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Coaching Fodder: The Power of Purveying Positivity

Let's be honest, coaching is a lot of things. Coaching is thrilling, coaching is tough work, and most of all coaching is rewarding. In today's culture, good coaches are essential. Some days with great weather, fantastic kids, and supportive parents it feels like we are on top of the world. On other days, it can be difficult to remain positive, with all the demands for today's coach. Serving as a positive figure as we represent our schools, communities, and mentor our athletes is one of the most lasting and important imprints we can leave as high school coaches. Maintaining a positive demeanor will not only make us better coaches, but also better people as we lead and model the next generation of youth.

An article just before last year's Super Bowl on SI.Com detailed Seattle Seahawk coach Pete Carroll's coaching approach (and success). After being fired from earlier professional coaching positions, Carroll returned to the pro-ranks with a positive, fun approach that many of us, regardless of sport or level of coaching, could borrow from. The following is an excerpt from the article talking about Carroll's attitude following the Seahawks' NFC Championship win.

For Carroll, Sunday wasn't about proving anyone wrong. It was about proving himself right. It was about affirming that his coaching tenets—the relentless competitiveness, the constant quest to identify and maximize the uniqueness of every player and coach, the commitment to a nurturing environment that allows people to be themselves while still being accountable to the team—could work on any level, including the NFL.

"It's something I came in hoping we could really demonstrate, because I really do believe this is a different way of dealing with people," Carroll says. "It's a way that you can help people find heights that they might not have found otherwise. There's a lot that goes into that statement, but I believe it because I've watched it, I've seen it. I was just hoping that if the opportunity came along we'd get a chance to show it because I respect the NFL so much. It's the hardest, most difficult, most competitive challenge to excel at. It's special—special—to see the things we believe in working." (Trotter)

After being fired in New England as the Patriot's head coach, Carroll spent time looking within and reflecting on what his strengths were, following the advice of his mother and treating every day as though something good were about to happen. This soul-searching helped Carroll become the successful coach he is today.

Ultimately he formulated a blueprint that was heavy on fun and

competition and taking advantage of the uniqueness of each individual. He would have themes for each day of the week—Tell the Truth Monday, Competition Wednesday, Turnover Thursday. He would have the first-string offense and defense face off in brief unscripted scrimmages so they would be ready for things they hadn't prepared for. He would blare music throughout practice to raise the energy level and force his players to focus and refocus amid distractions.

"I didn't know I'd get another chance in the NFL—I didn't think that—so that's why I went the college route, to try to see what would happen if we applied these philosophies," Carroll says. "Fortunately, going into SC, I was so ready to go in there. I had had a big change in my thinking and had adjusted things, so that was like the proving ground, and it worked out great. We've come here to Seattle and we haven't done one thing different. It basically comes down to taking care of the people in your program and making them the best they can be—not giving up on them and never failing to be there for them. They don't even totally know that's how we are with them, because we do it so completely." (Trotter)

Most of what we do in the prep ranks is very different from professional athletics, but Pete Carroll's story and success has a lot of lessons for us to glean from. Having a positive approach, treating

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President's Message

By: Troy Urdahl, St Anthony Village

Fall sports are now underway and school is back in session. As we kick off the 2014-2015 school year, it is my hope you had a fantastic summer and are recharged for another great year. This past summer the executive board of the MSHSCA met and discussed many ways to keep us moving forward as an organization. We welcomed Todd Smrekar to our board as the second vice president and thanked Todd VanErp for his work and leadership over the past year as he served as our association's president. The MSHSCA is a membership of over 9,000 prep coaches with the same charge: helping develop our student-athletes inside and out of competition. Our Big Dog, John Erickson, keeps us focused by asking "what are we doing in this state to improve the profession of coaching?" I would like to focus this article's space on some of the many ways our organization has been helping to support prep coaches. Over the summer the MSHSCA, along with the state athletic director association and MSHSL, hosted the second annual *Why We Play* Conference at the University of St. Thomas. The keynote speaker was Greg Dale from Duke University. Dr. Dale spoke about the important role coaches play while leading youth. There were many great messages that resonated with coaches throughout the day. Poignant moments for me included reminders from Dr. Dale of how important it is for our participants to have fun – our practices should be enjoyable, not drudgery. We are charged with designing challenging practices that will make our athletes better, but at the same time we must remember our student-athletes are not all

wired like us (like a coach). The sooner we realize this, the happier and more successful we will be as coaches. As an association this publication, the *Prep Coach*, is our major mode of communication with our membership. For decades Darien DeRocher has done a great job of producing the *Prep Coach*. We continue to adapt to our membership's needs and requests in a fiscally responsible manner while still providing a quality publication. This year we have gone digital, producing economic savings and making the *Prep Coach* eco-friendly. Starting with this edition we are also including a new article in each release of the *Prep Coach* devoted to coaching advice, tips, and ideas related to coaching education. One of the central functions of our organization is to help and recognize coaches. The members of our association do not coach to receive accolades, but it is important for us to take the time to stop and say "job well done" to our MSHSCA coaches. On October 11th at the Marriot West, we will be recognizing our state championship coaches, assistant coaches of the year, coaches of the year, many special award winners, and four new members into the MSHSCA Hall of Fame. This year's inductees are Ziggy Kauls (Mounds View), John Eberhart (Pine City), Geri Dirth (Apple Valley), and Bill Frantti (St. Cloud Tech). This event is always a highlight of the year and we look forward to seeing many of you there. Best wishes at the start of your school year and our 2014 – 2015 seasons.

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

"Diamond Cuts" (Softball)
"Smooth Fast Natural" (Alpine Skiing)
"Quick Sticks" (Girls Lacrosse)
"Behind the Cage" (Boys Lacrosse)
Synchronized Swimming
Boys Hockey Clinic Info

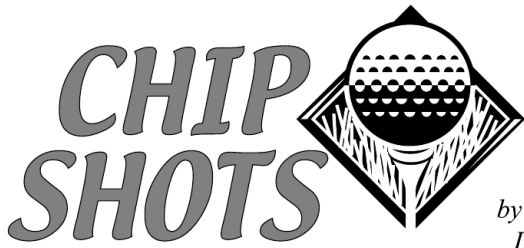
**It is hoped that contributions will be
made in future issues**

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



by Bob Gorden
Detroit Lakes

Back to another school year, hope all of you had a great summer, where does the time go, seems faster every month and every year.

The golf coaches advisory board works for you and if you have suggestions please let us know. When I took over as president my number one goal was to get all our head and assistant coaches to join our association, and work at getting the MSHSL to make changes you coaches want, so contact your board.

JOIN our golf association, do this now, your perks are good for the entire year, starting in July. Perks are, a million dollar insurance policy on yourself for the entire year, July to July, plus you and your teams are eligible for yearly awards, All-State, academic and you have free entry to High School and college events the entire year, all these perks are well worth joining at beginning of the school year.

Congratulations go out to these teams and coaches on being 2014 State Champions this past June. A Boys Dawson-Boyd/Dave Baldwin, AA Boys ProvidenceAcademy/Michael Seiffert, AAA Boys Edina/Phil Finanger, A Girls Legacy Christian/Dan Nelson, AA Girls Detroit Lakes/Cali Harrier, AAA Girls Wayzata/Mike Schumacher, great job.

Also, congratulations to all section coaches of the year, and our 2014 State GolfCoach of Year winners, A Boys David Baldwin/Dawson-Boyd, AA Boys MichaelSeiffert/Providence Academy, AAA Boys Phil Finanger/Edina, A Girls Dave Eyberg/Window, AA Girls Cali Harrier/Detroit Lakes, AAA Girls Barry Wallin/Rosemount. All these coaches will be honored at State Coaches Association awards banquet in October.

Special thanks to Brian Johnson and Barry Wallin for doing season ratings, Steve Heslop for academic awards, and 3 chairman for state banquets, A Rick Aulie, AA Mike Frankenfield and AAA Tim Kallevig, thanks for all your hard work for High School golf.

Golf card team fundraiser from Birdie marketing has 8 - \$500 drawings for teams selling at least 25 2014 cards, our 2014 winners drawn are, Blaine/Maribeth Suter, Eastview/Mark Wanous, Monticello/Brian Hoffman, Park Center/Tim Kalevig, Roseville/Korky Heinen, St. Francis/Brent Swaggert, Tartan/Barb Miller and White Bear Lake/Craig Nasvik.

Have a great school year, keep in touch and get back to me if you have questions, concerns or thoughts for upcoming season. As we get older, the season fly by and in no time we will be getting ready for another High School golf season, 6 months until 2015 season will begin. But let's first enjoy the fall where we usually get some great golf weather. Golf Coaches Association President, Bob Gorden, bgorden@detlakes.k12.mn.us or cell phone 218-234-5509.



clearing the Hurdles

by Johnny Josephson, New Prague

Hello to one and all who have the awesome privilege of coaching/teaching in the great state of Minnesota!

It is the start of another school year across the nation. Kids are excited for school, fresh new faces waiting to learn and be taught about life. There are young people with high energy, wanting to succeed in abundance. Student athletes willing to try new things, new activities, new sports. The start of the year gives track and field coaches new faces that we can inform about the fantastic opportunities that track and field offer to everyone. As coaches/teachers we all want to promote our sport, to expand and get as many student athletes involved as possible. This is a time to inform future track and field athletes about: 1. Everyone plays when there are 18 events that allow for any type of student athlete. Track and field is one of few sports that have the capability to play many student athletes. 2. The concept of True Team where everyone is important to the team, which every point counts to a greater team goal than an individual goal. 3. The discovery of hidden strengths by a student athlete that bust past their perceived limits. With these opportunities we as coaches can expand our grand sport.

Recruiting never ends, and this is a prime time to expand our teams. We are a spring sport but recruiting starts in the fall. We have an opportunity as teachers to expand our rosters from day one of this new school year, in the classroom as teachers and for some coaches in other sports in the fall and winter. This is the time to plant seeds that can be sowed in the spring. We have access to hundreds of students in our schools that can become a part of thousands of Minnesota Track and Field student athletes. Students with varied skill levels that we as coaches can help improve with our sport of track and field. The sport of track and field has the rare opportunity of providing an experience for all that come and participate. Track and field has the ability to set and achieve individual goals as well as team goals, (True Team anyone).

There are numerous reasons why track and field is an awesome sport, many more than listed above. With the start of the new year, positive energy is high for not only the students but for teachers and coaches. We all have sat and listened to the start of the school year speeches by the administrations. For many, hopefully for all, those speeches have given a boost to start of the new school year. With that positive energy still fresh, I challenge everyone dealing with track and field to up their game when it comes to promoting the grand sport of track and field. Set a goal for yourself to expand your rosters from last year, to find those hidden gems in your student population. Be proud that you are a track and field coach and let it show, represent! Reflect on how you have recruited in the past. Look to see what worked, what didn't. Find new ways to convey the opportunities and positive experiences that track and field offers to your students. Take that positive energy and use it to strengthen your rosters, to add student athletes to this wondrous sport of track and field. Take up the challenge coaches, find those kids, and bring them to this fantastic sport of track and field. You and your student athletes will not be disappointed!!

***“Be so good
they can't ignore you.”***

- Steve Martin

CHALK TALK



by LeeAnn Steen
Martin County West

Fall is upon us. It is hard to believe the summer is over. Hope you all had relaxing and rejuvenating summer. Your association board and clinic committee is planning an exciting clinic for Oct. 2nd and 3rd in Monticello. Our Thursday night key note speaker is Dr. Carlin Anderson from Premier Sports Psychology in Edina. Carli is a former level 10 national champion and UCLA gymnast. You can see the rest of her bio at <http://www.premiersportpsychology.com/about-premier/dr-carlin-anderson/>. We also have a great slate of coaches doing various sessions on Friday. Check out the flyer in this issue for more information. Registering early helps us plan so thank you in advance for your registrations.

As I was thinking about topics for this fall, one of the things that keeps creeping up when dealing with students and athletes is their use of social media. Hardly a month goes by without a report of someone getting in trouble because of things they do or say on the newest site. I find myself way behind the kids on such communications. I worry about how we as coaches can help our athletes, staff and ourselves avoid problems in all of these media services. I ran across a great article in CoachAD.com. The article was titled "Help-

ing Coaches Create Social Media Guidelines for Their Teams". You can find a copy of it in this month's chalk talk. You can link to it directly at <http://www.coachad.com/pages/Spre/TSS-Helping-Coaches-Create-Social-Media-Guidelines-for-Their-Teams-06-26-2014.php>

In the article by Derek Fulwiler of Edmonds Community College in Lynwood, Washington, it suggests that each school or team develop their own social media policy. Important things to remember when developing and implementing the policy are: athletes are representing the school, posts are always visible even if deleted, people are really a brand they will eventually be selling to employers, beware of cameras and recruiters use social media to investigate character. His common sense suggestions are about not posting when you are upset, don't give out personal information and don't engage in trash talk with fans or players from other teams are great reminders as we head into a new season.

Have a great fall and hope to see you at the clinic in October.

COACHING FODDER... continued from page 1

those around you with respect, and having fun as great tenants to build any program from! Kids need a positive presence in their lives, now more than ever.

Source: Trotter, J. (2014). *West Coast state of mind: The power of positive coaching*. Sports Illustrated online. Accessed from: <http://mmqb.si.com/2014/01/23/pete-carroll-seattle-seahawks-super-bowl-48/>

by Todd Smrekar, Cambridge-Isanti

GYMNASTICS CLINIC

October 2-3, 2014

Eastview School in Monticello

Register Online for the clinic at www.mshsca.org

Clinic fee is \$75 in advance, \$85 at the door

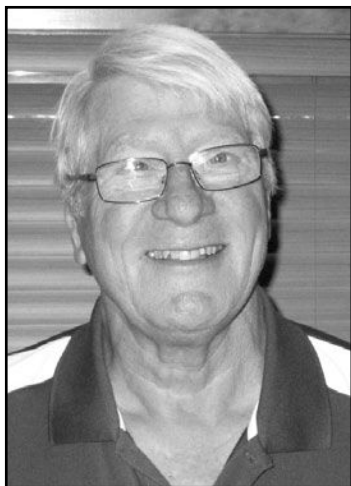
*If you are sending one check for your whole staff, that can be done online also.
Each coach enters their information & prints out a receipt to be included with the payment.
Login with your email and password from last year's online registration.*

**Hotel Information: Best Western Chelsea Inn & Suites in Monticello
763-271-8880**

Block of rooms under MGGCA
\$84.99 + tax until September 15, 2014 – Two Queens or One King

**ALL Coaches attending the gymnastics clinic must be members of MSHSCA
College coaches can join as associate members.**

Mail checks to: MSHSCA, PO Box 519, Detroit Lakes, MN 56502
Questions? Call 218-847-6796 or email jomar2@arvig.net



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

It is time to bring up the curtain on the 2014-2015 sport seasons!! I hope that each of you have had a chance to reflect on what you have done in the past and spent time on what you want to accomplish this year. Most importantly I hope you have all spent time brainstorming ways

in which you can make the upcoming sports seasons the best experience possible for your athletes. For some the possibility of championships is a reality for others the reality may be to help players develop into the best athlete he or she can become. When your season is completed how do you hope your athletes will feel about the experience they had? High school sports have evolved to a different level than it was when this former coach started his career as a coach. Parental expectation for their sons and daughters and their future has changed. Many of those expectations are very unrealistic and communication has never been more important than it is today. I can't emphasize strongly enough the importance of taking the time to script your year and all that you need to do in order to make this not just another year but a great year for you and your athletes.

Prep Coach Change The Executive Board of the MSHSCA has elected to go to a digital edition of the Prep Coach. The digital edition of the Prep Coach has been available on the Web site for the past two years and a PDF version has been available for the past few years. The reason for this change is due to the dramatic increases in postage we have faced in the past few years. The Executive Board has worked hard to keep our membership dues down and to date have been successful. The last time there was a dues increase was 2002. I know this is a big change but we are asking all of you to help make this transition to the Digital Paper as smooth as possible. I would compare this change to our move to on line registration which has really gone smoothly.

Hall of Fame Banquet The annual MSHSCA Hall of Fame and Awards Banquet will be held on Saturday October 11th at the Minneapolis Marriott West in St. Louis Park. We will recognize all State Championship Coaches, Coach of the Year, Assistant Coach of the Year, Hall of Fame inductees, George Haun Award winner, 25 year coaches and Steve Kerzie Award. Jim and Jan Baker work very hard to make this a great night for our award winners and their family friends and peers. It is very disappointing when award winners decline to attend this banquet and I would like

each of you to attend this event when you are one of the award winners but I would also like to ask you to encourage coaches from school, conference and sections that are award winners to attend.

First call for VP Candidates We are looking for Vice Presidential candidates to run for a position on the Executive Board. We are looking for a candidate from girl's sports a candidate from boy's sports, a candidate from Class A from sections 1,2,3,4 and from Class AA 5,6,7,8. It is disappointing when Sport Associations do not bring forward a candidate and I would challenge the delegates to come up with a candidate from the sections responsible for 2015. I have never heard from any previous officer that they did not have a good experience and several of our former Executive Board members have also served on the MSHSL Board of Directors. I know that most coaches are leaders and I think the opportunity to serve on the Executive Board and lead the MSHSCA should be a great opportunity.

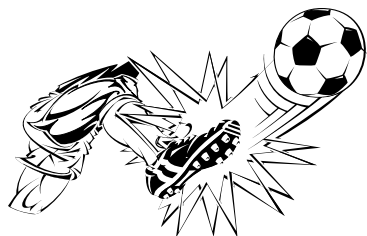
I would like to ask each of you to encourage all of your fellow coaches to become members of the MSHSCA. I cannot stress enough the importance of having one unified voice to speak for coaches. We are very fortunate in Minnesota to have successfully passed legislation on behalf of our membership. We may not have achieved all we had hoped for in terms of laws giving coaches some help from hostile work environments but we are light years ahead of other states in having our laws. I really believe that as we move forward and continue to find ways to improve the professional environment for our coaches our cause is strengthened by our numbers.

WE ARE THE MINNESOTA COACHES "CREATING FOREVER MOMENTS FOR OUR ATHLETES"

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.



CORNER KICKS

by Ron Kruschwitz
North St. Paul (retired)

All the signs of school starting again are here. First practices, scrimmages, back to school meetings and probably the real sign, the state fair.

We once again enjoyed our 24th Annual MSHSSCA Clinic that was hosted by Benilde-St. Margaret's. The MSHSSCA wants to thank the school, its staff, custodians, and coaches for the help in the success of the clinic. A special thanks to Greg Juba (Park of Cottage Grove girls) for his outstanding leadership in organizing the clinic. We appreciate all his time and effort. We wish also to thank all of the clinic presenters and the vendors.

At the clinic, President Steve Hendrickson (Trinity of River Ridge Boys) introduced the President Elect, Erin Murry (Orono Girls) and the rest of the officers. The other two elected officers are Vince Thomas (Eden Prairie Boys) secretary and Art Seplak (Bloomington Kenney Girls retired) treasurer. Bill Vance (Totino Grace Boys) was appointed to the post of Past President to fill the term of Mark Obarski who is now coaching in the college ranks.

The MSHSSCA Distinguished Service Award was given to a very deserving individual. Ira Gurewitz from St. Louis Park was the recipient. Ira has worked many years on the coaching ranks, state tournaments, Senior Classic games and helping at the clinic. More on this award and the Hall of Fame award will be covered in the next edition of the Prep Coach.

I found a news release from the National Federation of State High School Associations that reported that high school sports participation increased for the 25th consecutive year. According to the Federation there are 7.8 million students participating in sports. Soccer continues to be number 5th for boys, while the girl's soccer ranked 4th. Minnesota continues to rank in the top ten states in number of participants coming in at number 10. The states ranked above us are Texas, California, New York, Illinois, Ohio, Pennsylvania, Michigan, New Jersey, and Florida. As you can see, these nine states have much bigger populations than Minnesota. According to the article we have 232,909 students that are active in sports. This article was written by Bruce Howard the Director of Publications and Communications for the National Federation on August 28, 2014. Thanks to the Minnesota State High School League for publishing this article on their website.

Coaches should continue to be informed of many of the deadlines for different awards and membership. It is each coach's responsibility to become a member of the MSHSSCA. The deadline for the membership in our organization is October 1, 2014. To do this you must use the mshsca.org website. You can only pay your dues through this site and it is done electronically. Check with your A.D. if your school is sending a check. It also must be there on October 1. You must belong for your athletes to be given awards from the MSHSSCA. Thanks to John and Mary Erickson for attending the clinic. We are fortunate to have them work on behalf of all coaches in Minnesota.

Please look on the website for information on Academic Awards that are given by our organization. The Coordinators for these awards are Crissy Makela (Mankato West girls) and Len Woelfel (Makato West boys). The due date for submission is Wednesday October 9, 2014.

A reminder for you from Keith Randa (Apple Valley Girls) about submitting Player Bios for the All State consideration. Those are to be submitted online and there is a due date of Thursday October 10th at noon. Coaches are responsible for this and bios must accompany the form. Please look at the website for Coach of the Year and Assistant Coach of the Year Award submission dates and forms.

The State Tournament first round games have been scheduled at four sites. The dates for these first round games are October 21, 22, and 23, 2014. The Tuesday and Wednesday games will be played at St. Cloud State University and Osseo High School. The Wednesday and Thursday games will be played at Chisago Lakes and Park of Cottage Grove. From there the rest of the tournament moves to St. Cloud State University for the Semifinal and Final contests. There is also a schedule for the third place games. This is the schedule.

2014 State Soccer Tournament St. Cloud State University Time Sequence

9:00 a.m.	Class AA Boys Semifinal Game
11:00 a.m.	Class AA Boys Semifinal Game
Lunch: 12:00 – 2:00 PM	
3:00 p.m.	Class AA Girls Semifinal Game
5:00 p.m.	Class AA Girls Semifinal Game
Lunch: 12:00 – 2:00 PM	
9:00 a.m.	Class A Boys Semifinal Game
11:00 a.m.	Class A Boys Semifinal Game
Lunch: 12:00 – 2:00 PM	
3:00 p.m.	Class A Girls Semifinal Game
5:00 p.m.	Class A Girls Semifinal Game
Lunch: 1:00 – 2:00 PM	
9:30 a.m.	Class A Boys Championship Game
12:00 p.m.	Class A Girls Championship Game
Lunch: 1:00 – 2:00 PM	
2:30 p.m.	Class AA Boys Championship Game
5:00 p.m.	Class AA Girls Championship Games
Lunch: 1:00 – 2:00 PM	
8:30 a.m.	Class A Boys 3 rd Place Game
11:00 a.m.	Class A Girls 3 rd Place Game
1:30 p.m.	Class AA Boys 3 rd Place Game
4:00 p.m.	Class AA Girls 3 rd Place Game

As you can see, there are many changes to the format. The third place games will be played at SCSU Selke Field on the same day as the championship games.

The other major change is the Senior Classic. The game will be played at North St. Paul on Wednesday November 6. The game times will be announced later. Practice will also be held at North.

... continued on page 11

After the Game Bring Your Team to 

DUGOUT CHATTER



By: *Todd Smrekar*

*President - Minnesota State High School Baseball Coaches Association
Cambridge-Isanti High School*

The 2014 baseball season is history, and it nearly mirrored 2013 with a condensed season due to Mother Nature. It was still a good one, nonetheless. As a new school year begins, it will not be that long and our athletes will be hitting and throwing, getting themselves ready for the 2015 season. As we all reflect back on the season that was, it is important to recognize the many positives that happened along the way. Additionally, I would like to provide you with some updates from MSHSBCA and offer some reminders as the off season kicks into high gear.

Fittingly, the State Tournament was impacted by the weather, but it was a great tournament regardless. Congratulations to the 2014 State Champions: New Life Academy in Class A, St. Cloud Cathedral in AA, and Mounds View in Class AAA. Congratulations to all players, coaches, schools, and communities. All of the state championships were again crowned at Target Field in the Championship Series. After dodging a couple of rain days, and we would like to thank Dave St. Peter and the Minnesota Twins for the use of Target Field and to Kevin Merkle (MSHSL) for his assistance in making this day possible. This is certainly a lifelong memory for those teams that were able to participate in the Championship Series at Target Field. Congratulations also go out to the 2014 MSHSBCA players of the year: Sam Hentges from Mounds View in AAA, Toby Hanson from Delano in AA, and Logan Sandgren from BOLD in A.

Another memorable event to celebrate was the 40th Annual Play Ball! Minnesota High School Baseball All-Star Series presented by Cambria and B.i.G Athletics that was held in Chaska in June. Again, despite the event being flooded out at Chaska, Chanhassen stepped up and did an outstanding job hosting the series. Metro East won the tournament, going 3-0 on the weekend, and Ed Olson from Eagan was the Dale Welter Award Winner (tournament MVP). This was the association's second year of taking over this tournament and we would like to thank all that were involved. The association would like to thank Play Ball! Minnesota, Cambria, and BiG Athletics for their support of the series and helping to make a lifetime memory for the participants. The coaches association was able to donate to multiple causes based on the success of the series. Donations were made to the Miracle League, Stand up to Cancer, and added more money for MSHSBCA scholarships, as well as setting money aside for Coaches Caring for Coaches (a program for coaches who may need financial assistance after a life changing event). For further information and games summaries of the 2014 All-Star Series, please visit our website www.mshsbc.org and click on the All-Star Series tab at the top.

The annual MSHSBCA Junior Showcase was a great success as well this year. There were 140 players from border to border represented. 100 coaches and scouts were there to evaluate our state talent. There were some format changes this year that went really well; including live batting practice thrown by Erik Lovdahl and Eric

Welter to all 140 players. Thank you to Minnetonka for the use of their great facility and to all the coaches who helped out to make this event run so smoothly. We look forward to the 2015 Showcase.

The annual John Wilkens Fall Clinic is right around the corner. Former Minnesota Twins pitcher Frank Viola will be one of the featured speakers. Joining Frank Viola will be Rich Maloney, Bob Rients, John Mallee. The clinic will be held at the Ramada Plaza in Minneapolis (same place as last year) October 24th to 26th. Please share the information with your staff and bring them along to the clinic. The annual coaches social will take place after the Friday night sessions at 8:30 p.m.. Retired coaches are encouraged to attend the social on Friday night to share in some fellowship. We will hold our annual coaches meeting at 8:00 a.m. on Saturday, October 25th. Specific clinic information can be found on the association website (under info tab and click on Wilkens Fall Clinic).

On Saturday night, October 25th at 7:00 p.m. at the Ramada Plaza, we will welcome a new class to the Minnesota State High School Baseball Coaches Association Hall of Fame and also honor our association award winners. The 2014 class includes: Pete Cheeley (St. John's Prep High School), Pat Collins (Chisago Lakes High School), Pat Held (Staples Motley High School), Ken Mauer (St. Paul Humboldt High School), John O'Brien (Centennial High School), Terry Ryan (Minnesota Twins), Bob Weier (New Ulm Cathedral High School), Bruce Woitas (Sleepy Eye St. Mary's High School). At this banquet we will also recognize the following award winners: Dick Siebert Award – Paul Twenge of Minnetonka, Angelo Guiliani Award – Gordy Kosfeld, Jim Dimick Retired Coach of the Year – Art Kaunonen from Braham and Donny Geng from South St. Paul, Coaches of the Year – Mark Downey from Mounds View in Class AAA, Bob Karn from St. Cloud Cathedral in Class AA, and Dave Darr from New Life Academy in Woodbury in Class A, Rob Fornasiero Assistant Coach of the Year – Dick Gaughran from Chanhassen and Josh Benson from Lac Qui Parle Valley High School, and Tink Larson Field of the Year – Dick Cassidy Field (Minneapolis Patrick Henry High School). Tickets for this event are \$25 and can be purchased from John Wilkens. Thank you to John Wilkens and Paul Twenge for all of your work with our annual clinic.

The national conventions this year will be held in Nashville and Orlando. The BCA will be held in Nashville December 5th to December 7th. The ABCA will be held in Orlando January 2nd to January 5th. Please consider attending these annual conventions. There will be local delegations of coaches attending each one and these are great opportunities to network with other coaches and learn from some of the best in our game. A congratulation to Delano Municipal Baseball Park, as it has been selected as the 2014 Region 5 Field of the Year by the BCA.

The Advisory Board has been working on the 4 class proposal and it will be going to the Region Committees for discussion in the fall and should be acted on in October. Additionally, issues dealing with arm safety continue to be an issue at the state and national level. Let your voice and opinion be heard, talk to your Athletic Director on your opinion on these issues. Please contact one of the advisory board members with feedback, questions, or other suggestions. Finally, we will be electing a new 2nd Vice President this fall at the annual meeting. Please consider getting involved or nominate a fellow coach that you think would do a good job. The nominee must be from the outstate area this time around. Please send your nomination to John Wilkens at wilks@charter.net.



2014 John Wilkens/MSHSBCA Clinic

Co-Sponsored by the MINNESOTA HIGH SCHOOL COACHES ASSOCIATION



October 24, 2014	Friday	Registration from 4:30-5:30	<input type="checkbox"/> Session I starts at 5:30
October 25, 2014	Saturday	Registration continues at 7:30am	<input type="checkbox"/> High School Coaches Meeting at 8:00am <input type="checkbox"/> Session 4 starts at 9:45 with other sessions following
October 26, 2014	Sunday		<input type="checkbox"/> 9:15am – 12:00pm

SITE: Ramada Plaza Hotel Same location as last year.
1330 Industrial Blvd
Minneapolis, MN
Phone (612) 331-1900
Toll Free (877) 774-4315

SPEAKERS: Rich Maloney-Ball State University 3 sessions
 Bob Rients-University of Minnesota Duluth 1 session
***Confirmed John Mallee-Hitting Coach for the Houston Astros 3 sessions
 Matt Parrington-Macalester College 1 session
 George Tsamis-Former Twins pitcher and manager of the St. Paul Saints 3 sessions
 Nate Dammann-Twins Bullpen Catcher

Cost of the Clinic: \$65 Pre-Registration (received by October 20, 2014 No refunds!!)
\$75 at the door

Hotel Rooms: You must make your own reservations and make sure you mention the baseball clinic and special room rate. A single or double room will run \$89 plus tax. Make reservations by October 10, 2014. Requests will be accepted on space availability and room rate availability.

Clinic Features: Coaches handouts-on website MSHSBCA.org; free soda product; door prizes for everyone . T-Shirt; exhibitors; clinic notebook; FCA breakfast to those who sign-up; social hour on Friday after last session (beverage and chips); and free parking. Clinic schedule/speakers outlines available on MSHSBCA.org.

**Your early registration is appreciated and helpful. Bring your staff with you.

Please fill out and mail in with your payment

Name: _____ Phone (Home): _____

School or Organization: _____

Home Address _____

Email Address _____

Make checks payable to MSHSBCA(\$65 Pre-Registration or \$75 at door). Mail the checks to: John Wilkens – P.O. Box 203, St. Michael, MN 55376. Email wilks@charter.net to check on if registration has been received. You won't be notified.

T-Shirt Size-Circle M L XL XXL XXXL Please make sure to circle size

Do you plan on attending the FCA Breakfast on Sunday morning (Oct. 26) at 7:30 AM? We have to pay for all meals ordered. Coaches who would like to bring wives or children may do so. Just include that number at bottom of the sheet. Do you plan on attending the FCA Breakfast? Yes _____ No _____

2013-14 Coaches of the Year

2013-14 Coaches of the Year to Be Honored at October 11th Awards Banquet

A major portion of the October 11th Awards Banquet that will be held at The Marriott West Hotel will be dedicated to rewarding the 2013-14 Coaches of the Year. They will receive a plaque in recognition of their selection by their peers.

The honored coaches include:

Boys Cross Country

A Chris Goebel Mora
AA Jeff Schmidt Hutchinson

Girls Cross Country

A Scott Massmann Annandale
AA Chad Cronin East Ridge

Boys Soccer

A Mark Leigh Chisago Lakes
AA Berry Arrowsmith Blaine

Girls Soccer

A Ed Hoskin LaCrescent
AA Holly Sutton Rogers

Girls Tennis

A Eric Inglis Foley
AA Steve Paulsen Edina

Volleyball

1A Greg Sayuk Southwest
Christian
2A Dan Westby Marshall
3A Rebecca Rue Delano

Nordic Skiing

Dan Josephson Detroit Lakes

Boys Track and Field

A Gary Beaudot Esko
AA Len Lasley Hutchinson

Girls Track and Field

A Lee Van Nyhuis Osakis
AA Jeff Kellerman Sartell-
St Stephen

Football

Jeff Williams Owatonna

Gymnastics

A Doug Rossum Willmar
Joel Stark – Haws St Cloud Tech

Boys Basketball

1A John Hanson Canby
2A Don "Skip" Dolan Annandale
3A Kris Fadness Austin
4A Bruce Kugath Shakopee

Girls Basketball

1A Ian Hanson Win-E-Mac
2A Brent Lurkin Kenyon-Wanam-
ingo
3A Dan Westby Marshall
4A Melissa Guebert Eastview

Boys Hockey

A Derrick Brown Luverne
AA Mike Taylor Eagan

Girls Swimming

A Nate Linscheid Visitation
AA Elizabeth Hansen Wayzata

Boys Swimming

A John Barnes St Thomas
Academy
AA David Plummer Wayzata

Boys Tennis

A Staci Taci Rochester
Lourdes
A Bryce Werckman Foley
AA Suzie Heideman East Ridge

Girls Lacrosse

Alexandra Ross Apple Valley

Baseball

1A Dave Darr New Life
Academy
2A Bob Karn St Cloud
Cathedral
3A Mark Downey Mounds View

Softball

1A Bob Mertz New Ulm
Cathedral
2A Jeff Faque Kasson-
Manrtorville
3A Rob Louden Lakeville South

Boys Golf

1A David Baldwin Dawson-Boyd
2A Michael Seiffert Providence
Academy
3A Phil Finanger Edina

Girls Golf

1A Dave Eyberg Windom
2A Cali Harrier Detroit Lakes
3A Barry Wallin Rosemount

Note: If a sport or coach does not appear on the list it is due to the fact that the names were not submitted by their sport or the coach was not a member of the MSHSCA.

Any one wishing to join in honoring the COTY's by attending the Awards Banquet may find information in a blurb found elsewhere in this issue of The MN Prep Coach

LIBERTY MUTUAL PARTNERS WITH MSHSCA IN COACHES

CARING PROGRAM

The MSHSCA has been asked on occasion why we are sending out information and quote sheets for Liberty Mutual Insurance. I thought an explanation of how we use the support from this partnership to benefit our membership is in order. Liberty Mutual Insurance entered into a partnership with the MSHSCA in 1997. The MSHSCA helps to publicize the Liberty insurance options for our members and in turn the Liberty Mutual Companies donates to the MSHSA based on new policies and renewals. The donations from this partnership have been designated for our Coaches Caring about Coaches program which was started at the Summer Executive Board meeting in 2010. The MSHSCA values this partnership and funding.

It is interesting that two years ago Education Minnesota entered into a similar program. I would like to encourage all of our members who choose to ask for a quote to indicate that they are members of the MSHSCA so that if you do choose to use the Liberty Mutual plans the donations from the account will go to the MSHSCA and not some other program. I also want to state that the request for quotes from Liberty Mutual is completely voluntary and you as members of the MSHSCA are not under any obligation to participate.

We have had many of members choose to have Liberty Mutual Insurance as their insurance provider. We have also had coaches report to us that they have been very satisfied with the service they receive from Liberty as well as finding lower rates than they may have paid. This partnership has been great for the MSHSCA and we hope you will all view this as a great way to support a great program in Coaches Caring About Coaches.

Delegates Corner

By: Rob Nielsen, Detroit Lakes

The work and the MSHSCA and its Delegate Assembly remain important. The delegate assembly consists of delegates from all class A and AA sections with one representative for boys sports, one representative for girls sports, an at large delegate for each section. All sports that fall under the umbrella of the MSHSCA also are represented with a delegate. Over the years many changes that affect coaches and athletes throughout Minnesota have begun their journey or gathered support at the MSHSCA delegate assembly. The voice of this organization has been very important in helping to implement change for many sports through the MSHSL Representative Assembly.

The first meeting for 2014-15 will take place on September 6th at the Sheraton West in Minneapolis. The following delegate positions are available if you are interested in serving: 1A, 7A and 8A at large and 1AA, 6AA, 8AA girls sport representatives. Please consider getting involved if you would fit into one of these positions. If interested contact John Erickson at jomar2@lakesnet.net.

The delegate assembly will again be involved in leading or supporting change in many areas.

One of the most important works of the MSHSCA and its delegate assembly with the support of Rep. Dean Urdahl was the passing of A bill signed into law by Gov. Mark Dayton in 2013 added one line to an existing statute on coaching contract renewal: "The existence of parent complaints must not be the sole reason for a board to not renew a coaching contract."

The Star Tribune recently had an article relating to the bill one year after its passing. It was noted that according to MSHSCA Executive Director John Erickson that the number of calls to the MSHSCA offices requesting help in dealing with terminations related to parent complaints have gone down significantly. This sounds like a step in the right direction.

The challenge going forward is still how do we keep good coaches in coaching? The Star Tribune article noted that according to the MGBCA President Carl Pierson half of the girls' basketball coaches hired in 2009 are no longer head coaches. I think it is safe to assume that some of these changes are due to parental pressure. I also believe there are a number of other factors that are causing good coaches to leave coaching: non-school sponsored activities, increased time commitment and expectations including summer expectations.

The reality is the job of coaching has become much more difficult and time consuming over the past 20 years and compensation has changed very little if at all.

Some have preached that there will be a demise in school sponsored activities, but the numbers don't bear this out. The number of participants in high school sports increased for the 25th consecutive year in 2013-14 with a record total of almost 7.8 million, according to the annual High School Athletics Participation Survey conducted by the National Federation of State High School Associations (NFHS).

Moving forward I believe the MSHSCA delegate assembly will need to be involved in looking at changes that will address maintaining the balance of athletics in the lives of coaches and athletes. It is this balance that I believe can help in retaining quality coaches for Minnesota High School athletes.

CORNER KICKS... continued from page 7

Look for further information on the website.

If you have any questions about the organization contact Steve Hendrickson our President or Dave Halgren our Executive Secretary.

That information is also on our website. (mshssca.org)

That about wraps it up for this September edition of Corner Kicks. Make sure you continue to visit the website for updated information and get your membership in the MSHSSCA. We wish the best of luck to all of your teams. Remember you have the best job in the whole world, coaching kids.

MSHSL BOARD OF DIRECTOR'S REPORT

By: Shelly Hotzler
Jackson County Central

As you read this I find it hard to believe that we are back again for another great school year. Funny how time flies the more years I teach. We have just completed our August Retreat and a few things that were acted on as follows 1) the new policy for administering transfer requests by students with learning disabilities who either have individual education plans or receive services under federal Section 504 guidelines, 2) approved that the executive director look in to the needs of staff with the possibility of adding more with the additions of new programs, 3) A new division of adapted bowling competition will be available starting in 2015 for students diagnosed within the autism spectrum, 4) Staff identified a number of initiatives underway to mark the celebration of the first 100 years of the League that will begin in the spring of 2015 and continue through the winter of 2016. A historical book is being written and copies will eventually be distributed to member schools. A historical video is also being produced. 5) the last topic to be discussed is the new Transgender policy that could be acted on at the Board meeting in October.

I had the pleasure of attending the 2nd Annual Why We Play Conference at St. Thomas University in July. Speaker Greg Dale, a Professor of Sport Psychology and Sport Ethics at Duke University. His message on the importance of character and credibility in coaching has provided a template for our most successful coaches and their programs.

Again please feel free to contact Mark Solberg or myself if you have any issues we could help you with.

Looking forward to serving you again,

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

- Steve Prefontaine

After the Game Bring Your Team to 

2014



2015

GENERAL LIABILITY PROGRAM

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

CARRIER

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

POLICY PERIOD

AUGUST 1, 2014 - AUGUST 1, 2015

LIMITS OF INSURANCE

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

NATIONAL ORGANIZATION OF COACHES
ASSOCIATION DIRECTORS

NOCAD

CAMP COVERAGE

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

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

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

For any additional information
please contact your
State Association office

or

Greg Joly, Kevin Joyce or Karen Boller
Loomis & LaPann, Inc.
800-566-6479
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@loomislapann.com
www.loomislapann.com

FOR ALL INSURANCE QUESTIONS

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

Contact Information:
Greg Joly
gjoly@loomislapann.com

Kevin Joyce
kjoyce@loomislapann.com

Karen Boller
kboller@loomislapann.com

Loomis & LaPann, Inc.
18 Exchange St
PO Box 2158
Glens Falls, NY 12801
800-566-6479

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

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

Have You Moved or Changed Your Email?



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

Need new Life Card?

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

ATTENTION COACHES:

If your team qualifies for an academic award please notify your A.D. to look for it!

The MSHSCA continues the Academic Awards program.

Many schools are receiving plaques and plates similar to the one pictured for sports that qualified as a gold or silver academic team. You should receive them within a month after your season ends.

GPA's were submitted, by the coach, to their sport association President along with a varsity roster.

The sport association then determined that the coach was a member of the MSHSCA and sport association for the roster they submitted.

This process is true for each sport. Your school will receive a plate for each of the teams that qualify.

Please be alert to envelopes with the return address of Beachs Awards they will contain additional plates.

We are very pleased with our new program since it will recognize more teams for their outstanding efforts.

**Thank you for your help with this program,
John and Mary Erickson**





The 2014 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 31st and Saturday, November 1st at the Hyatt Regency Hotel in Minneapolis. As of 8-30-2014 the clinic will feature the following with additional speakers added as they commit:

- **Richard Pitino - University of Minnesota**
- **Milt Newton – Minnesota Timberwolves**
- **Mark Klingsporn-Tartan High School**
- **Kris Fadness – Austin High School**
- **Hans Skulstad- Center for Sports and the Mind**
- **Henry Barrera- Stronger Team Nation**
- **Gary Munsen-Mitchell, SD**
- **Mayo Clinic- Sport Nutrition**

Tentative agenda and registration forms are available for view and print on the MBCA website. As speakers are confirmed, updated information, including schedule, and topics will be posted on the MBCA website.

Exhibitors will be in attendance with displays to provide coaches with information and assistance in current or future needs. The annual Awards Luncheon, a coaches' social, and awarding of door prizes, including several major prizes, will also highlight the event.

The noon luncheon for all clinic participants will begin at 12:00 p.m. The luncheon will include the presentation of coaching awards, including: 2013-14 Section Coaches of the Year, 2013-14 Assistant Coaches of the Year, 2013-14 State Coaches of the Year, coaching milestone awards, and achievement awards. The 2014 Hall of Fame inductees in attendance will be introduced and recognized. Members of the HOF Class of 2014 are **Gary Holmseth, John Holsten, Larry McKenzie and Dean Schnaible**. The luncheon will also recognize the new members of the MBCA Hall of Honor; **Harvey Carroll, Gary DeBates, Tom Elliott, Babe Glumack, Dan Skogen, and Alan Wettenkamp**.

Friday evening's on-the-court sessions at Hyatt Regency Stay-Fit gym will be followed by the annual MBCA Social.

All clinic participants will receive a **MBCA/Spalding/Russell gift** provided by Spalding. Friday's luncheon and the coaches social will be complimentary for all clinic registrants.

A wide variety of exhibitors will display their wares and provide door prizes for clinic participants during the sessions. Opportunities to visit the exhibitors will be scheduled and are highly encouraged. The clinic will also include the distribution of exhibitor and MBCA door prizes, including major door prizes, i.e. state tournament ticket packages, Timberwolves weekend, to those in attendance.

The cost of the Fall Clinic is \$110 if registered prior to October 18th. **Cost after October 17th and at the door will be \$125.** Registration forms are available and updated clinic information will be available online at: <http://www.mshsca.org/boysbasketball>

Graduate credit for clinic attendance and follow-up, will be offered through Saint Mary's University of Minnesota. Clinic attendees will have the option to take the clinic for 1 or 3 credits, at a cost of \$195/graduate credit. Questions pertaining to the graduate credit option may be directed to Graduate Field Specialist, Jan Mesich at jmesich@smumn.edu or (218) 750-6821. Saint Mary's University will be on hand during the clinic to answer questions and to provide course registration information. Graduate Credit Registration forms can also be accessed through the following link: <http://pdi.smumn.edu/district.cfm>

The Hyatt Regency is providing a clinic special for coaches' rooms. **These rooms should be booked prior to October 15th. Early bookings are encouraged. You are encouraged to register online by using the following link:** <https://resweb.passkey.com/go/MBCA2014>

The phone number to make a reservation is **1.888.421.1442**. When registering via phone call you must mention that you are a MBCA Clinic participant. This will qualify you for the special group rate and assist the MBCA in meeting a pre-determined quota for rooms.

For any further needed information please contact Ron Larson, MBCA Clinic Director, at Ron.Larson@anokaramsey.edu or Tom Critchley at htcire@earthlink.net.

FOUR NAMED FOR INDUCTION TO MBCA HALL OF FAME

The Minnesota Basketball Coaches Association has named four men who will be inducted into the MBCA Hall of Fame this November. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their achievements and service.

The 2014 inductees are:

- **Gary Holmseth** – Blue Earth Area
- **John Holsten**–Glenwood/Alexandria/Brandon-Evansville
- **Larry McKenzie**– Mpls. Patrick Henry/Academy of Holy Angels/Mpls. North
- **Dean Schnaible** – Adrian

The induction ceremonies will be held at the MBCA Hall of Fame Luncheon on **Saturday, November 1, 2:00 p.m.**, at the Hyatt Regency Hotel in Minneapolis.

Gary Holmseth coached basketball at Blue Earth H.S. for 28 years, 23 as the head basketball coach. Gary became the head hoops coach at Blue Earth in 1989 and led the Bucs program until his retirement at the conclusion of the 2012 season. Coach Holmseth ranks at the top for career victories in Blue Earth hoops history. Under his leadership,

... continued on page 15

MBCA HALL OF FAME... continued from page 14

the Bucs captured multiple South Central crowns and won six Sub-Section titles. He finished his career with a winning record against every South Central Conference opponent. Gary was selected as Section Coach of the Year four times; 1992, 1999, 2001, and 2005. He served as a MBCA Section Representative for over 20 years and coached in the 2007 and 2012 MBCA All Star Series. In addition to coaching basketball, he also coached Cross Country, Football, Golf, and Track. As a head track coach, he led the Blue Earth Area Girls to a State title in 1985. Coach Holmseth retired from coaching with an overall record of 355-214 as a varsity boys basketball coach.

John Holsten just completed the 41st season of a coaching career that began at Alexandria H.S. in 1973. After serving as a Boys Assistant Coach for 5 seasons, John assumed the reins of the Cardinals Girls program in 1978. After two years in that position, he accepted the Head Boys coaching position at Long Prairie H.S. and embarked on a career in which he has served as a head Boys coach at Glenwood, Alexandria, and Brandon-Evansville. Coach Holsten has led teams to six Conference titles, five District titles, and four Section championships resulting in State Tournament appearances in 1985 (Glenwood), 1997, 2001, and 2002 (Alexandria). John was selected as District Coach of the Year four times and earned Region/Section Coach of the Year honors three times. In 2007, he was recognized with the 3M Excellence in Coaching Award. Coach Holsten is retired from teaching but continues to serve as the Head Boys Basketball Coach at Brandon-Evansville where he will enter the 2014-15 season with an overall record of 420-378 as a varsity boys basketball coach.

Larry McKenzie led Minneapolis Patrick Henry to four consecutive Class AAA State titles in 2000, 2001, 2002, and 2003. During Larry's tenure at Patrick Henry he led The Patriots to six Minneapolis City Conference championships, three Twin City Championships, and six Section titles in addition to the State tournament "4 Peat." In his 9 years at Patrick Henry, his cumulative record was 210-50. After coaching semi-pro basketball for a short time, Larry returned to coaching high school athletes as the head coach at the Academy of Holy Angels and, as at Henry, established the Stars as Conference and Section title contenders. In 2013, Coach McKenzie returned to his Minneapolis roots by assuming the reins of the Minneapolis North program and brought them within one win from a State Tournament berth while playing a squad of primarily underclassmen. Larry's coaching achievements earned him recognition from his peers as the recipient of four Section Coach of the Year awards and honors as the 2001 State Class AAA Coach of

the Year and National Coach of the Year. His service to the game is exemplified by his participation as a member on the MSHSL Boys Basketball Advisory Committee. He is the author of three books and is a motivational speaker.

Dean Schnaible began his coaching career 55 years ago as the junior high basketball coach at Hills H.S. In the 1965-66 school year Hills and Beaver Creek consolidated and Dean served the next 12 years with HOF Coach Hugo Goehle in establishing and leading the Patriot program to great success in southwest Minnesota. After 12 years at H-BC, Coach Schnaible accepted the Head Boys Basketball position at Harrington, Nebraska and led them to a 15-5 record. In 1974, Dean was offered and accepted an elementary teaching, head basketball, and head baseball position at Adrian. During the next 18 years, he led the Dragons to winning records almost every season highlighted by a 20 win season and District 8 title in 1985 and an overall mark of 89-16 during a five year span in the early 80's. He retired from teaching in 1998 but was "coaxed" back into volunteering as a coach for the girls team and subsequently became a head coach and/or assistant coach for girls programs at Ellsworth and Worthington. Three years ago, he was again "coaxed" into serving as the Head Boys Basketball Coach at Adrian, a position which he retains entering his 55th season as a coach. Dean's coaching achievements have earned him recognition from his peers as he has been the recipient of numerous Coach of the Year honors in boys basketball, girls basketball, football, softball, and baseball. As a head basketball coach (Boys and Girls), he is a member of the 400 Win club with a record of 480-127 over his 27 years as a head coach.

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

- Troy Polamalu

After the Game Bring Your Team to 



by Mike McDonald, Cambridge-Isanti

Greetings Coaches,

I am very honored to represent all of you this year as your MBCA president. I would like to take this time to thank Ron Vorwald for the great job he did representing our organization as MBCA President during the 2013-14 school year. Ron's service to our organization is not done, however, as he continues to serve the MBCA as Past-President.

I am also very appreciative of the tireless work, that Tom Critchley, our MBCA Executive Secretary, does throughout the year to support and promote our great game. Although "retired", Tom's great passion for our sport and work for this organization is beyond measure.

The quality of Minnesota basketball continues to improve. This is indicated in the number of our athletes that will continue to play basketball beyond high school. Much of the credit has to go to you, our high school coaches, who spend countless hours in gyms across this great state developing individual skills and their teams in the offseason.

MBCA Fall Clinic:

The 2014 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 31st and Saturday, November 1st at the Hyatt Regency Hotel in Minneapolis. Exhibitors will be in attendance with displays to provide coaches with information and assistance in current or future needs. The annual Awards Luncheon, a coaches' social, and awarding of door prizes, including several major prizes will also highlight the event. Cost of the Fall Clinic is \$110 if registered prior to October 18th. Listed below is a partial list of clinicians for this year's clinic with more added as they commit.

Richard Pitino - University of Minnesota
 Milt Newton- Minnesota Timberwolves
 Gary Munsen - Mitchell, South Dakota
 Hans Skulstad - Center for Sports and the Mind
 Mayo Clinic- Sport Nutrition
 Mark Klingsporn - Tartan High School
 Kris Fadness - Austin High School
 Henry Barrera - Stronger Team Nation

The Clinic will continue the format of having on-court sessions. Details, including a registration form, hotel reservation information, and clinicians are posted on the MBCA website (<http://www.mshsca.org/boysbasketball/>). Other information available to assist you on the website includes timeline/deadlines of all forms such as academic all-state, all-star nomination, and hall of fame nomination.

Membership Info:

As always it is important that you become a member of the MBCA in order for you and your athletes to be considered for various awards. We want to welcome all new coaches to join both the MSHCA and the MBCA and invite you to encourage your assistant coaches and lower level coaches to do the same. There are many great benefits such as awards for coaches, teams, athletes and an

FINAL MEMBERSHIP REPORT 2014

Types of Membership	2013-14	2012-13
Active Class A & AA	6244	6315
Associates	1339	1331
Active Life	689	676
Retired Life	897	890
Honorary	3	3
	9,172	9,215

Breakdown of membership by sport association (2012-13 totals in parenthesis)

Adapted Athletics (19)	18
Boys Lacrosse (70)	68
Alpine Skiing (70)	68
Girls Lacrosse (68)	70
Athletic Directors (243)	90
Football (1114)	1140
Baseball (445)	480
Boys Hockey (248)	238
Boys Basketball (817)	786
Golf (boys & girls) (365)	330
Girls Basketball (736)	731
Soccer (boys & girls) (407)	409
Cross Country (356)	393
Softball (472)	483
Gymnastics (196)	203
Synchronized Swimming (12)	16
Nordic Skiing (106)	130
Girls Tennis (196)	208
Volleyball (647)	648
Boys Tennis (169)	172
Boys Swimming (178)	193
Track & Field (734)	752
Girls Swimming (225)	235
Wrestling (107)	100

There is a significant change in Athletic Administrators. The current number reports the AD's that have joined the MSHSCA as well as MnIAAA

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

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

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

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

Another example of the MSHSCA at work for the membership!

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



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Over Hill and Dale

By: Peter Janiszkeski
Luverne High School

Hello to all of you awesome cross country coaches. My name is Peter Janiszkeski, and I am the new President of the Cross Country Coaches Association. I am entering my thirteenth season as a teacher and coach here in Luverne. This will be my seventh season as the sole head coach, and I also was a co-head coach for the two seasons before that. I have also been the Section Representative for Section 3A for the past eight or nine seasons. I also took on the role of coordinating the Hall of Fame nominations and inductions this past year.

With that said, I want to share with you some of the happenings over the past year and specifically these past few months. At our advisory meeting at the clinic in early August we discussed a few things concerning the State Meet, but the majority of our discussion was centered on the issue of increasing the race distance for our girls from 4K to 5K. After recent happenings in Wisconsin along with the fact that we are one of only a handful of states that doesn't do a 5K with our girls, the MSHSL has encouraged us to make the change and increase the girls' races distance to 5K starting in the 2015-2016 season. Tom Sharp our Past President summarized the August meeting with the MSHSL well, when he said this in a recent e-mail, "The final resolution is that we will be putting forth a proposal through the advisory process to increase the girls race distance from 4K to 5K in the 2015-2016 school year. By doing this ourselves, we remain in control of the process and can use the next year to provide resources for our coaches on training, injury prevention, and retaining participation. It will also give us time to work with meet managers and school districts to look at race timing later in the season when darkness approaches much more quickly. Had we not chosen to act, the other options available were to wait for a lawsuit that we would not win, or have the league decide to make the change without our input." So, that is where we are currently on the issue of the girls 5K, please don't hesitate to share thoughts and input with regards to how we can positively make this change work for all of our programs, big or small.

There are a few other things I also want to share with you with regards to the Cross Country Coaches Association. First of all we are in need of a Vice President from the AA ranks, as we alternate back and forth between A and AA. Second, we are in need of someone to take over as the clinic director. Kevin Moorhead has done an outstanding job heading this up for the past several years and has offered to help anyone who is interested in taking over this responsibility for our association. Please take time to consider these positions / opportunities. It is an awesome chance to give back to the sport. Lastly, I hope your season is off to an awesome start, and I am excited for the opportunity to serve you as President. Please don't hesitate to contact me with any questions or concerns you have for our sport both on the girls 5K and any other idea or issue you may have where we could make our sport even better and better serve our athletes.



ICE CHIPS

By: Craig Roberts
MHCA Director of Communications

With the start of the 2014-15 school year, the National Federation of State High School Associations (NFHS) announced that more stringent penalties for boarding and checking from behind in high school ice hockey have been approved for the 2014-15 season.

Changes to Rules 6-4 (boarding) and 6-7 (checking from behind) were recommended by the NFHS Ice Hockey Rules Committee at its April 28-29 meeting in Indianapolis. The committee's recommendations were subsequently approved by the NFHS Board of Directors.

In its ongoing attempt to minimize the risk of injury in the sport, the committee increased the penalty for boarding (Rule 6-4-1) to an automatic major. Previously, it was only a major for a flagrant violation of the rule, which states: "No player shall check, cross-check, elbow, charge or trip an opponent in such a manner that causes the opponent to be thrown violently into the boards."

Now, if a flagrant violation of boarding (6-4-2) occurs, or if the check causes the player to crash headfirst into the boards, either a major and misconduct penalty, or a game disqualification penalty, must be assessed.

"Increasing the first level of penalty for boarding should act as a deterrent when combined with proper teaching and education," said Dan Schuster, NFHS staff liaison to the committee who also serves as NFHS assistant director of coach education. "Boarding is one of the most dangerous plays in the sport, and a flagrant boarding act can carry severe consequences to participants and must be accompanied with stiff penalties."

Equally dangerous is the act of checking from behind, and the committee increased the first penalty level to an automatic major. A violation of Rule 6-7-1, which states "No player shall push, charge, cross-check or body-check an opponent from behind in open ice," will now be a major penalty instead of a minor and misconduct.

Schuster said that by increasing the penalties for boarding and checking from behind, the committee wanted to make it clear that this type of dangerous play has no place in high school ice hockey.

"The NFHS Ice Hockey Rules Committee continues in its belief that the main threat to the health of high school ice hockey is violent and reckless play," said Tom Shafranski, assistant director of the Wisconsin Interscholastic Athletic Association and chair of the NFHS Ice Hockey Rules Committee. "The safety and well-being of the participants is paramount and the primary focus of this committee."

Among the points of emphasis formulated by the committee for the coming season are player safety/dangerous hits, concussion recognition and management, proper communication to eliminate unsportsmanlike conduct and taunting, and proper equipment.

According to the 2012-13 NFHS High School Athletics Participation Survey, a total of 35,198 boys participated in ice hockey in 1,601 schools and 17 states. An additional 9,447 girls participated in the sport at 608 schools.

Lastly, the annual fall coaches' clinic will be held Oct. 24-25 with the Minnesota Wild helping to host the event. More details will be available and will be sent via email to MHCA members as well as being posted on the MHCA web site.

After the Game Bring Your Team to 



Swim Strokes

By: Dale Magnuson

Rochester Century High School

damagnuson@rochester.k12.mn.us

The 2014-15 school year brings another exciting swimming and diving season! Minnesota has many amazing female swimmers and divers competing for their local high school teams. This year's girl's season will come to completion November 12-14 at the University of Minnesota Aquatic Center.

It will be another exciting season for the True Team section and state meets hosted by the Swimming and Diving coaches association. This has been an extremely positive experience for participating teams. Information about this year's meet can be found at <http://www.pantherboosters.org/true>. The True Team section meets will be held Saturday, October 11th, and the True Team state meets will be held October 15th (A) and October 16th (AA) at the University of Minnesota Aquatic Center.

As high school coaches, we are so much more than just a person on a pool deck doling out practice sets. Student athletes have so many things going on in their lives today with many pressures to sway them down the wrong path. It is always exciting to get the season's roster to have the opportunity to work positively with athletes who have committed to our programs. In a very short time-frame, we try to do a lot. Even little things can make a big impact on student athlete's lives.

The 2014-15 season looks to be a very exciting season. As

coaches, we play an important role in the outstanding atmosphere of Minnesota swimming and diving! Thank you to all high school coaches for everything you do. Good luck this season, and I look forward to seeing all of you on deck!

Coaches Hall of Fame

As I am working on the 2014 MSHSCA Hall of Fame Banquet, I can not help but marvel at the love, time and yes even their own money that all of the coaches have put into our Minnesota students. Each and every coach deserves the honors that are bestowed upon them in this tough time of pleasing the public. I would like to mention the Hall of Fame inductees: Geri Dirth - Apple Valley; John Eberhart - Pine City; Bill Frantti - St. Cloud Tech; Zigurds Kauls - Mounds View.

I am getting excited to honor this group of great people and hope that you, as coaches, will attend to support your profession. We need to give one another a hardy congratulations on a "job" well done.

The banquet will be held at the Marriott West Hotel on Saturday, October 11th. Registration and social hour will begin at 5:30. Dinner will be served at 6:30 with the awards program starting at approximately 7:15 along with your tickets.

Tickets are still available at \$30.00 before October 7th by contacting me at jbad154@yahoo.com or 651-357-2937 (cell) or 651-306-0328 (home)

Jim Baker

MSHSCA's 2014-2015

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Dig This

By: Celeste Gorman
Blaine H.S.

The 2014 season is in full swing and school is in session! I hope this article is reaching you when your is team healthy, your community is supportive, and you are ready for the challenges this season will bring.

We have a new and much improved website up and running. If you haven't been there yet please take some time to browse around. Your input is needed and welcomed. You can share your ideas by emailing your section representative and if you don't know who that is you can find their contact information on the site. All state nominations were due September 5th and if you nominated players you will need to submit stats for up to 3 players by October 20th for them to be considered for the award. All State Academic team and individual submissions are also due on October 20th. These will not include grades from this fall so submit now in order to avoid missing the deadline. Remember you must be a member of the MNHSCA for your players to win awards. There is a tab on the site with more information about important dates and information.

The first annual Breakdown Side Out Classic was held at Hopkins High School on August 23rd with 24 teams participating. The staff at the Breakdown are looking to grow this annual event and will be inviting the top teams in state to participate. It proved to be a great venue for early season competition.

Finally as we say goodbye to summer I must mention our coaches

clinic. In July the MNVBCA hosted our 35th annual Coaches' Clinic at St. Michael Albertville High School and it was a great success. Since the days of the mandatory rules interpretation meeting have long passed us by, our clinic numbers have been smaller but are also quite steady. Minnesota volleyball coaches have showed a commitment to improvement by faithfully attending this clinic each year. We are always looking to improve so if you have any suggestions feel free to contact anyone on the board. A big thank you goes to Heidi Hahn who was on point getting featured speakers Hugh McCutcheon and Mick Haley to present multiple session at the clinic. Sue Alstrom, Jim Lee, Tracey Norton and team were always available to make sure things ran smoothly throughout but most notably at registration and meal time. President Elect, Greg Ueland, worked hard and did a great job ensuring that the All Star match was a great success. A big thank you to all who contributed by presenting, attending or working to keep the clinic one of the best in the country!

BANK SHOTS... continued from page 16

opportunity to be an All Star Coach. As part of your MBCA membership you will also become a member of the National High School Basketball Coaches Association, as we are one of the founding states in the organization. Member coaches are encouraged to visit the website (<http://nhsbca.org>) for such things as coaching resources, job openings, events, special offers from suppliers, and a "Play of the Day" option.

MBCA Hall of Fame & Hall of Honor

Congratulations must be given to these selections to our MBCA Hall of Fame and Hall Of Honor. If you have anyone in your school or community deserving of selection in the future, do not hesitate to nominate them.

Hall of Fame Inductees: Gary Holmseth—Blue Earth Area, John Holsten-- Alexandria, Glenwood ; Larry A. McKenzie—Mpls. Henry, Holy Angels, Mpls. North; Dean Schnaible—Adrian

Hall of Honor Recipients: Media: Tom Elliott (St. Cloud Times) and Dan Skogen(Wadena); Assistant Coach: Gary DeBates(Westbrook-Walnut Grove) and Harvey Carroll (Fulda); Official: Babe Glumack (Hibbing); Friends of Basketball: Alan Wettenkamp (announcer,Red Rock Central)

Updates:

Reminder that the boys basketball season will again have an early start date this year. Practice will begin on November 10, 2014) and that the Boys State Tournament (March 12-15, 2015) will precede the girls tournament for two more seasons. This change, again, was necessitated to accommodate host facilities issues due to building conflicts.

The beginning of our 2014-2015 season is not far away. As we approach it, I would like to wish all of you the best of luck. Hopefully, I will see all of you at our MBCA Fall Clinic. Beyond picking up some new ideas, the clinic does bring in a group of people with at least one thing in common, a love or passion for the great game of basketball. Personally, I always look forward to visiting with many coaching colleagues during our clinic. Finally, as we compete against each other this season, remember that although we work for our team to win, we still, together, are basketball coaches and members of the MBCA.

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 rringerr@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.

FAST TRACKS

By: *Brian Abery*
Eastview

It's with great pleasure and honor that I sit here and write my first Fast Tracks article as president of the State Nordic Ski Coaches Association. Although it's the first week of September, we are only two and a half months away from the start of the 2014-2015 season and it's less than 8-weeks until our fall meeting at Mora. If you're like most coaches, you are already thinking about your team's needs pertaining to training, meets, transportation, and coaching. It also a good time to reflect on the changes that are taking place in our sport and the need to make potential adaptations if we are to continue to provide an enjoyable experience for our skiers.

As most of you already know, because of the hard work of our past president and a number of other members of the Coaches Association, the MSHSL unanimously approved our request to change the manner in which high school teams qualify for the State Championships. Starting this year, the top two scoring teams from each Section in addition to the fastest six skiers who are not members of the qualifying teams will qualify for the State Meet.

Based upon my experiences last year as a coach for a school that qualified a team for our championships for the first time I can say without hesitation that skiers viewed this as a much bigger accomplishment than qualifying multiple individual athletes for the meet. It solidified the idea that they were taking part in a team as opposed to an individual sport and brought them closer together as a group than I have seen in the past. It is this team aspect our MSHSL competition that differentiates us from Junior Olympics and is the reason why so many of our students are attracted to Nordic skiing. The excitement that team qualification stimulated among athletes from other sports, students, and staff at the school was unprecedented generating far more interest in Nordic skiing than has been present in my previous years as coach. I think all of us can agree that doubling the number of schools eligible for the team title will add a great deal of excitement to the meet and potentially stimulate more students to take part in Nordic skiing.

However, change, and this is a fairly big one, does not come without challenges. As Bob O'Hara has pointed out, our new Section and State formats have the potential to add up to forty additional girls and an equal number of boys to the competition at Giants Ridge. These additional skiers will have an impact on the competition. At a venue at which the trails we use, although challenging, are not necessarily made for large numbers of skiers due to their restricted width, we are going to need to plan carefully in order to insure that that State Meet experience remains a positive if not improved one. I am going to ask Bob and any interested coaches to speak at our Fall meeting about the tweaks they feel will be necessary in order to insure that the meet runs smoothly (beyond our all needing to be patient during our first year of implementing this new format). Based on the suggestions I have heard this far these will be minor changes to make sure that the trails do not become too congested and those running the meet have sufficient time to process results. I have faith that after hearing people's suggestions at this fall's meeting we will be able to quickly agree to make the necessary changes to ensure a positive experience to an event which is the highlight of the year for most of our athletes.

Beyond changes in the qualification criteria for the state meet, there are several other topics about which coaches should be informed.

The MSHSL has recently revamped its training requirements for all coaches. If you're Athletic Director has not already notified you of these, which include the need to complete additional training modules offered on the Coaches Clipboard, please take the time to peruse the League website and compete them prior to the start of our season. This training must be completed by all paid coaching staff as well coaching volunteers regardless of how recently past online training requirements were fulfilled.

I think that most of us would agree that while the MSHSL training currently offered to high school coaches provides valuable information related to coaching in general, it fails to specifically address the needs of our coaches working in our sport. Over the summer months I've had a number of conversations with Yuriy Gusev and Andrew Poffenberger from the CXC and I have to say that I have been greatly impressed with their commitment to working with the Coaches Association on training and other issues. As of today, approximately 35-40 Minnesota high school Nordic coaches has earned Level-100 coaching certification under the USSA. Although this number is impressive, many head coaches as well as most individuals filling assistant coaching positions have yet to receive this training. The program, which is a combination of on-line and live instruction, is specifically geared to Nordic skiing would be a valuable learning experience for everyone who provides coaching or instruction in our sport.

Yuriy and Andrew have made the offer for CXC to conduct a compressed Level -100 coaching training program for interested Minnesota high school coaches in the afternoon following our Fall meeting in Mora. Participants would complete online training prior to the session, take the exam, and spend most of the afternoon working with CXC staff on training and technique. Everything would be provided for Level-100 licensure other than CPR training which is offered by most school districts. There would be a cost to interested coaches of \$200 but this is a discount compared to the cost of regular Level-100 training and I hope that most of your athletics Directors would approve to reimburse you for this effort. I really think that this is an offer that we should not refuse as it possesses the potential to improve the quality and consistency of coaching we offer our skiers. Of course, in order for this training to take place, we will need to have a sufficient number of coaches with an interest in taking part. If you have yet to complete this training as a head coach, I strongly encourage you to take part. I would also like to see as many Assistant Coaches as possible participate. Offering the training as part of our Fall meeting will potentially encourage more assistant coaches to attend and culminate with their developing enhanced coaching skills and knowledge. If any coach is interested in taking part in this training, please e-mail me at abery001@umn.edu. Please note that in mid-October (10/17-19) CXC will be offering full Level - 100 AND Level - 200 Coaches training in Cable WI. Check the CXC website for details

As far as venues for training go, there is both some good and bad news for metro area teams. With a season of snowmaking under their belt, Hyland Recreation area in Bloomington (weather permitting) will have a much earlier opening on its trails with snowmaking this upcoming year. Some of our Coaches met with 3-Rivers staff in the Spring to discuss making changes in the start and finish areas

... continued on page 23

FAST TRACKS... continued from page 22

to minimize encounters with recreational skiers. Balancing this out, however, is the fact that Green Acres in Afton has closed and Trollhaugen recently announced that due to sufficient snow cover being available over the past several years, they will no longer be making snow for the Troll Hollow trails though XC will be available early morning on specific dates. Let's all hope for early and big snows so that we can avoid the scheduling conflicts that arise from sparse snow years.

In spite of the fact that one of our biggest initiatives in recent years has been approved, we still have plenty of work to do if we are to ensure that our sport continues to grow and we provide a positive experience for our athletes. If any Association members have items that they would like to place on the agenda for the Fall meeting the last Saturday in October (10/25), please e-mail me prior to October 17th so your item can be placed on the discussion list. I look forward to seeing everyone again in 8-weeks and the start of what I hope will be another fantastic ski season.

DUGOUT CHATTER... continued from page 8

Finally, you are encouraged to look at the Minnesota State High School Baseball records that have been compiled by Tink Larson under the records tab on www.mshsbca.org. If you have an individual or team record to add to the list, please send that to Tink Larson at tlarson@hickorytech.net. Many thanks to Tink for all of his effort and time putting these records together; it is truly incredible the amount of information that is available to review.

In preparation for the 2015 season, remember to join the state coaches association and the baseball coaches association at the state level, not only for the insurance coverage, but also for the multiple awards sponsored by each association (both for coaches and players). Association membership is required for both coach and player awards. Also, consider membership in one or both of the national associations (BCA or ABCA) as well. Additionally, talk to your athletic director about your feelings toward initiatives being pursued at the Minnesota High School League by the Advisory Board on your behalf. We have to promote our game and what is in the best interest of our student/athletes!

For updates and other information from the association, we will continue to send out e-mails as needed. You can get updates from the association via Twitter @mshsbca, and continue to check for updated information at www.mshsbca.org, and look for the Fall 2014 newsletter (click on news tab) on our website. As we all put our fields to bed for the year and reflect back on the year that was, please remember there are plenty of things to celebrate in our great sport and in our great state. See you at the John Wilkens Fall Clinic!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

CODE OF ETHICS *As a professional educator, I will...*

- 1). Strive to develop in each athlete the qualities of leadership, and good judgement.
- 2). Respect the integrity and personality of the individual athlete.
- 3). Encourage the highest standards of conduct and scholastic achievement.
- 4). Seek to inculcate good health habits including the establishment of sound training rules.
- 5). Fulfill responsibilities to provide health services and an environment free of safety hazards.
- 6). Exemplify the highest moral character, behavior and leadership.
- 7). Provide ethical relationships among coaches.
- 8). Encourage a respect for all athletics and their values.
- 9). Abide by the rules of the game in letter and spirit.
- 10). Respect the integrity and judgement of sport officials.
- 11). Display modesty in victory and graciousness in defeat.
- 12). Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

The Code of Ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate Assembly.

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.

HALL OF FAME

FOUR LEGENDARY COACHES TO ENTIRE THE MSHSCA HALL OF FAME ON OCTOBER 11TH

Since 1980, a total of 184 Minnesota Coaches have been inducted to the MSHSCA Hall of Fame. Four more coaches with remarkable careers will be added at the Annual Hall of Fame Banquet that will be held at the Marriott West Hotel on 394.

The newest addition include Geri Dirth (Apple Valley), John Eberhart (Pine City), Bill Frantti (St Cloud Tech) and Ziggy Kauls (Mounds View)

Bios are listed alphabetically below:

Geri Dirth (Apple Valley)

Coach Dirth's resume is one of humbleness considering the coaching success that she has accumulated over her years at Apple Valley.

Her Track and Field teams won ten True Team titles and five MSHSL crowns

One of her competitors, Shani Marks, was a participant in the Olympics as a Triple Jumper. A credit to Dirth's coaching ability.

Info Geri has included in her resume indicate a person that is not assertive of her coaching skills.

She includes the following information.

Recently retired as a full time teacher at Apple Valley. She spent four years in Iowa and 34 years at Apple Valley

Currently accepted a .2 position teaching part time the first trimester only

Currently accepted a position with Luther College as a supervising teacher for student teachers in the Twin Cities area. Proud mother of three children – Deidre (26) –Drake University Track and Field and twin boys Dalen (Luther) and Devin (St Thomas University. They were both National level decathletes and are currently successfully employed.

Married to my supportive husband for 34 years and the two of them will be headed for Florida for three months

Love what I do, do what I love!



John Eberhart (Pine City)

John Eberhart, known as "Eb" by his family and friends, was born in Benson, MN in 1947 and grew up in Little Falls. He was a 1965 graduate of Little Falls HS where he participated football, basketball and baseball but not tennis. John graduated in 1969 from Moorhead State University with degrees in Elementary Ed and Phys-

ical Education. At MSU, he played baseball but not tennis.

Following his college graduation, Eberhart moved to Pine City and began a career of teaching fifth grade. During his first few years at Pine City, John coached junior high football, basketball and baseball.

In 1975, he became head girls basketball coach and stayed in that position until 1983 and had a record of 79 wins and 71 losses – that winning percentage still remains the best in Pine City history. During that time frame, Eberhart discovered the sport of tennis. He

enjoyed the sport himself and coaching boys tennis for the Dragons. His first season was in 1976 and he finally retired in 2000 with an overall record of 291-110 accumulating a Rum River Conference record of 120 wins and 19 losses, as well as, 15 conference titles and six sectional championships. He became the girls tennis coach in 1981 and from 1981 to 2002 created an overall record of 280-92 and a Rum River record of 100-13 and a total of 15 conference crowns and 12 sectional titles.

Personal accomplishments:

Boys COTY 1985, 1990, 1998 and 1999

Girls COTY in 1992

The Frank Voight USTA Pro of the Year (2002)

USTA Coach of the Year in 1990

Inducted in to the Pine City HS Hall of Fame (1999)

Inducted to MN Tennis Coaches Hall of Fame (2006)

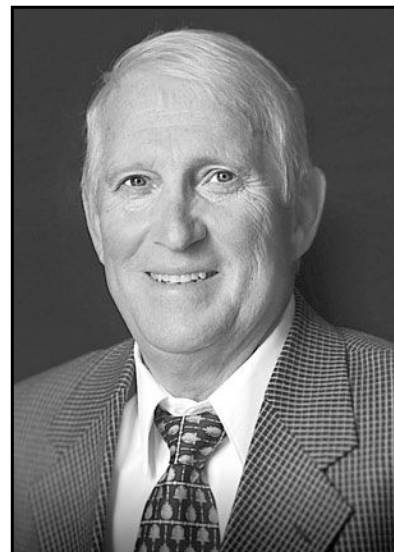
2008 recipients of the MSHSCA's George Haun Award

The new tennis facility at Pine City was dedicated to Eberhart in 2004

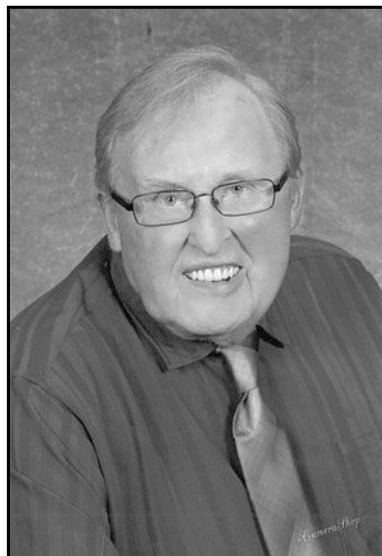
Bill Frantti (St Cloud Tech)

Bill Frantti has earned the distinction as Central Minnesota's hockey Godfather. Beyond his coaching, volunteering and other significant contributions to the Minnesota hockey community, Frantti has also served as a long time official and head football and basketball coach during his fifty plus years of coaching prep and collegiate sports, earning numerous awards and distinctions.

Frantti not only gave decades of service to St Cloud area hockey, he helped start hockey in the St Cloud area. From 1955 to 1985, Frantti was the head hockey coach at St Cloud Tech High School. He was integral in bringing St Cloud's first indoor sheet of ice to fruition. During this time he chaired the petition drive, along



FFAME



with the financial and construction committee that designed and built Municipal Athletic Center, which has become one of the state's premier athletic facilities.

He also served on committees and consulted on the design of ice arenas at St Cloud University and at the Benton County Fairgrounds. He founded youth hockey programs in many central Minnesota cities and co-founded the Central Minnesota Youth Hockey Association. Communities in the region soon after had high school hockey programs.

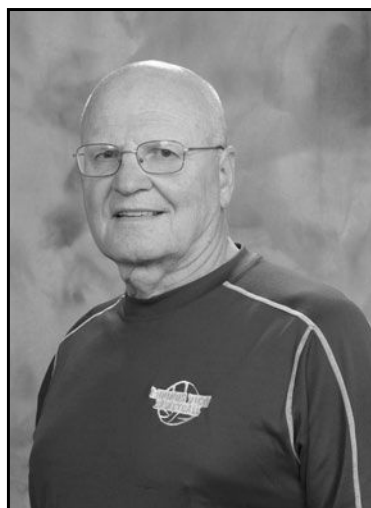
While coaching the Tech Tigers, Frantti served on the MN Hockey Coaches for years and was elected President. After retirement, he served as a volunteer coach for 20 years, beginning programs for kindergarten and pre-kindergarten youth. He was also integral in combining with the VFW to provide ice experience for kids with disabilities. Frantti also volunteered with local colleges and high school teams and has enjoyed watching athletes he coached, both on the clock and as a volunteer – go on to play professionally and in the Olympics. He was a long time goalie coach at SCSU and today, his likeness is immortalized in two murals on the walls of SCSU's Herb Brooks National Hockey Center.

Frantti played collegiate hockey at Michigan Tech and then St Cloud State. Passing up opportunities for professional tryouts, he opted to focus on his family and a career teaching Mathematics and coaching. His career started in Kenyon in 1952 where he served as head coach of the basketball and football team for three years including three undefeated teams on the gridiron and a trio of Hiawatha Conference titles. As an official, Bill refereed football, hockey, basketball and baseball at the high school level for 20 years.

May 8, 1985 was Bill Frantti Day in St Cloud. Over his 50 plus year career, he has earned numerous honors including the Butch Nash Award from football coaches association and Cliff Thompson Award honoring a coach who has had a multitude of contributions to MN High School hockey. He also has been inducted to the St Cloud Tech Hall of Fame, the St Cloud State University Hall of Fame and the Minnesota Hockey Coaches Association Hall of Fame.

During his many years of coaching, Frantti was blessed to always have the support of his wife Kathy and five children. His children went on to follow his footsteps attending St Cloud State while Kathy provided constant support through the long days and difficult schedule of a coach.

Zigurds “Ziggy” Kauls (Mounds View)



A Forest Lake High School grad in 1959 where he was a four sport athlete in football, basketball, baseball and track and field. He had two very notable coaches in Hal Haskins and Kerwin Engelhart.

Kauls matriculated to Hamline and used his athletic talents as a track and field competitor for two years and basketball for four years. He again played basketball for a very notable coach in Joe Hutton. He earned All Conference honors in basketball and was co-captain his senior year.

“Ziggy” was hired at Mounds View as a math teacher, head basketball coach and assistant cross country and track and field coach. He taught math for 35 years but was affiliated with Mounds View athletics for 47 years. He assisted in CC as a meet manager for ten years and was a lane judge at the state track and field meet.

He is a Life Member of both the MSHSCA and MBCA. Frequent speaker at clinics on a national basis and coached the All Star Basketball Game.

Kauls was named Section Coach of the Year so often he can not remember the exact total but does remember that he was MN Basketball Coach of the Year in 1994, 1999 and 2005.

Hall of Fames are not new to Kauls as he has been selected at Hamline University, Mounds View High School, Minnesota Basketball Coaches Association, the Minnesota State High School League and Forest Lake High School.

Besides being a speaker at various clinics around Minnesota and the United States, he coached the US All Stars vs the California All Stars at Long Beach, CA. in 1967, he served as player-coach for Adelaide (Australia) basketball team.

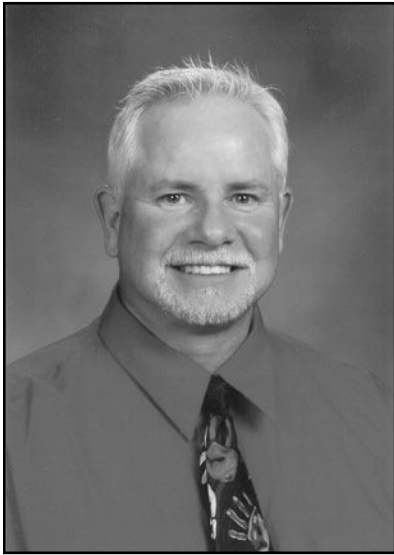
His career basketball record is 739-357 including 11 conference titles and 12 state tournament appearances that included one state championship in 1999. That team was 2nd in the state AP poll and #30 in the nation.

He and his wife have two children – Jennifer and Michael.

FAMILIES, FRIENDS AND FORMER PLAYERS ARE URGED TO ATTEND AND HELP THE HALL OF FAME INDUCTEES CELEBRATE THEIR INDUCTION. (INFORMATION ON HOW TO OBTAIN TICKETS, TIMES ETC. MAY BE FOUND IN A SEPARATE BLURB LOCATED ELSEWHERE IN THIS EDITION OF THE MN PREP COACH)

A complete list of former MSHSCA Hall of Fame inductees can be found on the MSHSCA website – www.mshsca.org

RINGEISEN TO RECEIVE THE GEORGE HAUN AWARD



Rick Ringeisen

The Haun Award recognizes individuals who make significant contributions to the MSHSCA, Minnesota prep sports, their local communities and generally in life. The award is named to honor George Haun, the founder and first president of the MSHSCA in 1936. The Haun Award represents George Haun's legacy of dedication and service to coaches and athletics.

After graduation from Winona State University, Rick Ringeisen returned to his home town of Lakeville to teach Social Studies and coach. Today Rick is

best known by the town's folks as Ring or Coach Ring. This year marks Rick's thirty-sixth year of teaching and coaching in Lakeville. Remarkably, Rick has continued to coach all three high school sports seasons for his entire career. This fall's swim season is Rick's 106th consecutive season of coaching high school sports! Rick has coached football, girls' swimming & diving, boys' swimming & diving and track. While being an excellent teacher and coach, Rick truly exemplifies the model of being a servant leader to coaches. He has dedicated his time above and beyond the classroom and the field of athletics in many ways throughout his career.

Rick has served in many coaching leadership roles including a Minnesota Swim Coaches Association section rep (20 years), vice president, president, and executive secretary (11 years). Rick has served as the Swimming & Diving True Team Chairman for the past thirteen years and was the driving force behind the creation of the Swimming & Diving True Team. Rick was a MSHSCA vice presidential candidate, and he has served as the as the Class AA Finance Rep for the past five years on the MSHSCA Executive Committee. Rick has also presented nine times at the MSHSCA Swimming & Diving Clinics and Track Clinics during his career.

In the community of Lakeville, Rick was one of the founders of "Pure Performance", which is a community wide program that links academics, activities, and student leadership with drug education. The Pure Performance program was created in response to a Lakeville student's fatal automobile accident involving alcohol. Rick has continued to serve on the Pure Performance Advisory Committee. Rick also chairs the Lakeville South Student Awards Committee that oversees the Excel, Triple A, and Athena Awards each school year. Rick has also developed a captain/leadership program for students at Lakeville South High School. Each school year Rick and his coaching colleagues conduct and lead the school's captain's training sessions.

Rick credits the hard work of his athletes and the support of the Lakeville community to the success of the programs he coaches. His teams have won 39 conference championships (17 in swimming & 22 in track), 52 section championships (28 in swimming & 24 in

track), 13 state true team championships (2 in swimming & 11 in track), 6 State MSHSL championships (2 in swimming & 4 in track), 52 individual event state champions (23 in swimming & 29 in track; 10 of which in track were the throwing events that Rick directly coaches). Rick has been named section coach of the year 17 times and he has been twice named state coach of the year for swimming and twice state assistant coach of the year for track.

Rick and his wife Joyce, who is a nurse at Fairview Southdale Hospital, make their home in Lakeville. They have two children Alex and Rachel. Alex 28 is a medical doctor at the University of Wisconsin, Madison Hospital. Alex, like his father, is also married to his high school sweetheart who coincidentally is a nurse like his mother. Rachel 25 is a doctor of physical therapy and employed by Children's Hospital. Rachel will be marrying her high school sweetheart Saturday, October 4, 2014.

Rick believes that prep sports greatest impact upon individuals is made through the life lessons and the strength of character that is developed through participation and team synergy. This is very apparent right from the start of every season when Rick presents the priorities of Faith, Family, School, & Athletics. He reminds his athletes often and closes the season reminding his athletes that "Team-mates are forever!" One of Rick's greatest pleasures is hearing from his former athletes when they share the meaningful moments they have experienced in life.

A complete list of previous Haun recipients can be found on MSHSCA website.

2013-14 CHALLENGE CUP RESULTS

Numbers have been compiled for the three classes that are involved to determine the 2013-14 Challenge Cup winners.

The Challenge Cup includes sectional results in Fine Arts and Athletics. Points are awarded as to how the Fine Arts and athletic teams finish in sectional competition.

The three winners for the 2013 - 14 school year are Dawson-Boyd (Class A), The Blake School (Class AA) and Wayzata (Class AAA). The Blake School and Wayzata are repeat winners.

The top five finishers in each class are listed below:

Class A

Dawson-Boyd
Minneota
Legacy Christian Academy
Fillmore Central
Belgrade-Brooten-Elrosa

Class AAA

Wayzata
Eden Prairie
Lakeville North
Edina
Minnetonka

Class AA

The Blake School
Totino-Grace
Rochester Lourdes
Chatfield
Fairmont

FOUR VETERAN OFFICIALS TO BE HONORED AT MSHSCA AWARDS BANQUET

Officials are an integral part of athletic activities. It would be chaos without them. To verify their significance, the MSHSCA has been recognizing them for their contribution by establishing a Distinguished Service Award that will be awarded to four officials at the October 11th Hall of Fame Awards Banquet that will be held at the Minneapolis Marriott West Hotel. (People wishing to share the evening with the recipients may find information on obtaining tickets, times, etc in an article found elsewhere in this issue of The MN Prep Coach.)

The 2014 DSA Award winners are listed below:

Richard Ballard (Orinoco)

Ballard has been involved as a Diving official for over 40 years. He has worked every level of competition including Sectional and State Meets.

During his career, he has served as a mentor for many Diving officials

Richard has served on the NISCA All American Selection Committee

Terry Eiter (Detroit Lakes)

As of 9/23/13, Eiter has officiated football for 23 years and basketball for 26 years. During that period of time, he has also served as Administrator of his area officials association.

It has been noted that Eiter takes time to recognize that officials are providing an education for our youth.

People recognize Terry as a "class act" as he shares his thoughts in the MN Prep Coach through his column entitled, "Zebra Zone"

Larry Luke (Austin)

Starting in 1976, Luke has officiated Volleyball and Basketball.

He has worked both MSHSL Volleyball and Girls Basketball State Tournaments during his officiating career.

He has also served as Secretary of the Adams Officials Association for a number of years.

Rita Rislund (Princeton/ Detroit Lakes)

Rislund is a former teacher, coach and Athletic Administrator at Princeton High School. Her record of achievements as a contributor to prep athletics is legendary.

Starting in 1970 she worked Sub-Section, Section and State Track and Field Meets including True Team. In 2002 Rita officiated

Sub-Section, Section and State Volleyball Meets.

Her resume includes numerous professional services.

It is hoped that many people will appear at the banquet to recognize the accomplishments of the four officials.

25 YEAR CLUB TO ADD 28 MEMBERS

The Hall of Fame Banquet will offer a total of 28 new members an opportunity to receive their award. The banquet is scheduled to be held on October 11th at the Minneapolis Marriott West.

The addition of 25 years also allows the new members an opportunity to become Life Members of the MSHSCA.

New members of the 25 Year Club include:

Mike Allen	Northfield
J'Nell Amundson	Alexandria
Brian Athmann	Rocori
Drey Bradley	Eastview
Jon Dale	Pequot Lakes
Skip Dolan	Annandale
Don Featherstone	Red Wing
Steve Hangartner	Watertown-Mayer
Lynnette Homer	Bemidji
Herbert Jangor	Chisago Lakes
Ron Kallheim	Fairmont
Ron Koester	Lac qui Parle Valley
John Kruger	Hayfield
David Olson	Sartell-St Stephen
Kris Osterdyk	Mora
Jon Peterson	Park Center
Tom Plocker	Blue Earth Area
Steve Radniecki	Norman County East
Mike Randolph	Duluth East
Bob Schissel	Park Rapids
Todd Schumacher	East Grand Forks
David Style	Burnsville
Bob Sullivan	Northfield
Steve Wasko	Two Harbors
Brent Weiss	Pine City
Mark Woitalla	Northfield
Annette Brewer	Albany
Paul Herzog	Woodbury

Unfortunately, many of the above listed potential Life Members do not plan to attend the banquet to receive the long worked for award

***“Don’t quit.
Suffer now and live the rest
of your life as a champion.”***

- Muhammed Ali

After the Game Bring Your Team to 

Team Academics

The MSHSCA and the Subway Restaurants of Minnesota are proud to be able to recognize the efforts of the coaches that demand hard work in the classroom, as well as, the field of play.

Teams with a combined GPA of 3.76 to 4.00 receive a gold recognition and teams with a 3.5 to 3.75 earn a silver certificate.

Team academics found below will appear as submitted.

Boys Tennis

Class A Gold

Crookston
Luverne
St Paul Humboldt
Thief River Falls
Waseca
Winona Cotter

Class A Silver

Academy of the Holy Angels
Aitkin
Breck
DeLaSalle
Fergus Falls
Foley
Hermantown
Hibbing
Minneapolis Edison
Mound-Westonka
New London-Spicer
Pine City
Rochester Lourdes
St Anthony Village
St James
St Peter

Class AA Gold

Apple Valley
Bemidji
Bloomington Jefferson
Buffalo
Centennial
Coon Rapids
Cretin-Derham Hall
Duluth East
Eastview
Elk River
Hastings

Irondale
Lakeville North
Mankato East/Loyola
Maple Grove
Monticello
Richfield
Robbinsdale Armstrong
Rochester Century
Rochester John Marshall
St Cloud Tech
Stillwater
Willmar
Woodbury

Class AA Silver

Andover
Brainerd
Cambridge-Isanti
Eagan
Hutchinson
Lakeville South
Mahtomedi
Minneapolis Washburn
Mounds View
Red Wing
Robbinsdale Cooper
Sartell – St Stephen
Shakopee
St Michael-Albertville
Tartan

Baseball

(Baseball recognizes gold, silver and bronze but no bronze plates are included by MSHSCA)

Class A Gold

Bertha- Hewitt/ Verndale
Chatfield
New York Mills

Silver

Blackduck
Medford
St Agnes
Renville County West
Wabasso

Bronze

Adrian
KMS
Ogilvie
St Clair
Sleepy Eye St Mary's

Class AA

Gold

Academy of the Holy Angels
Delano
Maple Lake
Norwood-Young America
Rochester Lourdes

Silver

Albany
Breck
Holy Family Catholic
LeSeuer – Henderson
Montevideo
Osakis
Otter Tail Central
St James

Bronze

Bethlehem Academy
Cannon Falls
East Grand Forks
Jackson County Central
New Ulm
Pine Island
Roseau
Sibley East
Tri City United

Class AAA

Gold

Benilde-St Margaret's
Chisago Lakes
Eastview
Hopkins
Mankato West
North Branch
Totino Grace

Silver

Alexandria
Bemidji
Blaine
Champlin Park
Eagan
Lakeville North
Mahtomedi
Minneapolis South
Minnetonka
New Prague
Owatonna

Bronze

Apple Valley
Burnsville
Cambridge-Isanti

Forest Lake
Mounds View
Sartell-St Stephen

Synchronized Swimming

Gold

Osseo/Maple Grove
St Louis Park
Wayzata

Silver

Bloomington
Columbia Heights
Eden Prairie
Edina
Forest Lake
Hopkins

Golf

Boys Gold

Detroit Lakes
Heritage Christian Academy
Jordan
LeSeuer-Henderson
Mahnommen/Waubun
Murray County Central

Boys Silver

Adrian
Albany
Alexandria
Annandale
Byron
Climax/Fisher
Dawson-Boyd
East Ridge
Eden Prairie
Kingsland
Kittson County Central
Litchfield
Minnesota Valley Lutheran
Mounds Park Academy
New Ulm
Providence Academy
Rochester Century
Rochester Lourdes
Rochester Mayo
Rogers
Southwest Christian
St Cloud Cathedral
St Cloud Tech
Wayzata
Willmar

Girls Gold

Adrian
Annandale
Apple Valley
Braham
Cambridge-Isanti
Climax/Fisher
Cretin-Derham Hall
Detroit Lakes
East Grand Forks
Edina
Heritage Christian
Irondale
Lake City
Maple Grove
Mounds Park Academy
Sartell-St Stephen
Southwest Christian
St Cloud Cathedral
St Croix Lutheran
Staples-Motley
Wadena-Deer Creek
Westbrook – Walnut Grove
Worthington
Yellow Medicine East

Girls Silver

Alexandria
Andover
Bemidji
Blackduck
Blaine
Buffalo
Champlin Park
Chanhassen
Eden Prairie
Faribault
Fosston
Fridley
Hawley
Hibbing
Jordan
Lakeville North
LeSeuer-Henderson
Legacy Christian
Luverne
Mahnomon/Waubun
Mankato East
Minneota
Minnesota Valley Lutheran
Murray County Central
Orono
Osakis
Ottertail Central
Owatonna
Pequot Lakes
Perham
Rochester John Marshall

Rochester Mayo
Rogers
Rosemount
St Michael-Albertville
Visitation
Waconia
Wayzata
Windom

Track and Field**Boys Class AA Gold**

Alexandria
Apple Valley
Big Lake
Brainerd
Buffalo
Cambridge-Isanti
Dassel-Cokato
Edina
Faribault
Hutchinson
Irondale
Kasson-Mantorville
Lakeville North
Little Falls
Mankato East
New Prague
Roseville Area
St Francis
Sartell-St Stephen
Shakopee
Wayzata
Willmar

Boys Class AA Silver

Cretin-Derham Hall
Edina
Irondale
Sauk Rapids-Rice

Boys Class A Gold

Annandale
Ashby-Brandon-Evansville
Bagley/Fosston
Blue Earth
Concordia Academy
Dilworth-Glyndon-Felton
Foley
Glencoe-Silver Lake
Holy Family Catholic
Jordan
La Crescent
Mankato Loyola/Cleveland
Maple Lake
Milaca
MN Valley Lutheran
Montevideo
Ottertail Central

Pelican Rapids
Pine Island
Plainview-Elgin-Millville
Rochester Lourdes
Rushford-Peterson/Houston
United South Central/Al-
den-Conger
Waseca
Zumbrota-Mazeppa

Boys Class A Silver

Eden Valley-Watkins/Kimball
Esko
Lake City
Mesabi East
Moose Lake-Willow River
Providence Academy
St Cloud Christian
Stephen-Argyle
Wabasha-Kellogg

Girls Class AA Gold

Albert Lea
Alexandria
Apple Valley
Big Lake
Becker
Brainerd
Buffalo
Burnsville
Coon Rapids
Cretin – Derham Hall
Dassel-Cokato
Detroit Lakes
Eagan
Eastview
Edina
Faribault
Farmington
Hopkins
Hutchinson
Irondale
Kasson-Manorville
Lakeville North
Lakeville South
Little Falls
Richfield
Rochester Century
Record
St Francis
Sartell-St Stephen
Sauk Rapids-Rice
Shakopee
Smiley
South St Paul
Waconia
Wayzata
Willmar

Girls Class A Gold

Annandale
Ada-Borup/Norman City West
Bagley/Fosston
Barnesville
Belle Plaine
Blue Earth
Byron
Cannon Falls
Concordia Academy
Crookston
Dilworth-Glyndon-Felton
Eden Valley-Watkins/ Kimball
Eveleth-Gilbert
Foley
Glencoe-Silver Lake
Grand Meadow / Leroy Os-
trander
Holy Family Catholic
International Falls
Jordan
LA Crescent
Lac qui Parle Valley/Daw-
son-Boyd
Mankato Loyola/Cleveland
Maple Lake
Martin County West
Mesabi East
Milaca
MN Valley Lutheran
Montevideo
Northome-Kellher/Blackduck
Park Rapids
Plainview-Elgin-Millville
Providence Academy
Rochester Lourdes
Rushford-Peterson/Houston
St Croix Lutheran
Stephen-Argyle
United South Central/Al-
den-Conger
Waseca
Warroad
Waterville-Elysian/Morristown

Girls Class A Silver

Adrian
Goodridge-Grygla
Rush City
St Cloud Christian
Schaeffer Academy

... continued on page 30

Softball**Gold**

Albany
 Albert Lea
 Alexandria
 Atwater-Cosmos-Grove City
 Badger-Greenbush-Middle River
 Bertha-Hewitt/ Verndale
 Big Lake
 Bloomington Jefferson
 BOLD
 Brandon-Evansville
 Browerville
 Byron
 Cambridge-Isanti
 Champlin Park
 Chanhassen
 Chatfield
 Chisago Lakes
 Crookston
 Delano
 DeLaSalle
 Dilworth-Glyndon-Felton
 East Grand Forks Sacred Heart
 East Grand Forks
 East Polk North Stars
 East Ridge
 Eastview
 Eveleth-Gilbert
 Fertile-Beltrami
 Foley
 Forest Lake
 Frazee
 Glencoe-Silver Lake
 Hawley
 Isle
 Kenyon-Wanamingo
 Kimball
 Lake Crystal Wellcome Memorial
 Lakeview
 Lakeville North
 Lester Prairie/Holy Trinity
 Little Falls
 Loyola
 Madelia-Truman
 Melrose
 Milaca
 Minnehaha Academy
 Morris Area/Chokio-Alberta
 Mounds View
 Murray County Central
 New Life Academy
 New Ulm Cathedral
 North Branch
 North St Paul
 NRHEG
 Ortonville
 Park

Paynesville
 Pequot Lakes
 Pine Island
 Plainview-Elgin-Millville
 Providence Academy
 Randolph
 Renville County West
 Richfield
 Rochester Lourdes
 Rockford
 Rocori
 Spring Grove – Caledonia
 St Anthony Village
 St Charles
 St Cloud Cathedral
 St Croix Lutheran
 St Francis
 St Peter
 Stewartville
 Stillwater Area
 Wabasha- Kellogg
 Wabasso
 Waconia
 Waseca
 Watertown-Mayer
 West Central Area
 Wheaton-Herman/Norcross
 Willmar
 Yellow Medicine East

Silver

Academy of the Holy Angels
 Andover
 Anoka
 Apple Valley
 Ashby
 Becker
 Bemidji
 Benilde-St Margaret's
 Blaine
 Blooming Prairie
 Blue Earth
 Brainerd
 Breckenridge
 Brooklyn Center
 Centennial
 Cherry
 Clinton-Graceville-Beardsley
 Concordia Academy
 Cretin-Derham Hall
 Deer River
 Detroit Lakes
 Duluth East
 East Central
 Eden Prairie
 Eden Valley-Watkins
 Edina
 Elk River
 Fairmont
 Faribault Academies/Bethlehem

Academy
 Faribault
 Farmington
 Fergus Falls
 GFW
 Goodhue
 Hastings
 Holdingford
 Hutchinson
 Jackson County Central
 Kasson-Mantorville
 Lake Park-Audobon
 LeSeuer-Henderson
 Legacy Christian Academy
 Lincoln HI
 Litchfield
 Luverne
 MACCRAY
 Mankato West
 Maple Grove
 Maple River
 Martin County West
 MN Valley Lutheran
 Minnewaska Area
 Montevideo
 Monticello
 Moose Lake-Willow River
 Mora
 Mound Westonka
 Mounds Park Academy
 NCE/UH
 Nevis
 New York Mills
 Northern Freeze
 Norwood-Young America
 Ogilvie
 Orono
 Osakis
 PACT Charter School
 Park Center
 Park Rapids

Pierz
 Pillager
 Princeton
 Red Lake Falls
 Robbinsdale Cooper
 Rochester John Marshall
 Rochester Mayo
 Roseau
 Rosemount
 Royalton
 Rush City
 Sartell-St Stephen
 Sauk Rapids-Rice
 Sebeka
 Shakopee
 Sibley East
 Sleepy Eye
 South St Paul
 SW Star Concept
 Spring Lake Park
 Springfield
 St Agnes
 St Clair
 St Cloud Apollo
 St Cloud Tech
 St James
 St Louis Park
 St Michael-Albertville
 Staples-Motley
 Tartan
 Totino- Grace
 Triton
 Virginia
 Visitation
 Wadena-Deer Creek
 Warroad
 Waterville-Elysian-Morristown
 Wayzata
 Windom
 Zumbrota-Mazeppa



Mat Chatter

By: *Chad Johnson*
Sibley East



Here we go with another start to a school year. Most of us will enter the year with students on the 2nd of September. Meaning we are 76 days away from our first day of practice..... but who is counting. With that being said, we are in our wrestling down time. Coaches and kids have finished a summer of competition and camps, and many of those coaches and wrestlers are moving into a fall sport. It is a time to look ahead to what this upcoming year will bring. First of all, our MWCA Coaches clinic this year is October 25th in Elk River, practice will start on November 17th and the first day to go to battle is on the 26th of November. Although we are all excited to start, I am very thankful for many of the individuals who help make wrestling in Minnesota great and are in some cases unknown for what they do. Without the behind the scenes things from many of the following people, our great sport would not continue to move forward.

John Peterson – Our Executive Director – For those that follow our sport you realize the number of hours that a coach puts in. John is the guy that puts in many hours being the voice for all the coaches. Many meetings, discussions and debates come with this job. Our sport would undoubtedly struggle if we did not have John in this position.

Kip Lynk and Dean Jennissen – Academic Team and Individual Chairs – Maury Meyer – Scholarship Chair - These three guys are often unrecognized for the many things they do for our Academic student athletes. Wrestlers that have a lot of success in both wrestling and academics are not always easy to find, these three individuals make sure our student leaders are recognized. Sometimes a very thankless job, but their efforts are greatly appreciated.

Steve Richard – Hall of Fame Chair – This is one of the best events the wrestling community puts on. Each year a handful of superior people associated with our sport are recognized (currently in Benson, MN). This event is one that more of the wrestling community should be involved in. It is entertaining, well organized and you are able to meet the best of the best. My dad was recognized a year ago. An event that will be remembered by many people in our family.

Nick Fornacoia and Paul Donner – Publicity Chair – Another job that is often unrecognized is keeping our sport well known in the communities. It is a tough sport and many people are not familiar with it and how much hard work goes into it. There are never enough volunteers for this job which also entails recognizing others in the media field, another tough task.

Byron Olson – Official and Craig Perry – MSHSL - These two guys may have the most underappreciated jobs in our sport. Wrestling coaches always have a plan. Byron and Craig do a great job of trying to side with the coaches but still stay in the confines as to what is consistent with the other sports. Wrestling tends to want to be pioneers and do our own thing, these two individuals do a great job in keeping our wishes in check. Many hours by both of these men have helped Minnesota wrestling progress in the right direction. We as a sport are lucky to have them in our corner.

Advisory committee members and Section reps - Like our past President (Jair Toedter) said, these individuals do a great job in being advocates for the sport. We need more people that want to be in these positions and see the administrative parts to making rules, being part of the decision process. If you do it for a time you will have a better understanding of what those listed above do to make this sport thrive.

Aside from the people above, the MWCA coaches do a great job in making our sport flourish. I was a wrestler once, and am the first to realize that a WRESTLER is not generally the kid that moves in the common path. We would rather walk off the path and see what is out there. Honestly, the normal kid does not think the heat in rooms is great, or the idea of not eating is just part of the business, and weekly Saturday morning rides to tournaments that last 10 hours is a great day. What is fun for a wrestler is usually what others think of as hell. When people get together for fun, nobody ever says lets go wrestle, because that is work. Our numbers are not as big as other sports, but one thing is for sure. When you get a person later in life that says he was a wrestler. We all stand up proud and talk to that individual like he is a man. We know what they went through and that they are better because it.

My greatest quote and something those I know well have heard me say before. “Someday people will forget the things you said. Someday people will forget the things you did. Never will people forget how you made them feel.” To my fellow coaches, continue to do what you do. In the end they will all be champions in life.

MSHSCA 2014-2015 Meeting Dates

- October 11: Hall of Fame and Awards Banquet,
Minneapolis Marriot West Hotel - 5:30 pm
- January 16, 17,18: NOCAD Meetings,
Baltimore, Maryland
- March 19: Finance Committee Meeting,
Country Inn and Suites, Eagan
- March 20: Spring Delegate Assembly,
Mancini’s Char House, St. Paul - 8:30 am
- June 21-22: Summer Executive Meeting,
Detroit Lakes

PREP COACH DEADLINES TO SUBMIT

Sept. 1 Dec. 1 Mar.1 May 15

After the Game Bring Your Team to 

Assistant Coaches of the Year to Receive Plaque at Awards Banquet

A portion of the October 11th Hall of Fame Awards Banquet will include the presentation of a plaque for the MSHSCA honoring the 2013-14 Assistant Coaches of the Year.

Assistant Coaches of the Year include:

Boys Cross Country

Jon Kvaal, Lac qui Parle Valley/Dawson-Boyd

Girls Cross Country

Addy Hallen, Wayzata

Boys Soccer

A Elmer Galdamez, Bemidji

AA Kari Ornes, Prior Lake

Girls Soccer

A Lindsay Youngdahl, Blake

AA Sarah Neitz, Park of Cottage Grove

Girls Tennis

A Erick Johnson, Fairmont

AA Sara Doll, Mankato West

Volleyball

1A Rick Haberman, Tracy-Milroy-Balaton

2A Sara Kuat, Marshall

3A Allison Axness, Roseville Area

Nordic Skiing

Dave Kask, Duluth East

Track and Field

A Wendy Sandven, Montevideo

AA Mark Tollefson, Eastview

Football

Mark Achterkirch, Owatonna

Gymnastics

A Kate Schoonover, Austin

AA Kristin Driscoll, Mahtomedi

Boys Basketball

Jeff Butorac, Burnsville

Jon Miller, Shakopee

Terry Pederson, Kasson-Mantorville

Pierre Stencel, United South Central

Girls Basketball

1A Brian Buffetta, Mt Iron- Buhl

2A Jake Weime, Kenyon-Wanamingo

3A Steph Bot, Marshall

Boys Hockey

A Jon Brown, St Cloud Cathedral

AA Christopher Brown, Centennial

Swimming

A Nathan Youngs, Dassel-Cokato

AA George Kazika, Lakeville South

Boys Tennis

A Brian Bluedorn, St James

AA Tim Burke, Wayzata

Girls Lacrosse

Makenna Borg, Benilde-St Margaret's

If a particular sport is not included with an Assistant Coach of the Year name it is due to the fact that a name was not submitted by the sport group. If a coach named as ACOTY is not mentioned it is because they are not members of the MSHSCA.

Those people wishing to share the evening with the award winners may find information on a separate blurb found elsewhere in this edition of The MN Prep Coach.

FALL CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Fall 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.

ADAPTED ATHLETICS

By Marcus Onsum, Robbinsdale
President, Minnesota Adapted Coaches Association

As another summer winds down, our adapted coaches and athletes find themselves preparing for another exciting and fun filled adapted soccer season. Few of our schools start soccer preparations in August, as most other fall sports do, rather they start after the beginning of the new school year and have their first contests near the end of September. The adapted soccer state tournament for both the PI and CI division will once again be held at Stillwater High School, on November 14 & 15.

Since the last issue of Minnesota Prep Coach in May, new state champions were crowned in adapted softball. The adapted softball state tournament was held on May 30 & 31 at Coon Rapids High School, and we had a great turnout. In the PI division, Robbinsdale-Hopkins-Mound Westonka claimed their sixth consecutive adapted softball title, with an 8-3 win over Dakota United. In the CI Division, South Washington County emerged as state champions with a 12-2 win over Dakota United. Congratulations to both of these programs for fantastic seasons!

One of my most important goals for this upcoming year is to continue to increase our number of member coaches from adapted athletics. With the number of coaches currently working in adapted athletics, there certainly is room to improve our membership numbers and I will continue to encourage all of our coaches to join and support our organization. We are still looking for more coaches in get involved in leadership roles within our association, as we have been without a vice president for more than three years. This is an important position to fill, so we can continue to maintain a high quality professional organization. Please contact me as soon as possible, if you would like to help our coaches' association and volunteer for this position. Please be on the lookout for the new Minnesota Adapted Coaches Association website to be online this fall, and all member coaches will be contacted and provided login information for this site.

Good luck to everyone this fall, and I hope everyone is able to enjoy a safe, fun filled soccer season!



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



By Jody Redman
USHSL

High school education-based athletics are a valued part of our culture. We value them because we know that the students who participate have the potential to acquire something incredibly meaningful. Decades of research shows that participation provides students with experiences they can draw upon for a lifetime. Valuable life lessons can be learned from participation—lessons such as:

- learning to work with others toward a common goal;
- finding the courage necessary to move outside of one's comfort zone to learn something new;
- overcoming failure; and
- developing confidence and growing as a human being.

However, the potential for this growth only exists IF the adults who are in charge of these experiences are aware of their role in this process and are intentional about making it happen.

WHY DO WE PLAY?

We play to give students more than physical skill development in a game that will end when they graduate. We play to give them more that leads to a place of belonging for every student, opportunities for courage, experiences that lead to failure, confidence that results from trying and ultimately the growth of every student's inner life.

A Place of Belonging for Every Student

When students are connected to an experience and have a relationship with a caring adult, belonging and a sense of security follows. When we intentionally create a place of belonging we create a TEAM where the conditions are right for deeper, life-changing experiences; where work can be done collectively to reach a common goal; where everyone has a role; where students can be themselves and are also aware that they are part of something greater than themselves; and where learning, growth and connection are the purpose.

Opportunities for Courage

It takes courage for students to show up every day in this public arena called high school sports. It takes courage to be the students

who wait for their turn to get into the game, to take the last shot, or to be put in to throw one pitch with the bases loaded. It takes courage to show up and perform knowing mistakes will surely occur, to enter into a public arena where failure is inevitable, and to move outside of one's comfort zone and risk something new.

Experiences that Lead to Failure

When did students learn that mistakes and failure are negative and should be avoided, that somehow they should achieve without failure? Much of their willingness to risk trying something new is determined by how we as adults respond to their efforts: the point guard's risk to drive the lane with the left hand instead of the dominant right, or the goaltender who takes the risk to leave the comfort of the blue-painted crease to challenge the oncoming shooter. Each of these risks take the student out of his or her comfort zone to the land of uncertainty, where there is a good chance that failure will occur. Our response to their efforts, and to their risks and their failures will either encourage them to try something new or convince them to stay locked safely in a risk-free comfort zone.

Confidence that Results from Trying

Confidence is born out of trying. Trying is attempting something new; it is the struggle to overcome difficulties; it is striving for something more. A willingness to try is what puts students into the arena. The skill development of students occurs when they try and fail, and then try and fail again, sometimes hundreds of times. We need to celebrate, not discourage, a student's willingness to try.

Growth of the Student's Inner Life

We have to define our coaching purpose. We have to focus on more than our goals and surface-level outcomes. We have to shine the light brightly on the deeper reasons of WHY WE PLAY—the human growth and development of the students who participate. We have to become intentional about developing the student's potential and providing them with skills that will sustain them for a lifetime.

Participation in high school athletics has to provide students with more than the outcome on the scoreboard or physical skill development. When done right, it will prepare students for more than playing a game. Being intentional and coaching with a PURPOSE that centers on human growth and development will provide students with the skills necessary to be prepared for life.

WHY DO WE PLAY—we play to give students more. We play to develop the human potential of every student who participates.

Create your Coaching PURPOSE on your Coaches Clipboard page by completing Chapter 1— WHY WE PLAY and then let us support you through Twitter. Follow WHY WE PLAY @mshsl_coaches.



SERVICE ACES

By: Les Zellmann
MSHSTCA President
St James



We are all off and running with the fall girls tennis season. We want to continue to make sure that all of us are aware of the items that pertain to the current season and topics that are in the discussion with the Executive Board. But first a strong reminder to be part of the organization that works to improve our sport in the high school setting.

MEMBERSHIP: join here <http://www.mshsca.org>

Tennis coaches don't forget to renew your membership We thank those who joined last year and are currently a member of our association. We encourage you to join again and we would love to have those who were nonmembers last year become part of the coaches association. We want our association to continue growing. Being a member has many benefits. Especially important is the affiliation with others around the state to help improve the high school sports of girls tennis and boys tennis.

Lifetime members: You still need to join the sports association to be included in coach of the year and academic honors for your team. An area we really want to grow is getting assistant coaches to join and become involved within our association. Please encourage your assistant coaches to become members.

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

Tennis Advisory Committee

Our tennis advisory committee met with MSHSL staff on August 7th. We have several items that we are working on. These items are being recommended to the MSHSL:

- 1) Seed top five singles players (rather than four).
- 2) Increase post season roster size from thirteen players to fifteen players
- 3) Lineup policy change that would allow three lineups that revolve around a coaches ranking of their ten lineup players.
- 4) A rules interpretation requirement for head coaches.
- 5) Defined that three coaches are allowed. These coaches must be approved by the school and also have CER requirements completed.
- 6) Coaches that feel that their individual singles qualifier is not a top five seed player will not have to fill in online results of their player. (All coaches that have singles players in the individual tournament need to participate in the seeding process)
- 7) One additional team medal to be awarded to the assistant coach. Currently, only the head coach receives a medal. This would bring tennis in line with other team sports.
- 8) Roving umpires for state team consolation final matches.

Other items that were discussed were:

- 1) coaching on changeovers for varsity matches. The USTA

policy will remain in effect. Coaching allowed after the third game of each set and two minutes after a set.

- 2) A 3rd individual qualifier from each section in singles and doubles. No movement at this time.

RANKINGS

Please send any ranking information to Rick Engelstad.
email: rengelstad@isd578.org or mshstca@gmail.com
Rankings will be released weekly on Mondays. All information needs to be submitted by 6:00 pm on Sundays.

IMPORTANT DATES - GIRLS TENNIS

Please mark these important dates on your calendar:

10/1/14 Deadline for becoming MSHSCA Member (girls tennis)

10/3/14 Deadline for submitting Girls Academic Award Applications

TBA Girls State Coach of the Year On-line Voting (Head Coach Members only)

ACADEMIC AWARDS

The deadline for academic awards, team and individual, is Friday, October 3rd. Forms will be posted soon and you will be alerted about them. Once again forms will be all online.

SPRING CLINIC

Make sure to put the dates of February 27 (evening) & February 28 (day) on your calendar for the MN Tennis Coaches Clinic. The location again will be the Fred Wells Tennis & Education Center at Fort Snelling. Rick Englestad (Ex. Sec.) has been working hard on organizing clinicians for the clinic. A High School Coaches Best Practices Session is again on the schedule for our coaches to provide insight to what really works well for them in the practice setting. If you are interested in being one of the coaches to bring a best practice to this session, then contact Rick. We will also have our annual meeting at the Tennis Center on Friday evening.

Good Luck to the Girls' Tennis coaches and your teams as you move into post season play!

"From what we get, we can make a living. What we give; however, makes a life."

-- Arthur Ashe

HALL OF FAME CANDIDATES NEEDED

Jim Baker, MSHSCA Hall of Fame Coordinator would like to issue a plea for more Hall of Fame nominations.

There are a lot of deserved people that should be nominated.

Use the form found in this issue of The Minnesota Prep Coach and submit one or more coaches that deserve to be recognized as a Hall of Fame inductee.

Baker's Email: jbad154@q.com

After the Game Bring Your Team to 



Goal Posts

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

One of the distinguishing characteristics of any organization can be measured by how it services its members. Our mission statement declares, in part, that 'we are the professional organization of high school coaches serving and representing Minnesota High School Football by providing educational opportunities for students and coaches...enhancing and improving the game of football... engaging in partnership with the MSHSL and MHSCA.

Over the last several years each incoming president has been asked to select and work on a 'Presidents Project' with the goal of improving and enhancing the work and mission of the MFCA. For example, current president Jeff Ferguson is working closely with Kevin Merkle of the MSHSL on new guidelines and policies for 2015 summer practice and coach/player contact days; length of practices, etc. This is important work, and the result of it is designed to enhance and improve the football experience of all participants. Jeff is meticulous in thought and deed and is doing a great job, as did many of his predecessors!

For a moment, let's take a look at just a few of the most recent past president's projects, and how they have improved our organization and served our constituents:

***Flint Motchenbacher** (2005-06).. Designed an Executive Committee flow chart outlining and detailing the the duties of the Ex. Director, Sec. treasurer and all committee chairs.

* **Wayne Petermeir** (2007-08). Created a duty list for all conference representatives. An invaluable aid to help all coaches realize and complete their various duties.

* **Shannon Gerrety** (2008-09). Researched and authored the MFCA Coaches Code of Ethics.

* **Paul Dunn** (2010-11) Presented a plan to allow assistant coaches to be eligible for membership in the MFCA Hall Of Fame. Since implementation in 2012, five outstanding assistants have been inducted.

* **Jeff Weiland** (2011-12). Created the " Everything but Xs and O's clinic". A one day seminar that features character building and the teaching of life long lessons so vital to the football experience.

* **Gary Sloan** (2013-14). Enlisted the help of Mayo and others to produce a 'proper helmet fitting video'; an invaluable aid to and for every football program at every level.

These are but a few of the accomplishments inspired by the many of the leaders of our organization... there are many more. And, I am certain that you make positive change in the daily work you do. Thanks to all of you for that! Our mission to serve is ongoing, and the 'end game' is that the students in our charge are all the better for it.

Have a great season...

MnIAAA CORNER

By: *Mindy Sparby*
Belle Plaine

Welcome back to another year! The excitement the athletes and coaches come into the fall sports season with is truly a breath of fresh air! It's that same excitement that our new first year Activities Directors also bring to our organization. We are excited to be able to offer to them the New Activities Directors Workshop at the Minneapolis Boulevard Hotel September 7th-8th. We will provide Professional Development classes, as well as mentorship and guidance for their upcoming journey in the profession.

Our Executive team welcomes aboard John Vraa from New London-Spicer High School! We have a great team and John will make our group that much stronger!

Here's a list of our Executive team:

Executive Director – Mike Beck – Retired, St. Michael - Albertville

Past President – Dan Roff – Fridley High School

President – Mindy Sparby – Belle Plaine High School

1st Vice President – Tim Hermann – White Bear Lake Area High School

2nd Vice President – John Vraa – New London – Spicer High School

Tim Hermann will be planning this years State Conference and the theme is "Supporting Leaders and Leadership". We are thrilled to have Joe Ehrmann as one of our Keynote speakers and presenters! His book, "InSideOut Coaching" how sports can transform lives, has inspired many of the trainings on our coaches clipboard for the MSHSL and the Why We Play curriculum.

I am inspired daily by the opportunity we as educators and coaches have to impact the lives of kids. Coaching is not just a line of work; you are molding our future generations. I want to thank all of our Coaches and Activities Directors for all you do! You are impactful in your schools and in your community!



**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!!**

After the Game Bring Your Team to

HOOP SCOOP



Carl Pierson
Waconia High School
2014-2015 MGBCA President

Welcome back to a new school year! While many of our players are dribbling soccer balls instead of basketballs, dishing out assists on the basketball court (with an odd net set up in the middle of it), and racing across golf courses, we basketball coaches begin gearing up for another wonderful winter season. And the single best way to prepare yourself for a successful winter is by attending our annual fall coaches clinic!

Highlighting this year's clinic is a chance for you to meet new University of Minnesota Coach Marlene Stollings. Coach Stollings brings a fresh perspective and some exciting new ideas so you won't want to be the coach that missed her presentation.

We are also fortunate to have Coach Kevin Borseth from UW-Green Bay and Forrest Larson from "Take It to the Rim". A favorite among attendees for years have been the segments where some of the top high school coaches from our state take an hour to present their favorite drills and strategies. This year our association will have the benefit of learning from Katie Martin of Sartell and Josh Thurow of Minnehaha Academy. These are just some of the great presenters you will see so make plans to attend Friday Oct. 24 at the University of St. Thomas.

To register visit : <http://www.mshsca.org/girlsbasketball>

Clinic committee chair Scott Bergman from Sauk Centre has done another outstanding job of bringing in some of the best in the business to help us improve as coaches so please thank Coach Bergman the next time you get a chance.

Our first section rep meeting of the year will be the night before the clinic, Thursday Oct. 23rd at 7pm at the Best Western Plus-Bandana Square, very near the St. Thomas campus. These meetings are open to all coaches so feel free to stop in and bring your comments, questions, or ideas.

In other news, we are pleased to announce that seeding for the class AAA and AAAA state tournament will be able to take place on Friday this year, allowing those teams 2 full days to prepare for their first round state tournament game. Last year teams found themselves scrambling with seeding on Saturday and AAA and AAAA first round games played on Tuesday. With the cooperation of many people around the state to move those section finals to Thursday we are able to make the state tournament experience better for those 16 schools.

Also, in the spirit of improving the state tournament experience we continue to lobby the MSHSL to have a consolation bracket at the state tournament so teams don't have to deal with the "one and done" circumstance that sometimes diminishes the overall experience for kids and communities.

Finally, as you read this the Minnesota Lynx are likely in the midst of another playoff run. Something that makes our sport stand out from volleyball, soccer, hockey etc. is the fact that we can look our athletes in the eye and tell them that they can continue their basketball career in a professional capacity if they work hard and pursue it vigorously. With that in mind, I hope you'll consider taking your team to a Lynx game in the near future. With Hutchinson's own Lindsey Whalen leading the charge the Lynx offer a great avenue to inspire your players to become the best they can be. Let's not take for granted this great collection of athletic role models that are on display at the Target Center every summer and fall.

Again, we hope to see everyone at the clinic. The countdown to the first day of practice has begun!

MEMBERSHIP YEAR FOR THE MSHSCA!

In the past months, we have gotten memberships from spring coaches that also coach a fall sport and are paying for both now.

*We want to repeat, our membership year does NOT run from January 1 to December 31.

**Our membership year IS August 1 to July 31.*
(like the school year)

*If you coach a fall sport and a spring sport, you should be joining in the fall to be covered by insurance for both seasons.

Those of you that have joined the MSHSCA after the first of the year, please note that your membership expires on July 31st. (after summer camps)



Welcome to the 36th Annual MGBCA Fall Clinic!

Friday October 24 2014 University of St. Thomas

Clinic cost is \$100 includes:

Syskos DVD (\$46 value), Spalding Notepad (\$25 value) and lunch (\$10 value).

Only first 225 registered will receive the Spalding Notepad.

Breakdown Sports USA specials will be available to all coaches attending the clinic.

Register at: <http://www.mshsca.org/girlsbasketball/>

Friday, October 24th

- | | |
|-------------|---|
| 7:45-8:25 | Registration |
| 8:25-8:30 | Welcome Carl Pearson-MGBCA 2014 President and Ruth Sinn - St. Thomas Womens Basketball Coach |
| 8:30-9:30 | Forrest Larson, Take it to the Rim
Topic: Finishes |
| 9:40-11:05 | Kevin Borseth, Women's Coach, University of Wisconsin Green Bay
Topic: |
| 11:15-12:00 | Katie Martin, Girls Coach, Sartell
Topic: |
| 12:00-1:30 | Lunch at St. Thomas Student Union
St. Thomas will be practicing at this time. You are welcome to watch the practice. |
| 1:30-2:15 | Ruth Sinn, Women's Coach, University of St. Thomas
Topic: |
| 2:30-3:15 | Robert Ware and Layton Westmoreland, Stronger Team Nation
Topic: Strength Training, Quickness Training, ACL Injury Prevention |
| 3:30-4:15 | Robert Ware and Layton Westmoreland, Stronger Team Nation
Topic: Strength Training, Quickness Training, ACL Injury Prevention |
| 4:30-5:30 | Josh Thurow, Girls Coach, Minnehaha Academy
Topic: Redhawks 1-3-1 and Diamond and 1 Defense |
| 5:45-7:00 | Marlene Stollings, Women's Coach, University of Minnesota
Topic: |

For coaches planning an overnight stay (Oct. 23 and/or 24), we have a block of rooms reserved at the Best Western Plus Bandana Square just 4 miles from St. Thomas. To reserve a room: Call (651) 647-1637 and ask for the **MN Girls Basketball Coaches Clinic. Cost is \$99 per night.

After the Game Bring Your Team to 

2014 MSHSCA SCHOLARSHIP WINNERS SAY THANK YOU

Thank you so much for selecting me as a recipient of the Subway scholarship, the money is a big help to me as the expenses start to add up this fall for my freshman year. A big thank you to the Minnesota State High School League for doing all they can for me over my high school athletic career and giving me the chance to be apart of it. I am looking forward for my oppportunity this fall on the Football team at St. Cloud State University. Thank you again for everything!

Riley Bates

I would like to thank you for selecting me to receive the Howard E. Emerson Scholarship. The scholarship you have awarded me will help greatly as I continue my education this coming fall at the University of Minnesota Duluth. The lessons I have learned through athletics and from my coaches will go a long way in helping succeed at UMD.

Christopher Novak

It is a great honor to receive the Darien DeRocher scholarship. In no way is winning this scholarship due to simply individual effort, winning this scholarship came from the efforts of many of my coaches throughout my life. They are the ones who poured in countless hours for the sake of improving others, and they are the reason I am where I am today. In today's society post-secondary education is becoming increasingly more expensive, which enhances the importance of any scholarship. To be lucky enough to earn this is amazing, and I could not be more grateful.

Chris L.

I would like to say a quick thank you for choosing me as a recipient for the Subway Scholarship. I feel very honored to be one of the few that get picked for this and I am so thankful for people who are willing to invest in my future.

Thank you again!

Aubin Bruns

I am writing to sincerely thank you for your generous \$1000 Minnesota State High School Coaches Association scholarship. I was very happy and extremely appreciative to learn that I was selected as the recipient of your scholarship. I will be attending Bethel University in St. Paul next fall and plan to study in their business department. I am registered to take 14 credits, so I will have a full load of classes! My goal is that by taking the introductory business courses that Bethel offers, I will find which section of the business world best fits what I enjoy and will be successful at. Thanks to you, I am one step closer to that goal.

By awarding me the Minnesota State High School Coaches Association scholarship, you have lightened my financial burden which allows me to focus more on the most important aspect of school, learning. This scholarship will allow me to concentrate more of my time for studying and not trying to find a way to make ends meet. Again, I greatly appreciate your generosity and can ensure that your donation will be put to good use in my educational pursuit.

Sincerely,
Erin Tolkinen

I would like to personally thank the MSHSCA for the scholarship that I have received. I see it as a privilege to be chosen for this scholarship among the many student athletes. Sports have been an integral part of my entire high school career. They have challenged, motivated, and made me who I am today. Teaching me hard work and dedication, while at the same time making my high school experience enjoyable and fun. My coaches and teammates have been a significant factor in my sports and high school career in helping me along the way by pushing me and competing with me. I greatly appreciate this scholarship and all that your association does helping students achieve their dreams through sports.

Sincerely,
Regina Schimek

I want to thank the Minnesota Coaches Association for naming me the Kathy Fredrickson Scholarship recipient for 2014. It is an honor to be selected for this scholarship with so many qualified other candidates. The scholarship will be a big help in paying for my education at the University of Minnesota. Thank you for support and your confidence in me.

Sincerely,
Kennedy Janssen

Thank you for selecting me as a recipient for the Past Presidents scholarship.

This scholarship will significantly help me financially next year at The College of Saint Scholastica. I plan to further my athletic career by playing football and basketball there. I am very appreciative to have been given the opportunity to apply for this scholarship, and would like to thank MSHSCA for making this scholarship available to individuals who are passionate about school and sports.

Thank you again for this opportunity. I really appreciate the MSHSCA for selecting me and for helping me further my education. This will help subtract from the substantial tuition costs of attending a private university.

Sincerely,
Marc Peterson

I would like to take the time to thank the MSHSCA, as I am honored to receive the Vel Teichrow scholarship. I have enjoyed participating in cross country, basketball, softball, and track through my high school years, staying busy as a three-sport athlete. Through these sports and their wonderful coaches, I have learned many lifelong lessons that I will never forget. This money will be put to use as I attend the University of Wisconsin-La Crosse this fall. I will work hard in both my academics and athletics as I plan to run cross country for UW-L. I can not thank you enough for this award!

Kristin Mehr

I was very happy to learn that I was a recipient of the Steve Kerzie Scholarship. I want to thank you for your generous support toward my higher education. Education and athletics have always been a big part of my life. I plan on studying Business and Exercise Science at the University of Minnesota Duluth. I plan on playing football as well. I hope one day I will be able to help other students achieve their goals just as you have helped me.

Sincerely,
Adam Essler

STATE CHAMPIONSHIP COACHES TO BE HONORED AT HALL OF FAME BANQUET

A portion of the MSHSCA Annual Awards Banquet is devoted to the recognition of the 2013 – 14 state championship coaches.

The banquet is scheduled to be held on October 11th at the Minneapolis Marriott West Hotel. (Details on cost, room reservations, etc can be found elsewhere in this issue of The MN Prep Coach)

Championship coaches listed to receive awards are found below. A coach that won a title is not found in this list is due to the fact that they are not members of the MSHSCA.

Girls Swimming and Diving (True Team)

A	Visitation	Nate Linscheid
AA	Wayzata	Elizabeth Hansen

Girls Tennis

A	Breck	Anne Gorde
AA	Edina	Steve Paulsen

Girls Soccer

A	Benilde - St Margaret's	Scott Helling-Christy
AA	Minnetonka	Jeff Hopkins

Boys Soccer

A	St Paul Como Park	Eric Erickson
AA	North	Casey Holm

Volleyball

A	Southwest Christian	Greg Sayuk
AA	Marshall	Dan Westby
AAA	Eagan	Kathy Gillen – Melville

Adapted Soccer

PI	Robbinsdale	Marcus Onsum
CI	Burnsville/Farmington	Dave Diehl

Girls Swimming and Diving (MSHSL)

A	Visitation	Nate Linscheid
AA	Wayzata	Elizabeth Hansen

Football

9 Man	Grand Meadow	Gary Sloan
1A	Mahnomen	John Clark, Jr
2A	Chatfield	Jeff Johnson
3A	St Croix Lutheran	Carl Lemke
4A	Hutchinson	Andy Rostberg
5A	Owatonna	Jeff Williams
6A	Eden Prairie	Mike Grant

Boys Swimming and Diving (True Team)

A	St Thomas Academy	John Barnes
AA	Minnetonka	Dan Berve

Alpine Skiing

Boys	The Blake School	Robert Massie
Girls	Minnetonka	Steve Lindemer

Nordic Skiing

Boys	Forest Lake	Deno Johnson
Girls	Wayzata	Larry Myers

Gymnastics

A	Melrose	Katie Masog
AA	Roseville Area	Mark Curley/ Mike Flatten

Boys Swimming and Diving (MSHSL)

A	St Thomas Academy	John Barnes
AA	Wayzata	David Plummer

Boys Hockey

A	East Grand Forks	Tyler Palmiscno
AA	Edina	Curt Giles

Boys Basketball

1A	Belgrade-Brooten-Elrosa	Dave Montbriand
2A	Esko	Dave Devney
3A	DeLaSalle	Dave Thorson
4A	Lakeville North	John Oxtan

Adapted Floor Hockey

PI	Robbinsdale	Marcus Onsum
CI	New Prague/Belle Plaine	Shellie Kriha

Girls Basketball

1A	Win-E-Mac	Ian Hanson
2A	NHREG	John Schultz
3A	Park Center	Chris VanderHyde
4A	Eastview	Melissa Guebert

Adapted Bowling

CI	Tartan	Pam Brandt
PI	Simley	Randy Jones

Adapted Softball

CI	Robbinsdale	Marcus Onsum
PI	South Washington	John Culbertson

Boys Tennis

A	The Blake School	Ted Warner
AA	Wayzata	Jeff Prondzinski

Softball

1A	New Ulm Cathedral	Bob Mertz
3A	Lakeville South	Rob Laden

Girls Track and Field (True Team)

1A	Luverne	Craig Nelson
2A	Sartell-St Stephen	Jeff Kellerman
3A	Lakeville South	Andrew Hilliard

Girls Track and Field

AA	Minnetonka	Jane Reimer-Morgan
----	------------	--------------------

COACHES... continued from page 42

Boys Track and Field (True Team)

1A	Holdingsford	Kelly Kobernusz
2A	Totino-Grace	Chris Beach
3A	Wayzata	Aaron Berndt

Boys Track and Field (MSHSCA)

AA	Hopkins	Nick Lovas
----	---------	------------

Boys Golf

1A	Dawson-Boyd	Dave Baldwin
2A	Providence Academy	Michael Seiffert
3A	Edina	Phil Finanger

Girls Golf

1A	Legacy Christian Academy	Dan Nelson
2A	Detroit Lakes	Cali Harrier
3A	Wayzata	Mike Schumacher

Baseball

1A	New Life Academy	Dave Darr
2A	St Cloud Cathedral	Bob Karn
3A	Mounds View	Nark Downey

Boys Lacrosse

Eden Prairie	Ryan Ward
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Girls Lacrosse

The Blake School	Laura Mark
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Synchronized Swimming

Wayzata	Signe Hensel
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***“I guess there is nothing
that will get your mind off
everything like golf.
I have never been depressed
enough to take up the game,
but they say you get so sore
at yourself you forget to hate
your enemies..”***

- Will Rogers

JIM BAKER TO RECEIVE KERZIE AWARD

Steve Kerzie of Eveleth-Gilbert was the epitome of a good delegate as he made meeting through weather, thick and thin, in order to represent coaches in his area.

Jim Baker is like a soul mate to Kerzie with his very long term commitment to coaches of the MSHSCA.

Baker will receive the award at the Annual Hall of Fame Banquet that will be held on October 11 at the West Marriott Hotel on 394.

Following graduation from Rochester Lourdes High School, he attended Rochester CC and Winona State.

His career included stops at Mors, Albert Lea, Lake City, Richfield and Inver Grove Heights. His assignments at those schools ranged from assistant coach to head coach and Activities Director, as well as Community Education. His coaching was mainly in the sport of football and wrestling.

His contributions and honors won include: Wrestling Weigh In Coordinator, Various MSHSL Committees, executive Secretary of the Hiawatha Valley Conference. helped out at MN AD Conventions, Floor Manager of State Wrestling Tournament, Officers position of both MSHSCA and MnIAAA including Presidency, NIAAA LTC State Coordinator, NIAAA Board of Directors for Section 5, Co-Manager of State Wrestling Tournament, Inducted in to Region 1A AD Hall of Fame, received the George Haun Award in 2003, MSHSL Award of Merit, Region AA AD of the Year, NIAAA DSA, inducted to Coaches Hall of Fame, Class AA AD of the Year.

Married to Janet with stepsons, Matt and Jason. There are three grandchildren.

Janet has been behind the scenes “helper” with the computer skills to get all things done that need to be done.

“I have had many mentors starting when I was teaching at Mora – Darien DeRocher was our conference opponent at Foley and showed his dedication and love for the coaching profession. When given the opportunity to be AD at Lake City. I was able to see the same qualities that Darien had in Paul Krueger for the AD Association. Jarvis Anderson of Plainview nominated me to be the Section rep 1A rep and the rest is history. I was fortunate to have Steve Kerzie as a friend who showed that “Giving Back” was the greatest joy a person could ever have

By the look of things, all that is left is “sainthood.”

Friends are urged to share the evening with the Bakers. Info on tickets, times, etc. are found in a separate blurb located elsewhere in this issue.

(A total list of all previous Kerzie winners can be found on the MSHSCA website --- www.MSHSCA.org)



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

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A

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- **COUNTRY INN & SUITES by Carlson - Minneapolis West, MN - 651-287-8800**
- **EMBASSY SUITES - Brooklyn Center - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: www.minneapolisbrooklyncenter.embassysuites.com**
- **RAMADA PLAZA - Minneapolis - \$89.00 - (612) 331-1900 (Based on availability)**
- **MINNESOTA ZOO - Apple Valley Corporate Rates - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796**
- **ROSEVILLE VISITORS Association DISCOUNTS - www.visitroseville.com**
- **SHERATON MINNEAPOLIS WEST HOTEL - 12201 Ridgedale Dr 952-960-3538 - 12/31/2012**
- **MARIOTT MINNEAPOLIS WEST - St. Louis Park (952) 544-4400**

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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The Official Sandwich of the MSHSCA



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.

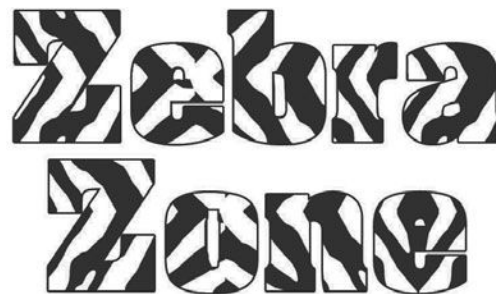
Nominations to receive the Officials DSA can be submitted by using the following criteria.

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

A new season. A new set of rule changes and points of emphasis for each activity. Each year there seems to be "new" rules or existing rules are changed a bit. This year is no exception. For example, in high school football it is now illegal to "target" a player. "Targeting" is defined as "an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders." Another new definition was added for a "defenseless player." "A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury." These are both great changes for the safety of players and in terms of consistency in having the same rules for all levels of play. It made for confusion when some of these acts occurred on Friday night in a high school game and it wasn't called a penalty. For "Joe Fan" it was an opportunity to light up the high school officials because he saw it called Sunday afternoon and it wasn't called Friday night.

That type of situation continues to arise because of the different rules at different levels of play - professional, collegiate, high school and youth. Just last week in a football game a crew member flagged a defensive player for pass interference in a high school game - even though the pass directed towards that player landed about 10 yards out of bounds and was a good 10 feet over his head. The entire coaching staff of the defensive team was signaling that it was an "uncatchable pass" and thus, not pass interference. They were correct that it was "uncatchable." However, in high school that does not matter - only in the pro's and college does it matter.

Through discussions with other officials and coaches it seems that everyone is still not on the same page. What ever activity you are involved in I encourage you to use the information provided by the Minnesota State High School League, whether it be from the rule & case books or from their on-line rules interp meetings. If you are not sure of a rule, its' intent or how it is applied be sure to inquire about

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 (____) _____

Zebra Zone ... continued from page 46

it. I would encourage you to visit with officials prior to EACH contest so that you are all on the same page. Unfortunately not all officials are always on the same page - communicate prior to your contest if you have questions on rules or interpretations. Furthermore, if coaches are getting conflicting messages from officials from week to week I would encourage you to take it a step further and contact a sport representative or the MSHSL to get all thinking alike. Don't take the easy way out and let it go if you are getting conflicting messages. While the examples I mentioned were related to football specifically, these types of situations apply to all activities.

It is obvious that communication is vital between coaches and officials – coaches, please don't forget to pass along the information to your players. In working scrimmages this fall and early season games it was obvious that some players had not heard of the new rules and changes. I'd be remiss if I didn't mention that head coaches need to relay the information on to your assistant coaches and to the sub-varsity level coaches as well. Get everyone on the same page as much as you can.

On a lighter note. I colleague sent me a link to a web site that had a list of hundreds of "Ref Taunts" listed. Some were downright mean spirited but I thought a few were kinda cute. My top 5 favorites were: #5. "So when's the Wizard getting back to you about that brain?" #4: "You must suffer from Clue Deficit Disorder." #3: "Lenscrafters called, they'll be ready in 30 minutes." #2: "Hey ref, you're blinking too long!" and #1: "I thought only horses slept standing up!"

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.

MN State Coaches Association Scholarship Form

Student Athlete _____
 First Last

Permanent Address _____
 Street City Zip

Parent(s)/ Guardian(s) _____
 Address _____
 Street City Zip

Home Phone _____

Gender _____ male _____ female Date of Birth _____

Varsity Sports 2010-13 _____

High School Attended _____

Activities Director _____
 Phone Number _____

Class Rank _____ of _____

GPA _____ on scale of _____

ACT Score _____

SAT Score _____

Post Secondary School of Attendance _____

 Street City Zip

Application must include:

1. Official H.S. Transcript
2. One page letter outlying the role athletics has played in your life
3. A letter of recognition from one of your coaches.
3. All application material must be postmarked by March 28th

Mail applications to: Gregg Martig
 3118 Partridge Circle
 St. Cloud, MN 56301



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