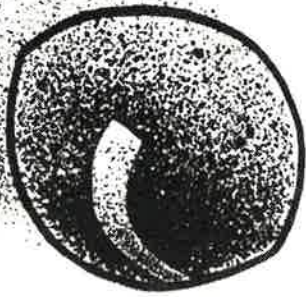


Minnesota

FOOTBALL

'94



Annual
Publication of
the Minnesota
State Football
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Association

1994 MINNESOTA FOOTBALL

ANNUAL

Minnesota State

Football Coaches Association

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This publication is issued annually by the Minnesota High School Football Coaches Association as a media for the exchange of ideas and technique in the game of football.

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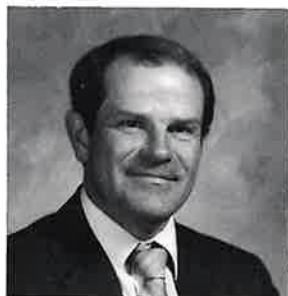
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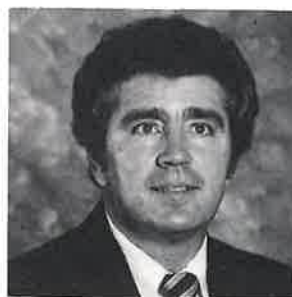
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President's Message

What a great opportunity! There is no other organization a person could belong to where one gets to work with the greatest teachers in the State of Minnesota. I am indeed fortunate to have been chosen as president of the Minnesota State Football Coaches Association.

Minnesota High School football is constantly improving, and this association is the driving force behind the movement. Although each individual coach makes up the association, the officers and committee heads are the persons who lead and direct. Jim Dotseth has brought the All Star Game back to one of the featured events during late summer. Frank Fredlund and Con Natvig have developed the Academic Section Championships and All State Teams to a point of great prestige for schools and individuals around the state. Dennis Hale, John Gross and Dave Nelson have made the Hall of Fame and its associated banquet a highlight of spring. And the past presidents and vice presidents, along with Jim Simser, create a real direction for the association. All we need is YOU.

Each of you can play a role in your response to the surveys, your willingness to help out on the various committees, your communication with your administration and with the MSHSL are necessary for us to be successful.

Coaches, I have a favor to ask. Please encourage any coach you know who is not now a member to JOIN. We want and need everyone who is a Minnesota football coach to work with us. This participation is important for the kids we coach. I have been on the Class B All State Academic Committee and I know of several players in the past few years who were not selected to that team because of the failure to be nominated, or because their coach did not belong to the association. There have been excellent players left off the All Star Teams because they were not nominated. We're in this profession because of the kids; it's up to you to help the association do whatever we can for our players.

Don't complain because something you want isn't getting done. Work with us; attend our meet-

ings. The morning of Prep Bowl, and the Thursday evening before the Gopher Clinic are when the Executive Committee and all the Conference Reps have the formal meetings - you are invited. I'm not a very pushy person, so I need your encouragement and your ideas.

Congratulations to all the conference, section and state champs for 1993, it won't be long before we can all start over again. Thanks to every coach, head or assistant, whether you were 0-8 or 14-0, you are helping develop our most valuable asset (and don't forget, they will be paying our Social Security!).

May the wind be at your back throughout 1994.

George Tuvey, President MHSFCA
Janesville-Waldorf-Pemberton



Matt Horner (25), wide receiver for Detroit Lakes, hauled in a pass from Toby Steinmetz and scored the first Laker touchdown in his team's 21-14 victory over Northfield for the 1993 Minnesota Class A Football Tournament Championship.



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LeRoy-Ostrander Football

by Stan Olson, Head Coach, LeRoy-Ostrander HS

About The Author



I have spent my entire coaching career at LeRoy-Ostrander High School, becoming head football coach in 1972.

We have had many fine players over the years that have allowed us to be successful.

LeRoy-Ostrander has made state playoff appearances in 1976, 1977, 1982, 1985, and we were state runners-up in 1993.

My wife Naomi and I have two children. Reid, our son, is a junior baseball pitcher at Peru State University, Peru, Nebraska. Britt, our daughter, is a junior volleyball and basketball player at LeRoy-Ostrander High School.

I have been most fortunate during my career to work with dedicated coaches who have helped me immensely. Jim Weber and Dave Halligan were instrumental in getting our program going in the 70's. Craig Knight and Kyle Rosedahl, who are presently with me, are vital to the success of it today. I learned long ago the importance of surrounding myself with quality assistants, who cared as much about what they were doing as I did.

We believe very strongly in motivating our players to be the best they can be. We work on this a lot. We spend a great deal of time just talking to them about preparation to be a good person. I read somewhere the following quote: "A second

rate man can never make a first class ball player." I put that up in our locker room. These words impressed me and I wanted to convey that to our players. We want to be "first class" in everything we do, a gentleman, a respectful student, and a good sportsman. You can't be a champion if you are anything less!

I read where Clem Haskins has a sign in his locker room that says: "Play Hard and Stay Together." Below the sign is a hand print. We put that sign above our door and as we exit our locker room, we slap that hand. We want to be together, to be a family. We want our players to enjoy coming to practice, to like being with their teammates and coaches, and to care about one another.

Several years ago I started writing our players a personal letter that I mail to them about a month before practice begins. In the letter I reiterate our team goals, encourage them in achieving their personal goals, and tell them what I like and respect about them as a person. I know that letter means a lot. Many of them put it up in their room where they can see it every day. I got that idea from a Michigan high school coach I heard at a clinic. Writing those letters has done much for me as well. It hasn't always been easy; but it has been rewarding.

Playing two games last fall at the Metrodome was a real boost to our program. It was amazing to see the pride that our two communities had in our team. It was truly a wonderful experience for all of us.

Football is a tremendous game and being a football coach has meant a great deal to me. I care about our sport and the people who play and coach it. I have benefited so much from the coaches I've met and those that I have opposed on a Friday night. There is a lot of "quality" in the ranks of the Minnesota High School football coaching fraternity. I salute you all!

The following, in outline form, are some things that have helped me. Maybe those of you just starting out will find a reminder or two.

A SUCCESSFUL COACHING PERSONALITY

1. Develop a Philosophy:
 - a). What do I believe in?
 - b). What do I have to do to win?
 - c). How much time do I have to get done?
2. Be enthusiastic:
 - a). Dedication to your sport.
 - b). Your players can "read" you.
3. Be Positive:
 - a). Never be negative.
 - b). Reinforce their abilities.
 - c). Discipline in a positive way.
 - d). Put yourself in their situation.
4. Be Tough-minded:
 - a). Work to achieve success.
 - b). Problem solving to improve.
5. Have Goals:
 - a). Personal and team.
 - b). Realistic but challenging.
 - c). Prepare to beat the best.
6. Be Organized:
 - a). Rate your players.
 - b). Examine your schedule.
 - c). Evaluate your staff.
 - d). Pre-season and season routine.



Anoka's Matt Stolski (#47) breaks open on an off-tackle play against Coon Rapids in Twin Cities Suburban Action. Anoka 35-Coon Rapids 15. Twin Cities Suburban West Conference.

Multiple Secondary Schemes

by Don Henderson, Head Coach Triton HS

About The Author



1978 Graduate of Belle Plaine High School.

1983 Graduate of Winona State University.

Head Coach at Hayfield/Dodge Center - 3 Years.

Head Coach at Triton (Dodge Center) - 4 Years.

Triton Pass Defense Philosophy:

1). Instill good man coverage skills in all defensive backs and linebackers before advancing to zone coverages.

2). Adjust coverage schemes to opponents offense.

3). Mix up linebacker/defensive back blitzes and pass drops to keep opponents off balance.

4). Try to take away what your opponent does best.

5). Don't allow cripples!

During the four years of the Triton football program our opponents have attempted 532 passes, completing 195 of these passes for a 36.6% completion percentage. We have allowed eight touch-down passes during this four year span and have intercepted 52 passes.

Personnel & Responsibilities

Linebackers: Middle Linebacker - blitz, hook/curl zone, screen/draw, shadow. Field Linebacker (wide side) - blitz, flat zone, man.

Boundary Linebacker (short side) - blitz, flat zone, man.

Defensive Backs

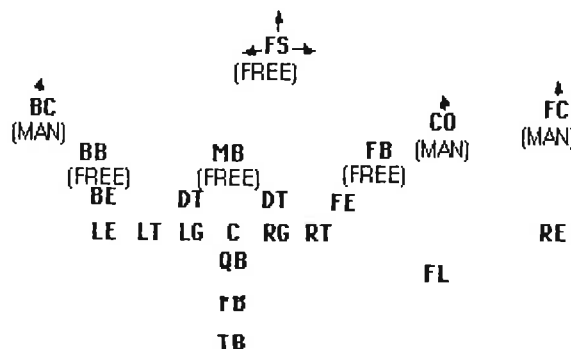
Field Corner - flat zone, deep 1/3, deep 1/2, man, blitz. Boundary Corner - flat zone, deep 1/3, deep 1/2, man, blitz. Free Safety - deep 1/3, deep 1/2, man, blitz. Cobra - flat zone, snake eye, deep 1/2, man, blitz.

As you can see by the number of responsibilities for each position we can put together a number of different combinations to help us stop our opponents passing games.

Coverage Schemes

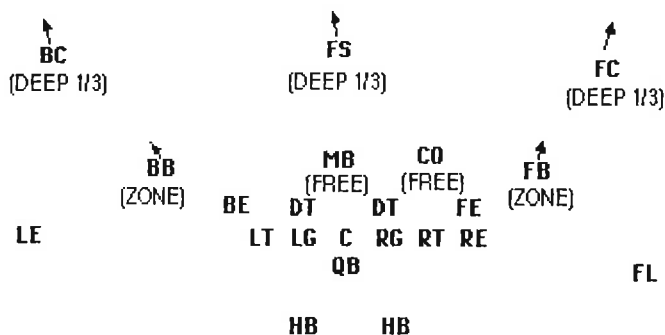
Cover 1 - man coverage, which can be adjusted to meet any defensive need.

DIAGRAM: Cover 1 Vs. Slot 1 (Note the FS is Free to help where needed).

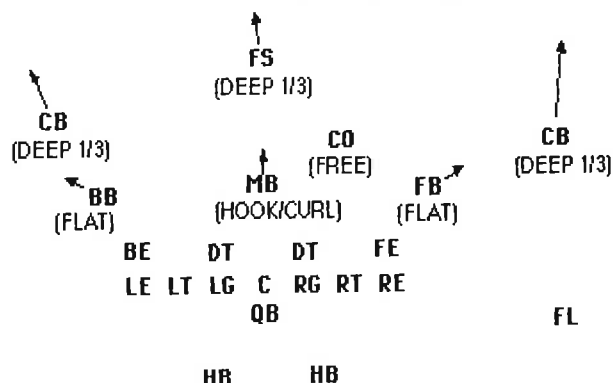


Cover 2 - 2 under, 3 deep zone (used in blitz situations).

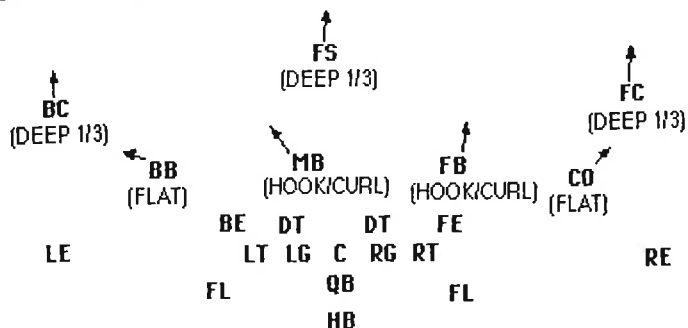
DIAGRAM: Cover 2 vs. pro set (CO & MB are free to blitz).



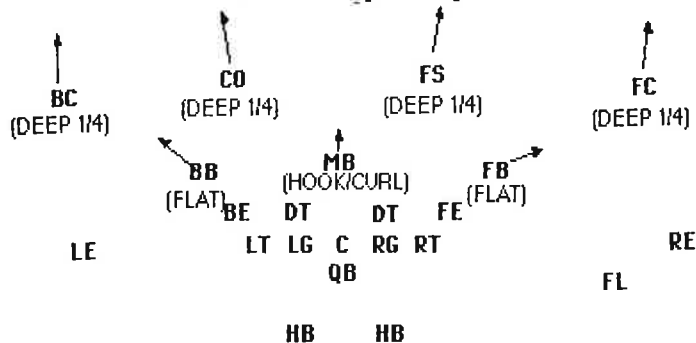
Cover 3 - 3 under, 3 deep zone (CO Free to blitz or help in coverage where needed).
 DIAGRAM: Cover 3 vs. double tight, split flanker.



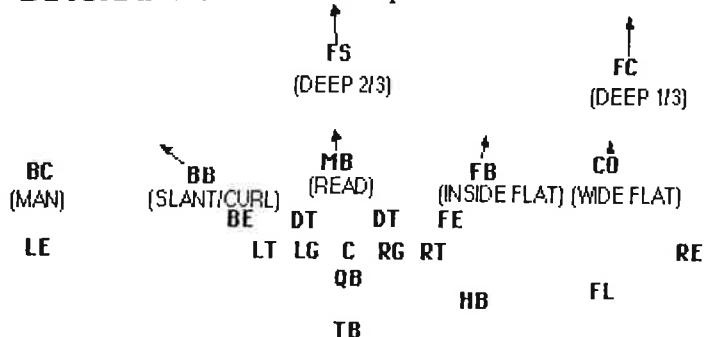
Cover 4 Under - 4 under, 3 deep zone (CO Takes wide side flat).
 DIAGRAM: Cover 4 under vs. double slot.



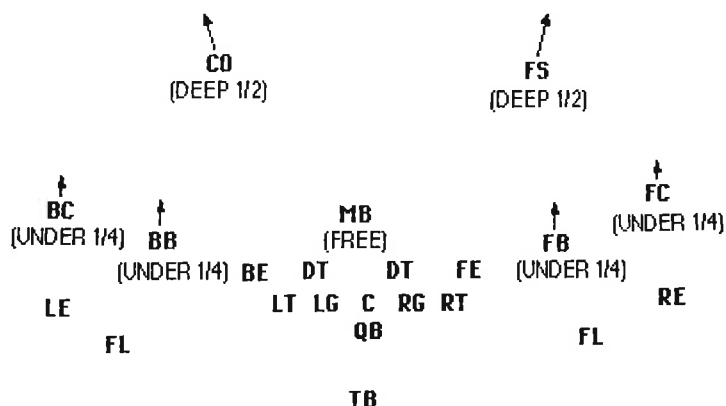
Cover 4 Deep (prevent).
 DIAGRAM: Cover 4 deep vs. split slot.



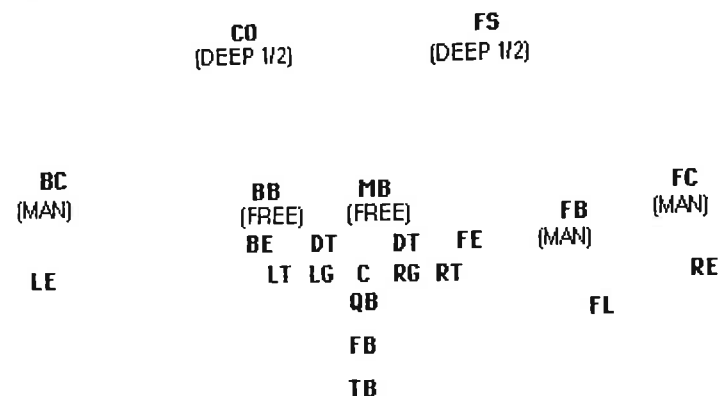
Cover 5 - Combination coverage with man to 1 receiver side, zone to multiple receiver side).
 DIAGRAM: Cover 5 vs. trips.



Cover 6 - 4 under, 2 deep zone (MLB Free).
 DIAGRAM: Cover 6 vs. double slot.



Cover 7 - Combination man under, 2 deep zone.
 DIAGRAM: Cover 7 vs. split slot (MB & BB Free).



All of us are capable of scheming and diagramming until the cows come home! In retrospect we at Triton have been blessed with the kind of athletes who are capable of making these schemes work with their speed, skill and intelligence. We feel that if you don't expect things of your athletes you'll never see it. We expect our defensive backs and linebackers to be able to man cover in any situation. We expect them to have the intelligence and patience to play zone. We expect our defensive backs to be great hitters and provide run support along with the linebackers. Most of all we expect our defensive backs to work in unison with the linebackers and linemen to give us a balanced, well-rounded defense!

I thank the Coaches Association for this opportunity to share with other coaches. I also thank all of the coaches I've played for and coached with for the things they have taught me. Good luck to everyone in the upcoming season!

Fishing The Transition: How Do You Replace A Legend?

by Craig C. Hansen, Head Coach, Osseo HS

About The Author



M.Ed, Physical Education, University of Minnesota, 1983.

B.A., Physical Education, Bethel College, 1976.

Head Varsity Football Coach, Osseo Sr. High, 1991-present.

Assistant Varsity Football Coach, Osseo Sr. High, 1976-1991.

Physical Education/Health Teacher, Osseo Jr. High, 1976-present.

KARE 11 Coach of the Year, 1993.

Charter Member Bethel Football Hall of Fame, 1986.

Family resides in Maple Grove, Minnesota, wife, Cindy; daughter, Marie, 8 years; son, Kurt, 4 years.

When I think transition, I first think of where the sand and gravel turn to mud in Mille Lacs Lake. But we're not talking walleyes today. Rather, how do you come into a long established football program and establish yourself?

I was very fortunate to assist John Hansen (who is no relation, although much debate has taken place about who was the better looking Hansen) for the first 16 years of my career. This seems rather insignificant when you consider that John's career at Osseo ran from 1952 to 1991, and that he had one of the top records in Minnesota high school football history. I was also very fortunate to be named the new head football coach at Osseo High School when John retired.

Writing this article has forced me to reflect back

on the last three years and all I did to prepare and implement the philosophy and direction for Osseo's football program. Working with John was nothing short of delightful. But, when the time came to turn over the helm at Osseo, many speculated on whether anyone could replace a legend and be successful. So far, it has been a pleasant walleye chop.

How Do We Get Started

When asked what is your philosophy of football, respond by asking "to what aspect of football are you referring?" The game of football is a very complex sport, and the organization required is sometimes overwhelming. If you take each aspect you are confronted with, and work through each one, you will begin to develop a system and ultimately your program.

I approached this job from the point of view that we are starting from scratch. This does not mean throw everything out and start over. The approach is to review and evaluate what has been done in the past, and build on those things that have been great assets. This is also a prime time to allow for some new approaches and ideas. Now is the time to try. There is a certain grace period in any transition, and I also think there is some energy or excitement generated by adding new wrinkles in your program. Most importantly, I think this approach adds to both ownership and enthusiasm for you and your assistants as a new staff.

There is a tremendous wealth of information available to us. Many coaches in your league and throughout the state are willing to sit down and share their experiences. If you are a new head coach, find a mentor that you can confide in and who will listen as well as share. Do your homework. Articles, books and clinics can help confirm what you want to be, or don't want to be.

You need to define a direction for your program. The defining question is "What is _____ Football?" Put your school in that question, answer it, and you now have a cornerstone to build on. The answer for us is "Osseo is a tech-

nique-orientated football team." This theme now directs our approach to practice, films, goals and goal setting, strength and speed development, offensive and defensive systems and so on. I was taught early in my career at Osseo that to develop a player's technique, you must see him do it right many many times. There have only been two Division I football players from Osseo in the last 42 years, yet Osseo has won a championship of one sort or another just under 50% of the time during those years. Developing techniques leads to preparation and confidence, which gives the average high school football player a chance to be successful.

Where Do We Go From Here: Implementation

Here are a few thoughts on how we at Osseo approach some of the many aspects of a football program:

Staff – Hire loyalty. The number one quality of a great assistant coach is loyalty. We all have to pull together. Allow for input; let your coaches work and develop ownership. One coach can't do it all! Work for continuity within the staff and include everybody (e.g. sophmores and varsity practice together the first two weeks.)

Time Management – Have a time schedule for coaches and players, and keep to it (e.g. in practice or meetings, if you take extra time from players you have to give time back; this adds to accountability and trust). Prioritize practice. (e.g. 1-classroom, 2-techniques, 3-specialities, 4-repetitions (team), 5-conditioning).

Accountability (Discipline) – Create an atmosphere for learning. I like Lou Holtz's approach of "Do what's right, and avoid what's wrong." Develop a statement of accountability referring to a player's responsibility to the team.

Goals and Goal Setting – Key on performance-based goals. Emphasize performance and execution; the wins will take care of themselves. Hold individual goal setting meetings in the off season to continue and reinforce the direction you want in the program.

Parents – Communicate! Communication is the key, or your only hope. Develop a "parent packet" that includes such things as your philosophy,

accountabilities, expectations of yourself and players, a calendar of practices, maps to game fields.

Jr. High and Youth Programs – Conduct a hands-on clinic in the pre-fall with your varsity players for youth coaches. Hold a youth summer football passing camp.

Off-Season – Emphasize multiple-sport participation to develop better athletes. Develop discipline and togetherness, the first two goals of our Speed and Strength program. Our purpose is to prepare for competition, not to compare max's.

Learn From Others, But Be Yourself

When I was named as the new head coach at Osseo, several veteran head coaches told me to "be yourself and have fun." These were successful coaches I had looked up to for many years. I took this advice to heart. I can learn from others, but I can't be someone else. Ultimately, I am accountable. I have to answer for and live with the results of our program, and in doing this I want to have fun and feel good about it.

In the end, you hope to catch what you're fishing for. You need to feel, speak, and act enthusiastically and positively. Your staff and players will respond to and reflect the excitement that comes from you. Remember, no matter what transition you may be in, you have to get your line wet if you're going to catch fish.



Osseo Coaching Staff

Northfield Raiders Football Program

by Bob "Bubba" Sullivan, Head Coach, Northfield HS

About The Author

Graduated from Northfield High School in 1985.

BA Degree from St. John's University in 1989.

Started coaching and teaching in Northfield as head football coach and assistant hockey coach in 1989.

Coaching record: 26-25 (Missota Conference champs 1993, Section 1A runners-up 1992, Section 1A champs 1993, State Class A runners-up 1993).

When I became the head football coach in Northfield, I was the third coach in three years. My first two years we won a total of two games, two my first and zero my second, which gave us a four-year total of six wins. We were deep in the failure cycle. We were not confident, we did not feel good about ourselves, we did not work as hard as we could to improve, thus we did not perform well.

Since then, we have won the Missota Conference title, been Section champion and runner-up, and runner-up in the state. These successes, like any successes in sports, were the result of talented players who worked hard and dedicated coaches who worked to mold these players into a cohesive unit.

I would like to give you some of the ideas that we have used to build our middle school and high school programs.

Middle School Ideas

1. Mini-Camp: We run a 3-day summer camp for 7th, 8th and 9th graders through Community Education and Recreation. It only costs the kids \$15, which pays for their Northfield football jersey that they wear to school and around town. We are in a unique situation that we have high school, middle school, and college coaches in town who volunteer to coach at the camp. It is a great experience for the kids and an excellent recruiting tool for us.

2. Run Varsity O & D: All of our middle school and lower level teams run the same basic offense

and defense as the varsity. We have also stayed with the same offense and defense for five years. This has allowed our coaches and players to really know and understand our schemes.

3. Practice with the varsity: We have J.V. games on Mondays. During the year when the J.V. has a game, we bring the varsity over to the middle school and practice with one of the middle school grades. Our players coach during individuals and we conclude with a "scrimmage" against the varsity. Our varsity kids have as much fun with this as our middle school kids.

4. Halftime Games: Our 6th grade is a school run intramural program. It is the first time our kids play tackle. During halftime of one of our varsity games, usually homecoming, we have a short 10 minute game with our 6th grade teams. The fans love it and we get some parents to our game they may not typically show up.

5. Scouting: I ask that all of our middle school coaches scout at least one game per year if possible. I think this keeps the coaches feeling part of the overall program, as well as not putting all the scouting pressure on our 9th grade coaches.

High School Ideas

6. Coaching Staff: We have three varsity coaches and two sophomore coaches. We use the five coaches as a single staff. We divide up by positions for individuals and each takes a special team.

7. Practice w/Sophomores: We practice with our sophomores and varsity together (about 60-65 players total). We do individual drills together and when we work on special teams, we run the varsity kick-off team vs. the sophomore return team.

8. Special Teams Captain: Each year the players elect a special teams captain along with the other captains. It is always a senior who is probably not a starter, but is a leader and will take pride in our special teams. This person is on almost all of the special teams and helps to make sure we have enough people on the field for all of our special teams.

9. Weekly Awards: We do not give out helmet decals. However, we do have two awards we present each week, special teams and scout squad

players of the week. The winners' names go on a chart in the locker room.

10. Upset Week: For a couple of years we were almost never the favorite in any game. We would pick one high powered opponent and declare that week upset week. We would put up signs in the locker room, make fake headlines, and basically promote the idea that we were going to pull off the big upset. The first year we did this we beat a No. 1 ranked team, the next year we lost to a No. 1 ranked team 7-6.

I hope you could find one idea that you could use or modify for use in your program. We all know that the number one factor in building winning programs is great athletes, but we must remember that the number one factor in determining a program's success is producing great people.



It was called The Mud Bowl when Detroit Lakes defeated South St. Paul 27-0 in South St. Paul in the opening round of the 1993 Minnesota Class A Football Tournament and this photo of three Detroit Lakes players provides evidence of the conditions.

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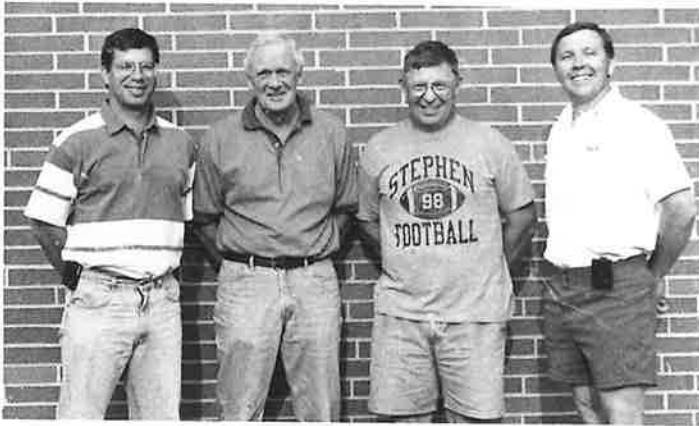
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Coaching Keys For Defensive Backs

by Mark Kroulik, Head Coach Stephen HS

About The Author



Stephen Coaching Staff, Garry Kotts, Wayne Knoll, Bob Lingen, Head Coach Mark Kroulik.

Mark Kroulik has the honor of being part of a Minnesota state championship football team in each of the past three decades. In 1974 he was an assistant with Andy Nelson's championship team at Lake Benton, in 1986 he was an assistant with Warren Keller and the Argyle state champions, and in 1992 he was the head coach of Stephen's championship team.

Coach Kroulik, a UMM graduate, also had the privilege of assisting at Dakota State College and Frazee High School. Record as a head coach is 29-4. Coach Kroulik lives in Stephen with his wife Beth and their two sons, Casey and Matt.

Assistant Coaches: Bob Lingen, defense; Garry Kotts, special teams, and Wayne "Red" Knoll, Jr. High.

"There is a difference between bitchin' and coaching. If you're hollering and wavin' your arms, that don't necessarily mean that you are coachin'. I mean I raised six kids. The first one, I whipped the daylights out of it. The second one, not as much. The third one not at all. By then I learned you can discipline and teach without beatin' him." Bum Phillips.

"Basketball is the most over-coached and under-taught game on earth." Bobby Knight. (The same line would probably be true of football.)

"You can motivate students/athletes simply by teaching them something. There is a high perishability factor in emotionalism as a leadership tool, for fear and embarrassment as motivational

factors have very short lives. The key to success is what and how you teach." Fran Tarkington.

One of the greatest things about coaching high school football is that it gives you the opportunity to teach highly motivated students in an environment of constant competitive evaluation. In the ever cycling trends in football, the current trend is for teams to throw the ball more; from the NFL to the smallest high schools the ball is being thrown around more and more and regardless of field position or down. This trend has placed significantly more pressure on the defensive backs and makes it essential that coaches do an effective job of teaching the skills and concepts which will allow the DBs to be successful in stopping the pass. Like a scientist, a good coach must IDENTIFY THE PROBLEM, then IDENTIFY THE CAUSES OF THE PROBLEM, and finally CREATE OR BORROW TEACHING STRATEGIES WHICH DEAL WITH THE CAUSES AND REDUCE OR ELIMINATE THE PROBLEM.

The Problem: Weak Pass Defense

The Causes: "Seven Common Causes of Problems in the Defensive Secondary."

1. Personnel who are unable or unwilling to get the job done.
2. Adequate athletes who recognize slowly and react too slowly. "Defense is simply recognition and reaction."
3. Improper angles of attack.
4. Defensive backs who chase decoys are "dead ducks".
5. Defensive backs who don't play the ball properly and aggressively.
6. DBs who are immobilized by anxiety/fear. Fear in terms of athletics is usually the "fear of failure" and this fear can immobilize the athlete.
7. Failure to communicate (player to player or coach to player).

Potential Solutions

A. Selection of Personnel: Everyone would love to have intelligent, fast, aggressive and confident DBs; if you have them you probably won't find this article of any value. If you don't have Florida State's talent, then select OVER-ACHIEV-

ERS. Over-achievers are better DBs than some pure physical athletes because they never take anything for granted and they are always looking for a competitive edge. They are coachable and they stay focused in a position where a lapse in concentration can result in points on the scoreboard. It is more important for these players to be game smart and confident than big and fast.

B. Recognition = Keys: Teach simple, consistent "read" keys. Whether you read the offensive linemen or the QB/backfield or line to flow will depend on your defensive philosophy; the important idea is that you teach, emphasize and reinforce key reading. Include "key reading" in your base DB drills, emphasize "key reading" in scrimmages, discuss the accuracy of opponents "keys" in your scouting reports, talk "keys" during video reviews, have a coach recheck the validity of your opponent's "keys" early in the game. IF YOUR PLAYERS KNOW THAT YOU USE KEYS TO WATCH THE GAME, THEY WILL BECOME "KEY READERS"!

C. Reaction Factors: Reaction time (time from the stimulus to the first observed movement), movement speed and momentum control are key factors. To improve reaction time have the DBs, focus on simple stimulus KEYS. To improve speed involves strength improvement, flexibility, etc. It should also include practicing pass defense (drills and scrimmage) at competitive velocities. Once the basic skill is learned use competitive drills and situations which include game speed/stress conditions. Improving momentum control: since DBs must react to receivers and change direction quickly, momentum control is more important than "40 speed". Back pedal, mirror, wave drills, etc., will teach this skill if you teach athletes how to lower their center of gravity and emphasize: balance, momentum control and efficient footwork. We teach our DBs to take two controlled read steps at the snap; this eliminates initial inertia, reinforces the DBs focus on their stimulus keys and gives them direction in a balanced back pedal.

D. Improper angles: Incorrect angles of attack result in DBs chasing after receivers rather than meshing at the junction of the receiver and the ball. If you are playing "man cover" you need to focus on proper cushion; if you are playing "zone"

you need to include drills where the DB is away from the receiver and must take the correct angle to make the play. We use 2 on 1, 3 on 2, and swing drills to teach and reinforce proper angles of attack.

E. Chasing Decoys results in "Dead Ducks" and "Toasted DBs": Teach your DBs to have "Owl Eyes", teach them to keep their heads on a swivel. Emphasize the importance of mental anticipation, have the DBs work for depth (they can't read combination routes or read the QB's eyes or arm if they have their backs turned); teach the importance of communication between DBs (in, out, slant, crack), and use Pattern Read Drills: 2 on 2, 3 on 2, 7 on 7 where the receivers run their usual combination routes. Smart DBs will be able to anticipate the route of the second receiver based on the route of the first receiver.

F. Playing the Ball Properly: Teach priorities: #1 get to the receiver's "inside hip pocket", #2 be in position to tackle, #3 strip and tackle, #4 intercept. Teach and practice aggressive strip and rip techniques. Always include drills which will teach the DB to attack the ball and receiver at the HIGHEST POINT. Half of the drills are full speed/full contact. 100% practice = game performance.

G. Develop confidence in your DBs to reduce fear/anxiety. Fear can be a friend or a foe of a DB, depending on its effect. Athletes, especially DBs, can be immobilized by fear. The creed: "Thou shall not get beat deep" can simply be obeyed by playing so soft that the DB becomes only a spectator on under routes. Teach priorities, reinforce responsibility, reinforce aggressiveness. Teach techniques thoroughly and provide workable systems which develop confidence in DBs. Never bench a DB for an aggressive mistake and never over-look a responsibility mistake when a DB makes an error and gets beat but gets lucky - incomplete.

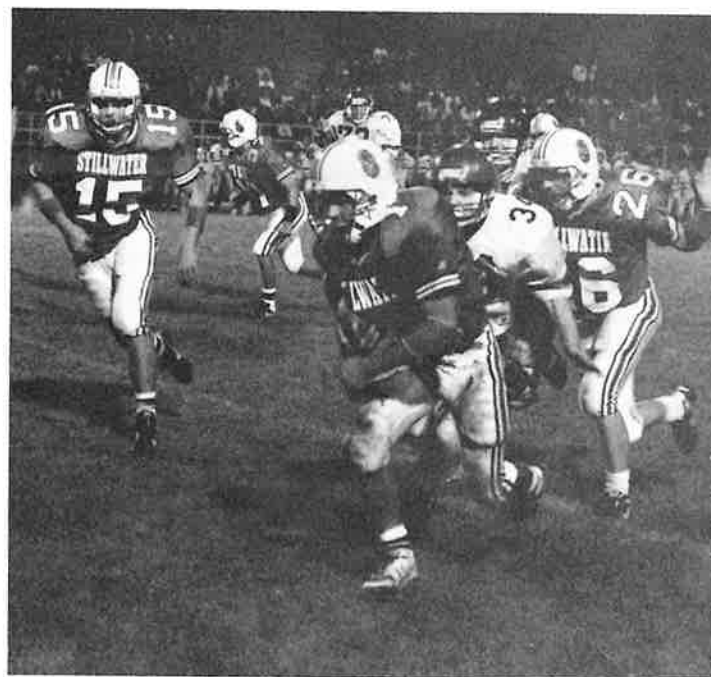
H. Stress the importance of Communication: Talk is cheap, but player to player communication before, during and after a play is extremely important. The teamwork of secondary play is based on communication. Teach, emphasize and reinforce expectation during all your drills.

There are few positions on the football field that carry the responsibility and visibility of the defen-

sive back. Identifying the causes of problems and teaching the tools necessary to lead to success are an essential challenge of coaching. I hope the ideas presented above will in some way be of value to you as you prepare your athletes for the coming season.

Since I started with a Bum Phillips quote, I'll end with one: "Sometimes we get coaching so hard that we overcoach. Football's an automatic reflex game. We get so tied up in technique that we have a kid thinking instead of doing. It looks like he isn't trying, when actually he is, it is just that he is locked up in thinking. You can overcoach a guy a lot easier than you can undercoach him. When you teach, only give him one thing to change at a time."

Keep coaching, but keep it to one thing at a time. Have a fun and successful fall.



Ray Wilhelm (1) of Stillwater slips past Irondale's Shane Ortlepp (34) and Andy Bacca (36) for a first down in 35-21 victory. Stillwater finished the season with a 10-2 mark. Twin Cities Suburban East Conference.



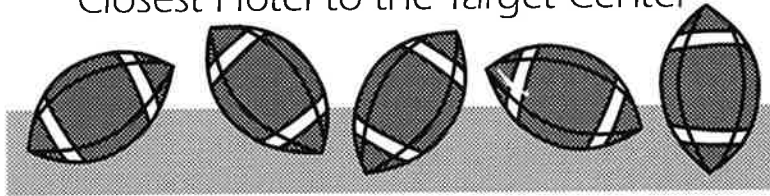
Jeff Gunia, Blaine's talented running back, looks for daylight against Twin Cities Suburban Conference rival Elk River. Twin Cities Suburban West Conference.

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Building A Better Athlete In The Weight Room

by Joel Swanson, Head Coach, Luverne HS

About The Author

I started coaching football as a varsity assistant in 1986 at Luverne. After three years of being an assistant coach, I took over as head coach in 1989. Terry Althoff and John Oksness have been our defensive coordinators and Joe Roberts has been our offensive coordinator. Over the past five years I have been very fortunate to have these three extremely dedicated assistant coaches who have been instrumental in making our program a success.

I would like to take this opportunity to thank Jim Simser for allowing me to write this article, it truly is a privilege. I would also like to give a special thanks to my dedicated coaching staff and players who have made our program a success over the years.

Our weight training program at Luverne High School is an essential key in our athletic successes. In Luverne we don't have an overwhelming lifting facility, ours measures about 20 feet by 20 feet and has more of a dungeon-like atmosphere. We don't have a lot of fancy or gimmicky equipment, but it does help us accomplish two things: (1) it allows our athletes to become better and (2) it builds team camaraderie.

We don't want our kids to quit other sports just to lift weights, instead we encourage our athletes in football to go out for other sports. It is important for kids to obtain a competitive edge. Thus, with these multi-sport athletes we don't want to build bulk, we want better athletes and we try to encourage this throughout our weight training programs.



Verndale's #44 Mike McGrane and #48 Chip Forcier team up to stop Cherry's #5 Clayton Koskela for no gain in a state 9-Man quarter final game won by Cherry 26-22.

In our program we try to emphasize the right lifts to our kids and we want them to know why they are doing them. Our number one lift is cleans. Our preference is hang cleans over power cleans basically for safety reasons. The clean lift is the lift that simulates more actions of an athlete than any other lift. It's the action of a basketball player boxing out and going for a rebound, a football player exploding through when making a tackle or a block, or a wrestler making a takedown. Cleans affect many parts of the body and you only need to have done them once to realize their total effect. The important thing to remember about this lift, which is true of any lift, is that technique is the key to success. Make sure you understand the mechanics of the lift before expecting kids to be able to do it.

Squats and lunges are two other lifts which we like because they are lower body lifts and they help improve your balance. Squats have been around forever, but many times kids don't get the total benefit from the lift because they don't go down low enough. To correct this problem we try to have those athletes alternate their lower body workouts between back squats and front squats.

Lunges have really helped the coordination and balance of many of our athletes. You don't need a lot of weight for this exercise, in fact we have most of our beginning lifters use dumb bells at first. A lunge is done in an open area, start with the bar resting on the back of the shoulders just like on a squat. Then stride a comfortable distance forward with one leg and keep the other leg stationary for balance and support. Lower your back knee to just touching the ground and then come back to a standing position by concentrating on pushing off with your front foot from the toes. Then alternate the foot you lead with and continue for 8 to 10 repetitions with each foot.

The thing that we like to stress is that we want to de-emphasize the bench press. I don't think it has as much value as most lifts do. It can be helpful, but I wouldn't rank it in my top five lifts. In fact, I think the incline press is a better lift.

Our weight room motto is, "It's not how much you do. It's how you do it and what you get out of

it!" Therefore, we don't like to have kids maxing out. It is a guaranteed failure type situation, where kids end up frustrated. To get away from maxing we do not give kids number accomplishment shirts, i.e. 250 Pound Bench Press, instead we concentrate on a program shirt. The program shirts are earned by anyone who completes a 10-week program over the course of 12 weeks. We feel that if an athlete is in the weight room that long the results will speak for themselves. We try to come up with a new shirt design every year and a half. The key is that these shirts must be earned, don't give them out to someone whose been in the weight room for a couple of weeks. The shirts are worn by the kids with pride, they also are a good motivator to continue with programs in the spring when it really seems tough to lift.

Another motivator that we use is that once you start a program we set 10 to 12 week goals. The goals are listed on a chart that hangs in the room, it serves as a good reminder to the kids. When doing this we emphasize to the athletes that it isn't reaching the goal that's important, rather it's what you do to try to get there that counts. This does a good job of teaching the athletes the value of goal setting.

Weight lifting can get boring if you continue to do the same thing over and over. Plus, muscles seem to be able to find shortcuts in workouts if we always do the lifts the same way. We really try to incorporate variety. We have three or more program alternatives at all times and even within those workouts we are changing every two weeks. Also, when working a specific muscle group we try to mix up the type of lift we are doing, sometimes by simply alternating to doing the lift with dumb bells instead of a bar changes the way the muscle is working.

All of our programs are modified versions of the ones that our former players bring back from college. We always start and end a workout by stretching out. Then you should do some type of warm-up and warm-down exercise, i.e. jump rope. We only allow athletes to start a program after they have been in the weight room for at least two weeks. This is a good period to get over their soreness, improve on balance and technique, and to prove that the athlete really wants to make a

commitment.

Here is the complete 10-week program that we enjoy the most. I need to mention again that this was not a program that we created, rather it is a modified version of one that a former player brought back from college.

Week 1 and 2 - 3 sets of 10 repetitions (builds muscular endurance): Set 1 - 10 reps at 65% or 1 rep max, Set 2 - 10 reps at 70%, Set 3 - 10 reps at 75%.

Week 3 and 4 - 3 sets of 5 repetitions (starts to shift the emphasis to building actual strength): Set 1 - 5 reps at 70% of 1 rep max, Set 2 - 5 reps at 75%, Set 3 - 5 reps at 80%.

Week 5 and 6 - 4 sets of 5 repetitions (strength development): Set 1 - 5 reps at 70% of 1 rep max, Set 2 - 5 reps at 75%, Set 3 - 5 reps at 80%, Set 4 - 5 reps at 85%.

Week 7 and 8 - Sets of 10-8-6-4 repetitions: Set 1 - 10 reps at 55% of 1 rep max, Set 2 - 8 reps at 65%, Set 3 - 6 reps at 75%, Set 4 - 4 reps at 85%.

Week 9 and 10 - Sets of 10-8-6-4-3-2 repetitions: Set 1 - 10 reps at 55% of 1 rep max, Set 2 - 8 reps at 65%, Set 3 - 6 reps at 75%, Set 4 - 4 reps at 85%, Set 5 - 3 reps at 88%, Set 5 - 2 reps at 93%.

These are percentages for major lifts only. All auxiliary lifts we try to do 3 sets of 8-10 repetitions and we do them a variety of ways.

Lower Body Lifts - *squat or front squats, *cleans, shoulder shrugs, leg machine - curls and extensions, stiff-legged dead lift, calf raises or bag jumps, stomach, jump rope.

Upper Body Lifts - *bench and/or incline press, *shoulder press - bar or dumb bells, rows - barbell or dumb bells, triceps-multiple exercises, biceps-multiple exercises, lat pull downs or pull ups, flys-multiple exercises, stomach, jump rope.

*These are major lifts that we do on the program chart.

In summary, I'm sure all of you have some type of weight lifting program or have at least considered trying one. No matter what lifts or programs you choose to use, I think we all agree that we are trying to help our kids become better athletes. I hope that some of the ideas we mentioned can be helpful for some of you. Thank you and good luck in the upcoming season.

Coaches of the Year...



Rick Manke
Detroit Lakes
A Coach Of The Year
Minnesota Coach Of The Year



Paul Miller
Apple Valley
Class AA Coach Of The Year



Gary Fasching
St. Cloud Cathedral
Class B Coach Of The Year



Ken Baumann
Mahnomen
Class C Coach Of The Year



Neal Hofland
Chokio-Alberta
9-Man Coach Of The Year

1993 MINNESOTA CONFERENCE FOOTBALL COACHES OF THE YEAR

Conference	Coach	School	Conference	Coach	School
212	Terry Karlsgoot	Atwater-Cosmos	Prairie	Gary Graham	Browerville
Big Nine	Jon "Snuffy" Williams	Rochester John Marshal	Rum River	Clark Bergloff	Mora
Buffalo Ridge	William Koenig	Sioux Valley-Round Lake	Sea Range	Randy Bowen	Hermantown
Central Lakes	Ron Stolski	Brainerd	South Central	Rick Van Roedel	New Ulm
Central Lakes	Deryl Ramey	Willmar	South Central	Frank Fredlund	St. Peter
Central MN	Leo Pohlkamp	Pierz	South Central	Jim Simser	Fairmont
Circle Eight	Tom Murphy	Nicollet	Southeast MN	Terry Highum	Lanesboro
Gopher	Mark Hanson	Bethlehem Academy	Southern Minny North	Curt Strand	McLeod West
Great Northern	Dan Zubich	Babbitt-Embarrass	Southern Minney South	Dean Dieble	Sleepy Eye
Great Northern	Keith Bergstedt	Cromwell	Southern Minney South	Jim Bauer	MN Valley Lutheran
Great River	Gene Stritesky	Ogilvie	Southwest	Joel Swanson	Luverne
Heart O'Lakes	Craig Anderson	Dilworth	Southwest	Dennis Stoterau	Redwood Valley
Heart O'Lakes	Terry Horan	Breckenridge	St. Paul City	John Heller	St. Paul Highland Park
Heart O'Lakes	Ken Baumann	Mahnomen	St. Paul Suburban	Bob Slater	St. Thomas Academy
Heartland	John Ott	LaPorte	St. Paul Suburban	Bob Majeski	Hastings
Hiawatha Valley Blue	Don Henderson	Triton	Three Rivers	John Norlander	Plainview-Elgin-Millville
Hiawatha Valley Gold	Ken Belanger	Zumbrota	Top of State	Mark Kroulik	Stephen
Classic Lake	Roger Lipelt	Wayzata	Tri Metro Gold	George Smith	Mahtomedi
Lake	Ken McDonald	Hopkins	Tri Metro Maroon	Barry Lieske	De LaSalle
Little Sioux	Paul Huber	Canby	Tri Star	Brad Molinka	Fulda
Mid State	Mark Redemske	Crosby-Ironton	Tri-Valley	Jim Steuber	St. Croix Lutheran
Minneapolis	Jim Dotseth	Henry	Twin Cities Suburban East	George Thole	Stillwater
Minnesota River	Barry Wohler	Belle Plaine	Twin Cities Suburban West	Dave Nelson	Blaine
Missota	Bob "Bubba" Sullivan	Northfield	Valley	Terry Arduser	Madelia-Truman
North Country	Dan Kostich	Moorhead	Valley Plains	Les Dreschel	Red Lake Falls
North Suburban	Gerard Rohl	Buffalo	West Central "B"	Gary Fasching	St. Cloud Cathedral
North Tri County	Ron Johnson	Clearbrook-Gonvick	West Central "A"	Dean Taylor	Sartell
North Star	Dave Uhler	Bagley	West Central "A"	Jim Mader	Albany
Park Region	Chuck Evert	Battle Lake	West Central "A"	Rick Jaeger	Montevideo
Pheasant	Neal Hofland	Chokio-Alberta	Wright County	Earl Bauman	St. Michael-Albertville
Polar North	Steve Ott	Deer River			
Polar South	Bill Hudspeth	Esko			

1993 SECTION COACHES OF THE YEAR

CLASS - 9 MAN

Section	Coach
1	Stan Olson
2	Rich Farwell
3	Neal Hofland
4	Michael Mahlen
5	Paul Schroeder
6	Steve Radniecki
7	Phil Koski
8	Terry Ogorek

CLASS - A

Section	Coach
1	Bob "Bubba" Sullivan
2	Gary Dierks
3	Randy Bjorklund
4	Grady Rostberg
5	Clark Bergloff
6	Jim Mader
7	Stuart Nordquist
8	Rick Manke

CLASS - B

Section	Coach
1	Ken Belanger
2	Terry Arduser
3	Don Henderson
4	Joel Swenson
5	Barry Wohler
6	Gary Fasching
7	Steve Ott
8	Craig Anderson

CLASS - C

Section	Coach
1	Terry Highum
2	Jim Bauer
3	Curt Strand
4	Gerhard Meidt
5	Gary Graham
6	Mike Malmberg
7	Bill Hudspeth
8	Ken Baumann

CLASS - AA

Section	Coach
1	Jon "Snuffy" Williams
2	George Thole
3	Rich Kallok
4	Craig Hansen
5	Todd Olson
6	Paul Miller
7	Dan Kostich
8	Gerard Rohl

Jerry Carlson of Cambridge Named Assistant Football Coach Of The Year For The 1993 Season



Jerry Carlson, veteran member of the Cambridge High School coaching staff, has been selected as the winner of the 1993 Minnesota Assistant Football Coach of the Year award.

Carlson played his high school football and baseball at Hector High School, attended St. Olaf College, and graduated from the University of Minnesota in 1963 with a degree in physical education and social studies. Jerry started his teaching and coaching career at Slayton High School, where he was an assistant football coach for two years and head football coach for three years. He also served as the head baseball coach for five years.

In 1968 Carlson became an assistant football coach under George Larson at Cambridge, where he has been the offensive and defensive line coach for the past 26 years. Jerry has consistently developed outstanding linemen for the Bluejackets

in contributing to their fine winning tradition. During his 26 years on the staff, Cambridge has had an overall record of 222-41-1. Included in that record are 19 conference championships, eight state qualifiers and two class A State Championships.

During his coaching tenure as a head baseball coach, Carlson's teams produced 148 wins, and as head softball coach the past nine years his teams have won 113 games.

Jerry is a member of the MSHSCA "25 Year Club", was a recipient of the Buch Nash Award, and was an outstate coach in the 1989 All-Star Football Game. He is a life member of the MSHSCA, serves as a Region 7AA delegate to that association, and became the athletic director for the Cambridge-Isanti School District in 1992.

Jerry and his wife, Diana, have three daughters, Kim, Heidi, and Nikki, and have resided in the city of Cambridge the past 26 years.

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Often we take for granted the magazines and journals which reach us as professional publications. The dues which we pay in this organization do not come close to paying for the publication of this magazine. This magazine is made possible, therefore, by the close support and cooperation of the organizations who advertise. Support those advertisers and when you see them, thank them for their help and support.

Distinguished Service Award Winner Bill Etter



Bill Etter and his son Kyle.

Bill Etter was the choice of the executive committee for the 1994 Distinguished Service Award. He has truly been a friend of football. Bill joins Jim Lano, Bud Olson, Bob Roy and Don Swanson in being recognized by the MHSFCA for this prestigious award.

Bill was recognized at the 1994 Hall of Fame Banquet. He was presented with a plaque donated by Bud Olson Awards and a beautiful watch donated

by Stan and Judy Skjei of Bloomington. Football has always been in Bill's blood. He spent 12 years as a teacher and football coach in southern Minnesota. In between head coaching positions at Welcome and Sherburn Bill served as an assistant to Tom Mahoney at Fairmont. Even though he left coaching to get into restaurant management, he always had hoped to get back in touch with the sport he loved and the people with whom he had formed friendships.

He got the chance in 1984 when as president of Chi-Chi's he sponsored the hospitality room in the press box of the dome during Prep Bowl. The room immediately became the place for coaches to meet, talk, and socialize during the championships games and later during the semi-finals as well.

Bill is now the vice president of operations for Pannekoeken Family Restaurants and last year served us cookies and muffins from Pannekoeken. We hope that this relationship will continue for many years to come.

Last August Bill lost his wife of 34 years, Sandy, to cancer after a nine-year battle. His association with football coaches and his commitment to his sons Greg, an assistant football coach at SDSU, and Kyle has become even more meaningful.

Congratulations and thanks from all of us Bill!

Coach of the Year Award

1965	Bill Severin, Grand Meadow, Region I	1979	Ron Raveling, Columbia Heights, Class AA
1966	Stan Canakes, Edina, Region V	1980	L.E. Dreschel, Crookston, Class A
1967	Tom Mahoney, Fairmont, Region II	1981	Gary Roebuck, Holdingford, Class B
1968	Jerry Sullivan, Minneapolis Roosevelt, Region V	1982	George Thole, Stillwater, Class AA
1969	Art Hass, Austin, Region I	1983	Ron Scott, Coon Rapids, Class AA
1970	Gary Gustafson, North St. Paul, Region IV	1984	Grady Rostberg, Hutchinson, Class A
1971	George Larson, Cambridge, Region IV	1985	Norm Johnson, Mpls. Roosevelt, Class AA
1972	George Wemeier, Minneapolis Washburn, Region V	1986	George Larson, Cambridge, Class A
1973	Dick Lawrence, Eveleth, Region VII	1987	Dave Brokke, Granite Falls, Class B
1974	John Drews, Rochester John Marshall, Region I	1988	Gehardt Meidt, Minneota, Class C
1975	Bob Swanson, Mountain Iron, Region VII	1989	Jim Mader, Albany, Class A
1976	Lyle Eidsness, St. Peter, Region II	1990	Ken Baumann, Mahanomen, Class C
1977	Paul Benson, Granite Falls, Region III	1991	Neal Hofland, Chokio-Alberta, 9-Man
1978	Jim Simser, New Richland-Hartland, Region I	1992	Larry Thompson, Lakeview, Class AA
		1993	Rick Manke, Detroit Lakes, Class A

MINNESOTA HIGH SCHOOL FOOTBALL
COACHES ASSOCIATION

1994 "Hall of Fame" Inductees Football Hall of Fame Annual Banquet



George Larson - Cambridge

A South Dakota native, George Larson lettered in football, basketball and track at Bryant High School where he graduated in 1950. He played football at Northern State College in Aberdeen and earned his Bachelor of Science degree in 1956.

George began his teaching and coaching career in Minnesota at Jeffers High School in 1956 where he was head coach in football and track and an assistant in basketball. In his two years at Jeffers, his football team was 10-5-1 and won a conference championship. He moved to Cambridge in 1958 and spent his first two years as an assistant football coach before assuming the head coaching duties in 1960. He was also head track coach from 1960 to 1964 and Athletic Director at Cambridge from 1967 to 1992.

In his 34 year career at Cambridge, George Larson achieved one of the truly outstanding football coaching records in Minnesota. He directed Cambridge to twenty-four conference and six section titles. Eight of his teams participated in the State football tournament, two of which won the State Class "A" championships in 1986 and 1987 while another finished as runner-up in "AA" in 1980. George also directed the Blue Jackets to a 27 game winning streak from 1969 to 1972. When he retired at the end of the 1993 season, his overall coaching record was a remarkable 285-60-6.

A dedicated member of the Minnesota State High School Coaches Association, George was a finalist for national football "Coach of the Year"

honors in 1988. He was selected as Minnesota High School Football "Coach of the Year" in 1971 and again in 1986. He served a term on the Board of Directors of the Minnesota State High School Football Coaches Association in 1992. Now retired from teaching and coaching at Cambridge High School, George Larson continues to serve his community as a member of the Isanti County Board of Commissioners.



Dick Bakke - Monticello

Dick Bakke excelled in both football and track at St. James High School and later at Gustavus Adolphus College where he earned three varsity letters in each sport.

Dick began his high school teaching and coaching career at Belview where from 1963-65 he was head football and an assistant basketball coach. He then took over the head football coaching position at Monticello where from 1965-77 his teams achieved an enviable record of 100 wins, 17 losses and 3 ties, including ten Wright County conference championships.

An even more impressive statistic is that during his first seven seasons at Monticello, Dick's teams suffered only one loss in 58 games. Unfortunately, Dick's health forced him to retire at an early age from his head coaching duties after the 1977 season. Recognized as an individual who has the highest ideals and a genuine concern for kids, his overall coaching record was 108-25-3.

Dick Bakke is very active in church activities in

the Monticello community and loyal to the athletic program at the high school. He spent five years on the Trinity Lutheran Church Council and has served as chairperson of the finance and education committees. Presently a history teacher at the middle school, Dick remains close to the football program, and since 1984 has directed the weight training program at Monticello High School.



Marsh Nelson - Duluth Sport Journalist

Affectionately known as "Mr. Sports of the Twin Ports," Marsh Nelson earned three letters each in football and basketball, which were the only two sports offered at Tower-Soudan High School. However, Marsh established himself well enough by playing city league baseball to gain a tryout with the New York Giants at their Florida training camp in the spring of 1949.

Marsh carried his love of baseball and hockey with him to Macalester College where he lettered four years in each sport and was team captain in hockey his junior and senior years. After earning his Bachelor of Arts degree and serving in the U.S. Army, he tried out for the 1956 Olympic hockey team coached by the legendary Johnny Mariucci, but was the last man cut from the squad.

It was in the field of sports broadcasting, however, where Marsh Nelson would soon become a legend himself. After getting his start at KSTP Radio-TV in the Twin Cities, he moved to Duluth in 1958 where his dedication to the profession has been an obsession. For more than 35 years he has been a popular on-the-air sports commentator at KDHL-TV in Duluth and has covered many different sports including doing over a quarter of a century of play-by-play University of Minnesota-Duluth hockey on KDAL-Radio. Since 1962 he

has also been the public address announcer for Minnesota Vikings home games and in 1992 was honored by the National Football League as stadium announcer for the Super Bowl.

Several years ago his biography, **Marsh: A Lifetime in Sports**, was written by his long-time friend and associate, Don Wright. This popular book is a delightful account of a remarkable man whose entire life has been dedicated to amateur and professional sports.



George Smith - Mahtomedi

An outstanding all-around athlete, George Smith graduated from Osseo High School in 1944 after lettering in four varsity sports. He received his Bachelor of Science degree from the University of Minnesota in 1950, taught and coached briefly at Villard High School, and in January of 1951 began his 43-year teaching and coaching career at Mahtomedi. George taught physical education and when he started at the school was the head coach in football, basketball, and track.

In 1956 George earned his Master's degree in Education from the University of Minnesota. He took over the duties of Athletic Director in 1954, coached track until 1968, and continued as head football coach until his retirement after the 1993 season.

George Smith's overall football coaching record was 265 wins, 122 losses and 11 ties. He coached four undefeated football teams, one of which in 1959 finished the season unscored upon. From 1958 to 1960 he directed Mahtomedi to 22 consecutive victories.

A highly respected teacher and coach, the Mahtomedi School District, in 1982, named their football stadium in honor of George Smith. In

1986 he was selected as "Teacher of the Year" in the Mahtomedi schools. A past president of the Metro Athletic Directors Association and longtime member of the State High School Coaches Association, George was honored by his peers as Tri-Metro Conference "Coach of the Year" in 1986 and 1993.



Jim Malosky - U of MN-Duluth

An All-State football and basketball player at Crosby-Ironton High School, Jim Malosky enrolled at the University of Minnesota in 1946 where he played football for the legendary Bernie Bierman. From 1946-49, the Gophers compiled a 25-11 record, including identical 7-2-0 marks during Jim's junior and senior seasons when he was their starting quarterback.

Upon earning his Bachelor of Science degree from Minnesota in 1951, Jim Malosky served with the U.S. Army in Okinawa where he spent some time coaching football. He coached two years at Morris High School where one of his teams won the conference championship with an 8-1 record. In 1956 Jim moved on to Edina Morningside where in his second year they finished undefeated, won the Lake Conference championship, and were named the top ranked high school team in Minnesota in 1957. He also earned his Masters degree in Education that year from the University of Minnesota.

In 1958 Jim became only the third football coach in University of Minnesota-Duluth history. In his third and fourth seasons as head mentor of the Bulldogs, he directed UMD to consecutive Minnesota Intercollegiate Athletic Conference titles. Jim has won or shared three MIAC titles

(1960, 1961, and 1973), four NSIC championships (1979, 1980, 1985, and 1990), and has been named "Coach of the Year" by the MIAC, the NSIC, and the NAIA District 13 on nine occasions.



Andy Nelson - Lake Benton

A native of Brookings, South Dakota, Andy Nelson lettered three years each in football, basketball, and track at Dakota State University.

He also played semi-pro baseball for two years and then spent twelve more in amateur ball as a pitcher and outfielder. Except for a two-year stint in the U.S. Army, Andy coached football, basketball and track at five small South Dakota high schools before moving to Minnesota and Lake Benton High School in 1967.

In a career spanning a quarter-century as the head football coach at Lake Benton, Andy Nelson's teams won 169 games and lost 77. They won back-to-back Minnesota State 9-Man Championships in 1973 and 1974. His teams won eight conference and four section titles and Andy is the only football coach in Minnesota who has coached two High School All-Star games, including the first one in 1974. He also directed Lake Benton to the longest winning streak in 9-Man Football of 35 consecutive games.

A life member of the Minnesota State High School Coaches Association, Andy Nelson organized and hosted the only 9-Man Football Coaching Clinic in Minnesota for more than 15 years. Respected by his peers as a dedicated leader in 9-Man Football, he was honored as District, Conference, or Region "Coach of the Year" on seven different occasions.

"Hall Of Fame"

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PREVIOUS WINNERS

1965

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

1966

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

1967

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

1968

Lee Brockmeyer
Sid Hartman
Charles "Bud" Wilkinson
Elmer Wigen

1969

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

1970

Ed Widseth
Adrian Christenson
Jake Christiansen
Walter Hertz
Frank O'Rourke
Les Knuti
Bud Grant
Wendell Vlasin

1971

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

1972

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

1973

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

1974

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

1975

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

1976

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

1977

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

1978

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

1979

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

1980

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

1981

Lou Barle
Irv Nerdahl
Glenn Redmann
Clayton Tonnemaker

1982

Bob Gove
Wally Hitt
Gary Olson
Don Nyland
Dale Scholl

1983

Stan Nelson
Joe Mrkonich
Jim Gotta

1984

Dick Lawrence
Tom Briere
Jim Henkes

1985

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

1986

Chuck Halsted
Ralph Hagberg
Pete Herges
Ike Pesonen
Cliff Senne

1987

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

1988

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

1989

John Drugg
Don Fox
Jim Griffin
Bill Severin
Harvey Shew
Tony Thiel

1990

Roland Bromberg
Gary Gustafson
Tom Mahoney
Bob O'Neil
Dick Rezanka
Al Siegle

1991

Morgan Bandrup
John Davies
Earl Gramling
Roy Hokkanen
Ron Scott
Bob Youso

1992

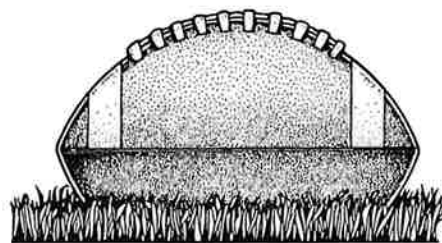
Stav Canakes
Dan Devine
John Hansen
Joe Mayer
Warren Olson
George Wemeier

1993

Les Dreschel
Ken Mauer
Tom Porter
Dana Powers
Dick Walker

1994

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





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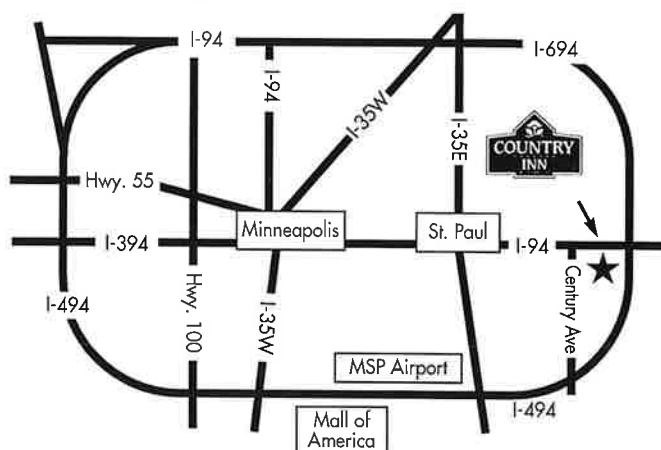


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Academic All-State Football Team Concept

Guidelines & Procedures:

- 1) Choose one champion in each class.
- 2) Use 60% of the tournament team number to decide the team G.P.A.

AA - 31

A - 27

B - 23

C - 22

9-man - 16

Note:

- Each players name and G.P.A. must be listed.
- 3) In addition, 3 extra players G.P.A.'s will be listed for tie breakers, using them in order.
 - 4) The 4.00 grading system will be used. Other systems must be converted and 4.00 will be the highest possible grade. Grades should be rounded off to 2 decimal places.

- 5) Grading Period: The grades should be from the past full year. No summer school or current fall grades will be used.
- 6) Who is eligible? Only teams with a head coach who is a current member of the Minnesota High School Football Coaches Association.
- 7) Teams should be submitted to Class Reps by October 1st, and champions submitted to Committee Chairman by November 1st.

Academic All-State Team Committee

Class AA: Murry Anderson, Hibbing

Class A: Dave Hylla, Proctor

Class B: Jerry Wallskog, LeCenter

Class C: Con Natvig, Swanville (Chairman)

9-man: Dave Krenick, Cleveland

Minnesota Academic All-State Football Player Guidelines and Procedures

A review of the Minnesota State Football Coaches Association's basic requirement for the team are:

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:

9-man = 11	Class A = 14
Class C = 12	Class AA = 15
Class B = 13	
- 6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.
- 7) The Coach submitting the player application must be a member of the Minnesota State Football Coaches Association.

Guidelines & Procedures:

- 1) All applications should be typed or printed with correct names and data.
- 2) The selection Committee must have a good summary of not only the player's academic record, but the player's football accomplishments.
- 3) If the first quarter grades are not out for the applicant's senior year, his first quarter senior subjects must be listed.
- 4) All applications must be sent to your Class Academic Team Representative. If you have any problems, contact your Class Representative first. Please check the time deadlines on the application form.

Remember: This is your State's FOOTBALL COACHES ASSOCIATION'S endeavor.

Send Your Applications To:

9-man: Mike Mahlen, Verndale, Call 218-445-5184

Class C: Con Natvig, Swanville, Call 612-547-2431 and then 612-547-2432

Class B: George Tuvey, Janesville, 507-234-5796.

Class A: Dennis Nigon, Rochester Lourdes, 507-289-3991

Class AA: Paul Miller, Apple Valley, 612-431-8282

Academic Teams Chairman, Frank Fredlund, St. Peter, 507-931-4783

Academic All-State Football Team Application

School _____ Class _____
 Address _____ Phone _____
 Head Coach _____

The following number of candidates may be listed for each class: AA - 31, A - 27, B - 23, C - 22, 9-man - 16; three extra players should be listed also for the purpose of tie breakers. The 4.00 grading system system to 2 decimals will be used, so other systems must be converted. 4.00 is the highest grade used. The grades must be from the past full year.

Applications **must be in** to each Class Representative **by October 1st**. A team champion will be chosen in each class.

Players Name	G.P.A.	Players Name	G.P.A.
1) _____	_____	18) _____	_____
2) _____	_____	19) _____	_____
3) _____	_____	20) _____	_____
4) _____	_____	21) _____	_____
5) _____	_____	22) _____	_____
6) _____	_____	23) _____	_____
7) _____	_____	24) _____	_____
8) _____	_____	25) _____	_____
9) _____	_____	26) _____	_____
10) _____	_____	27) _____	_____
11) _____	_____	28) _____	_____
12) _____	_____	29) _____	_____
13) _____	_____	30) _____	_____
14) _____	_____	31) _____	_____
15) _____	_____	32) _____	_____
16) _____	_____	33) _____	_____
17) _____	_____	34) _____	_____

Composite _____

 (Signature of verifying School Official)

 Position

Academic All-State Player Application

Sponsored by: The Minnesota State Football Coaches Association

Name of Applicant _____ Grade _____

Birthday _____ month _____ day _____ year _____ Height _____ Weight _____

School _____ Coach _____

Football position played as a Starter Offense: _____ Defense: _____

Circle Class - 9 C B A AA Kicking Game: _____

Academic Information

Accumulative High School GPA: _____ Attach a Transcript or list subjects completed or enrolled in.

Grade 10 Subjects

Grade 11 Subjects

1st Quarter Senior Subjects

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ |
| 5. _____ | 5. _____ | 5. _____ |
| 6. _____ | 6. _____ | 6. _____ |
| 7. _____ | 7. _____ | 7. _____ |

Use a 4.0 Scale for GPA

Pursuant to the provision of PL 93-380 (Family Educational Rights and Privacy Act of 1974) I hereby grant permission to release a copy of my academic record and GPA average for use by the Minnesota Football Coaches Association in selecting the Academic All State Team.

Signature of Parent or Student Applicant if 18 years or older

PLAYER INFORMATION

Coaches: Please use the following format to submit data for your applicant.

School Background Information:

- 1) List academic honors.
- 2) List other school activities and leadership role in school.
- 3) List other sports with varsity participation.

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense, defense, kicking game).
- 2) List all football honors - previous and this season.
- 3) Statistics (list stats from this season and career totals. Mention any school or conference records. Mention if a line-man has any team stats that may be pertinent to the team's success.
- 4) Coaches Comment: Please submit a short letter to the Academic Team Selection Committee describing your player in terms of ability, performance, potential character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Saturday, November 5.
- 2) Class selection committees must have teams picked by Saturday, November 12, and sent to the Academic Chairman.
- 3) Class Representatives must notify all team selections by Tuesday, November 15.

Send your applications to: (Fax Numbers)

- 9-man Mike Mahlen, Verndale, Call 218-445-5184
 Class C Con Natvig, Swanville, Call 612-547-2431 and then 612-547-2432.
 Class B George Tuvey, Janesville, 507-234-5796.
 Class A Dennis Nigon, Rochester Lourdes, 507-289-3991.
 Class AA Paul Miller, Apple Valley, 612-431-8282
 Academic Teams Chairman, Frank Fredlund, St. Peter, 507-931-4783.

The Butch Nash Award



To the many of us who know him, Butch Nash is the epitome of the ideal assistant coach:

Total loyalty to his school and the head coach.

Hard working - beyond measure.

Integrity in dealing with athletes and especially high school coaches.

Particularly competent in his coaching specialty—defensive ends.

Unique ability to relate to and be supportive of the athlete - their love for Butch is virtually legendary.

Lastly, the many, many years of dedicated service to his university.

It is these much admired qualities that have motivated the Minnesota High School Football

Coaches Association to institute an annual award to be given to those high school assistant coaches who approach the greatness of Butch Nash.

The requirements for selection as a recipient of the Butch Nash awards are:

1) An **active** assistant football coach at the high school level.

2) Although not strictly limited to varsity level coaches, the Executive Committee set a requirement of being an assistant who is a "front liner" - in the limelight, under the gun, recipient of praise or criticism approaching the level of that endured by the head coach.

3) Certainly, a few younger coaches can meet these requirements, BUT in all candor, years of service to a program will influence the selection committee's choices.

The recipients of the Butch Nash award for 1993 are:

Dick Klein, Stillwater

Jim Bock, Breckenridge

Paul Bengston, Hopkins

Bruce Nelson, Eagan

John Mithun, Chokio-Alberta

Jim Slifka, Medford

Bernie Litecky, Totino Grace

Wally Malmquist, Mahtomedi

* Head coaches are urged to nominate outstanding assistant coaches for future consideration by the selection committee.



Bruce Nelson
Eagan
Butch Nash Award



Dick Klein
Stillwater
Butch Nash Award



Wally Malmquist
Mahtomedi
Butch Nash Award



Jim Bock
Breckenridge
Butch Nash Award



Bernie Litecky
Totino-Grace
Butch Nash Award



Jim Slifka
Medford
Butch Nash Award



Paul Bengston
Hopkins
Butch Nash Award



John Mithun
Chokio-Alberta
Butch Nash Award

West Central Conference

"A" DIVISION

The West Central "A" ended in a three way tie for first between Albany, Montevideo, and Sartell, all with records of 6 wins and 1 loss. The coaches for the year were Jim Mader of Albany, Rick Jaeger of Montevideo and Dean Taylor of Sartell.

The WCC "A" back of the year and most valuable player was Eric Boike, Montevideo, quarterback. The lineman of the year was Darrick Dierkhising of Albany.

Albany was the team leader on offense and Montevideo was the team leader on defense.

INDIVIDUAL STATISTICAL LEADERS

Rushing: Tom Stark, Sartell.

Passing: Eric Boike, Montevideo.

Pass Receptions: Ryan Halverson, Montevideo.

Punting: Chad Turner, LQPV.

Punt Returns: Jeremy Reinholz, Albany.

Kickoffs: Scott Mader, Sartell.

Kickoff Returns: Jeremy Reinholz, Albany.

Pass Interceptions: Ted Rechmann, Minnewaska Area

Scoring: Josh Kilanowski, Albany

"A" FINAL STANDINGS

Albany	6-1
Montevideo	6-1
Sartell	6-1
Lac Qui Parle Valley	4-3
Litchfield	2-5
Minnewaska Area	2-5
New London Spicer	2-5
Melrose	0-7

"B" DIVISION

The West Central "B" was won by the St. Cloud Cathedral Crusaders with a record of 6 wins and 0 losses. Cathedral coach Gary Fasching was named coach of the year and Jeff Hoefs of St. Cloud Cathedral was named most valuable player. Mike Mrnak of Sauk Centre was named the outstanding back and Kevin Morrissey of St. Cloud Cathedral was named the outstanding lineman.

Sauk Centre was the team leader on offense and St. Cloud Cathedral the team leader on defense.

INDIVIDUAL STATISTICAL LEADERS

Rushing: Mike Mrnak, Sauk Centre.

Passing: Nate Manderfeld, Cathedral.

Pass Receptions: Corey Schmidgall, Morris Area.

Punting: Steve Koehn, Paynesville.

Punt Returns: Zach Witt, Morris Area.

Kickoff Returns: Rob Knutson, Benson.

Pass Interceptions: Otis Ostendorf, Long Prairie/Grey Eagle.

Scoring: Mike Mrnak, Sauk Centre.

"B" FINAL STANDINGS

St. Cloud Cathedral	6-0
Sauk Centre	5-1
Belgrade-Brooklyn-Elrosa	3-3
Morris Area	3-3
Benson	2-4
Long Prairie/Grey Eagle	1-5
Paynesville	1-5



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Twin Cities Suburban West Conference

By DeWayne Johnson, Conference Representative, Anoka

In 1993 the Twin Cities Suburban Conference made a split into two conferences. The conferences were called Twin Cities Suburban East and Twin Cities Suburban West. The split came about because three teams from the North Suburban Conference and two teams from the Lake Red Conference joined our conferences. The teams coming from the North Suburban were Elk River, Irondale and Mounds View. Osseo and Park Center joined from the Lake Red Conference. Also coming back into our football schedule was Roseville, who played an independent schedule in 1992.

The East conference was made up of Forest Lake, Hill Murray, Irondale, Mounds View,



Osseo's 6'2", 185 lb. returning All Conference running back, #30 Tony Cady looks for running room against Elk River.

Roseville, Stillwater and White Bear Lake. The West Conference was made up of Anoka, Blaine, Champlin Park, Coon Rapids, Elk River, Osseo and Park Center. The conferences were separate in their standings but there were two crossover non-conference games based on a power schedule.

As usual it was a tough conference with three or four teams being rated in the top 10 metro poll at some time or other during the season. Blaine won the conference with an undefeated season. In the playoffs, however, Osseo, who finished second in the conference, beat Blaine to advance to the quarter finals where they beat Buffalo. Osseo eventually lost in the semi-finals to Rochester, John Marshall.

Dave Nelson was selected as the conference coach of the year. Troy Lewellin, halfback from Blaine, was selected the most valuable offensive player and Nick Warren, LB from Osseo, as most valuable defensive player.

The following boys received All-State recognition: Alex Sentryz, defensive tackle, Anoka; Chris Bellis, wide receiver, Blaine; and Troy Lewellin, running back, Blaine.



Anoka's #25 Richie Kruger is being led by the pulling guards #64 Jason Frydenlund and #61 Dan Anderson against Coon Rapids.

Final Conference Standings

<u>Conference</u>	<u>Overall</u>	
Blaine	6-0	10-1
Osseo	5-1	10-2
Anoka	4-2	6-4
Coon Rapids	3-3	5-5
Park Center	2-4	4-5
Elk River	1-5	5-6
Champlin Park	0-6	1-8



Anoka's Ryan Hostetler drops back in the pocket for a pass against Coon Rapids. Anoka won (35-15)

Park Region Conference

PARK REGION CONFERENCE

The Park Region Conference increased its number of teams in 1993 from five to seven. Along with Bertha/Hewitt, Menahga, New York Mills, Parkers Prairie and Sebek, the conference added Brandon/Evansville and West Central Area. The addition of these teams was timely as the Park Region Conference combined its schedule with the neighboring Prairie Conference to fill open dates and produce a competitive eight game schedule.

TEAM REVIEWS:

Matt Radneki's New York Mills Eagles had finished on or close to the top of the conference the past two years. He knew he would have his work cut out for him this season with only four seniors returning. He felt it was time to try a new offense, one where they could throw the ball more and not rely so heavily on the run. It took time to work out the kinks and though very competitive, the young Eagles were unable to get any wins and they finished the season 0-9.

This was Brandon/Evansville's first year in the conference. After leaving the Prairie Conference, Coach Dan Olson had hoped that facing new teams might improve the Charger's performance. They played strong defense but mistakes seemed to hinder the team in key situations. As a result the Chargers finished with a 1-7 record.

The Menahga Braves had high expectations at the beginning of the season. With a very talented backfield in place they looked to be a contender. Coach Brett Shimek knew the keys to his success

would be the defense and the offensive line. He also knew that he had to develop them early because of the tough schedule the last half of the season. Though the Braves had a potent offense, they had difficulty keeping teams out of the end zone. They ended the season with a 2-6 mark.

After some disappointing seasons the past few years, John Noga, coach of Parkers Prairie, wanted to see some improvement. Having the quickest line in the conference and some talented running backs, all the Panthers needed to do was stay healthy. That didn't happen. They had some key injuries against opponents in big ball games. In spite of losing four ball games by a touchdown or less they still managed a 3-5 season.

Al Erickson, coach of Sebek, would've liked to have seen his team do an encore performance of a year ago when the Trojans were 8-0 and conference champions. They were in the title hunt but Sebek came up short to West Central Area and ended with a 5-3 third place finish.

West Central Area joined the conference after the 1992 football season. They didn't know how they would fair being a Class B school in a small Class C conference. They are made up of five towns: Elbow Lake, Wendell, Barrett, Hoffman and Kensington. Keith Swanson took the reigns as head coach and made the jump from 9-man to 11-man. They put together an impressive season, dominating teams on both sides of the ball. The only loss they suffered in eight games was a heart breaking one point decision to Bertha/Hewitt.

The Bertha/Hewitt Bears and Head Coach Tom Trisko knew that if they could get their young sophomores to develop early, the Bears might have a shot at a conference championship. With an untested sophomore quarterback that was 5'4", 140 pounds and a senior dominated offensive and defensive line that averaged over 200 pounds, Bertha/Hewitt put together a perfect 8-0 season. Though not dominating their opponents on the scoreboard, the Bears always found a way to win. It was their first conference championship since 1988.

SEASON REVIEW:

Conference play opened in week two of the reg-



#24 Aaron Smith, Bertha/Hewitt/Dark, #40 Luke Roberts, Sebek/White, #22 Ryan Lohner, Sebek/White, #41 Shannan Dykhoff, Sebek/White, #10 Eric Lee, Sebek/White.

ular season when some key match ups were played. Menahga edged New York Mills 28-8, Sebeka squeaked by Parkers Prairie 14-12. In that game the Panthers had a conversion called back because of a penalty that would have tied the game. Bertha/Hewitt also dueled it out with Brandon/Evansville to come out on top of a 15-0 decision.

By the fourth week of the season, the top teams began to show. Three teams were still undefeated in the conference. West Central Area, Sebeka, and Bertha/Hewitt. The key match up this week was Menahga, 2-1, at Parkers Prairie, 0-3. It was an offensive display. The final was 46-20 in favor of Parkers Prairie.

In week five the show downs began. After playing a tough first half of the season schedule, Parkers Prairie dropped a heart breaking decision to Bertha/Hewitt 24-25. The game was a classic, as neither team could stop the other. It featured the conference's two leading ground gainers, Rod Klimek for the Panthers, and Bryan Becker for the Bears. In other conference action Menahga squeaked it out over Brandon/Evansville 21-20. The Chargers had chances to put the game away but couldn't do it and the Braves came back to win. West Central Area continued to impress the people as they downed New York Mills 41-14.

Going into the sixth week of the season the three undefeated teams remained, sooner or later they had to face each other. This week it would be Bertha/Hewitt against Sebeka. Sebeka was led by the conference's most valuable running back Chris Roberts, last year's leading rusher. But early

in the second half Roberts went down with an ankle injury. This may have been a key factor in the game as Bertha/Hewitt overcame an 8-7 half time deficit enroute to a 21-8 win.

The pre-season conference favorites were West Central Area and Bertha/Hewitt. Both teams were dominated by big senior offensive and defensive linemen. They did not let any one's expectations down and in the seventh game of the season both teams, still undefeated, went up against each other. In an exciting see-saw battle that came to a missed extra point, Bertha/Hewitt came from behind to edge WCA 20-19. It was the third time in three years that the conference would crown a new champion.

The conference's most valuable players in 1993 were: Offensively: running back Chris Roberts, a senior from Sebeka; receiver, Mark Schmidt, junior from WCA; lineman, Joe Lind, senior from Parkers Prairie. Defensively: lineman, Corey Mekalson, senior B/H; linebacker Chad Graphenteen, senior B/H, and back, Steve Peterson, B/E.

In 1993 the teams were dominated by a number of underclassmen. All of the teams will be returning many of their starters. There are some very talented people that will be seniors next fall which will make the conference very competitive.

West Central Area has left the conference to get into a Class B conference. This leaves the Park Region with six teams. Because their schedule is paired with the Prairie Conference which has seven teams, some of the Park Region teams will end up with a seven game schedule.



Menahga, White - #31 Jason Elmore, Menahga, New York Mills-Dark. #17, Todd Frost, N.Y. Mills.



Bertha Hewitt, Dark, #86 Corey McKalson, #7 Shawn Kuhnke, New York Mills, White, #33 Peter Mursu, #41 Matt Geiser, #88 John Mijala.

Rum River Conference

The eight team Rum River Conference had an exciting hard fought conference race in 1993 with Foley, Princeton and Mora battling down to the last week. The final game of the regular season saw Mora coming out on top for the Mustangs second consecutive conference championship. Mora finished conference play at 6-1, followed by Princeton and Foley at 5-2 and Chisago Lakes and Sauk Rapids at 4-3. Milaca finished at 3-4 followed by North Branch at 1-6 and Pine City at 0-7.

Non-conference games showed the strength of the Rum River in 1993, as Rum River teams went 8-3 against non-conference opponents. Mora and Princeton also advanced to the Section 5A championship game with Mora winning its way onto the state tournament with a thrilling hard fought 14-8 victory.

Sauk Rapids led the conference in total offense in 1993 with a 303.6 yards per game average,

followed by Foley with a 302.6 yard average. Chisago Lakes led the teams defensively, yielding an average of 201.0 yards a game followed by Milaca at 202.1. Mora led in scoring offense with 27.8 points a game, and Foley led in scoring defense with 10.5 points allowed a game.

Joe Rysdam of Pine City was the conference's leading passer, throwing for 1,337 yards and seven touchdowns followed by Foley's Matt Emmerich with 1,275 yards and nine touchdowns. Justin Kral, Chisago Lakes fine running back, led all conference rushers with 738 yards in 126 carries for a 5.9 yard average. Chad Carda of Mora was second with 645 yards on 89 carries for 7.2 average. Foley had the conference's leading receiver in Andy Lien, who caught 35 passes for 617 yards and four touchdowns. Kris Zemek of Pine City was second with 518 yards in 30 receptions and three touchdowns.

North Suburban Conference

It was a good year in the "new" North Suburban Conference. Elk River, Mounds View and Irondale moved to the Twin Cities Suburban Conference while Monticello joined the "NSC"

The Buffalo Bison were the power this year going 8-0 to win their first North Suburban title. Steve Varley of St. Francis and Bill White at Monticello were new coaches in the conference.

The North Suburban has proven to do well in the playoffs as well. In the past few years, Buffalo, Centennial, Columbia Heights, Fridley, Spring Lake Park and Totino Grace have all qualified for the state tournament. This is going to continue to be a very competitive football conference.

MVP: Chad Rogosheske, Columbia Heights

Offensive Player of the Year: Troy Duerr, Buffalo.

Defensive Player of the Year: Darin Holm, Buffalo; Ricky Wagner, Centennial.

Lineman of the Year: Mike O'Neill, Spring Lake Park.



Jr. Sean Fisher #32 receives a hand-off from Sr. QB Tony Townsend and follows the trap block of #75 Sr. Charlie Manson. This action was from the North Suburban game between Columbia Heights and Buffalo.



No Suburban M.V.P. Chad Rogosheske of Columbia Heights takes a hand-off and follows his blocking.

Valley Plains Conference

By Mike Malmberg, Hawley

The Valley Plains Conference had co-conference champions in 1993. Red Lake Falls and Hawley both had perfect 8-0 records to claim the title. The Valley Plains also had a new member in 1993, welcoming in Red Lake Country Central (Oklee-Plummer) to the conference.

Les Dreschel returned to the sideline to lead Red Lake Falls to the Section 8-C title game at the Fargodome, where they were defeated by the eventual state champion, Mahanomen, in a thriller. Mike Malmberg took the reins over in Hawley for his first year and led them to the Section 6-C championship at the Fargodome, eventually losing to Browerville in the state quarter finals.

Both teams stingy defenses were tough to score on, allowing less than seven points a game. They also used tough running attacks to control the line of scrimmage. Hawley's tandem of T.J. Tibbetts and Carl Pederson rushed for over 1,700 yards with 20 touchdowns. T.J. Tibbetts led the conference with 936 yards, also breaking the conference record in rushing touchdowns with 14. Red Lake Falls tandem of Shane Myhre and Blaize Larson combined for 1,700 yards and 22 touchdowns.

Jon Syverson of Waubun led the conference in passing with 734 yards, while Bryan Remick of

Red Lake Falls and Mike Olson of Hawley each threw for six touchdowns. Dallas Everson of Ada-Borup led the conference in passing percentage, completing 50% of his passes.

Nate Pazdernik of Waubun and Matt Kuznia of Greenbush-Middle River led the conference in receptions with 18, while Marc Gordon of Ada-Borup and Pazdernik each had 300 yards in receiving. Marc Gordon of Ada-Borup and Dusty Dorn of Hawley each had four touchdown receptions.

Final Standings

Red Lake Falls	8	0
Hawley	8	0
Waubun	5	3
Warren	5	3
Ada-Borup	5	3
Greenbush-Middle River	2	6
Red Lake Cty Central	2	6
Fosston	2	6
Lake Park-Audubon	2	6
Fertile Beltrami	1	7

Coach of the Year: Les Dreschel, Red Lake Falls

Outstanding Back: Shane Myhre, Red Lake Falls.

Outstanding Lineman: Ryan Siggerud, Hawley.

Great River Conference

The Ogilvie Lions won their seventh straight Great River Conference championship by defeating the Braham Bombers in the final conference game. Ogilvie led the conference in rushing, total offense, and defense against both the run and the pass. The Braham Bombers were the top passing team in the conference. The Lions scored 246 points and gave up only 18 points.

Rush City's senior running back Mike Dick was named the conference offensive player of the year. On the defensive side of the ball Nathan Milke, a defensive lineman from Rush City, was the defensive player of the year. The league's MVP was Ogilvie's running back Bob Durbin. Gene Stritsky of Ogilvie was the Great River coach of the year.

Academic honors went to Matt Colby of Rush City, who was named to the Class B Academic All State team.

Next year the Great River Conference will expand to seven teams with the addition of the Aitkin Gobblers.

Final Standings

Ogilvie Lions	5-0
Braham Bombers	4-1
Rush City Tigers	3-2
Hinckley/Finlayson	
Jaguars	2-3
Mille Lacs Raiders	1-4
East Central Eagles	0-5

Minnesota River Conference

By Terry Turek

Belle Plaine and Sibley East were the two main contenders for the year's MRC championship for 1993. Belle Plaine won the head-to-head matchup, to tie for the lead, and then with LeCenter upsetting Sibley East in the last game of the regular season Belle Plaine was able to claim the title outright.

The playoffs saw MRC teams exiting early with only Belle Plaine and LeCenter making it to Section finals. LeCenter lost to Minnesota Valley Lutheran in Section 2C, while Belle Plaine defeated Watertown-Mayer, in overtime, for the Section 5B title. Belle Plaine lost to eventual state champion St. Cloud Cathedral in the state tournament.

Season ending awards in the MRC went to Dan Koepp, senior RB/OLB, Belle Plaine, for the

most valuable back. This was the second year in a row Koepp received the award. Cory Genelin, senior OG/DT, of Le Sueur-Henderson, was named most valuable lineman. Barry Wohler of Belle Plaine was named MRC coach of the year for the second consecutive year.

Standings

	MRC	Overall
Belle Plaine	6-1	10-2
Sibley East	5-2	6-3
LeCenter	4-3	6-5
Jordan	3-4	4-5
LSH	3-4	3-6
Loyola	3-4	5-5
Montgomery	2-5	3-6
Norwood	2-5	3-5



LSH QB, Dan Berndt, #13, tries to avoid an ankle tackle by a Belle Plaine defender.



Conference Most Valuable Back, Dan Koepp, #16, for Belle Plaine seeks to run by LSH's #24, Frank Bigaouette.



#31 Cory Ellingson runs for yardage against Mounds View. Cory is a returning All-Conference performer who will be in the Oriole line up for the third straight year. Twin Cities Suburban West Conference.



Mahnomon's Brent Miller is pictured here scoring his third touchdown on a 6-yard run as he helped his school defeat Minneota 43-23 in the 1993 Minnesota Class C championship football game. Miller ran 80, 57 and 6 yards for touchdowns, set a new Prep Bowl record with the 80-yard run and also set a single-game Prep Bowl rushing record of 299 yards as Mahnomon won its fourth successive Class C title.

Top of the State Conference

The 1993 season was once again a pretty competitive season in our conference, as no team finished with an unblemished mark. Off the field, we all experienced a great loss in the death of Don Stoner, head coach of the Valley North Raiders. (See "Standing By In Sports"). The Valley North School has since voted to consolidate with the Warren/Alvarado school system. So like many nine man conferences we will have fewer teams this year, that being eight.

The top honors this year went to the Stephen Tigers and the Kittson Central Wolfpack (Hallock-Kennedy). Both squads finished the regular season at 7-1 in conference play. The Tigers edged out the Wolfpack for the number one seed in Section 8 play, on the basis of their regular season win over the Pack. The Pack would have the last word in the matter, however, as they went on to defeat the Tigers in the Section 8 title game in the Fargodome.

From the excellent playing conditions of the dome to the rainstorm of the fall, the following week the Wolfpack would fall to the eventual state champions from Chokio-Alberta.

The Kittson Central team did an excellent job of featuring all their backfield speed throughout the

year. That speed also made their defense very stingy, to say the least.

Final Standings

	Conference	Overall
Stephen	7-1	7-1
Kittson Central	7-1	8-1
Tri-County	6-2	6-2
Argyle	6-2	6-3
Sacred Heart	4-4	5-4
Lancaster	3-5	3-5
Grygla/Goodridge	2-6	2-6
Valley North	1-7	2-7
Marshall Co. Central	0-8	0-8

MVP Back: Mark Olsonawski, Kittson Central.

MVP Lineman: Eldon Quam, Grygla/Goodridge.

MVP Special Teams: Michel Dufalt, Argyle.

Coach of the Year Awards: Mark Kroulik, Stephen, and Terry Ogorek, Kittson Central.

The upcoming season appears to be a close call. After polling coaches the tally sheet came in with a three way tie for first with Kittson Central, Grygla/Goodridge and Argyle. Helping to sort out the predictions will be Stephen, Tri-County, Sacred Heart, Lancaster and Marshall Co. Central.



Action from the match-up between Kittson Central and Stephen in the Section 8, 9-man Championship game at the Fargodome.



Action from the Section 8, 9-Man Championship game in the Fargodome between Kittson Central and Stephen.

North Tri-County Conference

Clearbrook/Gonvick won the North Tri-County Conference championship for the second year in a row. The Bears finished with a conference record of 7 wins and 0 losses. The champs were led by a big play player in Chris Schmitz. Schmitz lead the conference in pass receiving, rushing, and scoring. The talented all around athlete competed in five consecutive state tournaments in football, basketball and track.

Other outstanding conference players were linemen Matt Larson (Fisher/Climax), Tom Schoenborn (Norman County East), and Aaron Durkop, a quarterback from Ulen Hitterdal. Schmitz and Durkop will play for the Outstate team versus the Metro in the Minnesota All-Star game. Clearbrook/Gonvick Coach Ron Johnson was nominated conference coach of the year.

The Bears competed in the 9-man state playoffs in 1992, but because of an enrollment

increase were moved to Section 8C for the 1993 season. They played a 9-man regular season schedule, and switched to 11-man for the playoffs. They beat Fosston in the section quarter finals, both were defeated by Red Lake Falls in the semis. Norman County East and Fisher/Climax advanced to the finals in Section 6 9-man. East defeated the Knights to enter the state playoffs.

Final Standings

	Conference Season	
Clearbrook/Gonvick	7-0	9-1
Ulen/Hitterdal	5-2	6-3
Norman County E.	4-3	7-3
Norman County W.	4-3	4-4
Fisher/Climax	4-3	5-5
Win-E-Mac	3-4	3-5
Kelliher/North	1-6	1-7
Red Lake	0-6	1-7

South Central Conference

By Frank Fredlund

FIFTY YEARS OF SOUTH CENTRAL FOOTBALL

The 1994 season will be 50 years of football for the South Central schools. Original members included Blue Earth, Fairmont, New Ulm, St. James, St. Peter and Waseca. Hutchinson and Glencoe came in some years later and left again in 1974. In 1977 Wells, now United South Central, joined and was part of the close rivalries.

St. Peter won the first conference crown in 1945. Waseca, St. James and Fairmont were the powers in the forties and early and middle fifties with St. Peter having two unbeaten teams in 1958 and 1959. Blue Earth teams of 1964-1966 were known as the 90 points plus a game teams. Fairmont dominated the league from 1967-1970. St. Peter became a power in 1975 with a class A runner up and state championships in 1976 and 1981. Since then all teams with the exception of South Central have enjoyed conference championships and good success in the section and state playoffs.

A run-down of conference titles won or shared

since the beginning shows Fairmont and St. Peter tied with 15, Waseca 11, Blue Earth and St. James 7, New Ulm 3 and Hutchinson 2.

The 1993 season again proved to be very competitive with Fairmont, New Ulm and St. Peter sharing the crown. Perhaps the season highlight was New Ulm's five overtimes 56-54 victory over St. Peter. Other exciting overtime games were St. Peter's double overtime victory over St. James and Blue Earth's double overtime victory over Fairmont in the Section II playoffs. It was the first time in several years that Blue Earth won over Fairmont in this great rivalry. St. Peter advanced to the Section II championship game and was beaten by a fine Mankato East team, which advanced to the Class A semi-finals.

Team statistical leaders were St. Peter in team offense and Fairmont in team defense. Individually Kirby Crable of USC led the conference in rushing, Chad Urevig of St. James in passing, Pat Olson of St. James receiving and Ryan Altmann of New Ulm in scoring. Colin Gilbertson of St. Peter was the defensive point leader.

Missota Conference

By Bob Bradford III, Northfield News Reporter

Prep Bowls and state playoffs are a habit in the Missota.

Seven of the last nine years the league has had a representative in the Prep Bowl. Hutchinson, before joining the league in 1990, copped a pair of those state championships in 1983 and 1984.

After New Prague won the Prep Bowl in 1985, Lakeville made five trips to the "Metrodome Showdown" that included a Class A title in 1988 and a Class AA title in 1992.

Last year the torch was passed on to the Northfield Raiders, who in their first Prep Bowl appearance lost to Detroit Lakes 21-14 in the A division.

The Missota more than lived up to its reputation in '93 with two teams qualifying for the state playoffs. The Hutchinson Tigers, Section 4A champions, joined the Raiders in the big dance. Ironically, Northfield and Hutchinson also shared the Missota Conference crowns with 7-0 records. Because of the rotation in the Missota schedule there was no showdown between Hutchinson and Northfield for an outright conference championship.

In the first round of state, Hutchinson was surprised on its home field with a 22-14 loss to International Falls. Rainy, windy, muddy conditions thwarted the Tigers' flashy offense while International Falls thrived in the nasty conditions with its power brand of football. Northfield, Section 1A champions, another "power team", took advantage of the poor weather with a 24-7 win over Albany in the first round of state, then edged Mankato East 17-15 in the semi-finals. Ranked number 2 in the pre-season Class A poll, Northfield lived up to its ranking never dropping any lower. Hutchinson finished number 3 in the poll.

Other Missota teams having playoff success last year were New Prague and Shakopee. In round one round of the section, New Prague beat Plainview/Elgin-Millville 20-17 and Shakopee won 28-0 over Glencoe. In round two Shakopee was eliminated in a 35-18 loss to conference rival Hutchinson, and New Prague was shellacked 36-0 by Stewartville.

Hutchinson's Scott Bailey, who will attend college next fall at Northern State, led the Missota last year in scoring with 16 touchdowns and 972 yards rushing and was named to the all-metro team. Ryan

Dolder, also a Hutchinson Tiger, led the Missota with 1,000 yards passing and 14 touchdowns in '93 as a junior. Holy Angels' Aaron Schoenecker was the Missota's top receiver, averaging 20.5 yards a reception.

While Hutchinson dominated the league in offense, Northfield's defense was the hardest to crack, allowing only 333 yards by the air and 1,150 total. The Raiders also moved the ball on offense, too, featuring a pair of 1,000 yard rushers in Mark Streefland and Hakan Bengtson over a 14-game season.

Another impact player in the Missota was Northfield's Jeremy Webber, a 255 pound all state nose guard, who finished the year with 101 tackles despite being double and triple teamed. Webber will play football next fall for North Dakota State College of Science. Other high honors had Webber and Bailey making the Star Tribune all metro team; Dolder, Bailey, Webber, Northfield's Ryan Setterstrom (OT) and Shakopee's Mike Stay (DE) on the Star Tribune honorable mention all-state team; and Setterstrom (DL), Bailey, and Northfield's Sam Richardson (QB) listed on the Pioneer Press honorable mention all-state team. Four Missota players have also been selected to compete in the metro/outstate all-star game in August: Webber and Bailey will represent the out-state, and Stay and Chaska's Joshua Beilke (DB) will represent the metro.

Final conference standings for '93 were Northfield and Hutchinson sharing first at 7-0, Chaska third at 3-2, Shakopee fourth at 4-3, Prior Lake and New Prague tying for fifth at 3-4, Holy Angels seventh at 2-5, Red Wing eighth at 1-6, and Benilde-St. Margaret's last at 0-6. Northfield's Bubba Sullivan was named the conference coach of the year as well as the Section 1A coach of the year. Hutchinson's Grady Rostberg was named the Section 4A coach of the year.

The Missota will have another change next fall as Chaska, an AA program, leaves for the bigger Lake Conference. That will make the Missota an even eight-team conference, allowing everyone to play everyone. Lakeville, which dominated the Missota with seven consecutive Missota championship from 1986 through 1992, left for the Lake in '93.

Three Rivers Conference

The Bulldogs of Plainview-Elgin-Millville went undefeated in Three Rivers Conference play to capture its first conference title since pairing five years ago. The Bulldogs were led by seniors Jeff Schwantz, Travis Walch, Travis Ihrke and Bill Rahman. Schwartz will be playing at Illinois next year, with Walch headed to Winona State.

The race was close until the second to the last game with Chatfield and Plainview-Elgin-Millville undefeated in conference play. The Bulldogs came from behind to win 25-6. Chatfield was led by junior running back Nathan Maker and Dover-Eyota was led by seniors John Kukuzke and Jon Wendt. Jason Duncan and Eric Elzen tied for second place.

The league race for 1994 should be wide open with eight juniors returning as All Conference selections in 1993.

John Norlander of Plainview-Elgin-Millville was selected as Conference Coach of the Year.

Final Standings

Conference Season

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

Polar League Conference

The Polar League South Conference once again provided many memorable games during the 1993 football season. The seven southern teams each had lost many fine athletes from the previous year and were very excited to enter the 1993 season. Esko again was picked as the favorite with over 11 seniors returning from their state playoff team. Barnum was expected to be contending for the conference, because of a fine nucleus returning, along with Silver Bay.

The Polar South Conference was very balanced this year with all of the games being very close. Each team had its share of outstanding athletes which sparked their team. Most of the games were decided late in the contest.

The final standings indicated Esko on top of the conference with Barnum a very close second. Barnum and Esko advanced in the Class C playoffs. Esko defeated McGregor 49-6 to advance and Barnum lost to Cook County. Esko defeated Cook County 47-15 to advance to the quarter finals and play Mahnomen for the right to play in the Metrodome. Esko played the best game of their season but ran out of time losing to Mahnomen 10-8.

Esko	6-0
Barnum	5-1
Silver Bay	3-3
McGregor	3-3
Carlton	2-4
Moose Lake	
Willow River	2-4
Duluth Marshall	0-6



Richie Kruger, Anoka, catches a pass in the flat in the Anoka, Coon Rapids game. Twin Cities Suburban West Conference.

Sea-Range Conference

The Sea-Range Football Conference ended the 1993 season with three teams tied for the championship. Hermantown, International Falls and Proctor each ended the conference season with 7-1 records and 8-1 overall. The Sea Range tri-champions had traded losses as Proctor defeated Hermantown, Hermantown defeated International Falls and the Falls defeated Proctor during the regular season. Virginia finished in fourth place with a 4-4 record, followed by a much improved Eveleth-Gilbert team and Two Harbors.

In the Section 7A playoffs, Hermantown defeated Virginia in the semi-finals and International Falls defeated Proctor. Falls went on to defeat Hermantown in the section final. The Broncos represented the conference well by defeating Hutchinson in the state quarter finals and playing State Champion Detroit Lakes tough in the semi-finals.

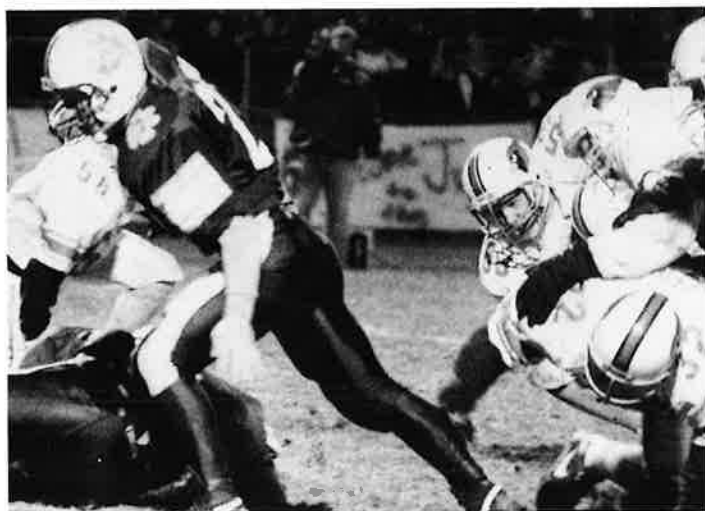
Top players in the Sea-Range Conference included Mike Mannausa of International Falls, who rushed for over 2000 yards and was an outstanding defensive player. Jamie Schilling and Derek Dardis were outstanding players for Hermantown. Tim Rohweder, Chris Watkins and Stu Rodberg played well for Proctor. Other leading players were Chad Magner and Aaron Ginter of the Falls, Scott McCormick of Virginia, Jeff Hoffman of Two Harbors, Corey Klinefelter of Eveleth-Gilbert, Nate Hoffer of Greenway and

Kelly Johnson of Mesabi East. Randy Bowen of Hermantown was selected the Sea-Range coach of the year.

The 1994 season will be marked by some change in the Sea-Range Conference as Crosby-Ironton will join the conference ranks, making the Sea-Range a 10-man team conference. There will also be new faces in coaching positions in the conference as two coaches are retiring. Dan Saarela will be retiring from coaching and teaching at Mesabi East. Dan is a member of the 100 victory club and coached for many years at Biwabik before merging into Mesabi East. Ken Schloer of Cloquet will also be leaving the coaching ranks and will continue to be a counselor at Cloquet High School. His teams had won conference and section championships at Cloquet and he had spent many years assisting Rol Bromberg before taking over as the head coach 10 years ago.

Final Standings

	Season	Conference
Hermantown	8-1	7-1
International Falls	8-1	7-1
Proctor	8-1	7-1
Virginia	4-5	4-4
Eveleth-Gilbert	4-5	3-5
Two Harbors	4-5	3-5
Greenway	3-6	2-6
Mesabi East	2-6	2-6
Cloquet	1-8	1-7



Blaine's Pat Wheeler, the leading rusher in The Twin Cities Suburban Conference, finds running room in Blaine's 29-26 Section 4AA semifinal win over Coon Rapids. Twin Cities Suburban West Conference.



#13 QB Eric Runyan scrambles for a 1st down in Verndale's State quarter final game with Cherry. #49 Verndale's Jason Davidson. #74 Cherry's Tony Roos.

Central Lakes Conference

The 1993 football season proved to be a very competitive race in the Central Lakes Conference. Willmar and Brainerd claimed the conference championship by posting 5-1 records

St. Cloud Tech was the offensive leader in 1993. Tech led the League in total offense with 1,856 yards. Brainerd won the rushing record with 1,705 yards, while Little Falls led the league in passing yardage with 1,155.

Brainerd led the conference in scoring defense. The Warriors gave up only 66 points throughout the regular season, while Willmar led the league in total yards by holding the opponents to 1,182 yards. Willmar's defense also was the leader in the conference against the run, giving up 104 yards per game.

There were also many great individual performances in the conference during the 1993 season. Willmar's Ryan Anderson led the league in total offense with 628 yards. St. Cloud Tech's Adam Edstrom was second with 581 yards, followed by Rocori's Ryan Monnens with 574 yards.

Nate Swenson of Little Falls was the leading passer in the conference with 1,155 yards, second was Doug Lieser from Rocori with 617, followed by Willmar's Wade Thorvold with 476 yards.

On the defensive side, Brainerd's Gary Davis led the conference in tackles with an average of 10 per game. Rocori's Gary Rausch came in second averaging nine tackles per game, followed by Little Falls' David Just with eight per game.

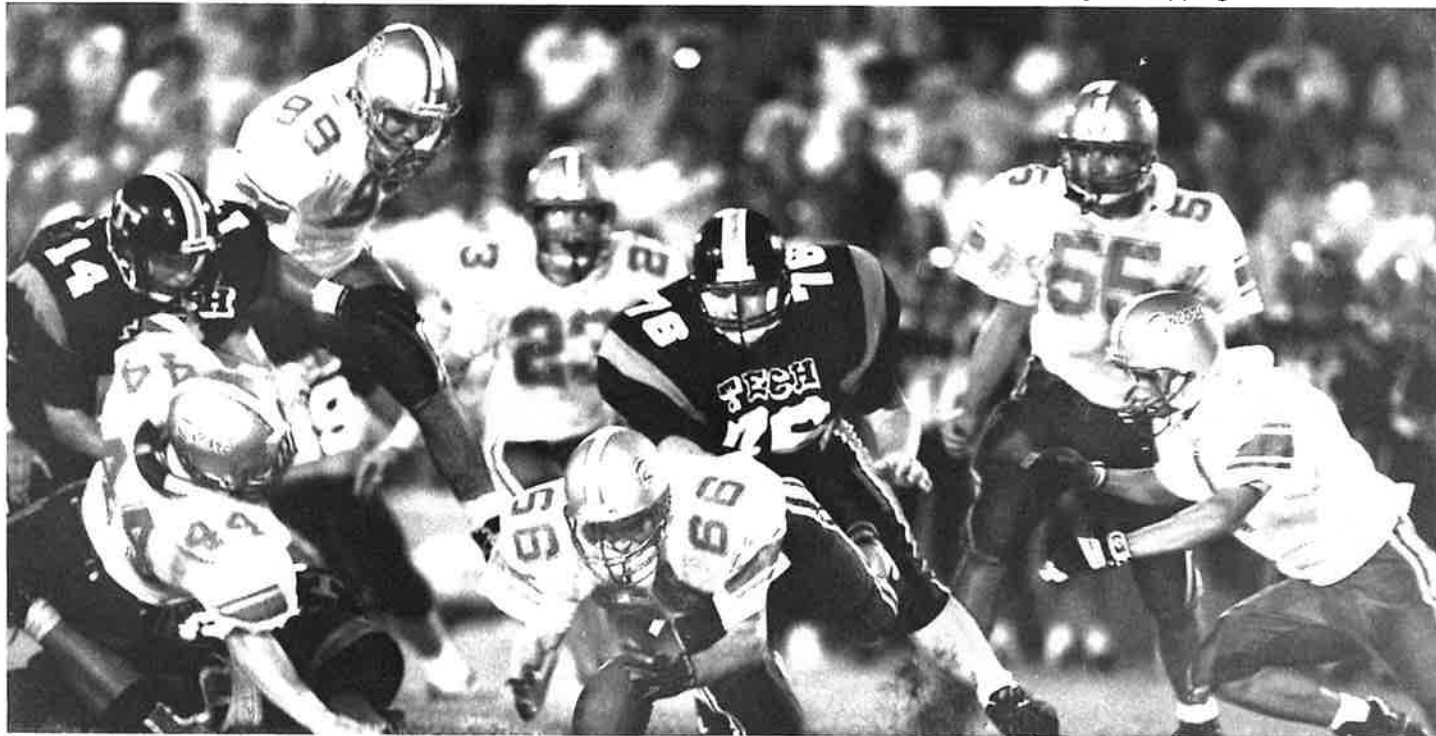
Congratulations to Deryl Ramey of Willmar and Ron Stolski of Brainerd as Central Lakes Conference coaches of the year.

Final Standings

Willmar	5-1
Brainerd	5-1
St. Cloud	4-2
Rocori	3-3
Alexandria	2-4
Little Falls	2-4
St. Cloud Apollo	0-6



Rocori upset Willmar 7-0. Willmar in white, runs an offensive play as Rocori defense is working on stopping the run!



Rocori's Chad Simon recovers a fumble by St. Cloud Tech. Tech won the game in the final minute of play by the score of 27-23.

Tri-Valley Conference

Mayer Lutheran and St. Croix Lutheran ended the season as co-champs with identical 3-1 conference records. St. Croix had a chance to wrap up the conference championship in the last game of the regular season but were up-ended by Randolph.

Next year the Tri-Valley conference will be expanding to an eight team football conference. Winsted Holy Trinity and Lester Prairie are the two new additions to the conference. Both teams came from the old Circle Eight Conference.

	Reg. Season	Conf.	Overall
St. Croix Luth.	6-2	3-1	6-3
Mayer Luth.	5-3	3-1	6-4
Concordia Acd.	4-4	2-2	4-5
Randolph	3-5	2-2	3-6
St. Paul Acd.	0-8	0-4	0-8

Tri-Valley MVP 1993: Robbie Baumann, Mayer Lutheran.

Tri-Valley Coach of the Year: Jim Stuebber, St. Croix Lutheran.



Eric Panning, #10 Mayer-Lutheran, tackling RB #44 Mickey Tierney, SPA. #64 Jason Moen, Meyer-Lutheran.



#34 Robbie Baumann, Tri-Valley MVP from Mayer-Lutheran returning a punt against SPA. #44 Aric Chaney blocking for ML, #24 SPA Aaron Gin.



#44 Aric Chaney (Mayer-Lutheran) stretching high for an interception vs. Braham. #18 Blake Hahn (Mayer-Lutheran) stretching with Chaney for interception and #12 Jason Melchar, Braham.

Twin Cities Suburban East Conference

By Bob Jackson

The Twin Cities Suburban East was dominated by the Stillwater Ponies in '93, as they finished with a 6-0 conference record.

The Twin Cities Suburban East Conference is a seven team conference made up of former Twin Cities Suburban teams – Stillwater, White Bear Lake, Forest Lake and Hill Murray. Irondale and Mounds View were new members, joining from the North Suburban, while Roseville was an independent in '92.

The Ponies of Stillwater led the league in scoring, averaging 40 points per game, followed by White Bear Lake. Stillwater led the league in total offense averaging 433 yards per game, with Forest Lake finished second. The Ponies rushed for 2,701 yards followed by White Bear Lake. Irondale was the league's top passing team with 1,357 yards, followed by Hill Murray.

On defense Stillwater had the league top defense, allowing 232 yards per game followed by Forest Lake. The Ponies yielded the fewest points 14.6, while Mounds View finished second. Stillwater had the league's best defense against the run, yielding 957 yards in six games, followed by Forest Lake. Roseville gave up the fewest yards in the air 532, followed by White Bear Lake.

Individually, Stillwater's Ray Wilhelm led the league in scoring with 98 points, followed by teammate Chad Rogness with 74 points. Wilhelm also won the rushing title with 1,369 yards followed by Forest Lake's Jason Pederson. Irondale's Rob Ramocher threw for a league best 1,335 yards followed by Hill Murray's Andy Persby. Irondale's Joe Quick led the league in receptions with 29 while Hill Murray's Mark Smith led the league in receiving yards with 501.

Stillwater's George Thole was selected as the '93 conference coach of the year. Mounds Views Dusty Nikituk was selected as the league most valuable defensive player while Stillwater's Chad Rogness was the most valuable offensive player.

Two league teams, Stillwater and Mounds View, played for section championships, The Ponies won Section 2AA and lost to Apple Valley in the state quarter finals.

Four TCSC players were selected to play in the '94 all star game. Those players are: Chad Rogness and Ray Wilhelm of Stillwater, Dusty Nikituk of Mounds View and White Bear Lake's Shawn Tellers. Irondale's assistant Tom Idstrom was selected to coach on the metro staff.

Final Standings

Stillwater	6-0
White Bear Lake	5-1
Irondale	4-2
Forest Lake	3-3
Mounds View	2-4
Roseville	1-5
Hill Murray	0-6



Chad Rogness of Stillwater sets sail on a 65-yard touchdown run during a 28-14 win over Anoka.



Stillwater quarterback Chad Rogness breaks loose for a 75-yard touchdown during 31-20 loss to Apple Valley in the State Quarterfinals

Prairie Conference

The Prairie Conference in 1993 was won by Browerville with a perfect conference record. Browerville advanced to the Class "C" semi-finals where they were defeated by Mahnomon, who then won the Class "C" state title for the fourth year in a row.

In 1994 Pillager-Motley will be leaving the Prairie Conference to participate in 9-man football. St. John's Prep will be joining the Prairie Conference to keep the number of teams at seven.

Special honors in the conference went to Gary Graham, who was conference and Section 5-C coach of the year.

Also, Josh Noska from Browerville was selected as the most valuable back in the conference and Todd Sornson from Osakis the most valuable lineman.



Matt Brown, #28 for the Swanville Patriots takes off for a good punt return against the Royalton Royals in a Section 5-C playoff game.



The Section 5-C Championship game, November 5, 1993 at the Fargodome with Josh Noska running the Browerville offense vs. Osakis. Browerville won the championship 28-0.

Final Standings

Browerville	6-0
Osakis	5-1
Eagle Valley	3-3
Royalton	3-3
Swanville	3-3
Upsala	1-5
Pill/Motley	0-6



Browerville vs. Swanville, Oct. 20, 1993 at Swanville. Score Browerville 7, Swanville 6. Quarterback Josh Noska of Browerville tackled by John Holig of Swanville.



#13 Jay Thieschafer of Swanville coming up with a big pass interception against New York Mills.

Valley Conference

The year 1993 was a season of change for the Valley Conference as three teams were brought into the fold. Springfield/Comfrey, Gibbon/Fairfax/Winthrop and Red Rock Central were added in with Madelia/Truman, Martin County West, LCWM and Maple River to form a very strong Class B football conference in southern Minnesota. But as some things changed other things remained the same as the Jayhawks of M/T won their third Valley Conference crown in the past four years.

A strong S/C team took the early advantage in the conference race by defeating M/T in the second game of the season by a score of 19-14. But the competitiveness of the Valley Conference began to play out its course and S/C lost two very close games to Maple River and LCWM. The Jayhawks from Madelia/Truman then went on to win the rest of their conference games (all by very close scores) to edge out the Tigers of S/C for the title.

M/T and S/C then met up in the Section 2B finals at Springfield on a cold and snowy November night. The Jayhawks scored in the last 2 minutes of the game to win the Section 2B title by a score of 8-6. M/T then lost a hard fought game in the rain at Madelia against Luverne by a score of 14-0 in the first round of the state playoffs.

Senior defensive end Chad Kosbab of M/T was the leading defensive player in the conference, while senior running back David Groebner of S/C was the outstanding offensive player. Bill Hawker of LCWM led the conference in the QB department and Jeremy Krumwiede of MCW and Nate Robischke of GFW were leading receivers.

The Valley Conference should be even more competitive in 1994 as many teams bring back excellent talent and numbers. Class B Tracy/Milroy will replace Red Rock Central, which was a Class C school, and this should only make this conference stronger. MCW, GFW, S/C along with M/T appear to have the best of it on paper for now, but Maple River, LCWM and now T/M will have a lot to say about who wins the Valley in 1994.

Final Standings

Madelia/Truman	5-1	8-4
Springfield/Comfrey	4-2	8-3
LCWM	3-3	5-4
Maple River	3-3	5-4
MCW	2-4	4-5
GFW	2-4	3-6
Red Rock Central	1-5	2-7



M/T's Eric Olson brings down LCWM's Jared Heller in this Valley Conference game. The Jayhawks went on to win this defensive struggle by a score of 12-6. Senior Andy Hennis is coming up to assist in the tackle as the Jayhawks went on to capture their third Valley Conference title in the past four years. (Madelia T/M Photo)



M/T's Seth Becker gets by a Maple River defender on his way to a 63-yard TD run. The Jayhawks went on to win this Valley Conference game and captured their third conference title the past four years. (Madelia T/M photo)

Big Nine Conference

Big Nine Conference coaches have believed for a long time the league is one of the premier conferences in the state and results in 1993 added validity to those beliefs.

The Rochester John Marshall Rockets captured their second straight Big Nine title and finished their season by losing to Apple Valley in the state championship game. The Mankato East Cougars may provide even stronger evidence about the toughness of this league, finishing with just two conference wins, yet advancing to the Class A Semi-finals in the dome!

There will be a number of head coaching changes in the league in 1994 with Jon "Snuffy" Williams deciding to step down following the success of his last two teams and cross-town rival Mayo head coach Ralph Pucci also opted to give up the head coaching duties while remaining as an assistant coach. Winona head coach Bob Urness and Mankato West's Don Krusemark also decided to pass the torch at their respective schools.

Individually, Faribault's Jerry Krolak led the conference in rushing with 795 yards on 119 carries and crossed the goal line eight times. Rocket quarterback Brent Solheim completed just over 50 percent of his passes for 664 yards and eight TD's and was picked off just three times. Albert Lea's

Brendon Danielson led the league in receptions with 20 and tallied 329 yards.

Winona's Jeremy Burros led the Big Nine in scoring with 54 points and Winhawk kicker Brett Gorden hit 19 of 21 extra points and was 2 for 2 in field goals with his longest boot covering 41 yards. Gorden also led the league in interceptions with 5. Solheim led the conference in punting with a 42.4 yard average and Mankato's West's Jaime Bless and Austin's Ben Dolan each sacked the quarterback five times in conference play.

Expect another battle in the Big Nine in 1994!

On a sad note: Faribault defensive coordinator and athletic director Lowell Nomeland passed away July 7 after a bout with cancer.

Standings

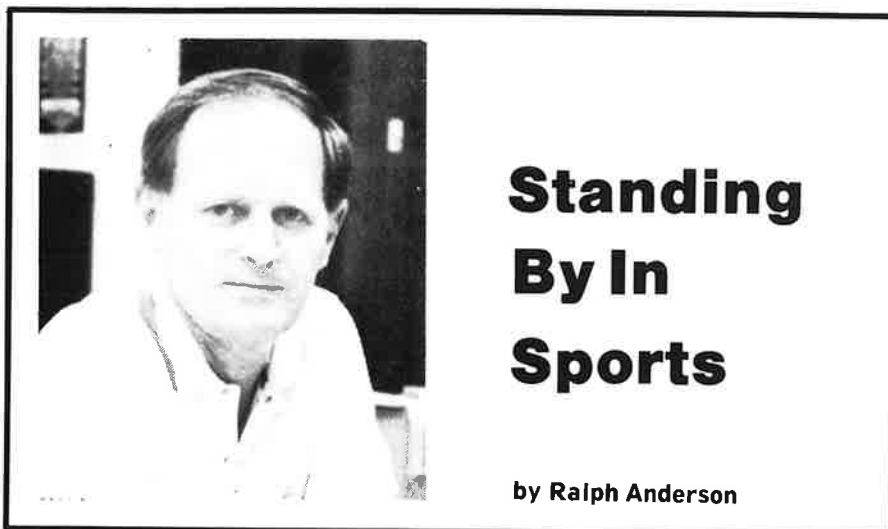
	Wins	Losses
Rochester J.M.	6	1
Rochester Mayo	6	2
Faribault Falcons	5	2
Owatonna Indians	5	2
Winona Winhawks	4	3
Austin Packers	4	3
Mankato East	2	5
Mankato West	0	7
Albert Lea Tigers	0	7



#19 Justin Wedeking leads the swarming Osseo defense against Rochester John Marshall in the State Quarter Final game in the dome. Justin was an All-Conference free safety and a member of the KARE II All Metro Team. Twin Cities Suburban West Conference.



Seven Mahnomen defenders closed in on fullback Chuck Josephson (#45) of Minneota in the 1993 Minnesota Class C championship football game at the Hubert H. Humphrey Metrodome in Minneapolis. Kenny Crane (#15) and Mason Thompson (#27) led the Mahnomen defenders.



Standing By In Sports

by Ralph Anderson

Prep Bowl XII--played Friday, Nov. 26, 1993, at the Hubert H. Humphrey Metrodome in Minneapolis--could properly be referred to as the Repeat Bowl.

Three of the five champions that were crowned--Mahnomen in Class C, St. Cloud Cathedral in Class B and Detroit Lakes in Class A--were repeat champions.

Cathedral and Detroit Lakes each won for the second straight time, but Mahnomen made history by winning the Class C crown for a record fourth straight time. Never before in the 22 years of playoff football sponsored by the Minnesota State High School League (MSHSL) has a school won four successive championships.

The holder of the previous record three straight titles--the Minneota Vikings--stood between Mahnomen and a fourth straight title, but Mahnomen exploded to score 43 points in the first half and turned back the Vikings 43-23. Minneota, coached by Gerhard Meidt, rolled to three straight Class C championships in 1986-87-88.

Joining the repeaters as state champions in 1993 were Apple Valley in Class AA and Chokio-Alberta in Class 9-Man.

Class AA

Quarterback Brian Rasmussen tied a Prep Bowl record by throwing three touchdown passes in leading Apple Valley to a 29-7 victory over Rochester John Marshall in the Class AA title clash.

After having a pass intercepted to set up John

Marshall's only touchdown of the game, Rasmussen rallied Apple Valley from a 7-0 deficit by throwing for three scores. His primary target during the game was Kevin Conn, who made four catches for 88 yards. Two of those led to Apple Valley touchdowns.

Apple Valley, which finished 13-1 on the season, intercepted John Marshall quarterback Brent Solheim five times.

Class A

Senior Toby Steinmetz made key plays both on offense and defense as Detroit Lakes defeated Northfield 21-14 in the Class A championship game.

Steinmetz passed to Matt Horner for one TD, ran for a score, threw for 100 yards and ran for 94 yards in leading the Lakers to their 27th straight victory over two years.

With Detroit Lakes leading 21-14 late in the game, Steinmetz intercepted a pass by Northfield's Sam Richardson and returned it 22 yards to stifle the final Northfield scoring threat in the game.

Detroit Lakes led 21-7 in the fourth period and appeared on the way to its fourth TD of the game when Northfield forced a fumble and Scott LeRoy of the Raiders picked up the ball and ran 88 yards to put Northfield right back into the game.

Class B

St. Cloud Cathedral, which led by only one point (7-6) at the half, scored two touchdowns in just over two minutes during the third period and went on to defeat Zumbrota-Mazeppa 28-6 to win

the Class B championship.

Mike Mohs scored two touchdowns and gained 125 yards by rushing to lead Cathedral to its second successive title.

The other scores by the Crusaders came on a run by Jeff Hoefs and a pass from Nate Manderfeld to Eric Overman.

St. Cloud Cathedral held Parc Williams, the talented Zumbrota-Mazeppa runningback, to 98 yards. Williams had rushed for 1,615 yards going into the championship clash.

Class C

Runningback Brent Miller of Mahnomen, who gained 299 yards in the game, scored on an 80-yard run on the first play from scrimmage as Mahnomen rolled past Minneota for the Class C championship.

The winning Indians scored all of their points in the first half--21 in the first quarter and 22 in the second--as they won their fourth successive state title.

In addition to the 80-yard TD romp, Miller ran 57 yards and 6 yards for other touchdowns and Mahnomen quarterback Jeremy Seykora threw only twice in the first half, with both passes going for touchdowns, one to Jamie Wark and the other to Jason McArthur. Tony Athmann also ran for a Mahnomen TD.

Quarterback Matt Myrvik of Minneota passed for one touchdown and ran for two in a losing cause.

Class 9-Man

Senior Kyle Nietzel was the big story for Chokio-Alberta in its 35-0 conquest of LeRoy-Ostrander for the Class 9-Man championship.

The 175-pound Nietzel carried 30 times for 252 yards, scored three touchdowns and completed the season with 2,646 yards and 40 touchdowns, which are career records for Chokio-Alberta.

Winning Chokio-Alberta built up a 28-0 half-time lead as the school captured its second state championship. The first came in 1991.

* * * * *

RJM Only Class AA Repeater

Just one school--Rochester John Marshall--has

been able to win back-to-back championships since the Minnesota State High School League (MSHSL) initiated tournament football in 1972.

RJM won successive titles in 1973-74, the second and third years the tournaments were held.

Schools which have repeated in other classes since the tournaments began include the following:

Class A--Fridley Grace, 1977-78; Hutchinson, 1983-84; Cambridge, 1986-87; Detroit Lakes, 1992-93.

Class B--New Prague, 1973-74; BOLD, 1990-91; St. Cloud Cathedral, 1992-93.

Class C--Gaylord, 1972-73; Bird Island-Lake Lillian, 1979-80; Minneota, 1986-87-88; Mahnomen, 1990-91-92-93.

Class 9-Man--Lake Benson, 1973-74; Deer Creek, 1976-77.

* * * * *

Four Champs Rated No. 1

Four of the five schools which won Minnesota state football tournament championships in 1993 were ranked No. 1 in their class in the final Associated Press ratings of the season.

They were Detroit Lakes (Class A), St. Cloud Cathedral (Class B), Mahnomen (Class C) and Chokio-Alberta (Class 9-Man).

Apple Valley, which captured the Class AA crown, was rated fourth in the final poll of the season behind Blaine, Moorhead, and Burnsville.

* * * * *

Coaches Reunited

During the 1992 football season, coaches Steve LeGrand and Dennis McCulloch were both members of the Northern State University football staff at Aberdeen, SD.

By the time the 1993 season began, LeGrand and McCulloch were off in different directions--LeGrand to Minot (ND) State University as the offensive coach on the football team and McCulloch to Frazee High School as the head football mentor.

When the 1994 season opens, the two will be reunited once again.

LeGrand was appointed as head football coach at Valley City (ND) State University in April and--two months later--McCulloch resigned at Frazee to

join LeGrand's staff as an assistant coach.

The son of well-known sportscaster Odis "Oats" LeGrand, Steve LeGrand also has coached at Fergus Falls Community College and at three Minnesota high schools--Eagle Bend, St. Cloud Cathedral and Holdingford.



Steve
LeGrand

Dennis
McCulloch

Dick
Hanson

Chuck
Evert

Sartell Joins Central Lakes

Starting with the 1995-96 school term, Sartell High School will become a member of the Central Lakes Conference.

Presently a member of the West Central North Conference, Sartell will join a league that includes Brainerd, Alexandria, Little Falls, Rocori, Willmar, St. Cloud Apollo and St. Cloud Tech.

The Central Lakes was launched as an eight-school league in 1977-78 and dropped back to six schools when Cambridge and Elk River left. Rocori and Monticello were later added and Monticello withdrew from the circuit after a four-year membership.

* * * * *

Burnsville's Hanson Retires

One of Minnesota's most successful high school football coaches--Dick Hanson of Burnsville--announced his retirement in January.

Hanson, who directed Burnsville to a 195-59-2 record in 25 years as the head coach, served as an assistant for eight years before taking over the head coaching duties in 1969.

During his 25 years as the school's head coach, Burnsville won five state championships, 10 conference titles and nine section crowns.

Burnsville's state titles came in 1972, 1980, 1985, 1989 and 1991 and the school finished as

state runner-up in 1984.

Hanson retired from the Burnsville High School teaching staff following the 1992-93 school year and taught future secondary mathematics teachers during 1993-94 at the University of St. Thomas and St. Olaf College.

He was only the third to serve as head football coach at Burnsville, being preceded by Don Volk and Bob Pates.

* * * * *

Evert Succeeds Siegle

The retirement of Al Siegle as administrative assistant/activities director at Pelican Rapids High School has had an effect on the Otter Tail Central, the Battle Lake/Henning cooperative, football program.

Members of the Pelican Rapids School Board appointed Chuck Evert to succeed Siegle and that left an opening in the Otter Tail Central head football coaching position. The opening was filled with the appointment of Don Seipkes as Otter Tail Central's head grid mentor.

Siegle--who logged 37 years as a teacher, coach and administrator at Bertha-Hewitt and Pelican Rapids--was the head football coach at both Bertha-Hewitt and Pelican Rapids for several seasons.

Evert, a graduate of Kindred (ND) High School and North Dakota State University in Fargo, has been granted a five-year leave of absence by the Battle Lake School Board in order to take the Pelican Rapids position.

* * * * *

Sutton Replaces Krusemark

The appointment of Rick Sutton as the new head football coach at Mankato West High School has been announced.

Sutton replaces Don Krusemark, who will remain as head wrestling coach at Mankato West.

A graduate of Brooklyn Center High School, Sutton's first head coaching position was at Cottonwood High School, where he served five years before moving to Brooklyn Center, where his teams won a pair of Tri-Metro Gold Conference titles and finished as section runner-up once during the 1990-93 period.

Death Claims Oslo Grid Mentor

Don Stoner, 47, who served three years as head football coach at Oslo High School, died Saturday, April 9, at United Hospital in Grand Forks, ND, of an apparent electrocution that occurred in his home.

Mr. Stoner, who was an assistant football coach at the University of North Dakota before moving to Oslo, was a graduate of LeGrand (IA) High School, Westmar College and Eastern New Mexico University.

He had coached at Sioux Rapids (IA) High School and at Iowa Lakes Community College in Estherville, IA, before joining the University of North Dakota grid staff.

* * * * *

Milbrandt Steps Aside

Ron Milbrandt, who served 24 years as the head football coach at Cass Lake High School, resigned following the 1993 season.

A graduate of Valley City (ND) State University, Milbrandt will continue to serve as athletic director at Cass Lake and said he also may assist in the football program.

His 1993 team reached the section championship game before losing to Hawley at the Fargodome.

* * * * *

Fergus Falls Joins Tri-Metro

Fergus Falls High School will be a member of the Tri-Metro Gold Conference for football in the fall of 1995 after that action was approved by the Fergus Falls School Board at its April meeting.

The difficulty of finding opponents was cited as the major reason for the Fergus Falls decision.

"We're driving all over the state now trying to find games and we're already short one game (in 1994)," said Don Stueve, head football coach at Fergus Falls High School.

Other schools in the Tri-Metro Gold Conference include Brooklyn Center, Farmington, Mahtomedi, Mound Westonka and Orono.

It is expected that Fergus Falls will continue to play Detroit Lakes, Crookston and Thief River Falls during the regular season.

* * * * *

Retirement Short-Lived

One of the top success stories of the 1993 Minnesota high school football season was centered around Les Dreschel.

Dreschel, who retired as head football coach and athletic director at Crookston High School following the 1991-92 school term, was hired as head football mentor at Red Lake Falls High School for the 1993 season and directed the RLF Eagles to 10 successive victories before the team lost (35-24) to Mahanomen in the Class C Section Eight championship game at the Fargodome.

During 35 years as the head football coach at three schools--Parkers Prairie, Ada and Crookston -- Dreschel teams compiled a 216-94-9 record and his 1980 Crookston team won the Minnesota Class A championship.

A graduate of Fergus Falls High School and Bemidji State University, Dreschel was named Minnesota High School Football Coach of the Year after his Crookston team won the state title 14 years ago.

* * * * *

Brechler Appointed

Bill Brechler is the new head football coach at Rochester John Marshall High School, taking over for the retiring Snuffy Williams. A graduate of Minneapolis North High School, Brechler moves to Rochester from Vinton, IA.

* * * * *

Tony Thiel Retires

Tony Thiel, who served as head football coach at Argyle High School and Battle Lake High School for 27 years, retired from the Battle Lake staff after the 1993-94 school term.

A past president of the Minnesota High School Football Coaches Association and a member of the Football Coaches Hall of Fame, Thiel directed Battle Lake High School to state football championships in both 1974 and 1977. Two other Battle Lake teams reached the state finals before losing.

In addition to serving as the head football coach, Thiel also coached softball, basketball and track at Battle Lake High School at various times.

* * * * *

Mahtomedi's Smith Retires

George Smith—who compiled a 265-122-11 won-lost-tied record in 43 seasons as head football coach at Mahtomedi High School—has retired.

Smith took over as the school's head grid mentor in the fall of 1951 and many refer to him as Mr. Mahtomedi.

During his long tenure as the school's head grid mentor, Mahtomedi won three Little Six Conference titles, Five Skyline Conference crowns and seven Tri-Metro championships. From 1958-60, Mahtomedi won 22 successive games, 14 of those by shutouts.

Smith coached one football game as a temporary replacement at Villard High School in 1950 before moving to Mahtomedi.

Appointed as Smith's replacement has been Wally Malmstrom, a longtime Smith assistant who also is head boys' track coach at the school.

* * * * *

Solberg Replaces Larson

Mark Solberg has been named as the new head football coach at Cambridge High School to replace the retiring George Larson.

Larson retired following the 1993 season after compiling a 285-60-6 overall record and topping the list of active Minnesota high school grid mentors in the won-lost column.

Solberg, who has served as an assistant to Larson, also serves as head baseball coach at Cambridge High School.



Les
Dreschel

Tony
Thiel

John
Davies

Mike
Barnes

C-I/Aitkin Rivalry Ends

When Crosby-Ironton High School defeated Aitkin 22-0 in a Mid-State Conference football game last September 17, it was probably the last grid contest to be played between the two schools.

The rivalry began in 1925 and ended in 1993

since Aitkin is leaving the Mid-State Conference to join the Great River Conference and C-I will be in the Sea Range Conference. Aitkin is a Class B school in the Minnesota State High School League (MSHSL) football tournament format and Crosby-Ironton is Class A.

About 3,000 fans attended the September 17 game, including John Davies, an Aitkin High School graduate who later had many successful seasons as the head football coach at Crosby-Ironton.

* * * * *

Koupal Is USC Mentor

John Koupal is the head football coach at United South Central (USC), succeeding Harvey Crable, who will serve as athletic director and community education director.

Koupal, formerly an assistant coach at Cromwell, will teach English and physical education at USC.

* * * * *

Lowell Nomeland

Lowell Nomeland, longtime athletic director at Faribault High School and a member of the school's football coaching staff, died Thursday, July 7, at a Faribault hospital. He was 51.

A graduate of Canby High School, Mr. Nomeland earned a bachelor's degree at Bemidji State—where he played football and baseball—and received a master's at Mankato State.

He had been a teacher and coach in the Faribault Public Schools since 1965.

* * * * *

Coaching Changes

Jay Anderson, a longtime assistant to retiring head coach Dick Hanson at Burnsville High School, is the new head football coach of the Burnsville Blaze... Jim Miller has been appointed to replace Ralph Pucci as head grid mentor at Rochester Mayo... Bill Ihrke, head wrestling coach at Winona High School, will take over as the head football coach this fall to succeed Bob Urness, who will remain on the grid staff as an assistant... Mike Barnes has resigned as athletic director at Bemidji High School and will become the head football coach at Bloomington Kennedy.



Anoka's Matt Stolski powers into the end zone in a game against Coon Rapids. Anoka won 35-15. Twin Cities Suburban West Conference.



Russ Klimmek #3 quarterback for the Swanville Patriots going in untouched for a touchdown against New York Mills. Prairie Conference.



Menahga - White. #29 Jeff Burkman, Menahga, #24 Rod Klimek, Parkers Prairie, #4 Tim Hochsprung, Parkers Prairie. Park Region Conference.

Retired Life Membership

What's new in the MHSFCA? Lifetime membership in the MHSFCA for retired football coaches is what's new! Thanks to the efforts of Ron Raveling and Bob Roy we now offer an opportunity for retired football coaches to remain involved in association matters.

Membership is open to retired football coaches (both assistant and head) who are life members or who have been longtime football coaches. A one-time fee of \$25.00 will bring all benefits of association membership. PASS THE WORD! Contact Jim Simser, 900 Johnson St., Fairmont, MN 56031.

MHSFCA Retired Life Members

Bob Anderson - Minneapolis
Roosevelt
Bob Celt - Red Wing
Herb Claffy - Milaca
Mac Dahl - LaCrescent
Wayne Dietz - Woodbury
Les Drechsel - Crookston
Pete Eikren - Chisago City
Earl Gramling - LeCenter
Lauren "Huns" Hagge -
Rochester
Russ Helleckson - Minneapolis
Washburn
Jim Henkes - Wheaton
Peter Herges - Albany
Del Hiebert - Ceylon
Jerry Jerdee - Benson

Richard Kubes - West St. Paul
George Larson - Cambridge
Dick Lawrence - Eveleth-Gilbert
Tom Mahoney - Fairmont
Bob Nangle - Pipestone
Andy Nelson - Lake Benton
Warren Olson - Brooklyn Center
Bob O'Neil - Fridley
Bob Peterson - Esko
Ralph Peterson - Fridley
Ron Raveling - Columbia
Heights
Reno Rossini - St. Paul
Bob Roy - St. Louis Park
Robert Ryan - St. Paul
Humboldt

Ron Scott - Coon Rapids
Cliff Senne - Welcome
Al Siegle - Pelican Rapids
Steve Silianoff - South St. Paul
George Smith - Mahtomedi
Tom Smith - New Richland-
Hartland
Lloyd Stussy - Wells-Easton
Don Swanson - Minneapolis
Henry
Tony Thiel - Battle Lake
Dick Walker - Richfield
Bob Wilkowski - Perham
Jack Willhite - St. Louis Park
William Wilson - Fairmont
Bob Youso - Moose Lake



#86 Craig Madsen catches a 39 yard TD pass with 10 seconds left in the game to give Verndale a 20-16 win over Nevis and the Heartland Conference Title.

1994 ALL-STAR FOOTBALL TEAMS

Outstate All-Star Team

Pos.	Name	School
QB	J.J. Korman	Bethlehem Academy
QB	Matt Lundeen	Becker
DB	Aaron Durkop	Ulen/Hitterdal
DB	Daniel Koepp	Belle Plaine
DB	Joshua Knox	Austin
DB	Shane Myhre	Red Lake Falls
RB	Parc Williams	Zumbrota/Mazeppa
RB	Jason Hall	Cambridge
RB	Adam Rasley	Deer River
RB	Steve Rosin	Nicollet
LB	Christopher Vokal	Mankato East
RB	Adam Edstrom	St. Cloud Tech
LB	Jeff Hoefs	St. Cloud Cathedral
DE	Carl Pederson	Hawley
FB	Scott Bailey	Hutchinson
LB	Mark Heehn	Esko
FB	Cory Czepa	Fulda
RB	Mike Mannausau	International Falls
TE	J.R. Pooley	Fairmont
RB	Andrew Anthony	St. Peter
LB	Mike Rippentrop	Mayo
DB	Jason Redfield	Moorhead
OC	Jim Gail	Albany
DE	Brent Staples	Windom
DE	Gary Davis	Brainerd
DE	Darrick Dierkhising	Albany
NG	Gary Horack	Hibbing
OG	Roger Pedersen	Pipestone
OT	Mike Westphal	Owatonna
DT	Robert Engelhardt	Bagley
OT	Andy Neumann	Mahnomen
OG	Gary Kummet	Pierz
OT	Dan Ross	MN Vly Lutheran
OG	Tim Rohweder	Proctor
OC	Dusty Froyum	Waconia
WR	Chris Schmitz	Clearbrook/Gonvick
WR	Dan Robertson	Dassel/Cokato
DE	Jaime Schilling	Hermantown
TE	Jason Ziegler	Detroit Lakes
DT	Bill Petrangelo	Chisholm
DT	Jason Grott	Monticello
NG	Jeremy Webber	Northfield

1994 Outstate Coaching Staff

Head Coach	- Dwight Lundeen - Becker
Assistants	- Gary Fashing - St. Cloud Cathedral
	Dave Hyalla - Proctor
	Mike Mahlen - Verndale
	Steve Nunnink - Brainerd
Hon. Coach	George Larson - Cambridge

Metro All-Star Team

Pos.	Name	School
LB	David Watson	Jefferson
DB	Lloyd Lee	Jefferson
RB	Ramone Robinson	Totino Grace
RB	Tommy Reynolds	Johnson
LB	Ken Larkin	Rosemount
RB	Nate Larson	Osseo
QB	Steve Yakesh	Brooklyn Center
QB	Thad Amundson	Hastings
DB	Chad Rogness	Stillwater
WR	Sean Benton	Cretin-DH
RB	Ray Wilhelm	Stillwater
DB	Bob LaPoint	Edison
RB	Chad Rogosheske	Columbia Heights
DB	Matt Smith	Mpls. North
DB	Joshua Beilke	Chaska
RB	Doug Arlich	Park
DB	Paul Monskey	Wayzata
DE	Tony Pahula	Eagan
WR	Dan Yahr	Richfield
DE	Josh Doheny	Richfield
LB	Jason Stewart	Simley
DE	Nick Warren	Osseo
LB	Darin Holm	Buffalo
OL	Jeff Apse	Tartan
OL	Brian Woessner	Cretin-DH
DL	Neil Smith	Coon Rapids
DL	Judd Seida	Washburn
OL	Matt Heinzmann	Park Center
DL	Mike O'Neill	Spring Lake Park
DL	Bill Nalley	Orono
OL	Nick Johnson	St. Thomas
OL	Keith Schulte	Wayzata
DL	Alex Sentyrz	Anoka
OL	Matt Moffat	St. Thomas
DL	Dustin Nikituk	Mounds View
DE	Mike Stay	Shakopee
WR	Chris Bellis	Blaine
DB	Kevin Kaesviharn	Lakeville
WR	Rick Ellingson	St. Francis
TE	Troy Duerr	Buffalo
DL	Cale Berry	St. Francis
OL	Nathan Anderson	Breck

1994 Metro Coaching Staff

Head Coach	- Todd Olson - Richfield
Assistants	- Dave Gehrke - Columbia Heights
	Craig Hansen - Osseo
	Tom Idstrom - Irondale
	Gerald Rohl - Buffalo
Hon. Coach	Dick Walker - Richfield

1994 FOOTBALL PLAYOFF FORMAT

SECTION ASSIGNMENTS

Class AA (68 Teams)

Section 1AA (9)

Albert Lea
* Austin/Austin Pacelli
Chaska
Faribault
Lakeville
Owatonna
Rochester John Marshall
Rochester Mayo
Winona

Section 2AA (8)

Hastings
Henry Sibley, West Saint Paul
Park, Cottage Grove
Saint Thomas Academy,
Mendota Heights
Stillwater
Tartan, Oakdale
White Bear Lake Area
Woodbury

Section 3AA (8)

Cretin-Derham Hall, Saint Paul
Irondale, New Brighton
Mounds View
Roseville Area
Saint Paul Central
Saint Paul Como Park
Saint Paul Harding
Saint Paul Johnson

Section 4AA (8)

Anoka
Blaine
Champlin Park
Coon Rapids
Forest Lake
Osseo
Park Center, Brooklyn Park
Saint Francis

Section 5AA (8)

Minneapolis Edison
Minneapolis North
Minneapolis Patrick Henry
Minneapolis Roosevelt
Minneapolis South
Minneapolis Southwest
Minneapolis Washburn
Richfield

Section 6AA (9)

Apply Valley
Bloomington Jefferson
Bloomington Kennedy
Burnsville
Eagan
Eden Prairie
Edina
Hopkins
Rosemount

Section 7AA (8)

Bemidji
Brainerd
Cambridge
Duluth East
Grand Rapids
Hibbing
Little Falls
Moorhead

Section 8AA (10)

Alexandria
Buffalo
Elk River
Minnetonka
Robbinsdale Armstrong
Robbinsdale Cooper
Saint Cloud Apollo
Saint Cloud Tech
Wayzata
Willmar

Class A (88 Teams)

Section 1A (11)

Farmington
LaCrescent
LeSueur-Henderson
New Prague
Northfield
* Plainview/Elgin-Milville
Prior Lake
Red Wing
Simley, Inver Grove Heights
South Saint Paul
Waseca

Section 2A (11)

Blue Earth Area
Fairmont
Luverne
Mankato East
Mankato West
Marshall
New Ulm
Pipestone-Jasper
Redwood Valley (Redwood
Falls)
Saint Peter
Worthington

Section 3A (11)

Academy of the Holy Angels,
Richfield
Benilde-Saint Margaret's,
Saint Louis Park
Brooklyn Center
Columbia Heights
Hill Murray, Maplewood
Mahtomedi
Minnehaha Academy,
Minneapolis
North, N. Saint Paul
St. Paul Highland Park
Saint Paul Humboldt
Totino Grace, Fridley

Section 4A (11)

Dassel-Cokato
Delano
Glencoe-Silver Lake
Hutchinson
Monticello
Mound-Westonka
Orono
Saint Louis Park
* Saint Michael-Alberville/Country
Lane School
Shakopee
Sibley East, Arlington

Section 5A (11)

Centennial, Circle Pines
Chisago Lakes, Lindstrom
Foley
Fridley
Milaca
Mora
North Branch
Pine City
Princeton
Sauk Rapids
Spring Lake Park

Section 6A (11)

Albany
Annandale
Lac Qui Parle Valley, Madison
Litchfield
Melrose
Minnewaska Area, Glenwood
Montevideo
New London-Spicer
Rocori, Cold Spring
Sartell
Sauk Centre

Section 7A (11)

Cloquet
Duluth Central
Duluth Denfeld
Eveleth-Gilbert
Greenway, Coleraine
Hermantown
* Indus/International Falls
Mesabi East, Aurora
Proctor
Two Harbors
Virginia

Section 8A (11)

Crookston
Crosby-Ironton
Detroit Lakes
East Grand Forks
Fergus Falls
Long Prairie-Grey Eagle,
Long Prairie
Park Rapids Area
Perham
Staples-Motley
Thief River Falls
Wadena-Deer Creek

* Denotes cooperatively
sponsored programs

Class B (88 Teams)

Section 1B (11)

Byron
Caledonia
Kingsland H.S., Spring Valley
Lake City
Pine Island
Rochester Lourdes
Saint Charles
Stewartville
Wabasha-Kellogg
Winona Cotter
Zumbrota-Mazeppa

Section 2B (11)

GFW, Winthrop
Heron Lake-Okabena-Lakefield
Jackson
Lake Crystal-Wellcome Memorial
* Madelia/Truman
Maple River, Mapleton
Martin County West, Sherburn
Saint James
* Springfield/Comfrey
United South Central, Wells
Windom Area

Section 3B (12)

* Bethlehem Academy/
Shattuck-Saint Mary's,
Faribault
Blooming Prairie
Cannon Falls
Hayfield
Janesville-Waldorf-Pemberton
Kasson-Mantorville
Kenyon-Wanamingo
Mankato Loyota
Montgomery-Lonsdale
New Richland-Hartland-
Ellendale-Geneva
Triton, Dodge Center
Waterville-Elysian-Morristown

Section 4B (11)

Atwater-Cosmos-Grove City
Belgrade-Brooten-Elrosa
Benson
B D R S H , Renville
B O L D , Olivia
Granite Falls-Clarkfield
Morris Area
Murray County Central, Slayton
Russell-Tyler-Ruthton
* Tracy-Milroy/Balaton
West Central Area, Elbow Lake

Section 5B (11)

Belle Plaine
(The) Blake School,
Minneapolis
Breck, Golden Valley
DeLaSalle, Minneapolis
Jordan
Norwood-Young America
Saint Anthony Village
Saint Bernard's, Saint Paul
*Saint Croix Lutheran/West
Lutheran
Saint Paul Academy &
Summit School
Waconia

Section 6B (11)

Becker
Big Lake
Eden Valley-Watkins
Holdingford
Howard Lake-Waverly
Kimball Area
Paynesville Area
Pierz
Rockford
Saint Cloud Cathedral
Watertown-Mayer

Section 7B (11)

Aitkin
Chisholm
Deer River
East Central, Sandstone
Ely
Esko
Hinckley-Finlayson
* Mille Lacs Raiders (Isle/
Onamia)
* Moose Lake/Willow River Rebels
Pequot Lakes
Pine River-Backus

Section 8B (9)

Bagley
* Barnesville/Rothsay
* Battle Lake/Henning
Breckenridge
Dilworth-Glyndon-Felton
Frazee
Pelican Rapids
Roseau
Warroad

Class C (85 Teams)

Section 1C (10)

Chatfield (Chosen Valley)
Dover-Eyota
Fillmore Central, Harmony
Goodhue
Houston
Lanesboro
Lewiston-Altura
*Mabel-Canton/
N. Winneshiek, IA
Randolph
Rushford-Peterson
Southland, Adams

Section 2C (11)

Buffalo Lake-Hector
Butterfield-Odin/
Mountain Lake
Cedar Mountain, Morgan
*Granada-Huntley-East Chain/
Martin Luther, Northrop
LeCenter
Medford
Minnesota Valley Lutheran,
New Ulm
New Ulm Cathedral
Red Rock Central, Lamberton
Sleepy Eye
Sleepy Eye Saint Mary's

Section 3C (11)

Braham
Concordia Academy, Roseville
Holy Trinity, Winsted
Lester Prairie
McLeod West, Brownston
Maple Lake
Minneapolis Lutheran,
Bloomington
Ogilvie
Rush City
Saint Agnes, Saint Paul
Saint John's Prep, Collegeville

Section 4C (11)

*Adrian/Ellsworth
Canby
Dawson-Boyd
Fulda
Lakeview, Cottonwood
Lincoln HI Ivanhoe
MACCRA, Clara City
Minneota
Sioux Valley-Round Lake-Brewster
Wabasso
Westbrook-Walnut Grove

Section 5C (10)

*Brandon/Evansville
Browerville
Eagle Valley, Eagle Bend
Kerkhoven-Murdock-Sunburg
Ortonville
Osakis
Parkers Prairie
Royalton
Swanville
Upsala

Section 6C (11)

Bertha-Hewitt
Cass Lake
*Eagle Country Christian/
Northland, Remer
Hawley
Lake Park-Audubon
Mayer Lutheran
Menagha
New York Mills
Sebek
Walker-Hackensack-Akeley
Waubun

Section 7C (10)

Barnum
Carlton
Cherry, Iron
Cook
Cook County, Grand Marais
McGregor
(The) Marshall School, Duluth
Mountain Iron-Buhl
Nashwauk-Keewatin
Silver Bay

Section 8C (11)

Ada-Borup
Blackduck
Fertile-Beltrami
Fosston
*Greenbush-Middle River/Badger
* Lake of the Woods Bears,
Baudette (Indus/Lake of the
Woods)
Mahnomon
*Oklee/Plummer
Red Lake
Red Lake Falls
Warren-Alvarado

* Denotes cooperatively
sponsored programs

Class NINE MAN (54 Teams)

Section 1 9-Man (13)

Alden-Conger
Cleveland
Edgerton
Glenville-Emmons
Grand Meadow
Hills-Beaver Creek
Lake Benton
LeRoy-Ostrander
Lyle
MN Academy for the Deaf,
Faribault
Nicollet
Saint Clair
Spring Grove

Section 2 9-Man (13)

Ashby
Chokio-Alberta
Clinton-Graceville
Hancock
Herman-Norcross
Hillcrest Lutheran Academy,
Fergus Falls
Laporte
Nevis
Pillager
Ulen-Hitterdal
Underwood
Verndale
Wheaton

Section 3 9-Man (13)

Albrook, Saginaw
Babbitt-Embarrass
Bigfork
Chief Bug-O-Nay-Ge-Shig,
Cass Lake
*Cotton/Toivola-Meadowlands
Cromwell
Floodwood
Fond du Lac Ojibwae, Cloquet
Hill City
Littlefork-Big Falls
Orr
Tower-Soudan
*Wrenshall/Saint Paul's Academy,
Cloquet

Section 4 9-Man (15)

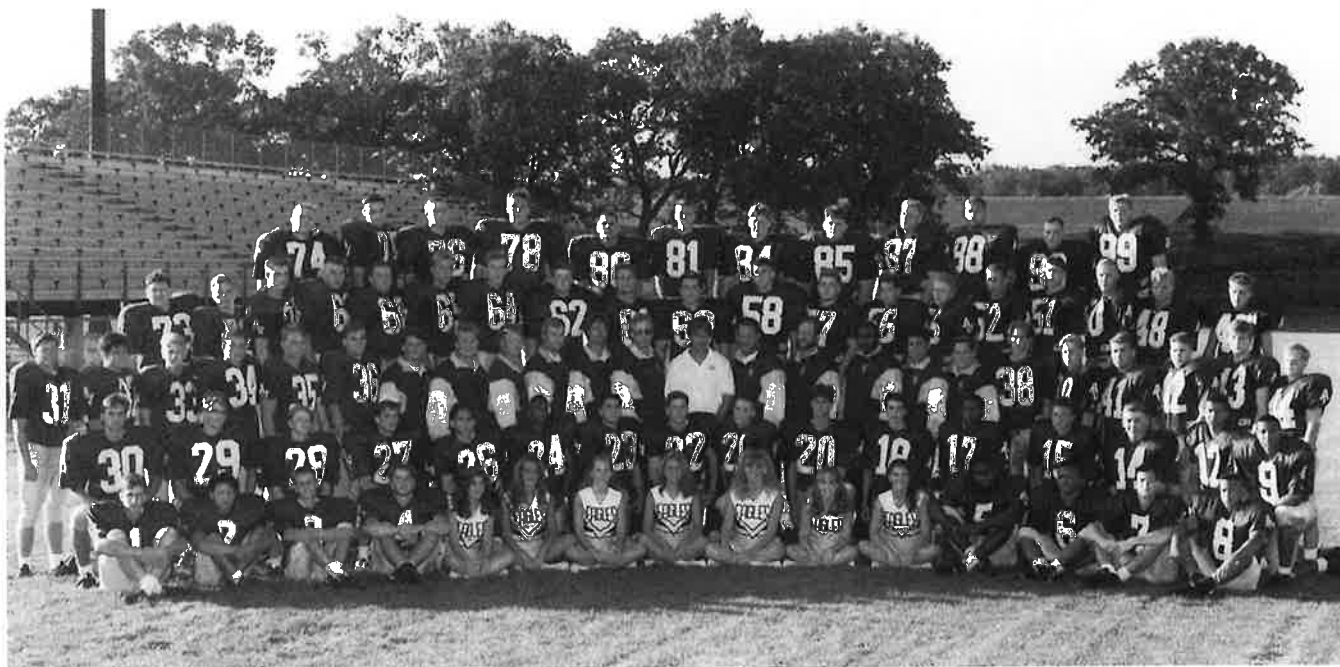
Argyle
Clearbrook-Gonvick
*Climax/Fisher
*Goodridge/Grygla
*Kelliher/Northome
Kittson Central, Hallock
Lancaster
Marshall County Central,
Newfolden
Norman County East, Gary
Norman County West, Halstad
Sacred Heart, East Grand Forks
Stephen
Tri-County Schools, Karlstad
Valley North, Oslo
Win-E-Mac, McIntosh

* Denotes cooperatively
sponsored programs



Quarterback Toby Steinmetz of Detroit Lakes was being dragged down by two Northfield tacklers in the Lakers' 21-14 Minnesota Class A championship football victory at the Hubert H. Humphrey Metrodome. Steinmetz scored one touch-down, passed for another and made a key pass interception late in the game to help Detroit Lakes win its second straight state title.

APPLE VALLEY—SECTION 6 CHAMPIONS—CLASS AA



Team roster not available.

DETROIT LAKES—SECTION 8 CHAMPIONS—CLASS A



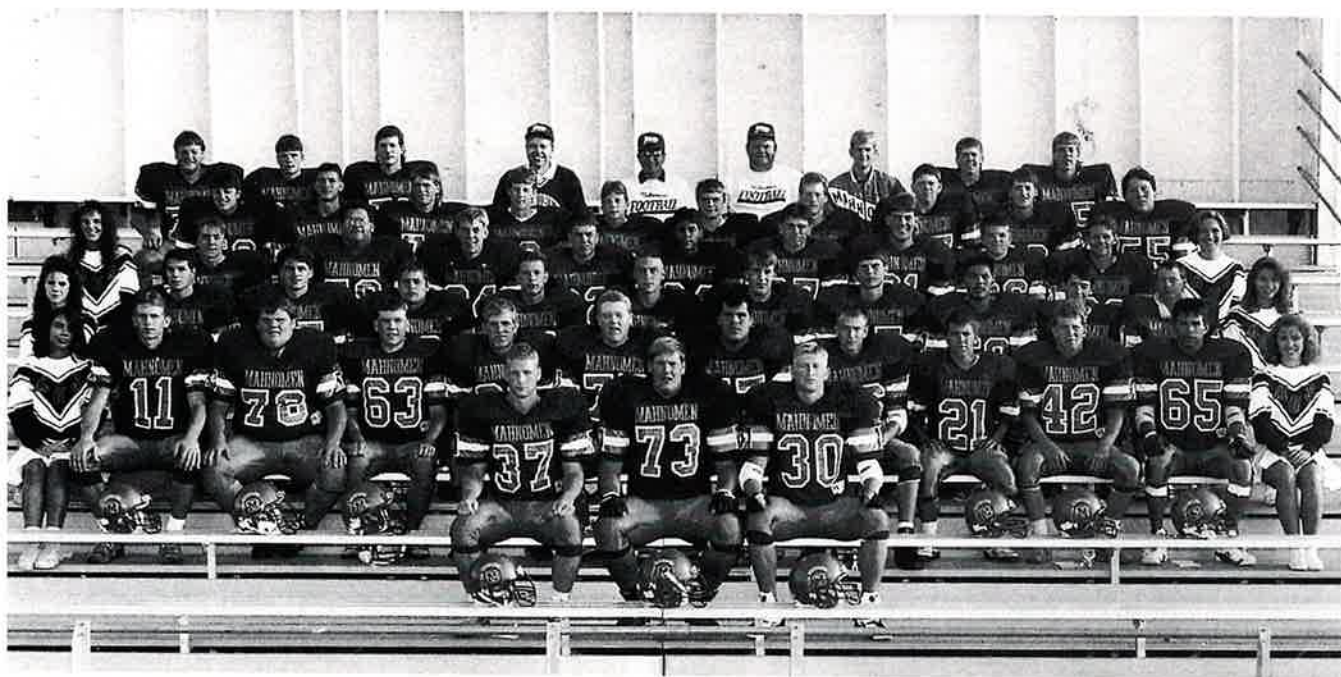
Row 1 (L-R): Heather Redig, Tina Schlauderaff, Jodi Lewis, Rachel Otto, Chrissy Berg, Missi Steen. Row 2: Dave Kidder, Matt Kelly, Neal Kittelson, Steve Skarie, Jerome Miller, Kevin Schlauderaff, David Johnson, Toby Steinmetz, Matt Horner, Nate Greenlaw, Erik Gunderson, Travis Renney, Kinsey Otto, Ken Fechtner, Matt Bratlie, Pete Hedman, Ian Besse, Ryan Manke. Row 3: Nathan Huseby, Mark Piche, Ryan Hermes, Justin Schweigart, Matt Hovdenes, Bryan Woodward, Brian Olson, Steve Kath, Brian King, Aaron Mislevic, Corey Johnson, Jeremy Kotta, Matt Fischbach, Matt Schiller, Justin Wood, Kris Spenningsby, Matt Satrom. Row 4: Ryan Bristlin, Greg Hedman, Brett Nansen, Justin Guida, Matt Wimmer, Brian Porter, Tim Ramsey, Cory Manning, Mike Engum, Jason Kelly, Josh Keyes, Bruce Retz, Joe Flores, Wade Lewandowski. Row 5: Dave Laudon, Mark Palm, Isaac Inwards, Matt Friendshuh, Wayne Kading, Craig Fredrickson, James Scherzer, Chad Bauer, Warren Pedersen, Joe Skaaland. Row 6: Mark Rasmussen, Brent Kuehne, Jason Ziegler, Kyle Schmit, Casey Jensen, Kevin Brent, Jamie Pawlak, Joe Schweigert, Gregg Wolff.

ST. CLOUD CATHEDRAL—SECTION 6 CHAMPIONS—CLASS B



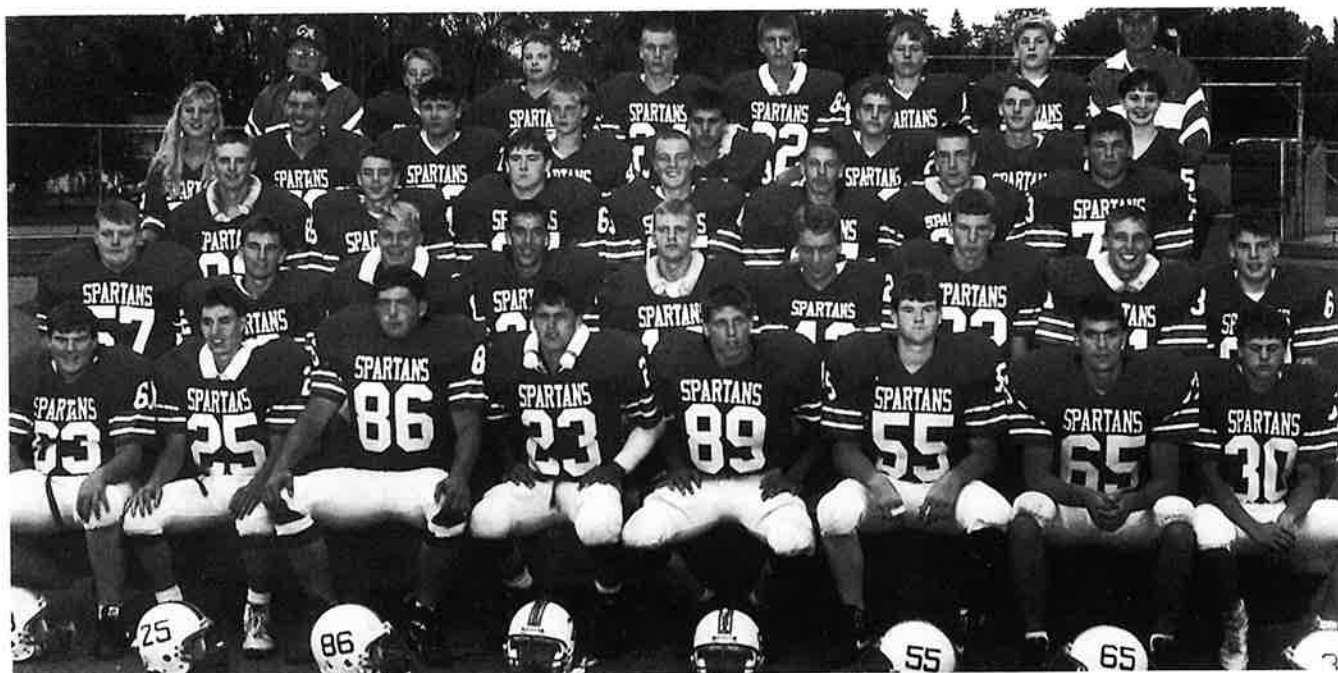
Row 1 (L-R): Travis Gruber, Shawn Boom, Jorgen Larsson, Dave Hoefs, Ryan Arendt, Ryan Loch, Student Manager Pat Simones, Student Manager Dan Hess, Student Manager Ryan O'Hara, Matt Thueringer, Tony Imholte, Ross Peterson, Pat Conrad, Bryce Scovill, Kevin Lenzen. Row 2: Trainer Libby Becker, Brent Kieke, Ryan Koepp, Chris Adkins, Jacob Froelich, Josh Green, Tim Smith, Brian Rolek, Chuck Feia, Jared Raeker, Andy Berger, Jamie Pribyl, Benji Wolke, Assistant Coach John Ryan. Row 3: Assistant Coach Jeff Hess, Assistant Coach Bob Bjornstad, Head Coach Gary Fasching, Sam Spiczka, Kevin Belmont, Sam Keaveny, Clint Grams, Nate Manderfeld, Jeff Hoefs, Jeremy Hartneck, Kevin Morrissey, Eric Schultz, Adam Jensen, Assistant Coach Wayne Olson, Assistant Coach Tom Racker, Assistant Coach Rick Blechner. Row 4: Joel Connor, Jeff Klein, Chris Brown, Mike Mohs, Tom Virnig, Jeremy Mathiasen, John Williams, Eric Overman, Steve Schneider, Matt Mathiasen.

MAHNOMEN—SECTION 8 CHAMPIONS—CLASS C



Row 1 (L-R): Brent Miller, Andy Neumann, Tony Athmann. Row 2: Jessica Asher, Jeremy Seykora, Scott McCollum, Reed Bjerk, Chad Rogers, Randy Qual, John Littlewolf, Chad Schouveiller, Scott Yost, Jason Francis, Josh Stone, Karl Johnson. Row 3: Chris Hillyer, Miquel Perez, Matt Kraker, Pete Scheff, Doug Liebl, John Grayden, Randy Winter, Kenny Crane, A.J. Goodwin, Mike Morrisson, John Halvorson, Connie Revier. Row 4: Laurie Zimmel, Kelly Simon, Greg Blue, Darren Rogers, Jamie Wark, Ryan Estey, Mason Thompson, Jason Darco, Steve Graham, Bryan Black, Melissa Thompson. Row 5: Eric Dahl, John Struthers, Zach Peterson, Jared Schafer, Jeff Geray, Shaun Ryan, Fred Specht, Gary Vik, Jason Luksik, Chad Habadank. Row 6: Brian Dahl, Jason McCarthur, Greg Simon, Assistant Coach Mark Agnew, Head Coach Ken Baumann, Assistant Coach John Peterick, Manager Derek Kochmann, James Sweep, Mike Haider.

CHOKIO-ALBERTA—SECTION 3 CHAMPIONS—9 MAN



Row 1 (L-R): Kyle Anderson, Cory Fynboh, Luke Monson, Kyle Neitzel, Bill Kehoe, Mike Hettver, Keith Vogt, Andy Ritter. Row 2: Kelly Backman, Jason Riley, James Rath, Dustin Tomoson, Mark Berlinger, Matt Marlow, Bryan Snortum, Mark Gibson, Troy Bruer. Row 3: Lucas deNeui, Paul Mithun, Shannon Pring, Scott Erickson, Luke Jost, Dan DeCamp, Tim Schmidgall. Row 4: Student Manager Shelly Backman, John Quackenbush, Chad Steuck, Nathan Burnett, Jacob Marty, Matt Staebler, Darren Nelson, Student Manager Jenny Marty. Row 5: Assistant Coach John Mithun, Peter Mithun, Tom Schneider, Mike Marty, Ed Picht, Jeff Johnson, Ritchie Giles, Head Coach Neal Hofland.

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State Football Playoff Championship Games (1972 - 1993)

1972				1979			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AAMpls.	Washburn	Moorhead	26-6	AA	Columbia Heights	Richfield	8-3
A	Burnsville	Sauk Centre	46-19	A	Rochester Lourdes	Apple Valley	22-6
B	Mountain Iron	Dassel-Cokato	54-6	B	Gaylord	Mahnomen	15-6
C	Gaylord	Preston	26-6	C	Bird Island-Lake		
9-Man	Rothsay	Cotton	64-12		Lillian	Harmony	34-6
				9-Man	Russell	Toivola-Meadowlands	17-14
1973				1980			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AA	Rochester- John Marshall	St. Paul Harding	25-0	AA	Burnsville	Cambridge	23-6
A	Eveleth	Willmar	28-18	A	Crookston	Pipestone	32-6
B	New Prague	Appleton	13-7	B	Mahnomen	Austin Pacelli	34-0
C	Gaylord	Holdingford	29-6	C	Bird Island-Lake		
9-Man	Lake Benton	Brandon	50-12		Lillian	Mountain Lake	20-7
				9-Man	Hoffman	Toivola- Meadowlands	18-14
					Kensington		
1974				1981			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AA	Rochester	Bloomington		AA	Rosemount	Moorhead	40-14
	John Marshall	Jefferson	41-19	A	St. Peter	Hermantown	18-14
A	Alexandria	Chaska	26-7	B	Holdingford	Pine Island	39-0
B	New Prague	Caledonia	41-12	C	Medford	Clarkfield	33-28
C	Battle Lake	Bird Island	34-26	9-Man	Argyle	Starbuck	31-19
9-Man	Lake Benton	Fisher	(2 OT) 36-6				
1975				1982			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AA	Stillwater	Richfield	20-17	AA	Stillwater	Owatonna	34-27
A	St. Thomas Acd.	St. Peter	21-14	A	Brooklyn Center	E. Grand Forks	30-8
B	Gaylord	Onamia	14-13	B	LeCenter	Mahnomen	12-6
C	Esko	Karlstad	62-0	C	Truman	Belgrade	16-14
9-Man	Ruthton	Audubon	42-20	9-Man	Westbrook	Fergus Falls Hillcrest Lutheran Academy	34-12
1976				1983			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AA	White Bear Lake	Cloquet	14-36 (OT)	AA	Coon Rapids	Bloomington	
A	St. Peter	Mora	56-12			Jefferson	34-31
B	Caledonia	Sartell	38-7	A	Hutchinson	Park Rapids	36-14
C	New Richland- Hartland			B	Jordan	Breckenridge	27-0
9-Man	Deer Creek	Bird Island	21-19	C	Southland (Adams)	Bird Island-0 Lake Lillian	28-0
		Fergus Falls		9-Man	Silver Lake	Norman County West Climax	27-12
		Hillcrest Luth. Acd.	57-14				
1977				1984			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AA	Mpls. Washburn	Stillwater	13-0	AA	Stillwater	Burnsville	36-33
A	Fridley Grace	Cold Spring Rocori	36-12	A	Hutchinson	Centennial	32-7
B	Granite Falls	Stewartville	44-6	B	Granite Falls	Breckenridge	13-7
C	Battle Lake	Henderson	22-20 (OT)	C	Harmony	Glyndon-Felton	20-14
9-Man	Deer Creek	Fergus Falls		9-Man	Norman Co. West	Silver Lake	37-20
		Hillcrest Luth. Acd.	20-0				
1978				1985			
Class	Champions	Runners-Up	Score	Class	Champions	Runners-Up	Score
AA	Edina West	Fridley	21-0	AA	Burnsville	Apple Valley	27-21
A	Fridley Grace	Apple Valley	17-14	A	New Prague	Mora	16-12
B	New Richland- Hartland			B	Jackson	Mahnomen	26-20
C	Alden-Conger	Barnesville	48-8	C	Glyndon-Felton	Zumbrota	38-14
9-Man	Hoffman	Battle Lake	15-14	9-Man	Westbrook	Norman Co. West	45-18
		Albrook	44-28				

1986

Class	Champions	Runners-Up	Score
AA	Apple Valley	Osseo	35-6
A	Cambridge	Stewartville	24-0
B	Watertown-Mayer	Granite Falls	29-6
C	Minneota	Sherburn-Dunnell	52-19
9-Man	Argyle	Silver Lake	32-7

1987

Class	Champions	Runners-Up	Score
AA	Moorhead	Winona	13-7
A	Cambridge	Lakeville	28-14
B	Granite Falls	Ely	43-20
C	Minneota	Grand Meadow	27-7
9-Man	Silver Lake	Verndale	30-14

1988

Class	Champions	Runners-Up	Score
AA	Blaine	Cretin-Derham Hall	25-24
A	Lakeville	Staples-Motley	35-28
B	Breckenridge	Morris	21-7
C	Minneota	Rushford	42-28
9-Man	Hallock	Stewart	35-24

1989

Class	Champions	Runners-Up	Score
AA	Burnsville	Stillwater	21-7
A	Albany	Totino Grace	41-32
B	Gibbon-Fairfax	Perham	27-15
C	Winthrop	Mahnomen	14-7
9-Man	Waterville-Elysian	Albrook	47-12

1990

Class	Champions	Runners-Up	Score
AA	Anoka	Elk River	14-0
A	Fridley	Sartell	34-12
B	BOLD	De La Salle	15-14
C	Mahnomen	Becker	27-7
9-Man	Hills-Beaver Creek	Argyle	28-21

1991

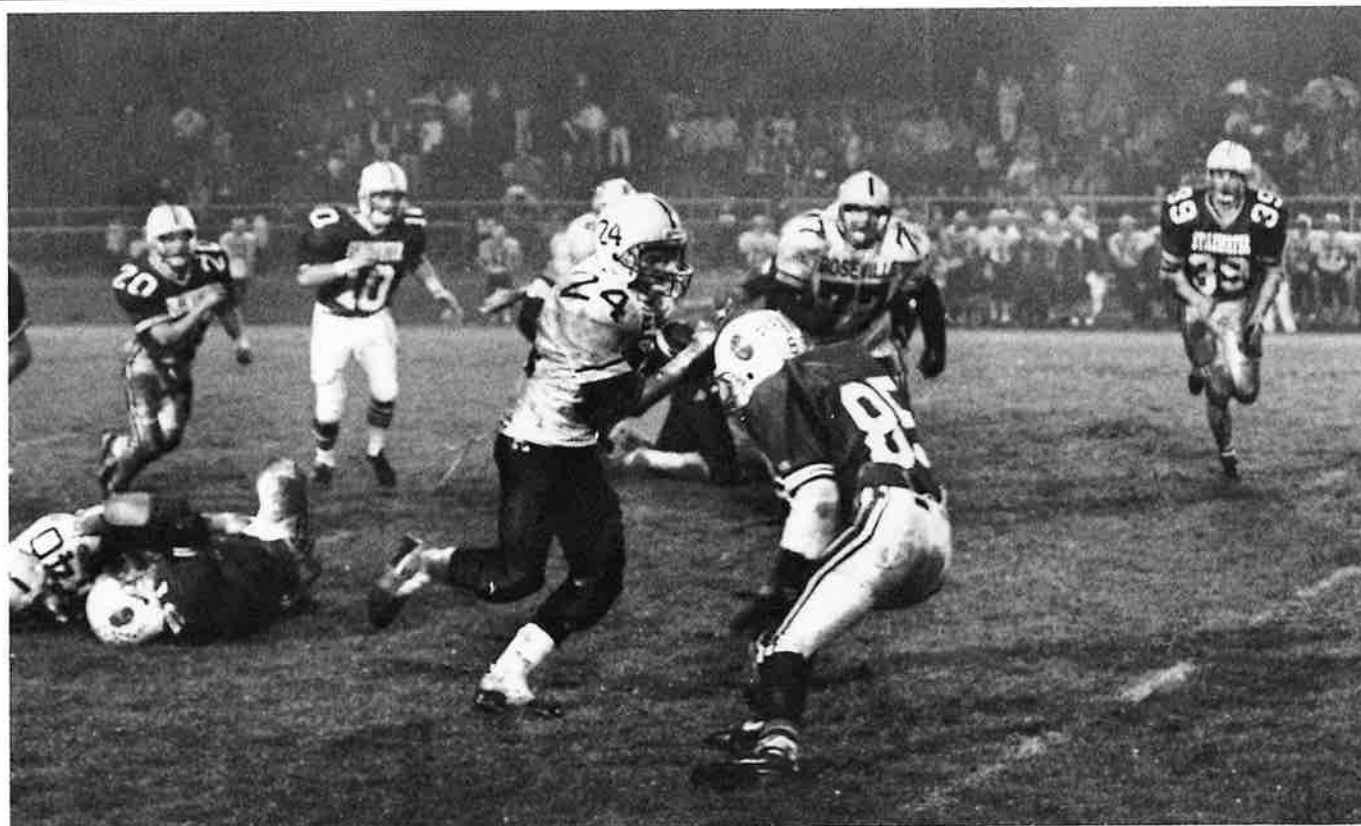
Class	Champions	Runners-Up	Score
AA	Burnsville	Lakeville	10-7
A	Spring Lake Park	Rocori	20-0
B	BOLD	Deer River	14-0
C	Mahnomen	Mankato Loyola	42-0
9-Man	Cholio-Alberta	Gyrgla/Goodridge	7-6

1992

Class	Champions	Runners-Up	Score
AA	Lakeville	Cretin-Durham Hall	19-7
A	Detroit Lakes	Farmington	21-0
B	St. Cloud Cath.	BOLD	7-6
C	Mahnomen	Mankato Loyola	20-13
9-Man	Stephen	Cromwell	36-20

1993

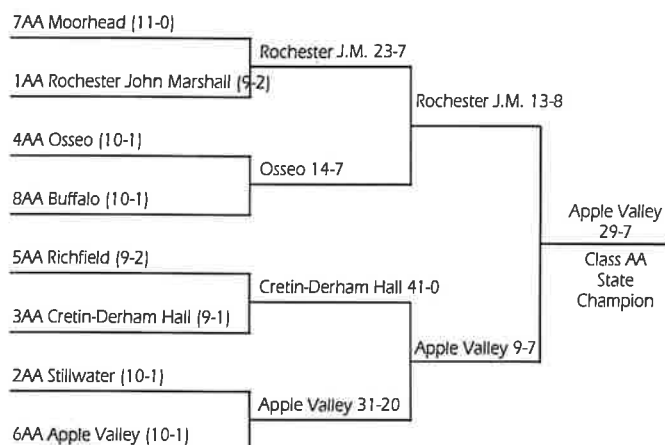
Class	Champions	Runners-Up	Score
AA	Apple Valley	Rochester J.M.	29-7
A	Detroit Lakes	Northfield	21-14
B	St. Cloud Cath.	Zumbrota-Mazeppa	28-6
C	Mahnomen	Minneota	43-23
9-Man	Chokio-Alberta	LeRoy-Ostrander	35-0



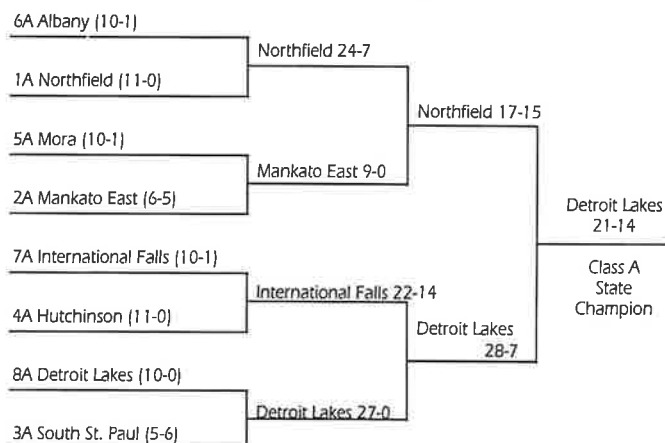
Roseville's Ronnie Smith (#24) is stopped by Ryan Kraft (#85) of Stillwater during the Ponies 55-7 Homecoming win. Twin Cities Suburban East Conference.

1993 Playoff Results

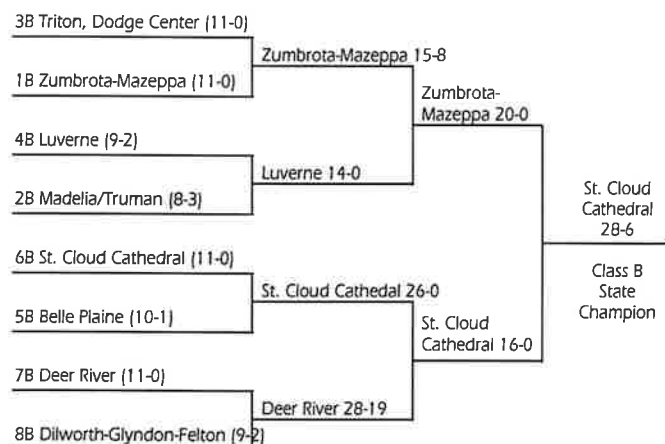
1993 Class "AA" Playoff Results



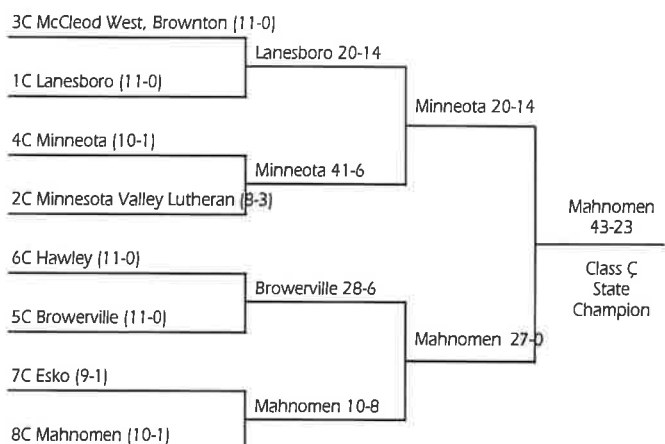
1993 Class "A" Playoff Results



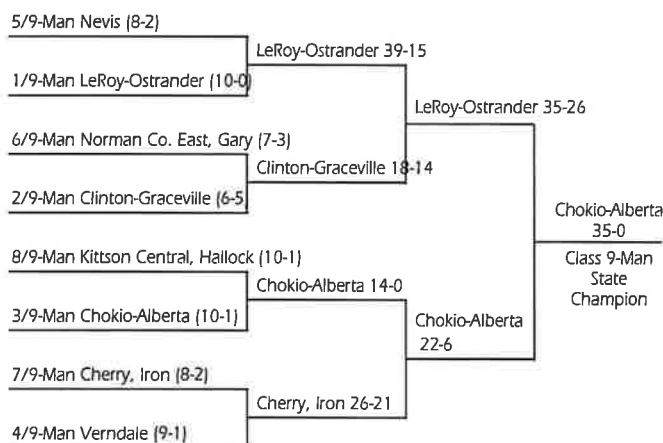
1993 Class "B" Playoff Results



1993 Class "C" Playoff Results



1993 Class "9-MAN" Playoff Results



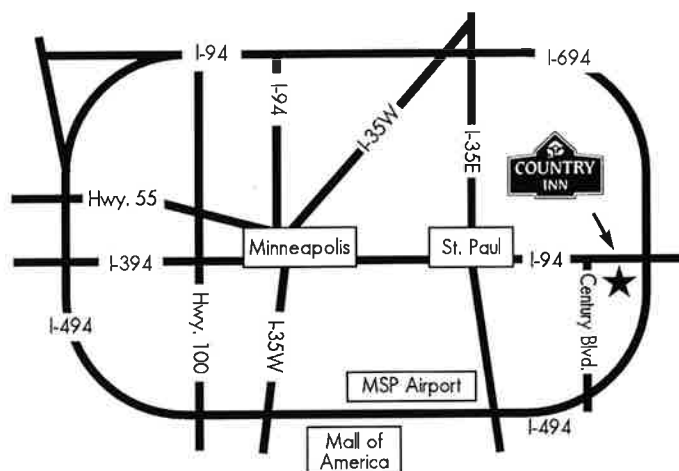


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Active High School Head Coaches 100 Victory Club (Entering 1994 Season)

Head Coach & School	W-L-T Record	Years Head Coach	Head Coach & School	W-L-T Record	Years Head Coach
1. Ken Bauman, Mahanomen	242-37-2	25	37. Charles Sundeen, Gibbon-Fairfax-Winthrop	143-69-0	22
2. George Thole, Stillwater	232-53-2	26	38. Rick Manke, Detroit Lakes	141-50-0	18
3. Grady Rostberg, Hutchinson	228-79-2	30	39. Stan Olson, LeRoy Ostrander	141-78-0	22
4. Les Dreschel, Red Lake Falls	224-91-9	36	40. Deryl Ramey, Willmar	141-80-4	21
5. Gerhard Meidt, Minneota	214-63-0	28	41. Ken Belanger, Zumbrota-Mazeppa	141-114-2	28
6. Burton "Buz" Rumrill, Silver Lake	209-103-3	32	42. Gary Graham, Browerville	140-44-0	18
7. Don Stueve, Fergus Falls	207-103-1	34	43. James Mader, Albany	139-46-0	17
8. Jim Roforth, Osakis	206-88-3	34	44. Wayne Beisel, Lewiston/Altura	139-88-1	25
9. Ron Stolski, Brainerd	205-102-5	32	45. Keith Swanson, West Central Area	136-55-0	18
10. Billy Beck, Lac Qui Parle Valley	204-122-6	36	46. Dick Strand, Southland	135-60-0	21
11. Neal Hofland, Chokio-Alberta	199-42-2	25	47. Dwight Lundeen, Becker	130-95-3	24
12. Jerry Wallskog, LeCenter	187-81-1	28	48. Rick Jaeger, Montevideo	129-65-0	20
13. Mike Mahlen, Vermdale	178-58-3	25	49. Gene Stritesky, Ogilvie	128-57-0	18
14. Jim Simser, Fairmont	178-73-1	26	50. Merrill Pavlovich, Delano	127-51-0	19
15. Dave Nigon, Totino Grace	177-66-0	23	51. Ken Hill, Sauk Rapids	120-109-1	25
16. Terry McLean, Elk River	177-74-2	26	52. John Heller, St. Paul Highland Park	118-108-1	25
17. Stuart Nordquist, Int. Falls/Indus.	177-84-2	27	53. Larry Thompson, Lakeville	117-46-1	15
18. Dave Main, Sibley East	173-69-0	25	54. William Beck, Irondale	117-105-0	26
19. Dean Taylor, Sartell	172-84-0	27	55. David Montgomery, St. Paul Academy	116-90-2	23
20. Willie Rauhen, Pine Island	168-111-2	30	56. Gary Brantl, Red Lake Co. Cent.	116-106-0	24
21. Con Natvig, Swanville	167-96-2	28	57. Mike Finco, Fisher/Climax	115-67-0	16
22. Roger Lipelt, Wayzata	166-95-1	29	58. Earl Wetzel, Farmington	114-58-0	17
23. Dick Oliphant, Faribault	163-99-0	28	59. Terry Karlsgodt, Atwater-Grove City	112-60-0	18
24. Bill Bailey, Minnewaska	162-101-0	28	60. Jim Brown, Winsted Holy Trinity	111-61-0	18
25. Dave Brokke, Granite Falls-Clark	159-45-0	19	61. Larry Mischke, Ely	111-63-0	19
26. Clark Bergloff, Mora	159-50-0	21	62. Neil Royer, Martin County West	111-83-0	21
27. DeWayne Johnson, Anoka	159-83-2	25	63. Lyle Anderson, Cook County	109-70-0	20
28. Dave Beadle, Albrook	157-103-3	35	64. Ken McDonald, Hopkins	109-92-0	23
29. Gary Trimble, Kimball Area	156-84-0	23	65. Dan Kostich, Moorhead	108-38-0	14
30. Frank Fredlund, St. Peter	155-69-1	23	66. James Swanson, Maple River	108-79-0	21
31. Ron Johnson, Gonvick-Trail	155-70-0	25	67. Dennis Hale, Worthington	108-81-0	20
32. Paul Miller, Apple Valley	154-46-0	20	68. Floyd Smaller, St. Paul Central	105-91-0	22
33. Jerry Sonnek, Blackduck	150-96-3	28	69. Ken Jacobson, Chatfield	104-97-0	21
34. John Gross, Medford	150-109-0	29	70. Michael Hyland, Wrenshall	102-62-0	21
35. Bruce Harding, East Central	149-104-2	28			
36. Howard Emerson, Warren	146-68-1	24			

COACHES APPROACHING 100 VICTORIES AT BEGINNING OF 1994 SEASON

Head Coach & School	W-L-T Record	Years Head Coach	Head Coach & School	W-L-T Record	Years Head Coach
1. Robert Seiling, Bertha Hewitt	97-43-0	14	8. Terry Arduser, Madelia/Truman	86-72-0	16
2. Robert Just, Little Falls	94-92-0	20	9. Craig Anderson, Dilworth-Glyndon-Felton	85-48-0	13
3. Steve Frickey, Hill-Murray	93-65-0	15	10. Mike Watson, Centennial	84-89-1	19
4. Dennis Holsman, Hill City	91-65-0	17	11. Curt Strand, McLeod West	82-43-0	13
5. Steve Ott, Deer River	89-16-0	9	12. Dave Hylia, Proctor	82-47-0	13
6. Steve Radniecki, Norman County East	89-63-0	15	13. Rich Kollok, Cretin Derham Hall	81-41-0	14
7. David Traust, Beardsley-Valley	88-59-0	16	14. Terry Ogorok, Kittson Central	80-47-0	14

200 VICTORY CLUB

Three outstanding coaches achieved their milestone 200th victory during the 1993 season. That takes a lot of dedication and hard work and is a real tribute to the success that these coaches have had in their programs.

Jim Roforth of Osakis finished his 34th season with a mark of 206-88-3. Ron Stolski of Brainerd has a 205-102-5 record after 32 years. Billy Beck of Lac Qui Parle Valley improved his record to 204-122-6 after 36 years as a head coach. Congratulations on a great job!

Other active coaches with 200 victories are Ken Baumann, Mahanomen; George Thole, Stillwater; Grady Rostberg, Hutchinson; Les Dreschel, Red Lake Falls; Gerhard Meidt, Minneota; Buz Rumrill, Silver Lake; and Don Stueve, Fergus Falls.

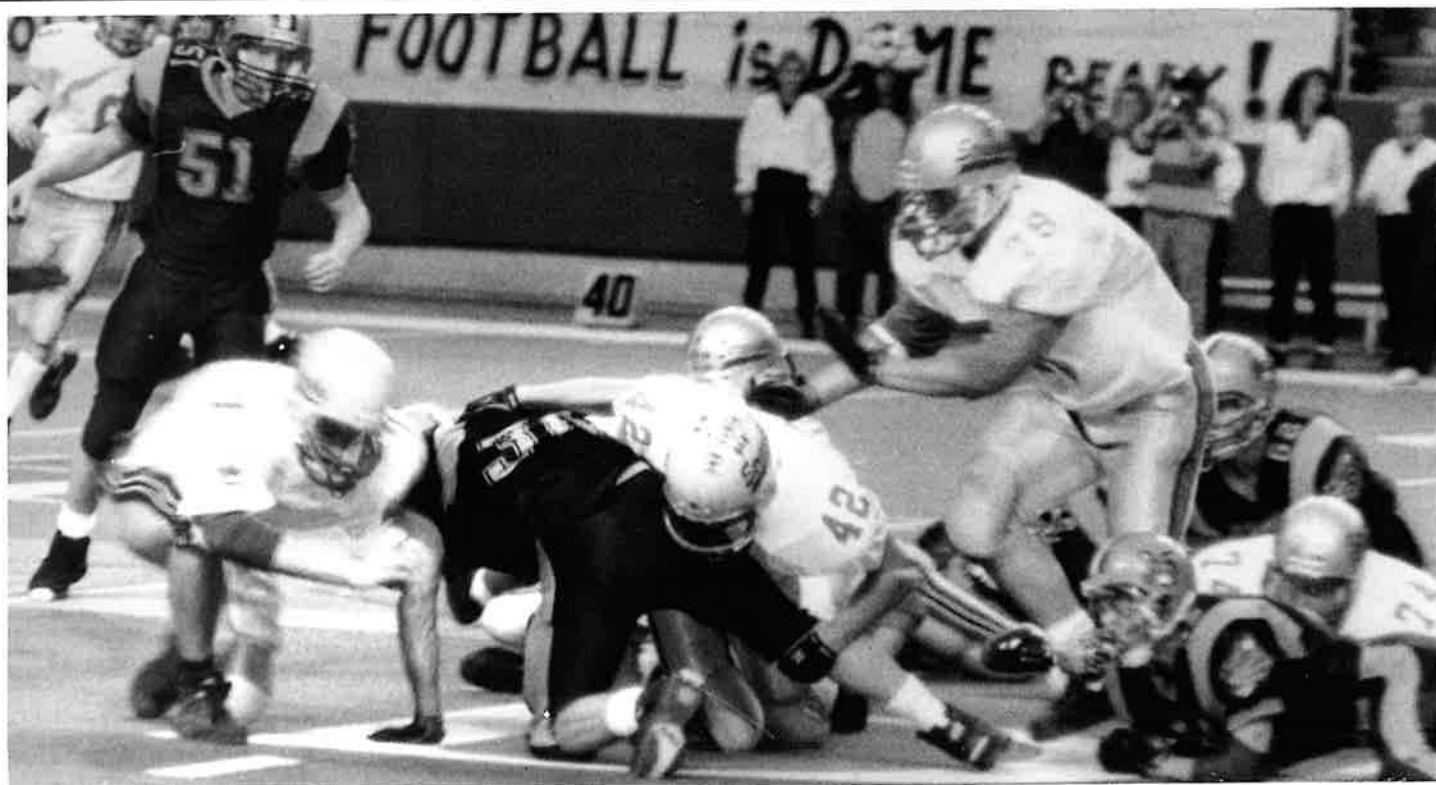
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Ron Stolski
Brainerd



Jim Roforth
Osakis



Osakis (white) vs. Browerville (black) in the Section 5-C Championship game at the Fargodome in Fargo, ND. Prairie Conference.

1994-95 - UNIFIED DUES APPLICATION FORM

Minnesota State High School Coaches Association

308 Lord Avenue, Foley, Minn. 56329

DARIEN DEROCHE - EXECUTIVE SECRETARYNAME (Print) _____
(Last) (First) (Initial)

SCHOOL _____

SCHOOL ADDRESS _____ Zip Code _____

HOME ADDRESS _____ Zip Code _____

ATHLETIC REGION NO. _____ SR No. _____ A (CIRCLE ONE) AA

ATHLETIC CONFERENCE _____ HOME PHONE # () _____

DUES PAYABLE: Check One☐ ANNUAL DUES PAYING MEMBERS - \$25.00Eligible: League Member secondary coaches
and athletic directors☐ ASSOCIATE MEMBERS - \$10.00

Eligible: Out of State School Coaches

In State & Out State College Coaches

☐ LIFE MEMBER _____

(NUMBER OF YEARS COACHING, INCLUDING 1994-95 SCHOOL YEAR _____)

SPORT ASSOCIATIONS DUES(Optional - Must join parent organization before
you can join individual Sport Association)

ATHLETIC DIRECTORS.....\$25

BASEBALL\$10 (H); \$5 (A)

BASKETBALL\$10 (H); \$5 (A)

CROSS COUNTRY.....\$6

FOOTBALL\$15 (H); \$5 (A)

Retired Life\$25

GOLF.....\$10

HOCKEY.....\$25 (H); \$15 (A)

Retired\$15

CC SKIING.....\$8

SLALOM SKIING\$6

SOCCER...(MUST BE IN BY OCT. 1, 1994).....\$5

SWIMMING\$10

Ass't or Diving Coach.....\$5

TENNIS.....\$10 (H); \$5 (A)

TRACK.....\$5

DIRECTORY INFORMATION**LIST YOUR COACHING ASSIGNMENTS**

MSHSCA DUES\$25.00

(INCLUDES \$1,000,000 LIABILITY INSURANCE)

LIFE MEMBERS THAT WISH LIABILITY INSURANCE

SHOULD SEND \$5 TO M.S.H.S.C.A.

SPORT ASS'N DUES.....\$_____

TOTAL\$_____

MEMBERSHIP DEADLINE — FEBRUARY 15, 1995

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

1. Full time Executive Secretary available to work for you on a daily basis.
2. Dues includes an automatic excess \$1,000,000 liability insurance for class room and coaching.
3. Special Reduced Rates at Best Buy Co.
4. Membership card is good for admission at many high schools and colleges in the state.
5. Members can obtain reduced rates at The Metrodome Hilton Hotel - \$55 plus tax (Free Parking). Reduced rates at the Normandy Hotel (Mpls.) and the Brainerd Holiday Inn.
6. Teams become eligible for the Academic State Championship Program.
7. Reduced Rates at Alamo Car Rental.
8. Schools can become involved in a Sportsmanship Program.
9. Special Minnesota Timberwolves Ticket Prices.
10. Scholarships available for Minnesota High School students.
11. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.
12. Four issues of **THE MINNESOTA PREP COACH** Association newsletter which contains information about and for coaches and their association's activities.
13. Provides clinics for four affiliated sport associations. Clinic potential for **all** sport associations.
14. Offer a national clinician exchange for our qualified high school clinicians.
15. Opportunity to be recognized as National Coach of the Year.
16. Delegate representation that allows coaches to remain updated on current affairs plus the exchange of ideas through representation.
17. Close working relationship with all affiliated sport associations.
18. Opportunity to be recognized as Minnesota's Coach of the Year.
19. Opportunity to be recognized as Minnesota Assistant Coach of the Year.
20. Provides active representation and support on the Minnesota State High School League's Board of Directors.
21. Be recognized for state team championship.
22. Opportunity to become a member of the 25 Year Club.
23. Opportunity to be inducted into the MSHSCA Hall of Fame.
24. Unified support for each others programs.
25. PROFESSIONALISM!



Detroit Lakes High School defenders (in dark uniforms) stopped a Northfield runner during the 1993 Minnesota State High School Class A Football Tournament championship game at the Metrodome in Minneapolis. Detroit Lakes posted a 21-14 victory and won its second successive Class A title.

15682

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21st Annual Minnesota High School

ALL ★ STAR FOOTBALL GAME

7:00 P.M. SATURDAY, AUGUST 6
MACALESTER COLLEGE

**METRO ALL STARS
HEAD COACH**

Todd Olson, Richfield

ASSISTANTS

Dave Gehrke, Columbia Heights
Craig Hansen, Osseo
Tom Idstrom, Irondale
Gerald Rohl, Buffalo

VS.

**OUTSTATE ALL STARS
HEAD COACH**

Dwight Lundeen, Becker

ASSISTANTS

Gary Fasching, St. Cloud Cathedral
Dave Hyalla, Proctor
Mike Mahlen, Verndale
Steve Nunnick, Brainerd

*Co-sponsored by the
Minnesota High School
Football Coaches
Association and
NovaCare, Inc.*

*Your support helps
benefit the MHSFCA
Award Activities.
Thanks for Helping!*



Jim Dotseth
Game Manager

