



THE *Minnesota* PREP COACH

Vol. 53 No. 4

Published by the Minnesota State High School Coaches Association

December 2015

ESTABLISHING CORE VALUES

By : Scoop Reed

Eaton High School (TX)

On February 4, 2012, I had the opportunity to attend the Texas High School Coaches Association regional meeting. During the meeting the audience had an opportunity to participate in a question and answer session with head coaches who won state football championships from our region. A coach in the audience asked what they considered to be the core values that made their programs successful. I thought it was a great question; one that I do not think many people consider, not just when it comes to their profession, but also in their personal lives. To me core values are the foundation upon which some one builds something.

On my drive home from the meeting I started to think about what the core values of a team should look like. I was able to come up with three; 1) Do your job 2) Avoid the noise 3) Dominate your opponent.

Do Your Job

My wife and I have a system of doing things in our house. For the most part she takes care of everything inside the house (including our two year old) and I take care of the outside of the house. She started cutting our son's hair a year ago and it is something that she really enjoys. A few months ago I decided that I was going to help; it did not turn out well. By the end of this experience one side of my child's hair was higher than the other, and my wife ended up having to take him to a barber. Doesn't this happened with team also? So many time we get away from doing things that others trust us to do. An assistant coach who believes that his position is perfect begins quietly coaching players at other positions. A layer going through the wrong gap, so that he can make the tackle or complete the sack. Good teams are filled with with players and coaches that do their job and they do not care who gets the credit.

Avoid The Noise

I was fortunate this year to have a surplus of players at the position that I coach that could contribute to our team. At the beginning of the season the player that ended up being our best at the position was injured; this opened up playing time for the

other athletes. As the season went on our best player began to take over the repetitions in practice and in games. There was a lot of jealousy and bitterness amongst the other players. On a couple of occasions I was confronted by their family members and girlfriends at school. All I ever told the players was to trust me and continue to improve because you never know when your opportunity will come. Their time did come when our best player got hurt in the playoffs.

Rankings, newspaper clippings, family members, and friends are great things. They bring encouragement and attention to your school, athletes and coaches. But they can also be very "noisy" and distract from the goals of the team. The athlete is focused more on the noise than the process of getting better and preparing for each game.

Dominate Your Opponent

Whether it is unemployment, a struggling marriage or an addiction, we have an opponent to dominate. Dominating your opponent has nothing to do with winning. How many times have we watched an athletic competition where someone has dominated statistically and physically the whole night but failed to execute in a timely situation? I watched my best friend's mom battle ALS for 20 years. She was supposed to die shortly after being diagnosed but she was able to battle long enough to see all three of her son's graduate high school and college, see two of them get married and meet three of her grandchildren. By dominating her opponent of ALS she

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The Minnesota PREP COACH

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

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2012-2013 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Tavia Bachman (Frazee)	Tom Van Erp (Wadena)	Mike Peterson (Perham)	
7A		Derek Parendo (Proctor)		
8A	Terry Sadler (Warroad)	John Schumacher (Park Rpd.)		
1AA		John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)	Tink Larson (Waseca)	
3AA		Jeff Groves (Apple Valley)		
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA		Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Prk)	
6AA	Open		Jim Baker (Retired)	
7AA	Todd Smrekar (Cambridge-Isanti)	Bill Baumann (North Branch)	Herbert Jangor (Chisago Lakes)	
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Tim Hermann (White Bear Lake)		Mike Beck	
Adapted Athletics	Marcus Onsum (Robbinsdale)			
Baseball	Al Amdahl (Albany)		John Wilkins (retired)	
Boys Basketball	Chris Pack (Hayfield)		Tom Critchley (retired)	
Girls Basketball	Craig Walker (Chisago Lakes)		Jen Johnson (Edina)	
Cross Country	Pete Janiszkeski (Luverne)			Dave Chatelaine (Owatonna)
Football	Jeff Fergusun (Totino Grace)		Ron Stolski (Brainerd)	Jim Dotseth - Treasurer
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	Toni Kleber (Moorhead)		Shelly Eklund (Rosemount)	
Hockey	Sheldon Weston (Montivedeo)		Mike MacMillan (Buffalo)	
B-Lacrosse	Joe Junker (Chanhausen)	Darren Nelson (Brooklyn Ctr)	Matt Myers	
G-Lacrosse	Rachel Aiken (Chaska)			Alex Erickson (Farmington)
Alpine Skiing	Jason Nickleson	Brad Schaeppi (Blake)		
Nordic Skiing	Brian Aberly (Eastview)			
Soccer	Steve Hendrickson (Trinity at River Ridge)		Dave Halgren (retired)	Keith Randa (Apple Valley) Art Seplak (Jefferson) Treas.
Softball	James Wajer (Martin Cty Central)		Shelly Hotzler (JCC)	
B-Swimming	Rory Fairbanks (Hutchinson)		Rick Ringeisen (Lakeville)	Kate Steineman (Cretin-DH)
G-Swimming	Katie Haycraft (Prior Lake)			
Synch. Swim	Jennifer Wood (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Les Zellmann (St. James)		Rick Englestad (Pine City)	
Track	Johnny Josephson (New Prague)			Scott Christensen (Stillwater)
Volleyball	Greg Ueland (Roseville)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Chad Johnson (Sibley East)	Kurt Habeck (Eastview) Delegate		
Retired Coaches	Jim Dotseth			

President's Message

By: Rob Nielsen, Detroit Lakes HS

My September message focused on trying to improve communication to our membership. I am excited to announce that at the Fall Delegate Assembly, we took a first step in that direction, as the MSHSCA voted unanimously to redesign our website. Our organization made a significant financial commitment to move to a new web platform that will be mobile friendly and provide many additional features. All sport associations were offered an opportunity to join the parent organization in this transition at no cost. 14 Sport associations chose to stay with the MSHSCA or come back for this transition. Our remaining sport associations have had strong websites of their own, and have opted to continue with these sites.

On November 25, we entered into an agreement with Sport Ngin to redevelop the MSHSCA and the 14 Sport association websites. Sport Ngin is a Minneapolis based company that provides the technology that drives all of the mnhub sites many of you are familiar with as well as 7,000+ websites around the world. Sport Ngin will allow us to keep up with

and leverage new web technologies to continue to improve our communication.

Over the next few weeks we will be coordinating with the sport associations and Sport Ngin to come up with a new custom design for each sport association as well as migrating all data from the previous sites to the new platform. We hope to be able to go live with the updated sites sometime in January, so be on the lookout for the new and improved MSHSCA.org.

Remember to follow @MSHSCA on Twitter. We are just shy of 500 followers since September.

Lastly, I would like to take this opportunity to remind you there are lots of opportunities to become involved with the MSHSCA or your Sport Associations. We are always looking for people to serve. If you are interested in becoming more involved contact the MSHSCA Executive Director, John Erickson or your Sport Association president. In order for our organizations to be successful now and into the future we need your help and leadership.

**The following articles
were not submitted for
this issue of
The MN Prep Coach:**

**Boys Basketball,
Synchronized Swimming,
Alpine Skiing, Boys Lacrosse
and Girls Lacrosse**

**Hopefully they will be included
in the next issue**


Notice:

To Credit card users for membership and/or clinics. The charges will show a vendor name of Register.Cordonco.com

This is the company we use for online registration.

After the Game Bring Your Team to 

CHIP SHOTS



By: Bob Gorden
Detroit Lakes

Hope you enjoyed our unbelievable fall weather, I know opening weekend of deer season it was 60 degrees in my northern Minnesota deer stand, and I should of been on a golf course, not in deer hunting clothes in the northern woods, but had a great time at The Gorden deer camp. Hope you were able to play some rounds during our great fall season.

It is hard to believe that we are in December of another school year? Fall sports are all finished, and winter sports are going strong. So in under four months another High School golf season will begin, wow!

If you have not joined the golf coaches association for 2015-2016, please do so and take advantage of the benefits for the entire school year. The million dollar insurance policy is in effect for the entire school year, and your membership pass gets you into most High School and College events all school year long, and you will be on our association email list as a registered coach and receive all our emails during the entire school year, that is how the advisory board gets hold of you coaches. So don't wait until spring golf season, join now if you have not.

Birdie marketing will again be offered for fund raising, selling the golf card of theirs by High School golf programs. All Birdie marketing info is online for you on the golf coaches site at mshsca.org. Winners of a \$500 drawing from the 2015 sales, and to win the school needed to sell 25 or more cards were: John Anderson-Andover, Greg Saunders-Centennial, Jim Goodrich-Champlin, David Bohl-Concordia Academy, Larry Overskei-Coon Rapids, Tyler Finkleson-Watertown Mayer, Betsy Laurey-White Bear Lake. Congratulations to all the winners.

Other upcoming 2016 Golf dates:

Coaches On-line rules begins March 14, has to be completed by April 5 with State High School League, this is on your coaches clipboard.

Deadline to complete the Eligibility Verification forms is March 31, 2016.

Practice can begin March 21, wow only 114 days from this writing of Chip Shots, so good luck organizing and beginning your new season! The 2016 season starts about a week later so we have the entire month of May for Invites, last day for Section play is June 7, and the State is on June 14-15.

Remember for 2016 all sections have to count 36 hole scores to qualify a team and or individuals as directed by the State High School league policy.

Hope everybody is having a great school year, I am fortunate that both my wife Diane and myself are retired and have been able to head to Arizona with our kids and grandkids for the winter months, walk, hike and golf a lot!

If you need to contact me about anything please do, my mailing address is 24878 North Melissa Drive, Detroit Lakes,

Mn. 56501 or email me at bdgorden@detlakes.k12.mn.us or call my cell anytime 218-234-5509.

Have a great Holiday Season and Happy New Year, Think green and see you on course, Golf Coaches Association President Bob Gorden.

Over Hill and Dale

By: Peter Janiszewski
President of the Cross Country Coaches Association
Head Coach
Luverne High School

First of all, congratulations to all of the coaches and runners for another outstanding season! Congratulations also goes out to all of the State Meet participants, Team and Individual Academic Award winners as well as all of the Section Coaches of the Year! We are truly blessed to be part of such an awesome coaching fraternity and to work with such an amazing group of young men and women.

Secondly, I would like to share that we as the Cross Country Coaches Association have submitted a proposal to increase the number of individual state meet medals from ten to fifteen. As of right now we have not heard anything in terms of where there are in the process of evaluating our proposal. When I know something I will be sure to pass it along to all of you. Also, Tom Sharp, who maintains our website, has also created a couple of social media outlets to promote our sport in Minnesota. He has created a Facebook account named Minnesota Cross Country Coaches Association and a Twitter account named MN CC Coaches or @mnncca1, so check those out when you have some time.

There are a few other things I also want to share with you with regards to the Cross Country Coaches Association. First of all my term as President will come to an end in August 2016 at our clinic, and Jesse Nelson of Red Wing will take over. So, we will be in need of a Vice President from the Class A ranks. Please take time to consider this position and contact me if you are interested in taking on this position. It is an awesome chance to give back to the sport. Lastly, I am not planning to have the CC Rap Session this year at the Track Clinic. With that said, if you have any concerns from the State Meet please feel free to catch me at the Track Clinic or e-mail me. Please don't hesitate to contact me with any questions or concerns you have for our sport and any idea or issue you may have where we could make our sport even better and better serve our athletes. Have an awesome winter and I look forward to seeing many of you in the spring when track season gets fired up!

Core Values ... continued from page 1

gave herself a chance to see all of these events. She did not sit around and feel sorry for herself; she got up every day, lived with her disease and raised her family; giving a dominating performance. When one focuses on the mindset of dominating their opponent he or she will always put themselves and their team in the best position to win.

Establishing a set of core values will put anyone's team in a unified mindset of reaching a common goal. It can be used as re-teaching for staff and players throughout the school year.

“I swing big with everything I’ve got. I hit big or I miss big. I like to live as big as I can.”

- Babe Ruth



3rd Annual
WOMEN COACHES SYMPOSIUM
TCF Bank Stadium DQ Club Room

APRIL 22, 2016 7 AM - 3 PM

FOR MORE INFORMATION
612.625.7327
www.TuckerCenter.org
info@tuckercenter.org

REGISTER AT
z.umn.edu/WCSreg
\$65 before March 1
\$80 after March 1
\$25 for Students





Please save the date and join us for the third annual Women Coaches Symposium on Friday, April 22, 2016 at TCF Bank Stadium on the University of Minnesota campus.

Our speaker line up will be stellar and you won't want to miss this typically **SOLD OUT** event!

To register:
www.tuckercenter.org

After the Game Bring Your Team to 



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

The fall sports season for Minnesota High School sports has come to another successful conclusion. It has been a great fall sport season with the naming of our new state champions in all the fall sports. We have seen many new state champions; several repeat champions and a few that have been able to stay on the top for numerous championships. I want to thank each and every one of you for all the hard work and passion you have each poured into your programs and athletes. The final reward is the future successes of the athletes you have helped to mold and motivate.

The MSHSCA has had a busy fall. In October we had the largest Hall of Fame Banquet on record. Thank you to all you who attended and we hope that each of you had a very enjoyable evening shared with your family and friends. A great big thank you to Jim and Jan Baker for all the planning and hard work they put into the Banquet each year. In early November we were informed that Liberty Mutual Insurance was going to terminate our agreement which has provided funding for our "Coaches Caring" program. It has been a good partnership for many years and we are sorry to see it end. It appears they have chosen to partner with Education Minnesota. Those of you who have Liberty Mutual policies will continue to receive the same rates you currently have.

CALLED TO BELONG – CALLED TO LEAD I want to encourage each of you to encourage your entire staff to become members of the MSHSCA if they are not already. I am troubled each year when sport associations name assis-

tant coaches of the year who are not members of their sport associations or the MSHSCA. We do not recognize the non member coaches nor do we provide them with the awards recognizing their selections. The MSHSCA through the strength of our numbers and the leadership of Legislators, such as Dean Urdahl, have been able to accomplish Legislative support for coaches that no other state has. I also want to encourage each of you to step up into the leadership roles for your sport associations. There are so many ways you can help and all you have to do is ask "what can I do to help". In March and April we will be electing a new Vice President for the MSHSCA Executive Board. This year we are looking for candidates from the following groups; boys sports, girls sports, at large, Class A sections 5,6,7,8 and Class AA 1,2,3,4. The commitment for serving on the Executive Board is 4 years but the number of meetings has been reduced to only four times a year. Please contact me if you are interested in throwing your name into the election.

President Rob Nielsen, who also serves as our Web Master, is in the midst of converting our web Site to Sport Ngin. This site is being made available to all of our sport associations and should make it very easy to keep your sport association site up to date and relevant. I would like to remind you that the sites are only as relevant as you make them by keeping your information up to date. Rob will provide the person responsible for your site a password and the necessary help to get information updated. We are excited about the update to our association.

I want to encourage each of you to keep Subway Restaurants in your plans. Subway is our lone sponsor for the Academic Excellence program. We value this sponsorship and the significant grant they provide in helping to fund this program. We know that we want to encourage proper nutrition for all of our athletes and the Subway Restaurants does provide the opportunity for you to provide you athletes with sound nutritious meals while you are on the road. Thank you to each one of you who help make a commitment to Subway and our partnership.

Mary and I want to thank each of your for the opportunity to serve as your Directors. We have been privileged to work with so many of you over the past 16 years and we continue to be honored to work with you each year. We hope each of you have a blessed Holiday season.

EMAIL CHANGE:

Contact
John & Mary Erickson
at
jomar2@arvig.net





Swim Strokes

By: Katie Haycraft
Prior Lake High School

The 2015 Girl's MSHSL State Swimming and Diving season wrapped up November 18-20 at the University of Minnesota with some impressive results. The Class A and AA meets both finished with a total of five new meet records. The swimming was fast, and the diving was impressive. Swimmers and divers from around the state also earned numerous All-American qualifying times/scores, and the state will be well represented when the NISCA All-American athletes are announced this spring. Congratulations to Visitation as the Class A state champion and to Breck School as the runner-up. Also, congratulations to the Class AA champion, Wayzata and to Minnetonka as the runner-up.

In addition, a total of 29 schools earned an Academic Gold award, and 65 schools earned an Academic Silver award. This year, we implemented an award for any senior athlete that maintained a GPA of 3.75 or above. A total of 227 swimmers and divers throughout the state earned this award. These are tremendous accomplishments! As the Girl's season ends, the boy's season is just beginning, and it promises to be just as exciting.

The MSHSCA True Team section meets were well-attended again this year, and the True Team State meet was very exciting. Three new records were set at the Class A meet and three at the Class AA meet. I would like to congratulate the Class A Champion, Visitation, and the Class AA Champion, Minnetonka. Congratulations to the True Team Section Champions, as well, and thank you to the 16 schools who hosted these championship meets. A great deal of time and energy is needed to make the True Team Championships a success. This wouldn't be possible without the efforts of athletes, coaches, parents, and volunteers, around the state!

Coaches, please mark your calendars for the annual MSHSCA sponsored Coaches Clinic which will be held Friday and Saturday, April 8-9, 2016. Additionally, the annual All-State Banquet will be held Friday, April 8, 2016 at the Prom Center in Woodbury. There will again be online registration for the clinic and banquet, along with online voting for the 2015 Coaches and Athletes of the Year. More information about the clinic and banquet will be posted on the MSHSCA Swimming & Diving website in the near future.

Finally, thank you to everyone for your hard work in making swimming and diving a successful sport! Congratulations to the coaches who just finished their seasons, and good luck to the coaches who are just getting started. Your dedication to the athletes and the sport is immeasurable. Have a great and relaxing holiday season!

“Sweat is the cologne of accomplishment.”

- Heywood Hale Broun (sportswriter)

COACHES CARING PROGRAM

Do you know of a Minnesota high school coach who is facing a catastrophe and could use some financial assistance?

You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at rtingerr@aol.com

When you nominate a coach for a Coaches Caring assistance donation, remember to provide background information for the committee to review.

Please note: A limited number of Coaches Caring Program assistance payments will be issued each year depending upon the amount of donations made by coaches association members.

After the Game Bring Your Team to 

MSHSL BOARD OF DIRECTORS REPORT

By: *Craig Anderson*

Boys Sports Rep

Pine Island High School

As we enter into the Winter Season for activities, I want to thank all of you for providing thousands of participants the opportunity to be involved in our MSHSL programs. Through their participation, we believe that these students will develop many skills that will prepare them to be more successful in their future endeavors.

I want to thank Mark Solberg for his four years of work as the previous Boys Sports Representative to the MSHSL Board of Directors. He did an outstanding job of representing us. I also want to thank our Girls Sports Representative, Shelly Hotzler, of Jackson County Central, as both of them were so helpful in preparing me for this position. I am honored to serve the Minnesota State High School Coaches Association. If any concerns or issues come up, please contact Shelly or myself.

We will have our next Board of Directors meeting on Thursday, December 3rd. This is the synopsis from our MSHSL Communications Coordinator, Tim Leighton, for our October 1-2015, meeting.

Minnesota State High School League Board of Directors meeting synopsis Thursday, October 1, 2015

REFLECTION

- Presented by board member Betsy Anderson

INTRODUCTIONS

- New board member Kristen Amundson was introduced
- New MSHSL employees Rachel Edholm and Mary Heiss were introduced to the board

EXECUTIVE DIRECTOR'S REPORT

- Sign-up sheets for fall and winter tournament award ceremonies was distributed
- Executive director and three associate directors have conducted Area Meetings in recent weeks.

Attendance of activities directors statewide at the area meetings has been 95 percent.

- Eligibility workshops with new AD's have been very effective and well received.
- Announced that Associate Director Kevin Merkle will be inducted into the Minnesota Baseball

Coaches Hall of Fame on Oct. 24, 2015

- Announced the fall edition of The Bulletin has been completed and will be mailed soon

ACTION ITEMS

- Approved the Board of Directors Goals for 2015-16. The board plans to explore:

1. Class Competition
2. Use of electronics in board communications
3. Outreach/Perception of the MSHSL
4. Cooperative Sponsorships. How Can We Serve All Schools?
5. Eligibility ruling/determination: 10-12 vs.9-12

6. Presenting partner criteria, adding activities, association outreach

- The board approved three Spring Activity Advisory recommendations:

1. Approved the use of non-traditional instruments at solo and ensemble music contests
2. In Speech contests, the author and title of poems recited must be cited
3. The board approved new time limits for speech competition: 10 minutes for non-draw events and seven minutes for draw events

- Approved the definition revision to Bylaw 111---Transfer and Residence. The revision goes into effect when the Board of Directors meeting minutes are approved on Dec. 3, 2015

DISCUSSION ITEMS

- The QRF/Trac and other seeding methods were discussed and will continue to be explored
- The Sports Medicine Advisory Committee is addressing concussions, asthma, wrestling, and acclimatization for all sports

COMMITTEE REPORTS EXECUTIVE COMMITTEE

- The committee plans to meet monthly
- Discussed continuing to develop relationships with administrative groups
- Approved Minnehaha Academy's request to be moved to Class A in boys hockey
- Approved funds for building repair

ELIGIBILITY COMMITTEE

- All Eligibility Committee recommendations were approved

AUDIT/FINANCE COMMITTEE

- The State Auditor's Office will arrive in the coming weeks. The audit is expected to be completed before the Dec. 3, 2015 board meeting
- The financial statements for July and August were reviewed and approved

MARKETING & COMMUNICATIONS COMMITTEE

- Recommended approval of a contract renewal with Preferred Design for three years. The board approved by voice vote
- Mills Fleet Farm will be the presenting sponsor of the 2016 Clay Target state tournament
- Negotiations are ongoing with Josten's
- The MSHSL Hall of Fame banquet is Oct. 25, 2015 in downtown St. Paul

TECHNOLOGY/COACHES AND OFFICIAL EDUCATION COMMITTEE

- 501 new officials have registered for the 2015-16 school year. That exceeds the number of new officials registered during the 2014-15 school year.

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- Recommended the approval of hosting a “Why We Play” conference in 2016. The board approved by voice vote.
- Recommended the approval of a \$15,000 grant by the Minnesota Department of Health for an asthma module. The board approved by voice vote.

NEXT MEETING--- Thursday, Dec. 3,2015,Minnesota State High School league,Brooklyn Center

Goal Posts

By: *Ron Stolski - Brainerd*
Exec. Director MFCA

And so another of our seasons ends. The Boys of Fall, filled with the memories of games played, won or lost, in elements unique to our game... wind, heat, rain, have moved on to other pursuits now. Life, we know, is filled with the comings and the goings; the hellos and goodbyes. Our hope is that they go having learned the x's and o's of football yes, but, because of you, and your colleagues, they have learned a bit more of life as well. The very nature of the demands of our game, so much a metaphor for the life we lead and the lives we share, lends itself to growth and discovery. Our role in such development is not insignificant. In fact one could argue that the opposite is true. If we asked our players what they will remember most about their season, my bet is that their response... not surprising to you, coach....., would certainly favor the relationships they formed, the coming together as 'family.' For the short period in their football life, they learn to care for one another, to be there for one another, to laugh and cry with one another. Are there better lessons to be learned? And, in the end, a simple “thank you coach” is all we need. It says it all... and next Fall, we will be there again, waiting for the next bunch, setting out to try to do a bit of good. How lucky are we??? How thankful.

Holiday season often lends itself to, reflection, renewal, hope and thanks. This Holiday season let us all remember how fortunate we are to be able to coach. To try to do a bit of good. Let's remember to be thankful for our calling. And more.. Let's reflect on what a responsibility and honor it is to be among those who call themselves keepers of the game.

On a personal note, this writer is thankful for:

- The MFCA
- being a part of a professional organization that has, at its very core, the recognition, welfare and progress of

football as an educational experience for coaches and student athletes in every school and community in our state.

- the legions of association members who volunteer their time and expertise to see that the mission, goals and functions of our MFCA are true to that mission.
- the tireless work of Jim Dotseth, the Secty-Treas.
- the presidents past, present, and future who have and will conduct the role of that office with the dilligence that leadership requires.
- the MANY committee chairs who competently fulfill the varied challenges of the functions of their task.
- finally... so many to thank.. so little time.

Congratulations to the District, Section, and State Champions; to the Mr. Football finalists; to the recipient of Mr. Football, J.D. Spielman. And, to you, coach. There are, as always, challenges ahead. We will meet them as we always have. With acknowledgement to Robert Frost, “We have miles to go before we sleep”. See you down the road.



FLIP NOTES

By: *Toni Kleber Moorhead*

The gymnastics season has begun! Coaches and gymnasts are working hard on routines and preparing for competitions.

All coaches should have completed the online rules interpretation meeting and

continuing education requirements by this time. Please make sure your assistant coaches have completed all their requirements as well.

Reminder for all head coaches to join the Minnesota High School Coaches Association before the January 8th deadline. The link can be found on our website www.MGGCA.org click Forms then click Membership to complete your registration. Head coaches must be a MHSCA member for their gymnasts to be eligible for All State, All State Honorable Mention, All State Elite, and Academic awards. You must also be a member to be eligible for the Coach of the Year award. Assistant Coaches are encouraged to join as well and are then eligible for the Assistant Coach of the Year award.

As your meet season begins, please send your scores to Colleen Stark Haws. Remember to include your team name and date of meet in your email. Also remember to enter your meet scores and rate your judges on mshsl.org.

Good luck to all the great teams across the state of Minnesota. Have a safe and fun season!



After the Game Bring Your Team to 



CORNER KICKS

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

The tournament is over and most winter seasons have started. Once again we were privileged to watch the best teams in the state compete for the coveted State Champion trophies.

For the second year in a row the State tournament was played at St. Cloud University. We want to thank the University and its staff for making it a success. In addition, a new system for third place games was implemented with the games played at Mahtomedi High School. Thanks to the staff and students at Mahtomedi for their great job in hosting the four soccer games.

The Class A Boys title was won by Orono coached by Derek Engler. The Girls A title was captured by Benilde St. Margaret's under the direction of Scott Helling-Christy. Eagan won the Girls AA championship for the second year in a row coached by Bulut Ozturk while in the Boys AA, Anoka led by Coach Pete Hayes repeated as champions. The MSHSSCA congratulates these four teams on their accomplishments.

Our most prestigious soccer award is given to one player in each class. The winners of the Ms. Soccer and Mr. Soccer are as follows.

Ms. Soccer Class A Girls	Aleksa Tataryn A B St. Margaret's
Ms. Soccer Class AA Girls	Hannah Cade M Lakeville North
Mr. Soccer Class A Boys	Daniel Hedstrom M Hermantown
Mr. Soccer Class AA Boys	Suad Suljic M Minnetonka

These individuals were given a plaque and a permanent trophy to display at their school for one year.

The annual MSHSSCA/Eastbay Senior Classic was scheduled to be played on November 11, outside at North St. Paul Senior High School. However, Mother Nature decided to have one of the biggest rain and lightning nights and the game was cancelled. We hope to move this game into the new Viking stadium, but things are still in the planning stages.

In returning to the school which I coached for 18 years it was a real privilege to work with Athletic Director Jed Helweg, Lori McNamara the AD secretary and Andy Nevis the site director who spent many hours on the phone and on site with me.

Thanks also to Steve Cook who took the time to arrange for the officials for the Classic for the second year in a row.

There are many additional people to thank, Keith Randa, Art Seplak, Berry Arrowsmith, and Greg Juba for their contributions to the success of the classic. A special thanks to

Dave Jenson and Eastbay for helping sponsor this event.

Since we moved the Classic in the fall, I have been blessed to have the help of a very dedicated number of coaches to serve as team managers. The following two people have been there every year to help and for this I am grateful. To Crissy Makela (Mankato West Girls) and Len Woefel (Mankato West Boys) there is not enough thanks I can say. Jason Arnebeck (Park of Cottage Grove Boys) has stepped in the last three years and has done an incredible job.

To Chris Laird (Heritage Christian Boys) my co-chair, who has to put up with all my questions and problems a big thanks. As he always says to me "hang in there brother.

Last but not number 1 would be without a doubt, my wife Peggy who with all the problems with weather, concessions and other problems was the rock which I could depend on. For 52 years she has helped me with my teaching, coaching duties, countless hours on the phone, checking documents, sitting at basketball and soccer games and trying to keep me on task. What do you say for all that support! Thanks Peg

The first goal of the MSHSSCA is to work at the continuing academic success of our athletes. To encourage this, we give out awards to teams for their team academics. The awards are given out in two different categories, Gold and Silver. The Award Coordinators are Crissy Makela (Mankato West Girls) and Len Woefel (Mankato West Boys). This list is quite long and can be found on the MSHSSCA website.

Each year our organization honors coaches who belong to our organization. The following coaches were honored at the State Tournament Banquet.

Coach of the Year Awards

Girls A	Crissy Makela	Mankato West
Girls AA	Cheryl Perterson Reuben Ndely	Minneapolis Washburn Minneapolis Washburn
Boys A	Dave Bahr	Kasson-Mantorville
Boys AA	Dr. Charles Abboud	Rochester Mayo

Assistant Coaches of the Year

Girls A	Orin Schueler	Alexandria
Girls AA	Heidi Leland	St. Michael-Albertville
Boys A	Brad Haugen	Willmar
Boys AA	Drew Lueders	Rochester Century

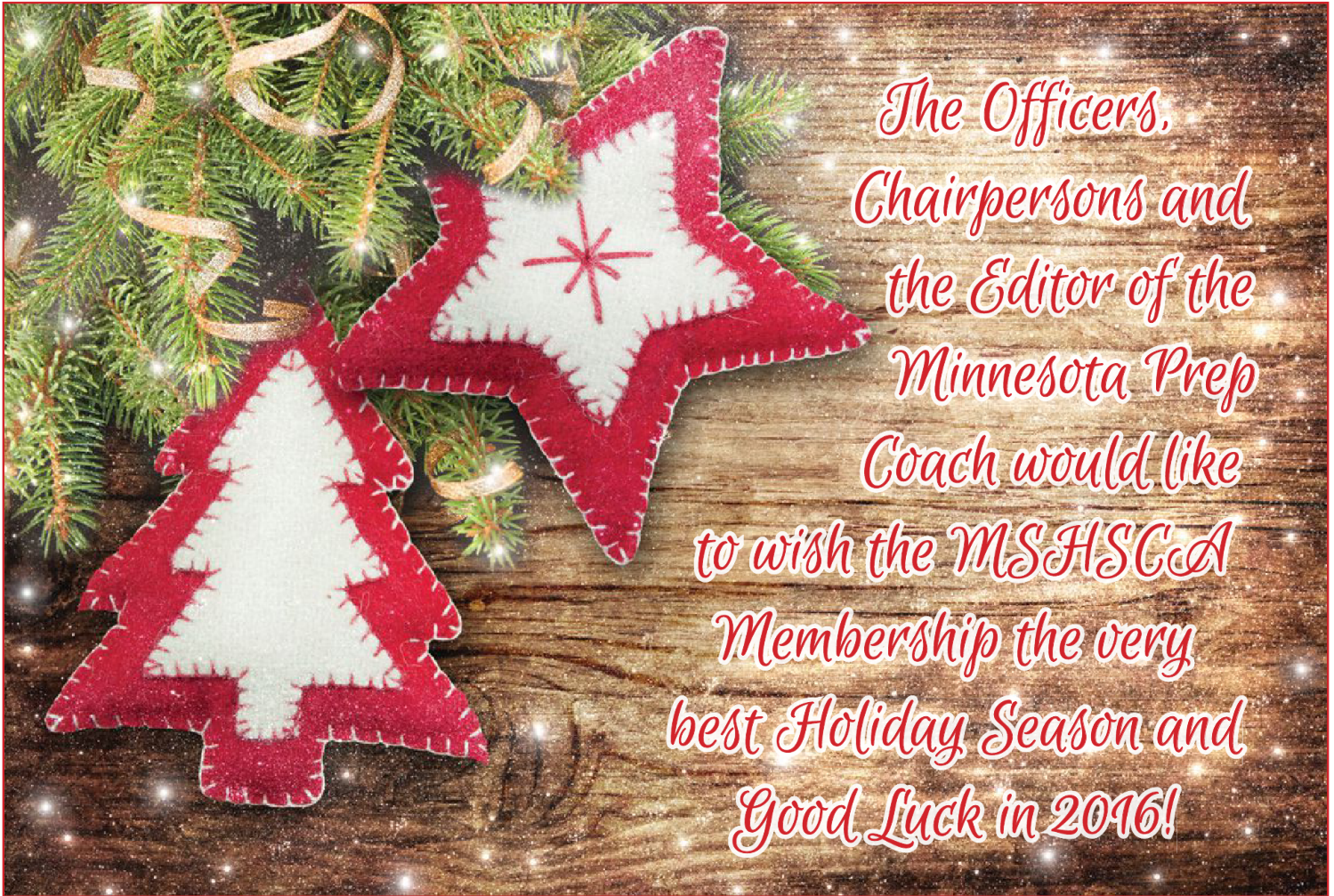
One of the biggest awards that can be given to our coaches and athletes is given at the national level. These awards are given by the NSCAA. The following awards were given to the girls' players and coaches.

All American

Hanna Cade	Lakeville North
------------	-----------------

All Great Lakes

Rachel Boyer	Mounds View
Maya Rajacich	Minneapolis Washburn
Jade King	Eagan



MSHSCA 2016 MEETING DATES

- | | |
|--------------------------|--|
| NOCAD: | Scottsdale AZ - January 16-17, 2016 |
| Spring Delegate Meeting: | March 18, 2016
Mancini's - St. Paul |
| Summer Meeting: | June 26-27, 2016
Detroit Lakes |
| President's Meeting: | Marriott West - September 9, 2016 |

PREP COACH DEADLINES TO SUBMIT

Sept. 1 | Dec. 1 | Mar. 1 | May 15

After the Game Bring Your Team to 

CORNER KICKS ... continued from page 10

Aleksa Tataryn	Benilde-St. Margaret's
Sophie Roux	Benilde St. Margaret's
Brianna Lupo	Eden Prairie

Coaches of the Year

Large School	Bulut Ozturk	Eagan
Small School	Erin Murry	Orono
Private/Parochial	Scott Helling-Christy	Benilde-St. Margaret's

Boy's award winners were:

All American

Suad Suljic	Mike Rogers	Minnetonka
-------------	-------------	------------

All Great Lakes

Ata Claremont	Casey Holm	North St. Paul
Ashwin Kolla	Anthony Bidwell	East Ridge
Busquets Juedi	Casey Holm	North St. Paul
Chase Wright	Peter Benson	Lakeville South
Garrett Opperman	George Steumpfig	Breck
Jonathan Loera	Dr. Charles Abboud	Rochester Mayo

Coaches of the Year:

Large School	Dr. Charles Abboud	Rochester Mayo
Small School	Derek Engler	Orono
Private/Parochial	George Steumpfig	Breck

Art Seplak, the coordinator for the Mike Warter Scholarship committee, is accepting applications for the scholarship. The deadline for making application is December 21, 2015. This award is given to one senior girl and one boy who completed their senior year in Minnesota High School soccer. Warter passed away in 2000 and the MSHSSCA gives this scholarship in honor of the Eagan girls coach.

Check the website for details and forms.

The Christmas season is here and I hope all of you and your families will enjoy the time you share. 2016 is just around the corner. As always, remember you have the best job in the whole world, coaching and mentoring kids. We are all blessed.

**NCAA RULES AND
REGULATIONS CAN
BE FOUND ON
ASSOCIATION WEBSITE
WWW.MSHSCA.ORG**

*“If we magnified blessings as
much as we
magnify disappointments,
we would all
be much happier.”*

- John Wooden

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2014-2015

Tom Van Erp Past President	B/G Soccer G Swimming Baseball	B Swimming Wrestling B Hockey
Troy Urdahl President	Football Adapted Athletics G/B Golf	G Basketball Gymnastics
Rob Nielsen President Elect	B/G Cross Country Alpine Skiing B Tennis	Nordic Skiing G Tennis B/G Track
Todd Smrekar Vice President	Volleyball Synch. Swimming B Basketball	Softball B/G Lacrosse

Sports Associations: If you need assistance from the MSHSCA for any reason, please contact your Liaison person listed above.

Many articles are submitted by a designated member of particular sport associations and are not necessarily the feelings of other sports associations, the MSHSCA or the Editor.

Have You Moved or Changed Your Email?



If you know of a member who has moved or is not receiving their Prep Coach, please ask them to notify us. Including Life and Retired Life members. Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar2@arvig.net. It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

Need new Life Card?

Please send the life card you currently have to the MSHSCA address (above) and we will send a replacement.

COACHES!

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



Your school has received a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Beaches Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. Thank you for your help with this program to recognize your athletes.

After the Game Bring Your Team to 

Defining Our Purpose

By: Jody Redman, MSHSL

Each year we are presented with an opportunity to provide growth-filled experiences for the students we coach. As we begin another year as a coach of education-based athletics and activities, take a moment and reflect on this question — “What will you give the students on your team this year that will sustain them beyond the physical aspects of the game you coach?” You can best answer this question by reflecting on the following four questions:

1. Why do I coach?
2. Why do I coach the way I do?
3. How does it feel to be coached by me?
4. How do I define success?

Why Do I Coach?

We spend a considerable amount of time on the technical and tactical aspects of the sports we coach, but there is so much more to consider. Joe Ehrmann, author of *InSideOut Coaching*, states, “Coaching shouldn’t start with the X’s and O’s but with the Y’s. This WHY should be a clear and concise statement defining the impact we are trying to make in our players’ lives. WHY directs the expenditures of our time, energy, and effort and provides a final destination. Answering the question ‘Why do I coach?’ can help a coach identify selfish agendas and develop a purpose that transcends personal, vocational, financial, or ego-driven needs. WHY prompts us to answer the questions of when and how to use the power of coaching to affect players for their lifetime.”

A clear Transformational Coaching Purpose will assist us in focusing first on the students we are entrusted with to grow and develop as human beings instead of just improving them as athletes. For this to happen, we must not only write our Transformational Purpose but also develop strategies to bring it to life in our program every day.

Why Do I Coach the Way I Do?

Coaches have an incredible opportunity to dramatically influence their students’ lives. Take a moment and think back: How did your high school coaches impact you? We can name the coaches that we couldn’t wait to spend time with and those whose practices dragged on, those who were heroes in our lives and those we despised. Why do you coach the way you do? How have the coaches in your past impacted the way that you coach today? Look in the mirror. Good or bad, how much of how you coach is based on what you learned from them?

Ehrmann defines the coach who strips away fun as a Transactional Coach, one who uses questionable tactics, manipulation and threats to achieve their goals. “When players perform well, they are rewarded. When they don’t perform well, some kind of punishment is inflicted, be it yelling or the withholding of praise, playing time, or participation.”

The coaches we aspire to be are Transformational Coaches. Ehrmann defines these coaches as those who inspire, motivate, and produce positive change in their student-athletes. They understand the needs of young people and “offer individual support and encouragement for each player and have a clear

vision for the desired impact on their players’ lives. And not surprisingly, a Transformational Coach, even in organized athletics, allows and encourages their students to simply play.”

Spend a few moments and think about the coaches you played for and identify the experience. Was it a Transactional one in which you only got something when you proved your value and worth, or was it Transformational, an experience from which you consistently grew? Now that you are the coach, what type of experience are you providing the students who play for you?

What does it Feel Like to be Coached by You?

Identifying whether we are Transactional or Transformational will determine how it feels to be coached by us. Students who have played on a team will remember the time spent with their coach and have stories and memories of their experiences. Through every experience and interaction, we are creating pathways in our students for future responses, solutions, and attitudes. Positively or negatively, we will forever be a part of each person’s life that we have had the privilege of coaching. We are leaving our imprint on the students we interact with for a lifetime.

What will our coaching legacy be with the students who played for us? Will it be a legacy of Transaction or Transformation? Will it be defined only by the outcome on the scoreboard or more intentionally by the process and the path that we experienced together? Much of this is determined by how we define success.

How Do You Define Success?

Success can be determined in many ways. Unfortunately in our culture, it is most often only defined by the outcome on the scoreboard. Our job as educators is to make students aware of additional possibilities. Ehrmann urges us to “define success before we measure it. If we measure ourselves against ourselves, we can determine if we are truly successful. This is especially important in our ‘win at all cost’ sports culture where success is defined only by winning and in the vast majority of situations, we are left to feel that we didn’t measure up.” Focus your definition of success on the aspects of coaching we can control: improvement in performance rather than our record, providing a fun environment for participation, and making our students better people, not just better athletes.

Defining Our Focus

As coaches, we know there are important lessons to be learned through participation in high school athletics programs. Face it – with less than three percent of our students going on to play college or professional sports, we are not providing these opportunities to help them get scholarships or professional careers. A greater and more important purpose of our programs is to provide opportunities to make ethical, caring, empathetic people. It is an incredible opportunity and responsibility, one that we as coaches need to approach with conscious intent. We have the power over young people to either do a tremendous amount of good or a tremendous amount of harm.

Choose intentionally, define your purpose, reflect on how it feels to be coached by you, and why you coach the way

you do. Commit to making success about the growth of your student-athletes and not the game's final score. Give students the positive experience we longed for as young people when we were involved in high school sports.

HOOP SCOOP



Craig Walker

Chisago Lakes High School

2015-16 MGBCA President

Our 2015-2016 season is in the full swing of practices and games and I hope that all of you have a season filled with good experiences that will build lasting memories for you and your athletes. Thank you for your dedication and the hours you put in for the young women of Minnesota!

The 37th Fall Clinic held at the University of St. Thomas in October was a great success. Thank you to Scott Bergman and Bill Gottenberg for the time and effort they put in to plan and execute the clinic. I'd also like to thank Ruth Sinn and her staff for their help at St Thomas. A big thank you also goes

out to the speakers; Forrest Larson (Take it to the Rim), Jim Jabir (University of Dayton), Charli Turner-Thorne (Arizona State University), Ruth Sinn (University of St. Thomas), Chris Yaw (Northwestern College, IA), Bob Lyons (Benilde- St. Margaret's) and Ron Backes (3D Coaching)

As our season progresses, please remember to rate the officials. The MSHSL uses the ratings for consideration for those officials who would like to work state tournament contests. Speaking of the State Tournament, we will be looking for volunteers from each class that will commit to attending the state tournament and seeing all the games in their class to select the All-Tournament Team. It's a great time to spend with other coaches as watch the best teams in the state. Please contact your section rep or an association officer if you are interested.

Remember to check our website, www.mshsca.org/girlsbasketball periodically. All nomination forms for all the Association awards are found there and must be submitted electronically. Miss Basketball nominations are due in early December, All-State and All-Star mid January, and Team/Individual Academic early February.

Please feel free to contact any of the association officers or your section representatives about any ideas or concerns that you may have regarding girl's basketball, your input, suggestions and ideas are always welcome. Have a Great Season!

MSHSCA's 2015-2016

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Thank You

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THAT HELP MAKE MANY OF OUR PROGRAMS AND AWARDS POSSIBLE!



After the Game Bring Your Team to **SUBWAY**

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076
Email: jbad154@q.com



**MINNESOTA STATE
COACHES ASSOCIATION
HALL OF FAME
NOMINATING FORM**

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____

College: _____ Year: _____

College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach Awards, Honors & Highlights: _____

Are you currently an inductee to a Sport Association? If yes, please list: _____

Present Status: _____ Organizations & Honors (other than coaching): _____

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**More Hall of Fame Nominees are requested.
There are a lot of deserving coaches that should be recognized!!**



Dig This

By: *Greg Ueland*
Roseville Area

This years MSHSL State Volleyball Tournament was absolutely fantastic. I was both impressed and amazed at the level of play that I witnessed at the Xcel Energy Center last week. I also want to point the many teams that were making the state tournament for the very first time in their program's history. I know how much fun this is for a school and community. Congratulations to Waterville-Elysian-Morristown, Belle Plaine, and Eagan for taking home championships in their respective classes.

I also want to congratulate all of the Section Coach and Assistant Section Coach of the Year recipients.

Coach

- 1A Lonnie Morken, Mabel-Canton
Dan Reinhart, Caledonia
- 2A Sue Alstrom, Buffalo Lake-Hector
Ken Trnka, W-E-M
- 3A Katie Gervais, Tracy-Milroy-Balaton
Jenna Hennen, Minneota
- 4A Tom Fuglestad, Heritage Christian
Leah Rudzitis, Legacy Christian
- 5A Shelley Glenz, Verndale
Karly Drury, Nevis
- 6A Becca Pulju, Sebeka
Breck Grove, Underwood
- 7A Pam Taylor, Cook County
Casey Willard, Cherry
- 8A Ruth Hayden, Ada-Borup
Jami Carr, Kittson County Central

Coach

- 1AA Melissa Huseh, Cannon Falls
Scott Willenborg, Stewartville
- 2AA Cassie Koch, Belle Plaine
Steph Schultz, Sibley East
- 3AA Kristi Fehr, Morris/Chokio-Alberta
Dave Dulas, Pipestone Area
- 4AA Wally Bomgren, New Life Academy
Ryan Grev, St. Croix Lutheran
- 5AA Kim Duis, Concordia
Carol Meyerson, HLWW
- 6AA Marty Kiebel, Maple Lake
Amy Voigt, Maple Lake
- 7AA Steve Michaletz, ML/WR
Joe McDonnell, ML/WR
- 8AA Katie Hedlund, Roseau

Heidi Spicer, East Grand Forks

Coach

- 1AAA Steve Willingham, Lakeville South
- 2AAA Mike Dean, Prior Lake
Ryan Wagner, Prior Lake
- 3AAA Kathy Gillen-Melville, Eagan
Jeff Groves, Apple Valley
- 4AAA Greg Ueland, Roseville
Allison Axness, Roseville
- 5AAA Scott Jackson, Wayzata
Rebecca Zenefski, Champlin Park
- 6AAA Mark Nelson, Mpls Washburn
Teryn Glenn, Hopkins
- 7AAA Mike Selbitschka, North Branch
Steve Dickhudt, North Branch
- 8AAA Becky Schlichting, Alexandria
Carla Stall, Brainerd

Last, please mark your calendars for July 27 and 28 for the Minnesota Volleyball Coaches Association Coaching Clinic held at St. Cloud State University. We are again planning to have a great line-up of coaches. Thanks again to everyone for all that you do for volleyball in the state of Minnesota!

*“What to do
with a mistake:
Recognize it,
Admit it,
Learn from it,
Forget it.”*

- Dean Smith



After the Game Bring Your Team to SUBWAY

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2014-2015 school year.

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
- Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN) (Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- North Central University (Minneapolis)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

Another example of the MSHSCA at work for the membership!

- *1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D.at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.
6. The number to call for UND tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.
7. Complimentary passes are not available for Division I Hockey at Bemidji.



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CLEARING HURDLES

By: Johnny Josephson
New Prague HS

Hello to one and all who have the awesome privilege of coaching/teaching in the great state of Minnesota. I hope everyone had a fun filled, relaxing, and full of energy summer! The fall is back and with it comes the excitement of school starting. Fresh faces, bundles of nerves, high levels of pent of energy ready to burst forth are found in any school across our great state of Minnesota. It is a time of renewal, a time of new goals, new dreams. A time for you, me, all of us who are coaching this terrific sport of track and field to promote it to our returning student athletes and those who have not had the great privilege of being coached by you or myself. It's a time to create new dreams for the spring. A time for us to build a foundation to realize those dreams. A time to have fun, promote and dream. Dreams of True Team Champions, school records, state participants, increase in the numbers of your team, and more importantly the smiles of your student athletes as they find success in your program.

As the summer winds down, I would like to just reflect back on the spring and summer in Track and Field. Once again, the 2015 True Team series of meets was a great success. The Minnesota True Team Champions of 2015 were:

Class A: Girls - Blue Earth Area Boys - Holdingford

Class AA: Girls - Rocori Boys - Mankato East

Class AA: Girls - Mounds View Boys -Wayzata

That success is the direct result of the hard work of a relatively small group of coaches. If you are interested in helping to continue that great opportunity for our sport in the state of Minnesota, please contact any member of the True Team Committee, or: (Johnny Josephson- New Prague, Mark Alcorn- Holdingford, or Gary Wade- Rushford Peterson)

I would like to give a huge SHOUT OUT to over 150 Gold/Silver Team Academic Awards! Not only do we have some of the best athletes in MN but also the smartest. Keep up the excellent work both in the classroom and on the track.

Still dealing on the topic of True Team: the True Team Committee met over the summer and made a few alignment changes based on new enrollment numbers from the MSHSL. You can check out the new True Team Section Assignments on our web page. (<http://www.mshsca.org/track/>).

This past summer we also tried a different format for our annual coaches meeting usually held during the MSHSL Track and Field Championships. This year we decided to break the meeting up into 3 at 3 different locations around the state. Past President Mark Alcorn held a meeting in Bemidji, Vice President Gary Wade held his in Mankato and I, (Johnny Josephson) conducted one at the Prior Lake high school. These meetings were better attended than our usual one at Hamline.

We could use many more coaches to come to these meetings. As one coach stated at my meeting, "the more coaches we have with one voice with one idea the better the odds are of getting things passed at the MSHSL." I have had a few coaches speak with me about wanting change and how they think it should be done. All great ideas and suggestions that would help improve our awesome sport. However, there is a need to for a louder voice that has a clear direction. To achieve this, we need more people to get involved and let their voices be heard. We have many; hundreds of outstanding coaches but only a small percentage come to annual meetings. If want change to occur we have to come together. Not just a few, but a majority. As a past president once said in a newsletter: "if you want others to think what you do is important you need to start by treating your profession with the same respect it deserves." We need a louder voice, check that, we need louder voices working together to bring about the positive change for our sport. WE NEED YOU, WE NEED ALL OF US.

On a more somber note, as many of you know, a champion of our sport left us. He was called up to the great track and field meet in the heavens. Of course I am talking about Roy Griak. Roy was a huge supporter of MN Track and Field. He coached at the U of M for 33 years and stayed after as an administrative aide for almost 20 more. I was fortunate enough to have met him on one occasion many years ago as a young coach. I still remember the passion that exuded from him. The positive energy radiated off of Coach Griak when he was around the sport of Track and Field. He will be missed. If any coach or Track and Field program would like to make a donation to his scholarship the information is:

Make the check out to the U of Minnesota and put Roy Griak Scholarship in the memo line. Send it to Jo Rider, men's track office, Bierman Athletic Building, 516 15th Ave SE, Minneapolis, MN 55455.

Looking ahead and our annual winter clinic, a few things to consider. Don't wait to sign up: January 28-30 at the Double Tree Bloomington, rooms will go fast. A few highlights: The True Team Meeting will be Thursday the 28th of January at the DoubleTree. Friday the 29th will be clinic coaches meeting, followed by dinner and awards ceremony. After dinner there will be a key note speaker with a social after. Packed in with these fun events will be some of the best speakers for high school track and field. For a small fee you and your staff will walk out with a tremendous amount of information that will help build your program, help train your student athletes, and how to manage /maintain your teams. This clinic is a must see!!!!

Have a sensational fall, good luck to all fall coaches. Keep up the positive attitudes and keep smiling.

Plus let's not forget that is time of the holidays and time of reflecting on we should be thankful for....

Hello to one and all who have the awesome privilege of coaching/teaching in the great state of Minnesota! Winter is in full swing here in Minnesota and it is the start of the holiday season. With the Thanksgiving feast eaten but not forgotten I

believe it is a great time to look at what we as track and field coaches can be thankful for.

First on the list: let's be thankful for the all of the student athletes we have the privilege to work with in this awesome sport of track and field. Obviously without them we could not be doing what we all greatly enjoy: teaching and coaching. Be thankful for the gleam in the eyes of your athletes as they set a new PR, or the positive energy exuded from an athlete who has just busted past a self perceived limitation. Be thankful for the gifted athlete and also the athlete that just wants to be part of the team. Be thankful for the smiles that they bring to you.

Second on the list: be thankful for the student managers. Be thankful for all the hard work they put in: setting up cones for drills, putting away the cones. Taking attendance, videotaping practice and meets, creating end of the year highlight videos, loading the bus with med kits and water are just a few jobs that managers are tasked to do. Without them on the team, many menial tasks would fall to us, taking time away from teaching and coaching.

Third on the list: be thankful for your assistant coaches. You may have only one assistant or a dozen on your staff, but no matter the number we all know how valuable they are. With track and field being one of the most popular sports in MN and the U.S. based on participation numbers, without our assistants, coaching a large number of kids becomes virtually impossible. Like you, I have the best assistants in the business,

be thankful of that.

Fourth on the list: Be thankful our coaches association. Be thankful that our coaches come together to make our sport one of the best in the state and one of the best track field programs in the U.S. Be thankful for the concept of True Team where all participants score points. Truly a team atmosphere, where everyone is important. Be thankful for a coach's clinic geared towards high school coaches, taught by high school coaches, growing each year. (By the way don't forget to sign up for the clinic which will be January 29th and 30th). Be thankful for your fellow coaches, learn from them, laugh with them, and compete with them.

Fifth on the list: Be thankful for family. This one as we all know is the most important. Be thankful for your significant other that stands by you when the days of practice and meets get long and tedious and parents become too vocal. Be thankful of your own kids who are there with a smile and giggles when you come home when you lose or win. Be thankful for your family that is there to support you when it seems no one else is.

Spring will be here soon enough. We soon will be busy, maybe too busy. Therefore don't forget to be thankful for all the fantastic things you have. Stay warm, hope to see you at the clinic in January, (did I mention the date?), pray for a warm, dry spring, and be blessed with wonderful, fun student athletes in your program!!



2016 Track & Field Clinic January 28th – 30th



Doubletree Hilton Hotel & Convention Center • I494 & Hwy 100

Save time and money

Register before January 24th and pay \$100!

Registration for membership and/or the clinic is online at www.mshsca.org

Fees include Thursday night social, Friday Association meeting and banquet.

Clinic charge is \$120 after January 24th.

If you are sending one check for your whole staff, that can be done online also.

Each coach enters their information & prints out a receipt to be included with the payment.

Mail checks to:

MSHSCA, PO Box 519, Detroit Lakes, MN 56502

Questions?

Call: 218-847-6796 or email: jomar2@arvig.net

ATTENDING THE CLINIC ONLY in 2016?

There is a spot to register at www.mshsca.org

Once you have entered your email and profile information, you must select B/GTrack as your 1st sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

Please register early so our committee has a good count for the banquet.

If your school wants to pay for all their registered coaches using a credit card, please have your administrative secretary call 218-847-6796 to have the form emailed to them.



After the Game Bring Your Team to 

FAST TRACKS

By: *Brian Abery*
Eastview

As I'm sitting writing this article on Thanksgiving morning prior to the beginning of family festivities, the snow is coming down quite hard providing me with optimism that we may all soon be able to sget on the trails. I'm sure just about everyone is the same boat as those of us in the Twin Cities area in that you've just completed 2.5 weeks of dryland practice. That's enough to start being able to figure out who is coming in to the season in good shape (and who is not), who among new recruits "might" have the potential to be a good skier, which athletes need the most encouragement, and who needs to be held back a bit to make sure that they don't experience the symptoms of over-training.

As my assistant coaches and I ran athletes through their paces over the first training sessions, one of things that came to mind was some of the recent work my colleagues and I have done at the University of Minnesota. These efforts focused on the extent to which children and youth receive positive versus negative feedback from significant adults in their lives and the need for coaches to be keenly aware of this situation. Our research, as well as that of others suggest that, on average, most children and youth receive 8-10 negative comments from the adults in their lives for every positive one. Interestingly, this same body of research also indicates that when one wants to change behavior, a ratio of five positive comments to 1 negative comment gets the job done most effectively. These studies also indicate that you can improve behavior by 80% just by pointing out what someone is doing correctly. Unfortunately, nowhere in the live or on-line training that we receive as Nordic coaches is this basic idea discussed and explored in spite of the fact that it a fundamental principle of behavioral psychology that has recently been incorporated in to teacher training in many schools under the name of "positive behavioral interventions and supports."

Although the research cited above focuses on general behavior as opposed to the teaching of athletic skills, I think it's important to keep these points in mind especially as we begin a new season and are integrating new skiers on to our teams. As coaches, what we are trying to do when we are teaching the basic skills of Nordic skiing is change an athlete's behavior. Unlike the majority of other high school sports, most of us don't have athletes coming on to our teams with well-developed, sport specific skills. On many teams, up to 95% of new skiers have limited or no Nordic experience at all. In this situation, when one is starting with providing instruction/coaching related to the most basic of skills (e.g., how to get into and out of your bindings, how to appropriately put on one's poles, how to get up after a fall) it is all too easy to

focus on what athletes are doing wrong and forget to positively comment on what they are doing correctly even this this is pretty much confined to the effort they are putting forth.

As the athlete progresses and develops sport specific skills one would think that more positive comments would be forthcoming. However, in most educational and athletic contexts the adults in charge raise expectations as children and youth develop to the extent that that even the most experienced student or skier who has developed exceptional skills receives far more negative comments (criticism or advice on what should be changed technique-wise) than positive reinforcement. We tend to forget those youth with whom we work when they are behaving appropriately in the classroom and executing Nordic technique with skill. They come to our attention primarily when the behavior they display is not what we desire.

As a result, the experience of the athlete (whether a new or experienced skier) interacting with the coach is one that is all too often much more strongly couched in the negative than positive. However, if we desire to build relationships with our athletes and support them to become the best that they can be we need to consider that: (a) a new behavior will be learned more quickly and efficiently if it is reinforced; (b) behavior is likely to become a habit and recur in the future only if demonstrating it proves beneficial for the athlete; (c) through reinforcing positive behavior we have the capacity to harness the influence of athletes who are showing expected behaviors to encourage those who are not; and (d) the reinforcement of the positive, whether we are referring to behavior or ski specific technique, supports the development of positive interactions and rapport with the students we serve.

The positive behavioral feedback we direct towards our athletes is most likely to be effective if it is behaviorally specific (e.g., "I really like the way are working on using your core stomach and back muscles in your double pole"), that clearly let the athlete know what he or she is doing correctly (contingent), and is based on the athlete's individual characteristics and preferences. For some skiers, for example, we have found that providing positive feedback when they are among a group of peers is embarrassing while for others it is a much more powerful incentive than when such positives are delivered individually.

This doesn't mean that the correction of poor technique or inappropriate behavior should avoided at all costs. Sometimes it is necessary to point out a technique flaw or de-escalate a negative interaction that is taking place between students. The key is the ratio or making sure that at least 5 instances of positive feedback are directed toward athletes for every critique, criticism, or negative interaction.

Is this approach an easy one to implement? By all means no. We often have to correct ourselves at practices and meets when we find that the behaviors we are directing toward our athletes are focusing more on the negative (i.e., what they are doing wrong technique-wise and/or behaviorally and need to correct) rather than the positive (i.e., what we like and appreciate about

they are doing). Working within a team context, however, means that we can apply the same approach we use with our athletes with each other as coaches making sure that we are focusing on the positive, letting the youth we coach know what they are doing right, and reinforcing this behavior.

Here's hoping everyone has a great season. Let it snow!

Mat Chatter

By: Joe Block
Prior Lake HS



It is absolutely amazing how time flies. It seems like just yesterday I was walking out of the Xcel Energy Center feeling like I had just ran a marathon. I can remember driving home, reflecting on what a crazy season it was for us and making plans in my head for our summer training, going over what we needed to work on for next season as well as thinking about all the other things in my life that I would now have the time to do. The next thing you know, the weather is changing, school is starting, football is in full swing and wrestling is right around the corner. Where did the time go?

The start to a new school year brings many changes and this year is no different. One of the biggest changes within the MWCA is the resignation of the Executive Director, John Peterson of Elk River. John has worked with the MWCA in some capacity for the past 16 years, the last seven as Executive Director. On behalf of the coaches association I'd like to thank John for the time and energy that he has put into our association. While he won't be working with the MWCA any longer, John will continue to be involved in the sport of wrestling through his new business venture in MatBoss.

I was reading through some of the past presidents guillotine articles in hopes of getting some ideas for my first article. I ran across Jair Toedter's article talking about the need to fill the executive director's position due to John's resignation. He had said that the MWCA was looking for someone "with good organizational skills, a passion for the sport and the time and energy to run the business of our group." I believe we found that man in Kip Lynk. Kip took over for John in June of this year and the transition has been close to seamless. I am excited to work with Kip this year and know that he will do a great job representing the MWCA.

Another change this year is the fact that the state tournament will be seeded. While the State High School League has approved the proposal to seed the state tournament, the exact

details of what that will look like are still in the works. The MWCA and MSHSL have been working closely with Track Wrestling to determine these criteria and figure out what seeding will look like this year. We are optimistic that these details will be finalized by the time our fall clinic rolls around and will then be shared with coaches. In talking with some coaches, reservations have come up about exactly HOW the seeding will be done. Rest assured that we have listened to and heard the concerns that are out there and will do our best to make sure that the process is fair for all wrestlers. I feel that this is a positive change for Minnesota wrestling and is what is best for kids. Every other tournament, from youth to the NCAA's are seeded...again, it is what is best for kids.

The other priority item for us this year is the match count proposal. While it hasn't been approved by the MSHSL as of yet, it is still in the works. We will continue to work on getting approval from the MSHSL yet this year. The Advisory Committee will be meeting on Sunday, December 6th to discuss a number of items including criteria for seeding the state tournament along with a plan for following up on the match count proposal.



After the Game Bring Your Team to 

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

- Steve Prefontaine

HALL O



Neil Johnson
Shakopee High School



Don Seipkes
Henning High School



Gary Dierks
Mankato East High School

F F A M E

Jane Reimer-Morgan
Minnetonka High School



Eugene Hildebrandt
St. James High School



25 Years of Service



Photo credit to: Ashley Ritter, Eden Prairie

After the Game Bring Your Team to **SUBWAY**



Coach of the Year



Assistant Coach of the Year



Championship Coach of the Year



Championship Coach



Officials Distinguished Service Award
Left to right: Chuck Behrens, Betty Haukebo, Patrick Pollard and Rick Murry



National Distinguished Service Award
Jim Baker



George Haun Leadership Award
Sue Alstrom



Past President
Tony Urdahl



Steve Kerzie Delegate Award
Tim Johnson



Steve Kerzie Delegate Award
Becky Leuer

FALL TEAM CHAMPIONSHIP RECOGNITION

Another exciting fall sport season has gone by the boards and the winter programs are well into their respective seasons. The MSHSCA would like to take this opportunity to congratulate all schools, teams and coaches for attaining the ultimate goal – a state championship.

Next fall at the Hall of Fame Banquet, the MSHSCA will honor the championship coaches with a plaque presentation as part of the many awards granted on that evening.

Listed below are the fall state champions and their head coaches. If a school is not found in the champions listed below, it is due to the fact that the coaches are not members of the MSHSCA,

FOOTBALL

9 Man	Grand Meadow	Gary Sloan
1A	Minneota	Chad Johnston
2A	Caledonia	Brent Schroeder
3A	Pierz	Leo Pohlkamp
4A	Becker	Dwight Lundeen
5A	St Michael-Albertville	Jared Essler
6A	Osseo	Derrin Lamker

GIRLS SWIMMING AND DIVING (TRUE TEAM)

Class A	Visitation	Nate Linscheid
Class AA	Minnetonka	Dan Berve

GIRLS TENNIS

Class AA	Edina	Steve Paulsen
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BOYS SOCCER

Class A	Orono	Derek Engler
Class AA	Anoka	Pete Hayes

GIRLS SOCCER

Class A	Benilde-St Margaret's	Scott Helling-Christy
Class AA	Eagan	Bulut Ozturk

BOYS CROSS COUNTRY

Class A	Mora	Chris Goebel
Class AA	Hopkins	Mike Harris

GIRLS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	Edina	Matt Gabrielson

VOLLEYBALL

Class A	Waterville-Elysian-Morristown	Crystal Lamont
Class AA	Belle Plaine	Cassie Koch
Class AAA	Eagan	Kathy Gillen-Melville

GIRLS SWIMMING AND DIVING (MSHSL)

Class A	Visitation	Nate Linscheid
Class AA	Wayzata	Elizabeth hansen

*“I’ve never been
a fan of individual
awards because football
is such a team sport.
There’s so many
things that goes into
making plays.
It’s about teammates
trusting one another
and working
together.”*

- Troy Polamalu



MINNEOTA, THE BLAKE SCHOOL, WAYZATA WIN FINAL CHALLENGE CUPS

For the seventh time in the past 12 years, The Blake School has won the Minnesota State High School League's Challenge Cup in Class AA. The Blake School is one of three to earn top honors during the 2014-15 Challenge Cup competition. Wayzata and Minneota are also Challenge Cup winners.

Now in its 12th and final year, the Challenge Cup is a state wide, year long competition among Minnesota high schools. Points are awarded to schools based on their success in section and state fine arts and athletic tournaments. The school awarded the most points at the end of the year in each classification – Class A, Class AA and Class AAA – receives the traveling Challenge Cup trophy.

The award is sponsored by Wells Fargo, the League's premier corporate. The program is being discontinued and the League and Wells Fargo, instead, will focus on programs that focus on programs that recognize students for community service and leadership.

The top finishers in the Challenge Cup competition are included below:

Class A

Minneota
Legacy Christian
Maranatha Christian
Dawson-Boyd
Ada-Borup

Class AA

The Blake School
Breck
St Cloud Cathedral
Totino-Grace
Rochester Lourdes

Class AAA

Wayzata
Edina
Eden Prairie
Lakeville North
Eastview

ADAPTED ATHLETICS

By Marcus Onsum, Robbinsdale
President, Minnesota Adapted Coaches Association

Our fall adapted soccer season has now wrapped up, and many of our adapted coaches and athletes find themselves preparing for the upcoming, exciting and fun filled adapted hockey season. Most, if not all of our athletes are in the process of making the transition from one sport to another, and are already fired up to get the hockey season started! The adapted floor hockey regular season will be in full-swing by the end of January, with the state tournament being held at Bloomington Jefferson High School on March 11 & 12, 2016.

Since the last issue of Minnesota Prep Coach in September, state champions were crowned in adapted soccer. The adapted soccer state tournament was held on November 20 & 21 at Stillwater High School, and we had another great turnout. In the PI division, Anoka-Hennepin claimed the title with a hard fought 2-0 win over Robbinsdale-Hopkins-Mound Westonka. In the CI Division, Park Center took home a state championship with a thrilling 1-0 overtime victory over North Suburban. Congratulations to both of these programs for fantastic seasons!

My long time goal of having a website for adapted coaches to access is finally coming to fruition. Our site, www.mnadaptedcoaches.com is up and running, and our message boards should be fully functional shortly. All member coaches should be on the lookout for an email in the very near future with information on how to create a login to access this members' only section to our website. We would also love to have our members contribute items to our "Resources" section. If there is anything you have found particularly helpful during your coaching tenure and would like to share with others, please email a link/information to: marcus@robinsathletics.com

Good luck to everyone this winter, and I hope everyone is able to enjoy a safe, fun filled floor hockey season!

*"Wisdom is always an
overmatch for strength."*

- Phil Jackson

After the Game Bring Your Team to 

Fall Academic Results

The MSHSCA and the Subway Restaurants of Minnesota are pleased to be able to support the Team Academics Program for the prep sports in the state.

At the end of each season results of team members GPA's are tabulated and compiled to arrive at a Team GPA. If a team has a GPA of 3.76 to 4.00 they earn a gold rating. A score of 3.5 to 3.75 merits a silver rating.

Results that have been received so far for the fall of 2015 are listed in the order received.

GIRLS TENNIS

Class A Gold

Aitkin
Annandale
Benson
Blue Earth Area
Breck
Cannon Falls
Crookston
Duluth Marshall
East Grand Forks
Fairmont
Foley
Holy Family Catholic
Jordan
Litchfield
Luverne
Minnewaska Area
Mora
New London-Spicer
Osakis
Parkers Prairie
Pequot Lakes
Pine City
Redwood Valley
Rochester Lourdes
Roseau
St Peter
Sibley East'
Sleepy Eye
St Croix Lutheran
St James
Staples-Motley
Trinity @ River Ridge
Yellow Medicine East

Class A Silver

Crosby-Ironton
Lac qui Parle Valley
Maple River

Melrose
Minnehaha Academy
Montevideo
Mounds Park Academy
Park Rapids
Perham
Sauk Centre
SPA and Summit School
Tri City United
Winona Cotter

Class AA Gold

Academy of the Holy Angels
Alexandria
Andover
Anoka
Apple Valley
Armstrong
Becker
Bemidji
Big Lake
Blaine
Bloomington Jefferson
Brainerd
Champlin Park
Coon Rapids
DeLaSalle
East Ridge
Eastview
Eden Prairie
Elk River
Farmington
Forest Lake
Fridley
Henry Sibley
Hutchinson
Irondale
Lakeville North
Little Falls
Mankato East
Mankato West
Maple Grove
Minnetonka
Monticello
Moorhead
Mounds View
North Branch
Pipestone Area
Princeton
Red Wing
Richfield
Rochester Century
Rocori
St Paul Harding
St Paul Highland Park
St Paul Humboldt

South St Paul
Spring Lake Park
St Anthony Village
St Cloud Tech
St Francis
St Michael-Albertville
Tartan
Thief River Falls
Totino-Grace
Visitation
Wayzata
White Bear Lake
Willmar
Woodbury

Class AA Silver

Cambridge-Isanti
Chanhassen
Chaska
Chisago Lakes
Cretin-Derham Hall
Delano
Duluth Denfeld
Duluth East
Eagan
Fergus Falls
Hibbing
Hill – Murray
Mahtomedi
Mound Westonka
Minneapolis Southwest
North St Paul
Robbinsdale Cooper
Shakopee
St Cloud Apollo
St Cloud Cathedral
Sauk Rapids – Rice
Stillwater
Waseca

BOYS SOCCER

Class A Gold

Trinity School @ River Ridge

Class A Silver

Mankato West
Rochester Lourdes
St Cloud Cathedral
St Croix Lutheran
Simley

Class AA Silver

Eastview
Wayzata

GIRLS SOCCER

Class A Gold

Detroit Lakes
Holy Family
Mankato Loyola
Maranatha Christian
St Peter
South St Paul
Totino-Grace
Trinity School @ River Ridge

Class A Silver

Benilde-St Margaret's
Breck
Delano
Duluth Marshall
Hutchinson
Mankato West
New Park Academy
Orono
Rochester Lourdes
St Cloud Cathedral
St Croix Lutheran
Sartell-St Stephen
Simley
Visitation
Waseca
Willmar

Class AA Gold

Andover
Apple Valley
Cretin-Derham Hall
East Ridge
Hopkins
Minneapolis Southwest
Minneapolis Washburn
Rochester Century
Rochester Mayo
St Francis
St Louis Park

Class AA Silver

Burnsville
Cambridge- Isanti
Champlin Park
Eastview
Hastings
Lakeville North
Maple Grove

Minnetonka
North St Paul
Prior Lake
Robbinsdale Armstrong
Rochester John Marshall
Rosemount
Spring Lake Park/St Anthony
Wayzata
White Bear Lake

FOOTBALL

9 Man Gold

Ely
Stephen-Argyle
Verndale
Northern Freeze
Brandon-Evansville
Kittson County Central
NCE-UH
Nicollet
Silver Bay

9 Man Silver

McGregor
Houston
Grand Meadow
North Woods
Underwood
Cromwell-Wright
Renville County West
Westbrook-Walnut Grove
Ada-Borup
Kelliher/Northome

1A Gold

Minnesota Valley Lutheran
Browerville-Eagle Valley
Goodhue
Bethlehem Academy
St Clair
Adrian
Wabasha-Kellogg
New York Mills
Janesville-Waldorf-Pemberton
Barnum
Lac qui Parle Valley
Murray County Central
Mayer Lutheran
Red Rock Central
Upsala-Swanville Area
Minneota
Dawson-Boyd
Parkers Prairie

1A Silver

Mahnomen
Springfield
United South Central
Fillmore Central
Kerkhoven-Murdock-Sunberg
Red Lake County

2A Gold

Minnewaska Area
Pelican Rapids
Lake Crystal-Wellcome Memorial
Sauk Centre
Eden Valley- Watkins
Crosby-Ironton
Maple River
Otter Tail Central
Winona Cotter
Barnesville
St James
Benson
Pipestone
Kenyon-Wanamingo
Medford
Concordia Academy
Windom

2A Silver

Staples-Motley
Howard Lake-Waverly-Winsted
Lewiston-Altura
Gibbon-Fairfax-Winthrop
NRHEG

3A Gold

Morris Area-Chokio-Alberta
Rochester Lourdes
Litchfield
St Cloud Cathedral
Melrose
Montevideo
Breck School
Holy Family Catholic
Perham
Luverne
Foley
Albany
Rockford

3A Silver

Glencoe-Silver Lake

... continued on page 32

After the Game Bring Your Team to 

Winter Academics ... continued from page 31

Milaca
Cannon Falls
Plainview-Elgin-Millville
Tri City United
Mora

4A Gold

Fergus Falls
Marshall
Rocori
Dassel-Cokato
South St Paul
Waseca
Orono
Mound-Westonka
Kasson-Mantorville
Academy of the Holy Angels
New Ulm
Willmar

4A Silver

Winona
Hermantown
Mankato East

5A Gold

Andover
Mankato West
Owatonna
Apple Valley
Cambridge-Isanti
Alexandria
Northfield
Hastings
Spring Lake Park
St Francis
Elk River
Duluth East
North St Paul
Sartell-St Stephen
St Michael-Albertville
Monticello
Rochester Century
Chisago Lakes
Bloomington Jefferson
Bemidji

5A Silver

Brainerd
Sauk Rapids-Rice
Rochester John Marshall
Park
Grand Rapids

St Cloud Apollo

6A Gold

Totino Grace
Rosemount
Eastview
Cretin-Derham Hall
Lakeville North
Edina
Stillwater

6A Silver

Lakeville South
Minnetonka
Eagan
Eden Prairie
Blaine
Centennial
Burnsville

CROSS COUNTRY

(Is not found in alphabetical order)

Class A Boys (Gold)

Goodhue
Austin Pacelli
Winona Cotter
Pine Island
Lewiston-Altura/Rushford
Peterson
LaCrescent
Lanesboro/Fillmore Central
Byron
RAACHE
Lake City
Belle Plaine/Holy Family
Gibbon-Fairfax-Winthrop
Jordan
LeSeuer-Henderson/MNCS
Mankato Loyola/Cleveland
Minnesota Valley Lutheran
Norwood-Young America
Tri City United
Montevideo
Springfield-Cedar Mountain-Comfrey
Trinity
Breck
St Croix Lutheran
Minnehaha Academy
Mayer Lutheran
Maranatha Christian
Spectrum
Watertown Mayer
Annandale

Foley
Maple Lake
Albany
West Central Area
Ottertail Central
Morris Area
Melrose
Mountain Iron-Buhl
Moose Lake-Willow River-Barnum
Cook County / Two Harbors
Esko
Mesabi East
International Falls
Ely
Dilworth-Glyndon-Felton
Pequot Lakes
Roseau

Class A Boys (Silver)

Kingsland
Schaeffer Academy
Stewartville
Plainview-Elgin-Millville
Hayfield
Blue Earth Area
Fairmont
Martin County West
Luverne
Lac qui Parle Valley-Dawson-Boyd
Mountain lake Area
Holy Trinity
Mounds Park Academy
Pine City
Providence Academy
Mora
Howard Lake-Waverly-Winsted
Benson/KMS
Staples-Motley
New London-Spicer
Eden Valley-Watkins/Kimball
Osakis
Chisholm
Lakeview Christian Academy
Eveleth-Gilbert
Greenway/Nashauk-Keewatin
South Ridge
Duluth Marshall
Bagley / Fosston
Hawley – Ulen –Hitterdal
LOW/RR/Indus
Perham

Girls 1A (Gold)

Kingsland
Goodhue
Austin Pacelli
Winona Cotter

Hayfield
 Pine Island
 Lewiston-Altura / Rushford
 Peterson
 Stewartville
 LaCrescent
 Lanesboro / Fillmore Central
 Byron
 RAACHE
 Lake City
 Plainview-Elgin-Millville
 Belle Plaine / Holy Family
 Blue Earth Area
 Jordan
 Mankato Loyola / Cleveland
 Martin County West
 Norwood – Young America
 St Peter
 Luverne
 Mountain Lake Area
 Montevideo
 Tracy – Milroy-Balaton
 Springfield – Cedar Mountain – Comfrey
 Southwest MN Christian
 Edgerton
 Hendricks
 Adrian
 Redwood Valley
 Heron Lake – Okabena
 Canby-Minneota
 Murray County Central / Fulda
 Minnehaha Academy
 Trinity
 Breck
 Spectrum
 Pine City
 Watertown-Mayer
 Providence Academy
 Mora
 Annandale
 St Cloud Cathedral
 Foley
 Maple Lake
 Howard Lake-Waverly-Winsted
 Rockford
 Milaca
 Rush City
 Eden Valley-Watkins/Kimball
 West Central Area
 Staples-Motley-
 Sauk Centre
 Ottertail Central
 Morris Area
 Melrose
 Moose Lake-Willow River-Barnum
 Cook County / Two Harbors
 Mesabi East
 International Falls

Ely
 Greenway / Nashwauk-Keewatin
 Carlton
 South Ridge
 Duluth Marshall
 Bagley-Fosston
 East Grand Forks
 Frazee
 Park Rapids
 Pequot Lakes
 Perham
 Roseau
 Wadena-Deer Creek
 Warroad
 West Marshall

 Girls 1A Silver

 St Charles
 Wabasha-Kellogg
 Fairmont
 LeSeuer-Henderson / MNCS
 Minnesota Valley Lutheran
 NRHEG
 Sleepy Eye St Mary's / NUC
 Lac qui Parle Valley – Dawson-Boyd
 Pipestone
 Mayer Lutheran- LPHT
 Maranatha Christian
 Albany
 Royalton
 Benson / KMS
 Eveleth- Gilbert
 Dilworth – Glyndon-Felton

 Class 2A Boys (Gold)

 Kasson-Mantorville
 Lakeville South
 Winona
 Owatonna
 Rochester Century
 Albert Lea
 Faribault
 Lakeville North
 East Ridge
 Prior Lake
 Apple Valley
 Bloomington Jefferson
 Holy Angels
 St Thomas Academy
 Eastview
 Rosemount
 Park of Cottage Grove
 Eagan
 Stillwater
 Mahtomedi
 Cretin-Derham Hall

Blaine
 Centennial
 Champlin Park
 Irondale
 Park Center
 St Anthony Village
 St Michael-Albertville
 Anoka
 Benilde-St Margaret's
 St Louis Park
 Minneapolis Washburn
 Eden Prairie
 Big Lake
 North Branch
 Duluth East
 Monticello
 Alexandria
 Moorhead
 Brainerd
 Fergus Falls
 Sartell-St Stephen
 Willmar
 Bemidji

 Class 2A Boys (Silver)

 Hastings
 Austin
 Buffalo
 Mankato East
 Mankato West
 Waseca
 Worthington
 Richfield
 Hill-Murray
 Roseville Area
 St Paul Highland Park
 White Bear Lake
 Coon Rapids
 Osseo
 Wayzata
 Cambridge-Isanti
 St Francis
 Hibbing
 Detroit Lakes
 Rocori

 Class 2A Girls (Gold)

 Kasson-Mantorville
 Lakeville South
 Rochester John Marshall
 Hastings
 Austin
 Winona
 Albert Lea

... continued on page 34

After the Game Bring Your Team to 

Winter Academics ... continued from page 33

Rochester Century
 Lakeville North
 Buffalo
 Chanhassen
 Chaska
 Dassel-Cokato
 Delano
 Hutchinson
 Mankato East
 Mankato West
 Marshall
 Mound-Westonka
 Orono
 Shakopee
 Waseca
 Worthington
 East Ridge
 Prior Lake
 Apple Valley
 Bloomington Jefferson
 Holy Angels
 Eagan
 Burnsville
 Eastview
 Richfield
 Mahtomedi
 St Paul Highland Park
 White Bear Lake
 Cretin-Derham Hall
 Stillwater
 North St Paul
 Blaine
 Centennial
 Champlin Park
 Irondale
 Park Center
 St Anthony Village
 St Michael-Albertville
 Anoka
 Wayzata
 St Louis Park
 Minneapolis Washburn
 Minneapolis Southwest
 Benilde-St Margaret's
 Eden Prairie
 Edina
 Elk River
 North Branch
 Big Lake
 Duluth East
 Zimmerman
 Hibbing
 Chisago Lakes
 Forest Lake
 Monticello
 Alexandria
 St Cloud Tech

Detroit Lakes
 Moorhead
 Brainerd
 Rocori
 Willmar
 Bemidji

Class 2A Girls (Silver)

New Prague
 Roseville Area
 Coon Rapids
 Fridley
 Osseo
 Minnetonka
 Princeton
 Cambridge-Isanti
 St Francis
 Little Falls
 Fergus Falls
 Becker

VOLLEYBALL (GOLD)

Academy of the Holy Angels
 Ada-Borup
 Aitkin
 Albany
 Albert Lea
 Annandale
 Anoka
 Austin
 Battle Lake
 Benilde-St Margaret's
 Benson
 Bethlehem Academy
 Blaine
 Bloomington Jefferson
 Blue Earth
 Buffalo
 Buffalo Lake-Hector-Stewart
 Byron
 Cannon Falls
 Cedar Mountain-Comfrey
 Centennial
 Concordia Academy
 Cretin-Derham Hall
 Dassel-Cokato
 Detroit Lakes
 Dilworth-Glyndon-Felton
 East Grand Forks
 Eden Prairie
 Eden Valley-Watkins
 Esko
 Eveleth-Gilbert
 Faribault
 Fertile-Beltrami

Fillmore Central
 Foley
 Fosston
 GFW
 Goodhue
 Hastings
 Henning
 Heritage Christian
 Hermantown
 Holdingford
 Holy Family Catholic
 Hutchinson
 Jackson County Central
 Janesville-Waldorf-Pemberton
 Kenyon-Wanamingo
 Kimball
 Kittson County Central
 Lakeville South
 Lanesboro
 Lester Prairie/Holy Trinity
 Litchfield
 MACA
 MACCRAY
 Madelia
 Mahtomedi
 Mankato East
 Mankato West
 Mankato Loyola
 Maranatha Christian Academy
 Melrose
 Milaca
 Minneapolis South
 Minneapolis Washburn
 Minneota
 Montevideo
 Moorhead
 Moose Lake-Willow River
 Mora
 Murray County Central
 New London-Spicer
 New York Mills
 Northfield
 NOVA Classical Academy
 NRHEG
 Owatonna
 Pact Charter
 Parkers Prairie
 Pequot Lakes
 Perham
 Pierz
 Pillager
 Pipestone Area
 Plainview-Elgin-Millville
 Princeton
 Proctor
 Randolph
 Red Rock Central
 Renville County West
 Robbinsdale Armstrong

Rochester Century
 Rocori
 Roseau
 Roseville Area
 Rushford-Peterson
 Sartell-St Stephen
 Sauk Centre
 Sauk Rapids-Rice
 Schaeffer Academy
 Shakopee
 Simley
 Southland
 Southwest Christian
 Spectrum
 Springfield
 St Anthony Village
 St Cloud Cathedral
 St Cloud Tech
 St Croix Lutheran
 St Francis
 St James
 St Paul Central
 Stephen-Argyle
 Stewartville
 Tracy-Milroy-Balaton
 Totino-Grace
 Trinity School @ River Ridge
 Underwood
 United South Central
 Verndale
 Wabasha-Kellogg
 Wabasso
 Wadena-Deer Creek
 Warroad
 Watertown-Mayer
 Wayzata
 West Lutheran
 Win-E-Mac
 Winona
 Yellow Medicine East

VOLLEYBALL (SILVER)

Alexandria
 Apple Valley
 Barnesville
 Belle Plaine
 Bemidji
 Bloomington Prairie
 BOLD
 Braham
 Brandon-Evansville
 Browerville-Eagle Valley
 Caledonia
 Cambridge-Isanti
 Champlin Park
 Chaska

Chatfield
 Chisholm
 Clinton-Graceville-Beardsley
 Coon Rapids
 Cristo Rey Jesuit
 Crosby-Ironton
 Delano
 Edgerton
 Edina
 Elk River
 Fairmont
 Farmington
 Fergus Falls
 Forest Lake
 Frazee
 Gibbon-Fairfax-Winthrop
 Goodridge-Grygla
 Grand Meadow
 Hayfield
 Highland Park
 Hill-Murray
 Houston
 Jordan
 Kasson-Mantorville
 KMS
 LaCrescent
 Lake Crystal Wellcome Memorial
 Lake Park-Audubon
 Lakeville North
 Lewiston-Altura
 Little Falls
 Little Fork-Big Falls
 Luverne
 Mahnommen
 Maple Lake
 Medford
 Minnehaha Academy
 Minnewaska Area
 Mounds View
 Mountain Iron-Buhl
 NCEUH
 Nevis
 New Life Academy
 New Prague
 New Ulm Cathedral
 Nicollet
 North Branch
 North Lakes
 North Woods
 Norwood-Young America
 Ogilvie
 Onamia
 Orono
 Osakis
 Park Rapids
 Paynesville
 Pine Island
 Prior Lake

Red Lake County Central
 Red Lake Falls
 Rochester Mayo
 Rockford
 Rush City
 St Charles
 Sebeka
 Sibley East
 Sleepy Eye
 Sleepy Eye St Mary's
 Spring Grove
 Spring Lake Park
 St Clair
 St Peter
 Tartan
 Tri City/MCC Northern Freeze
 Triton
 Visitation
 Waconia
 Warren-Alvarado-Oslo
 Waterville-Elysian-Morristown
 Westbrook- Walnut Grove
 Windom
 Worthington
 Zumbrota-Mazeppa

GIRLS SWIMMING AND DIVING

Class A Gold

Albert Lea
 Faribault
 St Peter
 Dassel-Cokato
 Minneapolis Roosevelt
 Simley
 Milaca
 Princeton
 Minnewaska Area-Morris
 Sauk Centre
 Melrose
 Sartell-St Stephen
 Perham
 Detroit Lakes

Class A Silver

Austin
 Mankato East
 Mankato West
 New Prague
 Northfield
 Minnehaha Academy/Holy Angels
 St Louis Park
 Breck
 Bloomington Kennedy

... continued on page 36

After the Game Bring Your Team to 

Winter Academics ... continued from page 35

Willmar	Spring Lake Park
Delano	Wayzata
Marshall	Minneapolis South
Waconia	Centennial
Hutchinson	Duluth
Monticello	Maple Grove
Orono	
Chisago Lakes	Class AA Silver
Hill-Murray	
Visitation	Hastings
Becker	Lakeville North
Big Lake	Lakeville South
Fridley	Owatonna
Foley	Rochester Century
Sauk Rapids-Rice	Shakopee
Monticello	Bloomington Jefferson
St Cloud Cathedral	Chanhassen
Albany	Prior Lake
Alexandria	Rosemount
Holdingsford	St Anthony Village
Rocori	Mounds View
Little Falls	White Bear Lake
Two Harbors/Silver Bay	Champlin Park
Bemidji	Irondale
Fosston	Park Center
Warroad	Robbinsdale Armstrong
	Robbinsdale Cooper
Class AA Gold	Minneapolis Southwest
	Edina
Farmington	Hopkins
Rochester John Marshall	St Paul Highland Park/SPA
Rochester Mayo	Minneapolis Washburn
Chaska	Anoka
Eden Prairie	Andover
Apple Valley	Blaine
Eastview	Forest Lake
East Ridge	Cambridge-Isanti
Woodbury	Brainerd
	Buffalo



ICE CHIPS

By: *Craig Roberts*

MHCA Director of Communications

This year's fall clinic produced a record turnout with over 200 registered attendees. Hosted by the Minnesota Wild and featuring a lineup of guest speakers which was headlined by Minnesota Wild head coach Rick Yeo, University Minnesota head coach Don Lucia, the program was excellent and the feedback received from those in attendance was positive.

As part of the Fall Clinic, the MHCA Executive Board met to select its award recipients for 2015 Hall of Fame Banquet.

Four people will be inducted into the MHCA Hall of Fame and four others will be honored for their contributions and accomplishments with individual awards.

Going into the hall of fame this year are Keith Hendrickson (Virginia/Mountain Iron-Buhl), Erik Aus (Centennial), Dave Morinville (Moorhead) and Tom McFarlane (Cloquet).

Individual awards will be given to:

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—John Bianchi, Bloomington Jefferson.

Oscar Almqvist Award (given to a non-coach who has contributed to the success of high hockey by advancing opportunities for players and coaches)—Matt Majka and the Minnesota Wild.

Dave Peterson Award (given to a high school hockey coach whose efforts have helped strengthen the bond between youth and high school hockey)—Derek Brown, St. Cloud Cathedral.

Bruce Johnson Award (given to an MHCA board member who has made extraordinary contributions to the association)—Tom Peart.

The Hall of Fame inductions and award presentations will take place at the Association's annual banquet, Friday, March 4, 2016, at the St. Paul River Centre, held in conjunction with the Minnesota State High School League boys' hockey tournament and between the Class A and AA semifinal sessions.

The MHCA is looking to add association members to its executive board. Anyone wishing to become a board member should contact executive director Mike MacMillan or their section representative.

With the season underway, it is hoped that everyone has a safe and successful season. With December upon us, the MHCA would like to wish everyone a happy and safe holiday season.



DUGOUT CHATTER



By: *Al Amdahl – Albany High School*
President Minnesota State High School Baseball Coaches
Association

Once again the John Wilkens fall clinic was well attended and our association had a very successful Hall of Fame and Awards Banquet. A sincere thank you to John Wilkens and his family for their continual work to make that run so smoothly and to Paul Twenge who once again brought in an “A” list of clinicians. Also a huge shout out to the vendors and their support and to our host the Ramada Plaza. Please check out all of this past year’s award winners at our website, www.mshsbc.org. I would like to take the time to again recognize our 2015 Hall of Fame inductees: James Gallagher, John Hardgrove, Kevin Merkle, Dennis Roisum, Bruce Davis, Mike Halloran, and Paul Mork, Congratulations to these men and their programs—what a great honor! Please be sure to take time to nominate worthy candidates for all of our awards. Coaches, forms can be found on our website.

We are a few months away from the 2016 season, but the convention and clinic season is getting into high gear. The BCA is being held in St. Louis, MO December 4-6 and the ABCA is in Nashville, TN right after the first of the year. These are two very good organizations that can provide a lot of opportunities and development for your programs. Cathedral Head Coach Bob Karn will be recognized at the ABCA as Coach of the Year. Also look for the St. Olaf Clinic on January 30th. Check our website for more information on that date as well as perhaps others at SCSU on Feb 13th and perhaps the U of M has a clinic as well.

We cannot get things done without a very active and involved association of coaches. Our strength in numbers helped us get to a fourth class of state competition while maintaining double elimination once sections are reduced to their final eight teams starting this spring of 2016. We also were able to hold onto consolation finals as well, due to the data that we were able to share with the high school league from the large numbers of responses from our coaches. Coach Todd Smrekar also keeps our website up to date, check out his handy work, thanks Todd! We currently have a schedule expansion proposal in the hopper with the high school league, this will be discussed in their next few meeting sessions. We will share info as it comes to us. Also our association is in need of a few section reps, especially in class AA as a few of these coaches are now in class AAA. Contact the advisory board if you can help out.

Vice President Don Gawreluk has the 2016 dates for the new

six team Play Ball MN High School All Star Series set for June 24th -25th in Chaska and Chanhassen. It will be very exciting to see this expansion unfold as two sites fire up games on Friday in a round-robin format and then the match ups come together for the Saturday games. The Minnesota Twins will again host our selection committees to Target Field to select players, complete committee work, and watch a Twins game. We thank the MN Twins for their continued support of high school baseball. Thanks also to our other GOLD sponsors Cambria and BIG Athletics. Because of their generosity, our association has been able to make some major donations to many worthy organizations such as The Miracle League, ALS, Stand Up to Cancer, Coaches Caring for Coaches, MDA, and other worthy causes. In addition, we were able to increase our scholarships recipients to twelve in 2015. We should be able to hold tight to that number this year as well. Please nominate players for both the All Star Series and the coaches scholarship, players go through the process on the website for the scholarship. Coaches, we need you to encourage your players to apply.

Please continue to visit our website as it is updated frequently, and follow us on Twitter @MSHSBCA. If you have games or scrimmages you are looking to fill or new records for the list, keep funneling them to Tink Larson. Connect with him at tlarson@hickorytech.net. Thanks, Tink, for all of your work. I wish you all a great holiday season. I hope we can look forward to a short winter and quiet spring! Unless you think you may be getting coal this Christmas, ask Santa for a new toy for your upcoming season! See you at the ballpark!

***“All kids need is a little help,
a little hope,
and somebody who
believes in them.”***

- Magic Johnson

After the Game Bring Your Team to 

SERVICE ACES

By: Les Zellmann
MSHSTCA President
St James



Happy Holidays from the MTC Executive Committee!

The Girl's Tennis season has come to a conclusion with the completion of the 2015 State Tournament. Our annual State Tournament Banquet was a real success. This event really provided an opportunity for the State Tournament players to have center stage for an evening. Over 640 people attended the banquet. Edina repeated as Class AA team champion and it was Blake winning the team championship in Class A. Libby Rickeman (Blake) became the Class A singles champion and winning the singles championship in Class AA was Hayley Haakenstad (Chanhassen). Doubles champions in AA were Paige McLeod/Taylor McLeod (Benilde-St. Margaret's) and in Class A, the champions were Grace Zumwinkle/Lauren Kozikowski (Breck). Another important recognition for our school programs was that 140 schools were recognized as either silver or gold academic winners. Great job in the classroom-girls!!

Congratulations to our Coaches of the Year!

Head Coach of the Year:

Class A - Mike Geffre, Crookston

Class AA – Steve Paulsen

Assistant Coaches of the year:

Class A - Brian Follett, Crookston

Class AA – John Schmidt, Alexandria

Remember to register for the Minnesota Tennis Coaches Clinic on February 26 & 27. The clinic will again be at the Fred Wells Tennis & Education Center (Fort Snelling area). Rick Engelstad, MTCA Executive Director (Pine City), has been busy putting together the clinic. On Friday evening (February 26), you will have the opportunity to be on court to demo new racquets. There will be an opportunity for open court play and also coach led "favorite drills" that are appropriate for the school team level. We will finish Friday evening with our annual meeting and pizza social. On Saturday (February 27), we will have a number of clinicians presenting on an array of topics. Our keynote presenter this year will be a member of Wilson Premier Advisory Staff. The clinic looks to be as strong as ever with the slated agenda and presenters. Also, if you register by February 12, you will receive the clinic shirt. We look forward to having you be part of it. Register early and bring your complete tennis coaching staff to take advantage!

Register for the clinic online at <https://mshsca15.cordonco.com>

Two very quick updates regarding some current initiatives:

Three competitive classes

As many of you know we submitted an Advisory Recommendation for a third class in boys' tennis and girls' tennis. Primary in the recommendation was to create a AAA class based on the top 32 schools by enrollment. At this point our recommendation is in a "period of waiting". It is our understanding that some other sports have also submitted some classification proposals. The topic of classification

review is a goal of the MSHSL Board in regard of all sports in all sports. We will need to wait for further information and we will provide an update at our annual meeting.

State Tournament Banquet

Our association will begin managing our state tournament banquet beginning in the fall of 2017. The location will be the Earle Browne Heritage Center in Brooklyn Center. We will provide an update at our annual meeting.

As always, we want every tennis coach to be part of our association it is important for you to join the coaches association. Our association membership is at a good level. Your membership continues to provide the fabric of our organization. If you are a head coach and your assistant(s) has not joined the association, please encourage him/her to do so. We really want to see more assistants involved! Likewise, if you are an assistant and your head coach has not been a member, please encourage him/her to do so. As we look toward the boy's tennis season, I encourage boy's coaches who have not renewed your membership to get that done now. Please remember that in order for your program or players to be eligible for academic awards that you must be a member.

To join the coaches association, please go to <http://www.mshsca.org/membapp.htm>; to check out the benefits of being a member go to <http://www.mshsca.org> and click on Membership Benefits, on the left column.

Finally, I wish all of you the very best Holiday season and remember

"Success is a journey not a destination. The doing is usually more important than the outcome." Arthur Ashe

*"If you want to
go fast,
go alone.
If you want to
go far,
go together."*

- African Proverb

2016 Tennis Clinic February 26th and 27th, 2016

Fred Wells Tennis & Education Center
100 Federal Drive, St. Paul, MN 55111
[612-252-8367](tel:612-252-8367)



Pre-register for the clinic online at
<https://mshsca15.cordonco.com>

Coaches registering before February 5th will receive a 2016 Clinic specific t-shirt.

Want to send one check for your entire staff?

This can be achieved by registering online. Each coach enters their information & prints out a receipt to be included with the payment. Make sure your payment option is check/money order.

To login use your email and password from last year's online registration.

ALREADY A MEMBER?

Login at <https://mshsca15.cordonco.com> use your email and the password you chose OR zzz is what the MSHSCA used as your password. Follow the event registration link on the left side of your profile.

ATTENDING THE CLINIC ONLY?

There is a spot to register at <https://mshsca15.cordonco.com>. Once you have entered your email and profile information, you must select Boys or Girls Tennis as your 1st sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

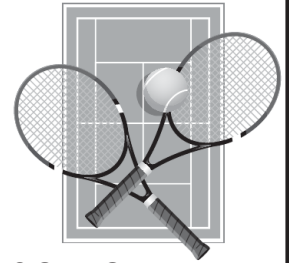
Clinic fee is \$60 in advance and \$75 at the door.

Make check out to MSHSCA

Mail to: Rick Engelstad, 21167 Crab Apple Dr., Pine City, MN 55063

Questions about registration?
Call: Mary at 218-234-0345
email: jomar2@arvig.net

Clinic questions?
Contact: Rick at © 763-242-1451
email: rengelstad@isd578.org



TENTATIVE 2016 TENNIS CLINIC

FRIDAY, FEBRUARY 26th

5:00 OPEN PLAYING TIME - Demo Equipment
6:00 Drills and Play
8:00 MTCA MEETING AND SOCIAL Beverage and Pizza

SATURDAY, FEBRUARY 27th

8:00 Bagels and Coffee
8:15 WELCOME:
Rick Engelstad & Les Zellmann, MTCA President
8:30 CLINICIAN: Justin Gaard
9:30 CLINICIAN: Susan Allen
10:30 COACHES CORNER: Coaches favorites
10:30-11:00 Jack Roach, Holy Family Catholic
Boys HS Coach
11:00-11:30 Patricia Theriault, Richfield Girls HS Coach
11:30 LUNCH BREAK: Erbert's and Gerbert's
12:10 USTA: Programs and Resources for High School Coaches
12:30 WILSON SPONSORED SPEAKER:
2:30 CLINICIAN: Neal Hagberg, Tennis and Life Director
3:30 DRAWING FOR PRIZES

Richard Engelstad
Health Teacher
Head Dragon Tennis Coach
rengelstad@isd578.org



WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Winter are urged to obtain their membership in advance using the electronic membership opportunity.

Due to location of many of the clinics, the MSHSCA may not be able to hook up to provide membership cards using their computer. As a result, it will simplify things if membership is obtained prior to clinics to eliminate a lot of potential confusion regarding the reception of membership cards at the site of the clinic.

After the Game Bring Your Team to 

USE YOUR MEMBERSHIP CARD

**Your 2015-2016 Membership & Insurance
Expires July 31st.**

Have your new card for fall sporting events.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

Park Center does NOT accept Membership Cards for admission.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Red Ink for the year 2015-2016.

2014-2015 Membership Card

Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar2@arvig.net
Website: www.mshsca.org
President, Rob Nielsen - Detroit Lakes



John Doe
St Anthony Village

Asst. Football
Head Wrestling
Asst. B/G Track



Diamond Cuts

By James Wajer
Martic County Central

As I mention in my previous article we will be experiencing a few changes this year. We will be moving to the four class system. We have posted the section assignments to our website. The association section representatives have decided to run the All-Star Series. As with all change there will be some challenges, but like most things we deal with as coaches we will look for solutions and continue to give student-athletes opportunities to have a positive experience through our sport.

In the past we have paired up with the MSF to run the All-Star Series Event. I would like to thank Perry Coonce and his staff for all the extra time that they have dedicated to the event and for making the All-Star Series what it is today. We will be making the event a two-day event. The first day will be a practice day ending with a skills showcase competition. The following day will be games for the four classes. As I wrote in the previous article, we will need a number of volunteer coaches for helping run the event. We will need score keepers, announcers, and ticket takers. Anyone interested in volunteering to help at the event please contact me. We are in the process of planning the series right now, but it is our goal to decrease the fee that it cost to participate in the event for the student-athletes and build on the positive experience.

Make sure to update your coaching wins and watch for the deadlines for All-State, All-Star and All-State Academic Awards on our association website: <http://www.mnhssca.org>. Our association coaches' clinic will be held at Becker High School on February 6, 2016. It will start with registration at 8:00am. The clinic will run from 9:00am through 3:00pm. The clinic speakers will be Cindy Bristow of Softball Excellence and John Tschida - Head Coach of the University of St. Thomas.

Thank you to all the coaches and players who represent our sport. You make this sport one of the greatest. Any questions please email me at: james_wajer@mcc.mntm.org





2016 Softball Clinic

February 6th, 8:00am

Becker High School

ALL Coaches attending the clinic must be a member of MSHSCA Payment can be by credit card, cash, check or money order.

Register Online for the clinic at www.mshsca.org
Clinic fee is \$80, \$100 after February 2nd

If you are sending one check for your whole staff, that can be done online also. Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.

Checks payable to MSHSCA
Mail to: MSHSCA, PO Box 519,
Detroit Lakes, MN 56502

Questions? Call: 218-847-6796 or email: jomar2@arvig.net

Saturday February 6th

8am-8:55	Registration-Vendors- Rolls and coffee provided
9am-9:50	Coaching Females and Teenagers and other harrowing experiences- Cindy Bristow
9am-9:50	Pitching Fundamentals: It's all in the angles Breaking down the swing- John Tschida
9:50-10am	Vendors
10am-10:55	How to Coach and Improve All Skill Levels within your team- Cindy Bristow
10 am-10:55	Sometimes simple is smart. How clean is your window?- John Tschida
10:55-11:15am	Vendors-Break
11:15am-12:05	How your team culture Impacts your team's Success- Cindy Bristow
11:15am-12:05	Offensive and Defensive Strategies: Teaching the game vs the situation- John Tschida
12:05-1:00pm	Lunch-MFCA Meeting- Vendor- Commons
1:00-1:50	Improving Competitiveness through Drills and Practice- Cindy Bristow
1:50-2:00	Last time for Vendors
2:00-2:50	How To Call a Game When You Aren't the Pitching Coach- Cindy Bristow

John Tschida **University of St. Thomas**

John Tschida is regarded among the elite coaches in all of college softball. In 2004 he became the first softball coach to win NCAA championships at two different schools. He's been named NFCA Division III National Coach of the Year twice in the last six seasons. In the last eight seasons, Tschida has guided the Tommies victories in 15 of 21 postseason tournaments (MIAC,

regional, NCAA finals). The 54-12 overall postseason record includes a 24-0 mark in the MIAC playoffs, and UST's overall record is 343-43 (.889). He guided St. Mary's to the 2000 NCAA Division III championship in his sixth season at his alma mater, and then took the 2004 Tommies to NCAA gold in his fourth season at St. Thomas. Tschida's 2005 team won 32 of its last 33 games to close 43-6 and repeat as NCAA champion. He was again awarded national Coach of the Year honors. In 17 years of college coaching, Tschida has won three national championships and became the winningest Division III coach, active or retired, (winning percentage, .854) with a 655-112 record. Tschida has been named MIAC Coach of the Year nine of his 17 years. His teams have been nationally ranked each year, and in the last 15 seasons have posted a 295-14 record in conference regular-season play. In 11 seasons at St. Thomas, his teams have swept 112 conference twinbills, split eight and were swept just once, and in all games vs. conference opponents are 257-10 (.963). His players have earned 28 NCAA All-American honors, 43 Academic All-American honors, and 81 first-team All-MIAC honors

Cindy Bristow **Softball Excellence**

Cindy has been involved in virtually every facet of softball throughout her 30-plus year career in the sport.

Player

- Pitched and played 1st base collegiately at Cal Poly Pomona where she played for NFCA & ASA Hall of Famer, Carol Spanks
- Played professionally for the Santa Ana Lionettes

Coach

- Assistant Coach at Arizona State
- Head Coach at New Mexico State
- Head Coach at Wichita State
- Head Coach and Assistant General Manager of the Georgia Pride who later became the Florida Wahoos in the Women's Professional Softball League

Leader

- President of the National Softball Coaches Association
- National Director of Junior Olympic Softball for the Amateur Softball Association
- Director of National Teams and Coaching Development for USA Softball
- Director of Development for the International Softball Federation (ISF) - the world governing body for the sport of softball, including the Olympics

Educator

- Authored 8 softball instructional books
- Produced 14 instructional video tapes on Softball
- Featured speaker at hundreds of softball clinics both in the US and abroad
- Organized and Leader of numerous softball clinics
- Cindy is also a color analyst for ESPN's college softball coverage

Accomplishment

- Inducted into the National Fastpitch Coaches Association Hall of Fame
- Helped guide the selection of the US's first-ever Olympic Softball team that won a Gold Medal in the 1996 Olympic Games.
- Coordinated the Greek Olympic Softball Team's creation and first-ever appearance in an Olympic Games
- Has worked with 3 different Olympic Softball Teams; USA, Greek and Chinese
- Led the Florida Wahoos to a WPSL championship
- Awarded WPSL Coach of the Year
- Traveled the world to help increase the level of softball coaching and play on a global level while working with the ISF's 125+ member countries

After the Game Bring Your Team to 

DECEMBER MEMBERSHIP REPORT 2015

Types of Membership	2015-16	2014-15
Active Class A & AA	4917	6129
Associates	1331	1318
Active Life	369	681
Retired Life	910	939
Honorary	3	3
	7,530	9,070

Breakdown of membership by sport association (2014-15 totals in parenthesis)

Adapted Athletics (22) 21
 Boys Lacrosse (78) 35
 Alpine Skiing (59) 36
 Girls Lacrosse (73) 14
 Athletic Directors (102) 93
 Football (1152) 1091
 Baseball (484) 381
 Boys Hockey (237) 191
 Boys Basketball (808) 733
 Golf (boys & girls) (351) 244
 Girls Basketball (700) 617
 Soccer (boys & girls) (390) 415
 Cross Country (391) 398
 Softball (494) 267
 Gymnastics (222) 176
 Synchronized Swimming (15) 6
 Nordic Skiing (118) 84
 Girls Tennis (213) 210
 Volleyball (674) 656
 Boys Tennis (175) 126
 Boys Swimming (200) 149
 Track & Field (785) 618
 Girls Swimming (246) 247
 Wrestling (117) 104

Sport associations that collect their own dues, but join the MSHSCA are Dance 21, Cheer 12, Clay Target 11, Badminton 4 and Girls Hockey 48.

MnIAAA CORNER

By: Tim Hermann
White Bear Lake

Recently, I had the opportunity to be involved in one of those parent/coach/AD discussions all of us dread, and many of us have experienced. For the parents, it revolved around why their child's hard work was not being rewarded by being placed on the level that they felt had been earned. For the coach (one for whom I have great respect as the creator of an effective, participant-centered program), it revolved around trust and commitment, and for me, as the AD, it revolved around working to make the meeting respectful and productive.

I went into that meeting reminding myself of the "action plan" that I had set in place during the March AD's conference with the help of our keynote speaker, Joe Ehrmann. During that conference, we constructed strategies dealing with how we would positively approach different situations that might arise in our lives. I was definitely going to go into that meeting "listening with great empathy and focus to those that disagree with me". As you can probably guess, the meeting did not go as well as planned. The parents were on the offensive early on, our coach held firm to his beliefs, and I tried to keep the dialogue respectful and moving toward some type of mutual resolution, which ultimately did not happen. At the end, the door slammed and my coach and I were left in the room to regroup and to debrief.

The next day, I thought a lot about that meeting and about our communication as leaders and I remembered an email that I had sent to the advisors, coaches, and directors with whom I work. It read:

I wanted to share some things with you today dealing with our communication as leaders. First, here are two interesting quotes from Joe Ehrmann. They deal with coaches, but really have to do with all of us as leaders of our programs.

"Clarity in coaching revolves around the communication of mutual expectations, desires, and needs."

"With each communication, coaches convey acceptance and affirmation, or rejection and lack of interest."

You are all aware that, throughout the year, I have much interaction with your participants and their parents. Many of those discussions are very positive and reflect well on your programs. Those are the enjoyable moments for me, when participants and parents are happy with the program and how the advisors, coaches and directors work with all involved.

However, there are always those discussions that are tougher, the discussions that question what we are doing and why we are doing things the way that we are. And most of all of these discussions come down to our communications as the leaders of our programs....the words that we are choosing, the tone with which we speak,....or, sometimes more importantly, the fact that we are choosing not to communicate at all, either with

... continued on page 37



2014



2015

GENERAL LIABILITY PROGRAM

Coverage is provided to your State Association and Members through the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors.

CARRIER

Lexington Insurance Company
("A" A.M. Best)

POLICY PERIOD

AUGUST 1, 2014 - AUGUST 1, 2015

LIMITS OF INSURANCE

\$1,000,000 Each Occurrence
 \$1,000,000 General Aggregate
 \$1,000,000 Products/Completed Operations
 \$1,000,000 Personal & Advertising Injury
 \$ 100,000 Fire Damage
 \$ 25,000 Sexual Abuse (per member)
 Excluded Medical Payments
 Educators Protection Plus (classroom coverage)

NATIONAL ORGANIZATION OF COACHES
ASSOCIATION DIRECTORS

NOCAD

CAMP COVERAGE

Today, most coaches are involved in some type of sports camps. Coverages such as General Liability and Accident Medical for your participants are available to all member coaches through your State Associations master policies. Please note that our current General Liability Program follows all members while working at camps and/or conducting their own personal camp.

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$150.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your State Association or online at www.LoomisLapann.com

For any additional information
please contact your
State Association office
or

Greg Joly, Lori George, Karen Boller
Loomis & LaPann, Inc.
800-566-6479
gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com
www.loomislapann.com

FOR ALL INSURANCE QUESTIONS

General Liability
Insurance Coverage
What to do if involved
in a suit
Camp Coverage
Certificates of Insurance
Participant Accident
Insurance

Contact Information:
Greg Joly
gjoly@loomislapann.com

Lori George
lgeorge@loomislapann.com

Karen Boller
kboller@loomislapann.com

Loomis & LaPann, Inc.
18 Exchange St
PO Box 2158
Glens Falls, NY 12801
800-566-6479
518-792-3426 FAX
<http://www.loomislapann.com/>

MEMBERSHIP PERKS

S

- **COUNTRY INN & SUITES - Eagan - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800**

H

- **COUNTRY INN & SUITES by Carlson - Minneapolis West, MN - 651-287-8800**

S

- **EMBASSY SUITES - Brooklyn Center - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR . 15% discount. Website: www.minneapolisbrooklyncenter.embassysuites.com**

C

- **RAMADA PLAZA - Minneapolis - Rate Code: L16 - (612) 331-1900 (Based on availability)**

A

- **MINNESOTA ZOO - Apple Valley Corporate Rates - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.**

Call John Erickson for discount card - (h) 218-847-6796

- **ROSEVILLE VISITORS Association DISCOUNTS - www.visitroseville.com**

- **SHERATON MINNEAPOLIS WEST HOTEL - 12201 Ridgedale Dr
Coaches Call 800-325-3535, ask for MN Coaches Association Rate**

- **MARIOTT MINNEAPOLIS WEST - St. Louis Park (952) 544-4400**

For Hotel rates, coaches should indicate membership in MSHSCA.

MEMBERSHIP PERKS

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

MnIAAA Corner . . . continued from page 34

the participant or the parent. These are the discussions that are difficult for me.

As a group, we have talked about the qualities of effective teachers/coaches/mentors..knowledgeable, passionate, active listeners, clear communicators, empathetic. These are all important qualities and I know that those first two qualities are qualities in which we all have great pride. But for me, as I listen to the concerns of others, it becomes clear that we, as advisors, coaches, and directors, need to focus in on our work with communication, so that we are clear on the how's and why's of our decisions, that we listen to the feedback we are getting, and that we have empathy for the perspectives of others.

This past week, I had a chance to read responses from two of our advisors to concerns from parents of their participants. Those responses were clear, concise, caring, yet firm to the standards of their programs. I was proud of those advisors and their communication. That type of communication is what all of our participants and their parents are looking for...and deserve. And that communication is something that I know all of us can give.

Thanks for listening..."...

I also want to share this thought with you, something that you may have seen in this form or another, one that is important enough to be stated again:

LEADERS WITH INFLUENCE

- GIVE when they don't have to
- CARE for others
- GROW continuously.
- LIVE authentically.
- EMPOWER others.
- MANAGE hardship.
- SERVE with humility.

There is no doubt in my mind that all of us understand our quest to be an effective coach is a journey full of many twists and turns. And it is my hope that your journey includes opportunities to learn, share, and reflect, especially with your peers in the coaching profession that have earned your respect.

Thanks again for all that you do for your student-participants, their parents, your assistant coaches, and the community in which you live!

Delegates Corner

By : Todd Smrekar, President Elect, Cambridge-Isanti High School

It is hard to believe, but the fall sports season is already in the books, the school year is in full swing, and the holidays are near. Our annual fall meeting of Sport Presidents and Delegates Assembly was held on September 12th at the Marriot West in Minneapolis. Attendance was good, but we hope that the spring meeting at Mancini's in March is even better. There were many items that were discussed on the agenda.

The MSHSL was represented by Shelly Hotzler and Craig Anderson. The MSHSL is in the midst of their 100 year celebration, something will be done at each state tournament, commemorating this occasion. Other items that were discussed included discussion of the membership survey conducted by Past President Troy Urdahl (St. Anthony Village). The results of the survey, completed in the spring, were shared and discussed with the delegates. Another important item on the agenda was our website and its future. President of MSHSCA and Webmaster Rob Nielsen (Detroit Lakes) was given full support from the delegates to migrate the website onto the Sport NGIN platform, due to the current platform being outdated. Association Presidents have been notified of this website change and asked to provide their plan of action on how they would like to proceed going forward. There is hope to have the process of website migration completed in the early part of 2016. Anyone with further questions, should contact Rob Nielsen at rnielsen@arvig.net .

Each sport association and region was given the opportunity to share initiatives and concerns that they had, and all focused on what is in the best interest of our student athletes and giving them the best experience possible. Among the items being discussed and initiatives being pursued in different sports included an increase in games, equipment modifications, and uniform alterations.

If you are on social media, the MSHSCA can be followed for updates, reminders, and other important information. Stay up to date and follow the association on Twitter @MSHSCA, and stay connected on Facebook at www.facebook.com/MSHSCA. This is a great way for all members to stay current on important announcements and happenings within our organization. The fraternity of coaches relies on communication, and this is one such way to get information from our parent organization.

A great way for any member of MSHSCA to be involved in this great association is to become a delegate. For openings in the sections, look at the beginning of this edition of the Prep Coach. Being a delegate and serving others in our profession is a great way to be active in the MSHSCA.

Happy Holidays to all members of our association and we look forward to seeing all delegate at Mancini's in March!



After the Game Bring Your Team to 

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

The Minnesota State High School Coaches Association has always been aware of the value of officials as an integral part of the high school athletic programs could function without the dedication that is currently being provided to prep sports by the many officials in Minnesota.



A few years ago, the MSHSCA, in an effort to restore sportsmanship, as it should be, to the stands of high school sporting events, created an Officials Distinguished Service Award.

Coaches who are aware of the outstanding officials in your area that qualify for the award should either nominate the officials directly or contact the area officials associations and urge them to submit the deserving candidates for the award.

This award is presented to five deserving officials at the MSHSCA's Annual Awards Banquet that is held each year in November.

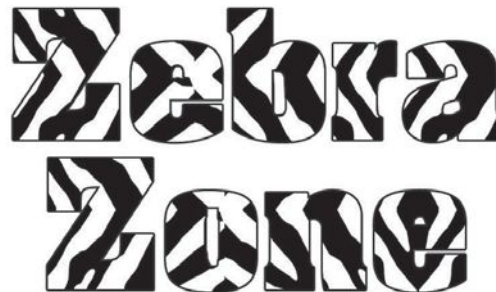
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

Nominations to receive the Officials DSA can be submitted by using the following criteria.

1. Should still be an active official.
2. Have been a high school official of varsity competition for at least 25 years.

If you know of a deserving official in your area that satisfies the established criteria, complete the accompanying nomination form and send to:

John Schumacher
16332 Deer View Rd
Park Rapids, MN 56470



By: Terry Eiter
Detroit Lakes

You may recognize that tag from the 1980's television ads for the newspaper tabloid the National Enquirer. From what I recall the publishers at the time wanted people to know about the troubled lives of the rich and famous, miracle diets and of course, aliens. My mother, Bless her soul, was an avid reader and try try as I may - I couldn't convince her it was all a bunch of trash. I recall asking her, "So mother dear - do you really believe everything that is written in there?" She replied, "well my son, inquiring minds want to know ya know." I guess that was her way of answering without really answering. I wanted to delve deeper but left it alone and moved on.

Often times coaches have "inquiring minds." As ma would say - "they want to know ya know." Questions from coaches directed at officials are certainly part of the game and expected. Where the games are far from being played perfectly there will always be speculation, disagreements, different interpretations, varying perspectives and of course, questioning.

Questions from coaches are actually an integral part of all contests - it often times can build a bridge of communication so that all participating are on the same page and all have a common understanding.

HOW questions are asked and HOW OFTEN questions are asked often times leads to frustration and creates walls. When asked in a respectful manner no official is going to have a problem explaining what they saw or a possible rule interpretation. Periodic questions and communication are certainly realistic and can be beneficial. On the other hand, it is unrealistic for officials to respond to coaches that are constantly asking questions - whether it be rule related,

OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

judgement calls or simply to disagree. The old adage applies - "pick your battles." Please don't try a turn the game into a Rules Clinic - don't ask about rule interpretations every play or situation. There are other opportunities to do that if a rule clarification is needed. If the situation your are questioning involves a judgement by the official ask him specifically what he saw. Once you receive the explanation it's time to move on.

"Statements" on the other hand can quickly lead to problems. An example of a statement would be a football coach that says, "Oh I guess they are just gonna get to hold us all night." Or a basketball coach that says, "it's rough out there, you need to clean it up." How is a official supposed to respond to that and be diplomatic? Neither statement serves any practical purpose other than a simple complaint. My guess is most coaches would have the same reaction if a parent said to them, "my kid went to summer camp, done everything he's been asked to do and he's still not playing." How does a coach respond to that in a diplomatic manner. While both scenarios can certainly be dealt they both create defensive and untrusting situations. Better yet, both situations could be dealt with using specific and direct questions. Neither party may like the response, but at least a question is asked and there is an opportunity to respond to it.

It is understandable that "inquiring minds want to know." That being said - pick your battles. Ask specific questions. Lay off the statements. Be happy.

Winter seasons are well on their way and I'd like to wish all coaches and teams nothing but the best.

Remember it's just a game. Try and keep it fun.

Eiter is a high school teacher in Detroit Lakes, MN. He currently officiates football and basketball. He has coached baseball, basketball and track and has also umpired baseball and softball. He can be contacted at dlref@hotmail.com.

**OFFICIALS DISTINGUISHED SERVICE
AWARD RECIPIENTS LOCATED ON PAGE 26**

*If you could kick
the person in the pants
responsible for most
of your trouble,
you wouldn't sit
for a month.*

- Theodore Roosevelt

**25 YEAR
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Full Name Inside Ring

White Gold
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Resize Larger 1 Size Max
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Phone _____
Finger Size _____

Ring _____
Stones _____
Options _____

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Total _____

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Mound, Minnesota 55364
Phone 952-472-6738

After the Game Bring Your Team to

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PO Box 519
Detroit Lakes, MN 56502



FUEL YOUR TEAM

Ordering is easy at 877-360-Cater (2283) or Subway.com
Catering orders must be placed 24 hours in advance.

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MINNESOTA
STATE HIGH SCHOOL COACHES ASSOCIATION