanitizing hands, mats, and equipment is a daily occurrence, along with adjusting to wearing masks during practices and meets. Even with all the challenges we have endured this season we are very thankful to be working with our gymnasts and giving them the opportunity to compete.

Our section and state meets will look different this year, with multiple sessions being held to ensure all safety precautions are met. Each section meet will have two separate sessions with only four teams competing in one session. The State Meet will be held on March 26th and 27th at Champlin Park High School. Class A and Class AA will compete on different days. Each section championship team will rotate with their section individual event qualifiers. There will be two sessions for Class A and two sessions for Class AA.

We are looking forward to having many exciting section meets as our teams and gymnasts work to qualify for the Minnesota State High School meet.

# MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

The past year has been more challenging, making it more important for you to be a MSHSCA member covered by the MSHSCA 2 million dollar liability insurance. If you have not already joined the MSHSCA, do so now before you get busy coaching and forget to join.

The MSHSCA Membership is a year-long membership that runs from August 1 to July 31. If you are a spring coach, you can sign up now, and you will be covered as soon as you sign up until July 31, 2021. However, by waiting to sign up, you missed out on liability coverage and other benefits that started on August 1, 2020. This year's membership runs until July 31, 2021. Membership includes a 2 million dollar liability insurance policy.

The 2020-2021 membership year link is available on the website at [www.mshsca.org](http://www.mshsca.org). The sooner you join, the faster you will get your membership card and be able to use it to attend games. Hopefully, we will be able to take advantage of this perk this spring. Remember that our MSHSCA membership cards are usable to get into many college games too. See the list of colleges in this Prep Coach. Some restrictions apply.

During the pandemic, the MSHSCA representation of coaches has become more critical than ever. We need you to not only protect yourself with our very affordable liability insurance, but we need you to support your sport association(s) and the MSHSCA. By being a member, you keep us all fiscally healthy. When things get back to normal, we want to offer all the services we have in the past, and that is why your membership is so important this year. We have taken all the necessary moves to control our spending to stay financially stable as we work through all the challenges we are facing. Thank you in advance for your continued support of the MSHSCA and your sports association(s).

Here are some of the most often asked questions and issues we run into with our members:

1. **Where do I sign up for my MSHSCA membership?** Go online to [www.mshsca.org](http://www.mshsca.org). There you will see a dark green registration bar on the front page. Follow that, and it will guide you to the registration area. When you log in to join, make sure you refresh the home page. That will take you to the correct registration link.
2. **Membership Year.** Membership years run Aug 1-July 31. The 2020-2021 membership year covers fall sports 2020, winter sports 2020-2021, and spring sports 2021. Sign up right away at the beginning of the membership/school year so that you get a full year's worth of coverage and benefits. Also, remember many sports associations have deadlines for you to join. You don't want to miss those and take the risk of your athletes not being recognized for postseason awards.
3. **Correct Link.** Another frequent issue we see is people

signing up in the previous year because they have the wrong/old registration link. Often computers and devices save your history and take you back to the same page. If this happens to you, you'll register for the previous year. Please always start your registration from the membership link at our website at [www.mshsca.org](http://www.mshsca.org) to ensure you are using the correct registration link.

4. **I forgot my password.** Use the "forgot password" portion of our system to request your password. Then check your spam folder. The password replies often end up in spam folders. This option will not work if you are using a different email address from previous years. You can also contact Rick Ringeisen, the new Executive Director, for personal assistance.
5. **I can't register because my email address has changed.** The registration system we use is email-specific, and the system doesn't care if your email address works. 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 you signed up for 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 the mailing address, phone number, email, and even your password. Do this right away after you have registered, 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. 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. You must get yourself registered into the current system (Membership year/school year) before you can edit. Often coaches register, but don't look at their profile information. If you don't update your address, your membership card ends up coming back to us. Please make sure to always keep your profile up to date; you can update anytime throughout the year. The edit button is on the left side of your profile.
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 the head coach box, you will be registered as an assistant coach. If you are not registered as a head coach, your athletes will not qualify for postseason awards. Many coaches notice that they aren't listed as head coach when they receive their membership in the mail.
7. **Section Selections.** The Sports Associations need you to make sure when registering to select your sports that you coach. Please also remember to select what **SECTION** you are assigned. It is crucial that you complete all the fields of your profile. The sport associations need this information.
8. **Credit Card/Cash.** If you are paying by credit card, everything must match exactly. Make sure the card number, expiration date, **AND** your name on the card match correctly. If you have a middle initial on your card, you must put that in too. If you hit payment and the first time

find us on facebook



follow us

twitter

@MSHSCA

it doesn't go through, hit enter again, and it should work. If you are paying by cash, please remit your payment ASAP. If payment isn't received in a respectable amount of time, you risk your membership being deleted. If your membership is deleted, you will not be covered by the MSHSCA insurance, and your athletes will not qualify for postseason awards.

9. **Receipts.** Before you pay for your membership, a summary of what you have registered for will appear. Double-check to make sure you have registered correctly before you pay. If you are going to be reimbursed by your school for your membership, you should print the summary page and turn it in with your request for reimbursement. If you select the cash option for your membership, the check needs to be sent by you or your school to the MSHSCA. Many schools send money to pay for memberships of their staff who paid with their credit cards. Members should be paid directly by their school district for reimbursement in this case, and reimbursements for coaches should not be sent to the MSHSCA.
10. **Life Membership.** Applications are being taken now for the 2021 group of Life Members. To be considered, your application must be received by May 15th, 2021 and you must meet all the criteria. To find out if you qualify for Life Membership, go online, read the specifics and print out an app and mail it in.
11. 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.

If there are specific questions you need answering, contact the new Executive Director Rick Ringeisen. He will be able to assist you at [ringer@mshsca.org](mailto:ringer@mshsca.org) or call 952-250-9535. We continue to look at ways to make registering and our website more user-friendly. We appreciate your commitment to education-based athletics.

**BRAVE** →  
**LIKE GABE**

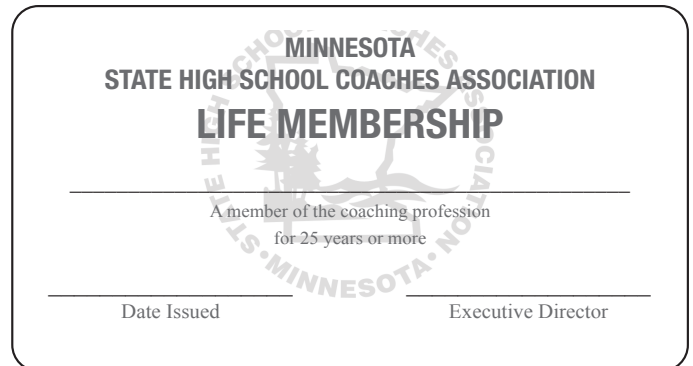
## HAVE YOUR NEW CARD FOR ALL 2020-2021 SCHOOL YEAR?

**Your 2019-2020 Membership & Insurance  
Expired.**

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!**



The card is white with Grey Ink for the year 2020-2021.



### MSHSCA EMAIL CHANGE:

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





# CORNER KICKS

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



How different life has been for all of us this last year. I looked back at last year's March column and it had nothing to do with what happened to our normal life. We can all be thankful for our health and well-being. It certainly was different with no Clinic and State Tournament. With the advent of spring, things are looking much better.

As you looked at the December issue of the Prep Coach, you noticed there was a new MSHSSCA logo. We want to thank Jon Siepp from Trinity at River Ridge for the new design. It will be used from now on to represent the MSHSSCA.

At the March 3rd Board Meeting, many of the items that will be covered in the article were discussed. There are discussions on such things as the new board members, clinic, and All-State Selection. These items will be the main working items in the April meeting.

Your Association and Board of Representatives are continuing in their work at transitioning to a three-class system. The board is moving forward to the changes this class system will bring. We will increase our Section Representatives from 32 to 48. This breaks down to 16 representatives per class. Each class has 8 girl's and 8 boy's representatives. With the addition of the third class, we will be adding an additional 8 girls and 8 boys section reps. This will further increase our number of members on the Soccer Advisory Committee to the MSHSL by an additional four members.

There are more needs that need to be addressed. The MSHSSCA will need to fill Top Ten Poll Collectors and add an All State Coordinator for Girls. We are hoping by the middle of April that the MSHSL will have determined the new three classes and school section assignments. At that point, the Association can start the task of finding volunteer coaches to fill the needed positions.

It is that time of the year when we can announce National Award winners. First are the girls, and thanks to Stacy Paleen (Park Girls Co-Coach) for her work and communicating the winners. They are:

## State Coach of the Year

Large Public School	Mike Huber	Stillwater Area
Small Public-School	Roy Snyder	Startell
Private/Parochial	Dave Marshak	Academy of Holy Angels

## All Central Region Coach of the Year

Large Public School	Mike Huber	Stillwater Area
---------------------	------------	-----------------

## All-Central Region Players

Mia Van der Heide	Forward	Sr	Academy of Holy Angels
Lexi Huber	Forward	Sr	Stillwater Area
Maddie Dahlien	Forward	Jr	Edina
Kenzie Jacobson	Forward	Sr	Rosemount
Chole Olson	GK	Sr	Minneapolis South
Maille Mathis	Forward	Sr	Champlin Park
Marlee Williams	Defender	Jr	Lakeville North
Olivia Knoeple	Forward	Sr	Andover

## All-Americans

Mia Van der Heide	Forward	Sr	Academy of Holy Angels
Lexi Huber	Forward	Sr	Stillwater Area

Congratulations go out to these coaches and players. One of the few times a player and coach from the same team are honored was this year when both Stillwater Coach Huber and his daughter Lexi both received National Awards. What a great family accomplishment!

We move on to the boy's awards. Thanks to Jason Arnebeck (Past President) for the list. James See (Academy of Holy Angels-Boys) is the USC Boy's Liaison.

## State Coach of the Year

Large Public School	Peter Tyma	Lakeville North
Small Public School	Jens Levisen	Austin
Private/Parochial School	Tom Kane	Rochester Lourdes

## All Great Lakes

Keegan Chastey	Duluth Denfeld
Will Heinen	Champlin Park
Keegan James	Blake
Dylan Olson	Minnetonka
Evan Siefken	Lakeville North

## All-American

Zach Susec	Shakopee
Henry Tolbert	Austin

A very impressive list of winners for both boys and girls. These are products of Minnesota's high school soccer program that excels in academics, sportsmanship and coaching.

We continue with awards, and the next is the Mike Warter Awards. These thousand-dollar scholarships are given by the MSHSSCA to honor the memory of Warter, an Eagan girl's coach. It has been 22 years since the MSHSSCA voted to honor a girl and boy soccer player with this award. The first recipients were in 2000. The MSHSSCA has awarded \$41,000 since the inception of the award. Three of those years we only had 1 recipient. Art Seplak (Bloomington Kennedy-girls retired) is the Chair of the Committee that gives out the Warter scholarships. Seplak announced the following two winners.

The girls' winner is Jordan Oelkers from Byron High School. Jordan is a two year captain and has won All-State recognition. Like all applicants, Jordan is an excellent student. She is a National Honor Society member and has taken A.P. classes. She is Co-President of the Student Council. In addition, Jordan volunteers with

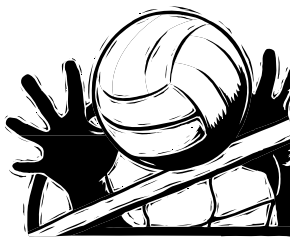
... continued on page 11

find us on facebook



follow us twitter

@MSHSCA



# Dig This

By: *Darin Swenson*  
*Litchfield High School*

As I prepared to write my first article for Prep Coach I sat in my chair wondering what I should write about. I contacted Past-President, Becca Pulju, to seek some sage advice. She offered some suggestions and encouragement. I continued to sit in my chair and think. Then I decided to look at past articles written by former presidents Marty Kiebel and Greg Ueland. There were some good ideas uncovered in my journey through the archives of great Minnesota volleyball minds. It made me reflect on how I became the President of the MNVBCA in the first place.

I grew up in the small northern Minnesota community of Fertile-Beltrami. My sister played volleyball and I followed her career in and out of many gyms during her high school and college career. In college, I started to play intramural volleyball and was one of the first members of my college club team. My senior year I accepted a position coaching 7th and 8th grade volleyball at Oak Grove High School. One coach, one net, and about 30 players. I am sure many of you can relate to a similar experience. Then I accepted a teaching position in Litchfield and became the JV volleyball coach. After one year, the head coach moved to another community and I became the head coach. It also happened relatively fast and those first few years were challenging as I learned the ropes of being a head coach. Just like becoming the MNVBCA president, I was supported by experienced coaches who

were willing to help. Coaches like Dan Westby of Marshall, Jim Lee at Waconia, and the late Beth (Remme) Flick of Dassel-Cokato. It is difficult to be successful on an island, so seeking advice from others is helpful and encouraging. I am grateful to all the coaches over the years who have taken the time to respond to one of my emails or stop what they were doing to have a short conversation with me at a game or clinic. Maybe you are the person who needs help. Or, maybe you are the person who is able to help. Either way, we are stronger as a community.

With that being said, our community is gaining strength and evolving. This spring the MSHSL will be finalizing the process of moving volleyball to a 4 Class system. This will open up new opportunities for coaches to serve in leadership roles as members of the MNVBCA Board of Control. If you are interested in serving on the BOC, please contact me or another current member. A list of current members can be found on our website ([www.mnvbca.org](http://www.mnvbca.org)). Please consider stepping into one of these positions.

Finally, I leave you with some disappointing news, but offer a glimmer of hope. Due to the continued uncertainty with COVID-19 restrictions, it was decided that we will be cancelling the MNVBCA Coaches Clinic this summer. There is a lot of coordination and planning that takes place to make the clinic happen, and with it still being in doubt what would be allowed, we decided to cancel. However, we are taking this as an opportunity to reimagine what the clinic experience will look like. We will be sending out a survey to our head coaches around the state to gather feedback on potential changes to the clinic. We are excited to see the silver lining in the experience of the last 12 months.

Thank you all for being a part of this great organization that serves thousands of young student-athletes across the state. I look forward to seeing you all in a gym somewhere soon.

***“Keep working, even when no one is watching”***

**- Alex Morgan**

.....

***“No excuses,  
 No explanations.***

***You don’t win on emotion.***

***You win on execution.”***

**- Tony Dungy**

## **Corner Kicks... continued from page 10**

community youth soccer, and volunteers at the Ronald McDonald House in Rochester. Oelkers will be attending Gustavus Adolphus College in the fall.

The boy’s winner is Evan Siefken from Lakeville North High School. Evan is a two year captain and has won All-State honors. Evan volunteered as a coach in his community youth soccer and assisted at summer soccer camps. He is currently pursuing a D level coaching license. He is an active volunteer in school related activities as well as active in his church. Evan will attend St. John’s University.

MSHSSCA Clinic Director Greg Juba (Park Girls -retired) has announced tentative dates for the 2021 clinic. It is scheduled for Thursday August 12th and Friday August 13th at the National Sports Center in Blaine.

The clinic information and registration will be listed in the Spring Edition of the Prep Coach and on the web site. Thanks Greg.

Today was the first day we had at 50 degrees. Spring is around the corner. For those of you involved in winter sports enjoy your time with the kids. Keep checking the website for information. Also, you should consider downloading the MSHSSCA App. A reminder to each of you, you have the best job in the world, working with young kids. You are blessed.

# MEMBERSHIP REPORT 2020-2021

MARCH 9, 2021

Types of Membership	2018-2019	2019-2020	2020-2021
Active Class A & AA	6559	5854	5634
College Associates	1178	1287	697
Other Associates	58	63	29
Active Life	343	330	315
Retired Life	1293	1360	1417
Honorary	4	4	5
<b>TOTAL</b>	<b>9435</b>	<b>8899</b>	<b>8097</b>

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

Adapted Athletics (21/16) 29	Boys Lacrosse (104/31) 33
Alpine Skiing (62/64) 46	Girls Lacrosse (90/37) 47
Athletic Directors (119/110) 106	Football (1133/1095) 1031
Baseball (515/451) 422	Football Retired (1/4) 6
Boys Basketball (764/691) 571	Girls Basketball (737/679) 595
Golf (boys & girls) (360/265) 54	Cross Country (449/424) 313
Soccer (boys & girls) (445/435) 444	Dance (280/291) 275
Softball (489/358) 280	Gymnastics (225/231) 193
Synchronized Swimming (18/8) 8	Nordic Skiing (103/112) 95
Girls Tennis (222/223) 204	Girls Swimming (240/254) 227
Boys Tennis (185/161) 136	Boys Swimming (197/201) 172
Track & Field (881/708) 712	Girls Hockey (90/93) 141
Volleyball (661/628) 542	Boys Hockey (192/197) 174
Wrestling (143/155) 161	Hockey Retired (2/2) 2
Robotics (58/49) 53	

Sport associations that collect their own dues, but join the MSHSCA are Cheer (13/10) 9, Clay Target (12/8) 5, and Badminton (5/5) 6.

# CLEARING HURDLES



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

The long wait for a high school track & field in Minnesota is nearly over as plans are being finalized for the 2021 season. We may be delayed a few weeks still this year, but on Monday, March 29, the wait will be over and our full teams will be back in action. As we watch the snow continue to melt and start to see glimpses of the running, jumping, and throwing facilities, track & field excitement is in full bloom!

This upcoming season will look a little different than the past and I am anticipating adaptations we will need to make throughout the spring. I know the MSHSL has been working very hard to put together guidelines that allow for the most allowable participation and maximum competition for our athletes. Our advisory board has been able to advocate on behalf of coaches as these guidelines have been written and we have tried to find solutions for a wide ranging number of schools.

As we begin this season, it's a great time to take advantage of two of our newer programs we started for track and field coaches in Minnesota. We have both the T&F Mentor program as well as the Women4Women initiative. More than 25 coaches have volunteered to be mentors to other coaches in Minnesota. If you are a newer coach, please take advantage of these programs. This can be a tremendous help in starting out your first years of coaching. Women4Women is an initiative to recruit and retain effective coaches, especially female coaches, in MN track and field. These coaches 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>.

If you have not done so, make sure to join our coaches association prior to the start of the season. Beyond the benefits you have access to as a member of the association, your coaches and athletes will be eligible for postseason Academic All State awards, section and state Coach of the Year honors and our annual Mr. and Ms. Track & Field. We have had an excellent number of candidates for the Mr. / Ms. Track & Field in the past years, however some deserving athletes have not been nominated because their coach was not an eligible nominator. Make sure your athletes get recognized for their hard work and leadership by first joining the association.

The 2021 season will be the final year of the two class classification for Track & Field. Beginning with the 2021- 2022 school year, T&F will be a three class MSHSL activity. As a further update, the MSHSL board approved the classification breakdown recently for team allotment based on school

## MSHSCA EMAIL CHANGE:

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



... continued on page 28

find us on facebook



follow us twitter

@MSHSCA

# DUGOUT CHATTER



By: Ryan Holmgren – Elk River  
President MSHSBCA

## GAME ON

As we approach another spring in Minnesota, it means gearing up for another baseball season to begin. Due to the recent pandemic of 2020, we have all been skeptical, yet optimistic at times about our 2021 season.

We are happy to report that our season will begin as close to normal as possible. We will begin a week later than we usually do to accommodate winter sports but other than, at this point, we are expecting a full season with full sections tournaments and a state tournament.

Below is a list of dates that outline our 2021 season right now.

**MARCH 22** – Arm Care week begins

**MARCH 29** – First Official Practice

**APRIL 8** – First games can be played

**MAY 29** – Last regular season games can be played

Along with those dates, many details of the season are close to being finalized as well. Based on our latest meeting with the MSHSL on March 1, here is the latest information we can pass along about what is being discussed and possibly recommended.

*The following recommendations will be finalized by the MSHSL Board and voted on March 8th. Final information will be released to the public March 9th or 10th*

*Again, this is information that was presented to us on March 1st, the same date this report was to be published. Things could have changed by the time you read this.*

## Scheduling

As of March 1st, we have been told that teams should go ahead as normal with scheduling and planning your seasons. Any adjustments that may need to be made due to Covid issues and protocols can be done as needed once the season is underway. Schools can schedule their 20 regular season games and there is no limit on games played per week, which is huge and makes sense for our sport that deals with weather cancellations, etc.

Regular season tournaments are currently limited to 4 teams per day/site of the tournament.

## Travel Guidelines

Local travel is being recommended. How that is defined is arbitrary based on location of school, however. It is understood by the MSHSL that large (4A) Outstate teams can consider Metro Area schools of similar size and classification as common opponents and schedule as needed. Bottom line, keep it as close as you can, schedule Saturday double headers

with the same opponent and if you play a team more than once in the regular season, schedule them in the same week if you can. Also, there is still a 50 mile limit on travel crossing state lines without approval.

## Scrimmages

These have not been decided on officially but we have been told that there is a good chance they won't be allowed. With that said, if you want to schedule scrimmages and then cancel them once an official decision is made, you are free to do that. You may have intrasquad scrimmages, but you will need to keep the pods to 25. Recommendation is to try to not mix teams, like Varsity vs. JV and/or B

## OTHER ITEMS OF NOTE

-Locker room use is allowed, but use wisely and keep time under 15 minutes

-Pitch count tracking system is not yet settled, but Game Changer seems to be the front runner. We lost our old pitch count tracking system when the new MSHSL website was implemented.

-Roster limits will remain the same for 2021

-Sharing of equipment (batting helmets, catchers masks) is allowed as long as they get sanitized between uses.

-Don't be within six feet of others for 15 minutes or more

-IF Covid hits a team, they have to quarantine for 14 days. Coaches with (Full) 2 shots of the vaccination are exempt from quarantine beginning 2 weeks after their 2nd shot has been administered.

## POST SEASON

Here are the current dates for Post Season play that have been solidified and communicated with us:

**MAY 31** – Section Tournaments can begin

**JUNE 8** – Section Tournaments completed

**JUNE 14 & 15** - State Tourney Quarterfinals and Semifinals for 4A at CHS Field. CHS is not available on the evening of June 15th and all of June 16th.

**JUNE 15 & 16** State Tourney Quarterfinals and Semifinals for 1A, 2A and 3A

**JUNE 18** - State Championship games at Target Field. Rainout date is June 19

For the 2021 State Tournament, there will be no Consolation rounds and possibly no 3rd place game either. The second day of the tournament for each class day will consist of just the 2 semifinal games as of right now.

## ALL-STAR SERIES

Our All-Star Series will be back in 2021 and will be played on June 25 and 26 at the magnificent Chaska Athletic Park once again.

6 teams will be chosen once again. There will be 9 games played involving those 6 teams over the course of two days.

Nominations will be due on **May 21 by midnight**. Team selection will take place on **Sunday May 23rd**.

Please remember those dates and write them down so all

... continued on page 18



## Swim Strokes

By: Brian Luke

As president of the Boys' Swimming and Diving Coaches Association I have been given the assignment of submitting an article for the Prep Coach. My first and last reaction was and is Aaaargh. I was a chemistry major in college therefore, writing even a few paragraphs is an arduous task for my limited writing capacity. My junior high and high school English teachers will attest to this fact.

The first hill to climb was what I should write about. Hmmm? Historically, Swim Stroke articles have been recaps of the season and a look forward to the clinic and All-State Banquet. I concluded this information would be both redundant and/or unknown. The clinic and All-State Banquet information fall into the category of "we don't know when or where, but probably won't happen anyways."

I did not feel rehashing a season that was corrupted by COVID-19 would serve any purpose. We understand the fact we had many challenges, worked through them and so far have had exciting albeit different seasons. This past season is a testament to the coaches' and athletes' ability to adapt.

After some thought to the article topic this idea hit me. Let's take this opportunity to note and thank some of the volunteers that help keep this association functioning. These individuals do this because of their love for the sport. Their selfless acts of giving their time and talents to the association are certainly not taken for granted but perhaps often not acknowledged. Many of the things coaches and athletes take for granted would not be possible without the willingness of these individuals to share their time and talents with our association. Here are some of these individuals (in no particular order).

**Todd Walsh:** Todd has been volunteering in leadership roles since 2003. He started as vice-president and then president. He has been webmaster of our webpage for 17 years and executive secretary for 5 years. As executive secretary he is the right hand of the president.

**Kate Steineman:** Kate has been the association treasurer for 12 years.

**Chris Aarseth:** Chris has been organizing the spring clinic for 7 years. He has been the True Team State Meet manager since its inception in 2004.

**Section Reps:** Communication within the association would grind to a halt without our section reps. They are the conduit for information to get to the coaches. They are also instrumental in helping with post season awards for the coaches and athletes.

**Doug Donaldson:** Doug has been maintaining the MN Swimmer for our webpage. He has given us a useful tool for acquiring state times during the season. His goal is to have 100% of the coaches get their team's times to him after every meet.

**Jen Marshall:** Jen has been organizing the All-State banquet for 12 years. We average over 600 attendees at each year's banquet. The tasks for the banquet chairperson are numerous: securing a venue, pricing, lettering the awards, organizing the awards, seating charts, menu for the event and the list goes on. I am breaking into a sweat just imagining doing all this let alone actually taking it on.

**Rick Ringeisen:** Rick has been the True Team chairperson since its inception in 2004. He was instrumental in getting True Team off the drawing board and into reality. His statement (I paraphrase), "Let's stop talking about how to do it and start doing it," was what was needed to kick start the meet. I believe the True Team meet is the biggest boon to high school swimming and diving since the creation of water. Rick has also been a tireless liaison between the association and the high school league.

**Hall of Fame committee and the association's scholarship committee:** These groups work every year so these honors and awards can be distributed to worthy candidates.

**MSHSL Advisory Committee:** This is a committee that meets annually with the state high school league. Many of the positive changes that have occurred in section meets and at the state meet over the past many years have started with this committee. I also must give the league credit for listening and caring about what the coaches have to say.

As the association president I get to see the tremendous amount of work done behind the scenes by many individuals and groups. A heartfelt thanks to all of you. Without your time and efforts our sport would not be the great place for coaches and athletes that it is.

## OTHER SPECIAL MEETINGS OF IMPORTANCE

Jan . 14-18, 2021	NOCAD National Convention-Savannah, GA	CANCELLED-Virtual Online Sat. 1/16/21
April 16, 2021	MSHSCA Finance Meeting	Hilton Garden Inn Eagan
April 17, 2021	MSHSCA Winter Delegates Meeting	Virtual Online
April 10-14, 2021	MnIAA-Ad's Convention	Virtual Online
June 27-28th, 2021	Summer Board of MSHSCA Directors Meeting	Lakeville & Hilton Garden Inn Eagan
September 10, 2021	HOF Coordinator/Exec. Director Meeting	Mpls Marriott West
September 11, 2021	MSHSCA Fall Delegates Meeting	Mpls Marriott West
October 8, 2021	HOF Coordinator/Executive Director Meeting	Sheraton Minneapolis West, Minnetonka
Oct. 9, 2021	MSHSCA Hall of Fame Banquet	Sheraton Minneapolis West, Minnetonka

find us on **facebook**



follow us

**twitter**

@**MSHSCA**



## 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, 2020 – August 1, 2021

## LIMITS OF INSURANCE

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

## 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.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

## 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 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

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](http://www.loomislapann.com)

## INSURANCE ADMINISTRATOR

**LOOMIS & LAPANN, INC.**  
INSURANCE SINCE 1852

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

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

Greg Joly  
Lori George  
Karen Boller

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)

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

# Goal Posts

By: Ron Stolski

It is curious what we discover on our way to looking for something else. That very thought came to mind a few weeks ago when this writer received an envelope with the Los Angeles Dodgers letterhead. Since I could never hit a good curveball, I knew it did not contain an invitation to spring training. Thus, this column begins.

This spring, the MFCA will be 65 years old. Some five plus decades ago, this young coach met a legend, Tom Mahoney, from Fairmont, who put his arm around me and asked, "Kid, are you going to be a career coach?" "I hope so," was the reply. "Well then," he said, "you gotta do two things. Get involved in the MFCA and give back to the game." Some time later Tom called, said he was chairing a group to bring back the defunct all-star game and offered a chance to be on the committee to do so. The intent was to give coaches and players, the best of the best, an opportunity to compete one more time at the high school level. A small group was formed, and in 1974 the game was played in Memorial Stadium. Twenty thousand plus were in attendance. I suspect there are a number of readers of this column who have either played or coached in the game since. Perhaps both.

This lengthy introduction is to reply to a question we received not long ago from a coach who asked what has the MFCA done for me?

With respect, the MFCA is you and is made up of legions of coaches who have given back by devoting their time, energy and expertise to the many accomplishments in its lengthy history. What follows is a review of what the MFCA has done for all of us; coaches, players, schools, communities alike. The list is lengthy; we shall attempt brevity. Since 1956, the MFCA has initiated, sponsored and or championed the following; the All-Star experience, the playoff system, scholarships for student athletes, Mr. Football, camp outreach, Tackle Cancer, community service recognition, the best high school publication in the country, Hall of Fame, District, Section, and Coach of the Year recognition and banquet, recruiting fair, MSHSL football advisory, membership insurance benefits, an annual clinic that is widely respected as one of the best in the nation, academic all-state individual and team recognition, etc, etc.

Each and every one of these endeavors is a direct result of coaches 'giving back' and, as importantly, coaches supporting them. A pure example of coaches giving, not taking. The very nature of our profession is demanding! We teach, counsel, volunteer in our community, have family obligations, et al.

GOAL POSTS... continued on page 25

## Have You Moved or Changed Your Email?

If you have moved recently, it is important that you log onto your MSHSCA profile and edit your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

**Life and Retired Members:** If you have moved and are receiving Prep Coach in the mail, it is important that you notify us of your new mailing address. You can send your mailing information to my email at : [ringer@mshsca.org](mailto:ringer@mshsca.org) or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535



### MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC. EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2020-2021

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

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

find us on facebook



follow us

twitter

@MSHSCA

# Mat Chatter

By: Joel Skillings



The long-awaited wrestling season is upon us—athletes have taken the mat, and coaches are busy drafting practice schedules and setting line-ups. Wrestling, results, and rankings are all in motion, and thus far, the season is off to a good start. As all can testify, the pandemic has made this season tricky, but we are on the mat, which not long ago was our biggest concern. As coaches and a wrestling community, you deserve credit for following protocols to provide these student-athletes a season.

With any season we encounter many mental and emotional moments and this season will provide more than usual! We haven't even had a true blizzard yet, but March is on the way. Just saying!

As a wrestling community we are experiencing firsthand the credo of "Adapt and Adjust". A few teams at every level have experienced minor setbacks with schedules, training, and line-ups, but your dedication, resilience, and endurance are prevailing and with continued diligence and adhering to protocols our season will progress. Be reminded that with any season we encounter many mental and emotional moments. The fact is that those moments only put us in a position to win the moment, overcome adversity, prioritize our objectives and capture the opportunity. The circumstances should never be more significant than our mission and our goals to develop our athletes and programs.

Coaches, I encourage you to continue being creative with your training and coaching methods. We are all given 168 hours in a week and occasionally need to be reminded to prioritize what we focus on, what actions we will take, and what story we will tell ourselves. We will not improve by watching an opportunity to learn and do the work pass us by. A day of preparation is not lost, nor is it a waste of time.

Since first writing this article we have received much welcomed news. The 2021 Minnesota State Wrestling Tournaments have been officially endorsed by the MSHSL. Thank you to all those who spent countless hours preparing and advocating for our sport. We are best to remember ourselves that while the format may not be the ideal situation for all, we do have our desired outcome: a postseason. Ask the GBB teams who were stopped mid-state tournament and all the other sports who had no opportunity for a postseason last year if they would have accepted any format and opportunity to participate in postseason tournaments. Keep in mind that this format is only for this season. Details of the tournaments are available on the MSHSL website.

Finally, whenever possible, speak with your colleagues and administration to promote girls wrestling. It will not take away from anything; instead, it will offer opportunities and grow wrestling.

Make your luck and make a difference

## MADT DANCE TEAM

By: Molly Carlson

The 2020-21 Dance Team season, like many other sports, has been a season "like no other." Dance Team began its season in mid-November, only getting two weeks into choreography and tryouts before the pause in MN youth sports that lasted from November through the beginning of January. It was the only sport to actually begin practice before the shut down.

Dance teams throughout the state of Minnesota were fortunate enough to hold tryouts, determine roster placements, and set the tone for the season before all sports were required to halt practices in mid-November. Coaches then had the challenge of trying to continue with making progress in terms of teaching choreography, holding team workouts, and helping athletes still feel connected to their team in the midst of Distance Learning. One of the many challenges coaches faced was trying to find a balance between holding productive virtual practices, and navigating things like stress and the "Zoom Fatigue" that their athletes were experiencing.

When the season resumed on January 4th, teams were able to resume regular practices and hit the ground running. With masks now required during practice and competition, teams worked hard to build up a mask tolerance and learn how to best deal with the "new normal" (at least for this season) of Dance Team.

While many coaches and teams would say that those first few weeks back were a challenge, the season began to feel somewhat...normal. And normal was what everyone had been craving for so long. A shortened, condensed regular season of competition saw many teams competing 1-2 times a week at conference meets and tri-meets. With only 3 schools allowed in a building at a time during competition, meets became more staggered in nature this season. While many meets traditionally can take anywhere from 4-8 hours, teams found themselves in and out of a venue in just 1-2 hours. The traditional practice of "marking time" (the ability to run a routine on the competitive floor before competition) became a thing of the past.

While many things have been different this season, there have been many things that have remained constant. The ability to gather as a team (even though it has been in pods of 25 or less), the ability to perform dances out on the competitive floor, and the ability to feel the camaraderie that comes along with working as a team to take dances from the early stages of choreography to the final stages of Section and State performances is something that coaches and dancers alike have been so grateful to experience throughout this unprecedented season.

The State Dance Team Tournament will be the culminating event of this season, taking place March 12-13th at Edina High School.



# Over Hill and Dale

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

Happy 2021 and happy spring! As I would imagine it is for many of you, when the calendar turns to March, my overall outlook on life gets a lot more positive. The days are getting longer, the sun's rays are getting more intense, snow is melting (although we all know there will still be more to come!), and track season is nearly here! I truly felt it on my runs last week as the sun beat down on me and just felt so good, so refreshing!

Even though the start of cross country is still months away, the turning of the calendar to March and the start to track season gets me pumped to be back around my fellow coaches, and especially my runners. My best days are the ones that involve a track or cross country practice or meet at the end of it and those days are about to be back again. My wife has told me many times that the overall mood in our household jumps a few notches in positivity when March finally arrives. I have a feeling my house is not the only one that is like that!

As we are all getting excited about track season beginning and our time with our runners returns to a daily routine, we have a lot to look ahead to for cross country in 2021 as well. While I do not have a lot of details at this stage, in the next month or so, the MSHSL will be publishing official enrollment numbers for the next two-year cycle and set sectional alignments. For cross country (and track), this is more significant than ever before as we will make the shift to 3 classes beginning this fall! The official class breakdowns will be as follows: AAA – 64 largest schools, AA – next 96 largest schools, A – remainder of schools. Track and field was approved last month for the same breakdown for 3 classes, which will happen for spring 2022 (same school year). It will result in a lot of changes for the section meets and for the state meet next fall.

Our cross country advisory group has met with the MSHSL and discussed possible state meet schedules with 3 classes, but there is still much to be finalized at this point. Having sections and classes aligned is the first step. As soon as those are set, the process of setting up section meet schedules and sites, as well as finalizing the state meet schedule can happen. It will be a busy spring for cross country in MN to say the least! Stay tuned and we will be sure to keep everyone informed as these decisions are made.

Finally, I want to wish all of you best of luck on the upcoming track and field season. Having “lost” the 2020 season, I know this upcoming spring means a lot to our athletes to get back out onto the track and to toe the line with their teammates and their rivals once again. It's almost spring in Minnesota, it's almost track season, it's a great time of year, so let's all enjoy it and make this a fun and memorable season for our teams!

## Dugout Chatter... continued from page 13

of our deserving athletes get a chance to be part of this great annual event and showcase of the best of Minnesota High School Baseball.

Finally, thank you for your patience and understanding as we navigate through the process of getting a full season of High School Baseball in Minnesota underway in 2021.

As always, please reach out with any questions you may have. We are here for you. Contact information, along with many other items of note and need, can be found on our website [www.mshsbca.org](http://www.mshsbca.org)

Best wishes in the upcoming season! Time to Play Ball!



## DISCOUNTS AND BENEFITS

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

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

find us on **facebook**



follow us

**twitter**

**@MSHSCA**

# MEMBERSHIP PERKS

S

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

H

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

S

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

C

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


A

## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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

# CHIP SHOTS



By: Ben Jurgens

*Minnesota Golf Coaches Association President*

As I write these words the 2021 Minnesota high school golf season is just a few weeks away. The MSHSL gives March 29 as the first practice day. The first available contest can be played April 8. Please remember to go to the coaches clipboard on the MSHSL website and rules training.

As you may know, the iWanamaker app was used for scoring at the 2019 State Tournament. According to Jason Nickelby, the League is going to encourage the use of the iWanamaker app this season at invitationals, conference meets, and section meets. He feels there may be better recognition for our players through increased participation with state-wide scoring statistics and rankings. Visit the iWanamaker website if you would like to watch tutorials on how to operate this app.

Our player Academic All State Award certificates are administered by Rosemount's Barry Wallin (barry.wallin@district196.org) who will manage the awards.

Aaron Aberson, the Head Men's Golf Coach at Northwestern College in Orange City, Iowa is offering a summer tournament opportunity for your boy players interested in playing college golf. They will play in front of college coaches and to compete against some of the best players in the Midwest. On June 28-29, 2021, the Midwest All-State Showcase at Landsmeer Golf Club in Orange City, IA will take place.

The field will be limited to 100 players so a waitlist may need to be created. First priority will be given to players who have been named "All-State" and are in grades 9-11 but non-committed seniors will also be allowed to play. The entry fee is \$210 which includes a t-shirt, green fees for the 54-hole tournament, awards for top 10 finishers and the players information that will get emailed out to every college coach in each division in Iowa, South Dakota, Minnesota and Nebraska. The results of the tournament will also be included in that email. Coaches from these states will also be invited to attend, where they will receive the registration information and tee sheet. If you have any questions regarding this event, please feel free to email Coach Aaron Aberson at aarona@nwcioa.edu.

Registration information can be found at: <http://mwshowcase.golfgenius.com/register>.

Be sure to check the Association's web page (<https://www.mshsca.org/golf>) throughout this season for additional information and updates. Have a great spring working with your players and I hope to see you on a green golf course soon.

"Humble in Victory, Gracious in Defeat"

# QUICK STICKS



By: Ana Bowlsby

Hi Coaches!

The season is upon us! Please pay attention to the release after March 8th regarding Covid protocols for spring sports.

Our season has been pushed back one week to begin April 5th; the regular season will simply be pushed back one week. We are hoping for a state tournament but will know more as the season progresses.

Our All American information has been pushed back to Friday, May 7th, for nominations. All State will follow previous years procedures regarding All Section and then a meeting on Memorial Day to finalize that team. Coaches are going to input stats into the MNLaxhub site within 48 hours of your finished game; goals, assists, ground balls, saves, shots on goal and draw controls. It would be ideal to keep track of caused/forced turnovers and draw attempts. However, we are aware that the statisticians at each program can vary.

Don't forget to complete our MSHSL rules interpretation and concussion training before the season begins! Also keep in touch with our officials coordinator with any changes that occur!

Please reach out with any questions and stay tuned to your email, we'll be sending out our annual updates in about a week!"

Have a good one,

Ana

---

## MSHSL BOARD ... continued from page 3

hear updates from the Return to Play task force and their recommendations for spring sports. The executive committee will approve them the week of March 8 and share them with schools at that time.

The best part about being a part of the board is hearing positive stories about how students and communities are rising above this year's challenging circumstances and creating special memories during these "Covid Times". One such story comes from St. Charles where two senior basketball players volunteered to coach the freshman team while the program had a COVID-19 situation. Another story comes from Pine City where home fans became a Duluth Marshall cheering section as a visiting player scored her 3,000th point. They even had congratulation signs.

What great demonstrations of the unbreakable spirit of high school athletes and their fans.

find us on **facebook**



follow us

**twitter**

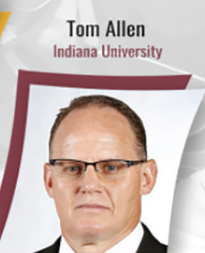
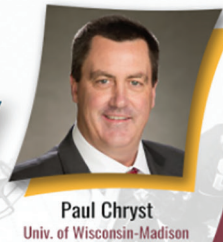
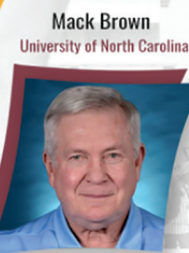
**@MSHSCA**

**MINNESOTA FOOTBALL  
COACHES ASSOCIATION**

# Virtual Coaches Clinic

April 8 - 10 2021

Powered By:  Football Coaches Insider



## 2021 MINNESOTA FOOTBALL CLINIC

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

### April 8 - 10, 2021

In keeping with the tradition of hosting one of the most outstanding Coaches Clinics in the nation the MFCOA is proud to announce the 2021 MFCOA Virtual Clinic.

Live & pre-recorded Zoom sessions in a traditional clinic schedule featuring headliners & breakouts and recorded so you will have future access! Most sessions will be Live. The schedule begins at 4:00pm on Thursday through Noon on Saturday. Schedule will be posted soon!

#### VIRTUAL CLINIC FEATURES

- **National Headline Coaches** Including PJ Fleck - Minnesota, Pat Fitzgerald - Northwestern, Tom Allen - Indiana, Mack Brown - North Carolina, Paul Chryst - Wisconsin, Dave Doeren - NC State, Brent Vigen - New Head Coach at Montana State. ADDED: Matt Campbell - Iowa State & Matt Entz - NDSU!
- **National Breakout Coaches** Including Gophers Staff, Mark Tommerdahl - Texas Tech, Bob Bostad - Wisconsin, Louis Ayeni - Northwestern, John Butler - Buffalo Bills, Tim Brewster - Florida, Phil Longo - North Carolina, Ryan Ficken - Minnesota Vikings, and More!
- **Top National & Regional HS Coaches** from Texas, Louisiana, Maryland, and Minnesota including Lakeville South, Albany, Grand Rapids, Blue Earth, & More!
- **Top Regional College Coaches** Including Gary Fasching - St. John's, Jerry Olszewski - Augustana, Minnesota State, Concordia St. Paul, and More!
- **Top Performance Coaches** Including Justin Anderson - Performance Sport Psychology, Joe Kenn - Dynamic Strength & Former Carolina Panthers Strength Coach, Bill Welle - TrainingHaus, and More!
- Moderated Chalk Wars Sessions
- MFCOA Business Meetings & Saturday morning Youth Clinic
- Free Access to our Comprehensive MFCOA Virtual Library
- 50% Off on Coaches Insider National Virtual Library of over 250 sessions!



**Trophies Plus - Sponsor of Coaches Caring**

## LON BOIKE ... continued from page 1

College State Tournament and while participating in Track, I was the team's MVP. After Ridgewater College, I transferred to Southwest Minnesota State University in Marshall, MN. After a brief stint on the team, I served as an Assistant Men's Basketball Coach for two seasons. I was also a pitcher on the Golden Mustang Baseball team my senior year. Following Southwest State, I served as a graduate-assistant for Men's Basketball at Northern State University in Aberdeen, SD, earning a Master of Arts, Teaching degree in Health, Physical Education and Recreation.

After Northern State, I was the Head Boys Basketball & Baseball coach at Becker High School (1 year) and Head Boys Basketball, Assistant Football, and Legion Baseball coach at Audubon Public Schools (1 year). I then served as Athletic Director, Head WBB/VB coach, and instructor at a small college in Winona, MN (College of St. Teresa). The College closed after one year due to financial difficulties, but not after I was able to coach the WBB team to the schools only National Tournament.

Following St. Teresa, I served as the Head VB and WBB coach at Clarke University in Dubuque, IA. I was able to turn both of these programs into the school's first ever winning teams and moved into the top 20 national rankings several times. In addition, I coached the softball team for a few years and also made it into the top 20 rankings. After several years as a coach, I became the school's Athletic Director. As AD, we were able to win our conferences All Sports Trophy as the most successful college in the conference after coming full circle having never had a winning record in any sport! I also served on two NCAA III National Committee's during my tenure and helped to establish Clarke's Kinesiology program and receive national accreditation. I was inducted into the Clarke University Athletics Hall of Fame in 2018 as an administrator

& coach.

After Clarke, I served as the Athletic Director at the University of Minnesota, Crookston (NCAA II) for three years. Following this, I went into the investment business for three years, and then began working at Crookston High School, where I have been the past 15 + years. During my time at Crookston, I have coached: Head GBB Coach, JH Football, JH Basketball, Assistant Track, Assistant Softball, and Head Boys Soccer (currently Head Boys Soccer, JH Boys Basketball, and Assistant Track). I have served on several committee's and currently teach Physical Education.

I have a Master's Degree plus 40 credits and am two courses from my Superintendent and Principal Licensure. I have three children: a son, Alec, who is in his 3rd year of Medical School and a daughter, Sydney, in her first year of medical school (both at the University of Minnesota). My third child, Caden, is a three sports athlete as a freshman at Crookston HS. My wife is the Director of the Lake Agassiz Public Library in Crookston.

My past experiences have provided me with exceptional insight on how to be successful. I've been successful in building departments, advising students to be productive citizens, and fostering strong relationships. I have a deep concern for developing lifelong behaviors that will enhance student academic and athletic achievement and promote healthy behaviors. I believe my experience as a teacher, administrator, coach, along with my writing & speaking skills, and ability to communicate well with students, instructors, and families, make me a strong candidate for this position.

I am very excited to have the opportunity to run for VP of the MSHSCA and would work hard to represent our coaches and honored to serve if elected. Thank you for your time and consideration!

## 2020-2021 SPORTS ASSOCIATION CLINICS

DATE	SPORT	LOCATION
Feb. 1st, 2021	Softball - shelly.hotzler@jccschools.com	Target Field
Feb 2021	Tennis- Rick Engelstad -rengelstad@isd578.org	CANCELED
April 8-10, 2021	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 2021	Swimming and Diving	TBD
July 2021	Volleyball Clinic-bpulju@sebeka.k12.mn.us	Sauk Rapids High School
Aug. 2021	Cross Country-jhnelson@rwps.org	Twin Cities Orthopedics Vikings Complex
Aug 2021	Soccer -gruba23@gmail.com	National Sports Center Blaine
Oct. 2021	Gymnastics - shelly eklund@district 196.org	TBA
Oct 1, 2021	Girls BB - scott_bergman@isd743.k12.mn.us	TBA
Oct. 2021	Boys BB - Tom Critchley Sr. - hctirc@earthlink.net	Mpls, Hyatt Regency
Oct. 1, 2021	Wrestling - kip.lynk@gmail.com	Simley High School
Oct. 2021	Boys Hockey - mikejmacmillian@hotmail.com	TBA
Oct. 2021	Girls Hockey	TBA
Nov 2021	Baseball	TBA
2021	Track	Zoom meeting prior to season
2021	Robotics - Alex Jurek ajurek@isd726.org	

find us on **facebook**



follow us

**twitter**

@**MSHSCA**

## JEN MARSHALL ... continued from page 1

State Banquet for Class A and AA Girls' and Boys' Swimming and Diving. This banquet is capped at 700 attendees and includes Hall of Fame inductions, Coach and Athlete of the Year awards, Service Awards and recognition of All State Swimmers and Divers.

Some unique facts about Marshall include being an MSHSL Official for Swimming and Diving for the past 14 years, serving on the MSHSL Swim & Dive Advisory Committee since 2011, and has been a Section Meet Manager for Boys' Swimming and diving for five years. She also started announcing the diving competition at the MSHSL State Meet in 2015 and announced the NCAA Division I Men's National Diving Meet in 2018. Through her involvement in both the MSHSCA and MSHSL, Marshall has learned the importance of being a servant leader and hopes to further this commitment by serving as VP for the MSHSCA.

Marshall's Purpose Statement reads, "I coach to help student-athletes become adults of integrity and class, to teach life lessons and instill lifelong confidence," and she truly embodies this as her belief is to teach life skills through the sports of swimming and diving. The student-athletes she works with

have high expectations placed on them that they strive to reach on a daily basis. Athletic careers only last so long, and Marshall instills characteristics to be amazing women throughout life.

Marshall started coaching the Lady Tiger Swim & Dive team in the fall of 2000 which was the program's second year of existence. During her tenure, she has been fortunate to work with 3 All Americans, 2 State Champions, 30 Section Champions, 15 All State swimmers and divers and 41 Academic All Americans. Marshall has been named Section Coach of the Year 10 times and been a Class AA Coach of the Year nominee twice. She feels blessed to work with incredible student-athletes and parents who are committed to working together raising the bar for the program. Marshall also coached Softball for 10 years and Boys' Swimming and Diving for 7 years.

Prior to her professional career, Marshall swam and played softball at Burnsville High School. She was fortunate to continue her softball career at the University of North Dakota where she played four years and is a proud Fighting Sioux alumna.

## ROSS WARGULA ... continued from page 1

continue my education and football career. I was a three year starter on the Falcon offensive line.

Post-college, I was able to begin my football coaching career at Somerset (WI) high school. During my four years at Somerset as an assistant coach, I was able to help the program win their 3rd state championship with a 14-0 season in 2014. In 2015, I was able to complete my Masters Degree in Coaching and Athletic Administration.

In 2017, my soon to be wife and I moved to southern Minnesota to continue my coaching career at Lake Crystal Wellcome Memorial for a season before moving to my current position of Special Education teacher at St. James Area MS/HS. During my first year in St. James as an assistant football coach, we had the most wins in 15 years. I was also able to complete my Masters Degree in Special Education during this time. At St.

James Area, I have been an assistant football, wrestling, track, strength and conditioning coach. This spring I will be coaching junior high baseball.

Like I said earlier, sports always have been and always will be a huge part of my life. Sports have helped me learn more life lessons than I can count. Sports kept me going academically and helped me achieve goals. Through coaching, I have been able to be around some truly incredible people, from all sorts of backgrounds. This has helped grow personally and professionally. It has inspired me to do things I never thought I would. It has helped me set goals for myself. The Minnesota State High School Coaches Association Vice President position will provide me with another opportunity to grow, to challenge myself and to meet even more incredible people.

*"Today, do what others won't,  
so tomorrow you can accomplish  
what others can't."*

- Simone Biles, Gymnast

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

- Mike Singletary

# Youth Suicide Fact Sheet

- For middle and high school age youth (ages 12-18), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- For college age youth (ages 18-22), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- Over-all, suicide is the **2nd** leading cause of death for our youth ages 10-24. (2016 CDC WISQARS)
- Each week in our nation, we lose approximately **100+** young people to the national health problem of suicide.
- 2017 - CDC Youth Risk Behavioral Survey:
  - **Over One out of Every Six** of our nation's youth (17.2%) seriously considered suicide in the previous twelve months.
  - **Almost One out of Every Seven** young people (13.6%) actually made a plan to attempt suicide in the previous twelve months.
  - **Over One out of Every Fourteen** young people (7.4%) reported attempting suicide one or more times in the past twelve months.
- Firearms remain the most commonly used suicide method. Suffocation hanging and poisoning have seen dramatic increases recently.
- **Four out of Five** teens who attempt suicide have given clear warning signs.
- More than **90 percent** of people who die by suicide have demonstrated risk factors such as depression, other mental disorders or a substance-abuse disorder (often in combination with other mental disorders).
- Suicide is one of the **LEADING** causes of **PREVENTABLE** death in our nation today.



To find out more about The Jason Foundation and how you can help make a difference, visit our website at [www.jasonfoundation.com](http://www.jasonfoundation.com).



# HOOP SCOOP



By: *Brad Strand*

*Fergus Falls, HS  
2020-2022 MGBCA President*

Our favorite time of the year has arrived: “March Madness.” --- This year it might actually become “April Madness” if you are lucky enough to compete in the state tournament! Congratulations to each of you on another year of working with some of the finest athletes, our Minnesota high school basketball players, in perhaps the most challenging year ever with the protocols that have been put in place for us to have our season. Thank you to all of you for all you have done to promote our sport and provide wonderful opportunities for our young athletes on a daily basis throughout the long season. I hope that it was a fun and rewarding season for you and all your athletes!

I am looking forward to another tremendous Girls’ Basketball State Tournament along with our favorite local section tournaments. The caliber of play and the competitiveness of the games and the tournaments overall continues to improve and I am sure this year will be no exception. This year’s tournament will be held at the Target Center, April 6-10. I am sure it will be a week of exciting games with fabulous finishes, culminating in the crowning of our four State Championship Teams! The games at the Target Center will include both boys and girls with games starting at 9 am. The crowd restrictions will continue to be enforced with Channel 45 televising all games. There will not be an all-tournament team this year.

Make sure you mark your calendars for the 2021 All-Star Games, which will be played on Saturday, April 24th, at a site yet to be determined. The teams will be announced in the very near future. The event is a wonderful opportunity for our best senior players, and it would not happen without a lot of hard work on the part of Michelle Goodman & Liz Carpentier, as well as the entire committee.

Please watch your email for an announcement from your section representative to help select All-State Players from the class that you are a member of during the week of March 8-12. We are planning to honor our Hall of Fame inductees at our Fall Clinic on October 29th at St. Thomas. Scott Bergman has been busy lining up some excellent speakers such as Mike Neighbors (Univ of Arkansas), Lindsey Whalen (Univ of MN) & Dennis Hutter & team (Mayville State Univ). Please save this date as it is an excellent time for us to network & connect! Let’s hope for fewer “zooms” in the 2021-2022 school year.

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. Once again, thank you to all of you for all you do for the girls’ basketball players in Minnesota, I hope you are having a great year. Please remember that your involvement, interest, and input in the Minnesota Girls Basketball Association are always welcome. Please feel free to contact any of the officers of the organization or your section rep with ideas, concerns, or needs. You can find all the contact information on our website, [www.mshsca.org/girlsbasketball](http://www.mshsca.org/girlsbasketball).



# SYNCHRONIZED SWIMMING

By: *Kathryn Henderson*

2021 Season

The synchronized swimming coaches are excited to be back at the pools with our athletes this season. After the disappointing loss of our 2020 season, we are cautiously optimistic that 2021 will bring a full season of training and competition. The coaches have made a few adjustments to the season based on the later start, shorter season, which begins on March 15. Our trio and duet event routines will be shortened by 15 seconds in each category short, long, and extended. Our team event routines will be shortened by 30 seconds in each category. Our scoring program will remain the same as previous years, putting a hold on new officials’ training and new program purchases for this year.

Our regular season conference meets and section championships will look a bit different with COVID safety protocols in place. Each pool venue will need to follow capacity guidelines. Our section championships will entail one figure meet on May 8, and three routine section meets on May 22. We are hopeful to have a state championship, but no details have been determined yet. If we are able to have a state championship, the swimmers will keep the figure score from the May 8 meet, and routines will compete the week of May 24.

Good luck to all the Minnesota high school synchronized swim teams!

---

## GOAL POSTS ... continued from page 16

We might not want or be able to serve on committees, etc. but we can give back by supporting the MFCA.

We are hosting our annual coaches clinic virtually. While we all yearn for a time when we can again meet face to face, Covid is in the way. Meanwhile, we intend to continue in the tradition of hosting a great event, and believe we have assembled the best lineup of speakers and programs we have ever had. We need your attendance, as well as that of your staff. If you have not yet registered for this historic event, please ‘give back’ by doing so today!

And that effort brings this lengthy column back to the Dodger envelope and the wonderful surprise it contained. Sadly, it was not an invite to spring training. What it did contain was a letter from a former high school coach, circa 1963. It contained his testimony of how much pride and joy he had in coaching and a very generous check, ( a very generous check ) written to the MSHSCA. His reason? Simply this, a desire to give back. We do indeed make a life by what we give. See you ,virtually, at the clinic.



Minnesota State High School Coaches Association

## Assistant Coach Distinguished Service Award



### Criteria:

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

Nominee:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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

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

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

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

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

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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

find us on facebook



follow us

twitter

@MSHSCA

## MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

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

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

- **Bemidji State University (Bemidji MN)**  
Complimentary passes are not available for Division I Hockey
- **Bethany Lutheran College (Mankato MN)**
- **Bethel University (St Paul MN)**
- **College of St. Scholastica**
- **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)**
- **Martin Luther College (New Ulm 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)**
- **University of Northwestern (St Paul MN)**
- **Rochester Community College (Rochester 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)**
- **University of Minnesota - Crookston (Crookston 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. No admission to mens D1 hockey at BSU, St. Cloud State.
6. BSU - D2 - reg. season only.
7. Concordia Moorhead not usable at MIAC and NCAA post season games.



*Trophies Plus Specializes in High School Awards  
Chenille, Certificates, Medals, Ribbons, Trophies,  
Plaques. All customized in your school needs*

800-397-9993

Website: [www.trophiesplus.com](http://www.trophiesplus.com)

Email: [trophyman@trophiesplus.com](mailto:trophyman@trophiesplus.com)

**Awards Supplier for the MSHSL State, Section  
and Subsection awards.**

**Sponsor for the Coaches for Cancer program.  
And "Proud Sponsor of Coaches Caring"**

## Budget Crunch?

Check us out - Lowest prices in the USA!

**Chenille Letters and Champ Patches • Custom & Stock Medals  
Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs  
at some of the lowest prices in the USA.

## CLEARING HURDLES ...

continued from page 12

enrollment to be the largest 64 teams in the new class AAA, the next 96 in the new class AA, and the remaining schools in the new class A. Another thank you to all the coaches who answered our last coaches survey to help up better advocate for the model most desired by our coaches. The section placement and school classification will take place this coming summer with the bi-annual MSHSL section alignment process.

Again, I wish everybody a great start to this new season a further return to normalcy. The championship season will be here in what seems like the blink of an eye!

---

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

- Steve Prefontaine

---

## Women Coaches Symposium 2021

Due to continued COVID-19 considerations, the Tucker Center has made the difficult decision to not hold a Women Coaches Symposium in the Spring of 2021.

The WCS provides high-quality educational programming, networking, professional development and community building for 350+ women coaches, administrators, students, and those who support women coaches, at all levels of competition and all sports.

### [2021 Symposium Cancelled](#)

Due to continued COVID-19 considerations, the Tucker Center has made the difficult decision to not hold a Women Coaches Symposium in the Spring of 2021. We offer our apologies.

women  
coaches  
symposium

WCS

## 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 [rtingerr@aol.com](mailto:rtingerr@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.

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

find us on facebook



follow us

twitter

@MSHSCA

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

**CRITERIA FOR THE  
SELECTION OF  
CANDIDATES**

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

**ELIGIBILITY  
REQUIREMENTS**

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

Minnesota State High School Coaches Association  
HALL OF FAME NOMINATING FORM



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

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

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

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

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

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

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

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

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

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

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

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

# MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

## Goals and Purpose

The MSHSCA is a high school coaches association created and governed by Minnesota high school coaches. The MSHSCA offers coaches a voice in current state issues. It also provides them with the finest recognition program available and a benefits package including an insurance program, an association newsletter and other corporate benefits.

## Goals

- To promote and publicize high school sports in Minnesota.
- To recognize those men and women coaches who have dedicated their time, energy and spirit to the high school sports programs in Minnesota.
- To offer a unified voice in Minnesota on coaching and athletic issues that affect high school athletics.

## MSHSCA Mission Statement

### Recognize

We recognize coaches for seasonal, academic and lifetime achievements. Our awards include sport coaches of the year, sport assistant coaches of the year, team academic coaches of the year, state championship coaches, Hall of Fame membership and distinguished service awards.

### Communicate

We provide a unified voice. Through our Minnesota Prep Coach newspaper and our MSHSCA.org website, we offer communication tools for the coaches of Minnesota to publicize their sport. These informative tools give coaches opportunities to promote their sport and communicate with their sport associations in regards to clinics, rules and membership.

### Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with the Minnesota State High School League, its Board of Directors and the many

committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

## 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 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 (\_\_\_\_) \_\_\_\_\_

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

MINNESOTA PREP COACH



## Someone You Know May Need a Friend



Awareness and education are key to preventing youth suicide, the 2nd leading cause of death for young people ages 10-24.

**if** The **Jason Foundation**  
[www.jasonfoundation.com](http://www.jasonfoundation.com)

# LEARN

how you can **B1** for a friend  
[rascalflattsB1.com](http://rascalflattsB1.com)

