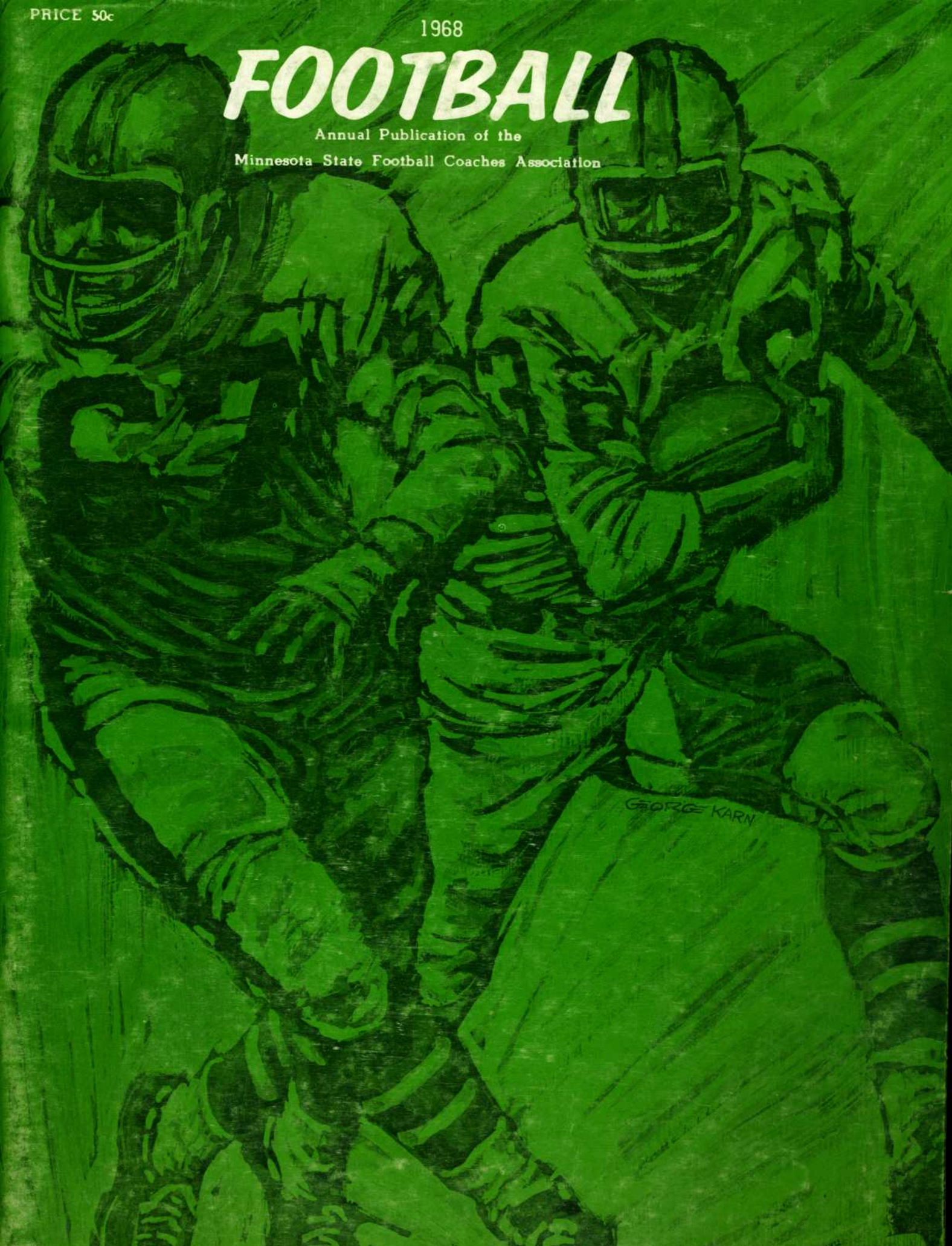


PRICE 50c

1968

FOOTBALL

Annual Publication of the
Minnesota State Football Coaches Association



GEORGE KARN

Quick Visual Inspection



Another good reason why
coaches specify

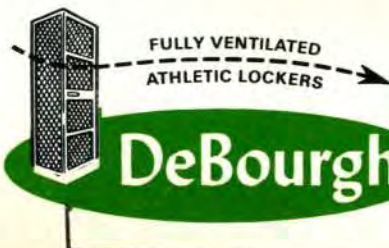
ALL AMERICAN Fully Ventilated LOCKERS



Athletic administrators like the visual inspection feature of the All American Athletic Lockers. They can tell instantly if uniforms are hung for proper drying — if any assigned equipment is missing — and whether locker contains unauthorized articles. All American full mesh doors furnish over 60 per cent more open area than perforated doors.

The All American 'fully ventilated' Athletic Locker also provides maximum drying efficiency, elimination of locker room odors, plus long service life through the use of heavy gauge materials and all-welded construction. If you require the best, specify All American!

WRITE FOR
FREE NEW
ILLUSTRATED
CATALOG TODAY



MANUFACTURING COMPANY

9294 James Ave. So. • Minneapolis, Minn. 55431

Phone (612) 866-3036

1968

FOOTBALL

ANNUAL

Minnesota State Football Coaches Assn.

6041 14th AVE. SO.

MINNEAPOLIS, MINNESOTA 55417

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.

Editor — Dwaine Hoberg, Moorhead
State College

ORGANIZATION OFFICERS

MARV GUNDERSON, Winona
President

MILT OSTERBERG, Worthington
1st Vice President

DICK LAGERGREN, Brainerd
2nd Vice President

CHUCK ELIAS, Minneapolis Central
Secretary-Treasurer

REGIONAL REPRESENTATIVES

- 1—Marv Gunderson, Winona
- 2—Milt Osterberg, Worthington
- 3—Don Varpness, New Ulm
- 4—Ron Raveling, Columbia Heights
- 5—Bob Collison, Richfield
- 6—Dick Lagergren, Brainerd
- 7—Stan Peterson, Forrest Lake
- 8—Les Drechsel, Ada

Published Annually By The
LAKES PUBLISHING CO.
Moorhead, Minnesota 56561



Table Of Contents

PRESIDENT'S MESSAGE	Page 2
WHY I WENT TO THE "T"	Page 3
DEFENSIVE SECONDARY COVERAGE	Page 6
3-DAY CONDITIONING PERIOD	Page 8
COLD THERAPY FOR INJURIES	Page 9
YOU AND YOUR STAFF	Page 10
COACHES ROLL IN STUDENT CITIZENSHIP	Page 11
WE EMPHASIZE DEFENSE	Page 13
SPORTS PROFILE	Page 14
BREAD & BUTTER PLAY	Page 19
HALL OF FAME	Page 20
LEW SWEARINGEN	Page 24
REGIONAL COACHES OF THE YEAR	Page 28
'67 IN PICS	Page 33



THE PRESIDENT'S MESSAGE

A Well-Accepted Program

By MARV GUNDERSON

When 250,000 people watch high school football in the state of Minnesota each weekend we can assume that our program is being well accepted.

Certainly our coaches and administration are again to be congratulated on a job well done. As members of the state football coaches association we feel our group is doing a great deal to put our state among the best in the nation in high school football.

One of the things we worked for and helped to accomplish in 1967 was the implementation of three-day pre-practice conditioning.

We feel this program was very necessary to season practices. Certainly, Ron Raveling and Steve Silianoff are to be commended for their work in gathering data pertinent to assuring the adoption of this program.

We feel that the implementation of this program demonstrates the ability of the Football Coaches Association to help strengthen the high school program.

But our organization, in order to achieve progress, must solicit membership of more coaches throughout the state. Not only should the head coaches join, but their assistants and junior high coaches as well, to make our membership representative of all levels. Along with this, I strongly urge all football coaches to join the Minnesota Coaches Association, our parent organization.

Once again a hearty thank you is due Dwaine Hoberg of Moorhead State College, the editor of our annual publication. We want also to thank all coaches who have submitted articles and pictures which have helped to make this magazine one of the finest of its kind in the nation. We also appreciate the support of our advertisers, and ask that you support them.

We also urge your cooperation in contributing articles and pictures to the Minnesota Football magazine. This publication gives an excellent preview of football for the coming season.

Our Hall of Fame committee, again chaired by Bob Collison of Richfield, has done a truly outstanding job of selecting nominees for our Hall of Fame awards. Bud Wilkinson, former University of Minnesota athletic great and University of Oklahoma coach, is our recipient of our college award. High school awards went to Elmer Wiggins of Wells and Leon Brockmeyer who, for many years have coached outstanding teams. Sid Hartman, well-known Minneapolis newspaper and radio personality who, has been an enthusiastic supporter and contributor to high school athletics, received our Citation Award.

The Coach of the Year selection was named at our 1968 spring banquet. Don Swanson of Minneapolis Henry again was chairman of the selection committee.

The annual clinic, which is sponsored by the University of Minnesota and directed by Coach Murray Warmath and his staff, certainly is a rich and rewarding experience for each coach who attends. A special thank you also to University Director Marsh Ryman for his part in organizing this annual highlight, and also to the M-Club.

A special thank you to the Minnesota Vikings for providing free tickets to their games. We know many of our members take advantage of this opportunity and are grateful for it. And, what would our organization do without Chuck Elias our secretary-treasurer who has worked many hours to help our association run smoothly. Just one of his many duties is the distribution of tickets granted us by the Vikings.

Schwan's Ice Cream Co.

MARSHALL, MINNESOTA

Why We Went To The 'I'

★ ★ ★ ★ ★ ★ ★

Material Dictated Change

By GORDY PURMORT

Elk River
High School

Two years ago with the material we had coming up at Elk River, we recognized a need to look at our offense. First we discussed our material position by position. We recognized the fact that in a school our size, which is 510 in the top three grades, we are always going to have to stretch our material in certain positions year after year. The other schools in our conference are in the same situation so this also was to influence our decision to use the "I". We knew that from year to year our use of the offense would change because of the particular positions that may be our weak spots or strong spots for any given year. This was another reason we considered the "I" offense.

As I mentioned earlier, schools our size usually will have some weak spots and some strong spots. First let's look at how we decided the "I" would benefit us as far as attacking our opponent's defenses were concerned. It has been our experience that good linebackers are not so plentiful that you can protect all positions equally. So usually you try and play your strongest linebackers where your opponent's offensive strength lies. We felt the "I" would enable us to go at any point of the defense with our strength and with more deception and power than we did with our old offense. With our strength which would be our bread and butter backs, which every team seems to have but one or two of, we felt we would be able to utilize them much more from the "I" than in our old offense. In our old full house backfield, our outstanding back was limited in hitting only certain



holes. For example on a power sweep right he had to be placed on the left side of our backfield. The only way we could use him going the other way in the same manner was to have him line up right. This was easy to do but the threat of a sweep the other direction is at once evident and the defense could easily set or make the adjustments. In the "I" the outstanding back can hit all the holes along the line of scrimmage with equal effectiveness and at the same time utilize the identical backfield alignment running either left or right. With this advantage the defense has more trouble trying to defense us. Again the personnel problem enters in. Most teams, in our conference anyway, do not have many good linebackers and defensive linemen so they cannot distribute them up and down the line equally. Being able to hit at any point equally will give us an edge over their best defensive positions.

Another asset of the "I" we found is that we were able to put our best blocker in front of our

Continued on Page 4



"The Finest In The Field!"

Represented by

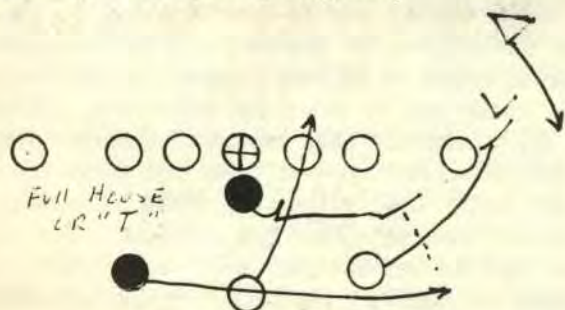
RED MALCOLM

WHY I WENT TO THE "I"

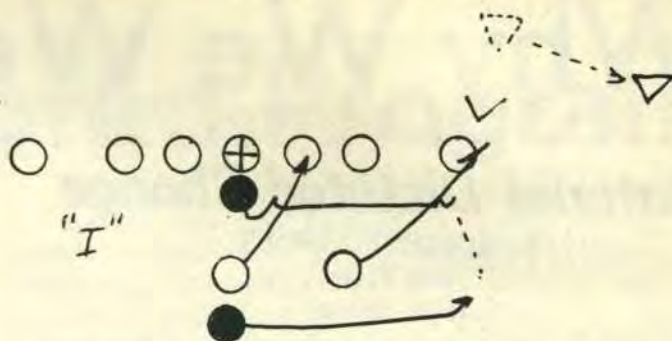
Continued from Page 3

best ball carrier at all times. Our upback as we call him, lines up behind the quarterback. With him in this position he can lead into any hole with either our deepback or our quarterback running behind him. He still remains a threat as a ball carrier as he was in our split T plays also.

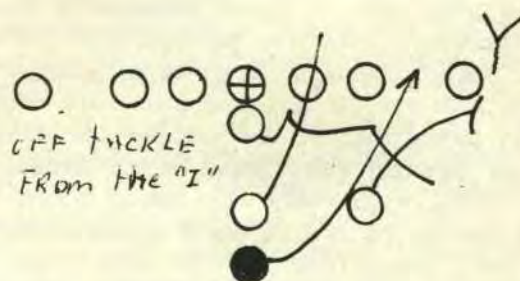
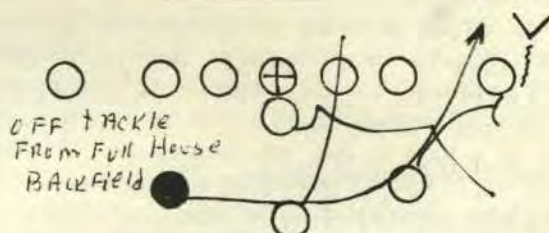
Another basic play we have always run was our option play. We have found in the last two years that we were able to run this with a great deal more success. By having the pitchman behind our upback we found that he would be in a position farther out to receive the pitch. This meant quite a bit for several reasons. First, we found that it was difficult to pitch with sure ball handling when the deepback was in our full house backfield. By getting him wider the quarterback could see him better and his pitch was much surer. At the same time the defense is forced to defend a much wider front. The wider the defense is spread the easier it is to keep or pitch for our quarterback and be able to slip through the spread out defense as shown by the following diagrams.



Our inside game was also greatly improved according to our statistics. On power plays up the middle our tailback is able to follow our upback directly into the hole. This enables us to hit much faster with more blocking. We are able to utilize our upback as a blocker at the point of attack releasing a lineman to influence a linebacker away or use him as a double team block on a lineman.



On our off-tackle plays we also feel we have an added advantage. Our upback can fake inside holding a linebacker in position longer and with the tailback only taking four steps, instead of six as we used to, gets us to the hole before the linebacker can fully recover from the upbacks fake. Previously our tailback had to hit off-tackle from the conventional "T" formation which takes two steps longer.



Another advantage of the "I" is improved deception we enjoy. Being able to hit quick and the fact that every move of the tailback is hidden

Continued on Page 5



"Top Quality Line of Athletic Footwear for Football, Baseball and Track"

MILT GRIMSRUD, Factory Representative



WHY I WENT TO THE "I"

Continued from Page 4

momentarily by the upback. This often gives our blockers time to get good position on their opponent while he is waiting to key on the movement. At the same time by being in a semi-up position the linebacker are able to see the backs and are influenced by their moves often taking them away from the attack.

It is also very simple to run at any point using both backs at the hole or else have one back influence away from the point of attack. This destroys any reliability on being able to read keys. We can run traps, quick opening or influencing plays and all appear to be the same play until at least we are almost at the point of attack.

Another point we like is what the "I" does for our power off-tackle play. We are able to accomplish this to either side of the line with one back or end split. This means the defense has to weaken areas to cover the splits and flanks making it easier to run with power at the weakened areas.

In our off-tackle belly plays instead of our dive-back having to put a good block on the end and hold it for a long count our tailback or upback, which ever one is called upon in the belly, can get to the hole almost simultaneously with the block. This means that good ends which often can even defeat a good block by the time the ball carrier gets to him, now is left fighting off a block as the ball carrier leaves him.

As a result the first year we used the "I", and incidentally we ran it only 50% of the time, we realized a gain in offense of 400 total yards over the previous season. In fact our quarterback and tailback each broke the rushing total for our school. We feel this was accomplished because we would use our best backs to more advantage letting them operate either way equally well. Last season we put in much more offense using the "I" without changing offensive blocking or numbering. We ran from the eye 75% of the time and our rushing totals again showed a gain of 250 yards over the previous season. We did this despite the fact our passing was not as good as we have had in the past. I don't mean that we gained less passing but our passing threat wasn't as good as previous years. These figures can be interpreted as maybe one team was better, but our championship team of a few years ago had very close to the same defensive record but the offense that year gained 557 yards less than our team this year. In ability the two teams were about equal.

Looking into our future we can foresee where our "I" offense will fit our personnel very well with minor adjustments. Where we have had an excellent running quarterback we will have a much faster tailback than we have had. We will just

Continued on Page 23

**CHAMPION
PRODUCTS, INC.**

**Formerly Champion
Knitwear Company, Inc.**

**115 College Avenue
Rochester, New York, 14607**

**MANUFACTURERS
OF
ATHLETIC
KNITWEAR
FOR
ALL
SPORTS**

Sales Representative

**Stuart Grossfied
8918 Minnehaha Circle N.
Minneapolis, Minnesota**

Defensive Secondary Coverage For Pro-Type Offenses

By D. L. VARPNESS
Head Football Coach
New Ulm High School

With the influence that professional football has on college and high school football, we are going to see more and more pro-type offenses. With more emphasis on the passing game and detached men from the solid formation, we as coaches, will have to adjust our defenses. For this reason we have developed the following coverages for the need.

By using the pro-offense a team can put three or four receivers into the secondary much faster. Which, of course, applies more pressure on the conventional three deep secondary. It also multiplies the responsibilities that the linebacker has.

In our league we may only have two or three teams that use this type of offense and it may not be their basic offense but they do use it. In as much as they have it we must prepare for it, if they show it to us.

We will go to some type of a seven man front with a four deep invert defense; which will give us the following look, as in the diagrams that follow. We can also use this against a team that will split both ends.



This is our basic line line-up in a man-to-man coverage:

1. The two outside corner men cover the wide offensive receivers. (man-to-man)

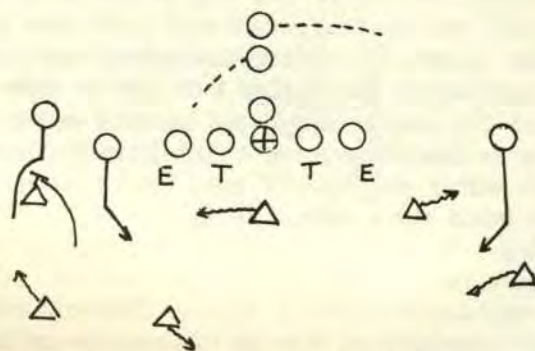
2. The strong side safety, (safety to tight end side) will cover the tight end, (man-to-man). If the safety and corner man have trouble covering their receivers on a criss-cross pattern, they can call "switch", and then take the man coming into them.

3. If a third receiver comes to the tight end side, such as a circle man, the O.L.B. (outside linebacker) must cover him.

4. The free safety, (to the split end side) is free unless a back comes out to his side, then he must cover that receiver man to man. If no receiver comes out he is free to go to the flow or the ball.

This is our basic man-to-man coverage. We also use, (1) a man-to-man coverage with double coverage on one receiver and (2) a "combination", defense which is a three deep zone with double coverage on an outstanding receiver.

In our man-to-man coverage, with double coverage on one receiver we give this type of a look to our defense.



(Double Coverage on the flanker back)

Continued on Page 7

**FOR YOUR ATHLETIC NEEDS
SEE**

Ernie Ellenson - Chuck Crepeau

We Support Growing Minnesota Football

DEFENSIVE SECONDARY

Continued from Page 6

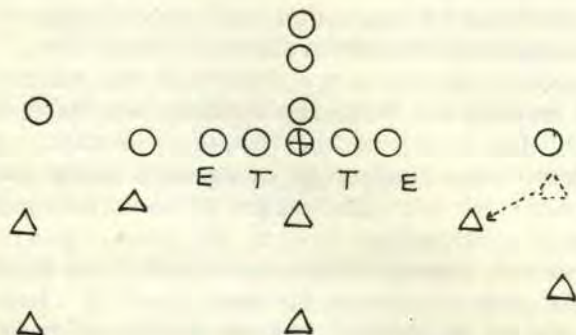
1. In the above man-to-man double coverage, we move a safety up on the split end or flanker back. Then we hit and hold him as long as we can. Then the safety will release and drop back to pick up that offensive receive if he gets free from the corner man.

2. If we double cover the flanker back the L.B. to the split end side will cover the second man out and the M.L.B., (middle linebacker), will cover the third man out.

3. If we are double covering the split end, we move the O.L.B. out on him and keep both our safeties in for man-to-man coverage on the second man out to their side.

4. We can also double cover both the flanker and split end. By covering the flanker with a safety and the split end with an L.B. (In this coverage the M.L.B. must cover the second man out on the split end side and the other safety must cover the second man out to the split end side.)

Our third type of coverage is called "combination coverage." Here we play a three deep zone defense with double coverage on either the flanker or split end. The following diagram is our defensive look.



1. In our combination coverage we play a three deep zone with double coverage on either the flanker or the split end. By moving one of the H.B.'s to the man we want to double cover. (In the above defense we have double coverage on both the flanker and the split end.)

2. If we want to double cover both, as above, we move the H.B. to the flanker side and the L.B. to the split end.

3. Then we play three deep zone coverage in the secondary.

In order to keep this article short, I have not covered defensive line play, and just the basic alignments and coverages of the secondary have been explained. If you have any questions about these defenses, I would be glad to explain them in more detail. Just write a letter or give me a call.



ABOUT THE AUTHOR

A native of Cottonwood, Minnesota, is where he graduated from high school. Attended Bemidji State College where I lettered in football three years. I played in both the line and backfield.

I spent four years at Gibbon, Minnesota, where our record was 22 wins and 10 losses. I have been at New Ulm three years. In the nine years before I came here, they had won 17 games, lost 42 and tied 5. In my first year we only won one game, but the last two years we have been 5-2 and 5-3 in the tough South Central.

At the 1967 Coaches Clinic, I was selected as Region III Coach of the Year. Since then I have been named as District #10 and Region III representative to the Minnesota Football Coaches Association.



Hampshire Arms Hotel

"THE HOTEL WITHOUT LIQUOR"

Transient and Residential
Rooms and Apartments

WE CATER TO SCHOOL GROUPS!

— Write for Particulars —

900 Fourth Ave. S. — Minneapolis 4,

Phone FE 2-1451

3-DAY CONDITIONING PERIOD

By **RON RAVELING**
Head Football Coach
Columbia Heights
High School

All Minnesota football coaches, by now, know that the State High School League has adopted an amendment providing for a three day conditioning period. We must all be aware of the provisions and limitations of this new rule. The following is a summary of the Amendment.

1. As written the amendment provides that if you play a Labor Day weekend game you must use the three day conditioning period. For those playing their first game in the third week, such practice is optional.

2. Shoes and balls are to be the only football equipment used for these three days although we are allowed to issue the remainder of the equipment as previously provided in League Regulations.

3. The conditioning period can be started on Thursday, August 15, 1968.

4. Boys practicing during the conditioning period must be insured as previously provided for with regard to regular football practice.

Generally, there are few limitations in regard to the new ruling, but certain practices must be avoided to comply with the letter and intent of the rule. Obviously there shall be NO CONTACT. Equipment such as dummies, blocking sleds, chutes etc. shall not be used during the conditioning period.

WHAT CAN BE DONE?

The utilization of the conditioning period will be up to the discretion of the individual coaches. There is no limitation on time or number of practices per day, so coaches will be able to set up practice schedules as they choose. We should all, of course, take into consideration local conditions of the player's job, time available etc.

Suggested activities during the three days would, of course, be strongly directed towards putting the

final edge on your squad's physical conditioning, running, weight training, isometrics, running, calisthenics, and more running are of primary importance.

Other activities that are used by coaches in states that have had similar rules are passing, catching, kicking and receiving drills. Some of these coaches also implement the rest periods of conditioning practice to introduce recognition of offensive and defensive alignments, to teach their particular team terminology and to set up their basic offensive and defensive patterns.

It would seem that between practices we could more leisurely check the proper fit of shoes, helmets, hip and shoulder pads so that come Monday most of these problems are eliminated.

Many coaches have expressed a desire to have their boys wear helmets and mouthpieces during the conditioning period. Certainly there are many good arguments to be made for helmets, but as the rule now stands the wearing of helmets and mouthpieces would be prohibited.

The only possible way to include helmets would be if the League would adopt an emergency amendment at their spring meeting. All that can be reported is that some delegates to the Representative Assembly indicated an interest in such an emergency move. If we don't get the helmets this year, I'm sure that the suggestion would receive fair and even sympathetic consideration next year.

Coaches, we are very pleased with this positive step forward for Minnesota football. It is the duty of all of us to see that the Three Day Conditioning Period is used wisely, with no attempts to circumvent the rules and with first and foremost attention given to conditioning.

Yours for a better conditioned squad, eager to get on the pads and get to the head knocking. I hope you are all as pleased as I am with the new rule.

Ron Raveling



THE **CURTIS HOTEL**
AND MOTOR LODGE
MINNEAPOLIS

TOURNAMENT HEADQUARTERS

IT'S ONE WEAPON IN TOTAL TREATMENT- Cold Therapy For Athletic Injuries

By **GORDON L. GRAHAM**
Head Athletic Trainer
Mankato State College

The use of cold in the total treatment regime for soft tissue injuries is neither new in the armament of treatment techniques used by athletic trainers and medical practitioners, nor is its use widely accepted. This treatment approach is a complete reversal from the time honored use of heat for the promotion of healing of soft tissue injuries. To the conservative practitioner, it may be inconceivable how using cold treatment techniques can physiologically promote the healing of injured tissue.

Basically, in any soft tissue injury as a contusion, ligament sprain, or muscle strain, the capillary blood vessel structure is damaged resulting in hemorrhage or bleeding into the surrounding soft tissue area. This hemorrhaging results in swelling with increased pain, muscle spasm, and tissue inflammation. The first line of defense against prolonged disability is to attempt to control the hemorrhage as much as possible. Swelling retards the healing process by diffusing the flow of healing constituents from the circulatory system to the injury site. This would be similar to playing an athletic contest with the fans milling about the actual contest area.

In athletic injuries, immediate control of hemorrhage and subsequent swelling is performed by pressure wrapping with a wet elastic wrap and ice packing in the injured area. Elevation of the injured limb is carried out where possible to aid in venous blood return. The effectiveness of ice packing increases when the injured area is kept packed in ice for 12-48 hours depending upon the initial extent of the injury. Constant ice packing constricts the blood vessels in the area of injury, reducing the volume and pressure of the blood flow, thus allowing the injured capillary bed to clot and begin to heal without complication. Ice packing for one-half to one hour only temporarily retards swelling.

Physiologically, the immediate effect of the application of ice packs is to decrease the circulation to the injury site. But, the body has the tendency to want to maintain an even temperature. To raise the temperature of the area cooled by ice packing, circulation is increased in the cooled tissue by reflex vasodilatation of the blood vessels. If the ice packs are removed too soon after injury, the capillaries will not have healed adequately to handle the increased blood flow, consequently, the already



**TRAINER GRAHAM APPLIES COLD
TREATMENT TO ATHLETE'S SHOULDER**

19th Annual Coaching Clinic

Wisconsin State University
RIVER FALLS

JUNE 13-14-15, 1968

HERE'S THE LINE UP . . .

FOOTBALL—John Pont, Indiana

BASKETBALL—John Bennington, Michigan State

WRESTLING—Bob Siddens, West High School, Waterloo, Ia.

TRACK—Bob Tracy, St. Cloud State College, St. Cloud, Minnesota

PLUS

Golf Tourney, Smorgasbord, Movies, Dancing and Activities for your wife.

All of the above is included in the \$15.00 registration fee.

For details and information write:

Dr. O. B. "Ben" Bergsrud

Coaching Clinic Director
Wisconsin State University
River Falls, Wis., 54022

You And Your Staff

By JIM SIMS
Head Football Coach
Thief River Falls
High School



Jim Sims and his staff, left to right: John Schmitz, John Kopari, Whitey Olson, Lee Swanson.

Our coaching staff agrees that a team's attitude plays a major role with any success players may achieve. Attitude to our coaching staff means discipline, desire, dedication, and morale. It only stands to reason if attitude is important for the team, it must be important within the staff.

Having been in the position as both an assistant and a head coach, I would like to pass along some thoughts regarding these coaching positions.

Present day football coaching involves more and more specialization. No longer can one or two individuals take a squad of fifty or more young men and expect to prepare them for a peak performance week after week. The head coach who does not realize the value of those assisting him is in a class by himself in the coaching profession. Contributions and responsibilities of each staff member are becoming more important and demanding.

An assistant coach should be constantly thinking of ideas to improve the program and contributions to the overall staff thought and theory. After careful consideration and forethought of these ideas, they should be presented to the head coach at the appropriate time and place. All too often if an idea is rejected by the head coach, the assistant takes it as a personal grudge. The assistant may and probably should get upset at times, but he must remember the responsibility the head coach carries toward the entire program.

The head coach has a major responsibility in maintaining balance and perspective in the program. Should he lose balance and perspective, conflicts are sure to arise. Too often ideas are hastily proposed without consideration of the outcome.

These ideas must be evaluated with regard to staff time and the effect it will have on team progress. If the coach who is presenting the idea will keep these things in mind, valuable time can be saved.

Duties beyond field coaching must be assumed with dedication and enthusiasm. Scouting, locker room, film preview and review, pre-season equipment issue, putting the equipment away, and going over the scouting report are just a few of the off the field assignments. The head coach cannot do all of these, nor should he. Final responsibility is his, but a willing staff can make a tremendous contribution. It is these areas that make football coaching so time-consuming, and if each coach will accept and follow through on his assignments, staff efficiency and morale will increase.

Throughout the ten weeks of the football season, many staff meetings are held. There is bound to

GOPHER ATHLETIC SUPPLY

EIGHT SALES- MEN TO SERVE YOU

We strive for good pursuit and downfield coverage in business as you do in football.



TWO STORES, FIVE PHONES

We think that we carry the best and most complete football line in the state.

Main Office
213 South Oak
Street
Owatonna,
Minnesota 55060

Metropolitan
Office
3653 Cedar Ave.
South
Minneapolis,
Minnesota

The Coaches Roll In Student Citizenship

By **RUSSELL NELSON**
Head Football Coach
Sibley High School
West St. Paul

My original intention upon being asked to author an article for the football annual, to discuss our offense, has been superseded by a subject I feel might be of genuine interest and value to our member coaches. I intend to discuss the increasingly vital role of the secondary football coach and fellow athletic coaches in the matter of total student citizenship.

I speak as a coach with a variety of teaching and coaching experiences. These experiences plus a sincere conviction that athletic coaching is a truly important profession, are our only qualifications to attempt this article. In lieu of some current trends and developments in secondary education, I believe that there are things that need to be said concerning our job. We will cite at the outset several conditions currently apparent to us and prevalent in many schools that we believe point to a need for greater athletic emphasis and a greater need for all coaches to use their positive influence.

First of all I note a decrease in school spirit, loyalty (whatever you choose to call it) and an increase in the attitude of sophistication on the part of many students that it's "bush" to cheer, etc. Secondly, there appears to be a pronounced inability on the part of high school boys to "pay the price". Number three, there is an ever increasing disregard for law and order, an increase in the number of students who disregard the states' smoking and drinking laws and increases in most schools and communities of acts of vandalism. Last of all, and probably the sum of the other listed trends in student attitude and behavior, is that in many areas youth appears to challenge established authority. There are other indications that high schools boys and girls need stronger direction. Unfortunately there also seems to be an increasing reluctance on the part of many educators, parents and adult community leaders to give that adequate direction. There appears to be a general liberalization of rules and enforcement at a time when many youngsters are quite obviously in need of more firm guidance. Likewise, there is an increase in the number of school staff who believe that the school has no responsibility in the matter of a youngster's morality. It has been suggested to us that we should not impose our moral values upon students. This is nonsense. I hope that all coaches continue to promote that which is established as good in our society until something better comes along. If we are only to



RUSSELL NELSON

teach subject matter, then we can and should be replaced by one of the programmed learning devices available today.

If I appraise them accurately, all these trends spell a significant breakdown in the citizenship of the total student community. I deplore those attitudes that explain away teacher responsibility with the old "it's a different kind of world" suggestion. I accept that there is rapid change, but I feel strongly that the goals and objectives of athletic programs remain sound and thereby can be a part of the answer to this dilemma. I believe these goals to be increasingly important to all students precisely because of the tendency toward disorder that we see today.

Football coaches have the opportunity to use the "counter" and/or the reverse in the matter of these trends by virtue of the leadership role they play in their respective schools. The football coach has won his place on the school staff, at least partially, by being an authority figure to students, by seeing that boys get the job done. He has made his mark by organizing a staff and working with boys, not necessarily democratically, but in effective, pro-

14th Annual

**ALL-AMERICAN
COACHING CLINIC****AUGUST 5, 6, 7, 1968****FOOTBALL**

Dee Andros — Oregon State
 Jack "Jocko" Nelson —
 Gustavus Adolphus College

BASKETBALL

John Wooden — UCLA
 Charles "Buzz" Ridl —
 Pittsburgh University

WRESTLING

Chet Anderson — Bemidji
 State
 Ken Schmoker — Bemidji
 High School

COLLEGE SPONSORED

Tuition: \$15.00

(If graduate or undergraduate
 credit desired, \$20.00 additional.)

NEW CLINIC DIRECTORS

Dave Hutchins and Don Palm

**FOR RESERVATIONS
AND ACCOMMODATIONS**

Write or Call
 Dave Hutchins or Don Palm
 BEMIDJI STATE COLLEGE
 Bemidji, Minnesota

COLD THERAPY

Continued from Page 9

damaged capillary bed breaks down causing more hemorrhage with resultant swelling, muscle spasm and increased pain.

Increased circulation is needed to promote healing, but we do not want to increase the circulation to the point where the weakened capillary bed would again rupture. Often, the addition of heat to the injury site 24-48 hours after incurring the injury, increases the circulation to the point where the weakened capillary bed cannot handle the increased blood flow and again ruptures. The increased circulation brought on by reflex vasodilation of the blood vessels is slightly more than that would be considered normal circulation, but is less than what would result from heat applications.

The two most common cold therapy treatment methods used in the training room are cold whirlpools and ice messages. This treatment normally commences 12-48 hours after the injury has occurred, depending upon the medical diagnosis and the extent of the original injury. With constant ice packing and pressure wrapping during the early acute phase of the injury, the capillary bed should have healed sufficiently to allow for a slight increase in blood flow.

Cold whirlpool treatments are given for fifteen minute time periods. To be effective, the water temperature should be under 58°F. The temperature of our cold whirlpool is usually around 50°F. The athlete receiving the treatment must be told that the first two to three minutes in a cold whirlpool is going to be painful. Numbness sets in after this short period and this is when we encourage mild, active, pain-free range of motion exercises. The anesthetic effect of cold applications will not mask pain resulting from a muscle or ligament rupture which could counterindicate any active exercises.

After the whirlpool, range of motion exercises are again performed by the athlete. If at any time during the active exercise pain returns, the activity is halted. When pain free range of motion exercises can be performed after treatment, the injured area may be wrapped or taped and activity resumed. If at a higher level of performance, pain returns to the injured area, the amount of activity should be reduced to a pain free performance level or discontinued. Areas of the body that are easily treated by cold water or whirlpool immersion methods are the foot, ankle, lower leg, and knee in the lower extremity, and the fingers, hand, wrist, forearm, and elbow in the upper extremity.

Where it is not feasible to use cold whirlpools because of having too much of the body immersed, ice message is used. For easy hand-

Continued on Page 53

We Emphasize Defense

By **JOHN HENRY**
Head Football Coach
Ortonville High School

I have placed a great deal of emphasis on defensive football since I have been head coach at Ortonville High School the past three years. I feel this has played an important part in helping us tie for the Little Sioux Conference Championship two out of the past three years. We have also compiled a conference record of 14 wins and 4 losses, while our over all record is 19 wins and 8 losses. The following diagrams and information has played a very important part in our last three winning seasons.

Stunting or playing it straight

In our style of defense we do not rely on stunting a great deal. We have specific areas and jobs for our linemen and linebackers to cover. If the need for stunting arises we would be able to use it, however we do not over-emphasize it. We expect our linemen to know his job as well as knowing his teammates. In this way each man can expect help from each position on either side of him.

Personnel

Linemen: We look for our biggest boys of course, but we mainly look for quickness and good reactions. We drill our linemen during preseason ball with the basic agility drills. We stress drills on our seven and two men sleds. We have been lucky having a number of big boys on our squad. Most of these boys come from farms and are very strong boys when they first step on a football field.

Linebackers: We look for quick and hard hitting boys. We use the basic 5-3-3 and the 6-2-3 defenses. In this way we need only three to four good starting linebackers. The average weight of



**HEAD COACH JOHN HENRY WITH
TWO GRIDDERS**

our linebackers is about 160 to 170 pounds with very good speed. We teach our boys to key on the pulling linemen and the key backfield men of our opponents. Our drills with the linebackers are agility drills for footwork and to control offensive blockers.

Backs: Our defensive backs are our key men to our defense. We would like to have tall boys with a lot of speed and intelligence. This past year we had good height but not a lot of speed. We did however, have boys that were very good in reading plays as soon as the ball was snapped. We had one halfback that intercepted 17 passes during the year and made the all-conference team as a back, but he was one of our slowest defensive backs. He did have good reactions and instinct to be there when the ball was thrown.

We teach our backs to play the receiver and not the ball. We were very successful playing our man to man pass coverage in playing the receiver.

Continued on Page 18

Minneapolis Officials Assn. Est. since 1920

We Provide Officials for both Football and Basketball



Address Communications To Guil Parsons, Sec.

3212 Quarles Rd.
 Minneapolis, Minn. 55422

Res. 561-3813
 Bus. 789-8826



Sports profile.....

'Sports Personality' Award Is Presented To Retired Schoolman

This year the Football Coaches Association has selected as it's "sports personality" Mr. Morris Bye, former superintendent of the Anoka school system. The selection is intended to honor Mr. Bye and also those superintendents throughout the state who have been friends and supporters of a strong, expanding athletic program. Minnesota coaches wish to convey to these superintendents a heartfelt thanks for their efforts and want them to know how much lighter they have made the coaching load by their leadership and support.

As might be expected, Mr. Bye has a background well grounded in athletics. He attended Concordia College where he played football and was captain of the basketball team. What makes this a rather unusual story is that Mr. Bye had lost the sight in one eye as the result of a childhood accident at age six. Mr. Bye, after graduation from college, taught and coached at York, N.D., briefly before moving to Thief River Falls as a teacher. He soon became principal and shortly after became superintendent of schools. Twice during his superintendency, the Thief River team won the state basketball tournament. In 1943, Mr. Bye became superintendent of Anoka schools.

Mr. Bye's son, Bill, was an all-state player for Anoka high and as most football fans know, went on to star as a fullback for the powerful 1946-49 Minnesota Gophers. After college, Bill played with the Winnipeg Blue Bombers before starting his coaching career. Bill coached at Detroit Lakes, Minnetonka and Edina; then joined the Viking organization and at present is in the banking business in Duluth.

Jim, the other offspring of the Bye family, participated in athletics at Anoka and was on the first Anoka state tournament basketball team. Jim was the class valedictorian and is presently practicing law in Denver, Colo.

Mr. Bye, as is the case with so many successful men, has a wife Ida who was his constant companion through the years. One informant stated that she must have attended over 90 per cent of the games and other school functions with her husband.

Although we are honoring Mr. Bye for his athletic endeavors, it should be noted that he was equally as interested in other school affairs. He has served as the president of the Minnesota Music League and as president of the MEA. Mr. Bye wanted for the students in his schools a "totally strong extra-curricular program."

As superintendent at Anoka, Mr. Bye saw the Suburban conference, of which Anoka is a member, grow from six to 13 schools. During these years of growth and change, Anoka was a leader by example. Mr. Bye helped to establish a broad program of athletics at Anoka; a program adopted throughout the conference which has made the Suburban one of the most successful and respected athletic conferences in the state. Several Suburban conference administrators and coaches stated that Mr. Bye was one of the most highly-respected spokesmen at the many conference meetings each year. As one put it, "When Mr. Bye spoke, people sat up and listened." Anoka has a fine staff of coaches, who obviously were hired with the recommendations of the Superintendent, Mr. Bye.

Continued on Page 17

Harold Van Every *"For the Promotion of Athletics in Minnesota"*

Bill Stevenson
Phil McElroy
Henry Ernst
Norb Koch
Bob Krieger
Ron Smith
Carl Hafften
Dave Faust
Ed Bonin
Jim Butler
Jim Bonin

MINNEAPOLIS AGENCY

Suite 1120

Builder's Exchange Building

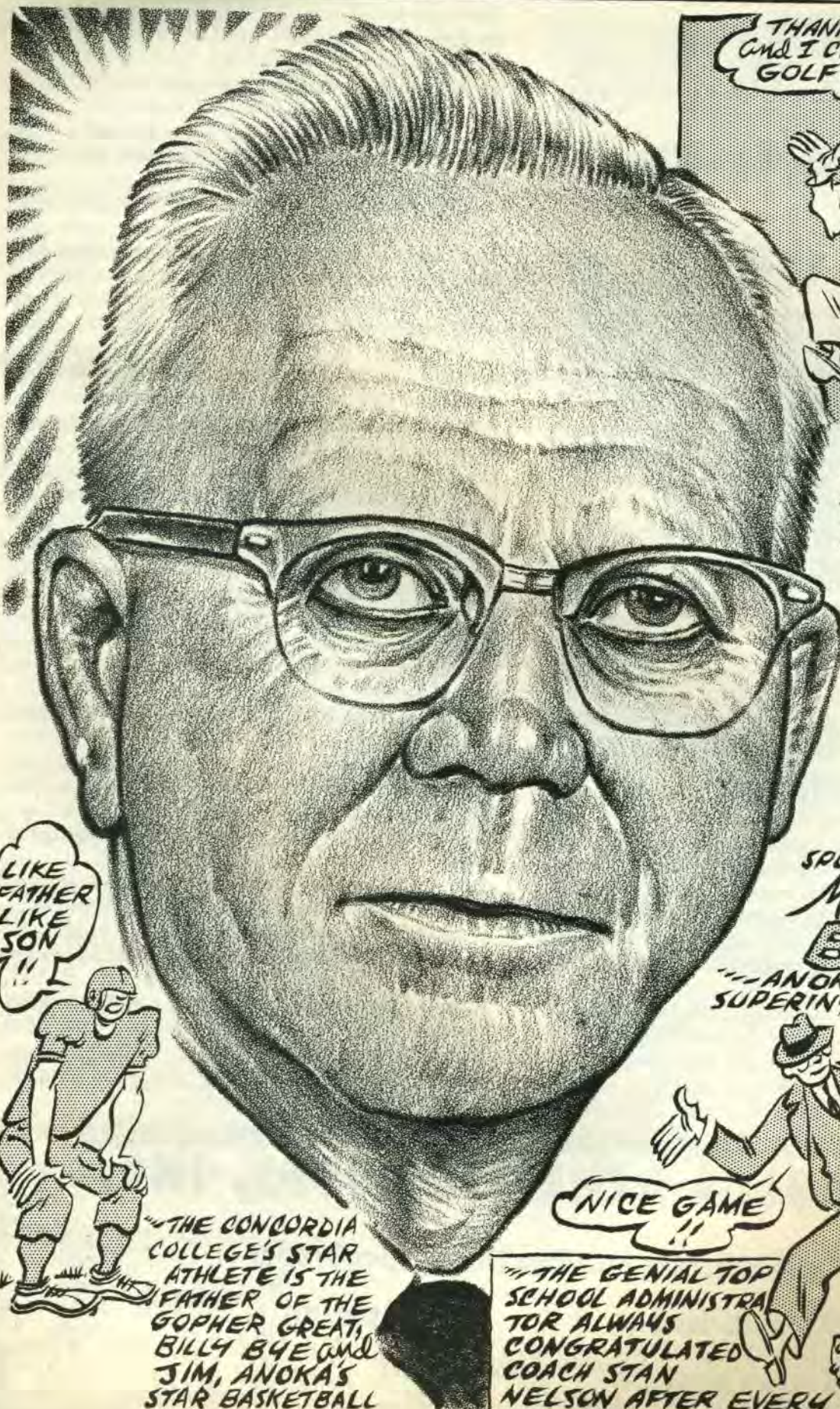
BANKERS *Life* **COMPANY**

EARL BUCKNELL - President

HOME OFFICE - Des Moines, Iowa

Bob Bjorklund, Agency Manager

Jim Nordin
Roy Jenks
Tom Potter
Robin Adair
Babe LeVoor
Andy Fraser
Bob Roetman
Gene Flick
Bill Reed
Dick Reed
Les Schugg



THANKS, COACHES
AND I CAN USE THESE
GOLF CLUBS !!



THE ANOKA
COACHES GAVE
HIM A SPECIAL
TESTIMONIAL
DINNER IN '64
!!

LIKE
FATHER
LIKE
SON
!!



THE CONCORDIA
COLLEGE'S STAR
ATHLETE IS THE
FATHER OF THE
GOPHER GREAT,
BILLY BYE AND
JIM, ANOKA'S
STAR BASKETBALL
PLAYER !!

SPORTS MINDED
Morris
BYE

ANOKA'S RETIRED
SUPERINTENDENT !!



NICE GAME
!!

THE GENIAL TOP
SCHOOL ADMINISTRA
TOR ALWAYS
CONGRATULATED
COACH STAN
NELSON AFTER EVERY
GAME !!

-JIM NELSON

THE COACHES' ROLE

Continued from Page 11

ductive ways. The coach leads because he stands for enforcement of rules. He leads by encouraging and expecting boys to measure up to reasonable standards.

A coach does not enjoy a position of influence because he has been a "good time Charlie" or a "soft touch" or a "pal to boys". His football responsibility cannot be discharged by a committee. He cannot afford to spend hours in philosophical discussion concerning directions to take. His effectiveness as a teacher comes up for review each Friday. A poor performance on the part of academic teachers may go undetected for untold seasons.

Because of the unique experience that football is and because of the things that football coaches have stood for over the years, I believe that they can and should assume greater leadership in moving students toward respectable, responsible school and community leadership. Contrary to current trends in some teacher parent attitudes toward student behavior, coaches, I believe, are still keenly aware that the qualities of character such as dedication to a cause, respect for authority, willingness to work, loyalty and unselfishness, are still traits upon which good and useful lives are built. Boys who value these will be the contributors in life as well as on the athletic field. Coaches can be influential in the matter of school discipline by continuing to promote the image of the student athlete as a school leader. Students who have been subjected to the discipline of an athletic program are better able to be in control of themselves in all situations and should, therefore, assert themselves more as leaders. A disturbing sign of the times seems to be that many of the people being heard most often these days are those least qualified and responsible in pointing the way for others.

My appeal for stronger measures of student control takes into account that fairmindedness must always be the case. Students who demonstrate good self-control and good judgment should be allowed more opportunity to make decisions. Conversely,

those who do not show maturity should not be denied the direction they need. A "rookie" teacher recently suggested that "kids today feel quite oppressed by our stringent controls and their lack of opportunity for self-expression". Rather, I suggest that kids feel frustrated by the lack of adequate control and responsible adult leadership in certain segments of school and community life.

Coaches can rededicate themselves to providing this important leadership in an effort to counter the poor direction many youngsters are being allowed to take. How can we be more effective in sharing our belief in athletic participation and its profound effect on student behavior and citizenship? I think there are several ways. 1) Express our feelings at faculty meetings. Don't let the academicians steer the ship alone. 2) "Get in the pulpit" for athletic participation and what it accomplishes on every appropriate occasion. 3) Write a series for the local paper. 4) Write to parents of your current athletes expressing your concern for their development. Tell them how vital it is that their sons compete well. 5) Preach loyalty to your school. This is not "bush"; it is good practical preparation for the development of loyalties to family, employer and country in later life. 6) Battle for extension of athletic opportunities for all students at all levels. 7) Continue to uphold rules and standards in the school and on the athletic field.

Finally, I would like to suggest that a dedicated contributing coach, though lured at times by greater financial rewards in other vocations, should not desert the ranks. No other task is more vital than the development of young men with good character who will leave school with an ability to make worthwhile contributions in life.

Russ Nelson began his coaching and teaching career at Lancaster, Minnesota High School after graduation from Bemidji State College in 1951. He served as head coach of all sports at Lancaster until moving to Sibley High School of the St. Paul Suburban Conference in 1954. Russ served in ass't basketball and football capacities at Sibley until 1963 when he assumed the head football responsibility. He also serves as secondary physical education department chairman.

CORRIE'S ATHLETIC GOODS, INC.

Outfitters For Rawlings, MacGregor

Wilson

Spalding

Sports Equipment

927 Marquette

335-7793

335-2066

Minneapolis, Minn.



SPORTS PERSONALITY

Continued from Page 14

He has guided Anoka to one of the best balanced athletic programs in Minnesota. It should be recognized that through his efforts, the Anoka team and coaches seldom, if ever, lacked for excellent facilities and the best of equipment. In 1963, Coon Rapids, the second Anoka District high school, entered the conference with a fine staff and excellent facilities including the second all-weather high school track in Minnesota. All coaches know the role played by superintendents in getting school boards to do the job in the areas of facilities and equipment.

Mr. Bye was, and continues to be, a true fan of Anoka athletics. He was known as an administrator who attended nearly all athletic contests involving his school's teams. Unfortunately, many superintendents and principals cannot seem to "find the time" to back their teams. Anoka coaches were pleased to find Mr. Bye in the locker room after their games, quietly congratulating the boys on their performances and shaking players' and coaches' hands. This is common when the team is winning. It is important to note that Superintendent Bye was with his boys win or lose. Stan Nelson, Anoka football coach, proudly relates that he always found Mr. Bye waiting under the goalpost at Goodrich Field when the game had ended.

Upon retirement in 1964, Mr. Bye was honored by the Anoka and Coon Rapids coaching staffs at a private party during which the coaches presented him with a new set of golf clubs. This indicates the high regard his coaches had for him. The Minnesota Football Coaches Association is very pleased to present our "Sports Personality" award to Mr. Morris Bye, a supporter of Minnesota football and athletics in general.



TALKING IT OVER

Senior end Craig Westover at the right was being briefed by his St. Paul Highland Park football coaches in this picture. With the clipboard in the center is Richard Benepe, head coach, while assistant coach Pete Vujovich is at the left.

GENERAL SPORTS CORP.

4942 France Ave. So.
Edina, Minn.
926-7454



OUTFITTERS FOR

Wilson, Southern Rawlings -

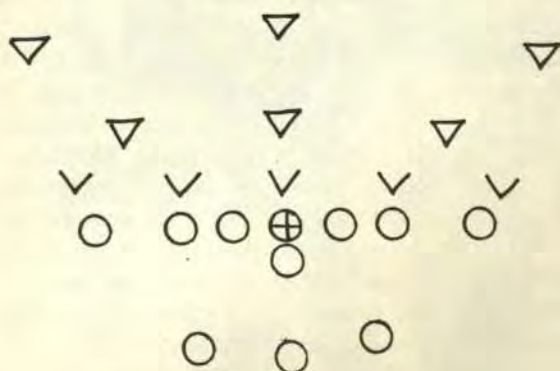
K-Sports - CCM Northland -

Adidas - Converse

WE EMPHASIZE DEFENSE

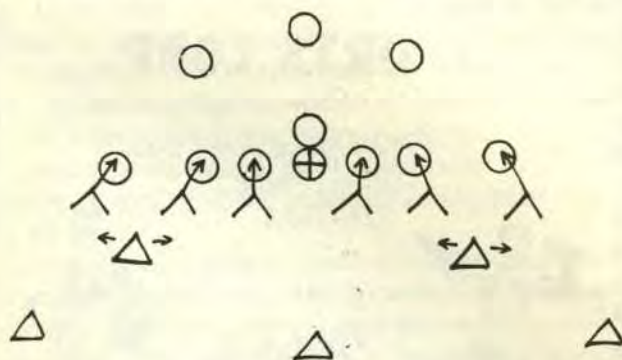
Continued from Page 13

Our main pass defense was the 5-3-3 with a hard rush by the line. The following diagram will show you how we played our 5-3-3.



Our defensive backs would shift to the strong side of the opponents. The halfbacks were expected to cover the ends while the safety was responsible for the flanker. The outside linebackers had the flat area and the middle linebacker had the coverage area in the middle. We had our middle linebacker red-dog once in a while to keep the opposition honest.

During the season our linebackers intercepted four flat passes and our defensive backs intercepted 23 with our right half getting 17 of those.



Our line play for the 6-2-3 and the 5-3-3 will be shown in the following diagrams. Against running plays our 6-2-3 was our best defense and we tried to keep it as simple as possible while trying to cover the complete area along the line and around the ends.

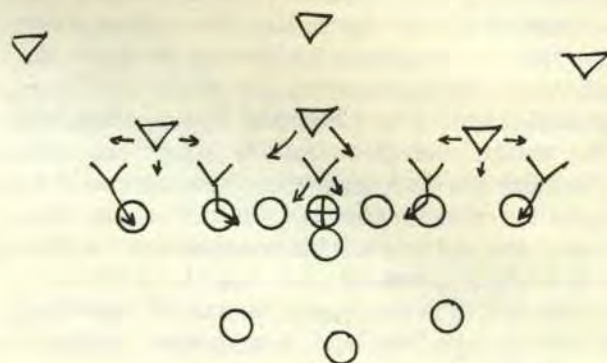
1. Defensive Ends--Outside responsibility, come across two to three yards turn everything inside.

2. Defensive Tackles--With head on outside drive through the man stopping off tackle plays and driving the blocker inside to plug up the hole.

3. Defensive Guards--Head on outside drive through the man plugging up the middle, while being able to help the tackle to the outside.

4. Outside linebacker--First responsibility is to stop off tackle plays. He cannot be taken inside. If end takes out interference linebacker must be there to make the stop on an end run.

5. Middle linebacker--We do not necessarily use this man as a linebacker. He is to key off of the opponents toughest back or pulling linemen and be able to diagnose the play. This man must be tough and quick. The responsibility for our 5-3-3 is the same except now we use our middle linebacker and our middle guard to take care of the middle area.



To sum up our success on playing defensive football, first you need boys on your team that will work and sacrifice. If each man does his job on defense you are bound to give the offense

Continued on Page 19

Complete Football Equipment

• Glad To Show Samples •

Nicklasson Athletic Co.

Phone 354-3711
NEW ULM, MINN. 56073

**HIGHLAND GAINER**

Halfback Mike Cotten (12) of St. Paul Highland Park was checked after a short gain in this picture during Highland's St. Paul City Conference football game against St. Paul Johnson.

WE EMPHASIZE DEFENSE

Continued from Page 18

trouble and that's our main objective. We try to keep the offense in the hole with a good strong defense.

We go by the rule if you don't let the offense score you can't get beat.

Coach: John Henry

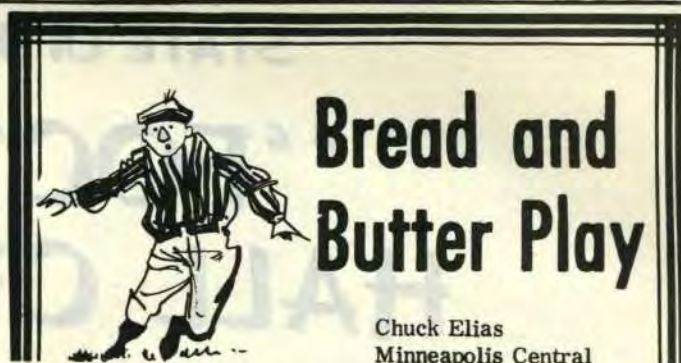
Coaching experience: Three years head coach at Ortonville High School

Graduate of Bloomington High School, Bloomington, Indiana in 1957.

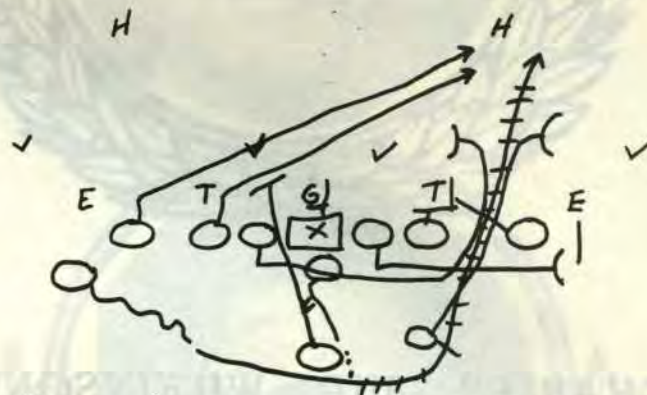
Graduate of Moorhead State College, Moorhead, Minnesota in 1964.

Veteran United States Navy 1957, 1958, 1959 and 1960.

Record: Won 19, lost 8, tied 0, Conference record: won 14, lost 4:



This is our bread and butter play, the old fashion off tackle power play. Those who have played single wing or short punt recognize the old fashion classic blocking. The rule is to double teams the first man inside the hole and to kick out the first man that shows outside the hole. The weak side guard and lead HB should go through the hole side by side with the ball carrier as close as possible. It gets a little crowded at the point of attack with 5 blocks and a ball carrier in the hole but if they all keep their feet moving and force it, the ball carrier usually can pop through.



RE Double team

RT

RG Drive end out

C Cut off block

LG Lead through hole — turn inside

LT

LE Spring shallow downfield

RH Lead through hole — turn outside

FB Fake

LH Motion one count — follow LG and Rh.

**"Everything in Team Equipment"**

FRANK
ANOKA

212 E. Main
HA 1-8856

A & B

NESON
MINNEAPOLIS
828 Hennipen
FE 5-5135

SPORTING GOODS CO.

Open M + Th Eve Till 9 p.m.

"Hockey Outfitters Of The Pros" Softball-Baseball



STATE OF MINNESOTA

"FOOTBALL HALL OF FAME"



ELMER WIGEN—High School

CHARLES "BUD" WILKINSON
—College



Previous Winners....

1965

BERNIE BIERMAN
FRANK CLEVE
BERNIE COLE
JAKE CHRISTIANSEN
VERN MORRISON
BRONKO NAGURSKI
TED PETERSON
LEW SWEARINGEN

1966

BERT BASTON
LESTER S. BARNARD
RED HASTINGS
JOHN GAGLIARDI
LEFTY RANWEILER



SID HARTMAN-Citation

LEE BROCKMEYER
High School



1967

FRANCIS "PUG" LUND
LOUIS TODNEM
PAUL GIEL
CLIFF MORLAN
JOE MARKLEY

**SEE PAGE 22 FOR THUMBNAIL
SKETCHES OF 1968 WINNERS**

FOURTH ANNUAL
Minnesota High School
Football Coaches Association
"Football Hall Of Fame"

ELMER WIGEN-High School



Elmer started coaching at Wells in 1928 and continued for 28 years. The Wells Wildcats maintained a 700% won-lost record during his span of years.

Mr. Wigen's teams played an independent schedule until 1945. That year they became a member of the new Middle Seven Football Conference. He was instrumental in helping establish that league.

During the ten years his teams participated in the league, his teams won or shared the title seven times.

In 1955, when he retired from coaching, he was honored at a banquet and given a 25 years service award for his contributions to the students of the school and his efforts for the city of Wells.

CHARLES "BUD" WILKINSON-College



Coach Wilkinson ranks among the all time football coaches. His great record of 12 straight Big Eight Conference Championships and National ranking in the top ten for eleven straight years is unexcelled. Over a period of fourteen years his teams maintained an .867 winning percentage.

"Bud" is a native of Minneapolis, prepped at Shattuck Military school at Faribault and played on three great Minnesota teams from 1934 to 1936. He was a guard on the 1934 National Championship team and a quarterback on the 1936 National Championship team.

He was the winner of the Conference award his senior year for his all around accomplishments.

SID HARTMAN-Citation



Sid is well known throughout the state of Minnesota as a sports columnist and radio announcer. We would like to honor him for his outstanding radio show, the WCCO Prep Parade.

This show has done a great deal to highlight high school football, give recognition to outstanding efforts by the athletes, and honor the auxiliary aspects of the football game, the bands and cheerleaders.

Thanks for doing a great job for the high schools in Minnesota.

LEE BROCKMEYER-High School



Lee was an outstanding athlete in football and track at Mankato State College. He started his twenty-eight year coaching career at Benson as an assistant and finished it as a junior high coach. His twenty-one years as head coach were marked by seven championships in twenty one years in the tough West Central Conference.

Brocks 1945 team was not only undefeated but was unscored upon.

Lee is still alive in teaching at Benson and continues to do an outstanding job in the classroom.



WHY I WENT TO THE "I"

Continued from Page 5

adjust our plays to enable us to utilize his speed more and still not change any of our plays from the blocking standpoint. We feel it is much easier to adjust our personnel to our offense now than it was in the past.

Again I feel the school that doesn't have abundant material, as far as the blue chip players are concerned, can find an offense that will work for more yards consistently using the "I". Our fullback has become a very good blocker as have our halfbacks and at the same time enabling us to use double teams in the line much more than in the past. This without a doubt makes our linemen much happier. Our linemen who were getting beat bad by the opponent's fine linemen are now going into ballgames with a little better outlook knowing he will get more help on that good opponent.

We first put in some "I" plays to try and make the defense play honest against us. We now feel that it makes our whole football outlook much better offensively and defensively since installing the "I" in our offense.

Our inside game gave us many long runs this past season and we feel it is because the defense has had to spread out to cover our split ends and flankers. Also the fact we have more blocking from our upback in the middle releasing blockers downfield, this being responsible for our long runs up the center. Coupled with this the "I" gives us an offense that has a ball control factor. I don't believe we have lost any yards on any play run from the "I" which helps us keep our drives going, giving us ball control.



Dear Fellow Coaches:

As all of you know, the steps towards excellence in football as well as any other sport are demanding ones.

While the Minnesota Vikings certainly weren't satisfied with their showing in 1967 we feel definite progress was made and we look forward to the coming season with anticipation.

Our nucleus of solid NFL players, another promising draft and the acquisition through trade of quarterback Gary Cuozzo should, we feel, make the Vikings an improved football team in 1968. We very much appreciate the enthusiastic support that all of you have shown the Vikings throughout Minnesota. We know the important job that all of you do in creating a healthy sports climate within the state and we feel privileged to share the sporting scene in Minnesota with your fine program.

Good luck, and keep up the good work.

Sincerely,

BUD GRANT
Head Coach



Football Club

Southtown Center -- 78th and Penn South
BLOOMINGTON 31, MINN.

Lew Swearingen, Coaches Hall Of Famer, Stricken

Recognized as the "dean" of Southwestern Minnesota coaches and a prime organizer in the Minnesota High School Football Coaches Association, Lewis E. (Lew) Swearingen, 67, died Friday, March 8, at the Jackson hospital.

Swearingen -- one of eight named to the "Football Hall of Fame" by the Coaches Association in 1965 -- had been a member of the Jackson faculty for 40 years prior to his death.

Afflicted with a heart condition since 1960, Swearingen relinquished his coaching duties in 1962 and it was in that same year that Jackson's modern athletic field was named "Swearingen Field."

A native of Fairmont, he graduated from Fairmont high school, where he starred in all school sports.

He enrolled at Hamline University in St. Paul after high school graduation, where he continued to shine in athletics.

An Associated Press release during Swearingen's career at Hamline read as follows:

"Seventy-two dollars in his pocket and an ambition to get an education that wasn't to be daunted by ordinary obstacles or the necessity for hard work gave Lewis Swearingen of Fairmont the start four years ago that has brought him statewide recognition as an athlete of versatile parts.

"Captain of two college teams in the same year, semi-pro football player, captain of every high school sport, catcher, forward and league-leading hitter, the choice to many all-state teams and many honors and responsibilities falling heavily upon the recent Hamline University star. And Lewis Swearingen worked his own way."

Swearingen joined the Jackson faculty in 1928 after previously serving as an assistant coach at Bethel Academy and Hamline.

Besides being devoted to athletics and a dedicated teacher, Swearingen also was an avid outdoorsman, enjoying both fishing and hunting.

Funeral services were held Monday, March 11, from Our Savior's Lutheran Church in Jackson with the Rev. Delmar Jacobson officiating.

Active pallbearers at the services were Dennis Anderson, Roger Swearingen, Richard Swearingen, Kenneth Lundquist, Gerald Blakeslee and Thomas Blakeslee.

Honorary pallbearers were Marv (Whitey) Helling, Edwin H. Dahl, L.J. Willett, Dr. W.B. Wells, James Pengra, W.T. Anonsen, George Rogentine and Adolphe Porisch.

Surviving are his wife, five brothers and two sisters.



Lewis E. Swearingen

SWEARINGEN PUPIL WRITES A TRIBUTE

L.J. Willett, a former Jackson high school athlete, wrote the following tribute to Lewis Swearingen in the March 14 issue of the Jackson County Pilot:

"An era in educational and athletic circles has ended. Though we be poorer, because of his passing, we are richer in the legacy he left in the classroom and on the field of competitive sports. The short four decades encompassed a period of incandescent to neon, biplane to space rockets, wire-less to colored TV and Rockne to Parseghian.

"Mere adjectives or superlatives are so inadequate for one who was a living legend, not only in the mind, heart and soul of every Jacksonite, but also within that of every football foe.

"Even at two score and eight years, I could

Continued on Page 25

TRIBUTE TO SWEARINGEN

Continued from Page 24

never address him other than 'Coach' and the word never came forth with less than a reverent tone bordering upon devotion and awe to be in his presence.

"A decade or more ago I had occasion to express my inner convictions and the sentiments went thus: 'If I were ever given to wager, I would have to bet on a Swearingen-coached team, Perry Mason, a Leahy-coached Notre Dame team and the New York Yankees -- and in that order.' He was a combination Einstein, Dr. Schweitzer, Will Rogers and Father Flanagan, all wrapped up as one wonderful individual American.

"Coach Swearingen was truly the 'Houdini of the Gridiron.' His attack was a thing to behold as the opposition did attest. His half-time oratory could cause squad members to literally tear the door down and need I cite any one game to prove it?

"The football field, and the classroom equally so, were his laboratory to mold the youth of today for their leadership of tomorrow. Some required the carrot; some the proverbial stick. Another a bit of sugar; the next the inevitable caustic remark concerning a blade of grass over which a tangle-footed back tripped and fell. But woe to the player and novice assistant that ever dared express his emotion with a curse or an oath. The 'lap circuit' lay immediately ahead.

"Coach epitomized superiority or greatness. 'Average' to him meant the best of the poor and the poorest of the best. He gave all of himself and expected it to be a reciprocity pact on the part of his students.

"In an era of assistants and specialists, et. al., I can unequivocally state that Coach Swearingen, a generation ago, coached every Blue Jay sport, taped every ankle and wrist and did about everything but collect tickets without once looking at the clock or the amount on his paycheck for he believed in his God and in his country and in himself -- and in that order.

"He, alone, could and did teach the spiritual and

moral values to the pupil and I can still hear his pet phrases of 'other things being equal' in the classroom and the 'value of an inch' on the practice field.

"He had one set of training rules and they applied the same to every athlete, without exception. Perhaps his 16 cardinal training rules were but a partial secret to the success of his Blue Jay clubs and he enforced them with the authority of a respected father.

In Minneapolis
STOP at the
ANDREWS
Hotel
you'll be glad you did



In the very center of the city — near depots, theaters, wholesale district and all shopping.

Air-Conditioned Rooms —
Radio — TV
Dining Room, Coffee Shop,
Cocktail Lounge,
Garage Service.

350 modern rooms,
moderately priced

Leslie F. Long, Mgr.

4th Street at Hennepin

MINNEAPOLIS
MINNESOTA



LOUISVILLE · WILSON · NORTHLAND · MacGREGOR · BAUER
STEICHEN'S

ASSOCIATED SALES

643 UNIVERSITY AVENUE
224-3445 222-9857

Ted, sr. Ted, jr.
STEICHEN

ST. PAUL, MINN.





AROUND THE STATE...

By RALPH ANDERSON
Editor Detroit Lakes Newspapers

*One of the finest defensive records in Minnesota was posted by the Marshall Tigers of the Southwest Conference during the 1967 season. Marshall, which tied Worthington for the league title, blanked six of nine opponents and yielded less than four points per game defensively for the entire season.



*Named as the new head football coach at East Grand Forks high school is Julian (Curly) Gasperlin, formerly of East Grand Forks Sacred Heart. A native of the Foley area, Gasperlin coached at Goodridge before going to EGF Sacred Heart.



*The new head grid coach at the North Dakota State School of Science in Wahpeton is Al Grage, formerly head football mentor at Benson high school. Grage's Benson teams were perennial title threats in the West Central Conference.



*One of the foremost conferences in northern Minnesota folded after the 1967-68 school year when the Resort Region Conference disbanded. Member schools during the final year of league play were Breckenridge, Detroit Lakes, Fergus Falls, Moorhead and Wheaton. Alexandria, a charter member when the league was formed in 1954-55, had withdrawn a year earlier to join the West Central Conference.



*New head football coach at Alexandria high school is Ed Christopherson, who succeeds John

Gustafson in that capacity. Gustafson has given up the head football coaching position at the school to become head basketball mentor. Tom Connor, Alexandria's head cage coach for 20 years, resigned from that position after the 1967-68 year and will remain as the school's athletic director.



*Jim Enfield, who served two years as head football coach at Battle Lake, has resigned to join the Mounds View system. Enfield, a Bemidji State College graduate, directed Lake Park to an undefeated season and the Little Valley Conference title in 1963 and then moved to Illinois for two years before returning to Minnesota. Battle Lake's new football mentor is Tony Thiel, who relinquished the basketball coaching post at the school to take over the grid duties.



*Detroit Lakes, left without a conference for 1968-69, has been admitted to the Mid-State Conference beginning with the 1969-70 season. In that league, the Lakers join Wadena, Park Rapids, Aitkin, Crosby-Ironton, Little Falls and Staples.



*LeSueur, which won the Minnesota River Conference grid championship in 1967, did so with a team that averaged only 165 pounds per player. The LeSueur club completely overpowered its opponents, out-scoring its nine foes by 311 to 64 and piling up 3,833 total yards to only 1,928 for its foes. LeSueur finished with an 8-0-1 overall mark, the only blot on the record being a 13-13 tie with St. Peter. In the key game of the year, LeSueur defeated New Prague 31-12 to sew up the league championship.

YOU AND YOUR STAFF

Continued from Page 10

be disagreement among staff members. In most cases this is good and it reflects contribution and production from the staff. Opposite viewpoints are not dangerous, but the danger is a lack of maturity among those involved in handling a particular situation.

I am sure most coaches are in agreement that if there is a single thing that must head any list regarding a coaching staff, it is loyalty. If mutual loyalty does not exist among staff members, then little else is of importance.

If criticism of the program or of individuals concerned with the program takes place in a coach's presence from one outside of the staff, it is his obligation to defend the program and the individual. If the coach cannot, or chooses not to defend the criticism, he should not be involved in the program.

In summarizing, the assistant must realize his importance to the complete program and his responsibility to the head coach. There is no question each individual may do things a little differently, but the man in charge must make the final decision and he must be supported by his staff.

The head coach with regard to his staff must give credit and praise when it is deserved, and strive to see each person feels that he is making a contribution.

Success results in satisfaction and opportunity for the complete staff. A successful staff thrives on loyalty. Without it, failure is inevitable.

Coach: Jim Sims

Age: 27

Education: B. S., M. S. in physical education at Moorhead State College

Coaching Experience: 2 years at Eagle Bend, Minn.

1 year at Moorhead State College (Graduate Assistant)

2 years at Thief River Falls, Minn.

1967 Record: 6-2



Farimont's Terry Domek (21) was being tackled here by a Glencoe defender in Farimont's 47-13 South Central Conference victory over the Glencoe club.



* Team Outfitters

* Athletic Equipment

* Wholesale & Retail

* Rawlings & Powers

STAN KOSTKA, Manager



7 So. Broadway
FARGO, NORTH DAKOTA

Regional Coaches of the Year

TOP COACHES IN MINNESOTA FOOTBALL IN 1967

REGION ONE—JAMES GUSTAFSON, Albert Lea

REGION TWO—TOM MAHONEY, Fairmont

REGION THREE—ROBERT HAGE, Hector

REGION FOUR—RON RAVELING, Columbia Heights

REGION FIVE—GEORGE WEHMEIER, Minneapolis Washburn

REGION SIX—JOHN AHLIN, Little Falls

REGION SEVEN—ROLAND BROMBERG, Cloquet

REGION EIGHT—LES DRECHSEL, Ada



REGION ONE—

JAMES GUSTAFSON,

Albert Lea

James (Jim) Gustafson has earned laurels as Region One football "Coach of the Year" on the basis of directing the Albert Lea Tigers to a perfect 9-0 record and the championship in the powerful Big Nine Conference.

The 1967 season found Albert Lea outscoring its combined opponents 261-68 as it waltzed to an undefeated season.

During Gustafson's 12 years at the helm at Albert Lea, the Tigers have registered 67 victories on the gridiron and have a 70 per cent winning over the last nine seasons.

Gustafson moved to Albert Lea after coaching Detroit Lakes for two years and prior to that had coached three years at Mahanomen and two seasons at Kenmare, N.D. He didn't have a losing season in those seven years.

Taking over at Albert Lea in the fall of 1956, Gustafson found the early going rugged in the Big Nine conference, but directed the Tigers to the league championship in 1960 and then won the crown again in 1967.

A graduate of Grand Forks (N.D.) high school, Gustafson is also a graduate of the University of North Dakota.



REGION TWO—

TOM MAHONEY,
Fairmont

The 1967 football season had several bright spots for Tom Mahoney, who has coached the Fairmont Cardinals the past 12 campaigns.

Not only did Mahoney's Cardinals win the South Central conference championship, they also finished fourth in the final Minneapolis Tribune ranking of state prep football teams and Mahoney pushed his own personal winning total as a Minnesota high school football coach past the century mark.

Mahoney, who coached at Lake City five years before moving to Fairmont, has directed those teams to an overall 104-38-8 won-lost record in 17 seasons.

During the five years at Lake City, Mahoney-coached teams were 33-8-2, won the Hiawatha Valley conference title outright once and tied for the title another time.

His Fairmont teams are 71-30-6 over 12 seasons and twice completed undefeated seasons in the strong South Central conference.

Only two of his teams have finished lower than second in conference play.

Mahoney, a graduate of the University of Minnesota, is a past president of the Minnesota Football Coaches Association.



REGION THREE—

ROBERT HAGE,
Hector

It's been a success story nearly from the start in Robert (Bob) Hage's 12-year career as head football coach at Hector High School and that's earned him the Region Three "Coach of the Year" award.

Taking over at Hector in 1956, Hage-coached teams have won four outright championships and shared the championship three more times for a total of seven 212 conference crowns.

Hage's 1967 club started the year minus some key personnel from the unbeaten champions of 1966, but finished with an overall 8-1 record to gain a title tie. Twice, Hector rallied from halftime deficits to pull out victories.

Under Hage's direction, Hector has had four undefeated seasons -- 1957, 1959, 1963 and 1966 -- and three other times finished as co-champions of the conference. Title shares were won in 1961, 1965 and 1967.

Hector piled up 21 straight football victories from 1965 through 1967 before seeing its win string snapped.

Hage is a 1952 graduate of Augsburg College in Minneapolis.



REGION FOUR— RON RAVELING, Columbia Heights



Capitalizing on a stout defense, Columbia Heights rolled to the championship in the Suburban conference in 1967 and the triumph earned Ron Raveling Region Four "Coach of the Year" honors.

Raveling's club yielded a touchdown in the first game of the season, but then the Columbia Heights defensive unit blanked six straight foes. South St. Paul did score once in this stretch, but that came on a scooped-up fumble.

For the season, Columbia Heights was 6-1-1 and won the school's first Suburban conference crown in history.

Victory was even more tantalizing since the club came up with the fine record after finishing 2-6 in the 1965 and 1966 campaigns.

Raveling, who has coached at Columbia Heights since 1957, has an overall 49-41-2 record in 11 years as head coach and had a 16-3-5 record in three years at Mahnommen high school before moving to his current post.

His Mahnommen clubs of 1954 and 1955 played tie games against Elbow Lake, which won the league crown both years, and Mahnommen shared the Heart O'Lakes crown with Barnesville in 1956.

A graduate of Minneapolis Roosevelt high school, Raveling later lettered in football and boxing at the University of Minnesota. He received his master's degree from St. Cloud State.



REGION FIVE— GEORGE WEHMEIER, Minneapolis Washburn

Advance dope had Central as the favorite in the 1967 Minneapolis City conference football race, but when the season was over the crown belonged to Washburn.

Directing Washburn to a perfect 9-0 regular season record and then to a one-sided victory in the Twin Cities championship game was George Wemeier, who accomplished that feat in his second year as coach of the Millers.

Not only did Washburn win the Minneapolis City conference championship and the Twin Cities game, Washburn was tabbed as the best state prep football team by the Minneapolis Tribune and WTCN Radio.

Washburn was 3-6 in Wemeier's first season (1966) before rolling over 10 straight opponents last fall and that earned Wemeier Region Five "Coach of the Year" honors.

From 1955-57, Wemeier served as head coach at Braham high school and then moved to Minneapolis Henry where he was assistant coach through the 1965-66 year.





REGION SIX—

JOHN AHLIN,**Little Falls**

John Ahlin's Little Falls Flyers proved to be the surprise team in the Mid-State conference football race in 1967.

In his second year as head coach at Little Falls, Ahlin directed the Flyers to a perfect 8-0 record and the Mid-State championship and he thus has been named "Coach of the Year" in Region Six.

Besides an undefeated season and a conference crown, the season also marked the first undefeated one for Little Falls high school since 1950.

Staples and Crosby-Ironton were tabbed as pre-season favorites for the league championship, but Little Falls belted Staples in the fourth game of the year and capped the perfect season with a 20-14 win over Crosby-Ironton in the year wind-up.

A graduate of Marshall high school, where he won two football letters, Ahlin enrolled at the University of Minnesota, Duluth, where he lettered in the grid sport two years. He transferred to Mankato State, where he received his bachelor's degree.

Ahlin served as assistant coach at Little Falls for three years before moving up to the head coach position.



REGION SEVEN—

ROLAND BROMBERG,**Cloquet**

An all-winning season -- nine straight victories -- led to the selection of Cloquet high school's Roland Bromberg as "Coach of the Year" in Region Seven.

Bromberg's Cloquet Lumberjacks won the Seaway Division championship in the Big Ten conference last fall with the unbeaten record and the undefeated season was the second time a Bromberg-coached Cloquet club has had a spotless record. Cloquet also finished with a perfect mark in 1962.

In seven years as head grid coach at Cloquet, Bromberg's clubs have an overall 52-18-3 record for a winning percentage of 74.3.

Besides winning the Seaway Division title last fall, Cloquet also was tabbed as the No. 1 team in the Northern Tri-State area poll as conducted by the Duluth News Tribune.

A graduate of Bemidji State College, Bromberg has coached at Cloquet for 10 years. He holds a master's degree from the University of Illinois.





REGION EIGHT— LES DRECHSEL,

Ada

Since taking over as head football coach at Ada high school in 1959, L.E. (Les) Drechsel has had a 76-11-5 overall record and his Ada clubs have had a virtual stranglehold on the Pine-to-Prairie conference championships over this nine-year period.

Ada has had four unbeaten teams -- 1960, 1961, 1964 and 1965 -- and has won or tied for the Pine-to-Prairie championship five times.

Drechsel, named as the Region Eight "Coach of the Year" for 1967, is a 1951 graduate of Fergus Falls high school and was a key performer for the undefeated Fergus Falls football team of 1950.

Following high school graduation, Drechsel enrolled at Bemidji State College, where he earned his degree.

He coached two years at Parkers Prairie high school before moving to his current position.

Ada's 1967 club had an 8-1 record overall, bowing only to Mahnomen's conference champions.

1966 WINNERS

- Region One—Art Hass, Austin
- Region Two—Cy Champa, Blue Earth
- Region Three—Don Varpness, New Ulm
- Region Four—Charles Kranz, Hastings
- Region Five—Stav Canakes, Edina
- Region Six—Jim Gotta, Moorhead
- Region Seven—Richard Lawrence, Eveleth
- Region Eight—Duane Heck, Karlstad



DUGAN'S Sport Shop

"OUTFITTERS OF CHAMPIONS"

- ★ TROPHIES
- ★ ENGRAVING

•
24-Hour Service
•

Phone 433-6190
130 - 3rd Ave. NE
AUSTIN, MINNESOTA

'67 in Pix

TOP ACTION SHOTS
FROM MINNESOTA FOOTBALL



A BIG GAINER

Halfback Dan Hergott of LeSueur (white uniform) rambles for a long gainer in this picture taken as LeSueur defeated Norwood-Young America 43-6. Hergott scored 23 touchdowns during the season, gained 1,525 yards by rushing (an average of 10.9 yards a try) and was named to the WCCO Radio "Prep Parade" all-state football team of the year.



This action photo was taken as the Fairmont Cardinals were in the process of snapping Blue Earth high school's 32-game football victory string. Fairmont, in the dark uniforms, blanked the Buccaneers 32-0 in the South Central Conference game.



Don Volz (27), halfback for the New Ulm Eagles, had just broken away from a St. Peter tackler in this South Central Conference football game in this picture. No. 77 for New Ulm is Tom Ritter, 6-3 tackle, who prepares to move downfield and block for Volz.

EAGLE SIX-POINTER

Gary Untiedt (29), junior halfback for the New Ulm Eagles, was driving for a touchdown here and a happy teammate in the background throws his arms into the air to signal the score. The action came during New Ulm's 27-0 victory over Sleepy Eye.

**SNARED FROM BEHIND**

Quarterback Cal Gould (10), Fairmont high school junior, was grabbed from behind by an unidentified Worthington tackler as this picture was snapped. Fairmont, which enjoyed an unbeaten season, walloped Worthington 33-13. Fullback Rick Burkhardt (30) of Fairmont is on the ground just ahead of Gould.





PROTECTION

Austin's Steve Ogren (10) follows the blocking of Randy Kimpell (15) in this picture taken during the Austin-Albert Lea Big Nine Conference football game. Austin, winner of the 1966 Big Nine championship, was defeated by Albert Lea, which went on to take the loop crown.



ON HIS WAY

Rick Burkhardt (30), all-South Central Conference back for the Fairmont Cardinals, is on his way to a 55-yard touchdown run in this photo. The action came in Fairmont's 25-0 victory over the Hutchinson Tigers. Hutchinson players in the white uniforms include Steve Kohls (34), Mark Bublitz (behind Kohls) and Glenn Field (86).

ANTICIPATING

Tackle Don Weist (74) and linebacker Mike Monahan of the LeSueur Ginats are anticipating a play coming their direction in this photo. LeSueur, which won the Minnesota River Conference championship, was in the process of downing Arlington - Green Isle 46-0 as this picture was taken.



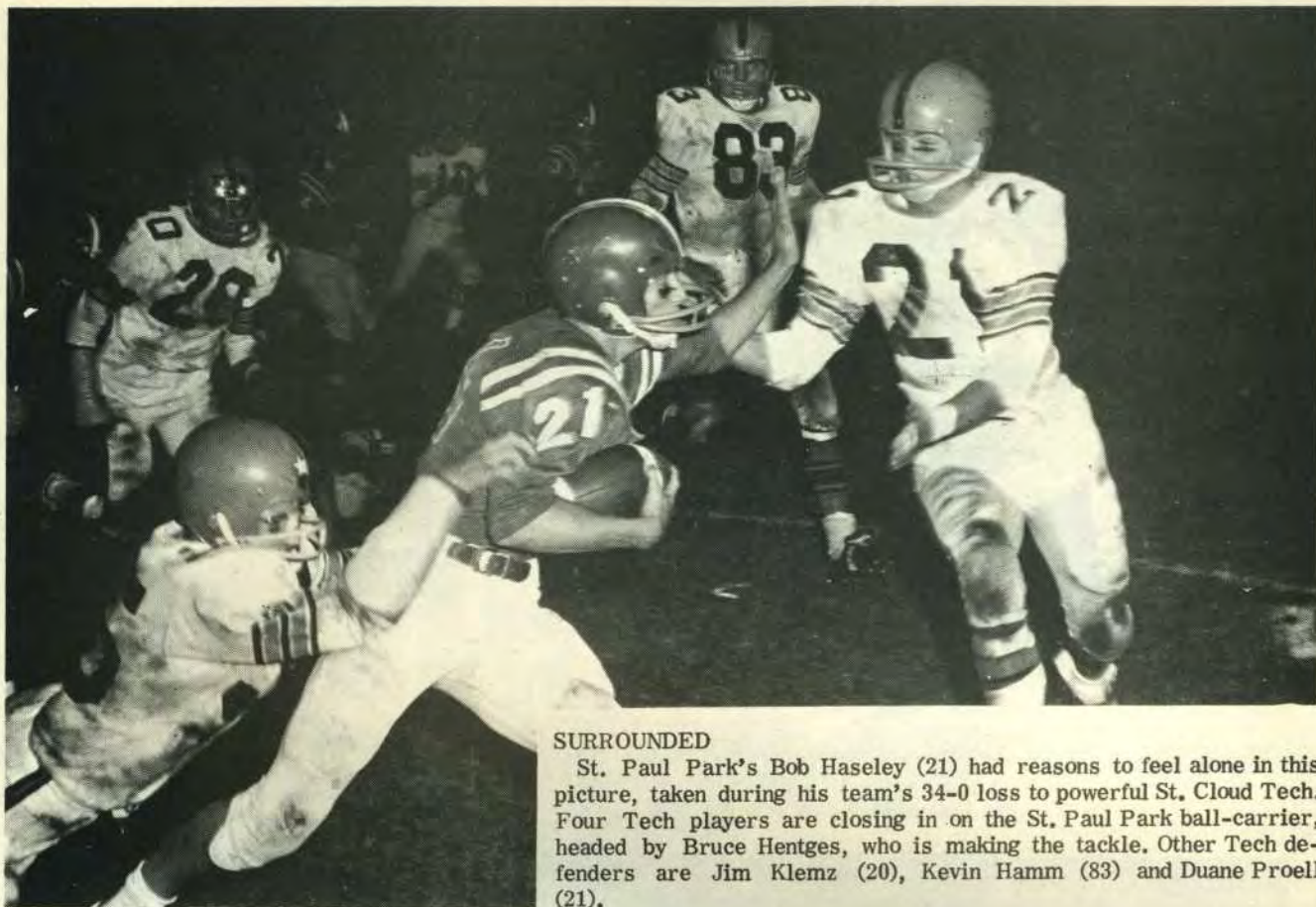


DIVING FOR A TD

All-state Rick Neilsen of St. Peter (dark uniform) is shown diving into the end zone to cap an eight-yard gainer and register six points for his St. Peter high school football team in a 13-0 victory over Hutchinson. Other St. Peter players in the photo are Steve Neils (84) and Bruce Monke (73). The two Hutchinson defenders in the left foreground include Dave Nelson and Mark Butlitz.



Captain Reggie Berry (22) of Minneapolis Central follows a lead blocker through a gaping hole above in a City Conference football game. Berry took a handoff from Quarterback Dave Wohleen (18) in the right background.



SURROUNDED

St. Paul Park's Bob Haseley (21) had reasons to feel alone in this picture, taken during his team's 34-0 loss to powerful St. Cloud Tech. Four Tech players are closing in on the St. Paul Park ball-carrier, headed by Bruce Hentges, who is making the tackle. Other Tech defenders are Jim Klemz (20), Kevin Hamm (83) and Duane Proell (21).



A horde of Marshall tacklers is moving in on Slayton's Greg Johnson (with ball) in this Southwest Conference football game won by Marshall 20-0. Making the tackle for the Tigers is Ron Labat. Finishing 6-1 in conference play, Marshall tied with Worthington for the Southwest championship and had an overall 8-1 record. Marshall blanked six of its nine opponents during the season. Other Marshall players in the photo include Steve Van Hee (30), Jeff Yorde (71) and Lee Markell (85).



BLUE EARTH

Blue Earth had its three-year reign as South Central Conference football kings broken last fall, but in this picture the Buccaneers were in the process of making a touchdown in a 33-7 conference victory over the Hutchinson Tigers. Quarterback Paige Piper made the Blue Earth score in this photo.



CLOSING IN

Gred Ludwig (42) of the Richfield Spartans was closing in on Steve Marcus (22) of St. Louis Park in a Lake Conference football action in this action shot. Richfield's fine team handed Park a 34-14 defeat. Photo by Steven Murray, Richfield Spotlite.

**INCOMPLETE PASS**

A Shakopee pass went incomplete here as Eden Prairie's Bred Reddick (23) and Kirt Woodhouse (in background) closed in on the intended pass receiver. Final score in the game was 7-7 and Eden Prairie finished with a 6-1-1 record to place second in the Minnesota Valley Conference race.

**FAIRMONT VICTORY**

Fairmont's Cardinals, who dethroned the Blue Earth Buccaneers in the South Central Conference grid race, were en route to a 20-6 non-conference victory over Jackson of the Southwest Conference when this picture was taken. Fairmont players in the dark uniforms include Terry Domek (21) all state halfback, and Randy Larsen (84), junior end. Hanging on to Domek's leg is Rick Stolp (22), senior halfback for Jackson.



Mark Mancell, Laker quarterback, scored Detroit Lakes' only touchdown in the Laker-Moorhead game played at Detroit Lakes. He plunged over from the one-yard line after Mark Gunderson reeled off a 66-yard carry. The Moorhead Spuds won, 40-6, in the Resort Region conference game.

SLY-FOX FILMS, INC.

**Photo Equipment
& Supplies**

**Movie Films
& Processing**

1025 Currie Ave. Minneapolis, Minn. 55403
(612) 336-6777



An unidentified official signals one of Audubon's eight touchdowns here as the Zephyrs bombed the Hendrum Huskies 64-0. Coach Joe Silovich's Audubon team closed its season with the one-sided triumph.



Wheaton's Kent Baldry was tackled from behind by an unidentified Detroit Lakes player here as Laker Captain Mike Gunderson storms up from behind. The official at the left is Lyle Freer of Wadena, head linesman, for the game won by Wheaton, 13-0 in the Resort Region conference tilt played at Detroit Lakes.



Moorhead's Dick Peterson (26) awaited ball carrier Doug Hansen of Detroit Lakes on a kickoff return in the second quarter of the game played at Detroit Lakes. Mike Gunderson (20) of Detroit Lakes is next to Hansen ready to provide interference while the Lakers' Bill Brekken is shown at the far left. Moorhead won the game 40-6.



Dan Motschenbacher of Audubon powered his way to a good gain during the Audubon-Rothsay game. Dennis Jorgenson of Rothsay has his arms around the ball carrier, while Roger Brandt (24) was also ready to make contact. Audubon players are Loren Carlson (right) and Gary Dahlberg (28). The Rothsay Tigers scored a 32-25 victory in a dramatic fourth quarter rally in the Little Valley conference game played at Audubon.

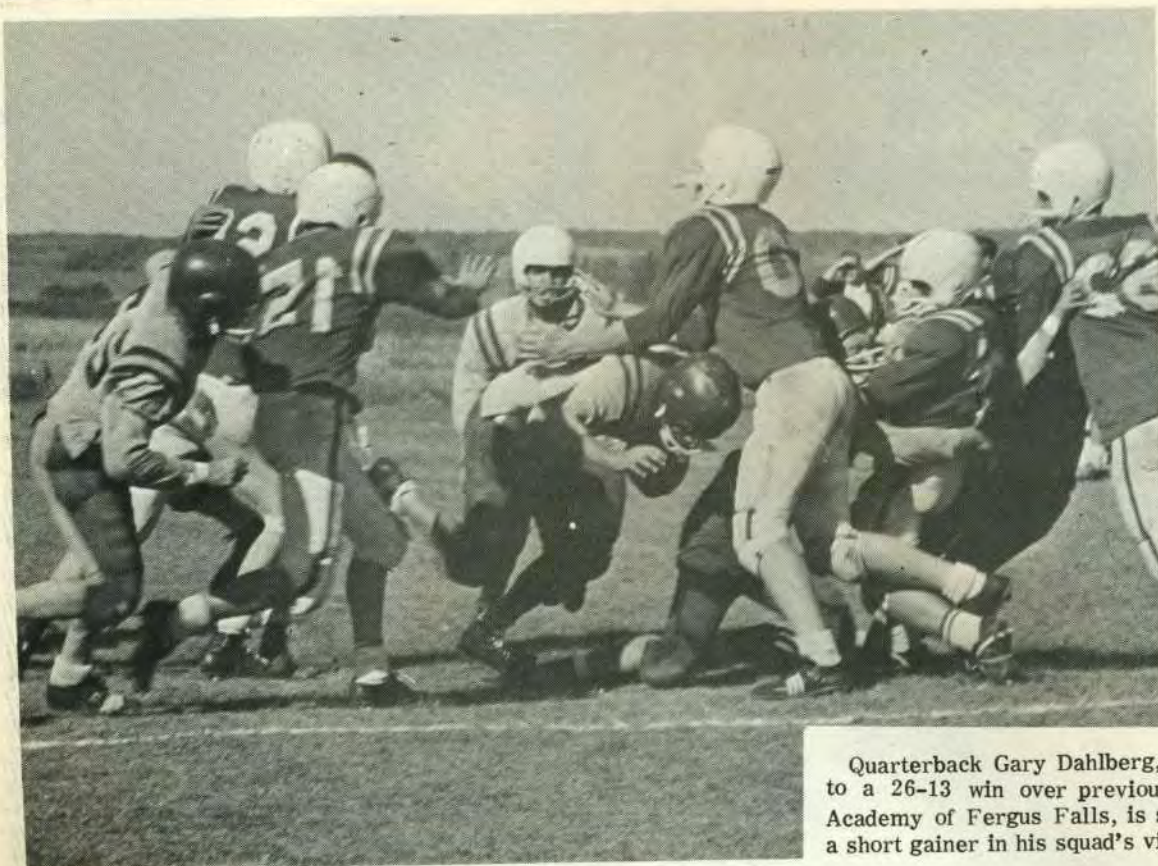




John Christianson, Lake Park halfback, was caught behind the line by a Ulen tackler during the game played at Lake Park that saw Ulen score a 13-12 Little Valley conference victory.



Roger Brandt (24), Rothsay's flashy quarterback, who came through with three touchdowns in the final quarter of play during Rothsay's 35-25 win over Audubon, was stopped in this play by Dan Motschenbacher (22) and Russ Nylander (33). Other players are Eugene Balken of Rothsay (54) and Audubon's Gary Dahlberg (28).



Quarterback Gary Dahlberg, who sparked Audubon to a 26-13 win over previously-unbeaten Hillcrest Academy of Fergus Falls, is shown here as he made a short gainer in his squad's victory.



Audubon's Gary Dahlberg, sophomore passing ace, had plenty of time to find his receivers in the Audubon - Lake Park game. He hit on 9 of 16 pass at empts for four touchdowns and 177 yards during the afternoon. He also added a touchdown on a 36-yard run in the final quarter.

It was anybody's football when this action shot was taken during the traditionally rugged Audubon-Lake Park football game. The game, played at the Lake Park field, was won by the Audubon Zephyrs in a grueling 32-25 contest.



*Publishers of Minnesota's
most "In-Depth" material
on High School Sports!*

SPORTS PUBLICATIONS, INC.

419 WEST 90th STREET BLOOMINGTON
MINNESOTA 55420 PHONE 881-5841

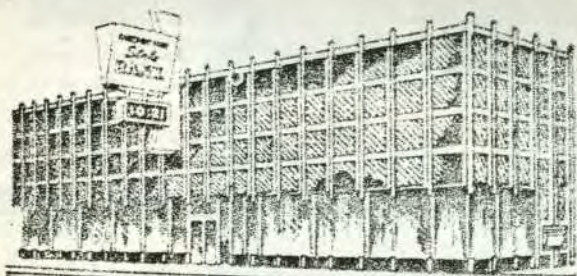
S.P.I. IS A WHOLLY OWNED SUBSIDIARY OF R-B GRAPHICS, A MINNESOTA CORPORATION

"Live Better Electrically"
Interstate Power Co.



The Ulen Panthers put a damper on Lake Park's Homecoming game by edging the Parkers, 13-12. Here Dan Lokken (82) hauls in a pass for Ulen as Steve Buschette of Lake Park finds that he is just a step too late.

THE MINNESOTA TWINS CONGRATULATE THE MINNESOTA FOOTBALL COACHES ASSOCIATION



The Bank Built on Customer Service

**BEST WISHES TO THE MINNESOTA HIGH
SCHOOL FOOTBALL COACHES ASSOCIATION**

Open 9:00 a. m. - 4:00 p. m. DAILY and UNTIL 6:30 p. m.
Monday and Friday

Chicago-Lake STATE BANK

Call 827-2691

825 E. Lake St.

Minneapolis, Minn.



Fairmont Awards

Trophies Plaques Medals



931 LAKE AVE. FAIRMONT, MINN. 56031



KWLM - Willmar - 1000 W - 1340 KC
 KWLM - FM - 35.000 W - 102.5 MC
 KMHL - Marshall - 1000W - 1400 KC
 KMHL - FM - Marshall
 KDMA - Montevideo - 1000 W - 1460 KC
 KTOE - Mankato - 5000 W - 1420 KC

LINDER *Mid-Minnesota* **Radio Group**



Minnesota's Leading Team Supplier

ALDRITT ATHLETIC GOODS CO.

Phone (612) 474-4888

10B WATER STREET

EXCELSIOR, MINNESOTA, 55331

WE'RE PROUD TO HAVE BEEN SELECTED AS THE PRINTER OF YOUR "FOOTBALL JOURNAL"



Lakes Publishing Co.

P.O. Box 857, Moorhead, Minnesota 56560

PRESENTS ..

a Winning Lineup

In Printing of Booklets, Catalogs, and Brochures!

Second Annual

Indian Football Coaching Clinic

A CLINIC FOR FOOTBALL COACHES



★ John
McKay
Southern Calif.

★ Gene
Stallings
Texas A & M

★ Chuck
Fairbanks
Oklahoma

Highland Arena
MANKATO STATE COLLEGE

"Summer Training Camp of Minnesota Vikings"

JULY 25, 26 & 27, 1968

Fee \$15.00

Further Information: Write—Indian Coaching Clinic,
Mankato State College, Mankato, Minnesota 56001

ROYAL ARCANUM
AN INTERNATIONAL FRATERNITY  PROVIDING FAMILY PROTECTION

**A FRATERNAL BENEFIT
SOCIETY**

INTERNATIONAL IN SCOPE

**STRONG INTEREST IN
ATHLETIC PROMOTION**

**For Details On Financing
A Complete Athletic Program**

**CONTACT
Sid Sivertson**

Phone 522-0763

3501 - James Ave. No., Minneapolis

When In Minneapolis

VISIT

The

Minneapolis Elks Club

BEST WISHES TO YOU ALL.



14 North 5th Street
Minneapolis

LETTERMAN CLUB AWARDS

Custom Created By

Josten's

- Your Varsity Letter Or Shield
- Your School Colors

WORN AS A TIE TACK, LAPEL EMBLEM
OR CUFF LINKS.

The up-to-date way to honor lettermen.
Suits and Sport Coats are "in" with
athletes. Letterman jewelry gives
recognition when letter sweaters and
jackets are not worn.

Let us sketch a beautiful proposal
in gold...No Charge!

**SCOTT ANDERSON
OF JOSTEN'S**

Foshay Tower
Minneapolis

C. Z. Wilson Co. Sports Equipment Center

107 West First St., Duluth, Minnesota — 727-7261

"FOR ALL YOUR SPORTING GOODS NEEDS"

TOMMY'S SUPPER CLUB

Austin, Minn.

SOUTHERN MINNESOTA'S FINEST

STEAKS - SEAFOOD

SMORGASBORD

COCKTAIL LOUNGE

CATERING FOR PRIVATE
PARTIES

Hemlock 3-8056 Tom Smith Jr., Proprieter

SPORT SUPPLY, INC.

DISTRIBUTORS OF SPORTING GOODS
ATHLETIC EQUIPMENT

Phone 829-9414

Phone 252-9210

Brainerd, Minnesota 56401

St. Cloud, Minnesota 56301



COACHES:

The Greatest Story Ever Told . . .
MINNESOTA FOOTBALL
Thanks for your support!

Your Complimentary Copy will be
on your desk no later than August 1!

SPORTS PUBLICATIONS, INC.

419 WEST 90th STREET BLOOMINGTON
MINNESOTA 55420 PHONE 881-5841

ROYAL ATHLETIC COMPANY

RECONDITIONERS AND SUPPLIERS
OF ATHLETIC EQUIPMENT



● **HOCKEY**

● **BASEBALL**

● **FOOTBALL**

● **TRACK**



Need Equipment Repair?
Contact

ROYAL ATHLETIC CO.

229 Broadway 665-9333
Yankton S.D. 57078

Winona Daily And Sunday News

Proud to Have Been a Part of Southeastern
Minnesota Athletics for 113 Years.

Serving 45 Minnesota High School Football
Teams in Six Great Conferences—

**Big Nine - Root River - Maple Leaf
Hiawatha Valley - Centennial
Wasioja.**

The Newspaper That Keeps the Sports
World at Your Fingertips



RIDDELL

SYMBOL OF QUALITY IN
PROTECTIVE ATHLETIC EQUIPMENT

Safety Suspension Helmets

Shoulder Protectors

RIDDELL

Athletic Shoes

Face Guards

Hip Pads



Write Manufacturers Representative



RIDDELL

TOM A. SMITH

7108 Bristol Blvd.,
Minneapolis, Minn. 55424

COLD THERAPY

Continued from Page 12

ling, the ice blocks used are obtained by freezing water in 7 oz. drink cups, fruit juice cans, or pop cans. The person applying the ice massage holds on to the ice block with a small cloth, and with mildly firm pressure, massages over and around the injury site with a circular, steady motion, being careful never to break contact during the treatment period. The treatment time over a four inch by six inch or hand sized area will last from five to six minutes, and up to ten minutes over larger areas.

An athlete receiving ice massage will first experience the coldness of the ice, then have a pins and needles sensation, then experience intense aching which after 4 1/2 to 5 minutes gradually abates to a point of numbness. Massage is usually continued for one more minute after the numbness sets in. Mild, active, pain free range of motion exercises are performed at the cessation of ice massage. Areas of the body that are easily treated with ice massage are the thigh, groin, hip, back, chest, neck, shoulder, and upper arm.

The most effective cold treatment program that we have experienced is when the cold whirlpool or ice massage treatment is given three times per day. Treatments may be given in the morning, afternoon, and evening, or before and after practice and again in the evening or morning. One advantage of using cold treatment tech-

niques is that with brief instruction, the injured athlete can treat himself at home and even in the training room. Treatments should be continued faithfully, even on weekends, until all of the symptoms of injury are absent.

The use of cold whirlpools and ice massages is not the miracle cureall or the rapid healer. Healing takes time, but tissue will heal faster when physiological conditions are not disrupted or interfered with. This method of treatment can be considered as only a part of the series of the treatment regime which may also include pressure wrapping, taping, crutch ambulation, rest, or exercises. Cold therapy is only one weapon in the athletic trainers offensive phase of the total treatment regime.

**OLSON & LOWE**

Marshall, Minnesota

MEN'S AND

YOUNG MEN'S CLOTHING

WILSON SPORTING GOODS

**Nelson & Spalj Chevrolet Co.**

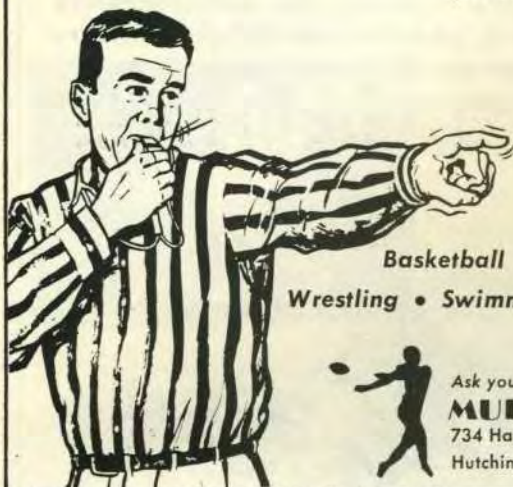
Crosby, Minnesota 56441

SAY, COACH!..

Don't score on just any scorebook...

Join the thousands that ask for the nation's
most popular ***DUPLICATE COPY** scorebook

*(WITHOUT CARBON)



MULTIFORM SCOREBOOKS

Basketball • Baseball • Football
Wrestling • Swimming • Track • Hockey



Ask your dealer or write

MULTIFORM CO.

734 Harrington
Hutchinson, Minn. 55350



the **Radisson** hotel

Radisson Hotel

*In The Heart of Downtown Minneapolis and
Home of the Magnificent Golden Strings*

NEW Maryland Motor Hotel

WANTS High School Business....

Let Us Prove It To You ...

With These Features ...

- **DOWNTOWN LOCATION**
The Maryland is located but minutes away from worthwhile things young people wish to see in Minneapolis.
- **RATES**
Young People Can Afford, Teachers, Too! Our rates are but \$2.50 per student when three or four students occupy a luxuriously beautiful room. Also Special Low Rates for Chaperons.
- **BEAUTIFUL MODERN ROOMS**
Enjoy spacious rooms, with that "Southern Style" charm that is only yours when you make your stay at the Maryland.
- **TASTE TANTALIZING FOODS**
Delight in eating sumptuous meals in the fabulous Orleans Room, or in one of the Maryland's party rooms.
- **PLANNED TOURS —**
Tickets Secured for Shows. The management will be glad to help any group in planning a well-rounded educational and fun tour of the Twin Cities.
- **FREE PARKING FOR SCHOOL BUSES!**
Why not join the band wagon and head for Maryland Motor Hotel?

BRainerd

ALEXANDRIA

ST. CLOUD

PINE CITY

ANOKA

FOREST LAKE

CAMBRIDGE

STILLWATER

HASTINGS

RED WING

MOORHEAD

ROCHESTER

NEW ULM

MANKATO

REDWOOD

ALBERT LEA



MAIL
TODAY! ➡

For Reservations

Maryland Motor Hotel
LaSalle at Grant Street
Minneapolis, Minn.

My team will be in Minneapolis
(Date)

Please make reservations for

Name

Address

School

Above rates do not apply during
state highschool basketball tournament.

**JOIN
NOW!**

....FOR JUST \$2 A YEAR, YOU CAN BECOME A MEMBER OF THE
MINNESOTA STATE HIGH SCHOOL FOOTBALL COACHES ASSOCIATION!
BE SURE TO JOIN YOURSELF AND URGE OTHER STAFF MEMBERS TO DO
THE SAME! USE THE HANDY MEMBERSHIP FORMS BELOW AND JOIN NOW

MINNESOTA HIGH SCHOOL FOOTBALL COACHES ASSN.

Mail To: Chuck Elias, Sec., 6041 14th Ave. So., Minneapolis, Minnesota 55417

\$2.00	MEMBERSHIP APPLICATION	\$2.00
NAME _____		
last	first	middle
DATE _____		
SCHOOL _____		
name	city	state
MAILING ADDRESS _____		
street	town	zone
POSITION: Head _____ Assistant _____ Junior High _____ (Check one)		
Type of Membership: Active _____ Associate _____		
Athletic Region _____ District _____ Coach: 8-man _____ 11-man _____		

MINNESOTA HIGH SCHOOL FOOTBALL COACHES ASSN.

Mail To: Chuck Elias, Sec., 6041 14th Ave. So., Minneapolis, Minnesota 55417

\$2.00	MEMBERSHIP APPLICATION	\$2.00
NAME _____		
last	first	middle
DATE _____		
SCHOOL _____		
name	city	state
MAILING ADDRESS _____		
street	town	zone
POSITION: Head _____ Assistant _____ Junior High _____ (Check one)		
Type of Membership: Active _____ Associate _____		
Athletic Region _____ District _____ Coach: 8-man _____ 11-man _____		

MINNESOTA HIGH SCHOOL FOOTBALL COACHES ASSN.

Mail To: Chuck Elias, Sec., 6041 14th Ave. So., Minneapolis, Minnesota 55417

\$2.00	MEMBERSHIP APPLICATION	\$2.00
NAME _____		
last	first	middle
DATE _____		
SCHOOL _____		
name	city	state
MAILING ADDRESS _____		
street	town	zone
POSITION: Head _____ Assistant _____ Junior High _____ (Check one)		
Type of Membership: Active _____ Associate _____		
Athletic Region _____ District _____ Coach: 8-man _____ 11-man _____		



**Enjoy
the
frosty
taste
of
FRESCA!**

**COCA-COLA BOTTLING
MIDWEST INC.
MINNEAPOLIS - ST. PAUL**

JOIN

The
Minnesota State High School
Coaches Association

Bulk Rate
U. S. Postage
PAID
Detroit Lakes
Minn. 56501
Permit No. 14



CONCORDIA COACHING CLINIC

August 7-8-9



Bob Spear



Ernie Plank



John McKay

18 Big Names

John McKay—University of So. Cal.
Dave Levy—University of So. Cal.
John Pont—Indiana University
Ernie Plank—Indiana University
Frank Howard—Clemson
Bill Elias—U.S. Naval Academy
Ron Erhardt—North Dakota State Univ.
Marv Helling—University of No. Dak.
Dwaine Hoberg—Moorhead State
"Jocko" Nelson—Gustavus Adolphus
Bob Spear—Air Force Academy
Don Donoher—University of Dayton
Bill Quenette—Moorhead High School
Duane Baglien—Edina High School
Frank Powell—Adams State
Paul Begston—Hopkins High School
Roy Griak—University of Minnesota
Del Bethel—Olivet College

Tuition \$20.00

College All-Star Football
And Basketball Games

Dorm Room \$3 Per Night
(Includes Breakfast)

J. M. Christiansen
Concordia College
Moorhead, Minnesota



Frank Howard



Dave Levy



Bill Elias