

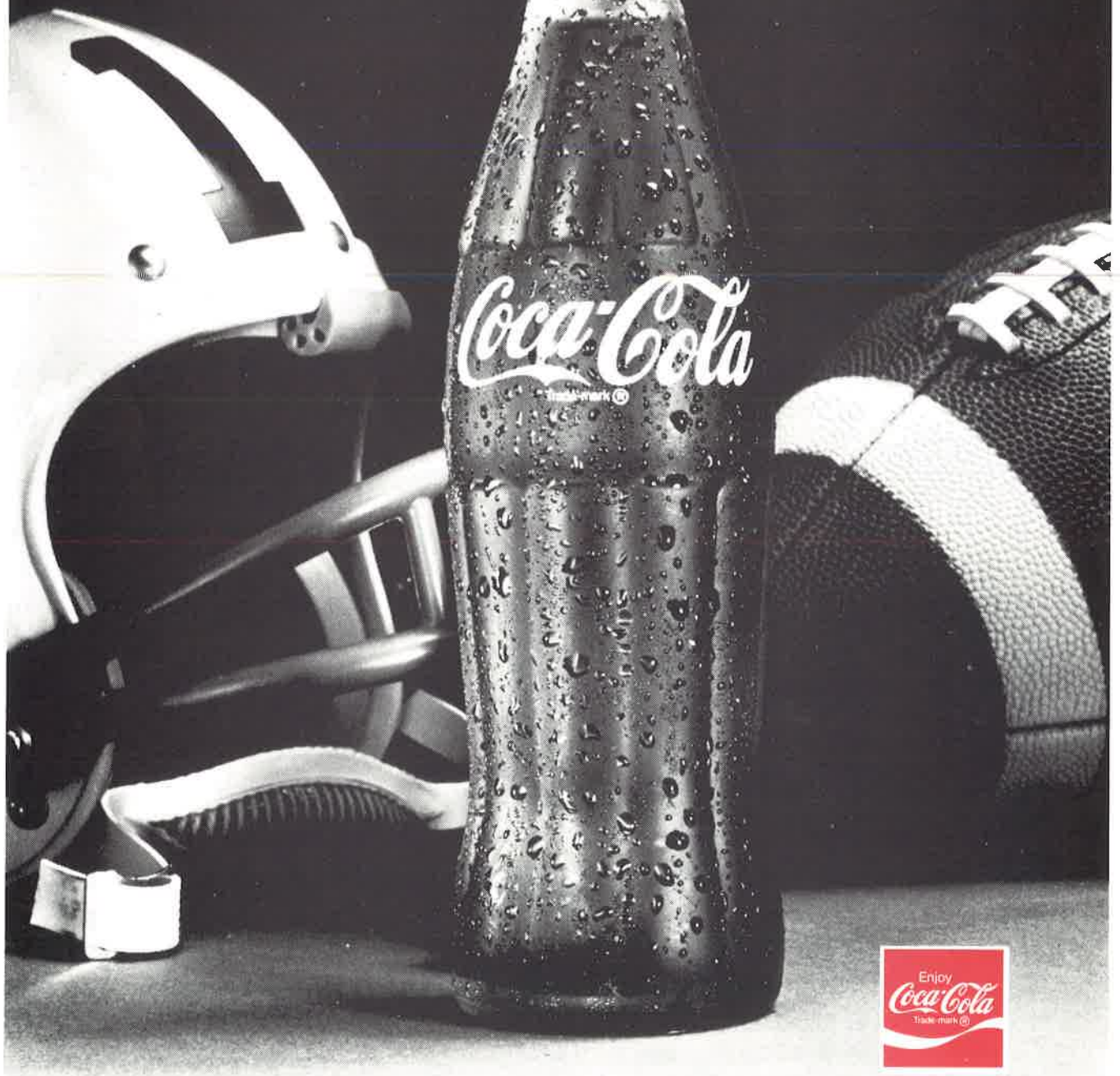
1977

FOOTBALL

Annual Publication of The
Minnesota State Football Coaches Association



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1977 FOOTBALL

ANNUAL

Minnesota State Football Coaches Assn.

348 THOMAS AVE.
OWATONNA, MINNESOTA 55060

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

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Moorhead State College

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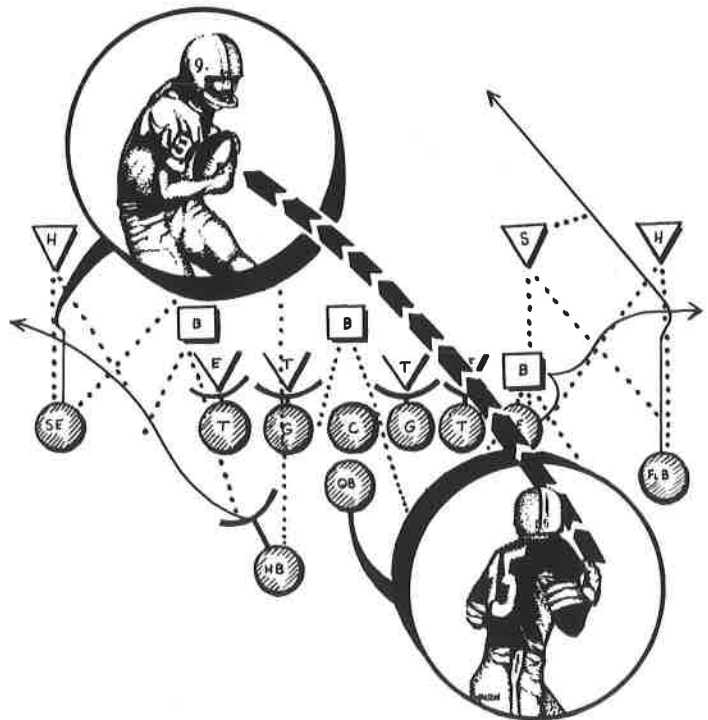
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Presidents Message...

Dean Brown, President

Minnesota Football Coaches Association

The Minnesota Football Coaches Association in my opinion, is the best organized and the most efficient coaching organization within the state. This success is due to the endless hours of work put in by the dedicated people who serve as the officers, the committee chairmen, the district and regional representatives. The support of these people and our association must continue to come from all football coaches throughout the state in order to improve Minnesota football. If you as coaches have ideas or suggestions to improve our association and the game of football, work through your district and regional representatives. Remember the Football Coaches Association is responsible for the needs of Minnesota football. The association needs your support, and you as a coach need our association.

There are two points of interest I would like to emphasize to each member and coach. First, the Shrine All-Star Game which is co-sponsored by our association along with the Shriners. If it were not for your association, there would not be an All-Star Game. Again, may I remind every coach about the rule for a player to be eligible. His coach must be a member of this association. We feel this rule is justified because of the great amount of work put in by people in our association, along with the Shriners, who both made the

game possible after a ten-year absence. Most coaches do not realize the tremendous amount of effort put in by the Shriners in promoting this game. It is very upsetting when coaches criticize the player selection process and All-Star Game procedure.

Second, as President of your association and chairman of the Football Advisory Committee, I am very pleased with the eight team playoffs for this coming year. The teams in class A, B, C & 9-man who were undefeated and did not have a conference playoff game, will at least get a chance to get into the playoff now. Within the next year, I hope class AA can work out its problems so they can have eight teams. The playoff change was made possible because of the complete cooperation and much work by the State High School League, especially Marv Helling. This change shows that our association with our strength and your support, can bring improvements that will better Minnesota football.

Again I would like to stress attending the May clinic at the "U" and our Hall of Fame Awards Banquet. We feel that this is a time when every member should attend the clinic and banquet where we honor the coaches of the year. Some coaches do not realize how much the Hall of Fame Awards mean to those former coaches and the sports media, who receive them.

To all committee members, officers, District and regional representatives I want to thank you for the job you have done this year. As a man named Churchill once said, "Never was so much owed by so many to so few." A special thanks to Jerry Peterson our secretary, for without his efforts the association would not be able to function smoothly.

It's been both a privilege and a pleasure for me to serve as your president during the last year. To all coaches I say, "When you win say little, when you lose say less."

Dean Brown, Winona
President

Minn. Football Coaches Assoc.

Pick A Goal In Life.....

Pick a goal in life, pick something worth going after, - something worth striving for. If it's to be an All-American, try to be the very best. Shoot for the moon, that's one thing. Go for the very highest. And while you're shooting for the moon, while you're going for this goal, remember you have to pay the price. The price might be constant practice, constant heartache, constant devotion and loyalty to your coaches. Give everything you have of your bodies, your minds, and your souls; give all you have. And trust in God's judgment. You can always depend on Him. We have discovered that He will give you the courage to conquer, regardless of the problem.

*By Frank McGuire
From Courage To Conquer*



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The Park Center Approach to the Kicking Game

EARLE SOLOMONSON, HEAD COACH PARK CENTER

About the Author. . .



Graduated from Augsburg College. Received his Masters Degree from College of St. Thomas. Coached 6 years at Richfield High School. Was defensive coordinator under Dick Walker.

Earle has been head coach at Park Center for two years.

Won the Skyline Championship-1975; Lake Red Championship-1976. Two year record, 16 wins 3 losses.

I am very happy to have this opportunity to share with you some of our ideas on the kicking game. We do not claim to have originated any of the following ideas, but believe that our organized approach to the kicking game has produced very positive results for our program.

The first thing we do in regard to the kicking game is to sell the importance of this phase of football to our players. We stress the kicking game in early season meetings and in our prefall practices. We firmly believe that the kicking game is the determining factor in many games each year. We point out to our players that 2 of the three games we have lost in the last two years have hinged on a phase of the kicking game. On the positive side, we have won 3 or 4 games on the basis of an excellent kicking game. These results demonstrate that we must spend a great deal of quality time on the kicking game and our players must believe it is critical—because it is!!!

At Park Center, we carry a varsity squad of about 70 players. With this many players we believe we must platoon and this philosophy relates directly to our kicking game. We have an offensive team, defensive team, and special teams in our platoon system. We make every effort to have our special teams made up of players who do not start on our offensive team or defensive team. This

approach has done three things for our squad. First, we have not lost a defensive or offensive starter in a kicking situation. In addition to this, our defensive and offensive starters are fresher when they enter the game and can go harder on each play. Secondly, we have improved the morale of our squad by having special platoons and kicking situations. This has occurred because we now have 40 starters instead of 22 and each player must be prepared to enter the game when ever his special team is called on. Finally, and most important, our kicking game has improved. The players on the kicking teams have placed their direct attention on their assignments and thus have really performed at a high level of efficiency.

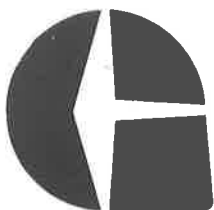
We have done another thing that has really helped the prestige of our kicking team members and that is introducing our kicking team as starters before our ball games. We have found that our offensive and defensive starters tend to receive enough publicity and attention from their merits that they really do not need the pregame introductions. However, it really charges up our kickoff team or punt team or other kicking teams when they are introduced before the game. This simple use of the starting team announcement has really increased the pride our players have in the kicking game. A side effect of this approach was discovered later when opposing scouts had more difficulty in recording offensive and defensive starters.

We at Park Center are very goal structured and this has helped us create pride in our kicking game. Each week we set goals in each area of the football game. Some of our kicking game goals are as follows:

1. Blocked kick
2. Kickoff tackle inside the 20 yard line
3. Punt return of 15 yards or more
4. Kickoff return of 40 yards or more
5. Two kickoffs in the end zone

As a player achieves the goals, he receives a skull and cross bones to put on his helmet. This system has increased the pride in the kicking game and all players on the kicking teams work very hard to achieve their goals.

Our off season and preseason work with the kicking game stresses two major areas. First, all of the kicking



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specialists are strongly encouraged to strengthen their legs and overall body. We believe strongly that a kicker must strengthen both legs and not just the kicking leg if he truly is to be an excellent kicker. This strengthening is done through a complete weight training program. Secondly, the specialists are encouraged to work on their specific event in the kicking game. Our centers must make hundreds of long snaps if they expect to make perfect snaps every time in difficult game situations. Our long snapper last year snapped between 75 and 100 snaps a day during the summer. This is directly related to his perfect record on punts this past season.

Our coaching staff reviews all phases of the kicking game before the beginning of the season. We are especially concerned with selecting the proper personnel for the kicking teams. Besides personnel we analyze each assignment in each phase of the kicking game. Our coaches are always looking for new approaches to their particular phase of the kicking game. Each coach has a specific area that he is responsible for, and this has helped us in improving in each area. Each phase of the kicking game should include several different wrinkles. For example, our punting game includes the normal punt, a pass fake, 2 running fakes and the quick kick. Our punt block includes defenses for each of these situations and several blocking schemes as well as several returns.

During the season, we spend time on the kicking game every day. We have a prepractice session each day and all

of our specialists use this time to get extra work on their event. All of the coaches are on the field during this time and each works on specific fundamentals with the specialists. During this time, the kicks are charted and stop watches are used to check hang time and how long it is taking to get the kick offs.

During the practice session, some phase of the kicking game is covered in detail. This kicking period of our practice usually reflects our scouting report of the upcoming opponent. Our scouts are concerned with two things when scouting the opponent's kicking game. First, they get formations, coverages and returns recorded. Secondly, they check personnel on the opponent's kicking teams. We then apply our kicking game and its variations to best attack the opponent's weaknesses.

Finally, we have done one more thing that has helped our kicking game. We divide our film offensively and defensively and last year we separated our kicking game. This gave us the chance to sit down with the kicking teams and evaluate each phase and each assignment of our kicking game. We feel that this evaluation has assisted in identifying any weaknesses in execution of the kicking game. We have also used this film to determine the special teams player of the year. This player receives a trophy just as our defensive and offensive player of the year. This award has impressed on our players the importance of the kicking game and their response has assured us of their great pride in this very important phase of the game.



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SEASON GAME PLAN

NILES SCHULZ, HEAD COACH EDISON HIGH SCHOOL

About the Author. . .

I am thirty-three years old, married, and the father of three children. My wife's name is Jane, my daughters' names are Sara and Claire, and my son's name is Daniel. I graduated from Zumbrota High School in 1962 and from Augsburg College in 1966. This is my eleventh year of teaching English at Edison. I have been head wrestling coach for ten years and head football for two years. I worked with the Edison

sophomore football team for two years before moving to varsity line coach under Guil Parsons for six years. In 1975 I took over the head football position. Edison tied for the conference championship in 1975 with an 8-1 record. In 1976 Edison won the title outright with a 9-0 record. The lone loss of the 1976 season was to St. Paul Johnson in the Twin City game. Edison's record during the past two seasons is 17-2.



Edison coaching staff: Left to right—Bill Wiberg, Niles Schulz and Jim Anderson.

The guiding principle of the Edison football program is that we want to play our best eleven players, not our eleven best. With this principle it is theoretically possible for one of our best players to be out of the lineup if he does not fit into the scheme of the eleven—he must be a team player. Also, it is important to remember that circumstances continuously change, over a season as well as during a game, who are the best eleven football players. We try to point out to our players that we are human and our subjective judgment about their abilities can, and probably often is mistaken. It then becomes their obligation to be loyal to themselves, to prove us wrong, and to work their way into the lineup. Additionally, we emphasize that everybody, starter or substitute, is important to the success of the team.

The next step in our football philosophy is to teach each player that he must “rise to the occasion” when the situation presents itself. For example, if a starting tackle is injured during a game, his substitute must play as well as the man he replaces. Of course, this seems unlikely; however, we have found that when situations such as this one develop that the substitute, as well as the entire team, does “rise to the occasion.” We really believe that we can teach the idea of “rising to the occasion,” and that this has enabled our teams to meet emergency situations with equanimity. Consistent with this philosophy, when a player is injured, the coaches simply tell his replacement to go into the game, believing that he and his teammates will make any necessary adjustments.

Another idea we like to teach our players is really our season game plan summed up in the equation: Preparation plus Patience equals Winning. This equation helps us keep in mind the two things we think we need to win. First, we emphasize preparation. In practice we stress fundamentals as well as individual and team preparation for each opponent. Each week we work on blocking and

tackling fundamentals. We try to go over an opponent's complete offensive and defensive tendencies. For example, our scouting tries to determine the tendencies of each defensive player. What do they do on first down? Do the linemen slant? Do they hit and read? Does the secondary come up fast? Do the linebackers stunt? This information is fed first to the team in a general meeting and later gone over with individuals, position by position, attempting to show them that plays in our attack will work and what adjustments we might have to make. We use essentially the same approach in our defensive preparations.

Patience is perhaps the watchword of Edison football. Our players have come to believe that if they are patient, they will win. Consequently, we must have an offensive and defensive philosophy which allows us to be patient. We feel we do. Our game plan, while obviously it changes for each opponent, is fundamentally simple—never give up the ball in our territory, the defense must stop their offense from scoring cheap touchdowns (usually pass plays), and our offense should average three to five yards per carry (most attacks are capable of this). We feel that if we do these three things, we will win.

Breaking this season game plan down more, one element we emphasize is the kicking game. We spend approximately 25 per cent of our practice time on our kicking game. Essentially these are our goals: field all kickoffs and punts in the air, return all kickoffs to the thirty-five, fair catch all punts when there is a question of how close the tacklers are, average thirty-five yards (31 yards in 76) per punt with no return, and make all extra points (27 of 28 in 76), don't get kicks blocked, and pressure punters and kickers hard. The reason we prefer to pressure punters is that we feel the rules on blocking now make punt returns difficult. However, it still is true that only one man needs to get through to block a punt or kick.

As has already been mentioned, we never want to give up

the ball inside our fifty. We feel that if we can accomplish this goal we will win. We want to prevent the easy score. It's our feeling that most easy scores occur because a team doesn't have far enough to go or because of a breakdown in the secondary. Because of this we spend a lot of time working with our secondary. We attempt to run opponent's plays, our plays, and simply any plays which seem to give our secondary units trouble at our first and second secondary units at least one hour every week. While most of these are passing plays, we do show them an opponent's dangerous running plays also. We have found that our secondary improves greatly during the season. Their primary objective is to never be beaten long. If a team is going to score on us, we want to force them to do it by sustaining a long drive, as we feel a long drive places the greatest demand on the other team's offensive attack, and the attack will bog down under the pressure of the long drive.

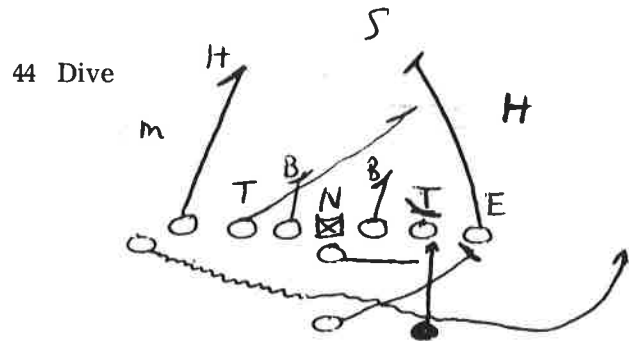
The next step in our game plan, i.e. season plan, is to use an attack which will put maximum pressure on a defense. To exert this pressure we feel we must be able to attack every hole with three types of blocks: the fire block, the crossblock, and the double team. Our offense does this. By having the ability to attack each hole with these types of blocks, we feel that we can take advantage of what the defense gives us. Additionally, we want our passing attack to be based on our three to four best running plays. We like the play-action pass, and our best play-action passes have been developed off our most successful running plays. Our drop back passes are used in the more obvious passing situations as we feel if they know we are going to throw the ball we might just as well maximize protection.

The other thing we do a lot on offense is use motion. Basically, we run from a wing-t attack, but we use other formations and retain the motion. The motion man is always an integral part of every play. He either gets the ball or receives a fake. We want the secondary to be aware of him. We feel there is greater pressure on a secondary when the man comes in motion than if he sits. It creates a sense of apprehension. We instill the importance of motion into our players, stressing that the fake is at least as important as the actual carrying of the ball by the motion man.

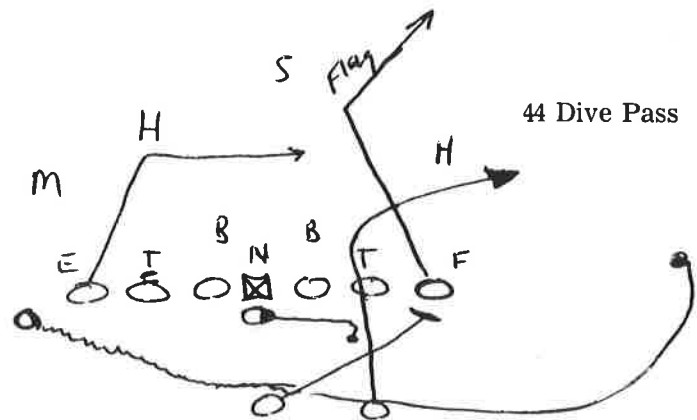
While we recognize that there is little, if anything, unique to our approach to football, we emphasize it because it has been effective for us. Every successful team will develop nuances to its attack, its defense, and its kicking game; but

we feel that these nuances absolutely must be developed within the framework of an overall season game plan. As in traveling, a road map is not enough; you must have a destination. In football, our destination is to win. The roads we want to travel are the philosophies we use on offense, defense, and the kicking game. We feel that because our players understand these philosophies we maximize our chances for success.

The basic dive has been one of our most effective running plays the past two seasons. From it, we have developed the following play-action pass.



- Ends go hard at safety and halfback
- Motion man leave 1 count before snap
- Fire block



- Q.B. rides dive back 1 step, straightens up and delivers ball
- Look to right end first, motion back second, trailing end third.



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RUNNING DRILLS

JOHN DREWS, HEAD COACH JOHN MARSHALL, ROCHESTER

About The Author . . .

JOHN DREWS, head football coach at Rochester John Marshall—Certainly one of the state's most successful high school football coaches over the past two decades has been John Drews of Rochester John Marshall.

In 17 years at John Marshall, Drews has directed the Rockets to nine Big Nine Conference titles and an overall won-lost record of 119-34-6. Highlighting that record was the achievement of the 1973 and 1974 teams which won back-to-back Minnesota State Class AA titles as they were led by Kent Kitzmann, now playing fullback for the University of Minnesota.

Drews graduated from the University of Wisconsin and has been at Rochester since 1952, serving first for eight years as assistant coach under Lauren Hagge and then taking over as the head coach in 1960 when Hagge retired.



The weight-lifting facilities at John Marshall High School located in Rochester, Minnesota are limited. We depend on agility and movement and constant running. This composes the better part of our work-outs. The following drills are from our playbook. We have used these to help develop the linebackers and the running backs.

HIGH KNEE

Leg and arm action are emphasized here. Toes are pointed straight ahead, knees are brought high and arms are pumped straight forward and backward, not across the body. The head is held up. Although forward movement down the field is rather slow, the feet are picked up and set down rapidly. Forward body lean is minimal with the back held straight. Start by running 50 yards in approximately 20

seconds. Three times should be sufficient in the drill. Work up to 75 yards on this drill during the season.

ROPE RUNNING

In this drill, the same form running as in the High Knee Drill is emphasized against a resistance. A rope is attached to a harness on a pulley type setup (exergenie) with one man holding one end of the rope and the runner in the harness at the other end. Now body lean becomes important in the strain against the resistance which is enough to make the runner work hard but not so strong as to keep him from moving. The feet are picked up and set down as rapidly as possible. Head is up and the back is held straight, not curved.

BACKWARD RUNNING

Backward running form is as important as forward running form. Same arm pump action is used. Weight is on the balls of the feet, not on the heels, and body lean is slightly forward, not backward. The head is up and the back is held straight. Again, rapidity of foot movement is emphasized.

FORWARD AND BACKWARD RUNNING

Player starts running forward and on command (visual or audible), direction is quickly reversed and he runs backward to the starting point. Be sure that good form is emphasized in both directions.

BACKWARD AND FORWARD RUNNING

Player starts running backward and on command (visual such as showing draw action; or audible such as yelling "Draw"), he reverses direction and returns to the starting point. In this drill, forward lean while running backward is really emphasized because when reverse of direction is undertaken, this action is really curtailed if weight is back on the heels. Correct this "lean back" individual immediately.

BOTH DRILLS

Forward and Backward Running and Backward and Forward Running above can be modified by having a reverse of direction executed as many times as coach desires.

KWLM - Willmar - 1000 W - 1340 KC
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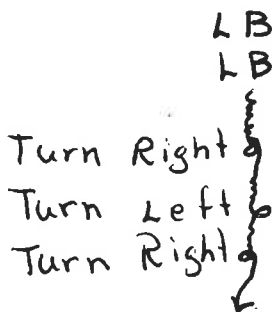
TRACKING

This starts out as a 1/2 speed drill and can work up to full speed as the season progresses. Partners are used here. Keep a 3 yard cushion between himself and the "offensive" man, one player retreats backward as his partner moves toward him changing direction on a zig-zag pattern. The "tracker" moves to keep squared up on the offensive man. Later the offensive man can add a "hook" to his maneuver so as to cause the defender to change direction and close the distance. To make the defender react further, the offensive man can add a Hook and "go." Again, emphasis must be placed on form and moving the feet.

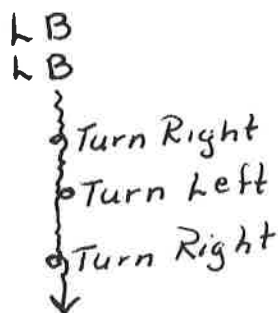


RUN THE LINE (CROSSOVER RUN)

This drill involves a retreat from the LOS but with a turning of the body sideways. With one shoulder pointing downfield, run with crossover steps. The head is kept facing toward the LOS. On a signal from the coach, the player plants his far foot and with a vigorous thrust from the near arm and elbow he turns inside to run with a crossover step with the other shoulder pointing downfield. Reverse shoulders and crossover in this manner each time the coach signals. Emphasis is placed on moving back in a vertical direction and not in a zig-zagging direction.



C



BAG DRILLS

a. Lateral Bag Run Drills

Four or more blocking bags are laid on their sides parallel to one another with approximately 1 yard between them. Linebackers, with high knee action shuffle sideways through (over) the bags. Shoulders are kept square to the front (where the coach is standing) and both feet land independently in each space between the bags. Start slowly to emphasize the correct running form and then speed up to go as rapidly as possible: quick feet. A variation is to go

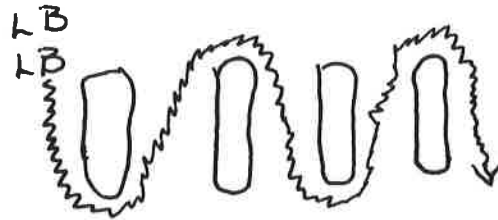
through one way and then reverse direction and come back.



(as seen from front)

b. Forward and Backward Zig-Zag Run

With the bags still on their sides, linebackers will execute a rapid forward and backward movement around the bags instead of over them. Weight shift is really felt in this drill. Body lean must be forward. A variation can have the linebacker go through and then return to starting point by coming back the other way.



(as seen from top)

c. Rectangle Bag Drill

This drill involves running forward to the 1st corner, running sideways to the 2nd corner, running backwards to

Continued on Page 56

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STUNT YOUR DEFENSE

DON STEUVE, HEAD COACH, FERGUS FALLS

About the Author. . .

Don Stueve graduated from Henning High School. Following high school he served for four years with the United States Air Force. He graduated from the University of North Dakota in 1960 having lettered in both football and baseball. He was selected to the All Conference Football two years. He received his Masters Degree from North Dakota State University.

His coaching experience is one year as an Assistant football Coach at

Breckenridge, three years as head football coach at Pelican Rapids, three years as head football and head baseball coach at Montevideo, and ten years as head football coach and five years as assistant track coach at Fergus Falls. In ten years in Fergus Falls he has guided his teams to 61 victories.

Member of MEA, NEA, Minn. State Coaches Assn., Minn. State Football Coaches Assn., and is a past president of the Minn. Football Coaches Assn.



Coach Don Stueve getting ready to send in a play with flanker Jim Branch. Looking on at the left is offensive line coach Gene Bjerken.

At Fergus Falls High School we strongly believe in defensive football. Our theory is that more games are won by a strong defense rather than a strong offense. Naturally we would like to have both but our priority is first to defense. We feel that we must stop the opponent on defense so our offense has a chance to operate. In our opinion a good sound defense will control the ball game. There are just too many factors on offense that cannot always be controlled such as poor weather, injuries to key players, and turnovers.

There are many good defensive formations and schools have been successful with all of them. I guess we have tried most of them but over the years we have sold ourselves on the idea of having one basic defense with variations and stunts for each game. We feel that if we can sell our squad in believing in our defense and teach each player his basic responsibilities and techniques he will react almost instinctively during the game without too many mistakes. On the other hand by giving him a number of defenses and techniques he has to learn he often is not sure of himself and thus hesitates and is not as aggressive as he might be. So rather than giving our players a number of defenses we feel we can accomplish the same by using a multitude of stunts from the same basic defense.

We have gone to a stunting defense for a number of reasons:

1. We seldom get the big 200 lb. linebacker who can take on the big blocker and hold his own. Our linebackers are usually around 165 lbs.
2. We usually have pretty good quickness and therefore our players are more adaptive to the stunting game.
3. We know the problems our offensive linemen have with stunting defenses and so we feel we can create this confusion and uncertainty with our opponents linemen. This is especially true in the early part of the season.



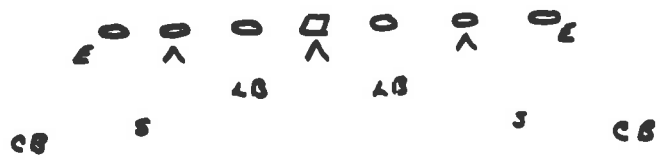
Stunting defense in action against Thief River Falls. Fergus Falls 22 to 6 winner.

For Fergus Falls: No. 15 Bryan Nelson, No. 88 Alan Carlson, No. 87 Mark Ferber, No. 68 Tom Hanson, No. 75 Steve Blondeau making tackle.

For Thief River Falls: No. 40 Doug Dallman, ball carrier; No. 74 Shelden Idse.

BASIC DEFENSE

Our basic defense is a 5-2. With this defense we feel that we can cover the offensive formations of most good high school teams. Because we believe in stunting most of the time we are usually in a four deep invert secondary to help cover the inside on the run in case we have stunted away from the play. I will draw up the basic defensive alignment but will not go into the responsibilities and techniques of each position.



Nose Guard: Line head on the middle offensive man one foot of the line of scrimmage.

Tackles: Line up head on the offensive tackle.

Ends: Line up on the outside shoulder of the offensive end.

Linebackers: Line up on the outside eye of the offensive guards and two yards off the line of scrimmage.

Cornerbacks: Line up four yards outside normal offensive end and seven yards deep.

Safeties: Line up inside shoulder of end or in a relative position five yards off the line of scrimmage.

The following are our defensive stunts. I have drawn them up only to the left side but we do run them to either side or stunt both sides on certain situations. Dave Jordahl, our defensive coordinator, calls all our defensive stunts from the sidelines based on scouting reports, team tendencies, etc.

DEFENSIVE STUNTS



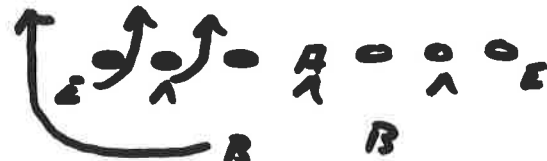
OUTSIDE LEFT



X LEFT



RUSH LEFT



BLOOD LEFT



RED DOG LEFT



BLOODY NOSE LEFT



INSIDE LEFT

Continued on Page 60



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The Winning Edge—Very Slim...

ROGER LIPELT, HEAD COACH WORTHINGTON

About the Author...

Six years at West Concord, Minnesota. Won one outright title and tied twice for the title of the Wasioja conference. District coach of the year 1969.

One year as an assistant at Owatonna, Minnesota under head coach, Jerry Peterson.

Five years as head coach at Worthington, Minnesota.

After a second division finish during the first year at Worthington we have finished third, second twice in a row and finally won the championship this past year. Honors won: WCCO coach of the week (1975) District coach of the year (1976).

The winning edge in football is very slim. The pursuit of that edge is the factor that has made football in Minnesota grow in quality and consequently has made winning an even more elusive goal. We find this particularly true at Worthington, because of the balance of the Southwest Conference in which we play. Since the teams that we compete against are all competently coached and well prepared, we can not depend on secret strategy and trick plays to give us this edge. The answer for us (as I would guess is the case for most coaches) lies in the ability of our staff to best teach our athletes the skills and knowledge necessary to do what we expect them to do in a game.

As a head coach, I began to seriously evaluate our practice schedules to find out the amounts of time that we were spending on the different phases of football. Hopefully, this study could help avoid mistakes in the future and would tell us where we needed to concentrate in the future. I was surprised to find that many things that we expected our athletes to be able to do we had not been practicing regularly or had been spending too little time on.

One period of wasted time stood out, the time immediately before practice begins each day. Some players were on the field 15 minutes before others and were generally fooling around. We wanted to organize this time and turn it into productive use. The idea that we developed was called our "early drill" and is one of the best things that we have done in our football program.

Since all of our athletes in grades 9 through 12 are practicing in the same area, we felt that our drill should include all of them together, instead of being broken into their various squad units. The drill evolved when we sat down to decide on specific skills and activities that could be best adapted to the circumstances that exist at this particular point of time. We became committed to the concept that the drills would be mainly individualized, since the athletes would be arriving at different times. We thus came up with the following areas of concentration:

1. Some drill to help agility
2. Something to build strength
3. A drill to develop technique involved in the basic one on one block



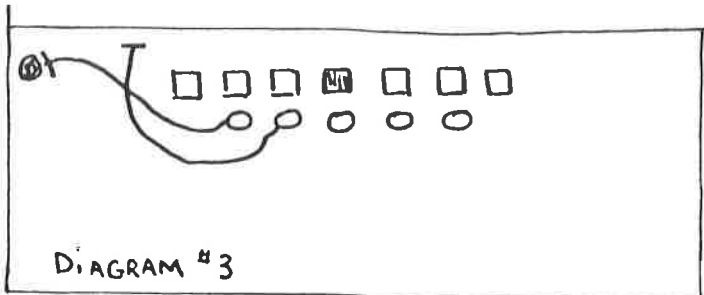
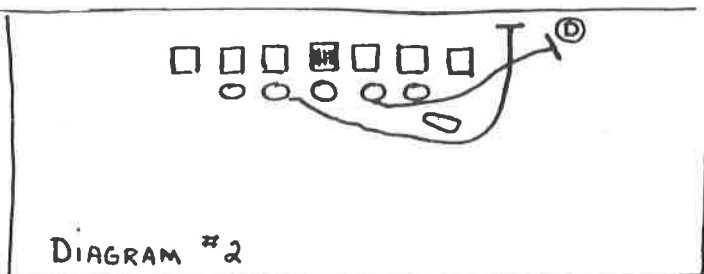
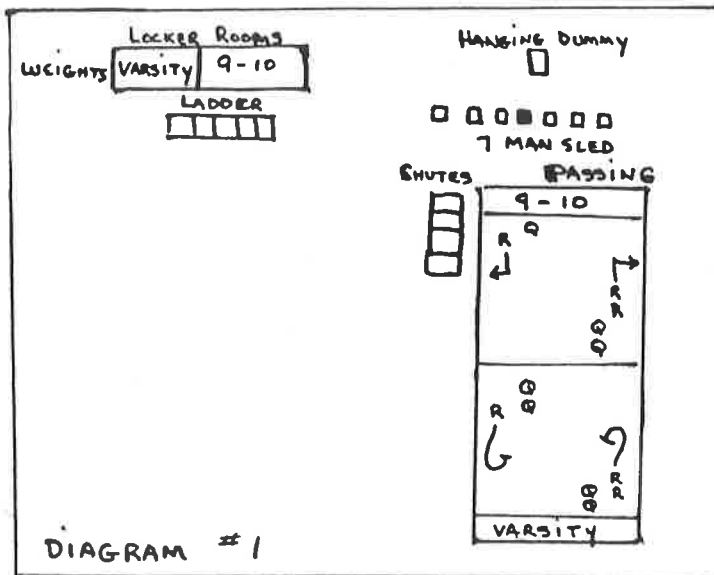
Coach Lipelt conferring on the sidelines.

4. A drill to develop team take off on the seven man sled
5. A drill to work on timing of pass routes and the techniques of running the various pass routes

We rejected any kind of kicking during this period because there seems to be mass confusion when balls are flying all over the field and players are running to shag them and confusion was what we were trying to avoid. Here is how we organized our "early drill". (see diagram 1)

1. Varsity coach, Leon Schimbeno, is in charge of weight lifting and agility. Many times athletes spend hours lifting weights before the season only to discontinue during the season and thus lose strength. We wanted to gain strength and thus become stronger as the season progressed. We use two sets of barbells (one weight for linemen and one for backs). Immediately outside of the locker room doors we set up two benches with a set of barbells at each bench and several jump ropes. As each varsity athlete leaves the locker room he will both jump rope and lift weights under the supervision of a coach. (We are also blessed with a hanging ladder that each player goes through on his way out to the field).
2. Freshman coach, Bob Sellberg, is in charge of our chute drill. All varsity linemen report to the chutes as soon as they get on the field. Our main objective in this drill is to develop a good low charge and a sound technique in executing the one on one block. Early in the year we use a blocking progression drill in the chutes, but later we just file through the chutes and block dummies. (After seven minutes of this drill the varsity linemen report to the seven man sled area).
3. Sophomore coach, Pat Shaughnessy, is in charge

of our seven man sled drills. Here we are able to work on timing as well as technique. There are three major things that we wanted to accomplish in this drill. First of all, we work on team take off. Second, we work on screen pass timing by having the linemen hit and hold for three seconds and then release as a unit to look for their expected blocks. Third, we run a sweep and quick pitch drill to work on blocking relationships. (see diagrams 2 and 3). All of our sophomore and freshmen linemen report to this area first and will switch with the varsity linemen after seven seconds.



4. Freshman coach, George Fuerst, and myself will run a pass drill. All ends will first take ten cracks through the chutes and then report to the practice field. All backs take ten cracks at a big hanging dummy and then report to the field. (Quarterbacks warm up their arms during this

time). Two days each week we try to specialize on individual routes and the other times we will work in units on patterns. Some days we may work against a defense and on other days we may not.

5. Sophomore coach, Ken Droegemueller and varsity coach, Don Kuiper each take care of taping in one locker room and then join the passing drill.

We feel that this drill has helped our football program and could be of use to other schools. The major benefits that we have experienced are as follows:

1. It allows us the use of seven coaches to specialize in one drill.
2. It allows our coaches an opportunity to work with a different age athlete.
3. It brings a greater unity of effort to our staff.
4. We have obtained a higher degree of consistency in our program in teaching certain phases of the game.

Take a look at your use of practice time. It will be well worth your efforts. Your players will be better for it.



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Coached by Dennis Baldus, Watertown had its problems in its first two games when it lost to Monticello and Maple Lake. Inexperienced quarterbacks gave up the ball 10 times in those two games and the defensive backfield allowed five long touchdown passes.

The Royals, however, pulled themselves together after those losses and improved rapidly as they finished second in the Wright County Conference standings.

Leading the Watertown defense were Todd Hendricks, who was named the outstanding lineman in the conference; Scott Mueller, Stuart Pysick, Joe Stifter, Scott Aatfield and Brian Anderson. Stifter set a record for pass interceptions with seven and returned two of them for touchdowns.

Watertown also showed a powerful offense, leading the conference in rushing offense with over 2,100 yards and ranking second in scoring with 218 points.

Mueller, a 205-pound senior halfback, finished his career with over 2,000 yards gained, while Stifter gained 964 yards during the season and averaged 7.4 yards per carry.

Ends Pysick and Anderson were the leading pass receivers and Watertown had a completion percentage of 56.3 for the season.

Blocking from such linemen as Dave Johnson, Hendricks, Emmett Lynch and Todd Newman was instrumental in springing the backs for good gains.



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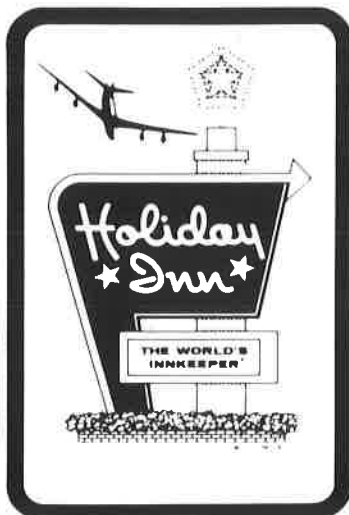
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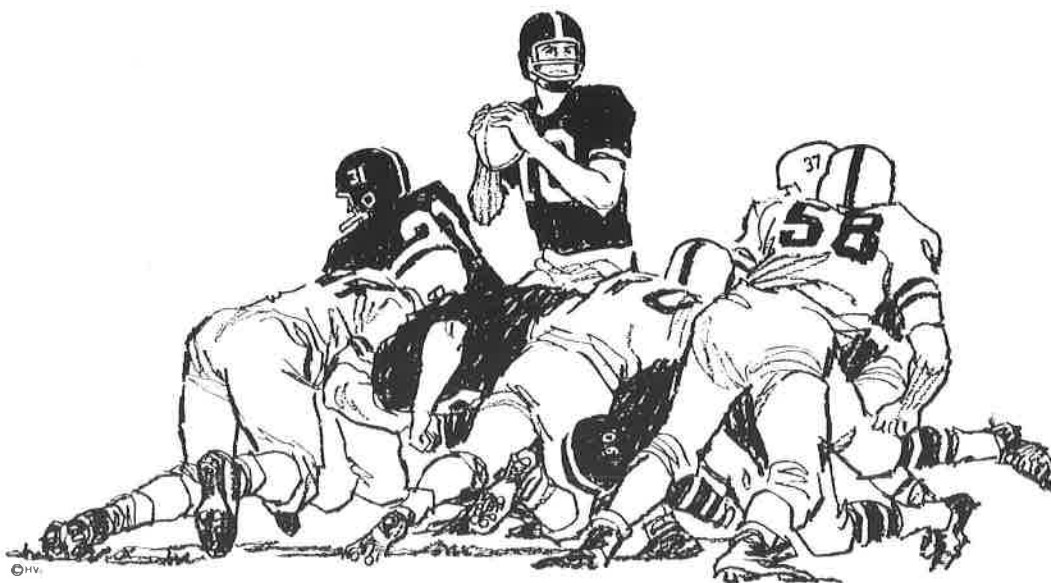
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"The Winning Edge Through Organization"

TOM MAHONEY, HEAD COACH, FAIRMONT HIGH SCHOOL

About The Author . . .

In 26 years of Minnesota high school coaching at Lake City (5 years) and Fairmont (21 years) Minnesota he has a won-loss record of 168-56-8. Fairmont has had four consecutive conference championships and eight championships in 21 years under Mahoney's coaching. Last season his team was 8-1 losing to conference and state Class A Champion, St. Peter, of the South Central Conference.

His teams are noted for their strong fundamentals and running attack from the unbalanced line. In 1967 he was named the State Football Coach of the Year and again in 1969 when his team was establishing a 31 game winning streak he was so honored. He is a Past President of the State Football Coaches



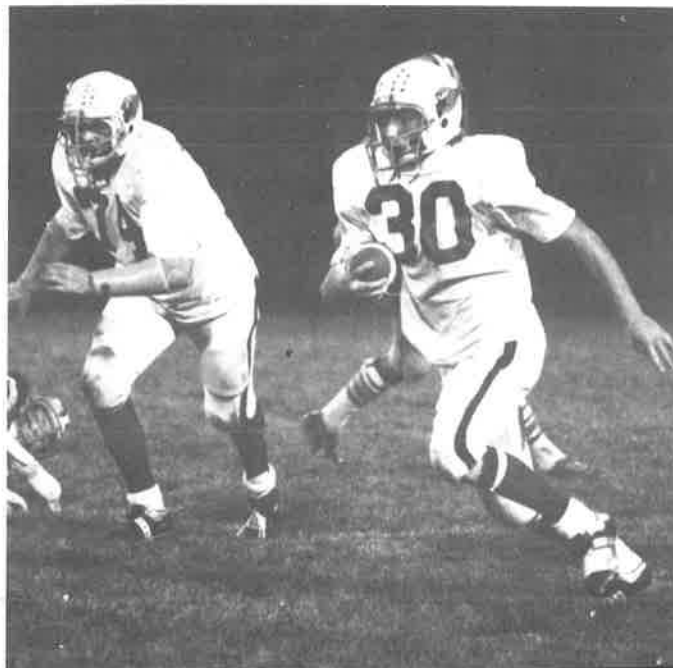
Association. He is the chairman of the committee that established the Shrine High School All Star Football game in Minnesota now in its fourth year. He has served on summer camp coaching staffs in Minnesota and lectured at area clinics.

In order to set the theme of my presentation it is necessary to explain the Fairmont football program. We are a four year high school of 700 students in a community of 10,000. We play interscholastic football in grades 9-12 with teams, coaches and schedules on each grade level. We have one junior high and only play intramural tackle football. All our coaches, 4 varsity and junior varsity, 2 sophomore, 2 freshmen and 4 7th-8th are classroom teachers with a full class load of 5 classes daily. Approximately 260 participate in this program (120 in the high school).

Many times as we build into the big game of the season we find our intensity as coaches may take some of the fun and relaxation away from the kids and as a result a loss and the conference championship or season goes down the drain. With organization and knowing what to do and when to do it I believe we are able to keep the FUN in football and still have a winning program.

Our program is not a 12 month program except to the head coach. Our other coaches have other head or assistant coaching responsibilities and our football players are key people in other sports as well. I'd like to consider our August to November organization.

Coaches—Our first formal meeting is late in July when we go over potential squad lists and each coach is given the varsity squad list. We rate each player on all around football ability to determine our squad depth and the amount of platooning that we can do. Our early fall ratings



Mark Scheff—30 and Harlan Anderson—74, all state tackle in game with Blue Earth.

are far from final. Field performance is still our basis for determining who our football players really are. We tried the full two platoon route for two seasons. We went 7-2 in 1973 and 4-5 in 1974 and came to the conclusion we were not deep enough in our size school to continue two platoon football exclusively. Also I think that it becomes too boring to the coaches and players. We felt we did not play as many people in games. Our second team "O" or "D" in reality were third and fourth stringers and at our school that is not much quality. The good players have to play more. All of our staff felt it was not our bag and our number 1-15 players did not play enough. You'll be amazed at how close six coaches will come in rating your players which gives you the starting point in seasons plans. We think that giving the six coaches on our varsity and sophomore level basic jobs and staying with these all season it cuts down on organizational problem. The sophs and varsity start out together in practice and our freshmen work separately at a less intense level. We want our sophs to work with the varsity so they get an idea of what it takes and what will be expected in the future. Knowing the drills and seeing it done correctly has a carry over value. We do not use these people as scout team players but will move quality sophs to the varsity. Our sophs have a three year undefeated record and this pride comes with them to the varsity.

Coach Work Responsibility (Varsity & Soph)

Coach Duty
Line Coach—on the field making sure players get to assigned areas to work rather than visit. Supervise specialty people.

End Coach—Work with managers and players setting up equipment, dummies in place, cones etc. at the stations to be used. Start practice on time.
Head Coach & B Head Coach—Training room and miscell-

aneous clerical duties that crop up daily.
Def. Coach—Equipment room and locker room duties.
B-Line Coach—Equipment room assistance.

Practice Field Responsibilities

Coach	Offense	Defense	Special
Line Coach	Offensive linemen	Defensive line	K.O. cover & returns
End Coach (scout team)	Ends & ass't. line	ends	Punt cover & returns. Pass patterns
Def. Coach	Backs—HB-FB	Deep secondary	Holders & PAT
Head Coach	QB's & Centers	Linebackers	Deep Receivers
B Head Coach	Soph backs	Soph secondary	Long snaps
B Line Coach	Soph line	Soph line	Return game
			Punters
			Kickoff men

Post Practice Responsibilities

Coach Duty
Line Coach—Locker room. Roam around mother hen type of activity. Be in ahead of first players, have record player going.
End Coach—With managers get equipment and practice area cleaned up.
Def. Coach—Supervise with managers the equipment room which is open only the first ten minutes after practice is over and assist where needed.
Head Coach—Training room and get practice evaluation chart and practice chart for the next day organized when coaches come in to dress as we may not be together until the next days practice. We lock the locker room 1/2 hour after practice is over. We want them out and on their way so we eliminate loitering and long practice sessions.
Soph Coaches—Fit in where needed because in the season their schedule runs differently.

Game Organization

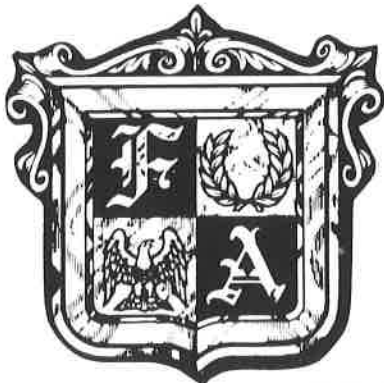
Coach	Locker Room Pre-game	Post Game
Line Coach	Uniforms - Managers	Bench area clean up
End Coach	Crows nest material	Assemble stats
Def. Coach	Equipment Kits	Equipment Kits
Head Coach	Training - Game charts	Training Room
Scouts	Help where needed	
	Field - Pre-game	Game
Line Coach	offensive & defensive line	Specialty teams
End Coach	Receivers line backers	Press Box
Def. Coach	Calisthenics - d - backs	Defensive signals
Head Coach	Kickers - captains - QB's	Offense & Phones
Scouts	Help where needed	Press Box

We think our spelled out organization cuts down on internal problems that can exist as a season progresses. We post this coach work schedule on our team bulletin board so that the players know who is responsible for phases of our program. Any decisions that are made are staff decisions.

Each Sunday evening we meet during the season to set our week's plan and go over our scouting report and review films. This meeting is perhaps the one time we are all together with little outside pressures and in two hours get our minds together on the job at hand. We no longer grade players on the film but instead grade play execution. We

Continued on Page 58

Game organization of the coaching staff is the climax of the week's work and by having jobs spelled out you may have time to make defensive adjustments or come up with the key play. If the routine jobs are always set we think it gives you a chance for the winning edge.



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Grand Rapids Defensive Drills

MARIO LUCIA, HEAD COACH, GRAND RAPIDS HIGH SCHOOL

About the

Author . . .

Mario Lucia is a 1953 graduate of Hamline University where he lettered in football. Was head football coach at Bigfork High School for thirteen seasons, and Grand Rapids High School for the past six. In this time, his teams have won nine conference championships including the Iron Range Conference this past season. His overall coaching record is 106 wins, 44 losses, and 3 ties.



Grand Rapids has had fairly good success the past few seasons. I believe this success can be attributed to the emphasis we place on defense. At least one-half of our practice time is spent on defense. I guess I'm still a believer in the old philosophy "that a good offense is a sound defense".

In this article, I will attempt to relate to you our defensive goals and the drills we stress in practice. First of all, I believe that a coach should decide on a few good drills and work within those drills. Too many drills can be confusing to the players and not accomplish your goals. There are a wealth of drills available in most football books, and you have to decide which will best fit your framework of defensive philosophy.

Our drills are a combination of our learning from books, clinics, conversations with coaches and field experience.

The first thing we do is to make certain our players understand our goals or rules that we live by. I realize these are lofty goals, but you must have your players thinking this way if you are to succeed.

Our 10 cardinal rules for a sound defense are as follows:

1. Do not allow the long pass for an easy score.
2. Do not allow the long run for an easy score.
3. Do not allow a team to score by running from within our 10 yard line.
4. Do not allow a kick-off return for a score.
5. Know, believe, and practice the notion that the defense has more ways to score than the offense.
6. We must intercept 1 of 5 passes thrown at us.
7. We must average a return of 20 yards per interception.
8. During the season, we must score at least 3 times through interception.

9. We must force an opponent to fumble at least 3 times per game.
10. We must recover at least 2 fumbles per game.

There were times when we were unable to achieve these goals, and the result was a lost game or a losing season, but nevertheless, you have to set your goals high to get results.

Another thing we pound into their brains are our 6 fundamentals of defense. Our boys must concentrate on these before the snap of the ball on every play. They are:

1. Stance
2. Attack
3. Hit
4. Recognize
5. Pursue
6. Tackle

Each player has to be in his proper defensive stance depending on his playing position and to what the offensive team dictates by its alignment. On the snap, he must attack his opponent or get to his area of defense, make contact with the blocker and ward off the block, recognize the play action, pursue to the ball carrier, and make the tackle.

I believe if you drill your players on these 6 fundamentals day after day, you will see tremendous improvement in their aggressiveness and their ability to make the play. It will also create gang tackling which is the key to a sound defense. The poorest statistic we have is a solo tackle—we want assists, and lots of them.

The following drills are our favorite drills for our defensive positions. We use a 4-4-3 defense, so we drill our ends, tackles, linebackers and defensive backs. I realize the "old war horse" coach knows many of these drills, but perhaps the "young stallion" who is starting in this profession can benefit from them.

DEFENSIVE TACKLE DRILLS

1. One On One

Use a shiver (get your hands on his shoulders, lock the elbows, stay under your opponent and read the play. If he shows pass, rush to the passer.)



△
coach

Purpose: To react to a straight-on blocker's action.

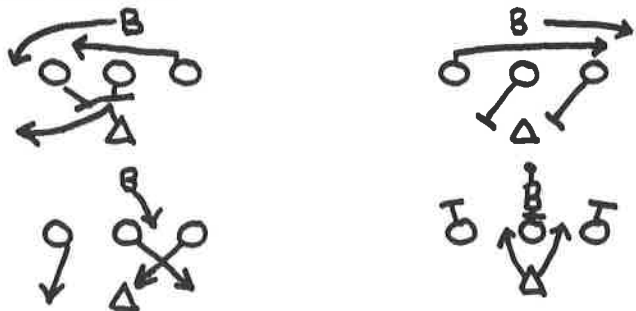
2. Two On One Run both directions.



Purpose: Read the double team or pulling lineman. Ward off the block and pursue.

3. Three On One

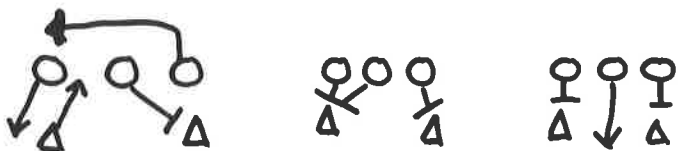
Use a ball carrier with this to help the lineman read. Run both directions.



Purpose: To read the block and flow of the play. Teach the lineman to split the double team or roll out. Read pressure.

4. Three On Two

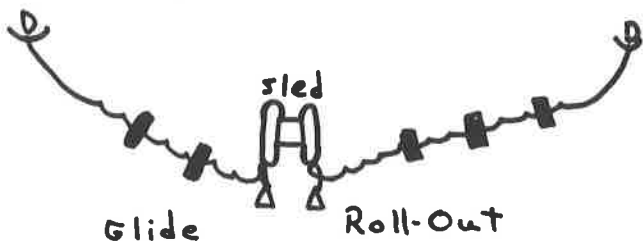
Run both directions.



Purpose: A more realistic line situation in developing lineman reaction skills.

These are very basic drills, but if you are to control the line of scrimmage, these maneuvers must be perfected.

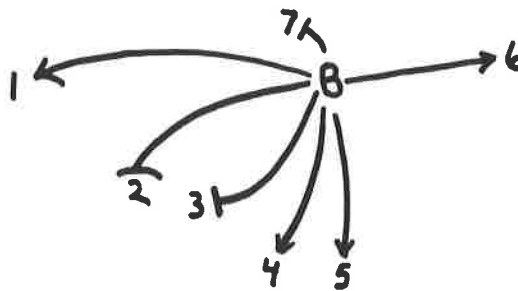
Another drill used frequently is with a two-man sled. It is for the defensive tackles and is a complete drill in that it encompasses our 6 fundamentals of defense (stance, attack, hit, recognize, pursue, and tackle).



1. Uncoil
2. Shiver
3. Roll out or glide
4. Step over dummies
5. Tackle

Purpose: In this drill the defensive lineman must make contact with the sled with a shiver or flipper glide or roll out keeping shoulders parallel to the line of scrimmage, step over standing dummies that are laying flat on ground, and tackle a standing dummy. Have the players alternate their initial action. This drill will prevent over penetration and get the defense to the point of attack. We really like this drill. Eventually, use a ball carrier in place of the standing dummy for tackling.

For our defensive ends, we have two favorite drills that he must master. The first is our "End Recognition Drill".



1. Sweep
2. Hook
3. Kick Out
4. Lead
5. Dive-option
6. Away
7. Pass

As you can see, these are the 7 things a back can or will do from his normal backfield position. It is obvious the defensive end must recognize what the back will be doing and react to his action. We want our ends in a two point stance and step across the LOS quickly and read the back's action. After we do this drill, we will add one-half of the offensive line and a backfield.

Continued on Page 61

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Developing A Successful High School Offense

MAL SCANLAN, HEAD COACH, JOHNSON HIGH SCHOOL

To be successful offensively, or defensively for that matter, you must use a system which best utilizes the talents of your players. A high school coach generally has a limited source of talent from which to draw. Therefore, selection of the correct offensive formation becomes a critical decision for the coach.

We believe strongly that the Power I as the best basic formation from which to build an offense. By shifting from our basic formation to other formations, we are able to take advantage of the talents of other players as they arrive or develop in the program. As the depth and quality of our players increase, so does the number of formations we will use. If we have reduced depth and few quality players we will stay with a few basic plays from only one or two formations. The following ideas should help assist you in making a correct decision.

1. Base your selection on a realistic evaluation of the personnel available. Don't put your players in an offense that is too sophisticated or, equally as bad, too restrictive.

Example: We believe most high schools are fortunate to have one quality running back; consequently we chose the I formation since it is designed to primarily feature the talents of me running back. We use the Power I as our basic formation because it puts two blockers in front of the ball carrier as he enters the hole.

2. As personnel changes from year to year we shift into various formations which we have found best to utilize the added skills of those players. (See Diagrams 1-5)

Diagram 1—This is our basic formation from which we will either run or shift.

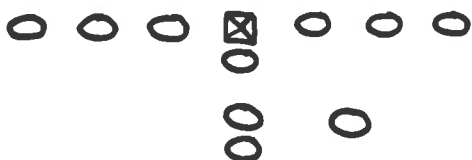


Diagram 2—We shift from the Power I to this formation if we have an additional back who can run or catch fairly well. If he is a better receiver we will use him as a flanker. (A). If he is a better runner we will place him here (B) which allows us to run him on counters and reverses.

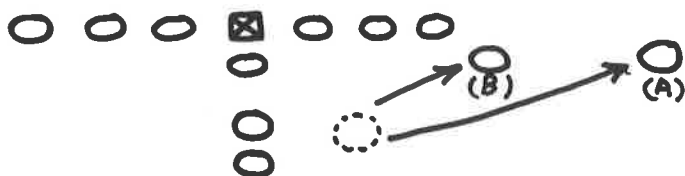


Diagram 3—We shift to this if we have only one receiver.



Diagram 4—We shift to the Pro I if we find we have two quality receivers. The width of the splits of the receivers is directly related to the ability of the quarter back to throw the out pattern. Obviously, the stronger the arm, the wider the split.

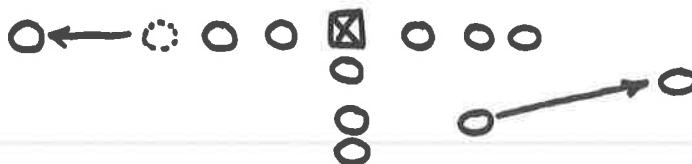


Diagram 5—We shift to the Twins Set if we have two good receivers and two good runners. This is a rare treat indeed for a high and if it ever happens to you, you will probably find yourself enjoying a very successful year.



I think this is an appropriate time to point out another reason why we use the Power I as our basic formation: Injuries. If you are in a two-back offense and one of them becomes hurt, the replacement is usually considerably less skilled. Thus, for all practical purposes, you have become a one-back offense in a two-back formation. Your chances for success decrease accordingly. But if you have the Power I as your basic set, you need not shift into any two-back formation until the injured back heals or an adequate replacement is developed.

There are two other advantages we have found in shifting from one formation to another.

1. The defense must guard against the original formation because of the very real possibility you may not shift and run a play from the basic formation. From the Power I we run all our plays on a quick count and this fact, coupled with the shifting backs, has drawn the defense offside in many crucial situations.
2. Shifting forces the Defense to make last second adjustments in its alignment and responsibilities.

Usually, some defensive assignments will change, and with high school players, last second changes can sometimes be confusing.

In addition, we also add one new play to each formation each week. It is designed to look very much like a play we had run frequently the previous week. We hope to take advantage of the opposition coaching their defensive players to react quickly to what they see. We try to use this defensive coaching to our advantage.

Example: If we have had success running off-tackle on short-yardage the previous week. (Diagram 6)

Diagram 6

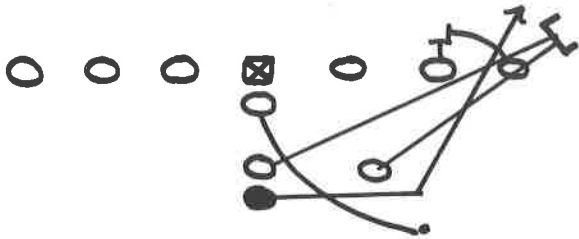
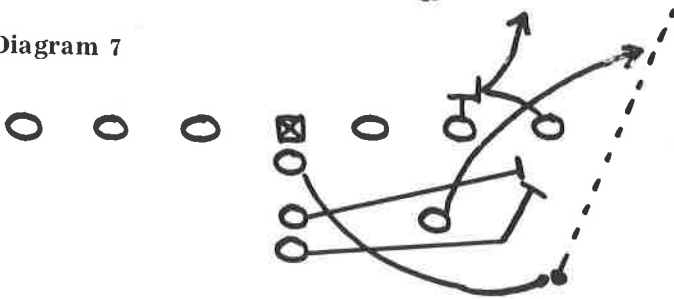


Diagram 7



We may add this pass play for the next week. (Diagram 7). This play has given us many big gains and even an occasional touchdown. As you can plainly see, you don't have to be a Joe Nameth to throw it successfully.

As we said earlier a high school coach usually has limited personnel to work with both in the backfield and on the line. We overcome the linemen shortage by taking our two best linemen, putting them side by side, and then flip flopping them to both sides. We call the side the two best blockers line up on the STRONG SIDE—for obvious reasons.

We believe that flip-flopping our best blockers gives us several advantages.

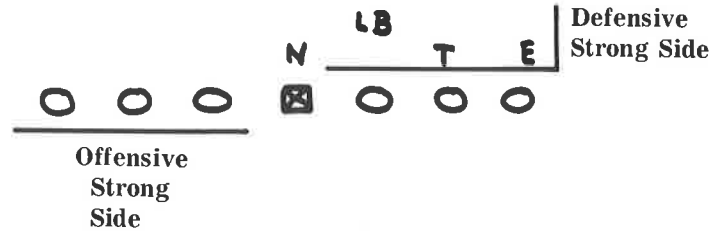
1. Most high school defenses put their strongest and best players on their defensive left because most high school offenses run the majority of their players to the right. (Diagram 8)

Diagram 8



2. By flip-flopping our offensive line we can attack the weaker (relatively) players of their defense with our best blockers. (Diagram 9)

Diagram 9



3. By flip-flopping you have now forced the defense to flip-flop with you or allow you the advantage of attacking his weaker players with your strength. Most defensive teams are reluctant to do this unless they have done it all year. By using this method you can gain an advantage, maybe only a small one, but an advantage none the less.
4. If both sides of the defense are equally tough and they don't have to flip-flop personnel with you, we believe the flip-flop technique still gives you an advantage. This time the advantage is a psychological one. After a few series against a stronger opponent we asked our strong side blockers which side they would rather block. We let them decide who they would rather block instead of telling them. Simple, but effective.
5. Another advantage we found accidentally. Because we ran primarily behind our strong side, we found our weaker blockers had better success when we ran behind them because the defensive teams overplay our Strong Side.

Certainly there are other factors involved in a successful season, but we feel these ideas are basic for any success. I hope that they will be as beneficial to you as they have been to us.

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"Sports Personality Of The Year"

MILT OSTERBERG

Any organization is only as strong as the dedication of its membership. Its lifeblood consists of those members who recognize the necessity of an organizations existance and proceed to carry out the vital and necessary day to day tasks that help to make it an outstanding and successful organization.

The Football Coaches Association is blessed with many dedicated members who work hard and long in an effort to achieve the goals set forth. As is the case with many such associations, certain members distinguish themselves by constantly making themselves available to do those things that are necessary and vital to the health of the association.

Milt Osterberg of Worthington is that kind of a person. He has done so much for our great organization, that he is the logical choice of this Minnesota State Football Coaches Association "Sports Personality". By doing so, it is hoped that in some small way it says, "thank you, Milt." "We are the great organization we are because of your efforts".

Milt's career of dedicated service to the coaching profession began back in 1938 in Medford, Minnesota. After three years he moved on to Morris and in 1944 attained a feat that would be the envy of every person who has ever been in the coaching profession. He coached the football, basketball, baseball, and track teams to championship seasons all in the same year. His 1939 Medford football team won the championship also.

In 1944 Milt moved on to Worthington where a 33 year romance is still in progress. Two championship teams ('59-'67) and an outstanding 95-69-7 record have been put together by this dedicated coach. He is still "coach" to his former players and he has coached many young men down thru the years; Lyle Gerdes, Tom Osterberg, Norm Beckman and Dennis Burns just to name a few of the outstanding ones.

Milt is a charter member of the Football Coaching Association and has served as the District and Regional representative and is a past president. He has served on just about every committee our association has and his advice and wisdom has always been cherished. Many a time Milt has driven thru the night from Worthington to be on time for a committee meeting somewhere in the state. Again, we are the great organization we are because of the dedicated service of Milt Osterberg.

Roger Lipelt, Milt's successor at Worthington, put it best when he said: "Milt is one of the finest gentlemen I have ever had the privilege of being associated with. Besides being a champion in athletics, he is a champion as a human being".

Our Association has honored Milt in the past by naming him as a district and regional coach of the year. These awards recognize the outstanding job he has done as a coach. By naming him as our Sports Personality of 1977, we recognize the dedicated service he has rendered to the good of the association. THANK YOU, MILT. We are a grateful organization.



as a player
Milt appeared in
two state
Amateur
baseball
tournaments



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Osterberg

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 Frank Cleve
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 Jake Christiansen
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 Ted Peterson
 Lew Swearingen

1968

Lee Brockmeyer
 Sid Hartman
 Charles "Bud" Wilkinson
 Elmer Wigen

1969

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

1966

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

1970

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

1967

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

JIM CARRINGTON—Citation



LEE KROUGH—College





FRANK "BUTCH" LARSON—High School



HERSCHEL H. LYSAKER—College

Previous Winners...

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
Dwayne Hoberg
Jack Malevich
Jim Pederson
George Roscoe
Murray Warmath

JIM McLAUGHLIN—Citation



LEO SEBASTIAN—High School



STATE OF MINNESOTA

"FOOTBALL HALL OF FAME"

**ART AVIS
HIGH SCHOOL**

Art began his outstanding career in Milton, Wisconsin and after five moves ended up in Hutchinson, Minn. where his accomplishments go far beyond a win-loss record. The highlite of his career came in 1976 when he was awarded the Distinguished Service Award by the National High School Coaches Association.

**JIM CARRINGTON
CITATION**

Jim is one of the great friends of coaches in the north country having reported the high school sport scene in that area for over twenty years. He travels thousands of miles each year to cover his beloved Lumberjacks as Sports Editor of the Bemidji Pioneer.

**LEE KROUGH
COLLEGE**

Lee's career began in Preston, Minnesota and continued on to Clear Lake, Iowa and on to Waseca, Minnesota where he coached for nineteen years. In 1949 he moved on to Gustavus Adolphus College where he and Lloyd Hollingsworth built many fine championship teams with Lee handling the linemen and developing many little all-american. He is loved as a father by all of his former players.

**FRANK "BUTCH" LARSON
HIGH SCHOOL**

One of the great names in Minnesota football history has to be that of Frank Larson. He was an All-American End for The Golden Gophers in '33 and '34 and followed this with a coaching career that produced 158 wins and eight conference championships at Duluth Central and International Falls.

**HERSCHEL H. LYSAKER
COLLEGE**

Hersh is a native of Twin Valley, Minnesota and began his coaching career in 1934. When his career ended in 1976 at the University of Minnesota Crookston, his teams had claimed nineteen conference championships in twenty two years. A total won-lost record of 160-58 is the envy of all junior college coaches.

**JIM McLAUGHLIN
CITATION**

Jim is a native Stillwaterite, having performed on the local athletic teams prior to beginning his career as a sports announcer for Radio Station WAVN. In nineteen years behind the mike Jim worked all the pony football, basketball and baseball games. He presently is the Sports Columnist for the Stillwater Gazette covering the South Suburban Conference Sport scene.

**LEO SEBASTIAN
HIGH SCHOOL**

Leo is a native Iowan coming to Tracy, Minnesota in 1947. His Tracy teams were always among the best coached teams in the state as his 110 career wins would indicate. His teams won five straight seven star titles in the early fifties and he was named Region III Coach of the Year in 1968.

Regional Coaches Of The Year

REGION ONE (Jim Simser, New Richland)

REGION TWO (Lyle Eidsness, St. Peter)

REGION THREE (Paul Benson, Granite Falls)

REGION FOUR (Fred Konrath, White Bear Lake)

REGION FIVE (Karl Deis, Mora)

REGION SIX (Lynn Peterson, Deer Creek)

REGION SEVEN (Rol Bromberg, Cloquet)

REGION EIGHT (Don Stueve, Fergus Falls)

REGION ONE—

Jim Simser,

New Richland

Jim Simser of New Richland has directed his teams to five Gopher Conference championships and three runner-up berths in nine years at the school and was named as Region One Coach of the Year.

A graduate of Blue Earth High School, he earned both bachelor's and master's degrees from Mankato State and started his coaching career after serving three years as an officer in the U.S. Navy.

Simser was head wrestling coach and assistant in football for three years at Central High in Norwood and then moved to New Richland, where his teams have an overall 65-19-1 record in nine seasons.

New Richland's 1976 club finished 12-0 overall and, in addition to winning the conference title, captured the Minnesota State Class C championship.



REGION TWO

Lyle Eidsness, St. Peter

St. Peter High School, winner of the Minnesota Class A football title in 1976, also boasts the Region Two Coach of the Year in Lyle Eidsness.

His St. Peter club overwhelmed Mora 56-12 in the state finals last November to cap a perfect 12-0 season in which the Saints out-scored their combined opponents 469-68. All 53 members of the squad had earned their letters by the end of the first seven games of the schedule.

Eidsness earned his bachelor's degree from Augustana College where he played football, basketball and baseball and he received a master's degree from South Dakota State.

He has been a head coach for 13 years, coaching one year in Nebraska and six years in Iowa before moving to St. Peter. His career coaching record is 76-38-3 and his St. Peter teams have been 44-19.



REGION THREE—

Paul Benson, Granite Falls

Paul Benson of Granite Falls, the Region Three Coach of the Year, has established outstanding coaching records at both Granite Falls and Olivia.

His overall coaching record is 83-28-2 and he had three undefeated seasons at Olivia prior to the inauguration of the state's post-season playoffs. His Granite Falls teams were unbeaten during the 1975 and 1976 regular seasons.

Benson, a graduate of the University of Minnesota, coached at Olivia from 1964-72 and in one stretch his Olivia teams reeled off 28 successive victories. Benson-coached football teams have captured five conference titles.

He presently serves as the community education director at Granite Falls, in addition to being the head football coach.





REGION FOUR—

Fred Konrath,

White Bear Lake

A 14-13 victory over Cloquet for the Minnesota State Class AA football championship last November has helped gain Region Four Coach of the Year laurels for Fred Konrath of White Bear Lake High School.

The state title came in Konrath's seventh year at the school and the White Bear Lake Bears have had an overall 43-23 record under his coaching.

A graduate of St. Cloud State University, Konrath earned three football letters at the school.

Konrath's 1971 White Bear Lake club won the conference championship and he also was named District 14 Coach of the Year that season. His achievement of guiding White Bear Lake to the State Class AA title last fall was instrumental in Konrath's being named Minnesota Coach of the Year by WCCO Radio.

REGION FIVE—

Karl Deis,

Mora

Karl Deis, head football coach at Mora High School, guided his team to an 11-1 overall record and runner-up honors among Minnesota Class A football schools last fall and has been picked as the Region Five Coach of the Year.

A graduate of Gaylord High School, he earned a bachelor's degree from St. Cloud State University and a master's degree from Colorado State at Greeley.

He began his coaching career at Ogilvie, serving as head coach in football and track and assistant in basketball and then came to Mora as football assistant and head track coach. He moved up to Mora's head grid mentor after two years and also has assisted in basketball and has been the head golf coach.



REGION SIX—

Lynn Peterson,

Deer Creek

During seven years as head football coach at Deer Creek High School, Lynn Peterson has watched the school's grid program show remarkable improvement and that has been instrumental in his being picked as the Region Six Coach of the Year.

A graduate of Rothsay High School, Peterson started his Deer Creek coaching career in 1970 and the Wildcats went winless in eight games. Deer Creek won only one game the next year and just three in 1972, but finished 9-1 in 1973, 7-2 in 1974, 9-1 in 1975 and 11-0 in 1976.

His overall record is 41-26 and his record over the last four years is 36-4, which was climaxed by a 57-14 victory over Hillcrest Academy of Fergus Falls for the State Class Nine-Man championship last fall. His Deer Creek teams have won four straight Little Eight Conference titles.

Peterson has also served three years as the school's head basketball coach and has a 46-22 overall record. Deer Creek's 1976 cagers won the District 24 title and reached the Region Six finals before losing to Breckenridge.



REGION SEVEN—

Rol Bromberg,

Cloquet

In 16 years as head football coach at Cloquet High School, Rol Bromberg—the Region Seven Coach of the Year—has guided the Lumberjacks to six conference championships.

Cloquet won conference crowns in 1962, 1967, 1971, 1972, 1975 and 1976 and the 1976 Lumberjack aggregation went all the way to the Minnesota State Class AA championship game before bowing 14-13 to White Bear Lake in overtime.

Bromberg, who served two years as head coach at Reading (Mich.) and three years as a Cloquet assistant before moving up to the head coaching position, has an overall coaching record of 106-50-4. Three members of his 1976 team were named to various all-state teams.

A graduate of Fergus Falls High School, he earned a bachelor's degree from Bemidji State and a master's degree from the University of Illinois.





REGION EIGHT—

Don Stueve, Fergus Falls

Don Stueve, head football coach at Fergus Falls High School for the past 10 years, is Region Eight Coach of the Year and has been successful in guiding his grid squads to conference championships at all three high schools where he has been the head coach.

He was head coach three years at Pelican Rapids and the Vikings won the Heart O'Lakes Conference title once, he served three years at Montevideo and the Mohawks captured one West Central crown and Fergus Falls has won the outright Northwest Conference championship once and tied for first once in the school's four years in the league.

A graduate of Henning High School, he served four years in the U.S. Air Force and has earned both bachelor's and master's degrees from the University of North Dakota.

Stueve's Fergus Falls teams have an overall 40-16 won-loss record over the past five years.

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STANDING BY IN SPORTS

By Ralph Anderson

Editor, Detroit Lakes Newspapers

+ When the fourth annual Minnesota High School All-Star Football Game is played at Metropolitan Stadium in Bloomington on Saturday, Aug. 6, the South squad will be seeking to even the series at two games apiece against the North.

Shrine temples of Minnesota are sponsors of the games which have raised over \$79,000 for the Shriners Hospitals for Crippled Children in the past three years.

Quarterback Joe Smith of Richfield fired touchdown passes to Rick Lager, Brian Kaping and Scott VandeVoort in last year's game as the South posted a 25-6 victory to gain revenge for losses suffered to the North in 1974 (30-0) and 1975 (13-7).

In the 1976 game, Smith completed nine of 16 passes for 157 yards.

Other touchdowns in last year's clash were made by Bob Ryan of the South on a 14-yard run and by Jim Laudner of the North on a 27-yard pass from Mark Hustad.

+++++



Joe
Soulis



Tom
Iverson



John
Davies

+ Joe Soulis, head football coach at Little Falls High School, has suggested that four-man officiating crews be employed for football games to be played among members of the newly-formed Central Lakes Conference this fall and that competing schools have some input into picking the officials.

His suggestion followed some unhappiness on his part over officiating in his school's game against Crosby-Ironton last fall, won 21-12 by Crosby-Ironton and thus giving C-I the Mid-State championship.

Besides Little Falls, schools making up the Central Lakes Conference are Brainerd, Willmar, Alexandria, St. Cloud Apollo, St. Cloud Tech, Elk River and Cambridge.

+++++

+ For a second successive year, there wasn't a single repeat winner in the Minnesota State High School League-sponsored football playoffs last fall.

Results in the semi-final and final rounds of the five

classes were as follows:

CLASS AA: Semi-finals—White Bear Lake over St. Paul Johnson, 28-8; Cloquet over Rochester John Marshall, 28-13. Final—White Bear Lake over Cloquet, 14-13.

CLASS A: Semi-finals—Mora over St. Cloud Cathedral, 26-14; St. Peter over Fridley Grace, 47-8. Final—St. Peter over Mora, 56-12.

CLASS B: Semi-finals—Sartell over Mahnomon, 9-7; Caledonia over Monticello, 16-13. Final—Caledonia over Sartell, 38-7.

CLASS C: Semi-finals—New Richland-Hartland over LeRoy-Ostrander, 39-29; Bird Island-Lake Lillian over Hallock, 44-6. Final—New Richland over Bird Island, 21-19.

CLASS NINE-MAN: Fergus Falls Hillcrest Academy over Lancaster, 30-14; Deer Creek over Welcome, 42-18. Final—Deer Creek over Hillcrest, 57-14.

White Bear Lake, Mora, Caledonia and Bird Island all finished with 12-0 records, while Deer Creek ended with an 11-0 mark.

Coaches of the state championship teams are: White Bear Lake—Fred Konrath; St. Peter—Lyle Eidsness; Caledonia—Felix Percuoco; New Richland—Jim Simser; Deer Creek—Lynn Peterson.

The playoffs, the fifth year in which Minnesota has had post-season action on the state level, will undergo some major revamping by the sponsoring Minnesota State High School League for 1977.

+++++

+ One of the greatest comeback efforts of the 1976 high school season was that of the Crosby-Ironton Rangers, coached by John Davies.

The underclassman-loaded 1975 Crosby-Ironton club suffered through an 0-9 overall season and C-I opened its 1976 campaign by dropping a 32-10 decision to St. Cloud Cathedral, which went on to earn a berth in the state Class A playoffs.

After that loss, however, the Rangers won eight of their next nine starts, the only loss being 20-14 to Park Rapids. Crosby-Ironton captured the Mid-State Conference championship with a 5-1 record and then defeated Albany's Huskies of the Central Gopher Conference 21-14 in the Central Gopher Bowl playoff game for an overall 8-2 record.

By winning the playoff tilt, Crosby-Ironton evened the record at 4-4 between Mid-State and Central Gopher conference schools in the post-season playoff which was launched in 1969.

+++++

+ Fullback Tom Iverson, a 210-pound senior for the

Barnesville High School Trojans, was named the Most Valuable Player in the Heart O'Lakes Conference last fall.

Iverson, who is a standout in both football and track, is headed for North Dakota State University in Fargo.

He led the Heart O'Lakes in scoring last fall with 74 points, was the top kickoff man with a 47.4 average and ranked second in rushing average with an average of 6.1 yards per carry in 115 attempts.

+++++

+One of Minnesota's best-known high school football coaches—Jim Gotta of Moorhead—has announced his



Jim
Gotta



Andy
McCarty



Dick
Riedberger

resignation after serving for 21 years as head grid mentor of the Spuds.

A native of Ironwood, Mich., and a graduate of Moorhead State University, Gotta's Moorhead teams had an overall 140-37-3 record and he directed teams at Casselton (N.D.) to a 21-7 record while head coach there four seasons.

Gotta's Moorhead teams were undefeated in 1963, 1965, 1969 and 1971 and he had just two losing seasons, in 1956 and 1976. Moorhead out-scored its opponents 4,633 to 1,616 during Gotta's coaching career and Moorhead was rated as the No. 1 team in Minnesota in 1971 by the Minneapolis Tribune.

Named to succeed Gotta has been Craig McComb, line coach and defensive coordinator at Moorhead for the last eight seasons. McComb also is a graduate of Moorhead State University and coached at Cass Lake and Glenwood before joining the Moorhead High School staff in 1969.

+++++

+Dick Riedberger, former Hawley High School and University of North Dakota athlete who took over as head football coach at Detroit Lakes High School last fall, had an unusually tough start as head coach of the Lakers after moving to Detroit Lakes from Grand Marais.

After the Lakers' sixth game of the season, Riedberger was hospitalized when a blood clot developed near his lung and he wasn't allowed to return to his coaching duties for the remainder of the year. Assistant Coach Bob Hooper took over after Riedberger was hospitalized.

+++++

+Dick Lawrence, head football coach at Eveleth High School, tendered his resignation from that post last fall, but has since reconsidered and will be back as the school's head grid mentor again in the fall. Lawrence was a prep star at Bemidji High School and went on to play quarterback at the University of Minnesota under the coaching of Bernie Bierman.

+++++

+Andy McCarty, who has served as head coach in three sports (football, wrestling and track) at Park Rapids High School, has asked to be relieved of his head wrestling

coaching duties, although he will remain as the head football and track mentor at the school. Gary Gauldin, a former coach in Ohio, has been appointed as the head Park Rapids wrestling coach by the school board.

+++++

+Minnesota football lost one of its greatest heroes with the death on March 7, 1977, of Bernie Bierman, former University of Minnesota head coach, at Laguna Hills, Calif.

Bernie, 82, at the time of his death, directed the Gophers to their greatest collegiate success in what has become known as the "Golden Era" of University of Minnesota football.

During the 1930s and early 1940s, Minnesota won six Big Ten football championships under Bierman's direction and took three national titles.

Born in Springfield, he also lived at Detroit Lakes and Litchfield and graduated from Litchfield High School. He went on to serve as captain and play halfback on the undefeated 1915 University of Minnesota team and coached at Montana, Mississippi A & M and Tulane before returning to Minnesota as head coach in 1932.

Bierman's philosophy about football is stated as follows:

"There's nothing secret about the results to be obtained with blocking, tackling and hard charging. That's fundamental.

"Given a reasonable share of material that has speed, brains and some brawn, a churning desire to give and take, then school it as thoroughly as possible in these fundamentals, with a few good breaks, you're bound to win your share."

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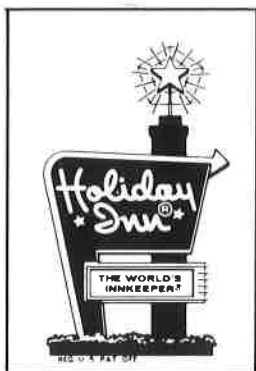
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Mark Madson, 35 Hutchinson's 219 pound fullback dives for a TD behind the block of Brad Ewald, 33 during a win over Buffalo.

Mark Madson, Hutchinson's 219 pound fullback breaks loose for 19 yards in a win over the Chaska Hawks.



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Making the tackle on Breckenridge pass receiver, 80 Pat Freese is Glen Kube of Fergus Falls in his team's 28 to 0 victory.

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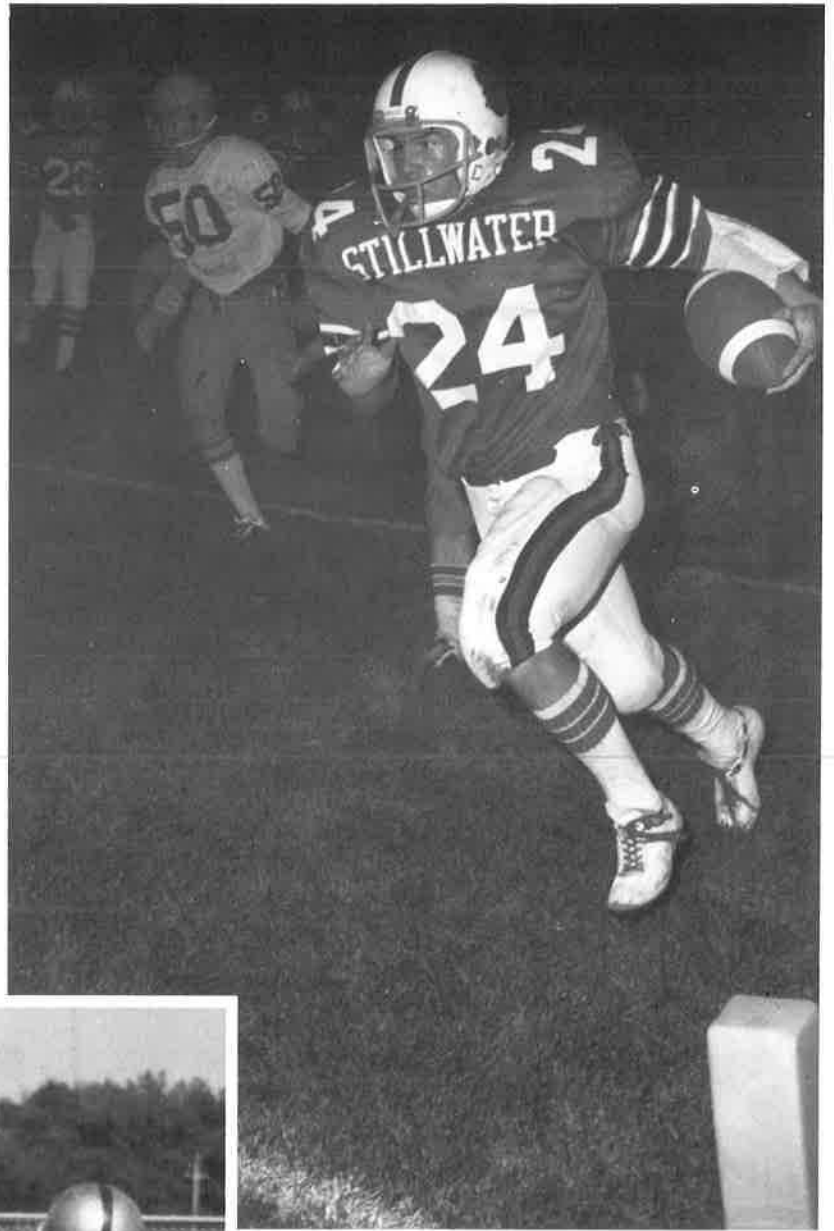
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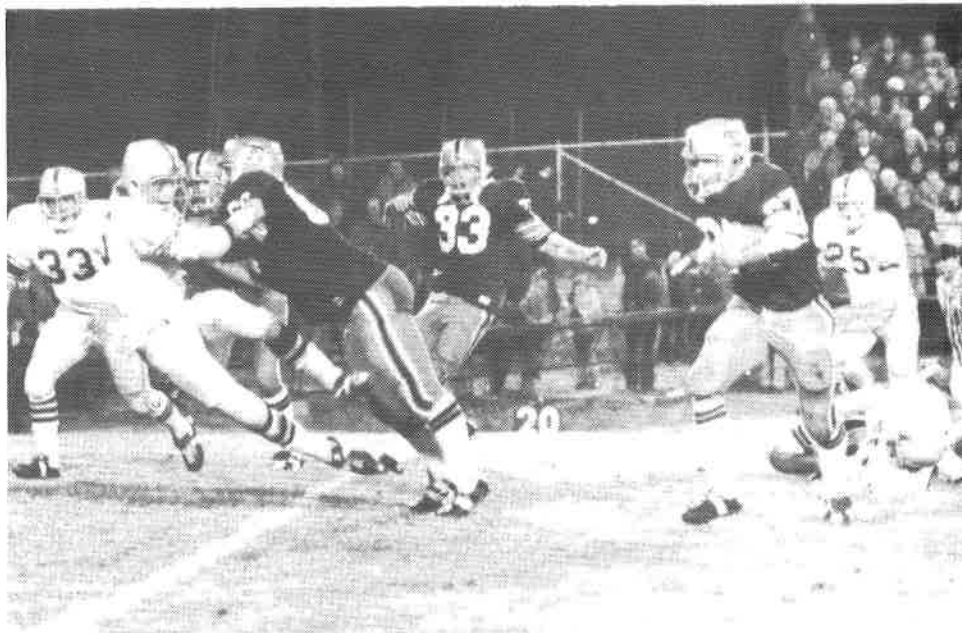
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Stillwater's Joe Maloney finds some daylight in his team's 28-0 victory over Hastings.



Rick Printon, 72 ties conference record with a 40 yard field goal.

Halfback Jim Leone rushes for 18 yards in action against Eveleth. The 5-8 177 pounder gained 101 yards on 17 carries and scored one touchdown in the Grand Rapids win.



Mark Hoard, Grand Rapids linebacker picked off an International Falls pass in second quarter action Friday night. The intended receiver, Gary Balcom (88) turns to chase Hoard. Linebacker Don Lucia (19) hustles over to give Hoard some blocking.

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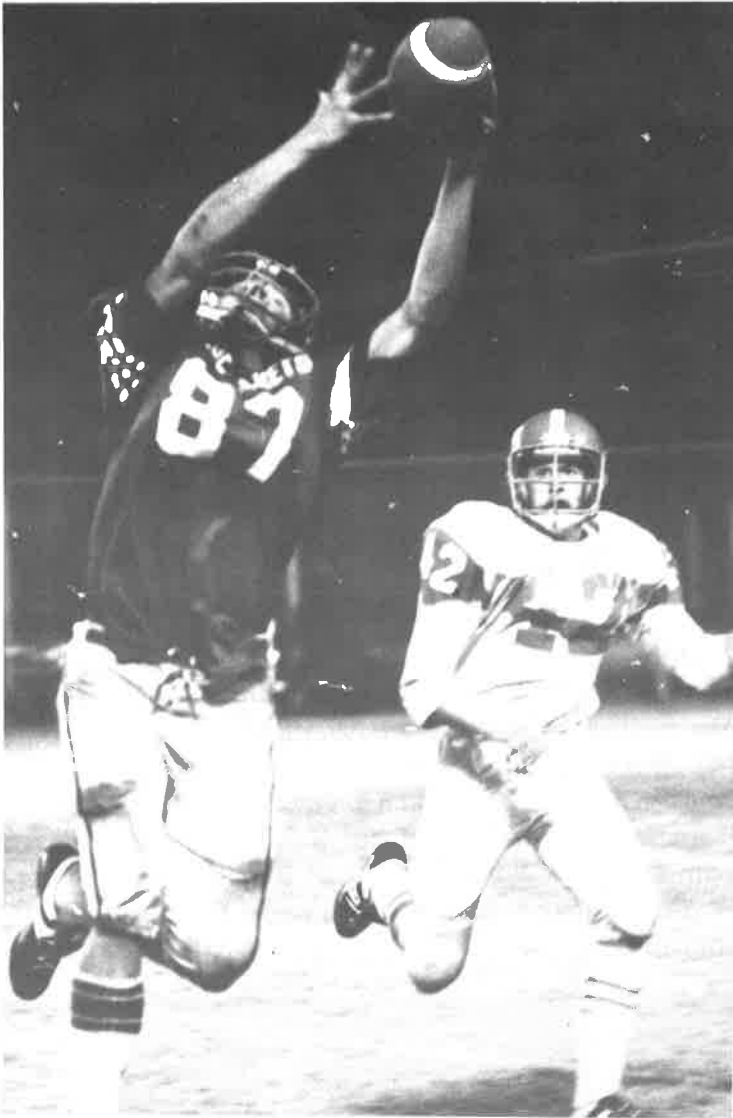
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Lou Raiola, 24 of Johnson High School makes a good gain on an end run.

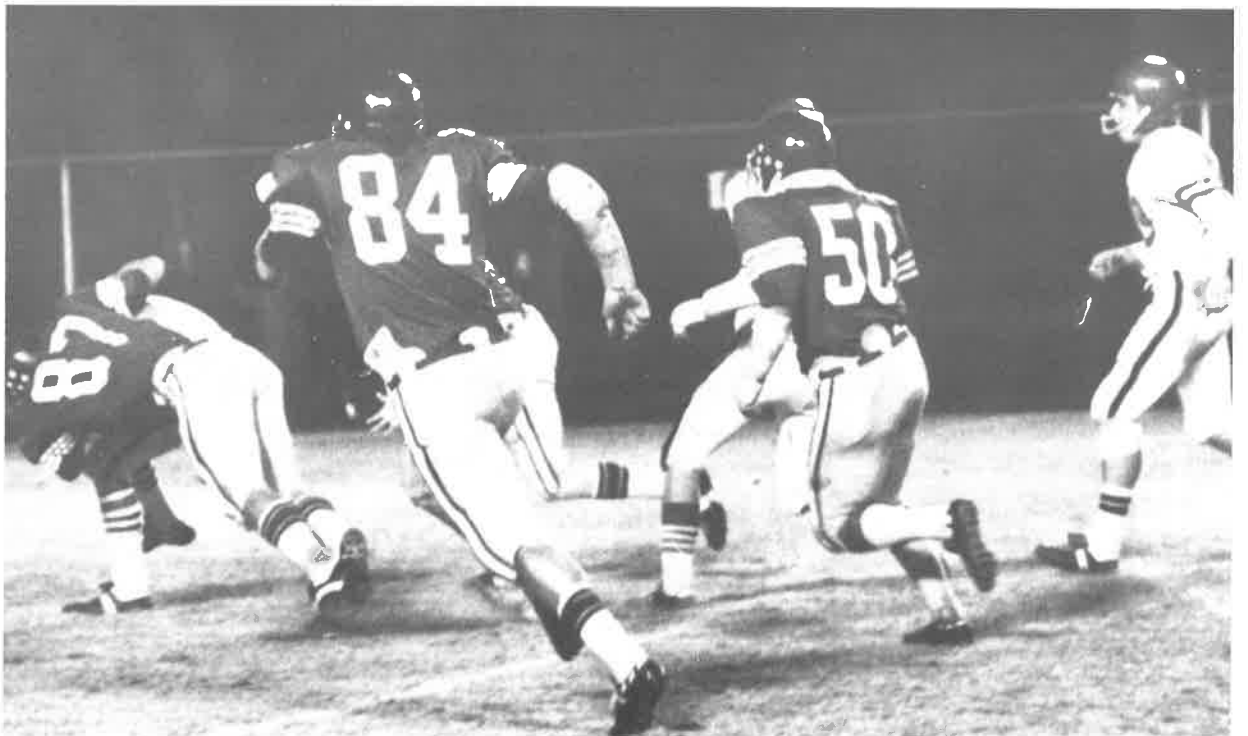
Mike Sandor, Hibbing's junior tailback, averaged 6.9 yards per carry in 1976. Sandor is chased by a trio of Chisholm Bluestreak tacklers, led by tackle Pete Anthony, 70.





Hibbing junior tight end Dan Borgenheimer, 87, 6'2", 205, hauls in a pass in the Bluejackets 46-16 Iron Range conference win over Chisholm. Defending on the play is senior back Mike Fiori of Chisholm.

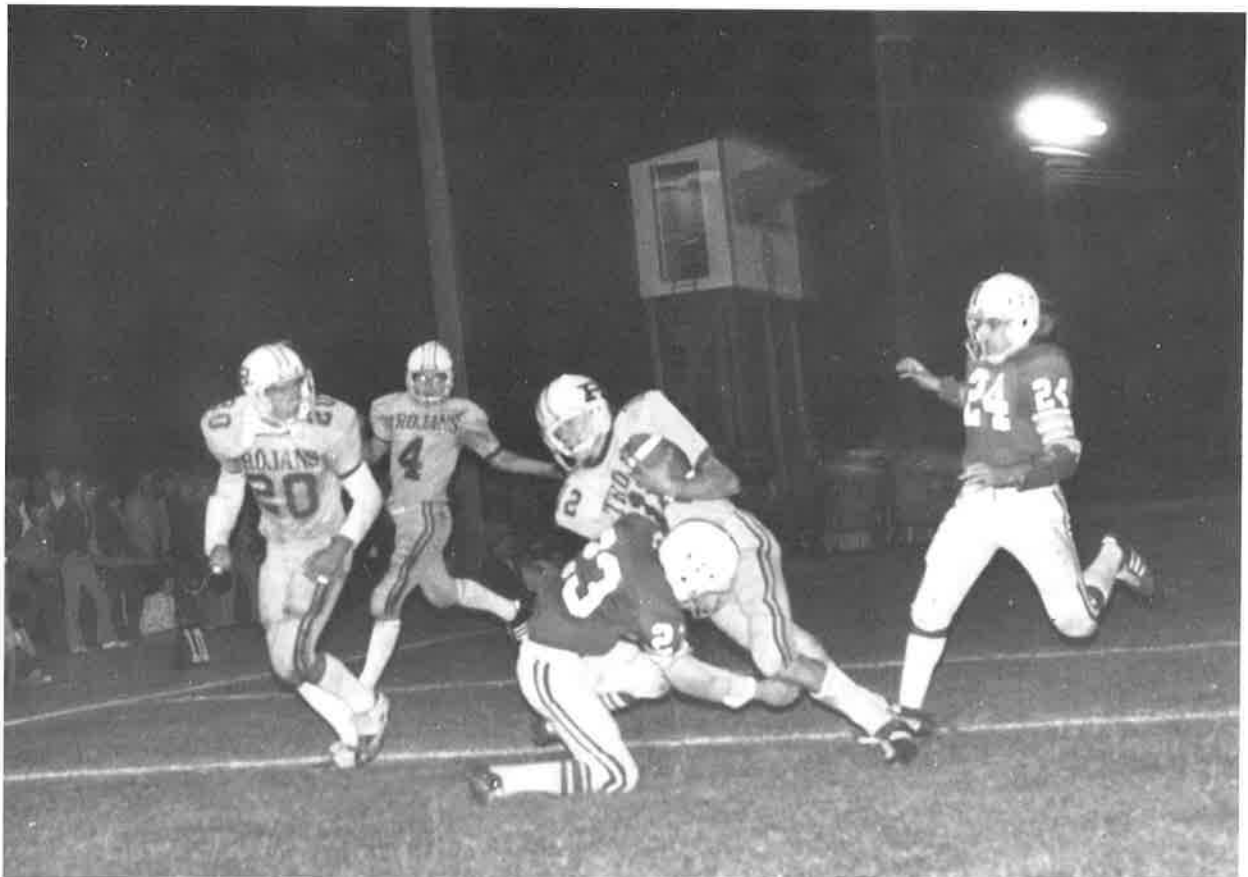
A trio of Hibbing juniors, Dan Borgenheimer, 78, Mark Landacre, 84 and Terry Muller, 50 converge on Duluth East quarterback Jim Peterse. Hibbing topped the Greyhound's 24-6 in the season finale for a 7-2 overall record in 1976.





White Bear's Ken Jensen (57) shows his feelings moments after successfully kicking the PAT that won the State AA Football Championship for the Bears in overtime against Cloquet.

Quarterback Donny Kjos (12) of Rushford is scoring a touchdown. Other Rushford players are halfbacks Keith Britt (20) and Mike Ebner (4). Houston players pictured defensively are Brian Krage (23) and Lee Virock (24). It was Houston's homecoming but Rushford won the game, 45-2. Rushford was 9-0 during the regular season and River Valley Conference champions.





HB Erv Schiller, Holdingford scores one of 12 TD's. The all conference junior guard gained 884 yards and scored 84 points.

Paul Pilarski scores a TD for Holdingford in a game against Big Lake.



Keith Pearce, 22 takes an option pitch from Scott Luhman and avoids two Mound tacklers during a Hutch victory.

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Mike Daiss, 75, Montevideo's Senior placekicker wins the St. Cloud Cathedral game 3-0 with a 33-yard field goal in the fourth quarter. Holder is Neal Nagberg, 10, Senior quarterback.



Albany's Jeff Herges, 12 and Steve Marech, 71 on a fumble recovery in Albany's 14 to 0 win. Albany continued to go on with a victorious season winning the Central Gopher conference for the fourth consecutive year.

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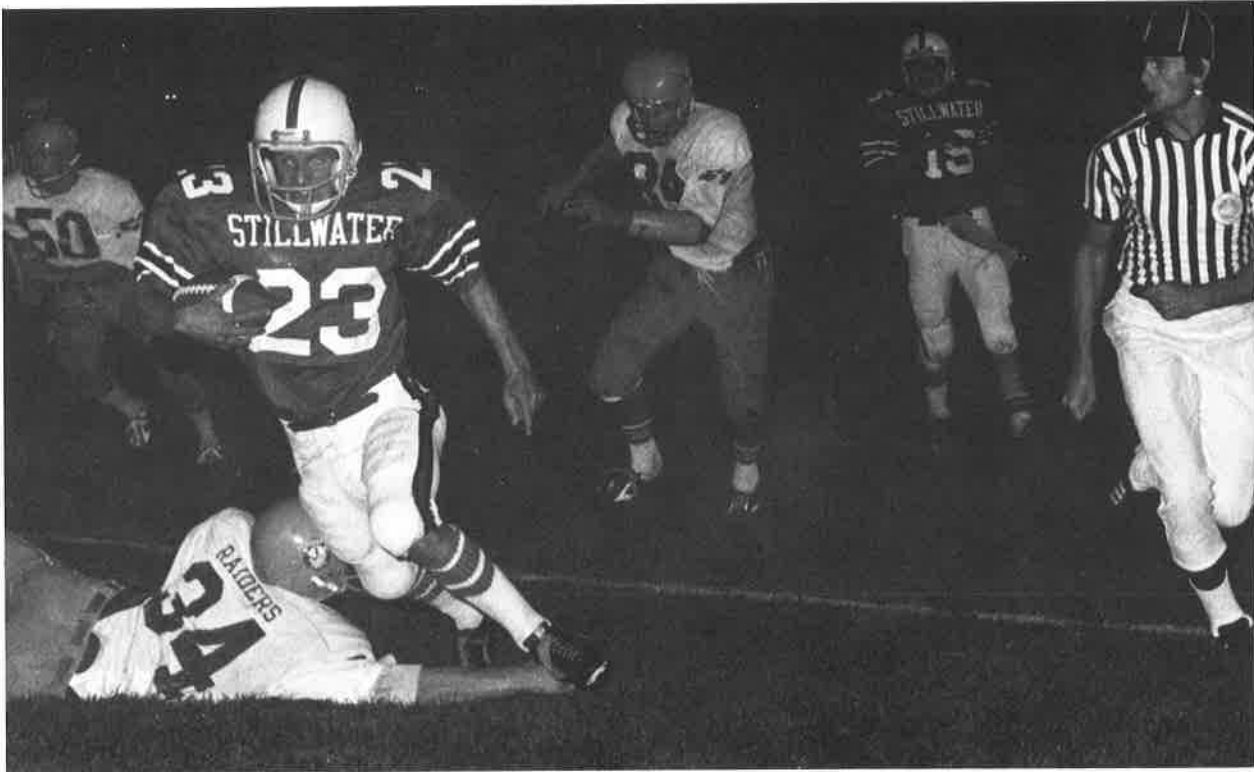
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All-conference halfback Gregg Thompson of Stillwater breaks away for a 28-yard touchdown against Hastings. Thompson, a junior, rushed for 1010 yards and scored 115 points during Stillwater's 8-1 campaign.



Frank Cocchiarella, 23 scores for Johnson High School.

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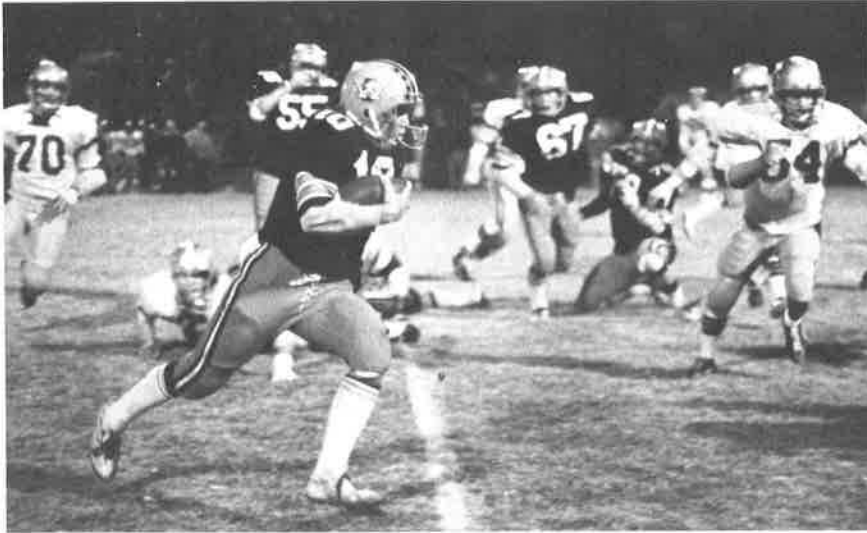
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Holdingsford's Paul Pilarski (44) running against Pierze in Great River conference game. Holdingsford compiled an 8-1 season record losing only to Sartell. Other players Kevin Ebnert (64) and Steve Posch (75).



Big Lake running back Chris Longley is upended after a 12 yard gain in his team's victory 6-0 over Becker.



White Bear quarterback John Rukavina carries the ball around end for a big gain in the state semi-final game against St. Paul Johnson. White Bear won the game 28 to 8 to advance to the state championship game against Cloquet.



Bill Miller of Big Lake makes a leaping pass reception in their 6-0 victory over Becker.

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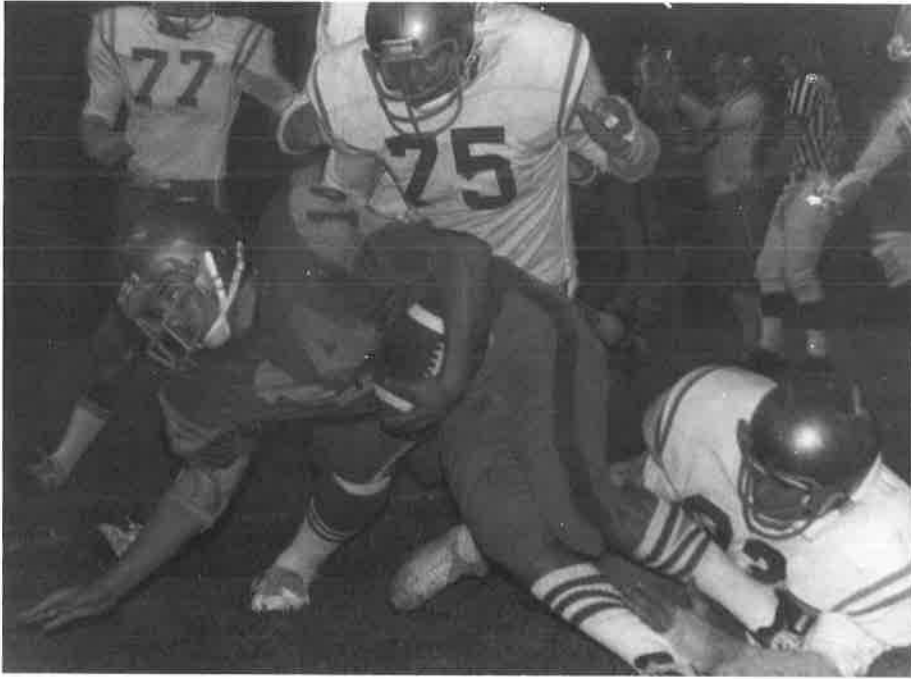
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Montevideo's Jeff Ward, 14 is stopped by St. Cloud Cathedral's Ed Vierzba, 75 and Loerr, 23. Jim Schleper, 77 is in the background. Montevideo won it 3-0 in the battle of unbeaten.



Halfback Mike Ebner of Rushford has just intercepted a Lewiston pass and returned it 47 yards. Also in the picture are 20 Keith Britt of Rushford and 21 Kevin Speltz of Lewiston. It was Lewiston's homecoming but Rushford won the game 44-22. Rushford was 9-0 during the regular season and River Valley Conference champions.



Fergus Falls offense running a play against Brainerd. QB Bryan Nelson reading defense as he hands off to number 35 Mike Evavold. Fergus Falls won the game 24 to 6. Brainerd players are 80 Charles Bell, 79 Dave Soldner and 23 Jayme England.



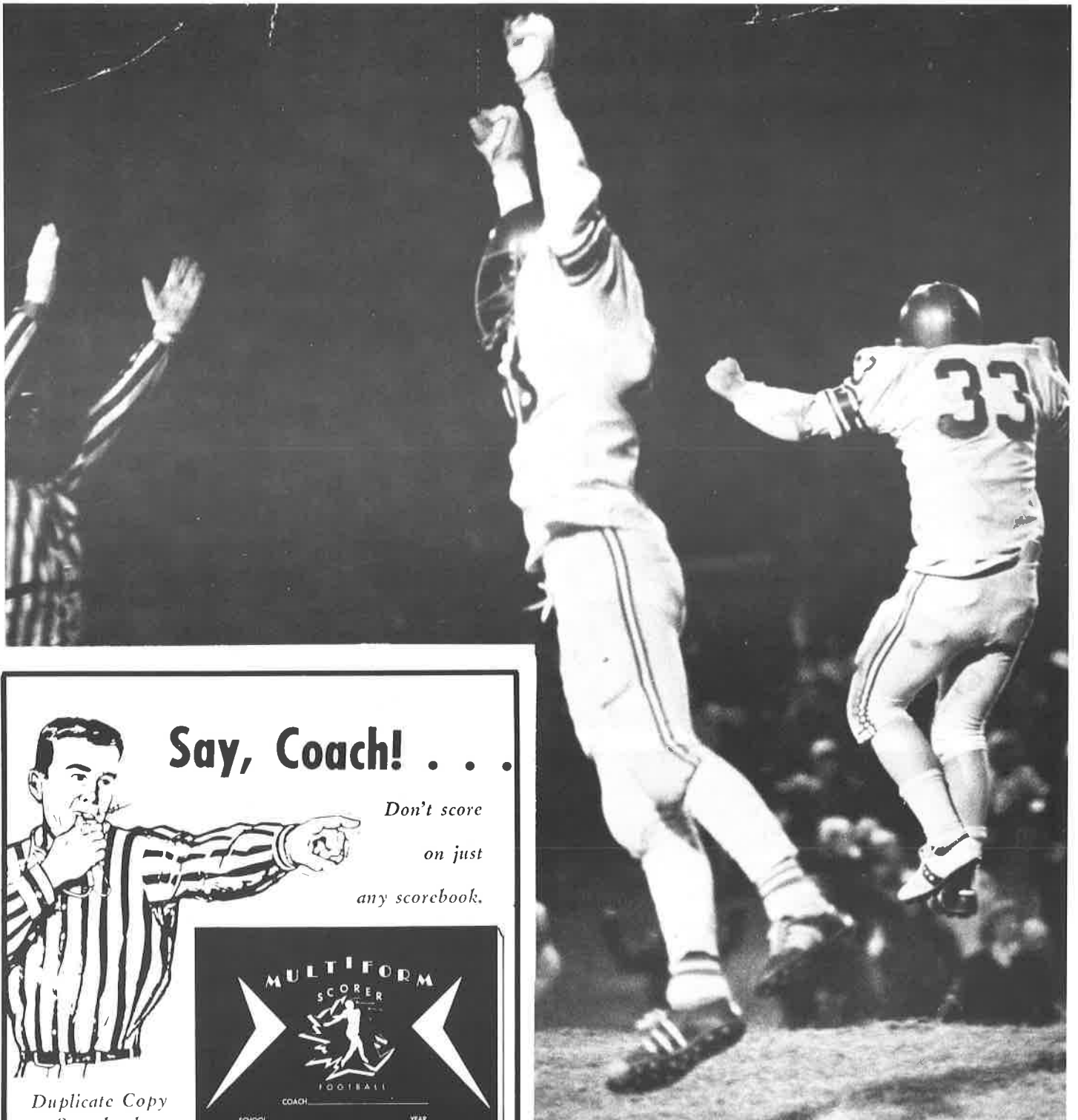
Worthington Trojan, Dan Sellberg, 42 runs sweep against Windom Eagles. Tim Lieser, 35 runs interference.



Perham's Glen Rosenthal (33) held on for dear life after being toppled over by Hawley's Tom Spieker (30) during Hawley's 14-8 Heart O'Lakes Conference football victory at Perham on Friday, Sept. 17. Giving Spieker a tap on the helmet is Perham halfback Randy Clauson (22).

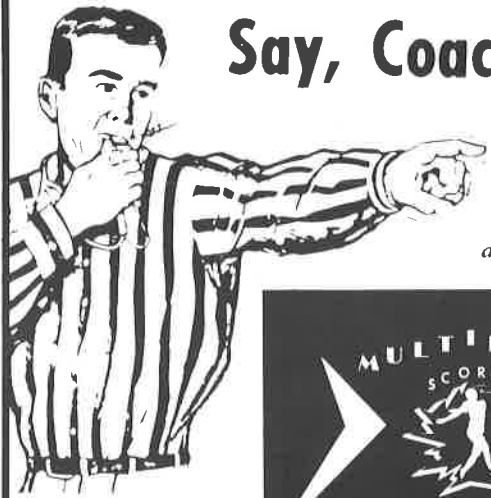
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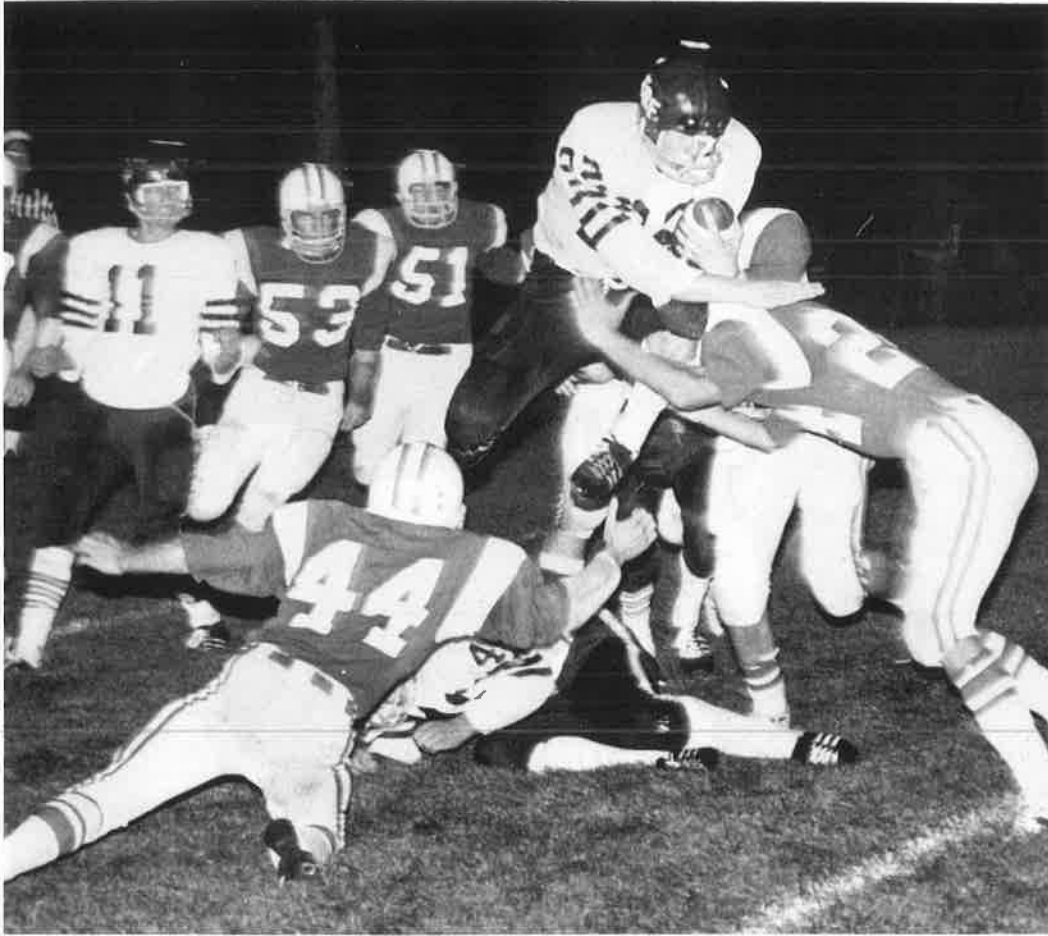
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The 1976 Heart O'Lakes Conference football championship was decided on Friday, Oct. 22, when the Barnesville Trojans defeated the Pelican Rapids Vikings 13-12 in a double overtime thriller before a capacity crowd at Pelican Rapids. Barnesville's Tom Iverson (33) and Jeff Hough are shown here as they leaped high into the air after Iverson's successful extra point by conversion gave the Trojans the victory.



Halfback Jay Kverno of Thief River Falls leaped high into the air as he gained yards against Detroit Lakes in this third-quarter play. Diving in at the left is Tri-captain Greg Johnson (44) of the Lakers. Trailing by nine points with less than a quarter to play, Detroit Lakes rallied for two touchdowns and a 34-31 non-conference victory over the Prowlers.



End Dana Tomlinson (dark uniform) of Audubon put heavy pressure on quarterback Philip Huger of Rothsay as this photo was taken during the Little Valley Conference football game between the two schools on Friday, Oct. 1. With Kirk Lindberg scoring a pair of touchdowns, Rothsay posted a 12-0 victory to spoil Audubon's homecoming celebration.



Gathering a touchdown pass at the left is Wade Johnson of Pelican Rapids in his team's 38-8 Heart O'Lakes Conference victory over Frazee. The TD play covered 40 yards. The Frazee defender is Larry Feldt (32).



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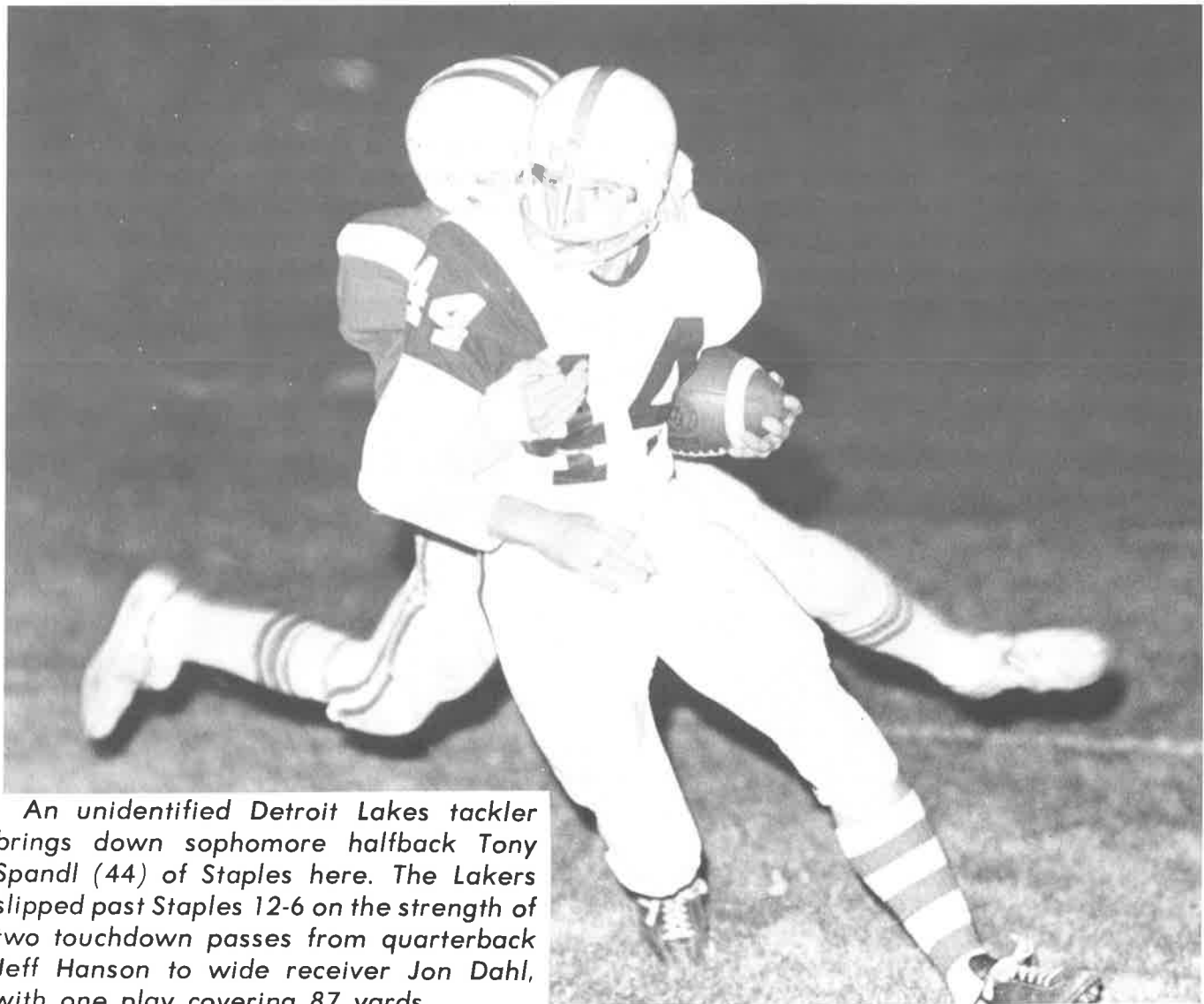


Wadena's Jeff Browne (10) stepped in front of wide receiver Jon Dahl of Detroit Lakes and batted the ball away for an incomplection as this photo was taken. For the game, however, Dahl caught five passes for 103 yards and one touchdown to help spark Detroit Lakes to a 32-0 Mid-State Conference victory. Dahl completed his Laker grid career with 60 receptions for 1,324 total yards and 11 touchdowns and twice was named to the Mid-State all-conference team.



All eyes were on the ball and Ulen-Hitterdal's Bob Schultz in this second half play during Ulen-Hitterdal's Little Valley Conference game against Audubon on Friday, Sept. 24. Audubon posted a 36-6 win over the Panthers. Others in the photo are Brent Motschenbacher (white 75) of Audubon and Roger Oberg (75 dark) of Ulen-Hitterdal.

Paul Johnson, 46 and Dean Skogrand, 83 stop Bob Hess, 22 of Pipestone in Montevideo's 26-14 victory.



An unidentified Detroit Lakes tackler brings down sophomore halfback Tony Spandl (44) of Staples here. The Lakers slipped past Staples 12-6 on the strength of two touchdown passes from quarterback Jeff Hanson to wide receiver Jon Dahl, with one play covering 87 yards.



Fullback Mike Davies (33) of Crosby-Ironton's Rangers, the son of Head Coach John Davies of C-1, is shown here as he blasted through the middle to score one of his three touchdowns in a 28-14 Mid-State Conference victory over Detroit Lakes. Davies carries the ball 17 times for 83 yards in the game and the powerful Rangers ground out 359 yards on the ground as they scored one of their five conference victories en route to the Mid-State championship.



Quarterback Jay Johnson of Audubon moved through a host of Climax players en route to a big gain in Audubon's 42-6 Agassiz Valley Conference football victory on Wednesday, Oct. 27. Audubon, runner-up in the Class Nine-Man state playoffs in 1975, finished with a 5-4 overall record in 1976.

Mahnomen's Myron Kersting (44) surged forward despite being engulfed by Barnesville's Carl Nord (83) and Bruce Stoddard (66) during Mahnomen's 29-22 inter-conference football victory over the Trojans on Friday, Nov. 5. Mahnomen represented the Pine To Prairie Conference and Barnesville was the Heart O'Lakes Conference representative in the game which earned Mahnomen a berth in the state playoff semi-finals.

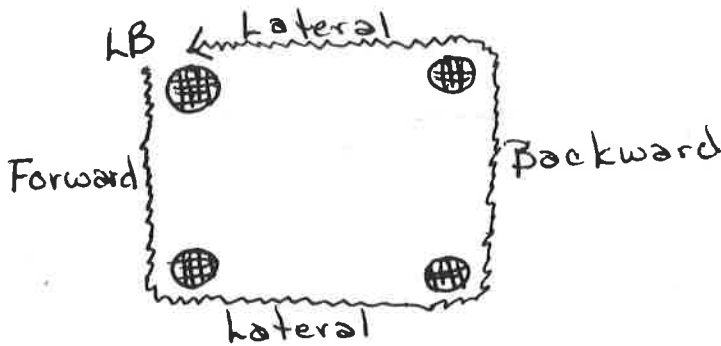


Frazee's Scott Graham (77) was putting the pressure on quarterback Craig Samuelson of Pelican Rapids here, but Samuelson managed to get the ball away before being hit. For the game, Samuelson completed a pair of touchdown passes as his team posted a 38-8 Heart O'Lakes Conference victory. Providing blocking help for Samuelson is Rick Evenson (70).

RUNNING DRILLS

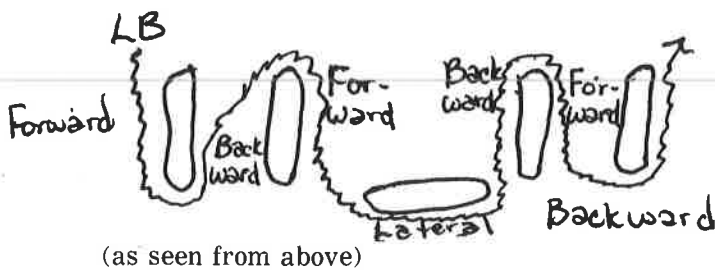
Continued from Page 9

the 3rd corner, and finally sideways in the other direction back to the starting point. May start in either direction.



d. Zig-Zag and Lateral Run Bag Drill

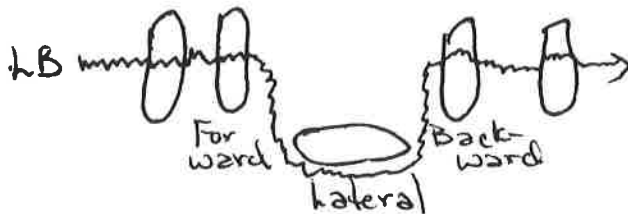
This drill combines the Zig-Zag Run of b) with the lateral run of c).



(as seen from above)

e. Lateral Over and Around Run Bag Drill

This drill combines the lateral run of a) and the zig-zag of b).



(as seen from above)

f. Bag Wave Drill

One linebacker stands between each of 4 blocking dummies which are placed on their sides parallel to one another and about a yard apart. On command from the coach they will execute a lateral wave drill over the dummies, changing directions laterally as the coach indicates. This is a difficult drill and when players can master it, they are well on their way to becoming proficient "movers."



MIRROR DRILL

This drill involves a "leader" facing two defenders. The leader executes any running movements (lateral, forward, backward, etc.) he cares to use and the defenders "mirror" him. Emphasize quick reacting movements and good running form. A good leader makes this a very effective drill.



SIDEVIEW MIRROR

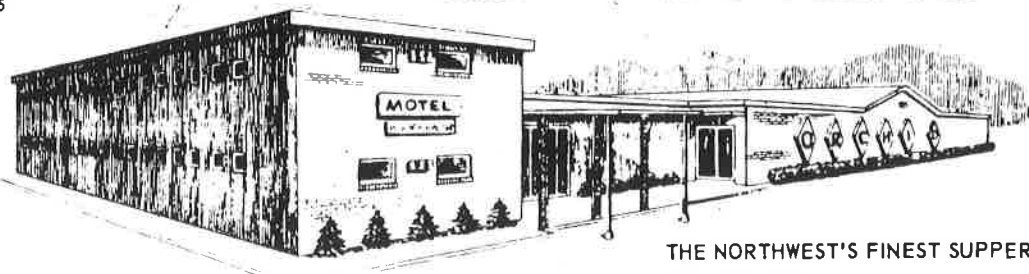
This is a peripheral vision drill which is run exactly as the Mirror Drill above is run except that the defenders look straight ahead or away from the leader and only key him out of the corner of their eyes. They mirror every move the leader makes without looking directly at him.

VEER DRILL

Running backs, quarterback and center line up in regular offensive position. Running back must dive hard through two stand up dummies or blaster them unload into three dummies as shown below. Coaching points of lowering shoulder, keep feet going and pivot from dummy important

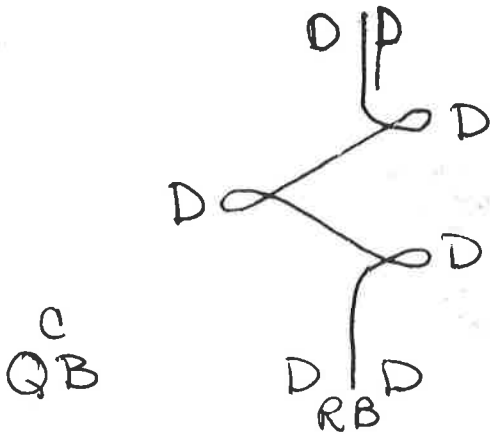
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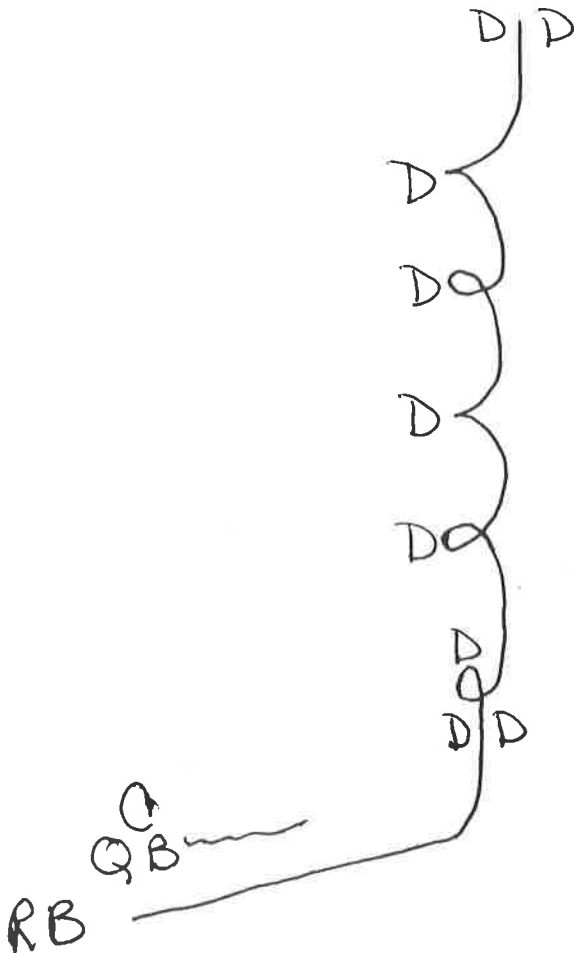
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here. When you clear third dummy, explode through two more dummies to score. Run back two or three times in succession depending on condition of athlete.



SIDE LINE DRILL

Running backs, quarterback and center line up in regular offensive position. Quarterback sprints down line like sprint out option. Then pitches to running back who turns up field and explodes through two dummies, then unloads into dummies placed five yards apart using pivot or lowering shoulder. Keep feet going, stay in bounds.



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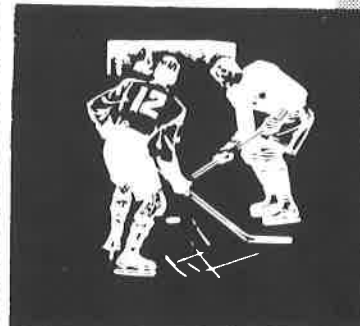


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THE WINNING EDGE

Continued from Page 17

found that we continued to play the same people even though they may have graded low on the film. In grading plays our system deals with three things: 1. away from the play people; 2. point of attack; and 3. backfield action. Six coaches grade with two at each of the three areas. The team concept of proper execution is important and the "READY PLAYS" we planned to run must have the best grades if we are to be successful.

Player Organization

If the coaches are together, player organization seems to fall in place and each staff handles their people their own way.

A couple things that have helped our program are posted Practice Schedules in the academic area of the school and not on the locker room bulletin board. We post early in the morning so they have all day to look at and then review playbooks for certain plays or defenses that we may work that day. Schedules are tough to stay by but we do make a good attempt and seem to get our best results if we stay close to the ninety minute mark. We have found the best way to improve the specialty game in football is to take a 10 minute segment in the middle of our practice schedule, 3 coaches work with this and the twenty two players involved.

The other three coaches will take the remaining players and work on individual techniques such as trapping; long snaps; pass routes or whatever is assigned for that day. Some players will work with younger players and act as coaches which really makes them concentrate on exact techniques. Due to the work responsibilities of many of our players once the season starts we eliminate Saturday practices and use them for training room, weights, films and a chance to go to college games. Sunday our films are back and generally being used by the players at their homes in an informal manner during the day. Minnesota High School rules prevent organized Sunday practices or meetings. Monday at 7:00 a.m. everyone who suited for Fridays game goes to the game film evaluation. This early meeting gives us a chance to set the tempo for the week and stress what has to be done. Also Mondays practice is used to correct Fridays mistakes and get the game plan both offensively and defensively for this week. Tuesday is reserved for offense, Wednesday defense and Thursday is

our ready day. Film review for the players goes on all week and the quarterbacks and defensive captains meet to go over the game chart.

We organize our seating on bus trips so that the quarterbacks and defensive captains sit near the coaches and have from time to time conducted chalk talks when traveling. We sit players by position so that they can talk over their assignments.

Offensive Game Chart

	OPPONENT _____	SPECIAL SITUATIONS
G	Plays to run Formations	
10	Plays to run Formations	Expected defenses Stunts
35		
35		
10		
G		

The defensive chart is similar and this is posted on the locker room bulleting board so that all team members will know what to expect in certain situations. For a long time only the head coach and the quarterbacks seemed to know the game plan. If they forget plays the chart allows anyone to step forward with a suggestion. Our staff and team feel that one of the reasons for our organizational success is that assistant coaches are allowed in decision making—before-during-and after the game. It may be costly but more positive than negative and it makes the coaches and players responsible and confident. Our ready list is a three deep picture of the offense and defense and two deep in all the special teams. These charts are laminated so that inclement weather will not mess them and gives you the quick substitute when an injury occurs. Our line coach who is on the sidelines is responsible for these teams and this is where we are able to platoon. Our special teams will form a

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sideline huddle with their coach as we anticipate a PAT - K.O. return or whatever so that all the possibilities that can occur are reviewed with these reserve football players.

There are many elements that make for a successful football program no matter what the level. Organization of our staff breeds to the team, the parents, and the community. Our staff has been together for several years and their willingness to work has made our football fun. All the assistants have a considerable amount of authority in their respective areas of responsibility. They show pride and enthusiasm in their work and are a big part in the winning edge.

Community wise we try to involve our fans as much as possible. We have a weekly radio program going over the games played and a pre-game show telling the fans what to look for in tonight's game. The Booster Club meets weekly to review game films and get involved in the game plan for the week. This group does some fund raising for us and the kickoff to their meetings each year is our Football Clinic and picture night that we have prior to the season. If you haven't had one, think it over, because they pay dividends and get the fans involved into your program and makes them knowledgeable.

We have found the following format easy to prepare and your team, cheerleaders, and band seem to enjoy the preseason program. Our daily newspaper publishes the program and gives a lot of publicity to the clinic.

**FOOTBALL CLINIC
CARDINAL FIELD**

6:45 Individual Pictures Fans on Field

- I. Introduction—(Athletic Director)
 - Purpose of the Clinic
- II. Football Demonstrations
 - A. Offensive Formations (Head Coach)
 1. Players demonstrate
 - a. Use No. 1 team to demonstrate other popular formations
 - b. Use sophs for your own offense
 - c. Dress in home and away uniforms
 2. Be simple
 - a. Show a few variations they are likely to see

3. Sell your offense
- B. Defensive Formations (Assistant Coach)
 1. Players demonstrate
 - a. Same as above
 2. Be simple
- C. Special teams (B squad)
 1. Punt. Extra points.
 2. Demonstrate a few drills used for injury prevention especially.
- III. Officials (4 registered)
 - A. Common Infractions
 1. Position of the crew and duties.
 - B. Penalties — Signals
- IV. The Spectator (Principal)
 - A. Crowd conduct
 - B. Ticket information.
- V. Cheering (Cheerleaders)
 - A. Basic cheers (3 on a program)
 - B. School Song
- VI. Parents Coffee Party
 - A. Guests of the Athletic Department

It is important to run the event on the announced night. In case of inclement weather the gymnasium can be used. If you have never done this before the gym may be the best place to begin.

It has been my pleasure to review organization with you. I only hope that you will be able to incorporate an idea or two into your programs.



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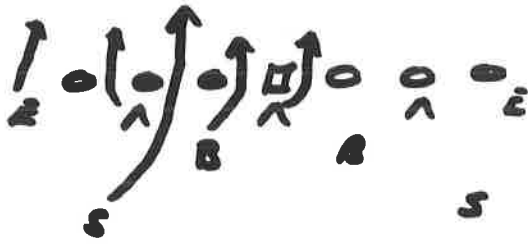
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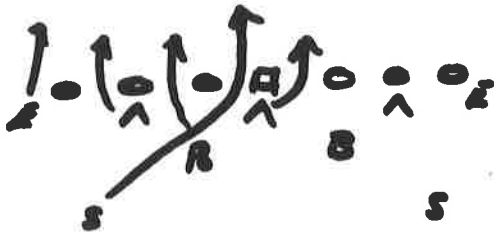
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STUNT YOUR DEFENSE

Continued from Page 11



LIGHTNING LEFT

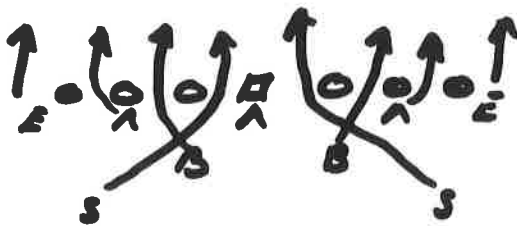


THUNDER LEFT

When we call a thunder or lightning stunt this will put us into a three deep secondary coverage which is automatic to our players.



DOUBLE LIGHTNING



DOUBLE THUNDER

On certain situations we may call a double lightning or double thunder but needless to say we don't call it very often.

We have also slanted our linemen as a change up to our stunting game but so far it has not been a vital part of our defense. In the future we hope to incorporate more of this into our defensive package.

I believe that the main reason that our stunting defenses have been successful for us is that we practice our stunting game from the first day of practice therefore our players know it, they're sold on it and have confidence in it.

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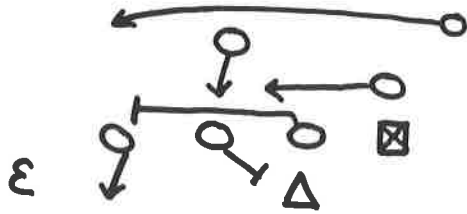
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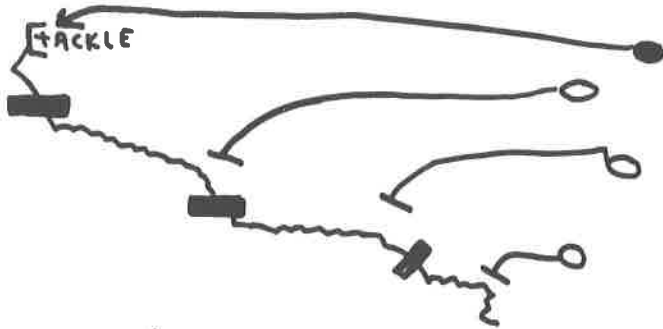
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From the above set, you can combine both the defensive tackles drills and end drills and have a near scrimmage situation for both offense and defense.

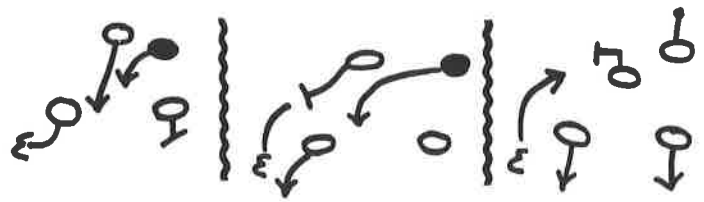
The other end drill that we like is the "End Hazard Drill". Here, again, you can recognize the 6 fundamentals of defense.

END HAZARD DRILL



1. Avoid hook
2. Shed guard
3. Shed back
4. Avoid dummies
5. Keep body under control
6. Make tackle

After each hazard you face a blocker. Make certain the end's shoulders are parallel to the LOS and makes good contact with the blocker. An excellent drill to prevent the sweep. You can also vary this drill as follows:



Our linebacker drills are very simple, but we think effective in getting good reaction from our players.

1. Foot dexterity using flat standing dummies:

A. Shuffle in hitting stance

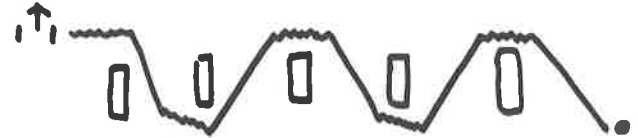


B. Spring over



Keep eyes and shoulders upfield

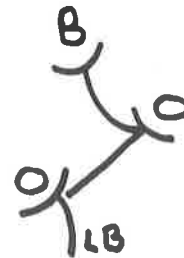
C.



Shoulders parallel; eyes upfield

2. Shed Drill

Use air dummy



In this drill, the linebacker keeps a good base and the

Continued on Page 62

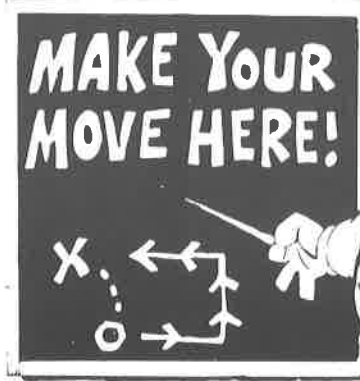
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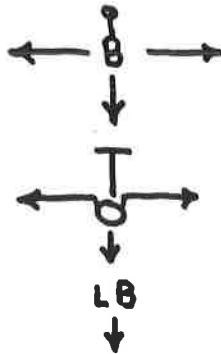
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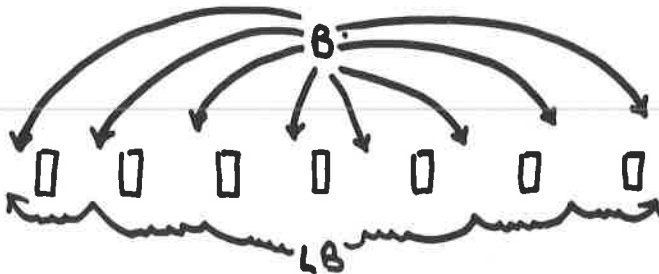
offense attacks him. He must shed the blockers, hold his ground and make tackle.

3. Reaction

LB lines up with his back to offense. On command, he pivots and reacts in the proper direction without a false step.



4. Form Tackle



The linebacker keeps the ball carrier in front, and when he cuts upfield he should meet him with a good form tackle.

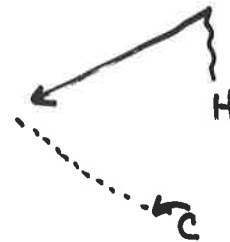
In coaching our defensive backs, we first make certain they understand the 15 basic principles of a sound pass defense:

1. Good stance to move quickly
2. Maintain field balance
3. Know coverage
4. Down and distance
5. Determine your area of coverage.
6. Get to area as quickly as possible.

7. Play the ball, not the man.
8. Be aggressive in playing the ball.
9. Go through the receiver for the ball.
10. Yield the short one, but never the bomb.
11. Unload on your opponent who catches the ball.
12. Try to intercept. If you can't, knock ball down.
13. Converge on ball once it's in the air.
14. Be ready to block if ball is intercepted.
15. The closer you are to the goal line, the closer you play the receiver.

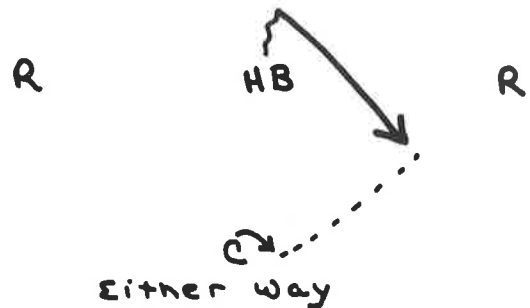
The following are our secondary drills that are used for pass defense:

Break on Ball



C and H about 10 yards apart. Coach turn either way and throw—HB breaks on coach's key.

Read Drill



Keep extending distance of R.

Cheek to Cheek

HB read coach—react on coach's movement.

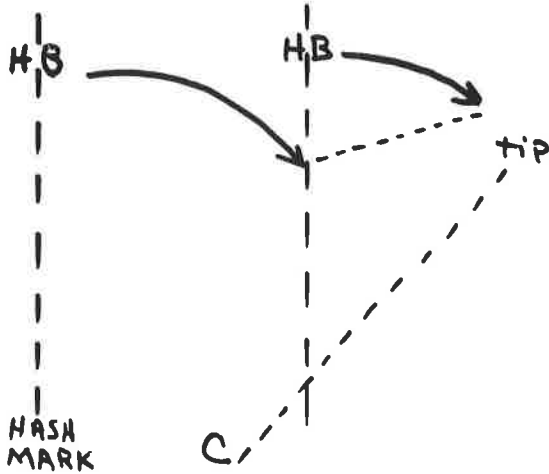
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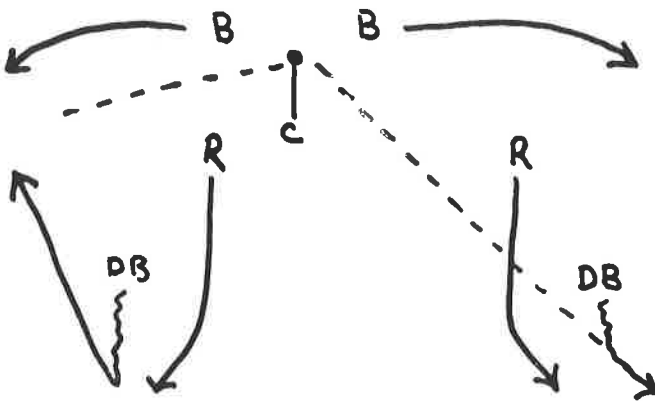
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Hash Tip



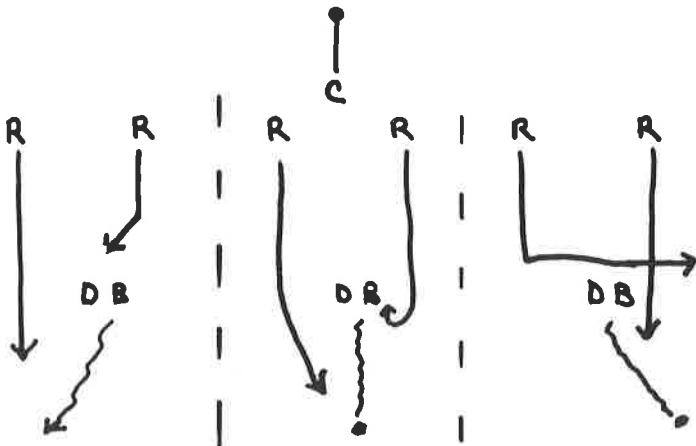
HB tip to HB. Try to catch ball.

2 on 1 Zone Drill



Coach use fake pump at times. Be certain HB stays in zone and does not break until ball thrown. Change patterns sending B through and R doing an out.

3 Deep Drill



R's stay in their 1-3. Run different patterns in deep area. This drill teaches HB he can cover more than one man in his zone.

28TH ANNUAL

COACHING CLINIC

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JUNE 16, 17, 18, 1977

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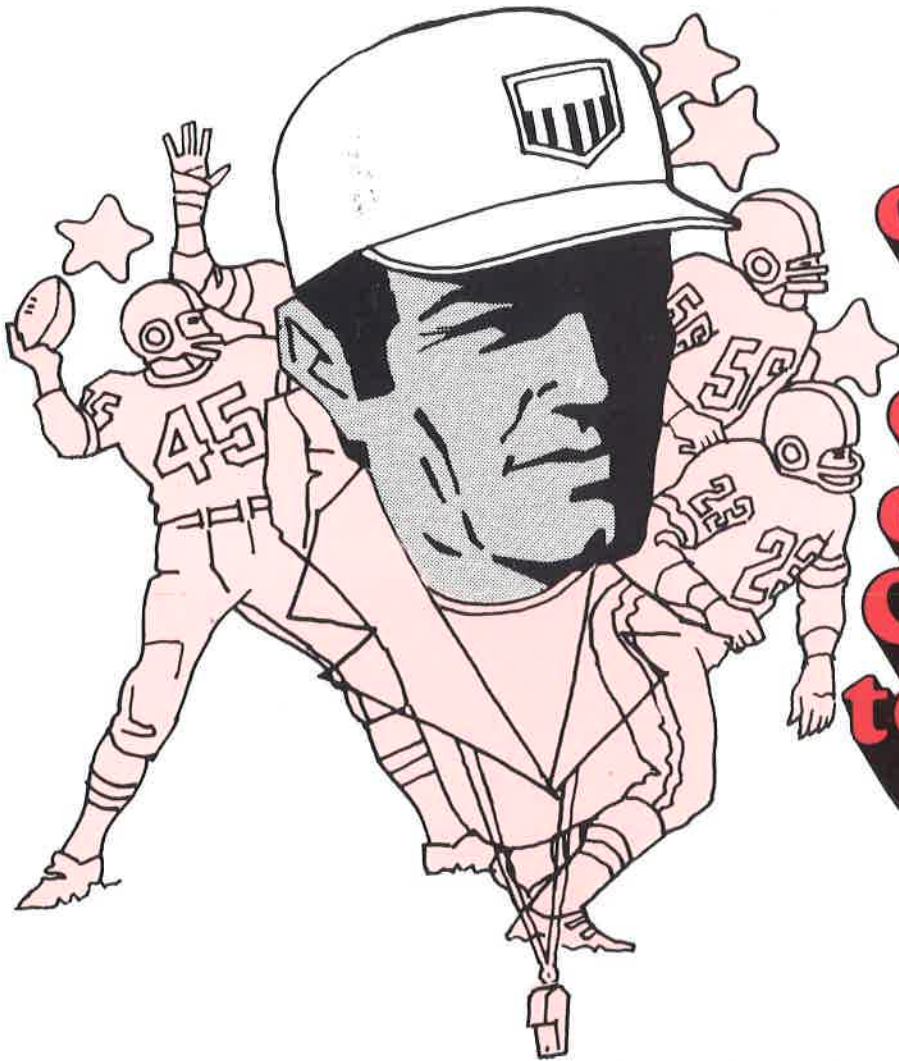
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The Shrine Bowl of Minnesota, Inc.



**TO THE MEMBERS OF THE MINN.
H.S. FOOTBALL COACHES ASSOCIATION:**

Fourth annual Shrine Bowl of Minnesota, August 6, 1977, 8 p.m., Metropolitan Stadium, Bloomington.

The Shrine Temples of Minnesota and the Minnesota H.S. Football Coaches Association found they had a mutual interest—to bring back a high school All-star football game.

A partnership was formed and the first Shrine Bowl game was played in 1974.

Our mutual interest is now to perpetuate the All-star game and keep it running successfully for years to come.

The partnership needs the support of all of the coaches and Shriners in each community of the state. If this worthwhile event is to continue, it must be publicized and backed by all of us.

Sincerely,

A handwritten signature in black ink that reads "George E. Reedy".

George E. Reedy
General Chairman

A handwritten signature in black ink that reads "Ron Raveling".

Ron Raveling
Game Manager

