



# THE Minnesota PREP COACH

Vol. 53 No. 4

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May 2015

## PRANTNER ELECTED TO MSHSCA VICE PRESIDENT POSITION

In an extremely close vice presidential election, Gary Prantner of Byron High School edged Thomas Sharp of Eastview for the four year spot on the MSHSCA Executive Committee.

Both candidates illustrated excellent qualities and obviously the members casting their ballots felt the same way as the count went to the final day of voting to determine the winner.

The new Vice President will begin his four term at the MSHSCA summer meeting that will be held in June. In the third year of his term, Prantner will serve as the President of the MSHSCA.

The MSHSCA would like to extend a very sincere thank to coach Sharp for his interest in the position and realize that he will continue to serve prep athletics in the excellent manner that he has displayed during the years of his coaching career.



**Gary Prantner**  
**Byron High School**

Gary is a 1994 graduate from Glenville-Emmons High School. Prantner's love of athletics started early in life with football and baseball. In high school, Gary participated in football, wrestling and baseball.

Following high school, he attended Mankato State University and graduated in 1999

from Minnesota State University-Mankato with a double major in Geography and Social Studies.

After college, Prantner has been employed at Byron as a 7th grade Social Studies teacher and coach.

He added to his education with a Masters from Winona State University in 2003 and his Specialist Degree from Minnesota State University-Mankato in 2009.

Gary has been coaching a team since his junior year in high

school starting with youth baseball and working to softball. He has spent nine years coaching football, seven years as as the head JV coach and two years a varsity assistant in charge of offense and defensive lines and special teams. He was part of the Byron staff that won HVL Gold Division from 1999-2002 and their state tournament appearance in 2003. In softball, Gary has spent time coaching at all levels but has spent the last 11 years as head softball coach. He has devoted time starting youth programs such as 8U,10U,12U,14U and 16U athletes.

He has served as a delegate to the MSHSCA Delegate Assembly since 2007.

Other duties at Byron have included one year as junior high wrestling coach, student council advisor, Class Triple A Sportsmanship Committee and table worker for basketball, wrestling and gymnastics.

In his words, " I have had the privileged to have been influenced by many solid coaches and wonderful people because of athletics. It is truly an honor to have the opportunity to give back to a group that has given so much to me in my life."

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## The Minnesota PREP COACH

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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)	
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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	Dale Magnuson (Rochester Cent.			
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Wrestling	Chad Johnson (Sibley East)	Kurt Habeck (Eastview) Delegate		
Retired Coaches	Jim Dotseth			

# President's Message

By: Troy Urdahl, St Anthony Village

As professionals striving to improve their craft, throughout each season prep coaches take an inventory of what has gone well and what areas need improvement. Sometimes our focus centers on the technical and tactical aspects of our sports, and at other moments the focus is on managerial details. No matter the area of responsibility, as high school coaches we are in the experience business. Our charge is to provide the best experience possible for our athletes. It is difficult for prep athletes to focus on improvement when their coaches do not.

As coaches, what can we do to continually improve? Our association works hard to connect coaches with their peers and to provide valuable learning opportunities at various sport clinics. This will satisfy a portion of our coaching needs. Another great way to learn is by tuning in to what our athletes have to say. In my last article as President of the MSHSCA, I want to share some of the lessons I learned over the past two years as I traveled across the state talking to student-athletes for a dissertation research project. It is my hope the information I gained after interviewing students from each corner of the state is able to help improve the experiences of our prep athletes.

Relationships, emotions, and the experience (or absence) of fun are present throughout each area of athletes' experiences. When asked what their best experiences were, high school athletes shared that they love playing, the time they spend together as a team, enjoying success, and, they love their coaches. Conversely, their worst experiences involve problems with teammates, playing, losing, and unfortunately, their coaches. It is evident coaching has a significant impact on the experiences. After listening to students talk about their participation in high school sports and knowing the important role of a coach in an adolescent's life, the following list details recommendations for any youth coach to consider:

## **Practice intentional communication**

Be open. Many athlete concerns are related to their role and value on their team; adolescents want to know where they stand in their coach's eyes. Coaches can support the experiences of student-athletes through frequent and open communication with players related to their role and value on the team.

Ask for athlete input. Interscholastic sports programmers and coaches will improve high school sport offerings by knowing more about athlete experiences. By actively seeking input from adolescents regarding their best and worst participation experiences, interscholastic coaches will be better equipped to meet participant goals and provide

consistent, high quality sports experiences.

## **Capture learning opportunities**

Teach life and sport lessons. Student-athletes believe in the power of athletics as a developmental tool and look to their coaches as a role model to provide them with leadership and guidance. Coaches must capture this willingness and nurture positive adolescent development by seizing the teachable moments presented during interscholastic play.

Train and prepare leaders. Due to the nature and power of adolescent relationships, student leaders are able to wield real influence among their peers. One way coaches are able to use the positive influence of student leadership and help team dynamics is by enlisting the assistance of team captains. To maximize effectiveness, team leaders must receive the support and training necessary to lead. Through planned efforts to train student leaders, coaches can utilize student leaders to promote team concepts and reduce interpersonal issues, subsequently building a greater sense of team.


## **Promote positive team relationships**

Build coach-athlete relationships. The relationships coaches build with athletes has the power to define their legacy. The strength of coach-athlete relationships can improve coaching effectiveness and enhance participant experiences. Coaches must be intentional in efforts to make valuable personal connections with athletes, while at the same time giving necessary instruction, direction, and support. A goal of all high school coaches should be to build and maintain positive, genuine relationships with each of their athletes. The results of these efforts will include both greater coaching effectiveness and athlete satisfaction. Athletes remember how coaches make them feel more than what their coaches say or do.

Plan and encourage team activities. If there was a formula for producing successful adolescent sports experiences, team activities independent of the sporting context would constitute a prominent variable. If relationships are the number one influence on athlete experiences, furthering coach-athlete and teammate relationships by incorporating team-building activities into a team schedule is crucial. Participants explained how time spent with their team away from practice and games left positive, powerful, and deep-rooted memories. Implementing enjoyable team bonding activities possess the ability to boost team chemistry and produce some of the best memories of sports participation. Creating opportunities for positive "team time" will pay dividends for interscholastic coaches.

... continued on page 4

# CHIP SHOTS



By: Bob Gorden  
Detroit Lakes

May, where did April go? We got an early start to our golf season, but April weather has been up and down. Hope May will continue like it started and give us nice spring weather.

Hope all the coaches are sending in rankings weekly, it started April 26 and runs until last one due on May 31. This is a very easy process on line on the coaches association site under golf. Would be nice to have all teams send stats so we have teams and individuals rated each week when they deserve to be. If a player is in Top 10 anytime during ratings, they are awarded an All-State award at the end of the season.

Remember to fill out Academic forms and submit on-line on Coaches site, these are due by May 29. Your players deserve this recognition.

Coaching on the course, I know there are lot's of opinions on this, but remember the rule, 2 coaches can be on course coaching per team, and they have to be a paid coach by the school district, not volunteer coaches or parents. Be out there, you can learn a lot about your players watching them, and other players. Plus if we are out there we can help with pace of play and golf being played correctly by all the players.

REMEMBER when we get to the end of our season, I need your section coach and assistant of year nomination. PLEASE somebody email these names after your section, so we can have a representative from all the classes and all the sections on our final ballot. REMEMBER the coach has to be a member of our association to be nominated. Send name to [bgorden@detlakes.k12.mn.us](mailto:bgorden@detlakes.k12.mn.us)

Not that I am ready or thinking of the end of season, but here is info on State Golf banquets: Chairmans for banquets: Class A is Rich Aulie 218-838-2899 and will be held at Holiday Inn in St.Cloud, Class AA is Mike Frankenfield 507-413-2632 and will be held at Park Ballroom in New Prague, Class AAA is Tim Kallevig 763-569-7632 and will be held at the Earle Brown Heritage Center in Brooklyn Park. Any questions on a banquet contact these event chairman.

Any concerns, questions you might have and want to bring to your board, please email any of your advisory board, they are listed on our Golf Coaches website at [mshsca.org](http://mshsca.org).

As you enjoy the rest of your 2015 season, good luck to you and your team and hope to see you on a course soon. Enjoy this great game with your teams, you and they can enjoy this game for a life time.

## 16<sup>th</sup> Annual "Hodge Podge" Golf Outing

### Open to:

Wrestling "Weigh In Crew," Retired A.D.'s, MADA Past Presidents, HVL A.D.'s Missota A.D.'s, Classic Suburban A.D.'s, spouses and guests (or anyone that knows Jim Baker)

**Date:** Monday July 20th, 2015

**Where:** Mt. Frontenac, Fontenac, MN -  
Hwy 61 between Red Wing and Lake City.  
651-345-3504  
A way to stay in touch!

**Time:** 11:00 AM shot gun start

### First come, first serve:

You can put together your own foursome or sign in at 11AM, day of outing to be placed in foursome - door prizes for all.  
***Need good turnout to keep this going!***

**Cost:** 18 Holes and 1/2 Cart &  
Beverage Tickets = \$45.00

*Please no substitutes*

### Send Registration and money to:

Jim Baker  
8185 E. Courthouse Blvd. Ct.  
Inver Grove Heights, MN 55077  
(h) 651-306-0328

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number (\_\_\_\_\_) \_\_\_\_\_

- I will sign up for the foursome on 7-20-15  
 My spouse/guest will sign up for the foursome on 7-20-15

I will create my own foursome. Names of others in foursome.

- 1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_  
4) \_\_\_\_\_

Total money enclosed (\$45.00 each)

Payable to Mt. Frontenac Golf or Jim Baker



**Need good turnout to keep this function  
going beyond this year!**

## Presidents Message ... continued from page 3

Communicate team changes. The impact of chemistry on sports teams is significant. After grasping the importance of teammate relationships, the addition of new players on a team, especially younger student-athletes, should be carefully implemented. Disrupting team harmony by carelessly making roster changes is an avoidable coaching decision. At the varsity level of interscholastic sports, a coaching obligation is to maintain the most competitive roster. However, deliberate efforts must be made to properly carry out and communicate team changes. Rushing the addition of a young player on to a team can be detrimental to both the individual athlete and team. This is important for the successful assimilation of new team members while remaining mindful of other team members' reactions to roster adjustments.

Show care for each individual. Adolescents seek positive relationships with their coaches; an icy, autocratic coaching style prominent in previous generations does not meet the needs of today's young people. Coaches must show concern and care for each team member. A number of sources, including President Theodore Roosevelt, are credited with the aphorism, "People don't care how much you know until they know how much you care." Armed with an understanding of how damaging the perception of favoritism can be, interscholastic coaches must challenge themselves to show care and interest in each team member, making personal connections with their athletes and embracing a transformational coaching style rather than transactional coaching methods. Transformational coaching is based off of mentoring relationships, using the platform of sport to help young people grow into responsible adults. Transactional coaches focus only on winning and meeting their personal needs, not the needs of athletes (Ehrmann, Ehrmann, & Jordan 2011).

### Promote fun

Incorporate fun. High school athletes play sports to have fun. Coaches must deliberately build fun into interscholastic programming. Including an element of fun in practices and purposeful efforts to incorporate team outings away from competition allows team members to grow bonds and have fun. When thinking about best moments of play, often it is the experiences of joy and resulting good feelings people fondly recall. Coaches have the ability to cultivate these experiences.

# 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.

## Over Hill and Dale

By: Peter Janiszewski

*President of the Cross Country Coaches Association*

*Head Coach*

*Luverne High School*

I hope this letter finds you completing another successful track season and preparing for the upcoming cross country season.

I will take this time to remind you of the **Cross Country Coaches Clinic. The clinic is scheduled for Monday, August 3rd at Eastview High School.** The new directors are Tom Sharp of Eastview and Dave Chatelaine of Owatonna. A schedule and details will be e-mailed or sent out sometime this summer. So, mark your calendars, and we hope to see all of you there.

That's all I have for this time. Have an awesome end to the school year and track season, and may you have an outstanding, relaxing and rejuvenating summer!

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

**Softball, Boys Basketball, Boys Hockey, Boys Lacrosse, Girls Lacrosse, Wrestling, Synchronized Swimming, Alpine Skiing and Adapted Sports**

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

After the Game Bring Your Team to 



## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Another year comes to an end! I am always amazed when we come to this time of year and we are putting the wraps on another year of Minnesota High School sports how fast each year fly by. It has been another great year for the MSHSCA and we owe the credit for that to many of you. I just want to

take a couple of minutes to thank those men and women who make the MSHSCA the successful organization it is. I want to thank the Executive Committee for all of their hard work as well as the time they give up. There are numerous decisions that must be made each year by the Executive Committee and I am always impressed how diligently they approach decisions that impact this Association. This year our President is Troy Urdahl from St. Anthony Village and Troy has really been a visionary for this Association. Troy is putting together a random survey that will be sent out seeking members input on how this Association is doing in meeting the needs and expectations of our members and suggestions for future direction. Incidentally a huge congratulation goes out Troy on the completion of his Doctorate degree.

I want to thank Darien DeRocher for his hard work and effort on making the Minnesota Prep Coach one of the best and most informative publications of any state association anywhere. Not only has Darien given the membership 25 years of service as the Executive Director but he has now put in 16 additional years as the Prep Coach Editor.

Thank you to the awards committee headed up by Jim Baker. Jim and Jan do a marvelous job of planning our Annual Hall of Fame and Awards Banquet. I still dream of the day when we have 100% of our award winners present at the banquet. Jim heads up the Hall of Fame selection committee along with the Executive Board. I want to thank John Shcumacher for all his work on the Distinguished Service Award for Officials. John has served the MSHSCA in many different capacities and continues to find time to help in any way he can.

No Association can be successful without the work of many people. The structure of the MSHSCA gives each sport association control over their business and clinics. Wow! We are blessed to have great leadership in our sport associations and that list is too long to mention them all. I also want to thank all the Delegates for taking time to attend the Delegate Assemblies and attend to the Association Business and concerns.

I want to thank you the membership for allowing Mary and I the opportunity to serve as your Directors and help the MSHSCA membership continue to be a benefit to you as coaches as you go about you daily tasks.

**TWO GREAT OPPORTUNITIES:** There are two great events taking place this summer. One is the "Why We Play" conference on July 28th at Bethel University. Please go to the League website and register for this great conference. It is an opportunity for every coach to grown in their professional development helping you to move into the style of coaching that is going to be the best experience for our athletes. The Second event is the NSHACA conference to be held in Rochester June 16 through the 20th. There are amazing opportunities to gain college credits and at the same time spend two days learning from the Doctors of the Mayo Clinic on Athletic injuries, training and other aspects for keeping your athletes in the competition. Go to their web site nhsaca.org and sign up today!!

I want to thank each one of your for what you do. I can't imagine a world in which there are not opportunities for our young men and women to participate in school sports. You are the backbone for Education Based Athletics and it is through your guidance and expertise that our young men and women grow into the wonderful leaders they will become. I want each of you to understand how important you are to the total development of our young men and women. Club teams and the other outside teams cannot offer what you offer and they never will. I hope each of you have a wonderful summer – recharge and take some time to treat yourself to time away and time to do other things.

# EMAIL CHANGE:

**Contact**  
**John & Mary Erickson**  
**at**  
**jomar2@arvig.net**





# CRAIG ANDERSON TO SERVE ON MSHSL BOARD OF DIRECTORS

By : Shelly Hotzler  
Girls Sports Rep  
Jackson County Central

Craig Anderson of Pine Island has been selected to serve on the MSHSL Board of Directors. He will replace Mark Solberg of Cambridge-Isanti and represent the MnIAAA and Boys athletics. He joins Shelly Hotzler of Jackson County Central as the girls athletics representative.

Anderson is highly regarded by his peers as indicated by his leadership in both the MSHSCA and the MN Baseball Coaches Association.

His esteem is illustrated in an article written by John Millea the Media Specialist for the MSHSL. ( Permission has been given by Millea to use the article in this issue of The MN Prep Coach and is found in entirety below.)

## 40 YEARS OF OPTIMISM AND BASEBALL AT PINE ISLAND

Things were taking a bad turn Thursday for the Pine Island Panthers baseball team. Cannon Falls had just scored two runs with two outs in the top of the sixth inning and had a 2-1 lead.

As the Panthers ran into the dugout, coach Craig Anderson was a picture of optimism. He asked the guys, "How many 2-1 deficits have been overcome in the bottom of the sixth? Millions! Let's stay positive!"

Throughout the game, a well played Hiawatha Valley League affair that ended with the Bombers winning by that 2-1 margin, Anderson said nothing critical, nothing negative. That is part of his formula for success during his 40 years coaching career that has made him only the seventh baseball coach in Minnesota to win 500 games.

Anderson- a retired elementary teacher who works a Pine Island's athletic director – was honored in a brief ceremony before Thursday game. Principal Kevin Cardille presented the coach with a modest trophy commemorating 500 victories, and well respected former coaches Dale Welter of Chaska and Dale Massey of Rochester Mayo spoke about Anderson and how important he is to baseball to Minnesota.

Thursday's loss pit Anderson's career record at 502-365. Number 500 came in a victory over Byron on April 2. But wins and losses are secondary to Anderson's main mission in coaching. "We want twin but we have a bigger message," he said. "And that's, hey come play hard, represent your community and your family with dignity. And if you do those things, then it's a win no matter how the result comes out. Today I thought the kids gave a great account of themselves. We played a quality ball club, we have a lot of respect for Cannon and the Bombers were just one run better than us today."

Midway through the game, Pine Island right fielder, Matt Huus ( who wears No. 3 ) made a splendid running catch of a hard hit ball. In the dugout, Anderson hollered . " Throw strikes, make plays! All right! Way to get a jump , three!"

After the game, I asked team captains Matt Kukson, Tucker Hanson and D.J. Titus this question: What's the most negative thing your coach has ever said?

The question caught them off guard. They began giggling,

then full-out laughing. Message? The thought of Anderson being negative was laughable.

"I think he's found that by saying anything negative it doesn't help the team at all, so he doesn't say anything negative," Hanson said. "The only way to help the team out, even in a bad time, is to keep a positive attitude and he definitely does that."

Anderson is so highly respected by his peers that beginning this year, an annual award bearing his name will be given to by the Minnesota State High School Baseball Coaches Association. It's called the Craig Anderson Ethics in Coaching Award, described like this: " he coach who is selected will be someone who displays class, integrity, character, and respect for the game, the players, the spectators, and the officials. Someone who is a great model for student-athletes and fellow coaches, who teaches not only the game but also life's core lessons."

That's the essence of Anderson . Ask Cannon Falls coach Bucky Lindow, who faced Anderson's team in his first game as a high school coach in 1998 at Dover- Eyota. Between high school and Babe Ruth games, Lindow said he has coached against Anderson 120 times

"He's been a true mentor for me," Lindow said. "The first game I coached as a high school coach, he was the other guy and beat us 10-0. But more important is the way he treats people. He's the guy that who's going to congratulate you if you do something. He's just classy. That's truly what he is. And through the state coached association, he's been on the leadership team for a long, long time and he just makes a positive impact. He's a great ambassador for high school baseball. I really appreciate All that I have learned from him."

Anderson is number three on the career victory list among active coaches. On top of the all time and active list is Bob Karn of St Cloud Cathedral ( 715-277). Next is Lowell Searcy of Brainerd ( 709-277) and also still coaching. followed by retired New Ulm coach Jim Senske ( 707-171.) Three other retired coaches have between 509 and 535 wins ( Dick Seltz. Austin; Bob Mullen, Bagley; Darwin Busselman, Prior Lake).

Anderson, 61, credits his family as a main reason for his 40 years and 500 wins. "I want to salute my wife, Sue," he said. "We've been together for over 40 years. No body stays in coaching for 40 years unless you've got a No 1 assistant and that's my bride. I love her and she has been a great support system. Our two daughters were always at the ball park and now it's the grandkids. That's pretty special."

Anderson's older brother Dave, who retired from teaching and coaching baseball in Byron in 2005 works as Pine Island's official scorer and public address announcer. Dave compiled a record of 206-195 in 18 years coaching the Bears

The Anderson boys – five brothers in all – grew up playing baseball in their home town of Mabel. Craig and Dave played at Winona State before beginning their careers as educators and coaches.

"Believe it or not, my earliest recollection of being alive was coming out on the front yard, having mom and dad watch me

... continued on page 9

hit with my brothers pitching to me,' Craig said. "Apparently I was doing OK because I remember feeling goofy about myself."

And for four decades he has taught the game he loves, along with life lessons that go far beyond baseball.

"I'm just taking it a year at a time and am planning on coming back next year if the good lord allows me to and my health is good," he said. "It's a rebirth every year being able to come out and work with these guys. You can see they're good kids. They're good ball players, but better yet they are good people."

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## FLIP NOTES



By: Toni Kleber  
Moorhead High School

Summer is almost here, yeah! I want to share a few reminders about working with your athletes during the summer. All members of the B squad, JV and varsity coaching staffs must sign a summer waiver to work with their athletes during the summer. This includes volunteer coaches. Waiver forms can be found on the MSHSL site under Coaches Clipboard and are filed with your school district. Remember, the no contact period is from July 4 - July 10, 2015.

The Advisory Board held our Spring meeting. We reviewed a successful state tournament. We remind all team qualifiers that only competitors on the state roster are allowed on the competitive floor, this does not include JV members. Being able to bring spotters and extra event coaches through the pass gate and on the floor is an opportunity we want to keep available. Please don't abuse this uniquely gymnastics option. Please make sure you and your coaching staff have completed the CE requirements and concussion training.

During our meeting, Jody Redman informed the Advisory Board that she would no longer be working with gymnastics for the MSHSL. She is taking on other job responsibilities for the High School League and will no longer be responsible for gymnastics. Our new MSHSL representative is Amy Doherty. We thanked Jody for her years of service to gymnastics and look forward to working and building a relationship with Amy.

Members of the clinic planning committee will be meeting in June and July. This year's clinic will be held at Becker High School on October 1 and 2, 2015.

The current plan is to bring in a clinician for this year's clinic. If you have suggestions, the planning committee would love to hear from you. Please contact Shelly, Debbie, Jen, LeeAnn or me, we would love to visit with you about your ideas.

Enjoy your summer!

---

# Goal Posts

By: Ron Stolski - Brainerd  
Exec. Director MFCA

Coaches have influence far beyond their own understanding. I was reminded of that phrase once again when I, along with others of our association, attended the May 5 NFF recognition Banquet honoring football in our state. The event, inspired by the leadership of Sean Gauthier, and sponsored by the Minnesota Vikings and assorted Business leaders, has grown over a few short years from an audience of around two hundred to well over eight hundred and includes recognition to and award presentations by and for our MFCA COY Dwight Lundeen, the Gophers, Vikings, NFL Hall of Famers, MIAC teams, media awards, scholarship presentations, et all. The MFCA is, proudly, one of the original supporters of the event and has watched it grow into a virtual who's who of football in Minnesota. Among those receiving recognition was the recipient of the John Gagliardi award, Burnsville's Hall of Fame coach, Dick Hanson.

Dick's teams of the seventies and eighties were outstanding! If memory serves right, they won at least three state titles during his tenure. A brilliant coach and teacher, he inspired respect from all of us who coached during those years. His compelling two minute acceptance reminded me... all of us in attendance... of the everlasting impact that football, the ultimate team game, can and must have on those who coach and play it. Today, Dick battles the ravages of Parkinson's disease. From his wheelchair, he spoke; holding up one finger in the air he related how he encouraged his teams that effort and victory 'should not be about me (number 1), rather, this time holding both hands high and clasped together, it must be WE. Driving North that evening, I recalled the impact that Dick and coaches like him had, still have, on those of us who still try to do a bit of good.

Thank you, good friend Dick, for teaching and living the lessons the keepers of the game must never abandon or forget.

And so, as we approach the work of Summer and anticipate the competition of Fall, let us never forget the responsibility we have to those in our charge. Take time to let the kids be kids; they will still come with heart in hand to play America's game. You have influence you know. Far beyond what you realize...

Thank you for supporting the MFCA. Thank you for being a Keeper Of The game.

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After the Game Bring Your Team to 



# CORNER KICKS

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

Well winter has come and gone. If you look around at high school athletic fields, they are busy every day. We are all hopeful that we have great weather and spring sport state tournaments can be played. Many of you will be busy soon with your summer soccer activities and enjoying the warm weather.

Your officers and board have been busy this past year with several items. Many of you got the survey about a Mercy Rule in soccer. Erin Murray (Orono girls) updated the members of the board about the survey and it was apparent from the responses from the coaches that there was not a clear mandate for this change. The idea was tabled for the present.

At the MSHSSCA April meeting, Dave Halgren (Executive Secretary) presented the board with an updated list of section reps. Because of the changes in sections, there were many representative jobs that needed to be filled. If you want to know who your section rep is, go to our website MSHSSCA.org and find the information. All materials that are needed for coaches are posted on that site. Also remember, you need to update your Coaches Clipboard on the MSHSL website for the 2015 season.

The board nominated Jason Arnebeck (Park of Cottage Grove Boys) as the new President Elect. Vince Thomas (Eden Prairie Boys) was nominated to continue as Secretary and Art Seplak (Bloomington Kennedy Girls-retired) as Treasurer was also nominated for that position. They were elected by a unanimous vote.

As most of you are aware, there are new structured practice policies that have been put in place by the MSHSL. If you are not aware of this policy that was put in place for football, you can check it out on the MSHSL website. It deals with very specific details about length of practices, two a day practices and total number of hours for additional sessions. It was proposed and accepted that we as a soccer association appoint a small committee to anticipate possible future requirements for our sport. The committee will explore this issue and report back to the board. The subject of "class size" was discussed and as before nothing is going to change this year. It is a matter needing more teams to play our sport.

If you notice the clinic information in this issue, pay attention to the fact that the clinic site has been changed to North St. Paul. The date will be August 14th. This will be our 25th Annual Soccer Coaches clinic. Once again the clinic is being arranged by Greg Juba (Park Girls retired). Registration forms have specific times and dates and must be made with Art Seplak at the address shown. Please remember that the clinic fee does not include your MSHSSCA membership. You, as a member have many perks that go with belonging to our organization. You will also get a break on your NSCAA dues by paying at the

clinic. The more national members we have enable us to place more of our athletes and coaches in national award categories. There will again be a Thursday night gathering for the coaches at a local restaurant.

As we do annually, the MSHSSCA awards two scholarships given in honor of Mike Warter, the Eagan Girls Coach who passed away several years ago. The chair of this committee in Art Seplak (Bloomington Kennedy Girls-retired.) This year's recipients are Katie Marthaler of Blaine and Will Kid of St. Paul Como Park.

Katie will be attending UW River Falls this fall. Will has picked Bradley University. Both Katie and Will plan to play soccer for their respective schools. Each was their team's captain for the 2014 season and have been very active not only in their schools but community. These two fine student athletics will graduate in the top fifth of their senior class. Congrats to these two fine scholars and athletes.

The State Tournament dates are set and we again will be hosted by St. Cloud State University. The site is the SCSU stadium. The Quarterfinals are Tuesday thru Thursday October 27 to October 29.

The State tournament Semifinals will be held for Class AA on Tuesday November 3 and the A will be on Wednesday November 4. 0 Championship day will be Thursday November 5th. The Senior Classic will return to North St. Paul on Wednesday November 11.

As I get to the end of this issue, I would like to take the time to honor Greg Juba who is retiring from his Park of Cottage Grove Girls soccer job and teaching. It is very difficult to put into words, what Greg means to those of us on the board and in the sport high school soccer. Greg has been the Clinic director since its start, has been a liaison with the High School League, and was instrumental in the development of the State Tournament Director and helping select the All-Tournament Teams.

His countless hours, his working with sponsors, attending meetings and all the rest of the many details he had to deal with are huge. We want to wish Greg the best of luck in his retirement. We are fortunate enough to have Greg continue with the MSHSSCA Executive Committee. Greg from all of your peers, the best of luck. You will be missed at Park. If you see Mr. Juba, thank him for all of his endeavors... I have worked with him on Clinic and Senior Classic and realize how important the role he plays in Minnesota soccer. From all us – THANKS GREG!

Have a wonderful summer. Enjoy your family time. Remember you have the greatest job in the world, working with young athletes. You are blessed.

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**CLINIC INFO & REGISTRATION FORM CAN  
BE FOUND ON PAGES 11 & 12**



## MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION

Website: [www.mshssca.org](http://www.mshssca.org)

in conjunction with the Minnesota State High School Coaches Association, Inc.

# 25<sup>th</sup> ANNUAL SOCCER COACHES CLINIC



revised: 5-13-15

**WHO:** OPEN to ALL interested soccer coaches (youth, club, high school, college)**THURSDAY** night August 13<sup>th</sup>: 6:30PM – 9:00PM**FRIDAY**, August 14<sup>th</sup>: 7:30AM – 2:45PM

Keynote session plus social hour

**WHERE:** The Village Sports Bar  
 3600 Hoffman Road  
 White Bear Lake, MN (651.770.8670)

**WHERE:** North (St. Paul) High School  
 2416 East 11<sup>th</sup> Avenue  
 North St. Paul, MN

**COST: See Box below:** Includes appetizers Thursday night and a box lunch on Friday  
 T-Shirt for the first 250 registered coaches
*For more information, please call:*
**Greg Juba, Director -- Retired Head Girls' Soccer Coach -- Park (Cottage Grove) High School**  
 cell -- 651.260.1048      email - [gjuba23@gmail.com](mailto:gjuba23@gmail.com)

## AGENDA for Friday

7:30 – 8:15AM Sign-in / Registration  
 8:30 – 9:25AM Session I  
 9:40 – 10:35AM Session II  
 10:50 – 11:45AM Session III  
 11:45AM – 12:45PM LUNCH  
 12:50 – 1:40PM Session IV  
 1:50 – 2:45PM Session V

**NOTE:** There will be a **Head Coaches Meeting** during **Session V**. Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed. Session for all **NEW COACHES**, head and assistants, will occur during the lunch hour.

To belong to the MSHSSCA, you must also join our parent organization - the MSHSCA.

### Costs:

Clinic Registration = \$50 before August 1<sup>st</sup>, 2015  
 = \$60 after August 1<sup>st</sup>, 2015

NSCAA Dues (optional) = \$70 before August 1<sup>st</sup>, 2015  
 (National Soccer Assoc.) = \$85 after August 1<sup>st</sup>, 2015

**\*\*MSHSSCA Dues\*\*** This year MN Soccer Coaches Assoc. dues need to be paid online by credit card or paid at the clinic.  
**DEADLINE for DUES PAYMENT is: October 1<sup>st</sup>, 2015.**  
**\*\*\*PLEASE go online and take care of it NOW!\*\*\***

Total for each Coach = \$50 Clinic Only  
 = \$120 including NSCAA

Above costs reflect registration BEFORE August 1<sup>st</sup>

Registration Form is on the back of this page – please fill it out and  
**Mail**  
*(Before August 1, 2015)*

to  
**Art Seplak**  
**10077 Upton Road**  
**Bloomington, MN**  
**55431-2849**  
**952.881.2898**

**REGISTRATION FORM CAN BE FOUND ON PAGE 12**

After the Game Bring Your Team to



# 25<sup>TH</sup> ANNUAL SOCCER COACHES CLINIC



## Clinic and National Coaches Association Registration Form

!!!! Please be sure to CIRCLE the (Head/Asst) (Girls/Boys) choice and also the LUNCH choice for EACH COACH registered. Please give YOUR Preferred mailing address and phone number. Current National Assn. members, please add MEMBER NUMBER. ADDRESSES AND PHONE #s needed for other registrants ONLY if they are joining the National Assn.!!!!

Your Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

Do YOU plan to attend Thursday evening at The Village? (Circle) YES NO

### OTHER REGISTRANTS:

#2 Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

Do YOU plan to attend Thursday evening at The Village? (Circle) YES NO

#3 Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

Do YOU plan to attend Thursday evening at The Village? (Circle) YES NO

#4 Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

Do YOU plan to attend Thursday evening at The Village? (Circle) YES NO

**Fees:** (circle the choices for EACH registrant)

Registration	Clinic Registration Attendee	National Soccer Coaches Association of America (NSCAA) (Optional) Dues	Total
Yours	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
#2 Registrant	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
#3 Registrant	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
#4 Registrant	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
Make checks payable to MSHSSCA		<b>TOTAL SENT</b>	=

**REMINDER:** Minnesota State Soccer Coaches Association membership **MUST** be done online at [mshsca.org](http://mshsca.org)

(Clinic registration DOES NOT include MN State Soccer Coaches Assn. membership!)  
Mail to: ART SEPLAK, 10077 UPTON ROAD, BLOOMINGTON, MN 55431-2849

**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](mailto: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 **SUBWAY**

# HOOP SCOOP



*Craig Walker*

*Chisago Lakes High School*

*2015-16 MGBCA President*

First of all Happy Spring! After a twenty-six game regular season for most of us and lengthy post-season runs for some others, spring is a wonderful time for celebrating our team and individual accomplishments and reflecting on how we can help to improve the skill and character development of our young women. I'd like to say thank you to all of you for your commitment to our student athletes and Girls Basketball in the state of Minnesota.

Congratulations to the 2015 Minnesota State Girls Basketball State Champions: 4A- Hopkins, 3A- Park Center, 2A- Dover-Eyota, and 1A- Ada-Borup. The 2015 championship is the 6th for Hopkins High School and the 5th for Coach Brian Cosgriff. Park Center defended their 2014 3A title giving the Pirates and Coach Chris VanderHyde their 2nd titles. Dover-Eyota and Coach Brian Harris won their first state title in their first appearance. Ada-Borup's championship is the 2nd in school history and the also the 2nd for Coach David Smart.

Congratulations to our State Coaches of the Year and also the Assistant Coaches of the Year:

Class 4A Coach: Kent Hamre- STMA

Assistant: Scott Hoeg- Roseville Area

- Class 3A Coach: Ellen Wiese- Orono  
Assistant: Slone Suess- Kasson-Mantorville
- Class 2A Coach: Scott Bergman- Sauk Centre  
Assistant: Tim Lindquist- Esko
- Class 1A Coach: David Smart- Ada-Borup  
Assistant: Dale Kockelman- Minneota

Please check out the Minnesota Girls Basketball Coaches Association website for a complete listing of the 2015 Section Coaches of the Year; <http://www.mshsca.org/girlsbasketball/sectcoachofyr15.htm>

The 2015 Minnesota Girls High School All-Star Series was held for the second consecutive year at Carleton College in Northfield on April 11th. Forty young ladies represented Minnesota girl's basketball with class and treated fans to two great basketball games. Congratulations to the All-Stars and the Coaches: Sarah Tolesrud- Fillmore Central, John O'Connor-Fillmore Central, Josh Thurow- Minnehaha Academy, Scott Scholl- Minnehaha Academy, Carl Pierson- Waconia, Dusty Neibauer- Waconia, Melissa Guebert- Eastview, Ellen Spika-Eastview.

Following the on the court action Pat Barrett representing the Miss Basketball Committee recognized the finalists for 2015 and named Madison Guebert from Eastview the 2015 Minnesota Miss Basketball award winner.

The MGBCA also announces the 2015 Hall of Fame inductees during All-Star weekend. This year's four inductees include three coaches with over 1,300 combined wins and one official who worked games in four state tournaments.

## MSHSCA's 2015-2016

# CORPORATE PARTNERS

## Thank You

TO OUR CORPORATE PARTNERS, SUBWAY AND LIBERTY MUTUAL  
THAT HELP MAKE MANY OF OUR PROGRAMS AND AWARDS POSSIBLE!



Congratulations to the 2015 Hall of Fame Inductees; Brian Cosgriff-Hopkins, Doug Boe- Burnsville, Thomas Neibauer- Middle River & Badger-Greenbush- Middle River, and Jim Herder- Basketball Official.

Thank you to the All-Star Series Committee for their hard work in putting this event together. I've been fortunate enough to have multiple players

participate in the event and they have all thoroughly enjoyed the experience. It is a well-organized event and we should all consider attending. The committee includes: Michelle Goodman- Apple Valley, Amanda Neby- Minneapolis, Brenna Collins- Kasson-Mantorville, Emileana Graupmann- Northfield, Bri Zabel- Northfield, Liz Carpentier-Farmington, Tony Mathison- Northfield,

and Morgan Zabel- Northfield.

Finally, I'd like to say thank you for the opportunity to serve such a dedicated group of committed coaches. I feel that only other coaches can truly appreciate all the hard work and effort that goes into putting a competitive team of high school athletes on the court night in and night out.

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## Aligning School Communities around WHY WE PLAY

*By: Jody Redman, MSHSL*

In an effort to support coaches and align school communities around the purpose of education-based athletic and activity programs, the League's Board of Directors will require for the 2015-16 school year, local school boards to complete a training on WHY WE PLAY—Aligning School Communities Around the Purpose of Education-Based Programs, prior to approving the Minnesota State High School League's Membership Resolution. The intent of this requirement is to assist schools and their communities in aligning around a shared common language, where every stakeholder—coaches, parents, administrators and community, clearly understands the purpose of education-based athletic and activity programs.

The purpose of education-based programs is the human growth and development of students who participate and connecting them to caring adults in their learning community. Fewer than 3% of the students who participate in high school athletics will play at the collegiate level and less than 1% will go on to play professionally. This means 97% of the students involved in high school sports will have a terminal experience—they will never again participate in sports at the same organized level in their lifetime. So what are we really giving students if we are only concerned with winning? We must provide students with growth that will sustain them beyond physical skill development and the ability to play and win a game. For this to happen, we must align school communities around a deeper purpose.

WHY WE PLAY is national initiative, whose intent is to reclaim the educational purpose of sports. Sports in America engage more individuals, families, and communities in a shared experience than any other cultural activity, organization or religion and have significant perceived value. We value sports because we believe the students who are involved acquire something meaningful through their participation. Sport provides countless teachable moments where core ethical values such as caring, honesty, fairness, responsibility, and respect for self and others can be developed. With that said, one of

the great myths in our culture is that participation alone builds and develops this character, as if doing a handstand, running a race, hitting a curveball, or simply suiting up are sufficient to strengthen a young person's moral fiber. Unless a coach teaches and models character and encourages its development in student-athletes, it is more likely organized sports will spoil play and undermine the development of the very character and virtue it claims to build. The potential for the growth and development of character in students only exists if the adults who are in charge of and oversee these experiences are aware of and intentional about this significant role.

Coaches clearly play a significant role in the experience that students have, however, training coaches alone is not enough. Without support of the school community, the current win-at-all-costs sports culture will continue to make winning the only value that comes from participation. This training around a shared common language will provide an effective response to the demands and pressures of the current win-at-all-cost sports culture.

In an effort to support coaches and school leaders around the purpose of education-based programs, MSBA has endorsed the WHY WE PLAY initiative that clearly defines the purpose of sports in an educational setting and will provide school boards with the same shared common language that is being delivered to athletic administrators, coaches, parents, officials and students around the value of these programs.

By providing school boards across the state with a brief but dynamic video training, that clearly defines the purpose of education-based athletic and activity programs, we will align school communities across the state around a shared purpose and provide support so coaches can function from an education-based instead of a win-at-all-cost mindset. This initiative will ultimately provide students with a richer experience, one that fosters learning, growth, fun and a connection to caring adults in the school community.

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After the Game Bring Your Team to 

**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*

As graduation season rapidly approaches this is always a time of great reflection for me. As coaches we become attached to the young people that we work with on a regular basis and for some of these young people we have worked with them for several years. That being said it is really sad to see these great young people leave, but it is also exciting to see what they have ahead of them. It is this time of year that I reflect on how they have had an impact on their teammates, the coaches, and our program. I can always say that I learn so much from each class of student athletes and that they always help me evolve as a coach. Over the years, I have learned that our greatest learning tool as coaches is our student athletes.

Another great learning tool we have in our advantage to improve as coaches is the MNVBCA Coaches Clinic. The 2015 MNVBCA Coaches Clinic will take place at St. Cloud State University on Wednesday and Thursday July 29 and 30. This clinic is traditionally one of the best and highest attended high school volleyball coaching clinics in the country. This year we have many new and exciting speakers highlighted by Carolyn Condit the Head Women's Volleyball Coach at the Miami University of Ohio over the past 31 seasons. We also have Minnesota Women's Volleyball Assistant Matt Houk, Jane Becker from Augsburg College, and many more great college, high school, and club coaches. Registration will begin at 11:00am on Wednesday with the first session at 1:15. The All-Star Match warm-up begins at 5:30; and the Coaches' Social will begin following the All-Star Match. Thursday's sessions begin at 9:00am, with a free lunch being served that day. Sessions and door prizes expect to be concluded on Thursday at about 3:30pm. Our designated hotel will be the Holiday Inn and Suites (75 South 37th Avenue, St. Cloud, MN) with reservations at (320) 253-9000. To register and for more detailed information about the clinic please visit our website at [www.mnvbca.org](http://www.mnvbca.org).

As many of you probably already know, many schools switched classes and/or sections in the most recent reclassification period. Please see the Minnesota State High School webpage at [www.mshsl.org](http://www.mshsl.org) to check these changes and for a complete list of the new sections. Also, remember to adhere to the blackout period of July 4-10. This is a time where you are not allowed to work with or have contact with your student athletes. I hope that all have a fantastic summer and that I will get a chance to see many of you and meet new faces at the upcoming MNVBCA Coaches Clinic!



## 36th Annual Minnesota Volleyball Coaches Association Clinic

**July 29 and 30, 2015**  
**St. Cloud State University**

Clinic Presenters: Carolyn Condit the Head Women's Volleyball Coach at the Miami University of Ohio over the past 31 seasons. We also have Minnesota Women's Volleyball Assistant Matt Houk, Jane Becker from Augsburg College, and many more great college, high school, and club coaches.

### Wednesday, July 29

- 11:00am Clinic Check In Begins
- 1:15pm First Session Begins
- 5:30pm All-Star Match
- TBD Coaches Social To Follow All-Star Match

### Thursday, July 30

- 9:00am Clinic Sessions Resume
- \*\*\* A free lunch will be provided to all clinic participants
- 3:30pm Clinic Wrap-up with door prizes

Official Coaches Clinic Hotel

Holiday Inn and Suites

75 South 37th Avenue, St. Cloud, MN

(320) 253-9000

To register and for more specific information about the clinic go to [www.mnvbca.org](http://www.mnvbca.org)

After the Game Bring Your Team to 

## 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)
- 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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## Swim Strokes

By: Rory Fairbanks

Boys Swimming Coach's Association President

Hutchinson High School Swimming & Diving Head Coach

As the high school seasons have concluded and we move into the summer months let us all keep these words of the great Lou Holtz in mind; "I won't accept anything less than the best a player is capable of doing, and he has the right to expect the best that I can do for him and the team!" Our athletes are counting on us to give our best effort to them and the team. For some, this is continuing to learn new techniques, sets and drills. For some this may mean to get on deck this summer and coach the summer program. I feel for all of us it means to take some time to relax and rejuvenate. Coaching can be stressful, challenging but very rewarding. We owe it to our athletes to come into the season fresh and fully charged ready for what ever may be thrown our way.

We had another fantastic boys' state meet this year. In the AA meet Eagan won a closely contested meet with Minnetonka finishing second and Eden Prairie coming in third. During the course of the meet there were two records set; Joshua Withers from Eden Prairie set the AA record in the 100 yard butterfly with a time of 48.88 and James Tidd from East Ridge set the all time record in the 100 freestyle with at 44.81.

In the A meet there were a host of records set. The first came in the prelims when Humphrey Pruett from Beck/Blake set the all time record in the 100 yard breaststroke going a 54.75. In the finals St. Thomas Academy broke the class A records in 200 medley relay going 1:34.09 and the 400 freestyle relay with a 3:07.23. Warren Sexson also of St. Thomas Academy broke the 500 freestyle class A record in 4:36.07. St. Thomas Academy won the meet with Breck/Blake and Faribault rounding out the top three. With this win, John Barnes has now won 14 MSHSL state championships. This accomplishment ties him with Hibbing's Paul Lukens for the most Minnesota state titles in the sport of swimming and diving. What an amazing accomplishment, congratulations John!

Over the weekend of April 10-11 we held the annual coach's clinic, association business meeting and All-State Banquet. The clinic had very good local speakers with lots of good information. At the banquet the following awards were given out. Assistant coach, Dedicated Service Award recipients were Byron Fraser (Bloomington Jefferson) and Dick Clark (Simley). Jerry Simpson Distinguished Service Award went to Don and Terry Robinson (Rochester). Richard Ballard and Justin Zook were inducted into the Minnesota Hall of Fame. The class A Athletes of the Year were; Lindsey Horejsi (Albert Lea) and Sean Donnelly (Chaska), while the Coaches of the year winners were Nate Linscheid (Visitation) and John Barnes (St. Thomas Academy). The class AA Athletes of Year were Zoe Avestruz (Chanhassen) and James Tidd (East Ridge), with Elizabeth Hansen (Wayzata) and Chris Morgan (Eagan) winning the Coach of the Year awards. During the business meeting the typical business items were addressed (updates on

the clinic, All-State banquet, and website). True Team host site were finalized as much as possible with the TT State dates being girls' AA October 9th at 6:00 PM, girls' A October 10th at 4:00 PM, both boys' meets will be on January 30th. The final issue of the business meeting was to elect a new Vice-President for the Girls' Association. When all votes were counted Nathan Youngs (Dassel-Cokato) was declared the winner.

The election of Nathan Youngs signals Dale Magnuson's tenure as President is soon to be concluded. Katie Haycraft will take over as President at the annual True Team meeting on June 30th. I would like to personally thank Dale for all of his efforts to the association. He has been a valuable resource to me this year as I began my tenure as President of the Boys' Association. Dale will continue be a vital asset, as he will hold his position working with the banquet. If you have a chance please take the time to thank him for all he done for all of us in the association.

With summer fast approaching, now is the time to rejuvenate. Spend quality time with family and friends. I also encourage all of you to attend the True Team meeting in June and be involved with the process. Before you know it the next season will be starting. Are you going to be ready to give your athletes the best of yourself? I am sure you will.

## 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](mailto: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 

# MSHSCA ANNOUNCES 2015

The MSHSCA is proud to announce the 2015 scholarship winners. The MSHSCA is once again providing \$10,000 in scholarships to a group of very deserving senior athletes. A huge thank you goes out to the MSHSCA scholarship committee for all of their hard work and diligence in very difficult task of making very difficult choices.



**Hannah Wendel** attends Alexandria High School where she was a three sport athlete. Hanna participated in Cross Country, Gymnastics and Track. Hannah relates her experience in athletics in the following way; “I have learned about respect for others, how to be a teammate, how to work hard and achieve a skill or goal, how to deal with failure and pick myself back up and move forward. I have learned that anything is possible with a little hard work and dedication.” Hannah will be attending the University of Wisconsin Eau Claire in the fall. Hannah has been awarded a Subway scholarship



**Tanner Schnathorst** attends Detroit Lakes High School and is a two sport athlete. Tanner participated in football and golf. Tanner has enjoyed success in both his athletic endeavors as well as his academic endeavors where he ranks 10th in his class of 215. Tanner puts his athletic challenges in perspective when he says “I was fortunate to grow up in a household where sports were viewed as a way to learn and enjoy life. My parents have never pressured me to be the best or win at all cost. Winning has been viewed as a product of doing things right in my family.”Tanner will continue his education at South Dakota School of Mines and Technology in the fall. Tanner has been awarded the Howard Emerson scholarship



**Teagan Anderson** attends International Falls High School. Teagan is three sport athlete participating in volleyball, basketball and softball. Teagan was elected captain to all three teams in both her Junior and Senior years. She says that serving as a captain “has showed me how important a captain, the leader of the team, is to the success of the team. To be successful in athletics total contribution and dedication to the team is necessary.” Teagan will be attending the College of St. Benedict in the fall. Teagan has been awarded a Past Presidents scholarship.



**Gavin John** attends Nevis High School where he is a three sport athlete. John demonstrated the true meaning of student athlete as he was not only named 9-man all state academic team but also achieved the rank of number one in his class. Gavin said that athletics have taught him many valuable lessons. “They have taught me how to lose with dignity and to learn from the loss. They have taught me to work as a team member. They have taught me to be a role model for younger students through being looked up to.” John will be attending the University of North Dakota in the fall. Gavin Has been awarded one of the Past Presidents scholarships



**Kylie Olson** attends Mapleton High School where she is two sport athlete. Kylie ranks number one her graduating class and was named to the academic all state team in volleyball. Kylie reflects back on her high school athletic career and states; “I have learned the importance of hard work, dedication, being positive and giving it my all. Coaches have taught me how to work well with others, the power or persevering attitude, and the importance of accountability, and how to be a good leader.” Kylie will continue her education at Pella College in Iowa and will be a part of their softball team. Kylie has been awarded the Val Teichroew scholarship

# 5 SCHOLARSHIP WINNERS



**Jake Martig** attends St. Cloud Tech High School where he is a three sport athlete. Jake was named captain in all three sports. Jake made the following statement; “in sports, work ethic is a message continually emphasized not only by the coaches, but also the players as we held each other accountable as teammates. Everyone involved in the program aimed to perform at a level that was best for the team, teaching me the importance of being able to communicate and cooperate with others to achieve the team’s final goals.” Jake will continue his education at UW – La Crosse in the fall. Jake has been awarded the Darien DeRocher scholarship.



**Elizabeth Een** attends Minneapolis Southwest High School where she is a two sport athlete in Diving and Tennis. After leaving gymnastics Elizabeth took up diving where she went on to set all new records for the Southwest High school girls diving. In her opening statement on her letter of application Elizabeth gave some insight into the meaning of “it takes a village”. “There is a resounding truth behind these words. For example, I am the product of the places I have visited, the people I have encountered, and the experiences I have overcome. Therefore, my village is comprised of supportive people, joyful occasions, gyms, pools and tennis courts.” Elizabeth will enroll at St. Olaf College in the fall. Elizabeth has been awarded the Kathy Fredrickson scholarship.



**Benjamin Broze** attends Mankato West High School where he is a three sport athlete as well as being very active in other school activities including Government, Speech and Drama, Band and several other activities. Ben referred to his experience as a member of the Cross Country team in helping him to grow and develop skills that will help him down the road. “Through Cross Country and Track I have learned how to better compete as an individual as well as a teammate. Distance running has taught me the importance of being mentally strong and positive when improvements are made or even when things go bad.” Ben will attending Southwest State University in Marshall in the fall. Ben has been awarded a Subway scholarship.



**Abbriel Lawrence** attends Foley High School and ia two sport athlete. Abbriel has been on the varsity in both Cross Country and Track and Field for six years. Abbriel states that athletics and the coaches she has had have taught her the value of time management, commitment and dedication. Abbriel’s coach said “she has been a leader for both cross country and track and field amongst her teammates and for the your running programs. She is a positive role model, encouraging our runners to be the best they can be”. Abbriel will enroll at St. Cloud State University in the fall where she will continue her running career. Abbriel has been awarded the Betsy Farness scholarship.



**Benajmin Buthe** attends New Prague High School where he is a three sport athlete. As the son of a coach Ben states “athletics has taught me to become a good role model for others. Do the right thing when no one is watching. Little kids watch everything I do, whether me in practice or a big game”. Ben will enroll in either Luther College, UW – La Crosse or St. Scholastica in the fall. Ben has been awarded the Steve Kerzie scholarship

# Winter Academic Results

The MSHSCA and The Subway Restaurants of Minnesota are happy to be able to support the Team Academic Programs for the prep sports programs of the state.

At the end of each season results of team members GPA is 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 for this issue are included below. They are listed in the order submitted.

## NORDIC SKIING

### Boys Gold

Champlin Park  
 Chanhassen  
 Cloquet-Esko-Carlton  
 Duluth East  
 Edina  
 Ely  
 Hastings  
 Holy Family Catholic  
 Lakeville  
 Minneapolis South  
 Minnetonka  
 Mound-Westonka  
 Park Center  
 Prior Lake  
 St Cloud Cathedral/Sartell-St Stephen  
 St Cloud Tech  
 St Louis Park  
 St Paul Central  
 St Paul Como Park  
 St Paul Academy and Summit School  
 St Paul Highland Park  
 Willmar  
 Winona

### Boys Silver

Bemidji  
 The Blake School  
 Brainerd  
 Chaska  
 Duluth Marshall  
 Eden Prairie  
 Grand Rapids  
 Irondale  
 Little Falls  
 Mahtomedi  
 Mesabi East/Virginia/Eveleth-Gilbert  
 Minneapolis Patrick Henry

Osseo  
 Robbinsdale Armstrong  
 Wayzata

### Girls Gold

Anoka  
 Bemidji  
 Benilde-St Margaret's  
 The Blake School  
 Bloomington Jefferson  
 Brainerd  
 Chanhassen  
 Chaska  
 Cloquet/Esko/Carlton  
 Duluth East  
 Eden Prairie  
 Edina  
 Ely  
 Grand Rapids  
 Hastings  
 Holy Family Catholic  
 Hopkins  
 Irondale  
 Lakeville  
 Little Falls  
 Mahtomedi  
 Mesabi East/Virginia/Eveleth-Gilbert  
 Minneapolis South  
 Minnetonka  
 Osseo  
 Park Center  
 Prior Lake  
 Proctor/Hermantown  
 Robbinsdale Armstrong  
 Roseville Area  
 Spring Lake Park/ St Anthony Village  
 Stillwater  
 St Cloud Cathedral/Sartell-St Stephen  
 St Louis Park  
 St Paul Central  
 St Paul Highland Park  
 Visitation  
 Wayzata  
 Winona

### Girls Silver

Burnsville  
 Champlin Park  
 Duluth Marshall  
 Mounds View  
 St Paul Academy and Summit School  
 Two Harbors  
 Willmar

### Girls Basketball

### Class A Gold

Stephen-Argyle  
 Rothsay  
 Heritage Christian Academy  
 Schaeffer Academy  
 Murray County Central  
 Lakeview Christian Academy  
 Sacred Heart  
 Ada-Borup  
 Fosston  
 Adrian  
 Sleepy Eye  
 Brandon-Evansville  
 Legacy Christian Academy  
 Henning  
 United South Central  
 Browerville  
 Kimball  
 MN Valley Lutheran  
 Maranatha Christian

### Class AA Gold

Blue Earth  
 Sauk Centre  
 Crookston  
 Eden Valley-Watkins  
 Pine Island  
 Concordia Academy  
 Rochester Lourdes  
 Central  
 Duluth Marshall  
 Morris Area-Chokio-Alberta

### Class AAA Gold

Waseca  
 Hill Murray  
 South St Paul  
 Albany  
 New Prague  
 Little Falls  
 Dassel-Cokato  
 Monticello  
 Princeton

### Class AAAA Gold

Roseville Area  
 Maple Grove  
 Anoka  
 White Bear Lake  
 Woodbury  
 Chanhassen

Duluth East  
Chaska

Class A Silver

Pine River-Backus  
Fillmore Central  
Canby  
Win-E-Mac  
Wheaton- Herman – Norcross  
New York Mills  
Carlton  
East Central  
Clearbrook-Gonvick  
Red Rock Central  
Minneota  
Kittson County Central  
Ogilvie  
Mankato Loyola  
SW MN Christian  
Randolph  
New Ulm Cathedral  
Springfield  
Belgrade-Brooten-Elrosa  
Alden-Conger  
MACCRAY  
Houston  
Hills – Beaver Creek  
Hancock  
Goodhue  
Underwood  
Cromwell  
Warren-Alvarado-Oslo  
Rushford-Peterson  
Kerkhoven-Murdock – Sunberg  
Cedar Mountain/ Comfrey  
Lakeview  
Goodridge/Grygla  
Verndale  
St Clair  
Westbrook/ Walnut Grove  
Upsala  
Sebeka  
South Ridge  
Sleepy Eye St Mary's  
Blooming Prairie

Class AA Silver

St James  
Perham  
Pipestone Area  
Jackson County Central  
Aitkin  
Park Rapids  
St Cloud Cathedral  
Osakis  
Tracy-Milroy-Balaton

Watertown-Mayer  
Pequot Lakes  
Holdingford  
Lac qui Parle Valley  
Esko  
Pillager  
Chatfield  
Roseau  
Litchfield  
Kenyon-Wanamingo  
Moose Lake/Willow River  
BOLD  
Milaca  
Benson  
Fairmont  
Crosby-Ironton  
Zumbrota-Mazeppa  
St Peter  
Hawley  
Warroad  
BCMR  
Martin County West  
Waterville-Elysian-Morristown  
Plainview-Elgin-Millville  
Caledonia  
Eveleth-Gilbert  
Montevideo  
NRHEG  
Medford  
Pine City  
Staples-Motley  
Hayfield  
Ferazee  
Minnehaha Academy  
Rush City  
LaCrescent  
Mayer Lutheran  
Glencoe-Silver Lake

Class AAA Silver

Thief River  
Grand Rapids  
Kasson-Mantorville  
Detroit Lakes  
Chisago Lakes  
Willmar  
Hutchinson  
St Anthony Village  
Sartell-St Stephen  
Albert Lea  
Fergus Falls  
Academy of the Holy Angels  
Byron  
Sauk Rapids- Rice  
Benilde-St Margaret's  
Orono  
North Branch

Mankato East

Class AAAA Silver

Rochester Century  
Moorhead  
East Ridge  
Cambridge-Isanti  
Lakeville North  
Northfield  
Mounds View  
North St Paul  
Eastview  
Forest Lake  
Elk River  
Apple Valley  
Eden Prairie  
Edina  
Minnetonka  
Eagan  
Brainerd

Boys Basketball  
( Boys Basketball uses two different methods of determine team academics)

Gold

Detroit Lakes (3AAA Champion )

Silver

Red Rock Central (1A Champion )  
MN Valley Lutheran  
Montevideo  
Eden Valley-Watkins  
Battle Lake  
West Central Area  
Maple River (Class 2AA Champion)  
Rochester John Marshall  
Mankato West  
St Cloud Cathedral  
Chatfield  
Heritage Christian Academy  
St James  
Norwood-Young America  
New Life Academy  
Benson  
Aitkin  
Monticello  
Crookston  
Mounds View  
Kasson-Mantorville  
Pact Charter  
Chisago Lakes

... continued on page 24

After the Game Bring Your Team to 

## Winter Academics ... continued from page 23

Morris Area  
St Croix Lutheran  
Hutchinson  
Dassel-Cokato  
Sartell-St Stephen  
Buffalo (Class 4AAAA champion)  
Owatonna

Boys Hockey  
( Boys Hockey uses the  
older method of selecting  
team academics)

1AA --- Owatonna  
2AA --- Prior Laker  
3AA --- Eastview  
4AA --- Stillwater  
5AA --- Anoka  
6AA --- Benilde-St Margaret's  
7AA --- St Francis  
8AA --- Moorhead ( Class AA Champion )

1A ---- LeSeuer- Henderson/ St Peter/  
Tri City United/Cleveland  
2A ---- Delano ( Class A Champion)  
3A ---- Litchfield/ Dassel-Cokato  
4A ---- Totino Grace  
5A ---- Pine City/Rush City  
6A ---- Alexandria  
7A ---- Duluth Marshall  
8A ---- Crookston

Girls Gymnastics

Class A Gold

Byron/Rochester Lourdes \*  
Simley  
Austin  
South St Paul  
Stewartville  
Caledonia  
LaCrescent  
Watertown-Mayer \*  
New Prague  
New Ulm  
Waseca  
Jackson County Central \*  
Luverne  
Worthington  
North Branch \*  
Rockford \*  
Morris Area/Chokio-Alberta \*\*  
Willmar

Litchfield  
Melrose Area'  
New London-Spicer  
Dassel-Cokato  
Benson/KMS/Montevideo  
Paynesville/Eden Valley-Watkins  
Sartell – St Stephen \*  
Becker  
Princeton  
Monticello  
Annandale  
Detroit Lakes \*  
Alexandria  
Fergus Falls  
Perham

Class A Silver

Pine Island  
Triton/Kasson-Mantorville  
Mankato East  
St Peter  
Glencoe-Silver Lake  
Blue Erath Area  
Pipestone  
St James  
Hendricks/ RTR  
Redwood  
Martin County Area  
RPHF  
St Anthony Village  
Columbia Heights  
St Paul Highland Park  
St Paul Johnson  
Delano  
Orono  
Big Stone Lake Area  
Sauk Rapids-Rice  
Big Lake  
Howard Lake-Waverly/  
Winsted Holy Trinity  
Maple Lake  
Park Rapids/ Nevis

Class AA Gold

Farmington \*\*  
Owatonna  
Winona  
Northfield  
Chanhassen \*  
Lakeville South  
Bloomington Jefferson  
Chaska  
Prior Lake  
Eastview \*  
Rosemount

Eagan  
Stillwater \*  
Cretin-Derham Hall  
Minneapolis Southwest \*  
Hopkins  
Wayzata  
Cambridge-Isanti \*  
St Francis  
Coon Rapids  
Buffalo \*  
Elk River  
Brainerd  
Moorhead  
St Cloud Tech

Class AA Silver

Rochester Mayo  
Faribault  
Lakeville North  
Apple Valley  
Bloomington Kennedy  
Henry Sibley  
East Ridge  
Woodbury  
Hastings  
Mahtomedi  
North  
Roseville Area  
Tartan  
Rogers\*  
Osseo  
Park Center  
Maple Grove  
Champlin Park  
Spring Lake Park  
Eden Prairie  
Edina  
Minnetonka  
St Louis Park  
Forest Lake  
Blaine  
Andover  
St Michael-Albertville  
Bemidji  
St Cloud Tech

\* – Denotes Section Champion

\*\* – Denotes State Champion



# 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 is having an excellent spring season. The Minnesota weather for the most part has been cooperating and giving us an opportunity to get out and practice under the Sun. Not sure if anyone else has noticed, but with the Spring having an actual Sun, the spirits of the student athletes has been a lot higher and much more positive.

Speaking of positive, it is also that time of the year where many youth programs are conducting their seasons. As we all know, our youth programs, (with all of their exuberance and positive attitude) are our future. The more we can help out, to have a hand in our youth programs, the better it is for our future of track and field. Plus, with our guidance for this extremely vital part of T&F, today's youth, will have a positive, worthwhile, fun experience that they will always remember. Few things are can generate a smile on a varsity coach during a long season, than giggles from a young trackster enjoying our beloved sport.

This week is True Team Section week! My hope is that all teams in the state participated in this grand event. The weather on Tuesday in the cities seemed to have cooperated, allowing for meets to be held and completed on schedule. This weekend will be the annual True Team meeting in Holdingford. During this meeting, the committee will be working on figuring out the wild card team for all 3 classes and both genders. As well, as finalizing the last details for the State meet held in Stillwater. It is a fun meeting, exciting meeting, getting ready for the State meet. However, hate to sound like a broken record, but we still need more help. We are getting close to a critical point where if we do not have new blood, new volunteers, soon, things will not look good for this fantastic idea of True Team. As we all know, it takes a small, check that, a large village to run a meet at our own schools. The more people/volunteers we have helping at our own meets the better, higher quality meet it is. The better the meet, the better the experience for our student

athletes. I have been at the state meet both as a coach with a participating team and as a coach helping out to create an excellent experience for all the student athletes. All the times have been fantastic, fun, exciting. I want this fun experience to go on. I want you as coaches to experience a high quality State meet. As well, your student athletes deserve a highly efficient, high quality, highly FUN meet. Therefore, we, the committee ask for your help in continuing this grand event. It is fun, easy to sign up, (email me, Mark Alcorn, or Gary Wade), we help you get accustomed to what the committee does slowly, it's fun, time commitment is minimal, it's fun, meet new coaches and future friends, it's fun, food at the meetings, and it's fun!!

The spring time also brings the annual spring coaches meeting. This meeting has been held in the past at the MSHSL State T&F meet. This year we are trying something different. We will have the meeting held at 3 different sites, same basic meeting, just at 3 sites. One will be June 9th. This meeting will be run by Gary Wade, VP of the association. The place will be Mankato West High School starting at 10 a.m. Another will be June 22nd, held at Bemidji High School starting at noon and will be in the Lumberjack room. This will be run by Mark Alcorn, Past President. I will conduct another. It will be also held on June 22nd for the metro schools. The site is still pending. I will send out an email reminder as the dates approach. If you have any suggestions or feedback about the MSHSL State meet or True Team, or anything else about MN T&F remember to fill out an advisory proposal form, (found in the coaches' website). The advisory committee generally meets with Jody Redman, the Associate Director of MSHSL in charge of T&F in the summer.

Until next time, enjoy the spring and see you at the State True Team meet and the MSHSL State meet.

## 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.

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

After the Game Bring Your Team to 

# FAST TRACKS

By: *Brian Abery*  
*Eastview*

Hello Coaches:

As we head in to late spring I know that it's not everyone's mind that is on skiing, but approximately 25 coaches made the trek to Mora on the 3rd Saturday in April to discuss this past season, review the results of State Meet survey that we sent out shortly after the championships, and discuss any changes we might like to consider for our sport. Overall, it was great meeting and with a decent response rate for the survey we believe that we got some useful information that will help us continue to improve the experience of our skiers. I am still attempting to get the results of the survey up on the website but have been having some difficulties trying to get it down to a

size and format that the site will easily be able to handle. This should occur in the next week or two.

Probably the most important learning from the survey was that responding coaches (N = 62) overwhelmingly liked the new approach. Although there were a few exceptions, respondents overwhelmingly demonstrated support for the two team format indicating on open ended questions that it added excitement to the meet and made it feel like a more team oriented event. Although most coaches appreciated the ability to get the entire meet in within the short-time frame we had available and didn't feel our abbreviated start format for the freestyle race affected results, the large majority expressed support for a return to the interval start that we have been using for the past several years with one skier being released every 15 seconds. The new seeding format that entailed starting 3rd, 2nd, and 1st place section finishers in that order first in the freestyle race was a format that coaches suggested be continued. As with any event, especially one such as ours that is so dependent on the weather, there were some concerns expressed about

the shortened format and the early call for a delay in the start time. Most coaches, however, appeared to appreciate the advance notice indicating that it was much preferred to previous years in which the start of the morning race was delayed multiple times until the temperature warmed to race legal levels.

One area in which there was significant variation in respondent's reactions was with respect to what was believed to constitute optimal team size now that we are entering two schools per section. The group was very evenly split between indicating that teams of 5, 6, or 7 skiers would be best. It is important to note that over 2/3 of respondents indicated a belief that the current team size of 7 athletes is too large. These responses, coupled with statistical analysis that indicates a 6-7% increase in the average time gap between the top 30 and bottom 30 skiers at this year's meet in comparison to each of the previous 4 years suggests the need to place an initial discussion of team size on the agenda for our fall meeting. It is premature to suggest that the entry of a second team has had a negative impact on the quality of the field based on results from 1-year. However, it should be noted that over each of the previous 4-years, during which conditions varied greatly, ranging from wet and slushy to 6 inches of new/falling snow, the mean time gap between the 30 fastest and slowest skiers remained quite constant. A significant increase was only seen this year. Though a 6-7% increase in this gap might



**National High School  
Athletic Coaches Association**

## **Minnesota to host the NHSACA Convention**

**2015 NHSACA  
National Convention**

**June 16 - 20, 2015  
(Tues – Sat)**

**College Credit Classes and Coaching Sessions  
June 16-20, 2015**

**2 Graduate Credits (\$250.00): June 16<sup>th</sup> and 17<sup>th</sup>**

**3 Graduate Credits (\$350.00) June 18-19**

**Total Graduate Credits Possible: 5 (\$600.00)**

**Check the NHSACA Website  
in the near future for additional information**

**Kahler Grand Hotel  
Rochester, MN**

**National Hall of Fame Induction Ceremony  
June 19, 2015**

**National Coach of the Year Awards Banquet  
June 20, 2015**

**Visit the NHSACA Website to register!!  
[www.hscoaches.org](http://www.hscoaches.org)**

**... continued on page 27**

not seem like a great deal of time, based on the combined finishing time of races (total pursuit time) it amounts to over 2 minutes (2:00-2:17).

The last important finding from the survey was that in spite of our recent change to include 2 teams per section in the State Meet, almost 50% of coaches responding to the survey believe that a significant change in the overall format of the meet needs to be considered. The largest number of open-ended comments in response to this question focused on the potential addition of sprint and/or a relay to the meet. Given the large percentage of coaches who expressed this belief, it seems that it would be valuable to form a sub-committee to explore alternative formats for our championships that would have a decent chance of receiving approval by the MSHSL. If you would be interested in joining a committee to explore such options please, e-mail me @ abery001@umn.edu. If there is sufficient interest, I will explore a number of possible dates over the summer months during which we can meet to develop a number of possible options to discuss at our fall meeting.

Last, but certainly not least important, we were fortunate enough to have all three of our coach and volunteer of the year award winners at our spring meeting and were able to present their plaques to them and congratulate them on supporting their team through what was a difficult season. For the first time I can remember all three came from the same team – Cloquet Esko Carlton, with Glen Sorenson taking Coach of the Year honors; Ben Croft, Assistant Coach of the Year; and Brent Smith, Volunteer of the Year. Congratulations to you all!

As I think about the conclusion of my first year as President of the State Nordic Ski Coaches Association, I can't thank our past President, Dan Josephson, enough for all the guidance he has provided and the patience he's had with me. Stepping in to the position with absolutely no idea as to the roles I would be asked to play Dan provided wonderful guidance. Hopefully, the next person to fill the position after I conclude my stint following the 2015-2016 season, will have some time to learn the ropes prior to taking over responsibility. It's therefore important that we elect a vice-president at our fall meeting who will serve in that capacity for a year prior to taking over the duties of president for next the few. As I hope most of you remember, when Dan's term concluded and no one stepped up to the starting line to assume his responsibilities we voted to designate each Section as responsible for putting up a candidate on a round robin basis. Section 1 nominated yours truly, so by our fall meeting we will be asking the coaches of Section 2 to put forth a candidate. Section 2 coaches, please take some time to think about this over the summer and hopefully we will have someone voluntarily step up (or be convinced to do so) by this fall. Potential candidates, please feel free to contact me if you have an interest in the position.

Have a great summer and we will see everyone back in Mora the 3rd Saturday in October.

# USE YOUR MEMBERSHIP CARD

**Your 2014-2015 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 Green Ink for the year 2014-2015.

### 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, Troy Urdahl - St Anthony Village



**John Doe**  
St Anthony Village

Asst. Football  
Head Wrestling  
Asst. B/G Track

After the Game Bring Your Team to 

# DUGOUT CHATTER



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

By the time this goes to press we will be at the end of another season – hopefully

you had many successes! This will be the last year of three class baseball in MN as we will move to four classes for 2016. Tourney is set for June 11-12th with the new Saints stadium and Seibert field hosting the AAA, Dick Putz and Joe Faber fields in St. Cloud for AA and Chaska and the Mini Met in Jordan for class A. The MN Twins and Target field will once again be the site for the championship games on June 13th. Coaches make an effort to get to these sites to see some outstanding ball games and see the rich talent in the state of Minnesota.

Another opportunity to display our rich talent is at the Junior Showcase that our association puts on, it will again be hosted by Minnetonka on July 9th starting at 8:00 am. We will have close to 200 participants working out for coaches and scouts. Thanks to Paul Twenge and his crew for hosting and many of the other advisory board members with the volunteering for this great event.

The month of June would not be complete without our association's fantastic All Star Series again being held at the beautiful ball park in Chaska. We want to recognize and thank Vice President Don Gawreluk who chairs this event, the countless hours he puts in have made this event better each year. Also thanks to Dale Welter and Paul Twenge who put in tremendous amounts of time to assist in this venture. While I am at it, I want to give a huge shout out to our All Star Chairmen, Ricky Michel for the Metro East, Jared Mountain with the Metro West, Rick Zollner for the South and Bill Kinnunen with the North for beating the drum to get players nominated for the tourney. The MN Twins were again gracious hosts for our selection meeting, thank you Josh Ortiz, Dave St. Peter and many others for all you do for our sport. 2016 will see an expansion of the tourney as we move to six teams and use both Chaska and Chanhassen to make this weekend an even better opportunity for our athletes.

Be sure to write the John Wilkens fall coaches clinic on your calendar: October 23-25 at the Ramada Plaza Hotel in Minneapolis. Get your staff together and take advantage of great clinicians, vendors, and hot stove discussion. Thanks John for all the hard work you do to get this together. As always we will have our coaches meeting on that Saturday morning and we need your attendance to get things done and keep you informed. That evening we will have our Awards and Hall of Fame banquet. Congratulations to this year's Hall of Fame class: Bruce Davis of TriCity United, Dennis Roisum of Glencoe, Paul Mork of Wells, White Bear Lake, Blaine, and Legacy Christian Academy, John Hardgrove of

Mahtomedi, Mike Halloran of Eden Prairie, Jeff Gallagher of Montevideo and Kevin Merkle with the MN State High School League. Congrats to all of these gentlemen, their, staffs and their programs. What a great honor for all of them and their communities.

As we move into the 2015-16 year, be sure to keep yourself up to speed by frequently visiting our website. Todd Smrekar and Tink Larson put a lot of time into the information and the records you can find on there, do them and yourself a favor, use the site! We will be in need of quite a few section reps as we make the move to four classes, contact one of the advisory board members if you are interesting in serving in that or any other capacity. See you at the Ball Park. \_\_\_\_\_

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## LATE WINTER STATE CHAMPIONSHIP RECOGNITION

Since the March edition of The MN Prep Coach, four state tournaments were conducted. The MSHSCA would like to use this opportunity to congratulate the winning teams and their coaches. If a team and a coach is not included in the accompanying list below it is due to the fact that the coach is not a member of the MSHSCA.

State championship coaches listed along with the early winter winners and the fall champions will be honored at the Annual Hall of Fame Banquet in October.

### Boys Hockey

A	East Grand Forks	Tyler Palmiscno
AA	Lakeville North	Trent Eigner

### Boys Swimming and Diving

A	St Thomas	John Barnes
AA	Eagan	Chris Morgan

### Boys Basketball

1A	Rushford-Peterson	Thomas Vix
2A	Melrose Area	Ryan Dusha
3A	DeLaSalle	Dave Thorson

### Adapted Floor Hockey

PI	Robbinsdale/Hopkins/ Mound-Westonka	Marcus Onsum
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### Girls Basketball

1A	Ada-Borup	David Smart
2A	Dover-Eyota	Brian Harris
3A	Park Center	Chris VanderHyde
4A	Hopkins	Brian Cosgriff

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STATE of MINNESOTA

Proclamation

WHEREAS: The Minnesota State High School Coaches Association was founded in 1936, and has been serving Minnesota's coaches for 79 years, with a current membership of 9,172 coaches; and

WHEREAS: In 2013-2014, more than 230,000 student athletes participated in Minnesota high school sports and

WHEREAS: The Spring of 2015 marks 100 years of organized high school athletics in Minnesota; and

WHEREAS: Studies have shown that students who participate in prep sports have higher grade point averages and have better school attendance than those who do not play high school sports; and

WHEREAS: Each year, the Minnesota State High School Coaches Association, through the various sports associations, raises thousands of dollars for cancer research, and provides thousands of dollars in scholarships for graduating seniors; and

WHEREAS: The Minnesota State High School Coaches Association was founded on the belief that coaches are not just valuable assets to their profession, their athletes, and their school districts, but also to their communities.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim Friday, March 6, 2015, as:

MINNESOTA PREP COACHES DAY

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 2<sup>nd</sup> day of March.

*Mark Dayton*

GOVERNOR

# SERVICE ACES

By: Les Zellmann  
MSHSTCA President  
St. James



We hope that your season has had many good moments of individual and team experiences. We appreciate your commitment to coaching kids and helping them grow their tennis skills, knowledge, and competitive abilities. Your dedication to helping students develop as people via sport participation is an asset to your school and community.

I write this final article of this school to key on some important items for our membership.

## COACH OF THE YEAR

Again, this spring we will be naming Section Coaches of the Year and the State Coach of the Year Awards. To be nominated for these awards, you must be a member of the association. Section Coaches of the Year, plus any other coaches whose team wins their section, will be placed on the State Coach of the Year ballot.

Association members may vote for the State COY award on our website at a time to be announced. You will receive an email reminder from our Executive Secretary, Rick Englestad.

## BOYS STATE BANQUET

If you have a team and/or individual(s) who qualify for state, please make every attempt to attend the State Banquet. The banquet is at the St. Paul River Centre (next to the Xcel) in St. Paul on June 1st @7:00pm. It is important to have your team and/or individuals recognized and honored at the banquet.

## ACADEMIC RECOGNITION

Thank you for your participation as a member of MN Tennis Coaches Association. An important aspect of the your membership affiliation is the ability to have senior all state player recognition and also team recognition. This spring we will recognize 126 seniors qualified as All State Academic players and also 58 teams for achieving the Gold or Silver levels.

### Boys Tennis Team Academic Awards

Class A Gold Award: 3.75 - 4.0

DeLaSalle	Paul Barry
Saint Paul Humboldt High School	Gary Ales
Mound	Robert Paul
Luverne	Greg Antoine
St. James Area	Les
Hermantown	Kelly Cooke

Class A Silver Award: 3.5 - 3.749

Saint Peter	Aaron
Cotter	Victor
Aitkin	Jen Waldorf
New London-Spicer	Chad
Hibbing High School	Gary
Blake	Ted Warner
Academy of Holy Angels	Steve

Waseca	Kyle Collins
St Anthony Village High School	Josh Nelson
Thief River Falls	Joe
Minnewaska	Tara Reichmann
Pine City	Rick

Class AA Gold Award: 3.75 - 4.0

St. Cloud Tech	Paul Bates
Cretin-	Randy
Rochester Century	Nick
Lakeville North High School	Andy
Irondale	Mike
Elk River	Randy
Rochester John Marshall	Josh
Bloomington Jefferson	Nick
Centennial High School	Dan
Buffalo	Ben Watkins
East Ridge	Suzie
Bemidji High School	Mark
Eagan	Scott Nichols
Mankato East	Paul Williams
Red Wing	Mathew Kavanagh
New Ulm	Peter
Apple Valley	Bruce
Eden Prairie	Dan Richards
Lakeville South High School	Doug
Mounds View High School	Michael Cartwright
Brainerd High School	Bruce Thompson
Willmar HS	Jim Anderson
Spring Lake Park High School	Mark

Class AA Silver Award: 3.5 - 3.749

Monticello	Bordwell
Shakopee High School	Jenny
Apple Valley	Bruce
Maple Grove	john
Chanhassen High School	Jim Mason
Cambridge-Isanti	Thea
Hastings High School	Mick
Mahtomedi	Justen
White Bear Lake	Christine Anderson
Forest Lake	Greg
Park Center Senior High	Jon Peterson
Princeton	Jon
Anoka	Eric Bertram
Duluth East	Chad Humphreys
Coon Rapids High School	Scott
St. Michael-Albertville	James Riles
Minneapolis Washburn	Ryan Hoag
Totino	David Wareham
Chisago Lakes High School	Corey McKinnon
Eastview	Jeff Olsen

... continued on page 31

### A LOOK BACK AND MOVING AHEAD

Our Tennis Advisory Committee in July of 2014 worked to submit important proposal to the MSHSL. The initiatives of an increased team roster to 15 members will begin in the fall. As well the important addition of having three lineups that are based off of a singles rankings of the team players will officially be instituted. Also, we do expect the MSHSL to establish a required coaches education process of for varsity level affiliated coaches. All of these are good things for our sport.

The Executive Committee also established a direction to study the potential of three classes for the sport of tennis. A classification Adhoc Committee was created in March and this committee has reviewed a number of factors in relationship to an official proposal. The next step in this process is a June meeting of the Advisory Committee, Executive Committee, and the Adhoc Committee. We will keep you informed of the key outcomes of this discussion.

Please direct your thoughts to Rick Engelstad, Ex. Sec. (rengelstad@isd578.org) or members of our MTCA executive board. Our board consists of the following coaches: Les Zellmann (St. James) serves as President, Ford Rolfstrud (Shakopee) is our President- Elect, Robb DeCorsey (Glencoe Silver Lake) is our Past President, Dave Gunderson (Virginia) continues in his role as Hall of Fame Director and Rick Engelstad (Pine City) is Executive Secretary. Thanks to these coaches for serving the association in these capacities! Continue to check our website for updates and other important information: <http://www.mshsca.org/tennis/>.

With summer just around the corner, the board and I hope you have a great

and enjoyable summer as well!

“Start where you are. Use what your have. Do what you can.” – Arthur Ashe

## Delegates Corner

By : Rob Nielsen, Detroit Lakes HS

Communication - Follow the MSHSCA on Twitter & Facebook

The MSHSCA and its delegates have a responsibility to communicate with its constituents. It would seem with the advent of technology this would be an easy task, but in many ways communicating with 9000 members ~~is still a challenge~~. The MSHSCA also has used a mass email system over the last several years, but as you know email is not an exact science especially when school spam filters are involved. These factors have made it difficult to communicate information to members and be sure that the information is reaching the vast majority of members.

The MSHSCA also has a nice website that contains nearly every bit of information that you might need as an MSHSCA member. As technology evolves In our Facebook/Twitter world people are more and more having an expectation that information will come to them rather than going to a website to find it. With this in mind the MSHSCA has begun to use Facebook and Twitter as another form of communication for our members. Take time to follow us on Twitter @mshsca and on Facebook at <https://www.facebook.com/MSHSCA>. We are slowly increasing the amount “tweets and posts” and are gathering followers since the soft launch a few months ago.

The MSHSCA is also currently investigating some options involving smartphone apps as another possible option for increasing communication with our membership. This would have the potential to deliver news and information directly to your smartphone in a quick and efficient manner. Hopefully, by fall we will have more news to share regarding improved communication methods.

## SUMMER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Summer 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 

# MAY MEMBERSHIP REPORT 2015

## Types of Membership

	<u>2013-14</u>	<u>2014-15</u>
Active Class A & AA	6244	6129
Associates	1339	1318
Active Life	689	681
Retired Life	897	939
Honorary	3	3
	9,172	9,070

## Breakdown of membership by sport association (2013-14 totals in parenthesis)

Adapted Athletics (18)	22
Boys Lacrosse (72)	77
Alpine Skiing (68)	59
Girls Lacrosse (70)	73
Athletic Directors (90)	102
Football (1140)	1152
Baseball (480)	481
Boys Hockey (238)	237
Boys Basketball (786)	808
Golf (boys & girls) (330)	351
Girls Basketball (731)	700
Soccer (boys & girls) (409)	390
Cross Country (393)	391
Softball (483)	494
Gymnastics (203)	222
Synchronized Swimming (16)	15
Nordic Skiing (130)	118
Girls Tennis (208)	213
Volleyball (648)	674
Boys Tennis (172)	175
Boys Swimming (193)	200
Track & Field (752)	785
Girls Swimming (235)	246
Wrestling (100)	117

Sport associations that collect their own dues, but join the MSHSCA are Dance 11, Cheer 13, Clay Target 7 and Girls Hockey 46.

## MnIAAA CORNER

By: Tim Hermann  
White Bear Lake

It is an honor for me to submit an article to the Minnesota Prep Coach as the President of the Minnesota Athletic Administrators Association. Though I have been working for the past twelve years as an AD, I was fortunate to have had the opportunity to spend more than thirty-eight years as a coach at the high school and college levels, and I have a great respect for those of you in this profession. My time as a coach allowed me to build strong, positive relationships with countless student-participants, parents and coaches and there is no doubt in my mind that these are the most important things that I take from my coaching experience.

I have always felt strongly about the word "Coach". I think that it is a sign of great respect, respect that is earned by your positive work with all that are involved in your programs. Certainly I am "old school" when I say this, but I think that when the word "Coach" is replaced by a first or last name, everyone involved in that program misses the positive impact created by that small bit of vocabulary.

I would just like to share with you a few thoughts about the coaching profession, and they are certainly ideas that you have no doubt reflected upon in your tenure as a coach.

The first thought deals with the qualities of an effective coach/teacher/mentor. If you are going to be effective in your position, then there are certain qualities that are important for you to grasp. Do you have a passion for the intricacies of your job? Do you not only have knowledge about how to be an effective teacher/coach, but are you continually finding ways to gain more insight? Are you a strong active listener? Do you have empathy? Are you working to hear what is being said and to see what is being felt by those with whom you engage? Are you a clear communicator? Do you understand, as Joe Ehrmann says, that clarity as a leader revolves around the communication of mutual expectations, desires, and needs.

Secondly, if you are going to be that effective teacher/coach/mentor and you are working with that student/participant, then what are the subjects you will "teach"? Will your personal and team goals drive you to emphasize only techniques and strategies that are pointed toward the victory, or will your purpose allow you to broaden that perspective and understand that high school athletics are about growth and development as a young man or young woman, and that the development of a stronger character is ultimately more important than the final tally of wins and losses. Will you teach respect, leadership and service, along with the concepts of your sport? Will you actually have lessons within your practice plan that allows for character growth as well as growth athletically?

You hold a position that can be tremendously influential in the lives of your participants, as well as tremendously satisfying as an individual. When will you know if you have been successful? Look back in twenty years or so and then make that call.

Thanks for all that you do for our young men and women!!

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](http://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](mailto:gjoly@loomislapann.com)  
[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)  
[www.loomislapann.com](http://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

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518-792-3426 FAX  
<http://www.loomislapann.com/>

# MSHSL REPORT

By: Mark Solberg, Cambridge Isanti

As my term as a MSHSL Board Member concludes at the June 1 Board Meeting; I want to thank you all for the opportunity to serve the students, coaches, fine arts coaches and advisors, in Minnesota!

Thank you to all of the unsung heroes who help run and make possible; athletics, fine arts, and activities events for our student-athletes in Minnesota. There are countless adults that help our student-athletes across our great state on a daily basis. Without their assistance and expertise, well run events would not be possible. We have well over ten thousand coaches and fine arts advisors who help educate our Minnesota students through their sport, art, or activity.

Other adults that make things happen for our students.

Thank you to the administrative assistants for outstanding game programs for fall and winter events. Thank you to the buildings and grounds departments, our many custodians, and transportation departments. They transport our students safely to and back for away events, and set up and clean up after multiple events, that happen in a course of a day and week. A big and special thank you to our officials, umpires, starters, field event workers, event and table workers, fine arts judges, trainers, supervisors, public address announcers, scorers, clock

operators, stats individuals, penalty box workers, our pep bands, music operators, chain gang workers, police and safety and rescue squads, ambulance workers, first responders, bus drivers, ticket takers, ticket collectors, pass gate operators, film operators, and payroll workers that pay our officials and workers. At any given event, there are many adults helping to run outstanding athletic, fine arts, and activities experiences for our students, their parents or guardians, our fans, our visitors, and the public in Minnesota.

Thursday, April 2, 2015 Board Meeting Overview written by Tim Leighton.

## ACTION ITEMS

- In the fifth meeting of the 2014-15 school year, the Minnesota High School League's board of directors formally approved the classifications and section placements that were preliminarily announced in early March. The enrollment classifications and section placements are for the 2015-16 and 2016-17 school years.
- Board of directors meeting dates and area meeting dates were approved for the 2015-16 school year.
- State tournament dates and sites for the 2015-16 school year were formally approved.
- A projected calendar for 2016-18 was approved.

## DISCUSSION ITEMS

- Elk River's John Peterson, the executive director of the Minnesota Wrestling Coaches Association, addressed the board in support of an advisory committee's recommendation to seed the Class A, AA, and AAA individual state tournaments. The top eight individuals in each of the 14 weight classes will be seeded and the remaining eight entries will be drawn randomly. Currently, 324 wrestlers qualify for the state tournament in each of the three classes. Peterson said the seeding would help ensure the best wrestlers are meeting one another later in the tournament. Thirty-two other states seed individuals at their state wrestling tournaments. Seeding the individual wrestling state tournament will be an action item on the agenda for the board's meeting on June 1.

## BOARD COMMITTEE REPORTS

### *The Executive Committee*

- The committee approved numerous co-op and classification requests.

### *Technology/Coaches and Officials Education Committee*

- Associate Director Jody Redman shared an initiative, a one-year partnership, between the MSHSL and Joe Ehrmann and his company, Coach for America. It is funded by the NFL Foundation and will challenge the current 'win-at-all-costs' sports culture, make space for education-based

experiences, and lay a foundation on which to build character into the lives of coaches and student-athletes that will shift the value from winning games to the development of ethical human beings.~ This initiative will be piloted in the states of two NFL teams, will be assessed for impact and sustainability, and if proven effective, will be implemented in all 32 NFL team's



## National High School Athletic Coaches Association

MINNESOTA TO HOST NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION SUMMER CONVENTION  
June 16-20 - Rochester

The 2015 NHSACA Summer Convention will be held in Rochester this year.

[Conference Schedule](#)

[Conference Information](#)

Included in this years convention is a Leadership series (June 16 & 17) focused on sports medicine topics. These sessions will be led by Mayo Doctors and Athletic Trainers. 2 Credits will be offered through the University of South Dakota for \$250. You can attend this seperate from the Summer Convention if you choose.

[Leadership Series Flyer](#)

[Leadership Series Registration](#)

Additional information and details for the NHSACA Summer convention can be found at

<http://www.hscoaches.org/>

# SAVE THE DATE



**WHY WE  
PLAY**

**CONFERENCE**  
JULY 28, 2015  
9am - 4pm  
Bethel University

*Belonging*  
**COURAGE**  
Confidence  
*Failure*  
**GROWTH**  
**FUN**

WWP for School Implementation Teams  
**\$100**

New & Newer ADs (Less Than 3 Years)  
**FREE**



WWP for Coaches  
**Only \$25**



MN Head Coaches Course  
**\$170**

**Registration available soon at [www.mshsl.org](http://www.mshsl.org)**

states over five years.

The board approved a committee recommendation to charge a \$15 registration fee for first-year officials with an increase to \$30 for second-year officials.

#### *Marketing and Communications Committee*

- The staff reviewed plans for the League's 100-year anniversary celebration, which begins with the 2015 spring tournaments. Student-athletes and head coaches will receive a commemorative medallion at each of the spring tournaments. This will continue through the winter state tournaments in 2016. Wells Fargo, the League's premier corporate partner, has agreed to underwrite the cost of a new membership banner in recognition of the centennial celebration. The banner will include a version of the newly-

designed 100-year logo and will be distributed to schools in August. Staff is reviewing a sponsorship renewal proposal from Fairview Health Services that would extend its current sponsorship with the League for another five years.

#### *Audit/Finance Committee*

- The committee reported a "slight jump" in revenue following the initial review of the winter state tournaments.

#### **NEXT MEETING**

Monday, June 1, 2015, MSHSL office, Brooklyn Center

Thank you!

After the Game Bring Your Team to 

# 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](http://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](http://www.visitroseville.com)**

- **SHERATON MINNEAPOLIS WEST HOTEL - 12201 Ridgedale Dr 952-960-3538**

- **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.



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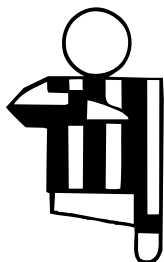
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After the Game Bring Your Team to **SUBWAY**

# 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.

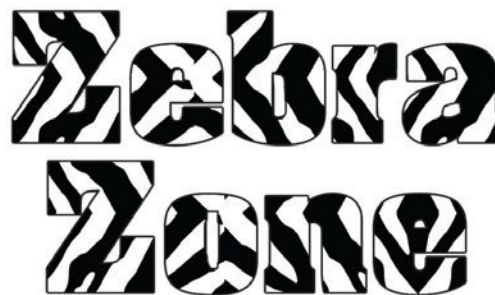
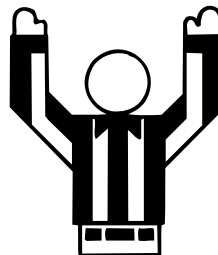
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

With the 2014-15 school year coming to an end it's natural to reflect on the past year. From an official's perspective most look back on many situations. A short list of reflections would include memorable experiences - both positive and negative, what went well - and what didn't, games that we can't forget - and some we'd just as soon wipe from memory. At the same time we look ahead and prepare for the 2015-16 season already. Summer camps will be here before you know it and footballs will fill the air - especially this year with games starting on August 22nd!

Rules changes, points of emphasis, schedules, uniforms and staying conditioned are many things to consider. All coaches and officials in Minnesota are well aware of the training and education related to concussions. There are lawsuits popping up around the country directed at coaches and officials who either didn't send players out of a contest or allowed them back in when they allegedly shouldn't have been back into the contest. It would be prudent to be aware of your responsibilities whether you are a coach or official and it may be prudent to always error on the side of caution. I can't imagine any of those involved ever thought they'd find themselves in a situation like they are now.

In looking back from this year and planning for next year one topic came to mind - and it doesn't relate to directly to the on field officials. It relates to the "other" game officials. Specifically bench personnel and other game administration that work along with the on field officials. This ranges from the chain crews in football, the timers and scorekeepers in basketball, bookkeepers in baseball as well as the public address announcers. They

## 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 (\_\_\_\_) \_\_\_\_\_

are all a part of game administration and play a vital role. Their responsibilities are well defined and being a part of “the crew” can make the officials evening and the contest go much smoother - or can they can derail the flow of the game at times.

It’s interesting that the football chain crews for the Prep Bowl must apply to work those games just as officials do. I am not sure what the process is or what criteria are used. But I can attest to the fact that they are very good at what they do. They recognize what their role and responsibilities are and perform them with the utmost professionalism. While they all have plenty of experience they are receptive to what you have to say and work WITH the crews. It is to the contrary in many pregame meetings during the regular season. Too many times when officials meet with chain crews prior to the game during the regular season the officials run into the ol’ “we’ve been doing this for 51 years, we’re good.” Many times it’s those nights when you have problems arise and things need to be diffused or corrected.

A few recommendations to consider for game off the field game administration officials:

understand that your relationship with the officials is to be positive and that you are to remain neutral. While the game may be played at your home town or home school - you are NOT a part of the home town crowd.

know what your responsibilities are and do them. Don’t wing it and don’t presume that things won’t go wrong. As we all know when you wing it - sooner or later things will go wrong. Listen to the officials if they meet with you prior to the game and by all means ask questions if you’d like. You are a part of the game administration team.

when you disagree with a officials call or ruling you need to stay impartial. No head shaking and certainly no comments about how you feel. Take your job seriously and remain professional.

if necessary, have the courage to report what needs to be reported. For example, if you are keeping the book in a basketball game and your own coach has the wrong numbers you need to notify the officials.

public address announcers - don’t report fouls, penalties, enforcements or time outs prior to the officials reporting it to the official scorers or to the press box. For example, way too often penalties in football games are incorrectly reported. It may be the incorrect penalty, the incorrect enforcement or incorrect

team. Also - please know the signals and report them properly when appropriate. Don’t be in a contest to report the foul or ruling before the officials even determine what they are. Let the officials do their job and then take the opportunity to help them out and do yours when appropriate.

Hopefully these few considerations can be passed on to coaches, AD’s and the other game administration personnel at your schools to ensure a smooth and proper administration of your contests.

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](mailto:dlref@hotmail.com).

**WANTED**

YOUR IDEAS FOR  
THIS SUMMER'S CONFERENCE

Have you ever led a book club with your athletes? Do you have a best practice or strategy to successfully promote social, emotional, or character development among your participants? Please email any ideas you are willing to share to Troy Urdahl:  
[turdahl@stanthony.k12.mn.us](mailto:turdahl@stanthony.k12.mn.us)

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