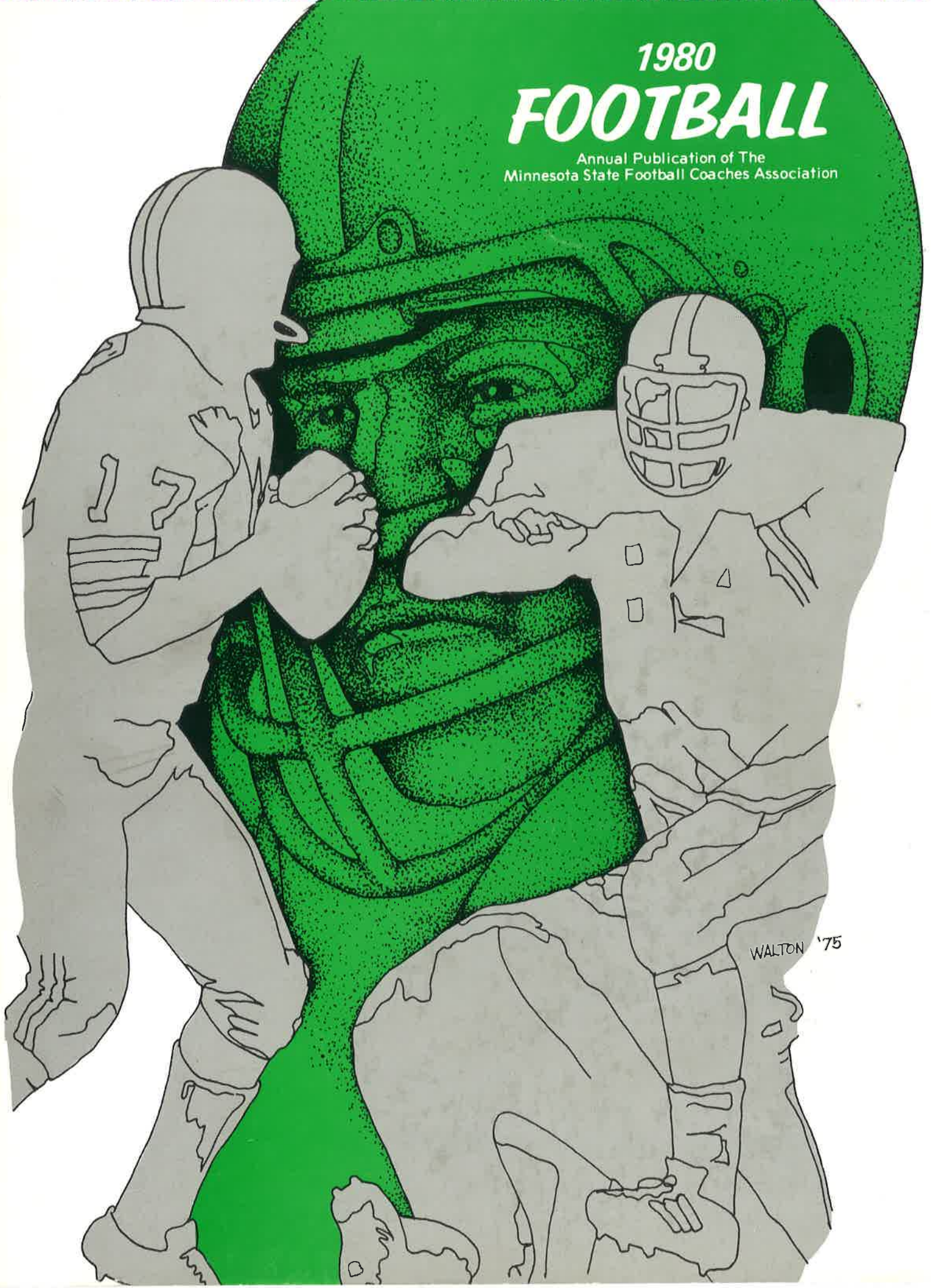


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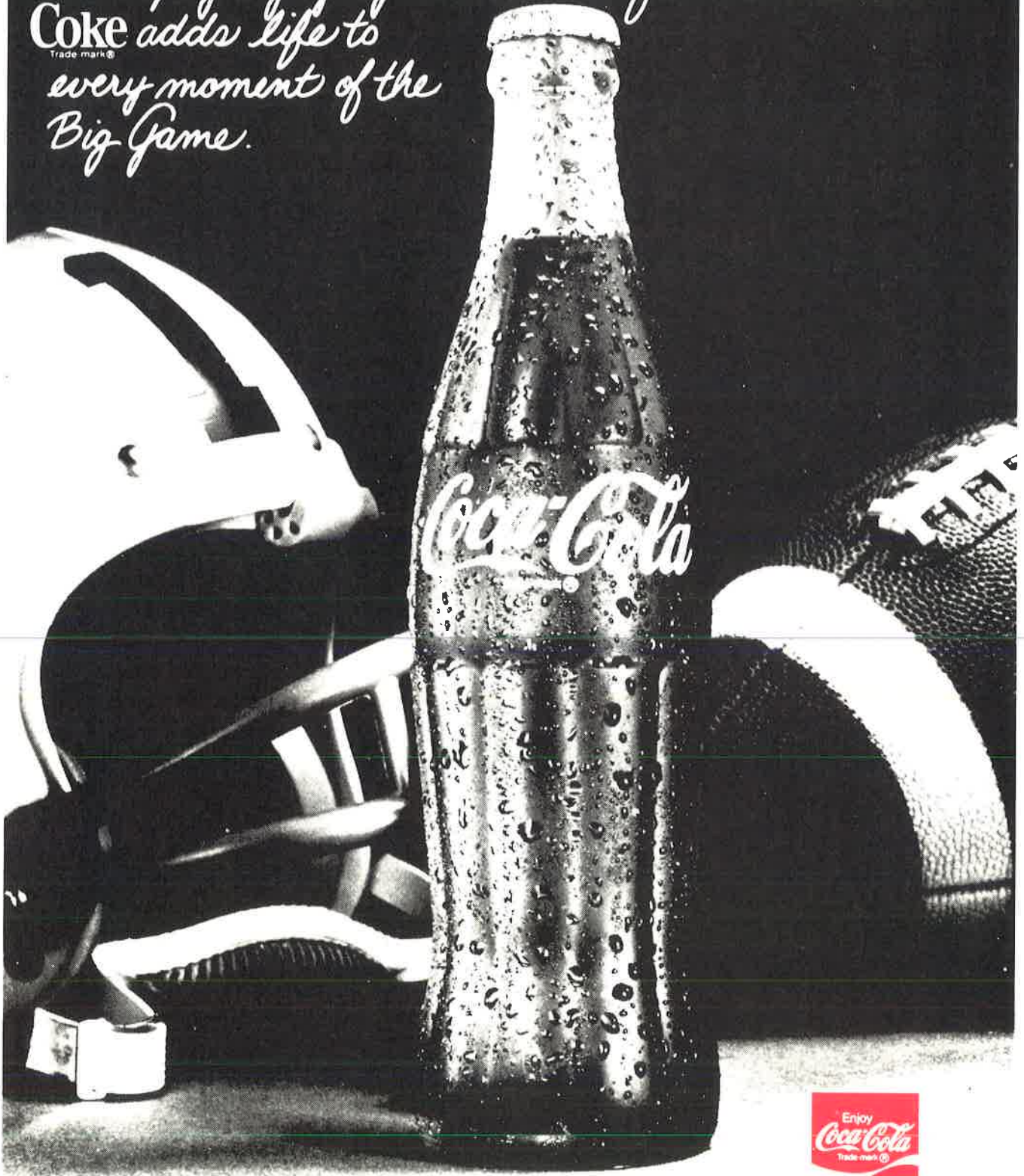
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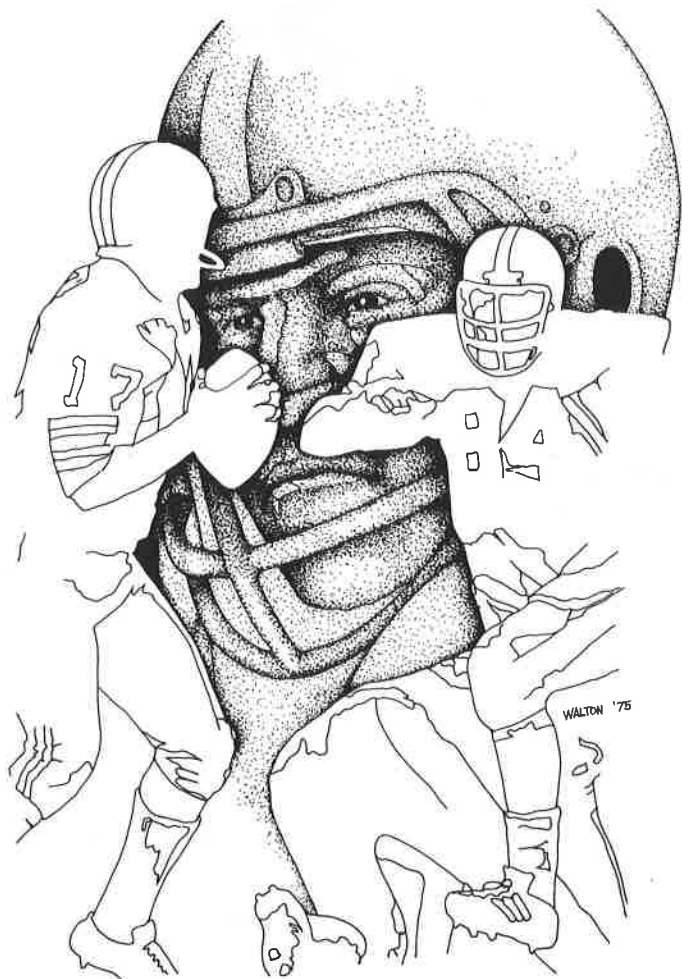
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Presidents Message:

As President, I write this article with mixed emotions. On completion of my term of office on May 2nd, I will no longer be active as a coach; however, I hope to be active in this great association in any way I can be of service.

The past year has been a very rewarding and fulfilling experience for me. Being an active coach in Minnesota for twenty-six years, I will be the first to admit that I laid back and let others do all the work in the association, and I just reaped the benefits. So to all of you dragging your feet, let's make a move — a concentrated effort to motivate ourselves and get active in a super organization. Get off your duff and mingle/meet/work with the greatest people on the face of the earth — your fellow Minnesota coaches. I only hope I have made up for my laziness in earlier years and have made some sort of contribution in the more recent years I have been active.

The past year has been marked with progress and the reshaping of the association. The conference representative concept is off the ground, and, if our last meeting was

any indication, I'm sure we'll be getting to the grass roots and be in more direct contact with each and every football coach in Minnesota.

The All-Star Game, I feel, is in a very crucial and critical year. The Human Growth people have been super and should be commended on their concentrated effort to keep this game on an annual basis and firm "ground zero". But they cannot do it alone! Coaches, if we want to perpetuate this game, we have to get out and hustle — sell advance tickets, promote the game in our areas, and, above all, we all have to be at the game, en masse.

In closing, many thanks to the people who have helped keep our organization moving. I have sincerely appreciated the opportunity to serve as President of this fine organization.

Dick Lawrence
President

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Safe and Successful Youth

DICK WALKER, HEAD COACH, RICHFIELD HIGH SCHOOL

About the Author

Dick Walker has been head football coach at Richfield High School for the past ten years, and he has compiled a record of 81-19-2. Under Coach Walker's guidance, Richfield has won two co-championships and five Lake Conference championships.

Richfield played in the Minnesota State Play-Offs in 1972, 1975, 1977, and 1979 and was the State Runner-up in 1975 and 1979.

A graduate of Eastern Illinois and Illinois University, Coach Walker began his coaching career in Robinson, Illinois. He then moved on to Northbrook, Illinois, and then to Glenbrook South. He also coached at Coe College in Cedar Rapids, Iowa,



before going to Richfield.

Walker's lifetime coaching record is 107-30-5.

should play?" "Under what conditions should boys be permitted to play?" "Who furnishes or finances equipment?" and numerous other questions which I'm sure you have heard and discussed at length.

Before a new season begins, I feel that it is important for a coaching staff and others involved in the program to amply discuss in detail the philosophy or conditions under which the program is to function. There should be a written statement which will define the program's aims and objectives, rules and regulations, and anything else of importance in the operation of the program.

In the end the players are deprived of a wholesome football experience if the organization's basic philosophy is not clearly understood by all people involved.

The Players

The program of football must be concerned with what effect it will have upon the boys who will participate in it. This is the basic reason the program exists at all. I probably should qualify this in respect to professional football which has the primary value of financial benefits. However, the good program thinks constantly about what contributions it can make to the player. As far as it can, it must provide experiences which are wholesome in every respect to the total player's personality.

Too often a coach forgets he is dealing with boys each with their own range of talents and limitations. Often the coach sees the player as a physical specimen to be conditioned to respond to certain stimuli and in a preconceived manner. The player cannot be divided and treated in sections. A player's personality has a mental, social and moral nature as well as a physical nature. These components of the personality must be treated as one, for what effects one will have varying effects upon the other three. To summarize this are, the desired goal of emotional maturity should come from the football program. Football can provide a range of experiences in practice and in games which will develop an emotionally mature person. The individual needs to be considered as an individual, but yet learn to operate within a squad. He must be capable of realizing pride as a team member, win or lose, as this is the value of football participation.

The Meaning of "Conditioning"

Conditioning deals with the preparation of players and the team from the pre-season period through the regular game schedule. It represents one of the most important aspects or "lanes" on the road to safe and successful football.

The term, conditioning, refers to the over-all preparation of the player and the team in such a manner that he and his team will be able to adequately meet the physical, mental, and emotional demands of football participation. A player that lacks proper conditioning or preparation will not be

A great deal of credit must go to the youth coaches in any program, who are willing to give time and talent to boys in their first experiences in the game of football. There are many views on the merit of youth football and this article will attempt to define some of Richfield's basic thoughts.

As I view the football program, there are six "mythical lanes" in the expressway toward a safe and successful program of organized football, regardless of level. The areas which will be discussed are:

1. The basic philosophy
2. The players
3. What is conditioning
4. Equipment and facilities
5. Coaching
6. Rules and officiating

Basic Philosophy

Regardless of what the endeavor may be, unless it has a basic set of rules upon which it can operate and be guided, it will fail. Such is the function of a basic philosophy. Athletic directors, coaches, sponsoring agencies, and all persons involved in the football program must generally agree to a philosophy that is acceptable to all. Naturally there will be some degree of differences of opinion on many points. However, these differences should not be too great, or the program will falter and eventually fail. The basic philosophy should be capable of answering such questions as, "What is the purpose of our program?" "To what extent should we gear our program toward winning?" "Who

capable of fulfilling his responsibility as a member of the team. He will suffer and his team will suffer because it has been deprived of the boy's talent and skills.

What are the physical requirements a boy needs to possess or develop before he can realize any degree of success in playing football?

In my opinion, there are five areas that need to be developed within each player, if the player and consequently the team is to realize success. I feel that a player needs to develop strength sufficient enough to understand the strains of contact; he needs endurance to last four quarters of all out effort; he must develop his speed to a maximum in order to be able to move quickly; he needs to acquire as much agility as he can muster to be able to get into the proper position at the proper time; and probably most important of all, he must have near perfect vision. A well-planned program can provide for the opportunity for improvement in players in these areas. However, no improvement will occur unless the individual player is motivated to improve and wants to improve.

The biggest single criticism of football today centers around the problem of injuries. Mothers become fearful; authorities tend to "run scared"; and many "side-walk engineers" quote inaccurate opinions when the problem of injuries and the number of injuries is discussed either privately or publicly. Actually a careful inspection of the facts shows that much of the publicity given football injuries is unwarranted and usually based on facts and figures taken out of context. It is true that the actual

number of injuries is some what higher than what it has been in recent years, but actually the rate of injuries has dropped especially the rate of fatal injuries. What people actually fail to consider is the tremendous increase in football participation during the past few years across the entire nation.

There have been a number of recommendations made by both medical authorities, and by a great number of highly professional football coaches who are interested in keeping the injury rate low with regards to the prevention of injury to a player. These involve physical preparation, equipment and facilities.

Probably the most important recommendation made is that all players should be required to have a medical examination by their own physician whenever possible. I think that this is a "must" for any program even though it presents a number of other problems. Yet in the best interest of the boy and football, the other problems which occur are not worth the chance of causing a serious injury or possible death. The biggest value of the examination is to screen out congenital or rheumatic heart cases to whom football participation presents a danger. Any orthopedic defects which cannot stand the strain of contact can be noted thus saving a boy from a possible permanent disability. To me all this just makes good sense.

Players should be encouraged to take responsibility for their own development during the off-season months. They should be especially encouraged to work on their strength development through isometric and isotonic weight

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training programs. Weight training is highly essential in development of strength in order to prevent injuries to the bones and their joints. Muscles, ligaments and tendons must be conditioned to withstand the strains of play, particularly the knee joints.

Physiologists tell us that a minimum of six weeks is required to properly condition the cardio-vascular system. Endurance depends largely upon how well the respiratory and circulatory systems have been conditioned. This means that the boys should begin to prepare themselves no later than six weeks prior to their first game. Distance running is the best means of attaining cardio-vascular conditioning. The Academy of Sports Medicine recommends that boys begin a running program at least four weeks prior to formal practice.

Equipment

The importance of proper and safe equipment cannot be over emphasized. Probably the most important piece of equipment a boy has is his helmet. There has been considerable controversy regarding the value of various helmets, but a NOCSAE approved helmet at all levels should be a must. Shoulder pads should be selected with care for the young player. A player's first contact comes through the use of his shoulder pads and how he judges contact may be in direct relationships to the fit and quality of shoulder pads. An overlooked area is the fit and quality of football pants, but they are a protective piece of equipment as they hold the thigh guard and knee pad in proper place. Equipment quality can be controlled, and the program should provide the best that it can for each player.

Equally obvious is the question of proper facilities on which to practice and play. Both practice and game fields should be of reasonably good turf, free from rocks, glass, and other materials dangerous to the players. Safety should be employed on all zones of the field.

Rules and Officials

The purpose of rules and officials is to control the game primarily and to protect its participants. Officials should be encouraged and supported in the enforcement of all rules, particularly those concerned with protecting a player. If officials cannot get the job done satisfactorily, some means to improve officiating should be initiated such as special rules, clinics, or demonstrations.

Summary

The football program is a very complex, operation, and the proceeding discussion was designed to stimulate thought on programs in operation.



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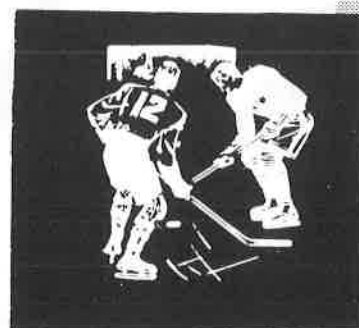


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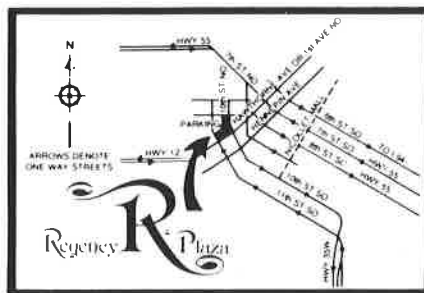
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The Important Factors in Developing Your Special Teams

KEN BAUMAN, HEAD COACH, MAHNOMEN HIGH SCHOOL

About the Author

Ken Baumann has been the head football coach at Mahnomen High School for eleven years. During that time his teams have compiled a 85-18-2 record with 9 Pine-to-Prairie Championships and four state play-off teams. Before coming to Mahnomen, he played his high school football in Lamberton, Minnesota, and then played 4 years at Bemidji State College and was captain in 1968.



In our football program at Mahnomen, one of the more successful parts has been our overall ability to execute all parts of the kicking game. I would like to share with you how we try to go about making that part of our football game successful.

When you look back at the years you have been involved in football, how many times has the outcome of a game been determined by special teams? Whether it be a high school, college, or professional game, almost every game where the teams are evenly matched, and many times when they are not, the winner in the contest is the one who gets the most mileage out of their special teams.

The kicking game can be (1) a game breaker for you, (2) give you the field position you desire (3) Force your opponent to make a costly error. These are the three points that we work very hard to try and sell to our kids. We are continually bringing up these points to our players in practice and reminding them of their importance in the outcome of a game.

Here are what we consider to be the most important factors of a kicking game:

1. **Have a definite system:** For all phases of the kicking game, use something that you have done before or something you believe in, but plan on doing it every year. It's hard enough for youngsters to learn new offensive and defensive assignments every year, don't confuse them further by trying new ways of executing the kicking game.
2. **Have definite method of drilling and teaching fundamentals:** In order for your team to execute well, you must set aside the time and work on the appropriate techniques of that part of the game. The drills you use should not change much, if any from year to year. Our freshmen are introduced to our system when they first

come out and it remains the same all the way through their senior year with very few changes. They know how to execute it well through constant repetition.

3. **Place a major emphasis on the kicking game:** We all know the importance of offense and defense. So do the kids, but they must be constantly reminded of the importance of the kicking game. This is one area where I feel the head coach must really take charge. The assistants have a role in the kicking game, but I believe the head coach must show the importance of this part of the game to get good results.
4. **You must use a very strong disciplinary approach to this part of your program:** If there is one area where players have a tendency to become careless, especially for high school players, it is in the kicking game. You must do as much as you can to prevent this, so discipline has to be very strong in this area. Every part of the kicking game, such as snap of the ball, coverage lanes, angles of pursuit, protection of inside gaps, etc., must be performed with a great deal of consistency. Discipline can achieve that for you.
5. **You can use it to play someone who does not normally play:** Special teams can be an excellent place to play younger players or anyone who does not play regularly. We will play younger kids on our special teams as long as we feel they will not hurt us. It's good if they can play here because it gives them a sense of pride and accomplishment at an early stage. Again, playing younger players is not always the answer.

We feel that if we stress these five factors to our football team that we will have a very consistent kicking game. We work extremely hard on it in pre-season and at the end of each practice during the season. It not only works as an excellent conditioner, but emphasizes the importance of kicking to them. Make sure that the reserves on each unit know what they are to do also. There is as much to getting the special units to work together as there is to making your offense click. Do not neglect it because it will likely cost you a ballgame some autumn evening.



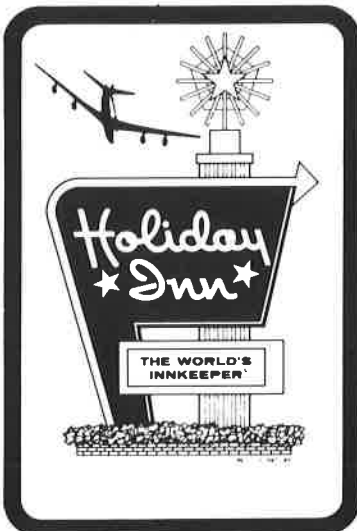


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Russell's 4-4-1 Defense

PETE MARR, HEAD COACH, RUSSELL

About the Author

Ethan "Pete" Marr, the 36-year-old head football coach at Russell High School, has won coaching honors in three sports (cross country, track and football). A graduate of

Adrian High School and Winona State University, he coached three years at Lynd before joining the Russell staff.

During my association with nine-man football, I have always felt that the 4-3-2 defense was inadequate unless a team were blessed with super athletes at every defensive position. The main reason for this thinking is that a team usually draws its offense against the 4-3 and practices all week against it. Their timing and execution becomes excellent, and often their plays are run as well in the game as they had been all week in practice. Schools that play the nine-man game are generally not fortunate enough to have that superior personnel that I mentioned, so I searched for something different and found the defense that did the job for us during the 1979 season.

The 4-2-3 or 4-2-umbrella became the 4-4-1 for the Russell Bulldogs. After our only loss of the season, this became our defense. We didn't vary from it other than to add an occasional stunt or two for a particular opponent or situation. The 4-4-1 against a straight double tight end alignment is shown in Diagram No. 1 (Refer to Diagram No. 1)

The defense ends line up in a three-point stance on the outside shoulder of the offensive ends. I don't allow our defensive ends to stand up. I think this brings about a lazy half-hearted effort way too often. Our defensive ends were small (160) but quite quick. They were instructed to always turn a play in. They had to sacrifice themselves many times so the running play could be turned in toward our two best defensive players, our two middle linebackers.

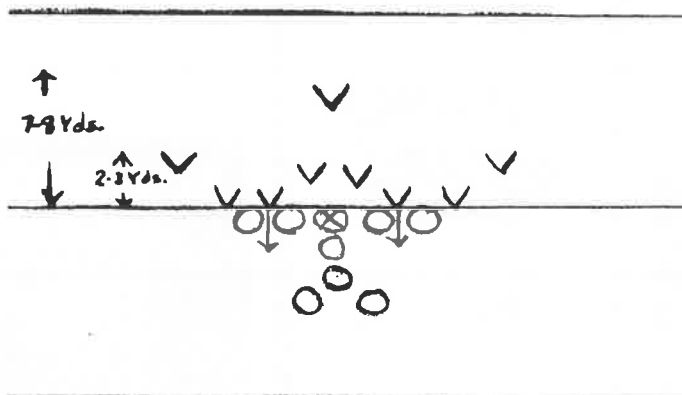
The defensive tackles or guards were our biggest people. They weighed 180 pounds and 220 pounds. They played the gaps and were instructed to get penetration a couple of yards on each play. This two step penetration resulted in off-tackle plays being turned inside in the direction of our two middle linebackers. One defensive tackle was instructed to "READ THE SCREEN" all year. This kept us from being burned on the screen pass which can happen if you're turning your defensive tackles loose on every play.

Our two outside linebackers were very quick kids who really liked to hit. This is a must for these positions. They have to read quickly and react. They must be able to take a



L-R Mgr. Kirt Williams, Bob Krogman, No. 24, Head Coach Pete Marr, Assistant coach Jerry Fulton. After a score in the first game of the playoff - against Alden-Conger.

4-4-1 Against Double Tight End
Diagram No. 1



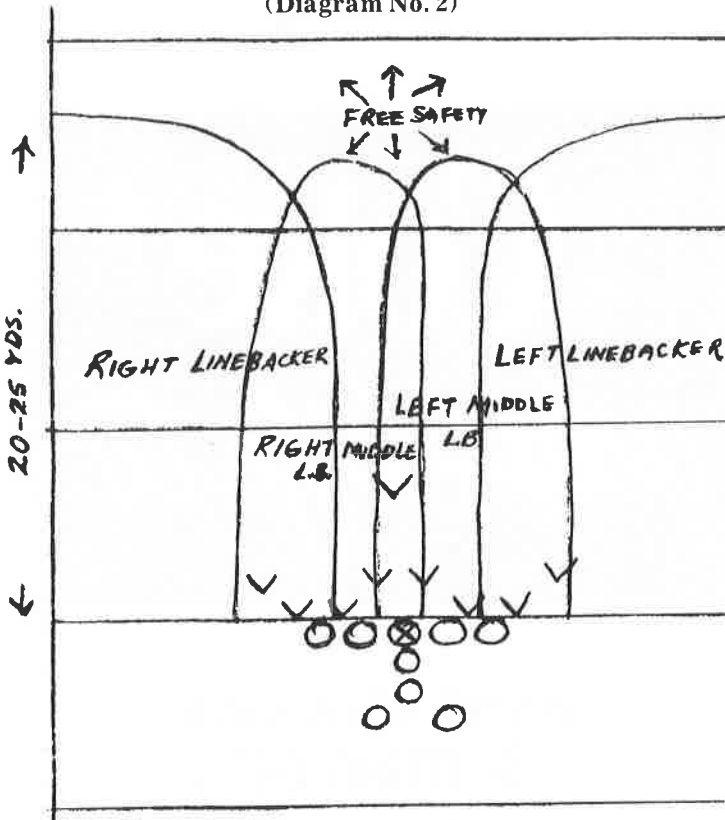
receiver deep or meet a running play at the line of scrimmage. As with the defensive ends, they often sacrifice their bodies to turn a play into the pursuit of our two middle linebackers. Good size is a plus for this position but not a must. Our left linebacker was a mere 5-8 and weighed but 140 pounds.

positions. They were quick, intelligent football players. To substantiate the importance of these positions to our defense; one had 158 tackles while the other young man had 148. We also have situations where these two stunt or blitz. Reading is very important also in this position. It's imperative that a backer doesn't go with a fake in the backfield and cross over the face of the center to pursue too quickly. In our championship game we face a very deceptive quarterback. Several times our linebackers were pulled out of position by the fakes. This resulted in substantial gains on the cross buck play.

Our "centerfielder" is the one remaining player to be discussed. He must be able to read the quarterback in passing situations and react to the ball in the air. Speed and agility are important attributes for this position. We were fortunate to have an all state performer in this position who has been timed at 4.6-4.7 in the forty. His most important job is to react to the ball in the air in our zone pass coverage.

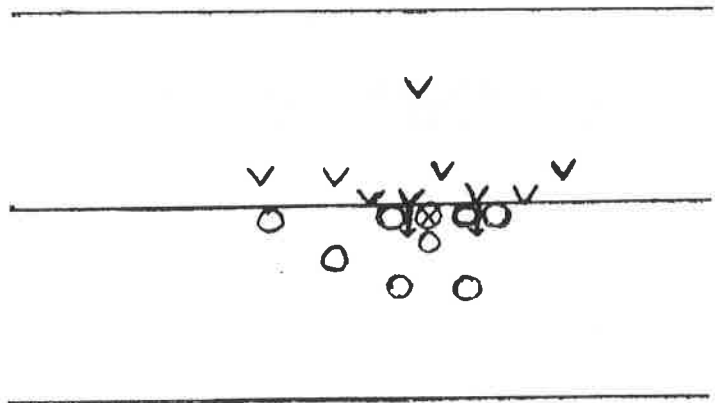
When I first considered the 4-4-1, I felt that it would be weak against the pass but soon found that it was not only superior against the run but also against the pass. Our team intercepted eleven passes in the three games in the championship series. The zone coverage we use is shown in Diagram No. 2. There are, of course, variations to this;

4-4-1 Zone Pass Coverage
(Diagram No. 2)



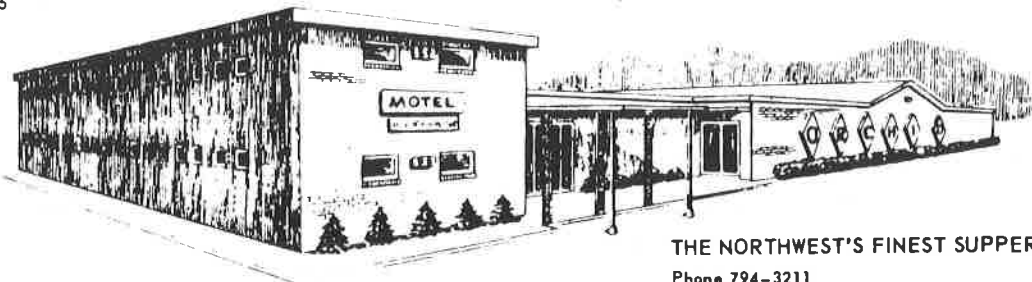
I have mentioned turning plays in toward our two middle linebackers. These two, I feel must be your best and toughest football players. They must react well, read pass, and most of all - hit! The hitting is very important because the defense is designed to turn everything on the ground to these two people. We had two 180 pounders at these

4-4-1 Against Single Slot
(Diagram No. 3)



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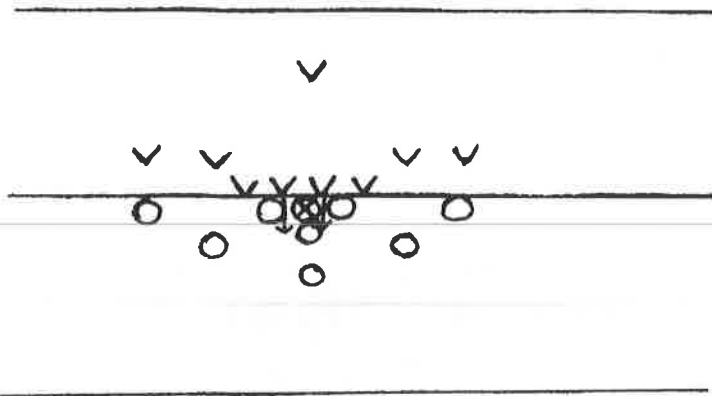
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depending upon the opposing team's ability to throw. We often have man-to-man with double coverage on a particular dangerous receiver.

Oftentimes an opponent will show various formations to confuse the defense. The 4-4-1 remains basically the same regardless of the offense. The greatest changes we had to make were to cover the single and double slot formations. These changes are shown in Diagrams No. 3 and No. 4.

As is the case in most small schools, a team's good players play both on offense and defense. The practice week has to be split up so these players can work on all aspects of the game. Having one set defense can be a big plus for a coach if he has a limited amount of preparation time. Of course, that defense must be what's best for the talent a coach has available and it must stand the test of time. Our staff had faith in the 4-4-1 and it resulted in Russell's first state championship ever, in anything.

4-4-1 Against Double Slot
Diagram No. 4



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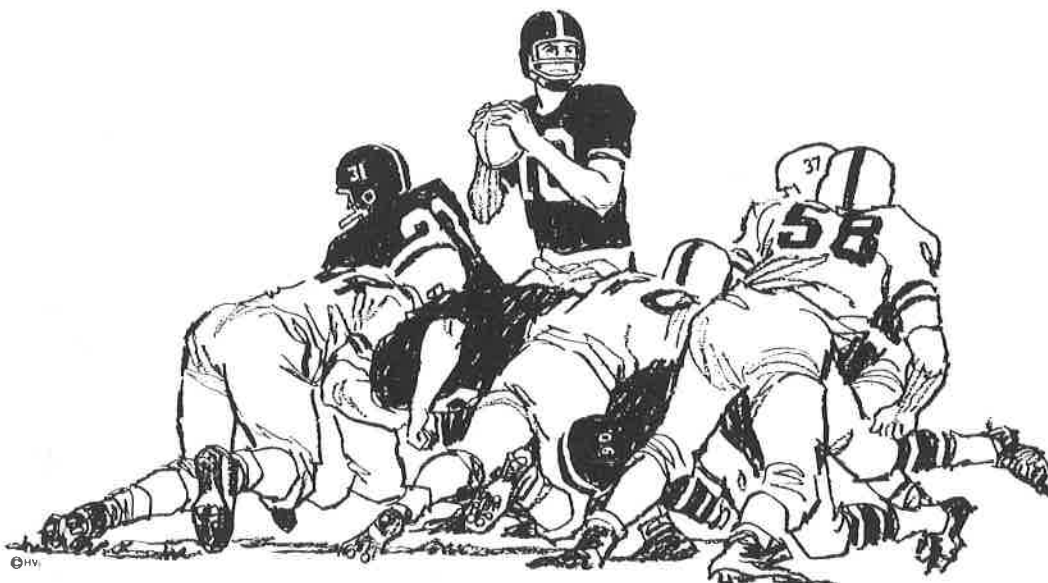
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How We Prepare For This Week's Opponent

RON RAVELING, HEAD COACH, COLUMBIA HEIGHTS

About the Author



Ron Raveling, coach of the Columbia Heights football

team that won the 1979 Minnesota State Class AA championship, has been head coach at the school for 23 years. Hylander football teams have an overall 119-83-83 record under Raveling's direction and have won five conference championships. Raveling graduated from Minneapolis Roosevelt High School and the University of Minnesota and coached at Marshfield (Wis.) and Mahanomen before joining the Columbia Heights staff.

Columbia Heights is a school of approximately 1650 students (and declining rapidly). We play in the tough North Suburban Conference and are about in the middle of the 10 conference schools with reference to our school population. We generally have 45-50 kids on our varsity football team. We would like to have more but, like many other schools, we have a very real problem with students working. Because of our limited numbers, we do not participate in the Conference J. V. schedule.

Our sophomore squad has done very well in their conference schedule, this past fall finishing undefeated. We normally will have about 35 kids on the sophomore squad, under the direction of two dedicated assistant coaches.

At Heights we have three varsity coaches - myself, Jim Galuska, and Duke Rudquist. With such a limited staff we feel we must be super organized in order to get our preparations completed. Offensively we break down as follows: Jim has the offensive line, Duke the backs and I the receivers and QB's. Defensively Duke has the three deep, Jim the MLB and T and I have the CLB and Ends. We all share the responsibility for the specialties.

Despite our limited numbers, lack of a J.V. schedule and a shorthanded coaching staff, we must be doing something right. We were Conference champs or co-champs in 1967-71-76-77-79. In the past four years our record is 34-7.

We tied for the title in '76', played White Bear in the inter-conference playoffs and were soundly beaten. White Bear went on to become State AA champs.

In '77' we won the Conference Championship and were beaten 16-14 by Stillwater in what many people have called "the finest high school game they have ever seen." Stillwater lost their QB and their super running back in our game, but still managed to make it to the State finals where they were defeated by Washburn.

In 1978, we had a 6-3 record despite a number of injuries

to key personnel. Our kids and community somehow interpreted '78' as a losing season.

This fall, we had a number of big-talented-experienced players and with some big games and a little luck we finished 11-1 and State AA Champs.

Our routine is so well established that despite the fact that I missed two weeks of school, practice and games, with Guilliane Barre Syndrome (French polio), our team and season never got off track. They just went on as if I was there.

The subject of this article is "HOW WE PREPARE FOR THIS WEEK'S OPPONENT." We probably don't do that many unusual or unique things, but I hope that I can give you some ideas, things you can kick around as a staff, and perhaps incorporate an idea or two into your planning for next fall:

For several years, we have had as our credo - "We will out condition - out hustle and out prepare" our opponents. For this article, I would like to concentrate on out preparing.

Let's start after the Friday night game:

1. We check on injuries and make recommendations as to treatment, doctor, etc.
2. We try to visit with each player after the game, but seldom have a team meeting. We then tell the players to have a good weekend.
3. One of the coaches will take the films in.
4. Then perhaps, we will have a social gathering and consume a few bottles of pop.

What I'm going to cover next is something that my assistants and I feel very strongly about.

Okay, let me pose a few questions:

1. What intelligent decision did you ever make in the first 24 hours following a game?
2. Did you see what really happened?
3. So one of your kids had a lousy game, do you really have a third guard better than him, if so why wasn't he starting?
4. Did you ever get that burned out feeling on the weekend? I can't seem to do anything but should be doing something; going through the motions, 'X'ing and 'O'ing and making personnel lists.
5. How much effort do you want out of your assistant coaches next week?

We asked ourselves these questions years ago and made our decisions. We never practice on Saturdays or over Teachers Convention. We never meet as a staff on weekends. Most heretical of all, we never look at films until Monday!

I want my kids and coaches to get away from football, go hunting, have some time with their families, forget the losses, enjoy the wins, but mostly to relax and re-charge their batteries for next week. And I do the same, I sit out at that duck slough and frequently realize on Sunday morning, "You know I haven't thought about that loss since yesterday morning." We imply no criticism of those who

operate differently BUT think about this! We like it and it works for us! Are you that satisfied with what you do?

OUR PREPARATIONS

MONDAY at 6:30 a.m. our whole staff meets for breakfast near school. By then we have had 55 hours to reflect. We discuss:

- A. Injuries and replacements
- B. Our impressions of Friday night.
- C. Our personnel.
- D. The scouting report for this week's opponent and our scouts' impressions of their personnel - offensively and defensively.
- E. The general practice schedule for the week.
- F. Any ideas for new plays.
- G. And we clear the air between coaches as to how we coached, treated kids, called plays, etc., last Friday.

During the day we try to get a first look at the films - but we can live without doing this.

Our school day ends at 2:20, we are on the field at 2:50 and try to hold to two hours maximum, more often one hour and 45 minutes of on the field practice time.

We start with a short meeting with the kids, after taping and dressing, in which we go over general comments about last Friday and our next opponent.

On the field we do a little heavy drill work, some conditioning, and in general introduce our opponent. We cover how we think they will try to play us defensively, their basic offensive sets and how they have hurt people in previous weeks. We then try to have a specialty period, and on occasion we take our bombers for a short offensive or defensive scrimmage with our sophs, doing what they will encounter in their Thursday game.

After practice we may or may not have a film session. If we do, we really try to hold down the negative aspects of what we see! It is, generally, a pretty loose session with lots of laughs and rude comments by players. When the kids leave, we as a staff, will probably discuss in more specific terms what we need or want for time with our position groups and specialties, in the Tuesday and Wednesday practices. As coaches we probably won't leave until 6:30 or so on Monday night.

TUESDAY is usually offensive day. By practice time our kids have a handout - possibly 3-4 pages - of the opponent's defenses, personnel, etc., which I prepared Monday night and Jim put on dittos and ran off during the day.

We always start practice with stretching and sprints. Following this we generally will do one or two drills (like downfield blocking). Next we get into what we will be trying to do offensively versus their defense as we expect them to play us. Then we probably will break into receivers and QB - backs - line - for 15-20 minutes of concentrated work on weaknesses, routes, blocking the defense, etc. We will then regroup as a team and run the plays we think will go against their defense. By the end of this practice, we will have pretty much laid out our ready list for the game.

We generally try to work in one team specialty for 5-10 minutes on this day!

We seldom really hit. We use shields or arm pads on the defense. We may ask for a full out pass rush on a half dozen plays or possibly hit 4-6 plays from the 7 yard line. Late in the year, we seldom do this much. Our coaches are usually gone by 6:00 p.m.

WEDNESDAY is usually defensive day. Varsity coaches meet at school at 7:15 a.m., to discuss the defensive plans which I worked out Tuesday evening.

We take a lot of pride in our defense. Our coaches and kids work hard at it and it shows - 12 games, 71 points given up, 22 of these against our subs.

Again the kids get a handout, usually longer, 3-8 pages covering the opponent's offense, our base defense, adjustments, stunts, keys and our goals.

This may be a NEW WRINKLE for some of you - we use all our first string offensive players, who do not play on our first defense, on the scout team - vice versa on Tuesday. We think we can get a more realistic feel of the opponent and his plays if we use our best available people to show their offense. On Tuesday, we like our receivers to go against our defensive backs, linebacker's, etc. This year the offensive scout team looked like this most weeks:

No. 1						
SE	LT	LG	C	RG	RT	T
No. 1	No. 1	No.1	No. 1	No. 2	No. 2	No. 2
			QB			
			No. 1			
			FB			FL
			No. 2			No. 2
			TB			
			No. 1			



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We use our techniques to run the opponents stuff. By doing it this way, we gain extra practice time and can minimize the delay in running plays. Finally, we feel we can really gain in training our QB's. Our regular QB in 1976 was Greg Pylatiuk, who was All-State. His backup and scout team QB was Joe Lahti, who was the All-State QB in 1977. This has to be a record and Joe would tell you he matured in his scout team role.

We try to match our personnel to theirs - speed where they have it, size where they have it - so we have some feel for their team. The handouts list who will be playing what position for today's practice.

Very often we will start our defensive practice with our three station drill. Duke runs the hip pocket, Jim the shed and I the yellow fellow. For this, the entire squad is split into d. backs, 1b's, and d. front, and they all do all three stations. Sorry, space does not permit an explanation of this drill.

Four out of five weeks we will do big D tackling as well! Our very best drill! (Diagram and explanations following this article.)

Following drill work, we will show our opponent's sets and how we should adjust, the stunts we will run, tendencies related to field position for formation, for 15 minutes. We then break for group work - 15-20 minutes - then back together to look at their offensive package. We then narrow it down to their six best for a couple of run throughs. If we hit at all, it would be for no more than six plays. Usually we are teaching by repetition and observation.

We try to rate our opponents plays as must stop No. 1 - No. 2 - No. 3, in order of priority. Basically, what we want to do is force the opponent to go to something he doesn't practice, doesn't believe in, can't execute, his junk plays. Then, we feel, with good defensive personnel we can score while on defense or force turnovers or get their team discouraged and bitching at each other.

On defensive day, we like to work a few minutes on punt receiving and possibly field goal and/or P.A.T. blocks also.

Following this practice we usually have a longer coaches meeting, leaving school at 6:30-7:00. We will review offensive and defensive plans and eliminate plays or stunts.

THURSDAY - normal routine, practice gear and dummies, but it will be a "let's get it done" practice. We start with the five specialties 2-5 repetitions of each. (K.O.,

P.A.T. and field goal, K.O. receiving, punt receiving and punting.) Then offense vs. defense (from Tuesday), first team and key subs only. Then defense vs. offense (from Wednesday). SHORT - SNAPPY - EXECUTE - IN. Except, we then keep the specialists for another 15 minutes.

We do try to vary the week: defense Tuesday - offense Wednesday, game gear on Thursday, shorts and shoulder pads if hot, no pads on Monday, etc. But, what I've given you is fairly typical of our weeks work.

The week of the first game we did something we really liked. We took about forty minutes of situation football, for which I wrote out the whole script.

1. K.O. receiving - with return call
2. Ran plays
3. Punted
4. Defense - "Joe is hurt, sub get in".
5. Punt block
6. Offense
7. P.A.T.
8. K.O.
9. Repeated

We tried to do things as they happen in a typical ball game as to the number of punts, defensive plays, offensive plays, etc. We got our kids conscious of when to be ready, who subs for whom, etc.

Have you ever counted folks and found you're one short and then tried to figure out who fouled up? We think this drill is super for getting our kid's heads into the game. To the best of my recollection, we never had to call a time out to get a specialty team organized, nor did we ever perform with 10 men on the field.

Duke has the responsibility of all special team personnel and is to make sure a sub is ready if someone gets hurt. He often comes up with a solid suggestion on subbing for a kid who just made a long run, etc. This is entirely his baby on games nights while Jim makes all the defensive calls and I run the offense.

FRIDAY - We like to get the kids early! For conference games, we go on the field at 6:45, off at 7:10 and back on at 7:25. For a home game, we say those to be taped at 5:15, others at 5:30 and we lock the door. No-shows don't suit! Depending on weather, we will dress or partially dress, use the locker room and/or the wrestling room. Things are very quiet. Sometimes quarterbacks and receivers will toss a ball around, no meetings. We just circulate and talk

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quietly to individuals, mostly we leave them alone until just before going on field. When back in the locker room after warmups, we talk about what the game means and our goals. Usually all three of us will talk for a couple of minutes and all of us will hit real hard on HITES PRIDE!

At halftime we tape or re-tape when needed. We spend a lot of time with our offensive line. What are they doing? What do you like? Any no no's? Receivers, what can you run? Personnel changes! Defensively, any problems? We can adjust! It's all very business like and technical because we covered it during the week.

CONCLUSION

In summary, we work like hell from early Monday morning until late Friday night. Where we think we may differ from most of you would be:

1. In film use
2. Nothing - kids or coaches - on weekends.
3. The use of our first liners on scout teams.
4. Perhaps in our staff breakdown and individual responsibilities.
5. And give that scripted practice a try, it is simply great! I've enjoyed sharing our typical week with you. I hope I've been able to give you some ideas that you can use.

Many great coaches have told you in various clinics to:

1. Be organized.
2. Work hard.
3. Have sound reasons for what you do.
4. Sell your program.
5. Get good assistants and then let them coach.

WE BELIEVED THEM!



NOTE: This article is a re-write of a presentation I made at the A.M.C. Clinic in February. My apologies to those of you who heard this material at the clinic, but your editor felt that this could be a good subject for an article in our magazine.

Diagram 2

Big Dummy Tackling - our Best Drill



Use old fashioned big heavy dummies - heavy end up. Lines should be 10 or less players.

1. Previous Tackler - resets dummy and holds it for next tackler.
2. Tackler starts in his defensive stance.
3. Tackler hits and drives dummy off end of down dummy.
4. You can teach perfect tackling form.
 - a) hitting position
 - b) arm swing
 - c) wrap and lock
 - d) hit up and through
 - e) keep legs driving (see No. 3)
5. We do two with right shoulder - two with left.
6. The offset 5 yards to rt. to simulate a v pursuit tackle. We insist on football position (set down step) at point of 1st dummy then normal tackling form using rt. shoulder.



7. Then offset 10 yards left - repeat using left shoulder.

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Playing The Clock

DENNIS BALDUS, HEAD COACH, WATERTOWN-MAYER

About the Author

Dennis Baldus has been head coach at Watertown-Mayer for the last seven years. Watertown won its first even Wright County Conference Championship in 1979. Watertown using the Wishbone attack has averaged 5 yards per carry over the last seven years and finished second in the conference twice and third three times, with an over-all record of 39 wins and 25 losses.



In any game, such as football, where a won lost record is the most obvious measure of success, a few last-second victories or defeats can be the difference between a winning and losing season.¹ It is important that you are prepared and organized for those last frantic moments when the pressure packed decision can bring you a come-from-behind victory or prevent your opponent from stealing a last second victory from you.

Playing-the-clock is keeping the clock running, stopping it, and generally know what to do about what it says. The plays that you run are the same plays that you run all year. The problem is a thinking one, not an execution one, and it is extremely difficult.²

The first situation is a little more pleasant but just as tension filled; that is, **keeping the clock running**. When the desire is only to end the half, or the game, or only to get to the end of a quarter with the wind before kicking, the objective is to run-off as many seconds as possible with each play.

You must first establish how many seconds you want to run off. Next find out how many time-outs your opponents have left. Then figure that you can run off five seconds with every play for which he has a time-out and thirty with every one beyond that. These should be memorized.

Opponents time-outs	3	2	1	0
Time that can be run off	15	40	1:05	1:30

What you decide from this is whether or not you need a first down.³ Some other tips to help run down the clock are: 1) Tell your players to unpile slowly and to stay in-bounds. 2) Run wide plays, if possible. Pass only to get the needed first down. A quarterback sweep is the best play if it will work against the defense you are playing against. 3) Huddle, call plays, move to the line and set your team with

your normal rhythm, then let your quarterback count down whatever time is left of the twenty-five seconds. With a digital clock note the time when the referee drops his arm to start the twenty-five second count.⁴ If you exceed twenty-five seconds, the clock will not start until the ball is snapped again, so you could lose five yards and only gain maybe three seconds at the most. The only difference between the situation at the end of a half and at the end of a quarter involves the fourth down. With fourth down and five seconds remaining, you would have your objective essentially reached at the half. With the same down and time at the end of the quarter, you would be forced to punt into the wind.⁵

Stopping the Clock If your opponent is trying to keep the clock running with his offense, your defenders should be trying to stop it by forcing runners and receivers out-of-bounds, using the time-outs and unpiling quickly.

When the clock is running out and your team must keep the seconds from ticking away between plays, you are faced with one of the most difficult problems in football. Your players must do what they are told. Execute the same plays they always run, and remember a few simple rules like the following:

1. Hustle more than ever.
 2. Line up with no wasted motion.
 3. Get the ball out-of-bounds.
 4. Backs and ends, be ready to call time out within the last five seconds when the quarterback is under a pile.⁶
- The quarterback has to know all of the following:
1. Exactly what stops the clock and keeps it stopped.
 - a. Time-out.
 - b. Ball out-of-bounds.
 - c. Incomplete pass.
 - d. Penalty.
 2. What stops the clock but allows it to start again when the referee starts the 25-second count.
 - a. Injured player.
 - b. Measurement.
 - c. Crowd noise.
 - d. Broken equipment.
 3. How to get a play called at the line when the clock is stopped for those reasons.

4. How to anticipate how long the clock will stay stopped after a first down is made and while the chains are being moved.

5. How to take the number of time-outs remaining and the seconds remaining, figure how many plays can be run, decide what kinds of plays will get the desired result with the number that can be run, refigure the number of plays after each down, and redecide. Learning begins at the extremes of situations like the following:

- a. When it is time to start thinking about the clock, to tell ball carriers to get out-of-bounds after they



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have the yardage they need, to start throwing more than running, and maybe to be calling some plays from the line.

- b. Where there are no time-outs, the clock cannot be allowed to run, and it is time to throw an incomplete pass..... or where there are nineteen seconds left with no time-outs and the plan is to run one play, get the field goal kicker, in and get the ball off with two or three seconds left.

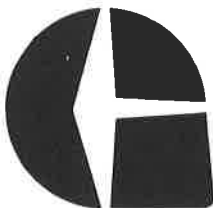
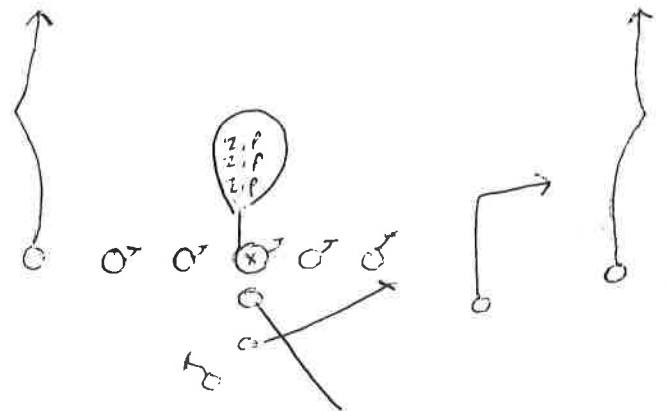
Approximately ten seconds will elapse for every play for which there is an incomplete pass, a ball-out-of-bounds, or a time-out; twenty seconds for plays called at the line; thirty seconds for plays called in the huddle with the clock running.

6. When to forget about the clock and think about the first down.

7. When to go from stop-the-clock to run-the-clock to keep an opponent from getting the ball and running his own stop-the-clock offense.

When you want to save every possible second by calling a play from the line and throwing a pass that will either be incomplete or will send a receiver out-of-bounds, the

quarterback yells "Zip, Zip, Zip" and it will mean all of the following to your team: Get on the line, we are going to throw a pass to stop the clock. Line up a slot right formation. The line will block sprint pass protection to the slot side. The split end and tight end will run an end gone pattern. The slot back will break five yards down field then run a side line cut. The other backs will block sprint pass. The



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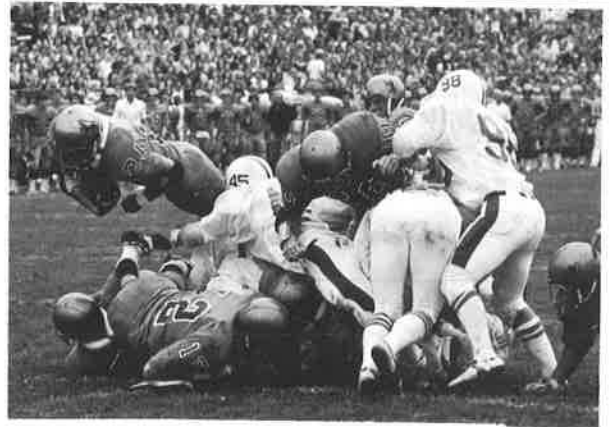
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quarterback will sprint back and hit the slot back, if he is open, or throw the ball out-of-bounds, if he is covered. The quarterback should also be aware, if the split end is open hit him for the touchdown.⁸ This play will stop the clock so the quarterback can get into the huddle and call two plays so you will not have to spend valuable time in the huddle.

To practice stopping the clock, begin with a chalk talk to your quarterback on the thinking problem he will face. Then go to the field and work passing against perimeter defenders, and then finally with a full eleven man scrimmage or dummy scrimmage. You can set up situations, such as: ball on the twenty yard line with two minutes and two time-outs left. Use a stop watch and see how they do. You can add other factors, such as, injury time-outs, penalties, etc., to make the situations as realistic as possible. By being prepared and having spent a small amount of quality practice you will have a team with confidence in those pressure packed moments that may mean victory or defeat.⁹

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The St. Paul Suburban Conference

The St. Paul Suburban Conference begins its second decade of football with a bright future and a proud past. Membership consists of Hastings, Henry Sibley (West St. Paul), Park-Cottage Grove, Mariner (White Bear Lake), North St. Paul, Stillwater, Tartan, White Bear Lake, South St. Paul, and Woodbury.

SPSC champions boast a 15-6 record in play-off games against other conference champions. Stillwater won the state Class AA championship in 1975 and White Bear Lake duplicated the feat in 1976. The Ponies finished state runnerup to Minneapolis Washburn in 1977 and were semi-finalists in 1978 and last year lost to Minneapolis Roosevelt 7-6 in the quarter-finals. Hastings reached the semi-finals in 1972 and 1974 to help conference prestige in state circles.

Although the conference is fairly new its history dates back to 1944 with the birth of the Twin City Suburban Conference. That year, Columbia Heights, Hastings, Anoka, North St. Paul, South St. Paul, Farmington, Stillwater and White Bear Lake became charter members. Farmington short on manpower withdrew a year later and North St. Paul followed suit in 1948. West St. Paul (Henry Sibley) joined the group in 1952 and Alexander Ramsey was added a year later.

Anoka dominated the football picture in the first decade with South St. Paul and White Bear Lake close behind. The Polars of North St. Paul re-entered the league in 1955 and Mounds View joined the same year. The conference remained stable until 1964 with the entry of Kellogg and Coon Rapids. Three years later Irondale joined the long list of Suburban schools.

The conference suffered growing pains as the list swelled to 14 teams by 1968 thus forcing a split into North and South divisions. The South half became the present SPSC in 1970 with Hastings, North St. Paul, South St. Paul, Stillwater, White Bear Lake and Sibley as members. St. Paul Park (Park-Cottage Grove) dropped out of the Skyline Conference in 1970 and gained membership in the SPSC.

Expansion continued in the new conference with the addition of Tartan in 1971, Mariner in 1972 and Woodbury in 1975. After a dozen years of football White Bear Lake and Stillwater have won four conference titles each with North St. Paul and Hastings each grabbing a pair. Stillwater is the current champion as the Ponies have won 46 of their last 47 SPSC games.

St. Paul Suburban Conference Schools in Championship Play-off Games

- 1968 — White Bear Lake 49, Alexander Ramsey 7
- 1969 — White Bear Lake 25, Kellogg 20
- 1970 — North St. Paul 42, Kellogg 0
- 1971 — White Bear Lake 14, Columbia Heights 10
- 1972 — Hastings 25, Anoka 20
Moorhead 17, Hastings 7
- 1973 — Coon Rapids 21, North St. Paul 6
- 1974 — Hastings 14, Coon Rapids 8
Bloomington Jefferson 35, Hastings 0
- 1975 — Stillwater 35, Kellogg 14
Stillwater 31, St. Paul Harding 7
Stillwater 20, Richfield 17

- 1976 — White Bear Lake 28, Columbia Heights 6
White Bear Lake 28, St. Paul Johnson 8
White Bear Lake 14, Cloquet 13
- 1977 — Stillwater 16, Columbia Heights 14
Stillwater 7, Cambridge 0
Mpls. Washburn 13, Stillwater 0
- 1978 — Stillwater 30, Coon Rapids 15
Fridley 14, Stillwater 12
- 1979 — Mpls. Roosevelt 7, Stillwater 6

Sea Range Conference

The Sea Range Conference ended its second year of existence this fall by crowning the Two Harbors High School Agrates as league champions. The Agrates went through the league with an 8-0 record and ended with an 8-2 overall. Two Harbors posted a win over Proctor early in the season and cinched the title outright with a come-from-behind victory over Eveleth 30-25.

The Sea Range Conference was dominated by a group of outstanding running backs this fall. Leading this group was Mike Woods, Proctor; Doug Norlander and Dave Keeler, Two Harbors; and Peter Lucca, International Falls.

Two outstanding coaches will be leaving the Sea Range Conference this year. Chuck Halsted, the 25 year mentor at Two Harbors, will be leaving after posting a 148-49-3 record with 5 undefeated regular seasons. Halsted coached the 1978 Shrine All Star Football game. He will continue as Assistant Principal and Athletic Director at Two Harbors.

Dick Lawrence, President of the Minnesota High School Football Coaches Association, will be leaving after 24 years. Lawrence served as head coach in the 1974 Shrine All Star Football game. The Golden Bears' mentor has posted a 118-86-4 record. Lawrence will continue to serve as Athletic Director at Eveleth High School.



“The Same Game With A Different Look”

JERRY LANO, HEAD COACH, UNDERWOOD

With 1/5 of the schools in Minnesota playing nine man football, and new schools joining the nine man ranks every year because of declining enrollments, there are still many people who know very little about this new game.

With two less players and the field 20 yds. shorter, 9 man football is supposed to be an offensive game. This is not always true. Sometimes the score will be high but most of the time this is due to the lack of competition in some of the smaller schools. There are many good defensive teams in nine man football which are capable of shutting out their opponents. Nine man football, however, is a wide open game. It's filled with the same hard hitting and excitement as 11 man football. In fact, if you didn't count the number of players I doubt that many people could see the difference in the two.

I coached 11 man football in Grand Meadow, Minn. for 3 yrs. before going to nine man football. Going 9 man, I used the very same play book I used in eleven man with very few changes.

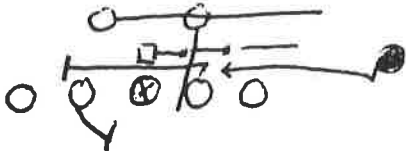
OFFENSIVELY:

Offensively many teams go with split backs or “I” backs with a flanker and double tight ends. You also see many other variations such as a full house double tight, wing T, or split receivers. We also have unbalance lines and triple receivers. As you can see offensive formations are the same except for 2 less line men.

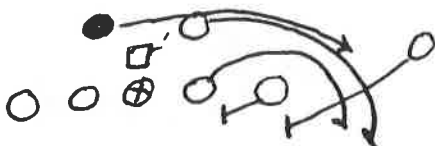


Offensive plays come right out of your eleven man playbook.

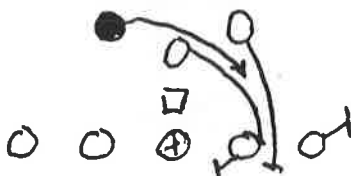
We trap:



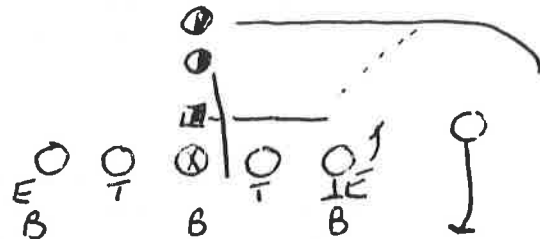
We Pull Guards:



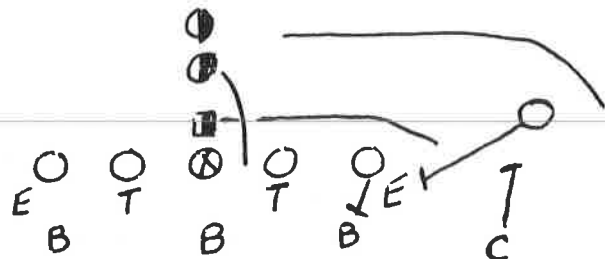
We Lead:



We also run the option. This, granted, is tougher to run in 9 man football because the QB has to read the def. end much quicker than in 11 man football. If you find a QB that can do this, however, you really have something. Mike Zeimer from Hoffman in 1978 is a very good example.



To give the QB more time to run the option many teams are blocking the defensive end and optioning the outside linebacker or corner back.



In nine man football you'd think you could get a fastback around end on a sweep. True, it's possible, but remember the regulation nine man field is also narrower and running at the defensive end is just as tough as in 11 man football.

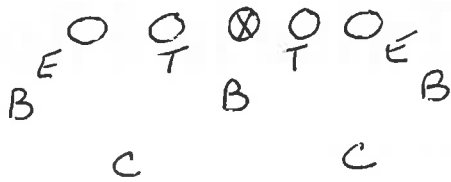
The passing game is no different than 11 man. You have your 5 eligible receivers as in 11 man. Just as in 11 man you have your passing teams and your “Woody Hayes” style of football, “3 yards and a cloud of dust.”

DEFENSIVELY:

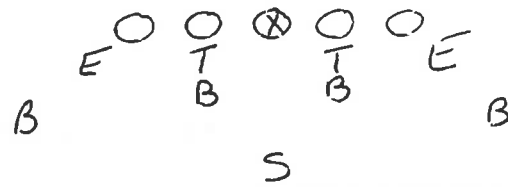
Defense is probably the biggest adjustment to make in 9 man football. It always seems to me you're one man short. If you put an extra man in the line, you're giving up one in the defensive backfield and if you put an extra man in the defensive backfield you'll be short against the run. So it ends up that you blitz alot. Very dangerous!!

Teaching defensive skills like offensive, is done in the same way you'd do it in 11 man. All techniques are the same. Here are a few of the defenses that are used in 9 man football.

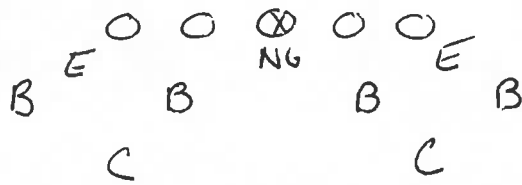
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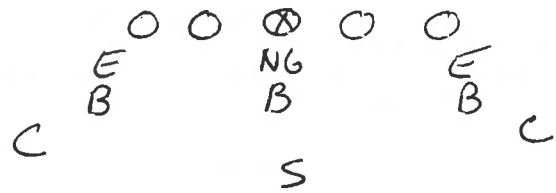
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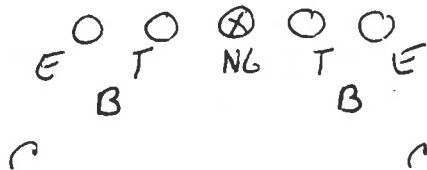
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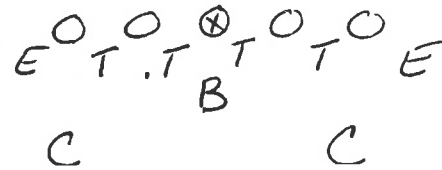
3/3



5/2



4/1



As you can see each def. has its strengths and weaknesses. Doesn't 11 man defenses also have the same?

The rules are exactly the same as in 11 man except for placement of the ball on kick-offs, etc... One rule 9 man coaches want changed is to reduce a 15 yd. penalty to a 10 yard penalty. The coaches all wanted this changed but the league still refuses to change it.


What does 9 man football do for the kids? It gives kids, who under the circumstances would never have a chance to play football, the chance to participate in the greatest sport there is. College coaches are grabbing up these talented 9 man football players one after another because they know

that these players are taught the same skills and techniques that are required to be excellent football players.

You have the same dedicated coaches you have in 11 man football and they certainly love their game as much as 11 man coaches love theirs.


9 man football is a life saver for the small school that does not want to drop football from it's athletic program. It has caught on big in Minnesota and I'm sure it would in other states given a chance. It's a great sport either to participate in or to watch.


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Don't Give Them The Same Look Twice In A Row

ANY McCARTY, HEAD COACH, PARK RAPIDS

About the Author

Football coach for twenty years. Three at Red Lake Falls, seven at Parkers Prairie and ten at Park Rapids. After a dismal first three years at Park Rapids, the program is going great with a record of 48 wins and only 17 losses in the last seven years. In that time, the teams have averaged 5.2 yards per rushing play and an average of 231 yards rushing per game. The team have won or tied for the Mid-State Conference Title three out of these seven seasons.

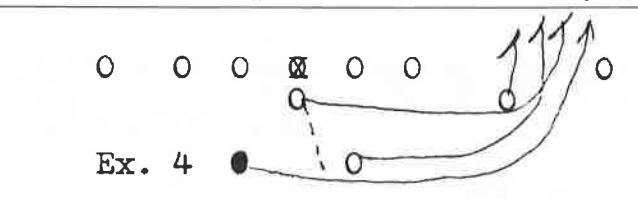
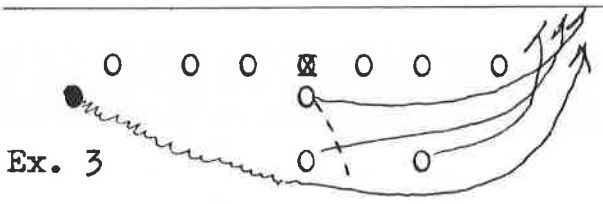
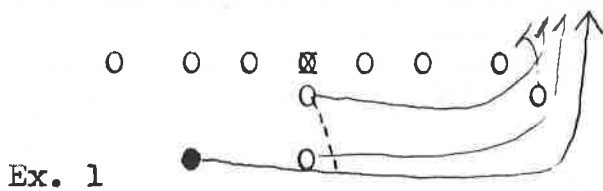
Our squads are not big physically, so we rely on quickness and running a multiple look offense. We try to make our opponent play our game by either spreading them out or by giving them lots of motion. We also like to run the same hole and play over if it is successful, but from a different formation to confuse the defense.

Our system looks complicated to the opposition, but to our players it becomes quite simple. We have run our basic plays out of six different formations and I will show you how we run our fullback and halfback sweeps around the right end. All of our plays are three digit and pertain to the formation, back, and the hole we want to attack. When the quarterback calls "131" in the huddle, he is telling the team we will run out of the 100 formation which has our wing out



Dave Schmitz (33) following his blockers, Jay Pike (22), Pat McCarty (9) and Paul Klettenberg (63) during the playoff game won by Crookston 24 to 12. Dave rushed for over 100 yards in this game and had 1,587 yards for the season.

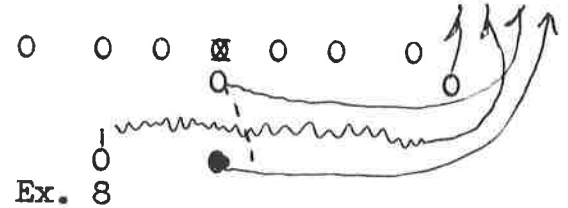
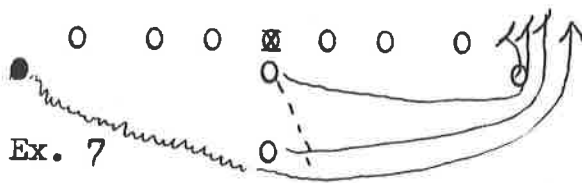
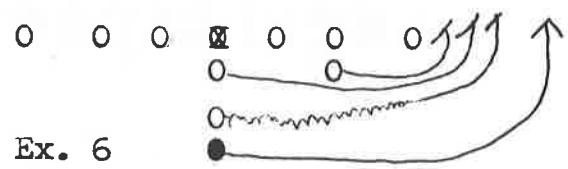
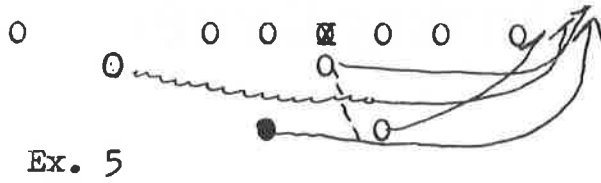
right, the 3 man (left halfback) will get the ball and he will go through the 1 hole which is around right end (Ex. 1).



Ex. 2 play "231" is used as a key breaker to confuse a monster that follows the man in motion. Ex. 3 is used to go against teams that overshift. It is called "331". Ex. 4, "431" is a sweep out of the slot formation. If we have called a 431 slot left, then he will go in motion to lead the blocking (Ex. 5). Ex. 6 shows how we run out of the "I" formation called "531". The fullback must go in motion to be the lead blocker. Our 600 series is out of the double wing and the left

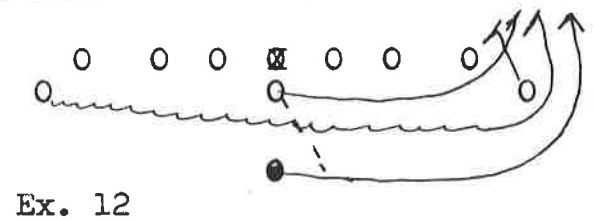
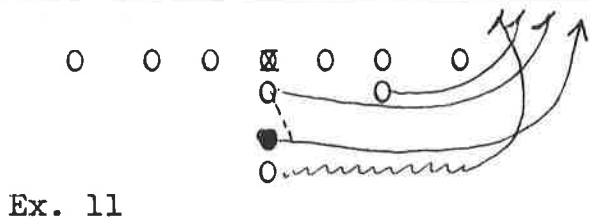
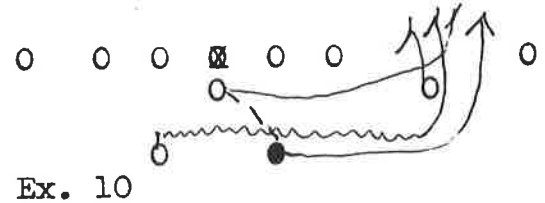
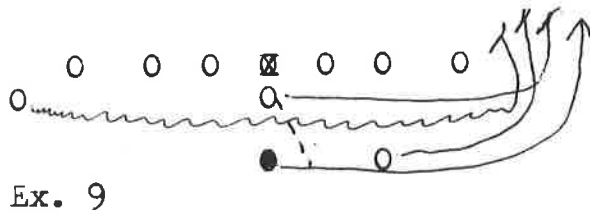
halfback must be in motion to get the pitch-out from the quarterback (Ex. 7).

If we want to run our fullback, our number 2 back, on sweeps around the right end we would do it as the following examples show. Ex. 8 is play "121". Since the fullback is going to get the ball, the left halfback must be in motion to be the lead blocker.



Play "321" (Ex. 9) has our wing set left and he must go in motion again to lead the play. Play "421" (Ex. 10) gets the runner outside a little quicker. Ex. 11 & 12 give a different look to the defense and you still will be running the same play. These plays are "521" "I" formation and "621", the Double Wing formation.

We also run these plays to our left side using the right halfback and we keep the defense off balance by throwing in counters to all of these plays. We have had fun running these variations and by using them and the motion have created some extra problems for the opposing coaches.



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Legal Aspect of Injury Case

GORDON L. GRAHAM, RPT, MS CERTIFIED ATHLETIC
TRAINER, MANKATO STATE UNIVERSITY

Liability - its responsibilities and ramifications - has always been a concern of responsible athletic administrators and coaches. In recent years, however, those associated with interscholastic athletics have been exposed to a much broader interpretation of liability than ever before. There has been an increase in litigation involving suits by student-athletes against school districts, institutions, and coaches. Where the defendants are school boards, institutions, or coaches, the complaint is normally grounded in negligence.

Lawsuits only need a complaint to exist. The principal defense against an unwarranted complaint is documentation that adequate measures have been taken and programs have been established to minimize the risk inherent in sport.

BASIC PREMISE:

"You can be sued for anything at anytime."

Theories involved in losing a lawsuit:

1. Violate Law Regulating Operations as a Coach or Rules of the Sport.

Examples: Dispensing Drugs

Using treatment methods without medical direction that normally require medical prescription.

Athlete is injured as a result of what you do.

(Permitting mismatched players to compete)

(Playing a position or doing a routine not previously practiced)

2. Misrepresentation.

Example: You can take better care of the athlete than the doctor.

(Allowing or requiring injured players to compete or practice)

3. Negligence: It is your duty to act as a reasonable person. Use reasonable care and conduct as a coach in relation to the reasonable care and conduct of other coaches.

Examples: Failure to provide safe facilities or safe playing area.

Failure to provide safe equipment and require that mandatory equipment be worn properly.

Failure to provide an injured player with adequate medical attention.

FACT PRESENTATION:

There is no law stating that a jury will rule the same way every time.

Read the article, "Responsibility is Also Part of the Game" by Langerman and Fidel in the January, 1977 issue of Trial Magazine. This article provides guidelines for plaintiff attorneys in the preparation of a sports injury negligence case.

It is assumed that those who sponsor and govern athletic programs have accepted the responsibility of attempting to keep the risk of injury to a minimum. The principal defense against an unwarranted complaint is documentation that adequate measures have been taken and programs have been established to minimize the risk inherent in sport. No checklist is ever complete, but the following serves as a review of considerations for those responsible for the administration of interscholastic sports programs.

1. Employment of competent coaches and officials.
2. Meet pre-participation physical examination requirements.
3. Health Insurance.

Each athlete should have or secure, by parental coverage of institutional plan, access to customary hospitalization and physician benefits for defraying the costs of a significant injury or illness.

4. Preseason Preparation.

Particular practices and controls should protect the candidate from premature exposure to the full rigors of sport. Preseason conditioning recommendations will help the candidate arrive at the first practice at optimal readiness. Attention to heat stress and cautious matching of candidates during the first weeks are additional considerations.

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5. Acceptance of Risk.

It is the duty of the coaches and administration to educate (inform) the athletes and parents of the athletes, if of minority age, concerning the risks in performing a sport, particularly when ill or injured and to establish and rigidly enforce rules regarding the reporting of an illness or injury. The athlete must share in the responsibility for preventive measures which must be based on informed awareness.

6. Planning and Supervision.

Planning should ensure both general supervision and organized instruction, instruction that should include individualized attention to the refinements of skill development and conditioning. Progress should be structured with adequate review procedures to assure that participants will not move too rapidly into areas beyond their skills.

7. Equipment.

Establish procedures and enforce rules concerning proper fitting of uniforms and protective gear, and safe use of equipment. Purchasers of equipment should be aware of impending as well as current safety standards and rules being recommended by authoritative groups and utilize only known reputable dealers.

8. Facilities.

Provide safe facilities with periodic safety examinations.

9. Emergency Care.

Reasonable attention to all possible preventive measures will not eliminate sports injuries. Each scheduled session, practice, or contest of an institution-sponsored sport therefore should have:

- a. The presence or immediate availability of a person qualified and delegated to render emergency care to a stricken participant;
- b. Planned access to a physician by phone or nearby presence for prompt medical evaluation of the situation when warranted;
- c. Planned access to a medical facility — including a plan for communication and transportation between the athletic site and medical facility — for prompt medical services when warranted, and
- d. A thorough understanding by all affected parties, including the leadership of visiting teams, of the personnel and procedures involved.

10. Records.

Documentation is fundamental to administration. Authoritative sports safety regulations, standards and guidelines kept current and on file provide ready reference and understanding. Waiver forms may not prevent lawsuits but they help reflect organized attention to injury control. Injury reports not only protect all involved from poor or incomplete memory, they are the only reliable sources of information on patterns of injury which can reveal the nature of a problem and the effectiveness of a solution. Without documentation, the allegations of others cannot be examined nor rebutted objectively.

11. Establish check-up procedures for those who have been ill or injured to assure that illness or injury is no longer an impairing factor.

No checklist is complete, but it is recommended that you review the checklist periodically to insure adequate protection and that staff members should be reminded of the importance of adhering to established safety procedures. Injuries and lawsuits can never be eliminated; however, adherence to the guidelines should provide added protection for the athlete and help to eliminate unwarranted liability litigation.

REFERENCES

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Bronzan, Dr. Robert T., "How to Begin an Effective, Working Safety Program", *Athletic Purchasing and Facilities*, December, 1977, pp. 14, 16, 19-22.

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MEDICAL EMERGENCY PREPARATION

Major medical emergencies are not a common occurrence in interscholastic practices or competition, but, they can and do occur. School administrators are aware of the recommendation that a physician should be in attendance or available, on call, at interscholastic contests,



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but what emergency care preparation and policies are in force for interscholastic varsity practices, junior varsity or "B" squad practices and contests, junior high practices and contests? Can every coach go out to practice with the knowledge and peace of mind that if a major medical emergency does occur, a plan of action will immediately be implemented in an efficient manner for the benefit of the injured athlete?

The personnel in charge of sponsoring, organizing, and conducting interscholastic athletic competition at any level must be prepared for anything and everything from the athletic injury and medical emergency standpoint. Planning ahead for uncommon major medical emergencies must involve pre-preparation in four major areas: Personnel, Supplies, Communications, and Transportation.

PERSONNEL

The first person to help direct a major medical emergency plan should be the physician (ie; team physician, school physician, and/or community physician). The physician should provide the leadership and have the expertise needed to organize a practical, workable plan. Of invaluable assistance can be the local ambulance personnel, rescue squad, or emergency medical technicians organization.

For on the spot emergency care, schools having a teacher-certified athletic trainer who works at the direction of the physician, can have this person coordinate and be the leader of the emergency care plan. Yet, with several sports activities being conducted at the same time, the athletic trainer cannot be present at all of the different practices, but must be centrally located and easily accessible within the school. Consequently, in the vast majority of athletic injury situations, it will be the head coach or the assistant coach(s) that will be responsible for immediate attention to the injured athlete. Do these people know who will be immediately available to assist them if assistance is needed? Coaching certificate requirements in the past included a first aid course and some degree of athletic training knowledge, but is their first aid up to date?

The runners for the coaches can be the student athletic trainers in attendance or the student managers. Do these students know where to go and who to go to? Can they be included in an inservice education program covering procedural policies of the school for emergency care?

SUPPLIES

What supplies are on hand at the practice or competition site? Immediate major emergency care supplies at every practice and competitive site should be at the least a stretcher and a set of splints. Do all involved know how to use them? Don't take it for granted that everybody does. The fanciest of equipment will not do anyone any good if they do not have the opportunity to practice using them. Back at the centrally located, accessible training room should be other necessary equipment as a backboard, cervical splint, crutches, slings, wraps, etc.

COMMUNICATIONS

Is a telephone and telephone assistance readily available? Or do you have to communicate by walkie-talkie or CB radio because you are some distance from the central school area?

Who must you call? Parents? Physician? Ambulance? Rescue Squad? Emergency Room? Every situation will be somewhat different, but you have all of the necessary telephone numbers immediately available? Parents? Physician? Ambulance? Rescue Squad? Emergency Room?

TRANSPORTATION

How will the injured athlete be transported and by whom? What is the written policy of your school? Do you have a pre-arranged plan?

With interscholastic and intercollegiate athletics evolving from the era of "assumed risk" to the present emphasis on "informed risk", wouldn't it tend to give peace of mind not only to the coach, but to the parents of the participating athletes, to know that any sport sponsored by your school had a pre-practiced workable plan of emergency medical care for the participating student-athlete!

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The River Valley Conference

The River Valley conference is composed of seven schools, Elgin-Millville, Houston, Lewiston, Mabel-Canton, Peterson, Rushford, and Spring Grove.

The Average enrollment for the River Valley conference is 154. We compete on the class "C" level and feel we play a very fine grade of football down here in southeastern Minnesota.

Our conference boast balance and diversity and hard hitting. Since the five year existence of the River Valley there have been four different conference champions.

1st year 1975	Conference Champ	Elgin-Millville	5-0
	Runner up	Spring Grove	3-2
			3-2
2nd year 1976	Conference Champ	Rushford	5-0
	Runner-up	Mabel-Canton	4-1
3rd year 1977	Conference Champ	Rushford	5-0
	Runner-up	Spring Grove	4-1
4th year 1978	Conference Champ	Spring Grove	5-0
	Runner up	Lewiston	4-1
5th year 1979	Conference Champ	Lewiston	5-0
	Runner-up	Rushford	4-2

We feel our conference will only get better with all the bright young coaches in our conference. The average years of the Head coaches is only 4.7

The offensive styles vary from school to school, the River Valley is no exception, Elgin-Millville runs out of the straight T and some I formation. Houston runs from a split Wing T formation and Lewiston run some Power I this year but also used a slot formation with split backs. Mabel-Canton ran out of the wishbone, Peterson from the double slot and pro set, Rushford the inbalanced Power I and Spring Grove the Veer.

Defensively again there was a great deal of diversity. Elgin-Millville was basically a 6-2, Houston played 6-2 and 5-2 Lewiston dominated the league with a 4-4 stack. Mabel-Canton a 6-2, Peterson 6-2 and 5-3, Rushford 6-2 and 5-3 and Spring Grove a 4-3 defense.

All of the towns of the River Valley rest in one of the most beautiful parts of the state, southeastern Minnesota.

We are centrally located between Rochester, Winona, and La Crosse, Wisconsin.

The Mississippi River, which offers much in recreation, is only an average of 20-25 miles away. The hills, bluffs, coulees' rivers, and woods make a very scenic area throughout the year.

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- 3:00 Registration
- 4:00 Football Rules Meeting
- 5:30LIFE INVESTORS HOSPITALITY ROOM.....
- 6:30 All Star Football Banquet
- 8:00 SMOKER

SOCCER FRIDAY, JULY 25

- 3:00 Registration

SATURDAY, JULY 26

- 8:00 Registration
- 9:00 Andy Mayton — Motivational Speaker

- 10:00 Hayden Frey — U. of Iowa
- 11:00 George Thole — Stillwater H.S.
- 12:00 Lunch Break

- 1:00 Dwaine Twite — Emmetsbury, Iowa H.S.
- 2:00 Hayden Frey — U. of Iowa

SATURDAY, JULY 26

- 8:00 Registration
- 9:00 Ron Bauerly — Armstrong H.S.
Hank Scheinost — Benidle H.S.
Alex Saros — Robinsdale H.S.
Rolf Erickson — Augsburg College
- 10:00 Buzz Lagos — St. Paul Academy
- 11:00 Bob Gansler — U.S. National Team
- 12:00 Paul Chapman — U. of Minnesota
Rudi Martignacco — Richfield H.S.
- 1:00 Lunch Break
- 2:00 At Richfield H.S. Soccer Field
Bob Gansler and Staff — Individual
and Team Tactics — Minn. H.S.
All Star Team Demonstrators

- 3:00 Clovis Hale — U. of Iowa
- 4:00 Daryl Ramey — Willmar H.S.
- 5:00LIFE INVESTORS HOSPITALITY ROOM.....
- 8:00 ALL STAR FOOTBALL GAME
- 10:00 LIFE INVESTORS HOSPITALITY ROOM

SUNDAY, JULY 27

- 9:00 Bill Beck — Irondale H.S.
- 10:00 Hayden Frey — U. of Iowa
- 11:00 Ken Belanger — Zumbrota H.S.
- 12:00 CLOSE

SUNDAY, JULY 27

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Of The
Year**

The Minnesota Football Coaches Association honors as its 1980 "Sports Personality of the Year" a real legend in state high school football, Coach Dick Lawrence of Eveleth High School. Dick retired from football coaching after the 1979 grid campaign, his 26th year of coaching. He will continue serving Eveleth High School as its athletic director.

A graduate of Bemidji High School in 1945, Dick played quarterback under Bernie Bierman at Minnesota in 1945 and 1948. His Gopher career was interrupted by a hitch with the U.S. Navy in 1946-'47. He graduated from Bemidji State College in 1952 and embarked upon his successful football coaching career at Bagley, Minnesota. After two years at Bagley, he assumed the head grid post at Eveleth and has coached the Golden Bears for the last 24 years, compiling a 117-87-4 record in the tough Iron Range Conference.

Led by a deceptive double-wing offensive attack, Dick's Golden Bears won IRC titles in 1966, 1971 and 1973. The '73 squad won the state class A football crown after overcoming an 18-0 deficit in the title game. Dick was named Minnesota Football Coach of the Year following the 1973 season and coached the North to victory in the first renewal of the Shrine All-Star game.

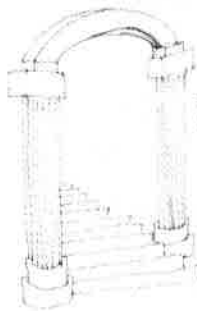
Coach Lawrence has been very active in leadership roles with the Minnesota Football Coaches Association, serving as its president in 1979-'80. Dick and his wife of 25 years, Diane, have raised five children: Susan (24), Bob (23), Tom (21), Catherine (19) and Barbara (14).

Dick Lawrence of Eveleth has served Minnesota High School Football proudly for 26 years, both on the field and in leadership roles off the field. In naming Dick as its 1980 "Sports Personality of the Year", the association wishes to repay in a small way the large debt it owes to this outstanding coach and man.

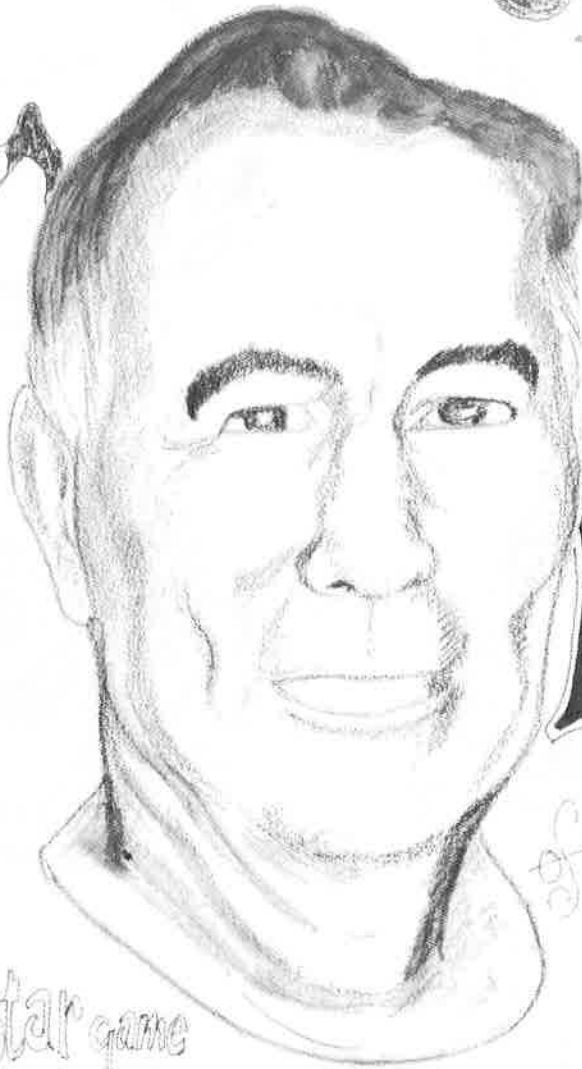


QB under
Bernie Bierman
at **U of M**

Coached
1974
North team
to Victory in
Shrine AllStar game



Inducted into
Bemidji state
HALL of FAME '79



1980
Sports
Personality

**Dick
Laurence**

of Eveleth



His 1973
Golden
Bears
Were
State Champs

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'Football Hall of Fame'



BRUCE BENNETT — Citation



NEAL DAVIS — High School



JAMES GUSTAFSON — High



JAMES MOLNAR — High School



NORMAN WAGNER — High School



JIM WALLACE — Citation

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

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Bert Baston
 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 Wiseth
 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

Odis Lagrand
 Jerry Ekstein
 Kenneth "Red" Wilson
 Edor Nelson
 Doc Watson

1975

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

1976

Kermit Anderson
 Will Gullickson
 Dwaine 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
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1979

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STATE OF MINNESOTA

*"Football Hall of Fame"***BRUCE BENNET**

This native of Michigan was graduated from the University of Michigan in 1958 with a Bachelor's Degree in Journalism. He gained his first experience as a sports reporter for the Michigan Daily and took this experience to Duluth where he was on the sports staff of the Duluth Herald and News-Tribune. He is a friend of the high school coaches in and around the Duluth area and as executive sports editor of the paper, he makes sure that his paper carries a healthy portion of high school athletic news.

**NEAL DAVIS**

This former Iowan is a graduate of Luther College where he was a football captain in his senior year. He began his successful coaching career in 1948 at Canby, Minnesota and after stops at Waseca and Owatonna, he ended his coaching career at Rochester Mayo in 1972. He coached five championship teams during his tenure with many of his former players going on to successful collegiate careers.

**JAMES GUSTAFSON**

Gustafson is a graduate of the University of North Dakota where he was an outstanding athlete. His coaching career has taken him from Kenmare, North Dakota to Mahanomen and Detroit Lakes, Minnesota and finally to Albert Lea where his football teams won five big nine titles with three of his teams being named as the state champions.

**JAMES MOLNAR**

This graduate of Bradley University is a former Little All American Fullback who began his coaching career at Chisago City in 1946. His teams won eleven titles during his tenure. He is a "Hall Of Famer" at Bradley University and the football field at Chisago Lakes School District 141 has been named in honor of this outstanding coach.

**NORM WAGNER**

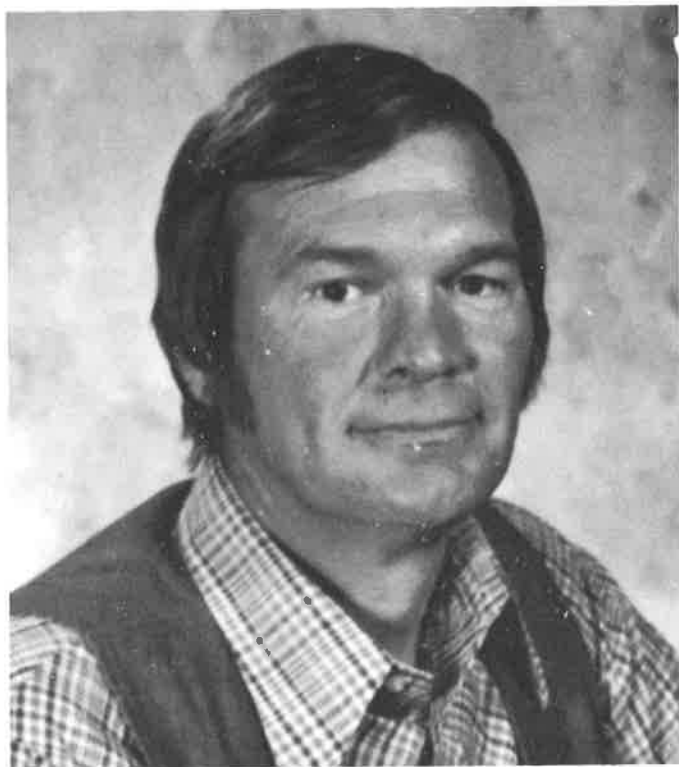
A legend in Northwestern Minnesota athletics. This graduate of Bemidji State University became the football coach at Fisher High School in 1956. Not only has he been a successful football coach but he has contributed to the states overall program in many other ways including participation in the Football Coaches Association, the State High School League and the Athletic Directors Association. A Bemidji State Hall of Famer, Wagner is retired from the teaching and coaching profession.

**JIM WALLACE**

This 1947 University of North Dakota graduate has been involved in sports reporting for 35 years. From his early days with the Fargo Forum to the job he has held with the Brainerd Daily Dispatch since 1951, Jim Wallace has been an outstanding friend of high school football in the central Minnesota area. He is the type who digs for the news, stays with a story and does his best to promote the positive aspects of the sports picture in his area.



Class Coaches of the Year



CLASS AA — Ron Raveling, Columbia Heights

Minnesota's Class AA Football Coach of the Year for 1979-80 is Ron Raveling, who guided his Columbia Heights High School club to an 11-1 overall record and the Class AA state championship.

The 49-year-old Raveling, a graduate of Minneapolis Roosevelt High School and the University of Minnesota, has coached at Columbia Heights for 23 years after earlier stints at Marshfield (Wis.) High School (one year) and Mahnomon High School (three years). While at Mahnomon, one of his fellow coaches was Lute Olson, present head basketball coach at the University of Iowa.

Raveling's Columbia Heights teams have an overall record of 119-83-83 and have won five Suburban Conference championships. He was equally as successful at Mahnomon where the Indians were 16-3-5 in his three years and won one conference title.

The vice president-elect of the Minnesota State Coaches Association, Raveling was named Region Four Coach of the Year for 1972, was sports personality of the year of the Minnesota State High School Football Coaches Association in 1975, is a past president of the football coaches' group and served as game manager for the Minnesota High School All-Star Football game in 1974-79.

Raveling and his wife (Nina) have two children and reside at New Brighton.

CLASS A —

Joe Mayer, Rochester Lourdes

In his 23 years as head football coach at Rochester Lourdes High School, Joe Mayer has directed the Eagles to an overall 134-58-4 record.

One of the highlights of his career came last fall when Lourdes defeated Brooklyn Center 40-15, Crookston 14-9 and Apple Valley 22-6 to capture the Minnesota State High School Class A championship and that led to Mayer's being named the state's Class A Coach of the Year.

Mayer, 44, has directed Rochester Lourdes to two Central Catholic Conference grid titles, two Don Bosco Conference football championships and has had two undefeated teams. In addition to his football duties, Mayer also serves as assistant principal at Rochester Lourdes High School.

Married and the father of eight children, Mayer formerly served as athletic director at Lourdes and also has been head coach in basketball, track and tennis.



CLASS B —

David Main, Gaylord

A perfect 13-0 season, capped by a victory over Mahanomen for the state championship, has led to the naming of David Main of Gaylord High School as Minnesota's Class B Football Coach of the Year.

Main, a graduate of Westbrook High School (where he was a three-sport letterman), received his bachelor's degree from Mankato State and has an overall coaching record of 72-29 while at three different schools.

Following graduation from Mankato State, Main coached three years at Jeffers and four years at Gibbon before joining the Gaylord staff as an assistant coach in 1972. In his seven years as head coach, his teams have won three state championships (Class C in 1973 and Class B in 1975 and 1979), have taken five Tomahawk Conference crowns and have an overall 67-8 won-lost record.

The 39-year-old Main and his wife (Marie) have five children — Paula, Philip, Manon, Amy, Pam and Jennifer.



CLASS C —

Tony Thiel, Battle Lake

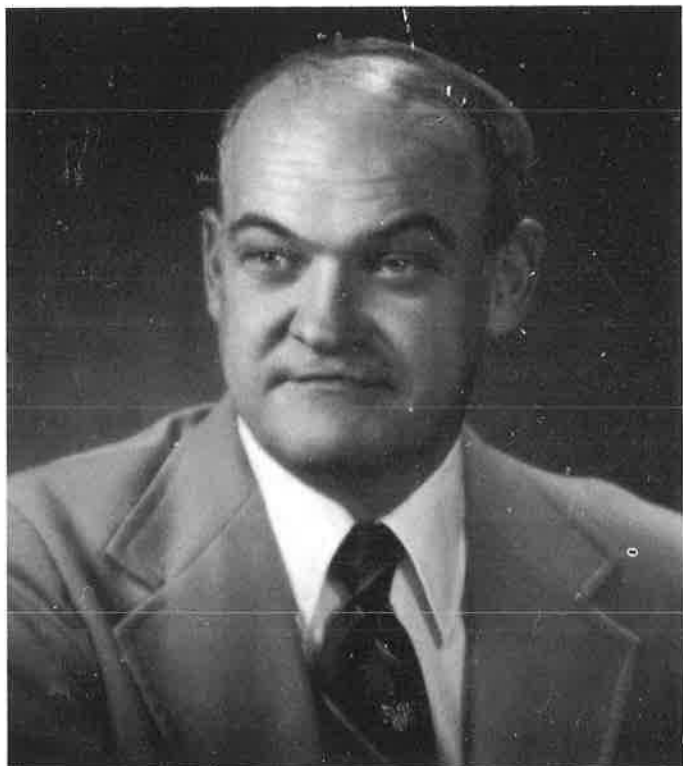
Tony Thiel's football teams at Battle Lake High School have a legend of excellence.

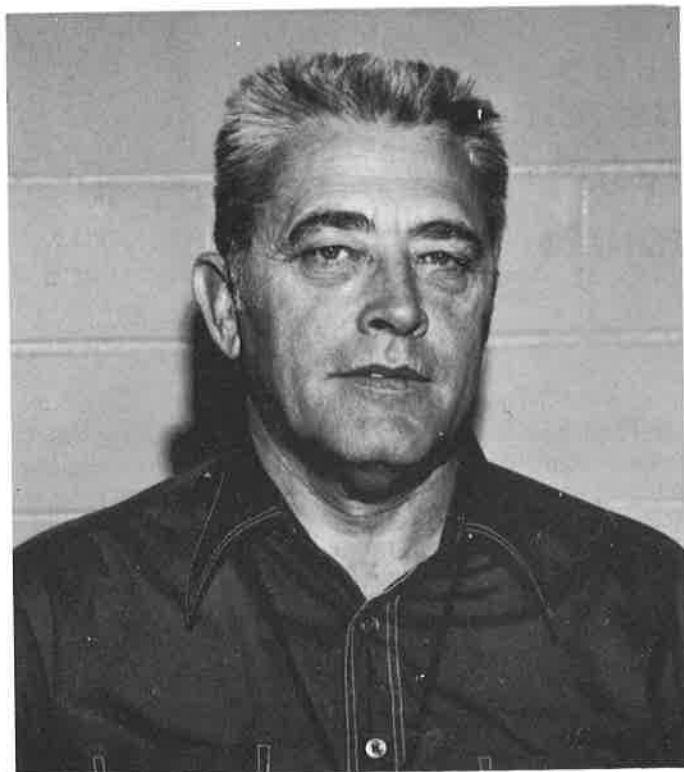
Since joining the Battle Lake system, Thiel has directed the Battlers to an overall 91-29 record, four Park Region Conference championships and two Minnesota State Class C grid titles (1974 and 1977). During one stretch from 1976-78, Battle Lake reeled off 27 consecutive football victories.

Thiel has been named the state's Class C Coach of the Year for 1979-80 and that is another in a long list of honors for the Battle Lake head coach. He was named Kellogg Coach of the Year in Class C in 1977, the Region Six Coach of the Year in 1977 and 1978 and has been named District 23 Coach of the Year four times.

Battle Lake has appeared in 12 state play-off games under Thiel and has a 10-2 record during those appearances. In addition to winning the Class C title twice, the Battlers were runners-up once and reached the semi-final round before losing last fall.

A native of Beardsley and a graduate of Moorhead State University, Thiel and his wife (Janice) have four children — Shari, Judy, Tony and Edith. His son Tony, a 1980 Battle Lake High School graduate, was an all-state football player for the Battlers last fall and has been picked to play in the Minnesota All-Star high school baseball series.





CLASS NINE-MAN — Clifford Senne, Welcome

Clifford Senne, the head football coach at Welcome High School, has been named Class 9-Man Football Coach of the Year for 1979-80.

Senne has enjoyed a particularly outstanding career during his 11 years of coaching at Welcome High School, which is a member of the Southern Star Conference.

The Welcome Wildcats have won six conference championships (1973-74-75-76-78-79), have participated in the state play-offs four times and have an overall 80-16-2 record under Senne's coaching.

Senne, a member of the coaching staff for the 1979 All-State Football Game in Minnesota, previously was named District Five Coach of the Year and also has been Region Two Coach of the Year.

The District Five representative on the Minnesota State Coaches Association, Senne also is the Class 9-Man representative on the association and is the 9-Man representative on the football advisory board.

Senne and his wife (Phyllis) have three children — Claudia, Craig and Ann.





Standing By In Sports

by Ralph Anderson

AMONG the most significant developments on the Minnesota State High School League (MSHSL) athletic scene these days is the rapidly-changing makeup of conferences, along with the recently-adopted MSHSL edit which allows cooperative sponsorship of an activity.

Cooperative sponsorship of a MSHSL activity by two or more member schools was approved Nov. 2, 1979, by the MSHSL Representative Assembly and the board of directors of the MSHSL approved 51 applications (including 158 activities) at its meeting on Feb. 7, 1980. Several of these involve football and will go into effect in the fall of 1980.

The conference-juggling matter will find many schools moving from one circuit to another, while new conferences will be formed in other cases.

Among the newly-established conferences is the Valley Plains, a league formed for football only and made up of schools formerly aligned with the Top of the State, Heart O'Lakes and Pine To Prairie conferences, as well as an independent.

The Valley Plains Conference came into being at a meeting held at Hawley on Jan. 30, 1980, and football schedules for 1981 and 1982 have already been drafted. Members of the conference — which will be Class C under MSHSL standards — include the following: Dilworth, Glyndon-Felton and Hawley (all formerly in the Heart O'Lakes Conference), Ada, Fertile-Beltrami and Waubun (all formerly in the Pine To Prairie Conference), East Grand Forks Sacred Heart (formerly in the Top of the State Conference) and Wheaton (which has been an independent since the breakup of the Resort Region Conference in the late 1960s).

Rick Manke, athletic director and head football coach at Glyndon-Felton, has been elected the conference president,



Rick
Manke



Dale
Skallerud

while the secretary-treasurer is Dale Skallerud, athletic director at Hawley.

With the secession of three schools to the Valley Plains

Conference, as well as the departure of Elbow Lake (which has been admitted by the Little Eight Conference), the remaining members of the Heart O'Lakes Conference — Frazee, Barnesville, Pelican Rapids and Perham — are left scrambling for opponents starting in 1981. Perham got an early jump on scheduling when it resumed its rivalry with Detroit Lakes and athletic directors of the four Heart O'Lakes Conference schools will meet early this summer with athletic directors from the Mid-State Conference to talk about the possibility of scheduling non-conference games.

The Heart O'Lakes schools have voted to admit Breckenridge (like Wheaton, formerly in the Resort Region Conference, and more recently a short-time member of the West Central Conference) for football only for the fall of 1981 and that will alleviate to some extent the problem of scheduling.

Farther north, the conference-changing problem is becoming a tougher problem all the time.

Crookston Central and East Grand Forks have indicated that they wish to withdraw from the Northwest Athletic Conference and that would leave the Northwest with only three schools — Thief River Falls, Bemidji and Fergus Falls.

School officials from both Crookston Central and East Grand Forks note that declining enrollments simply will not allow the schools to compete with such teams as Bemidji and Fergus Falls.

It appears that the Pine To Prairie Conference — which lost three of its members to the newly-formed Valley Plains circuit — will exist for the time being because Warroad and Roseau have been accepted for the fall of 1981. Both were formerly in the Top of the State Conference and they now will join Mahnomen, Warren, Bagley, Fosston and Red Lake Falls in the Pine To Prairie.

In the far northwest part of the state, the Northern Lights Conference — made up of Minnesota and North Dakota schools and a 9-man league — may be in its waning years.

Louis Deere, veteran football coach at Kennedy High School, told W. Daniel Schreck of the Grand Forks Herald that he wonders if the conference will last much longer than the 1980 season.

Other conference talk finds Pierz, a member of the Great River Conference, indicating an interest in the Mid-State Conference, while Bruce Bakke of the Fergus Falls Journal reports that Fergus Falls and Cold Spring Rocori may be new members of the Central Lakes Conference to replace Cambridge and Elk River, which reportedly would like to get into a league closer to the Twin Cities area.

In addition to Cambridge and Elk River, the Central Lakes Conference consists of St. Cloud Tech, St. Cloud Apollo, Willmar, Alexandria, Brainerd and Little Falls.

Ron Stolski, head football coach and athletic director at Brainerd, claims that Bakke's theory is no more than conjecture and adds: "It's true that Cambridge and Elk River have expressed concern about the amount of travel, but no more than Willmar, Alexandria or us."

One school that would desperately like to join a conference, but is still looking for an invitation is Moorhead, which sits on the western border of Minnesota and which is the biggest school in many miles as far as enrollment goes.

Moorhead has enjoyed good football over the years and became such a football power that it led to the breakup of the Resort Region Conference after the 1967-68 school year.

Since that time, the Spuds have had difficulty finding opponents and last fall Moorhead played schools in four states (Minnesota, North Dakota, South Dakota and Wisconsin) and still had an open date!



Ron Stolski



Lynn Peterson

THE LITTLE EIGHT Conference is staking claim to the title of being the toughest Class 9-Man football league in Minnesota.

In the eight years that football play-offs have been held in the state, Little Eight Conference schools have won three championships and have finished runner-up once.

Coach Lynn Peterson's Deer Creek teams won back-to-back titles in 1976-77 when the Wildcats defeated Hillcrest Academy of Fergus Falls both times and then Hoffman came on to win the championship in 1978. Brandon of the Little Eight circuit was runner-up to LakeBenton in the 1973 Class 9-Man football tournament.

THERE WASN'T a single repeater in the Minnesota State High School League (MSHSL) football play-offs in 1979.

Columbia Heights replaced Edina West in Class AA with an 8-3 win over Richfield, Rochester Lourdes topped Apple Valley 27-6 in Class A and succeeded Fridley Grace, Gaylord downed Mahnommen 15-6 in Class B to replace New Richland-Hartland, Bird Island-Lake Lillian posted a 34-6 win over Harmony in Class C to succeed Alden-Conger as champion, while Russell topped Toivola-Meadowlands 17-14 to win Class 9-Man and replace Hoffman as the winner.

For Gaylord, the state championship was the fourth in school history. The Spartans, a member of the Tomahawk Conference, captured the Class C championship in 1972 and won Class B crowns previously in both 1973 and 1975.

Bird Island was a Class C runner-up in 1974 (to Battle Lake) and in 1976 (to New Richland-Hartland) before taking top honors in 1979.

The sponsoring Minnesota State High School League announced that the 35 play-off games last fall attracted a paid attendance of 66,751, which was down 7,918 from the 1978 record-setting attendance of 74,669.

MIKE BELSETH, head football coach at Breckenridge High School, is pushing for a revision in the state play-offs and explains his position as follows:

"Being a football coach, I've always thought every team, no matter how big or small and no matter what their record is, should have a chance to compete at their own level in tournaments. Under this plan, a school will play seven regular-season games and the eighth game will be a tournament game. If you win, you go on. If you lose, the season is over with eight games. This plan will put excitement into the eighth game because it's a do-or-die situation."

Belseth has presented his plan to the advisory football board of the MSHSL.

THE FOOTBALL FIELD at Mahtomedi will be named for George Smith, head football coach and former athletic director at the school, this fall in observance of Smith's 30-year tenure of service with the district.

That decision was made by the Mahtomedi School Board, with the date to be announced later.

Smith has coached Mahtomedi teams to nine conference championships and has had nine all-state players during his years at the school.

JIM CARRINGTON, well-known sports editor of the Bemidji Pioneer, picked Duluth Denfield as Northern Minnesota football champion of 1979 and that was the third time a Duluth school had won the title since Carrington launched his picks in 1962.

Previous winners of the Northern Minnesota championship have been: 1962 — Bemidji; 1963 — Moorhead; 1964 — St. Cloud Tech; 1965 — Bemidji; 1966 — Moorhead; 1967 — Cloquet; 1968 — Moorhead; 1969 — Moorhead; 1970 — Duluth Morgan Park; 1971 — Moorhead; 1972 — Moorhead; 1973 — Eveleth; 1974 — Duluth Denfeld; 1975 — Hibbing; 1976 — Cloquet; 1977 — Fergus Falls; 1978 — Hibbing.



Jim Carrington



Tim LaVoy

COLLEGE football coaches probably concentrated much of their recruiting in Northwestern Minnesota schools to players in the Pine To Prairie Conference this year.

Ron Sannes, a 175-pound halfback from Fertile, was regarded as one of the top players in Northern Minnesota, but the Pine To Prairie Conference also turned out such behemoths as 215-pound Grag LaVoy of Mahnommen, 220-

pound Pete Mehr of Mahnommen, 210-pound Mark Turgeon of Warren, 210-pound Tim LaVoy of Mahnommen, 206-pound Reed Soderstrom of Warren, 224-pound Joe Myszlowski of Warren and 260-pound Roger Held of Waubun.

Sannes was named the conference's most valuable back, while Tim LaVoy was picked as the most valuable lineman.

CLIFF MORLAN, long-time sports columnist for the Bemidji Pioneer and one of the best-known sports writers in Minnesota, died Monday, Nov. 12, 1979, following a long battle with cancer. He was 66.

Morlan, who wrote the popular Sports Review column for the Bemidji paper for 38 years, wrote his final column one day before his death.

A native of Crookston, he later lived at Bismarck, N.D., before moving to Bemidji in 1937 where he opened a barbershop and also was involved for many years as an athletic official.

In 1967, Morlan was named to the Hall of Fame of the Minnesota High School Football Coaches Association.

Rites were held from St. Philip's Catholic Church at Bemidji with interment at Holy Cross Cemetery.

Morlan is survived by his wife and six children.



Cliff
Morlan



Dick
Lawrence

ONLY A FEW months after Morlan's death, Bemidji was rocked by the death of another football personality.

Michael Allen "Mike" Johnson, an all-state player on Bemidji's Northwest Conference grid championship team of 1978, died in a Fargo (N.D.) hospital after receiving injuries in an automobile accident. He was 19.

A TESTIMONIAL dinner was held last fall at Anoka for Stanford "Stan" Nelson, who served 26 years as Anoka High School's head football coach before resigning.

"If I were to do it all over again, start coaching from the

beginning, I would start at Anoka — the greatest place to coach in the world," Nelson told those attending.

Several members of Nelson's family attended, but one of those planning to attend could not take part. Steve Nelson, Stan's son, is a member of the New England Patriots professional team, but suffered an injury in his team's game with Green Bay and that prevented him from being at the fete held at the Majestic Oaks Golf Club.

VETERAN Minnesota high school football coaches who resigned their duties following the 1979 season included Tom Drazenovich at Grand Rapids, Dick Lawrence at Eveleth and Chuck Halsted at Twin Harbors.

Lawrence, who guided Eveleth to a 118-84 record and three Iron Range Conference crowns, plus one state championship, is being succeeded by Rick Moore, while Halsted's replacement at Two Harbors is Jim Keeler.



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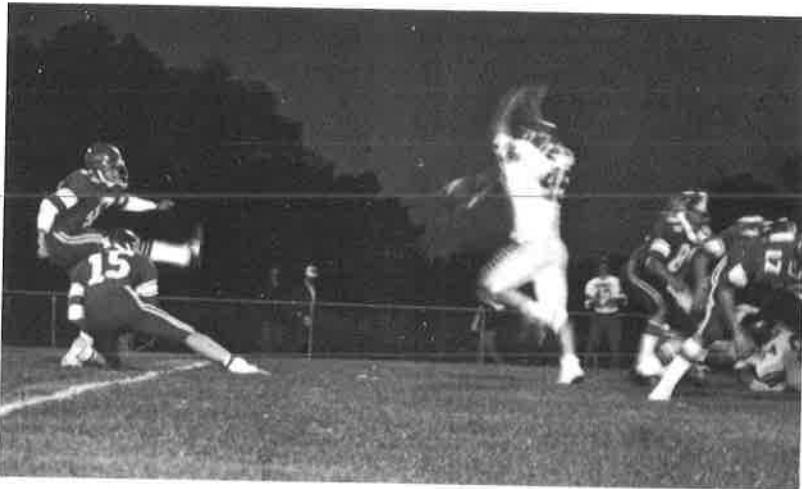
Go Get 'Em Rockets!!



Coby Burslie (42) of McIntosh-Winger made a cut to avoid Clearbrook's Mark Baggason (12) in the photo at the left and sped away from Steve Thorson (63) and Todd Voxland (22) in the photo at the right during his team's North Tri-County Conference game last fall.

Burslie led McIntosh-Winger to a berth in the Minnesota Class Nine-Man semi-finals and a 10-2 overall record as he gained 1,255 yards rushing and scored 164 points. He added 225 yards in pass receptions and gained 500 yards on kick returns.

Co-captain of McIntosh-Winger's team, Burslie was named the most valuable back in the North Tri-County Conference and also was named to the coaches' nine-man all-state team. In two years, he gained over 1,900 yards by rushing, had some 2,600 yards total offense and scored 226 points.



Chris Harrison, Pine City kicking extra point against North Branch. Harrison kicked 22 of 26 extra points for Pine City during the year.

Doug Kammerer (60), Bob Schrank (70), and Tom Zimmerman (42) all of Redwood Falls close in on Dan Johnson (90) of St. Peter in inter-conference play-off game.





St. Cloud Cathedral makes a goal line stand in a 3-0 win over Benson. Benson had a first down on the Crusaders five, but plays like this caused the Braves to give up the ball at the two after four-plays. Crusaders in the action are (47) Rob Poganski, (82) Tom Murphy, (10) Tim Stienkopf. Coming up is (22) all-conference free safety Jeff Muntifering.



St. Cloud Cathedral tri-captain Tom Murphy (82) who lead the West Central Conference with a 11.5 average per punt return, returns this one for 17 yards vs. Benson.

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Minnesota*

Football Coaches Association

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John Davies, Football Coach, Crosby-Ironton



Mike Kettler (35) Sauk Centre, a junior tailback carries around end against the Melrose Dutchmen.



Tom Nelson, Pine City quarterback running for touchdown against North Branch.



The Big Rush by Columbia Heights defenders pressured Kellogg punter Kevin Faulds into shanking a punt.



Kris Johnson, Red Wing is tackled by Mankato East's Steve Beetsch during a Big Nine Conference game at Red Wing.

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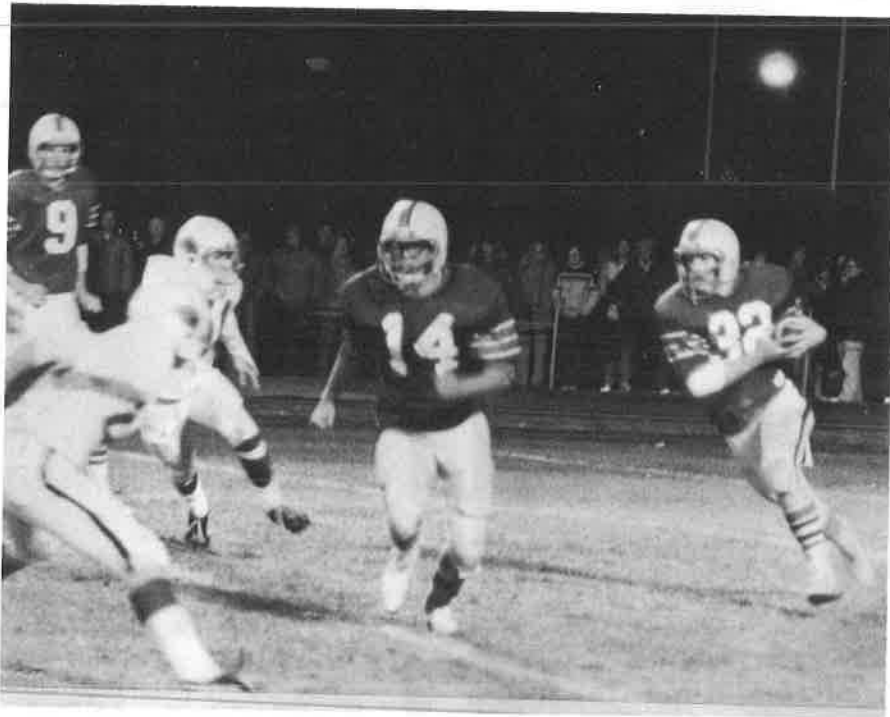
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Paul Welle (41) Sauk Centre's all conference tailback carries on one of his scoring jaunts against the Glenwood Lakers. Welle scored twice as Glenwood defeated Sauk Centre 22-14 in Central Gopher conference action. No. 48 is Brad Welle a junior FB.



All Conference Quarterback No. 9 Mark Bartlett looks on at All Conference No. 14 Al Hughes heading the way for All-Conference No. 32 Rick Straka in St. Peter's 37-0 win over Fairmont for the South Central Championship.



All-Conference Tailback John Moody (40) dives forward for extra yardage during the Breck-Saint Paul Academy football game. Wingback Bill Driscoll (48) is downfield ready to throw a block. Making the tackle for Breck is Chris Brandl (22) and (88) Tom Gilman. Saint Paul Academy won the game 21-0. In so doing, Saint Paul Academy qualified for the inter-conference playoff game with Winsted Holy Trinity. Saint Paul Academy beat Winsted Holy Trinity and advanced to the Class C playoffs. However, Bird Island Lake-Lillian eliminated the Spartans 28-8 and eventually went on to win the State Championship in Class C.



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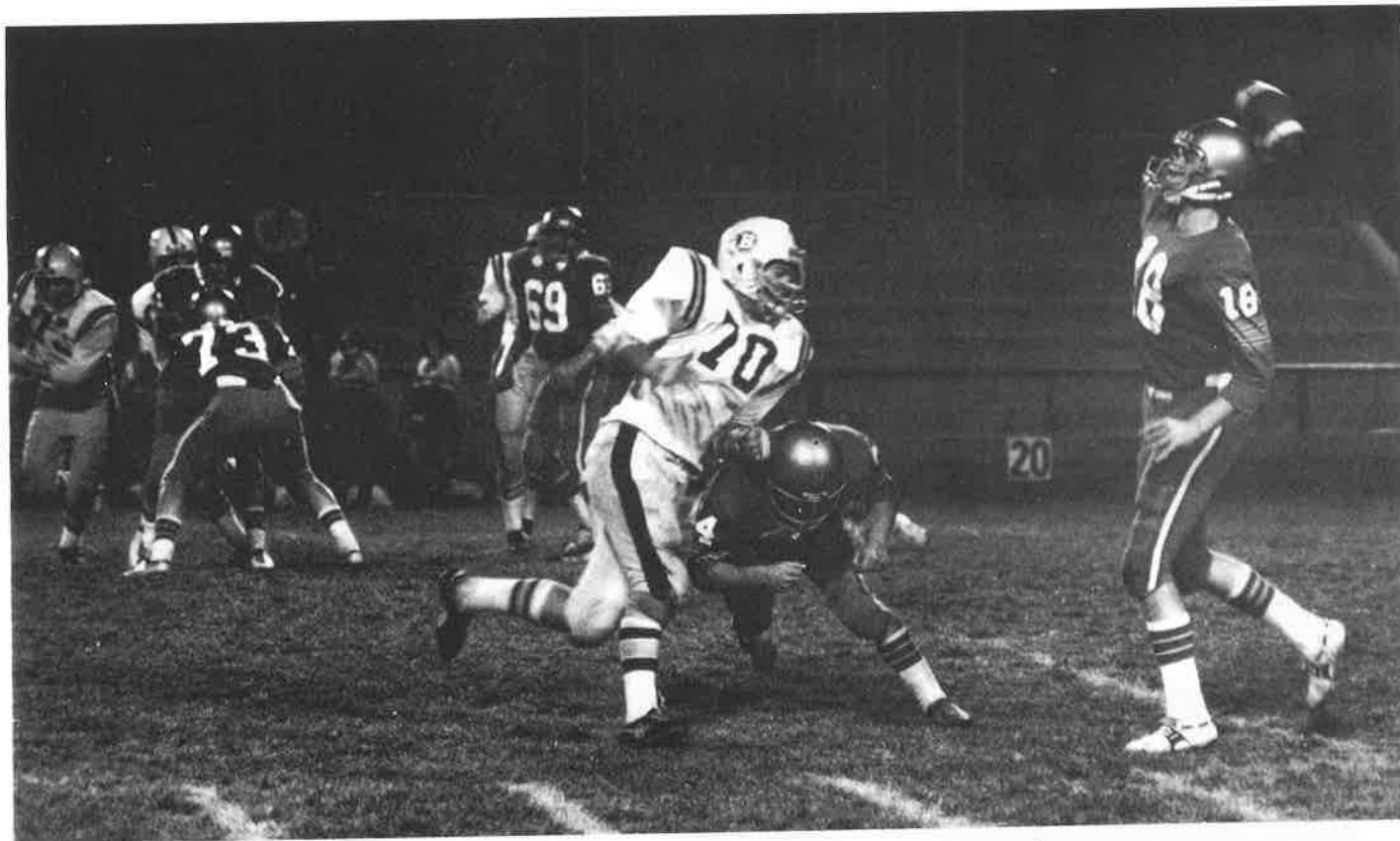
Daryle Peterson (32) Tyler carrying the ball in the conference championship game against Fulda. Tyler 21, Fulda 7. Fulda defenders are Tim Lenands (41) and Glen Crowley (33).



Tom Zimmerman (45) takes a hand-off from Mitch Otto (17) as Bob Schrank (60) and Kurt Hjerpe (88) open a hole. Jackson vs. Redwood Falls. John Miller (74) of Jackson looks on.



All-conference Scott Youngblom (20) runs for yardage after a pass reception during St. Peter's 29-8 win over Waseca.



St. Cloud Cathedrals All-State quarterback Dennis Schelper has to hurry this attempt. Crusader fullback Dale Krippner gets to Benson's Frank Benslay just in time. Schelper 6'4" 188 lbs. completed 106 of 201 passes this year for a 52.7 percentage and 1,370 yards. Schelper passed for nine touchdowns and six conversions. Schelper set new passing records in attempts, completions, yardage.



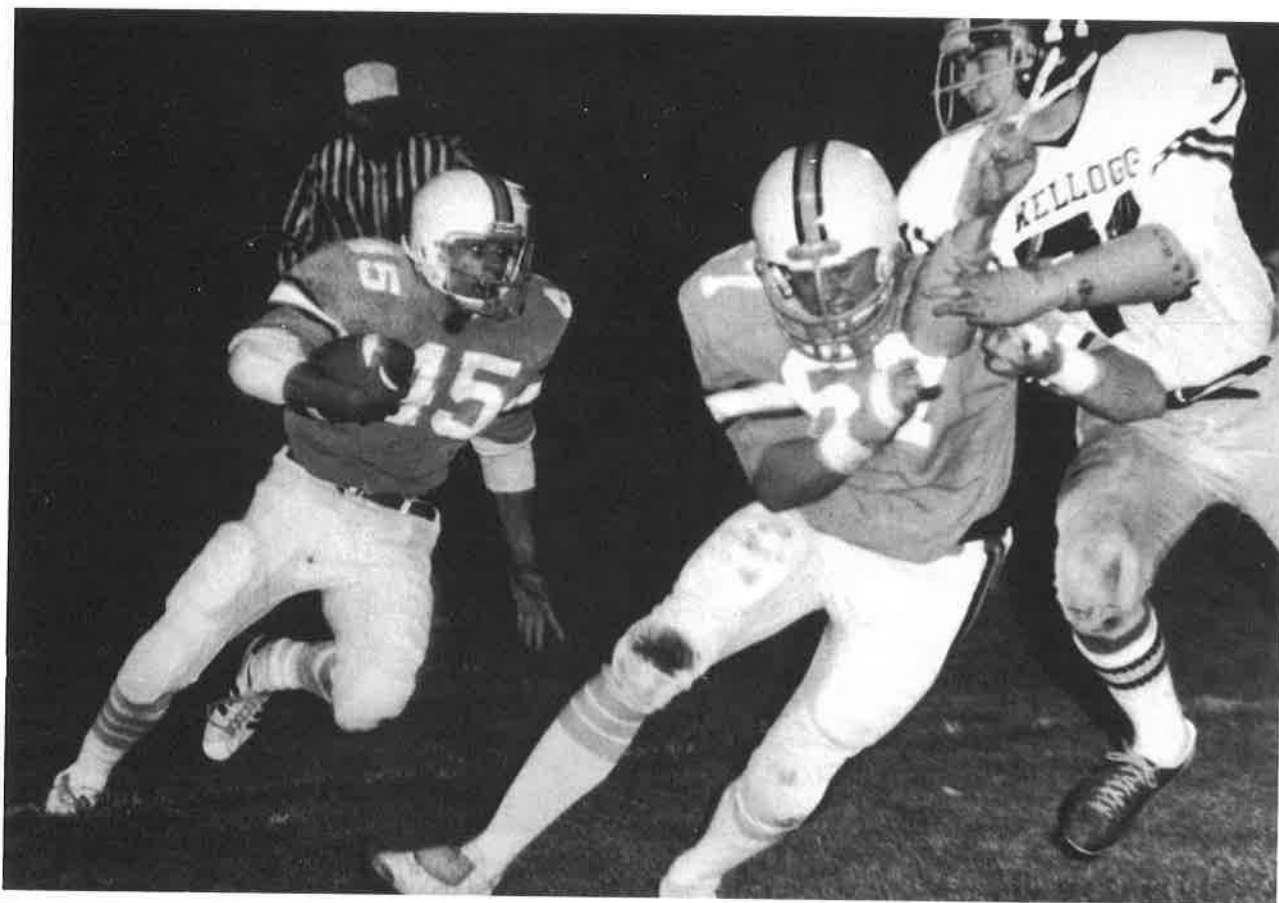
No. 28, Meryl Didier of Osakis scoring the O.T. touchdown that won the game over Grey Eagle, 34-26.

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Junior halfback Jim McLaughlin of the Blaine Bengals follows the blocking of senior guard Tim Peterson for a gain against Kellogg. The North Suburban conference co-champion Chargers nipped Blaine by a 21-20 score.



Sauk Centre's Kevin Voller (88) signals a TD as John Peters sophomore flanker out jumps a Melrose defender for the TD pass from QB Todd Foster. Melrose went on to win 12-8.



Jim McLaughlin, senior fullback for the Blaine Bengals is stopped by Spring Lake Park's all-conference linebacker Chuck Farley. Junior center Scott McLaughlin (52) is also pictured. The Bengals beat Park 34-12 in North Suburban Conference action.



The Cougar team elating over winning the East-West game 7-0 and recapturing the "Kato Jug."



Head Coach Marv Keogh sending in a play with Gary Day (21) senior split end for the Cougars of Mankato East.

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Holdingsford Quarterback Luke Ebnet (10) hands off to Pat Soltis (41) during a drive into Becker territory. Howard Huls is providing a key block while Jim Raab (50) and Nick Ebnet (88) lead the play.



Junior Jim Holty (44) Spring Grove scoring winning touchdown against Mabel-Canton. In the background Doug Ardinger (86) and Tom Bjerke (83) of Spring Grove.



Junior Jon Fulton of Russell who gained 1,388 yards during the 1979 season runs for yardage against Morton in state semi-finals. Dave Bukowski (80) looks on.



Mike Kush, sophomore fullback of Tartan runs the inside veer against White Bear Lake.



Chad Johnson (22) Redwood Falls breaks lose on a long gainer with Andy Monson (61), David Rice (42) and Brian Ahlschlager (76) of Slayton in pursuit.



Scott Wagner of Tartan, all-conference tackle forces the quarterback of White Bear Lake.



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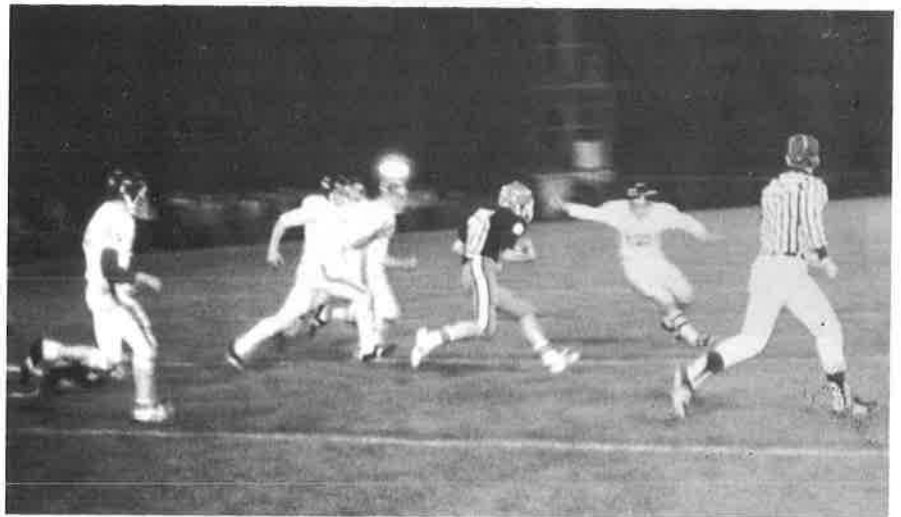
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St. Cloud Cathedral senior fullback Dale Krippner picks up a big first down in 21-12 Crusader win over Breckenridge. Other Crusaders are (72) Tony Kosel, (69) Jeff Windschitl. Cowboys making the play are (77) Tim Kressin (75) Ron Conzemius and (82) Bill Kuehn.



Junior quarterback Ken Sawle (10) Spring Grove on option run against Elgin-Millville.



No. 37 Doug Walter and No. 28 Meryl Didier look back to see half back Lew Weiler fall just short of the goal line in a 20-6 loss to State Champ Bird Island, in the opening round of the state playoffs.



No. 30 Len Weiler stops Eagle Bend quarterback Jay Roste, while No. 17 Brian Bangtson looks on. Osakis had a 9-1 season record. Its only loss coming at the hands of Bird Island in the state playoffs.

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Ready to do battle. Bob Schrank (70) and Doug Kammerer (60), Redwood Falls and Scott Guillemette (52), Pipestone.



Daryl Hook, Dave Bukowski, and Carey Johnson about to tackle Morton's Jim Gallery on kickoff return. State semi-finals.

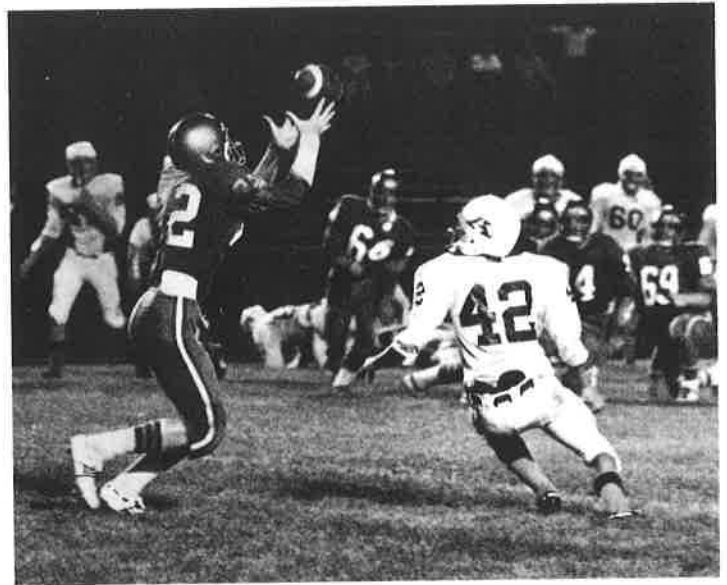


Stillwater's all-state halfback Pat Juhl picks up some tough yardage against Tartan. The Ponies won their third straight St. Paul Suburban conference title in 1979.

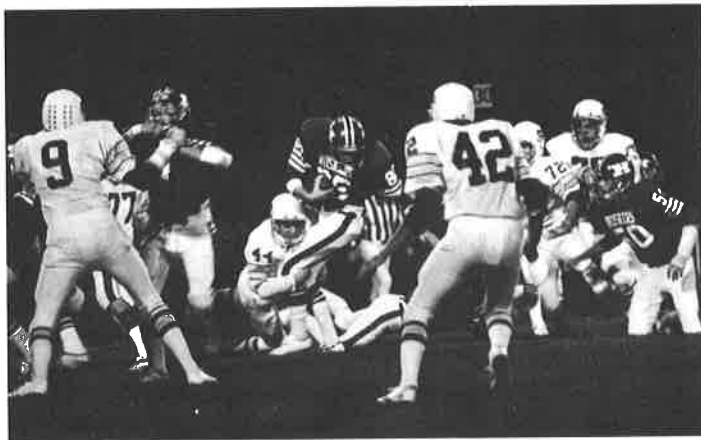




Chris Harrison (47) Sr. halfback from Pine City breaks one for 21 yards against North Branch. Pine City 38, North Branch 8.



St. Cloud Cathedrals Tom Murphy (82) makes a 10 yard reception in a 19-21 loss to Albany. Defending on the play is Albany's fine junior defensive back Mickey Nett.



Holdingsford's Cliff Ebnet (86) is shown making hard-earned yardage in the Huskers' 7-0 victory over Maple Lake. Howard Huls is setting up a block while Jim Raab (50) looks on. Maple Lake players include Jerry Baker (9), Tim Gruchow (44), and Mike Benjamen (42).



Esko quarterback Todd Peterson (15) starts down the line against the North Pine County Pioneers in a Polar League non-conference game. Leading the option are halfbacks John Davidson (24), Mark Sunnarborg (33) and looking for the pitch, Darrell Johnson (42). North Pine won 6-0.

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Todd Ellis (41) Waseca eludes a would be tackle by Mike Ostrom (85) from New Ulm. Bob Wick (81) Waseca throws a key block on Jay Stienke of New Ulm to spring Todd on a 15 yard run. Todd scored 2 touchdowns as Waseca defeated New Ulm 36-19 in South Central Conference action.



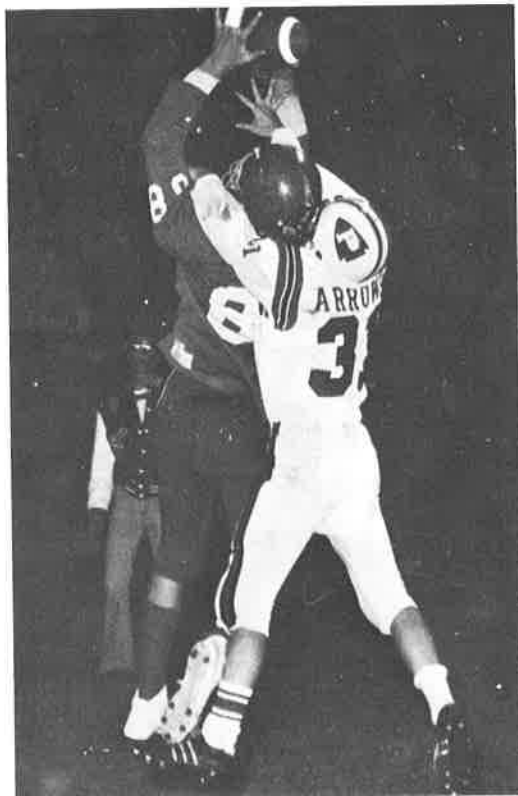
Fullback Jeff Schultz of Russell shaking off a tackle in Alden-Conger game.



Red Wing's Gary Stofferahn (21) escapes the grasp of two Marshall defenders on quarterback sneak and continues 63 yards for the touchdown.



Jason Hoptman, Fairmont carrying the ball in the St. Peter game which was won by St. Peter.



Kurt Hjerpe (88) Redwood Falls covered by Bruce Kofeod (31) Pipestone. Pretty good coverage Dick!

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Jeff Weldon follows team mate Steve Kangas (31) of Columbia Heights vs. Armstrong in the state semi-finals won by Columbia Heights.



No. 22 Chul Schwanke, Hutchinson sophomore halfback runs for a touchdown against Orono.



All State Daniel Johnson (90) runs for daylight in St. Peter's 20-15 win over Crookston. Center Phil Stolee (55) looks on.



Paul Eppard Fairmont fullback carrying the ball. Fairmont over Jackson 28-16.

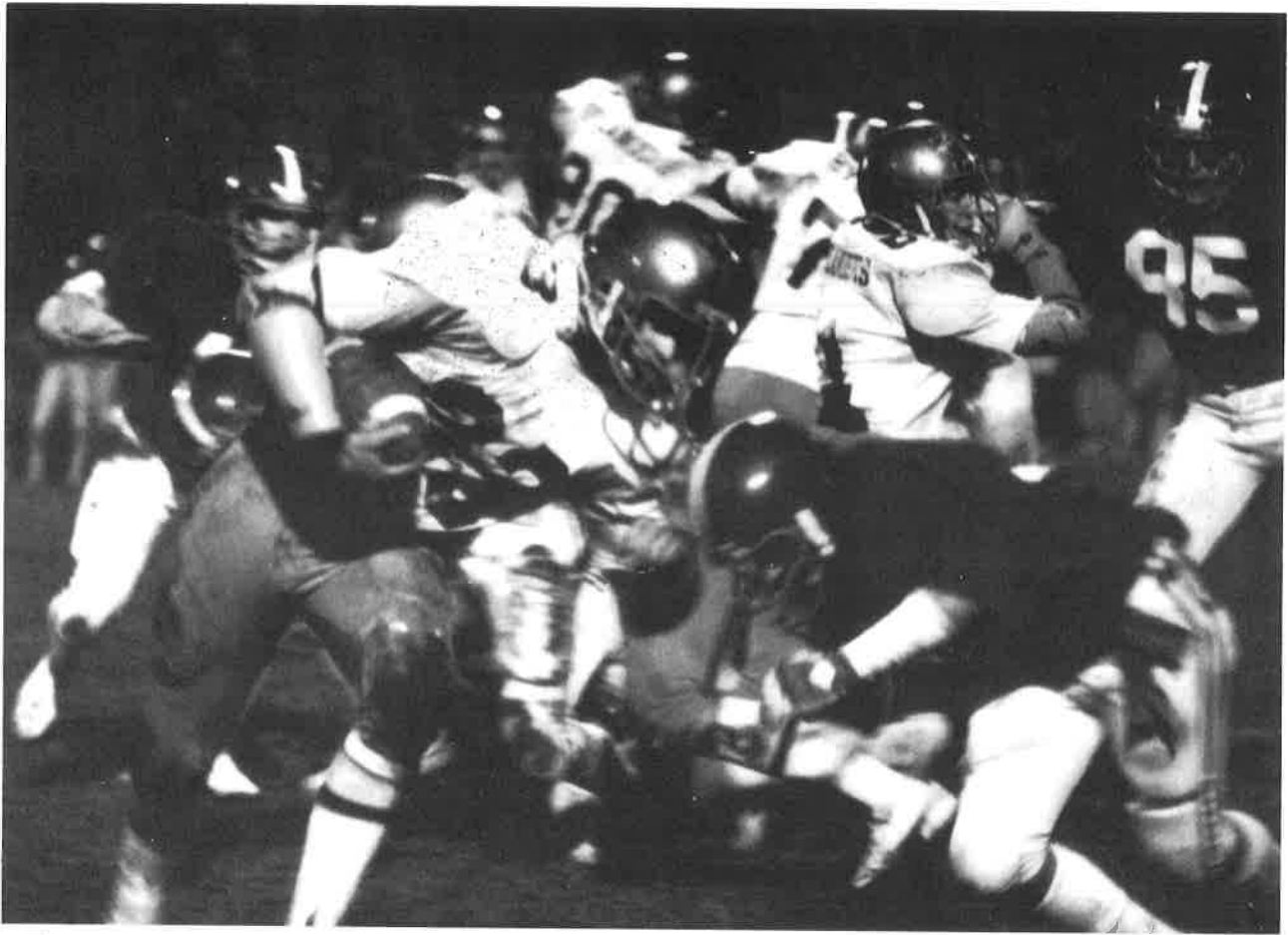


Esko fullback Mark Sunnaeborg (33) slashes off tackle for a few yards against a stubborn North Pine County team. Leading the off tackle trap play are guard Bryan Siltanen (55) and halfback Darrel Johnson (42).

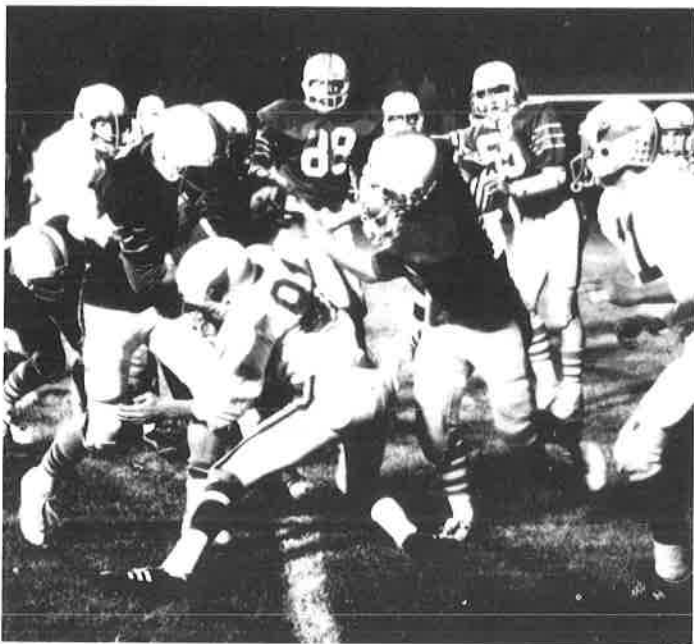
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Columbia Heights fullback Brad Pierce runs into a strong Richfield defense in the state finals won by Columbia Heights, 8-3.



Blake Johnson (81) Fairmont tackling Dan Johnston, St. Peter fullback on the goal line.



Quarterback Art de Dt. Aubin keeps on the option play during Stillwater's 41-14 victory over Park-Cottage Grove.



Jeff Sine Fairmont Tackle sacking the Waseca Quarterback.



Mark McKay (85), All-conference defensive end from Redwood Falls in hot pursuit of All-Conference quarterback Joey Konkol of Slayton.

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Kirk Quade, Hutchinson quarterback breaks through for a gain against Chaska. No. 23 for Hutch is Tim Zachrison and No. 72 is Gary Haffley. Coming up for Chaska are No. 64 Dave Tutoit and No. 87 Bruce Gulden.



Doug Nrolander, Dave Keeler and Todd Wizner of Two Harbors stopping Dave Lockhart of Proctor. Final score Two Harbors 26, Proctor 15.



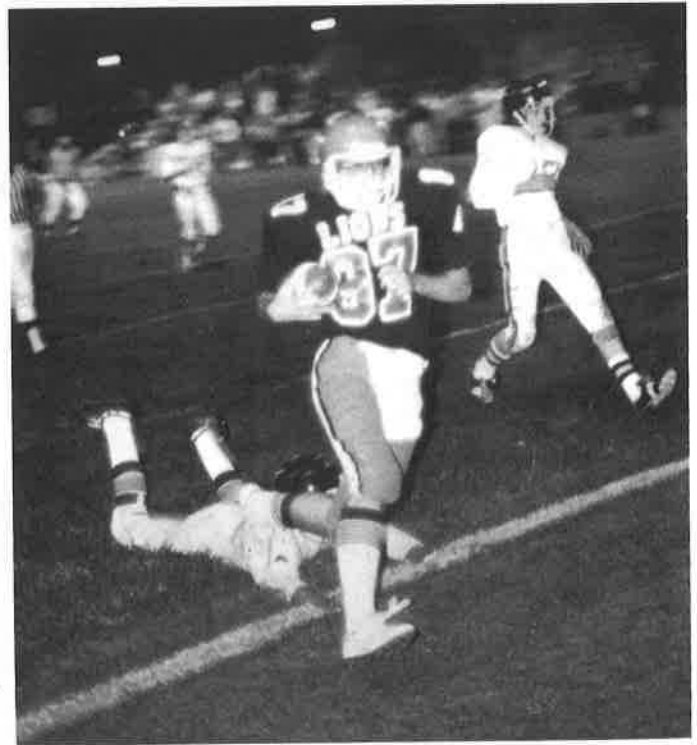
Pipestone Mitch Otto (17) holds for an extra-point attempt by Mike Henning as Mark McKay No. 85 sets up to block Brian Aubert (51) of Redwood Falls.



Blaine fullback Clint Koester (44) scores in North Suburban Conference action. Quarterback Mark Nordvall is in the background. Koester set school records for total yards rushing, season scoring and carries for Blaine, which has had varsity football five years.



No. 11 Lyle Ernisse of Pipestone is tackled from behind by No. 85 Mark McKay of Redwood Falls. No. 60 Doug Kammerer and No. 59 Bryan Hagert look on.



Senior Bruce Sanden (87) Spring Grove scoring against Elgin-Millville.

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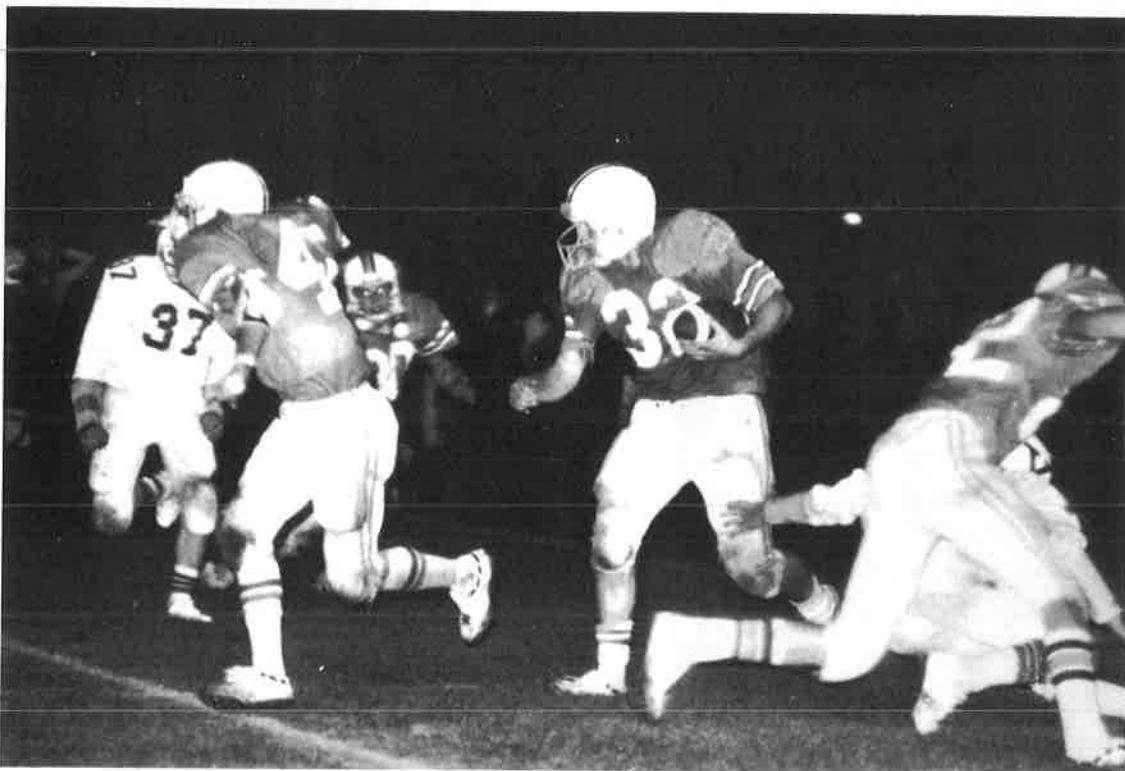
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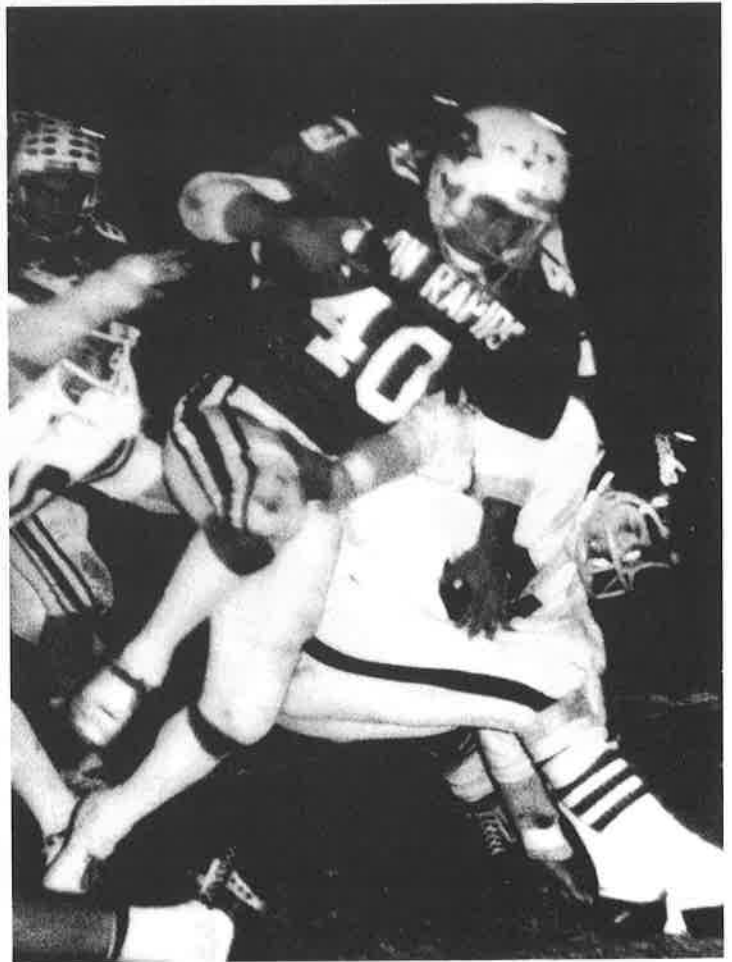
Mark Uner (20), halfback from Mound-Westonka High School is surrounded by Hutchinson Tiger defenders. Jon Quade (35), Dave Pederson (43), Doug Johnson (43), and Rich Stitz (24). No. 40 is John Ericson of Mound.



Underwood winning Little 8 conference by defeating Villard 14-6. Dave Moore (32) making good yardage with Tim Wiese (42), Craig Lundby (30) and Rick Leith (82) taking out the defense. Jerry Albers (37) of Villard.



Coon Rapids' quarterback John Yelle tears through the grasp of a Blaine tackler in the Cardinals' win over the Bengals. Yelle threw two scoring passes and ran for one touchdown in the contest.



Coon Rapids' running back Mike Carter churns for yardage in the Cardinals' 18-13 win over Arch-Rival Anoka. Coon Rapids tied state class 'AA' champ Columbia Heights for the 1979 North Suburban title with an 8-1 record.



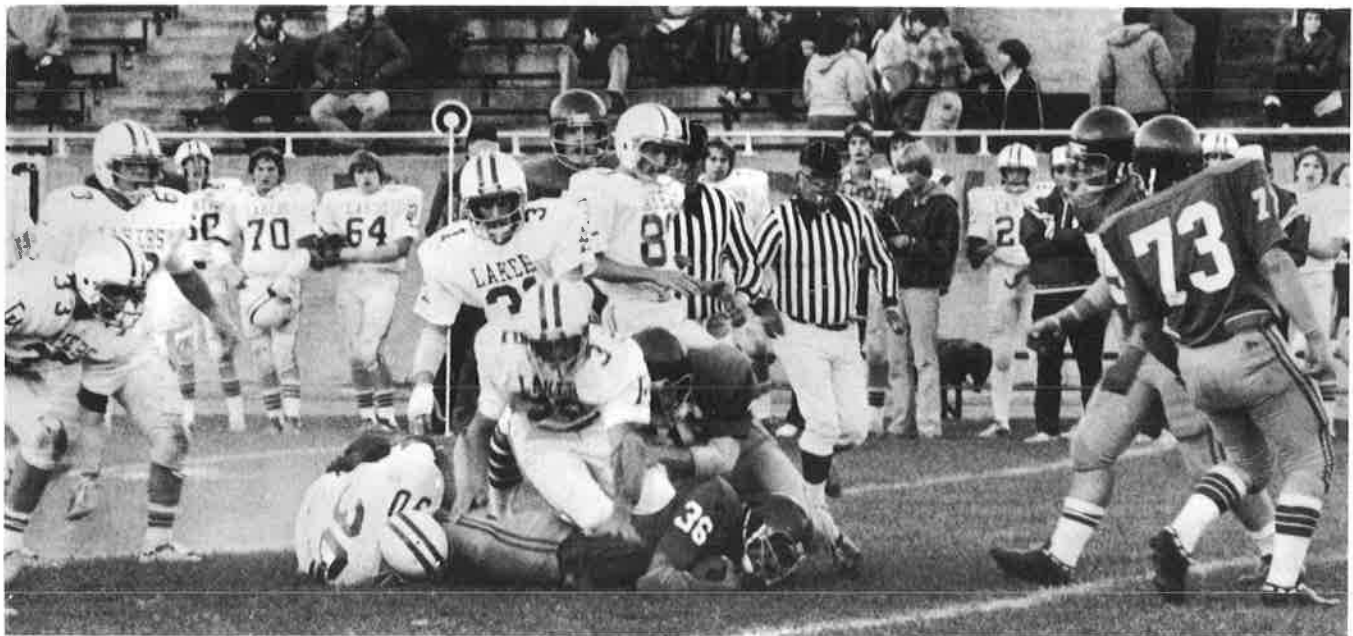
Jeff Curtis (8) junior quarterback for Mankato East running the option against the New Ulm Eagles. Randy Thompson (31) junior running back is the trail back. East won the game 26-22.



Junior halfback Scott Janssen of Ceylon sweeps end during one of his team's games last fall. Giving Janssen blocking help are halfback Mike Meyer (34) and quarterback Sam Erdman (12).



There was no escape for halfback Kim Peterson (left) of the Barnesville Trojans in his team's Heart O'Lakes Conference football game against Frazee. Fred Daggett (82) and Pat Clarey (60) of Frazee closed in and hauled down the Barnesville runner en route to a 32-14 Frazee victory. Frazee went on to tie Glyndon-Felton for the conference crown.



Bemidji's Nelson Rotto (38) was tackled following a sizeable gain by Co-captain Rick Melbye of Detroit Lakes during Bemidji's 46-20 non-conference football victory over the Lakers at Bemidji State University Stadium. Bemidji's Lumberjacks finished runner-up to Crookston in the Northwest Conference race, while Detroit Lakes gained a tie with Crosby-Ironton and Park Rapids for the Mid-State championship.



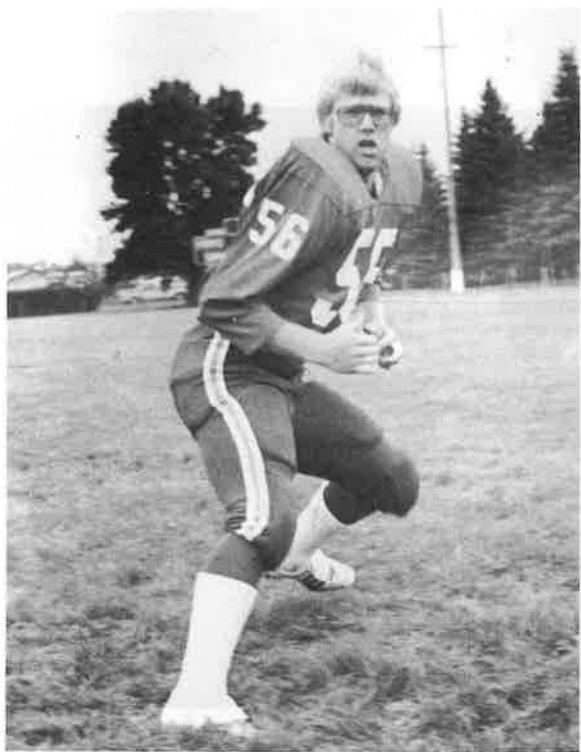
Defensive end John Seley (54) of Audubon was putting heavy pressure on quarterback Roger Lee (10) of Gary during the Agassiz Valley Conference football game between the two schools. Audubon posted a 6-0 victory over the Bulldogs.



Joel Murray (20), the Jackson High School runningback who was the leading rusher in the Southwest Conference during 1979, is shown en route to a big gain in his team's 33-0 victory over Redwood Falls. Jeff Weyer (56) of Redwood Falls comes up, while John Miller (74) of Jackson is in the background.



Quarterback Craig Andrie of Fosston rolled back and set up to pass as Kelly Syverson (66), Doug Skersick (67) and Roger Held (77) of Waubun poured in on him as this photo was taken. Held, an all-conference tackle, won the Minnesota Class A heavyweight wrestling title in 1979 and finished third in 1980. Fosston emerged with a 27-22 Pine To Prairie Conference victory in the battle between the Greyhounds and Bombers.



Jeff Weyer (pictured here) of Redwood Falls High School was named Back of the Year in the Southwest Conference for 1979 and also was named to the Minneapolis Tribune's all-state team. A football and baseball letterman, Weyer also was his school's Boys State representative and ranks in the top eight per cent of his class academically. "Jeff has made a positive, worthwhile contribution to the educational scene at Redwood Falls, both academically and athletically," said Coach Rick Ellingworth of the Redwood Falls football team.

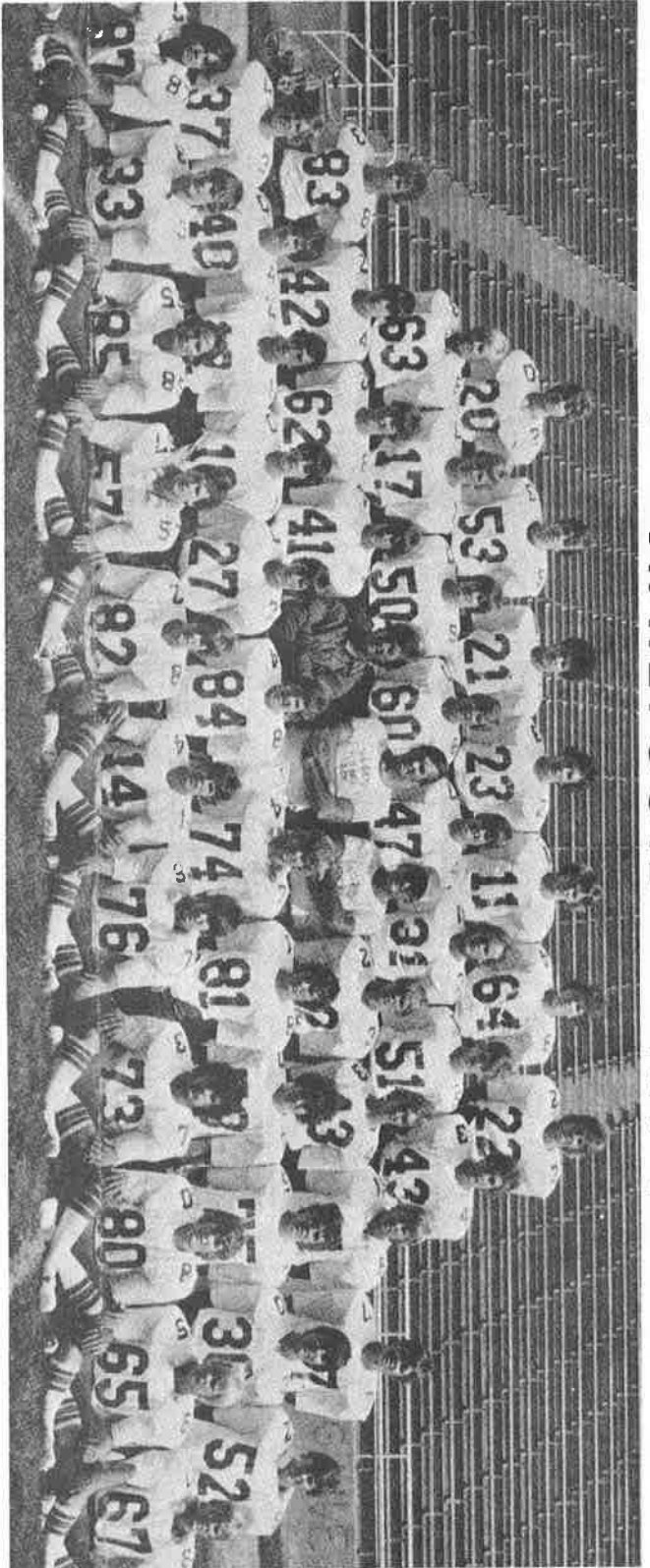


End Mark Schafer (88) of Mahanomen gathered in this pass and was off to the races in his team's 41-6 non-conference victory over the Pelican Rapids Vikings. Mahanomen went on to win the Pine To Prairie Conference title and gained the Class B play-off finals before losing to Gaylord.



Coby Burslie (white uniform) of McIntosh-Winger received a block from an unidentified teammate on Lake Park's Todd Saylor (42) that sprung Burslie loose on a 44-yard touchdown run to give the Scots an early 6-0 lead in a 16-12 McIntosh-Winter football play-off victory over the Parkers. The win advanced the Scots to the semi-finals of the Class Nine-Man play-offs.

1979 STATE FOOTBALL CHAMPS



Columbia Heights — Class AA



Rochester Lourdes — Class A

1979 STATE FOOTBALL CHAMPS



Russell — 9-man

1979 State Football Playoff Scoreboard

<p>Class "AA" Quarterfinals Richfield-20 Rochester John Marshall-0 Minneapolis Roosevelt-7 Stillwater-6 Columbia Heights-40 Cambridge-8 Armstrong-29 Duluth Denfeld-27</p> <p>Semifinals Richfield-21 Minneapolis Roosevelt-18 Columbia Heights-12 Armstrong-7</p> <p>Finals Columbia Heights-8 Richfield-3</p> <p>Class "A" Quarterfinals Paynesville-15 Montevideo-14 Apple Valley-17 St. Peter-0 Rochester Lourdes-40 Brooklyn Center-15 Crookston-24 Park Rapids-12</p> <p>Semifinals Apple Valley-21 Paynesville-0 Rochester Lourdes-14 Crookston-9</p>	<p>Finals Rochester Lourdes-22 Apple Valley-6</p> <p>Class "B" Quarterfinals Mahnommen-35 Blackduck-0 Holdingford-27 Sleepy Eye St. Mary's-15 Gaylord-19 Belle Plaine-3 Winona Cotter-26 Blooming Prairie-0</p> <p>Semifinals Mahnommen-24 Holdingford-12 Gaylord-13 Winona Cotter-0</p> <p>Finals Gaylord-15 Mahnommen-6</p> <p>Class "C" Quarterfinals Battle Lake-8 Sandstone-6 Bird Island-Lake Lillian-28 St. Paul Academy-8 Tyler-21 Lamerton-8 Harmony-35 Randolph-6</p>	<p>Semifinals Bird Island-Lake Lillian-16 Battle Lake-0 Harmony-14 Tyler-7</p> <p>Finals Bird Island-Lake Lillian-34 Harmony-6</p> <p>Class "Nine-Man" Quarterfinals Russell-14, Alden-Conger-12 Morton-25 Graceville-22 Toivola-Meadowlands-18 Kelliher-6 McIntosh-Winger-16 Lake Park-12</p> <p>Semifinals Russell-18 Morton-17 Toivola-Meadowlands-12 McIntosh Winger-0</p> <p>Finals Russell-17 Toivola-Meadowlands-14</p>
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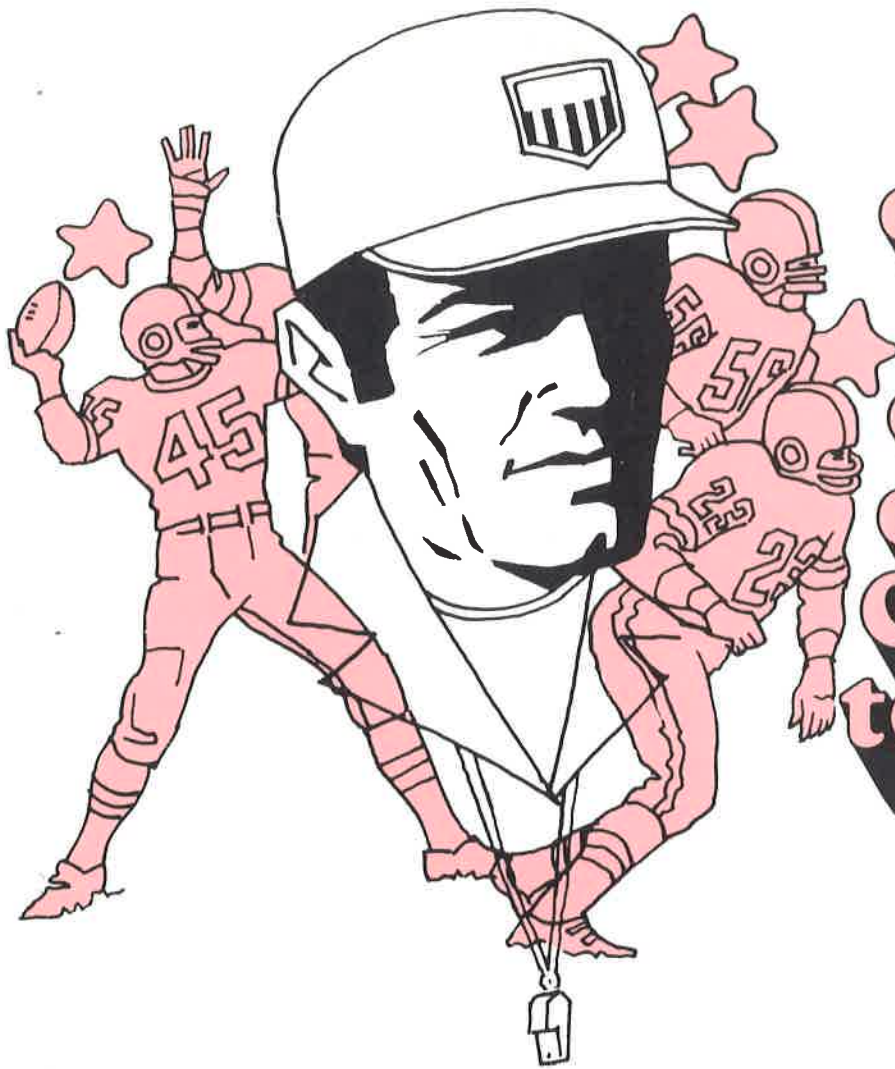
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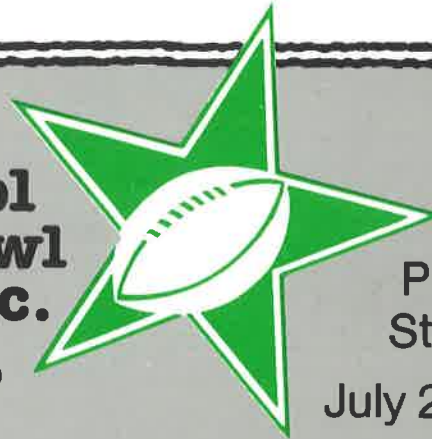
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The Minnesota High School All Star Football game will have a new look this year. Teams from the seven-county metropolitan area and out-state Minnesota will play against one another Saturday, July 26 at Parade Stadium in downtown Minneapolis. Game time will be 8 p.m.

The Metro vs. Out-State matchup has renewed interest in the game, according to Dick Lawrence, Association president. "The coaches are anticipating the rivalry between the teams," he says.

The Association and the Human Growth Foundation work together on the All Star game. Let's continue to make this event a success not only for Minnesota football, but also for children with growth problems. Proceeds from the game will fund medical research and informational programs to help children affected by significant growth failure.

We look forward to seeing you at the seventh annual All Star game.

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