



# THE *Minnesota* PREP COACH

Vol. 53 No. 2

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## COACHES NEED TO THOROUGHLY SCOUT POTENTIAL COACHING POSITIONS

Most coaches do a great job of scouting their opponents and preparing their teams to meet the challenges the opponent will provide them. Coaches know from experience that being prepared by knowing your opponent greatly improves the chance for success. I would like to suggest that scouting the coaching position in your school is equally important in your long term success. There has to be a compatibility of your coaching style and your philosophy to that of the school districts mission and expectations. I believe that successful programs result from strong partnerships between the school district and the coaching staff.

Accepting a coaching position in a school district should be preceded with a thorough scouting of the new position. First and foremost you need to understand the specific expectations the school has for the coaching position. There are many parts to this question that the school district needs to articulate to you as a coach. What is the level of expectation the school district has for the program? How will the program be evaluated? Is the success of the program determined by wins and losses or state championships? What has the history of the program been? I don't think a coach can successfully manage their program if there is not a good understanding of the coaching environment you are stepping into. Can the school district clearly articulate their expectations?

What is the history of the school district in retaining coaches? Is there a history or frequent turnover? As you look around the state at the most successful programs you will often see longevity in the coaching ranks. When you look at schools that have a difficult time achieving success over a period of years you will often see frequent coaching turnover. The school districts that have clearly articulated expectations and clearly articulated the evaluation processes and chains of command are more likely to have a history of retaining coaches and helping coaches create and maintain successful programs.

In the same light, you need to clearly articulate your expectations as a coach. You need to clearly articulate your philosophy of coaching and what you expect the school to do in terms of supporting you in that philosophy. I can't imagine

a position in the private sector where you would go about your duties not knowing exactly what is expected of you or your employer not knowing exactly what you are doing. A successful program demands that you be on the same page. If you are asked what the expectations of the school district is for your program you should be able to explain what those expectations are. Conversely, if your supervisors are asked to speak to your coaching philosophy and expectation for the program and the school they should be able to clearly explain what that philosophy is and how it fits with the schools mission.

A relatively new challenge to the coaching positions is the role played by booster clubs and traveling teams in the school program. As you are working with the school district to lay out your philosophy and expectations you need to have a clear understanding of the role traveling teams and booster clubs have played in the program you coach. Have they been supportive to the school programs and coaches or have they been trying to micro-manage school programs. Booster clubs and traveling teams have a role in school programs but only in areas that are not managed by the school program. They are support groups not management groups. They should not be

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## The Minnesota PREP COACH

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1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
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6A	Tavia Bachman (Frazee)	Tom Van Erp (Wadena)	Mike Peterson (Perham)	
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3AA		Jeff Groves (Apple Valley)		
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA		Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Prk)	
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Nordic Skiing	Brian Aberly (Eastview)			
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Softball	James Wajer (Martin Cty Central)		Shelly Hotzler (JCC)	
B-Swimming	Rory Fairbanks (Hutchinson)		Rick Ringeisen (Lakeville)	Kate Steineman (Cretin-DH)
G-Swimming	Dale Magnuson (Rochester Cent.			
Synch. Swim	Jennifer Wood (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Les Zellmann (St. James)		Rick Englestad (Pine City)	
Track	Johnny Josephson (New Prague)			Scott Christensen (Stillwater)
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Retired Coaches	Jim Dotseth			

# President's Message

By: Troy Urdahl, St Anthony Village

As coaches we often live in the immediate. We think about things like which team we compete against next, if the bus is going to show up, what student we need to nominate for an award, which players are injured, and what the playoff picture might look like. I would like to take advantage of this opportunity to challenge each of our association's coaches to take a moment to look a bit further into the future. What are we doing today where we might not see the fruits of our efforts until two weeks, two months, two years, or even two decades from now?

A while back I was captured by an article Brian Cain wrote about bamboo. Timber bamboo is famous for how it grows. What most people know is that timber bamboo grows to become a massive tree with incredible strength and utility. What is not seen is the effort put in before the bamboo flourishes. After watering timber bamboo faithfully for up to three years, there may be no visible signs of growth. Does that mean there isn't anything happening? In the fourth year of watering, the timber bamboo can grow up to 90 feet in only 60 days! So did it take the bamboo 60 days to realize

this fantastic growth, or did it take four years?

As coaches, our athletes are our bamboo; there are many things we do each day that have a lasting effect, even if we do not see the results immediately. This is especially true of the relationships we build with our participants. The seeds we plant may take years to root, but as coaches it is the growth we promote that produces some of the most valuable lessons and lasting memories our athletes will hold for the rest of their lives. We nurture our athletes with confidence, motivation, support, instruction, and care. Sometimes it may be hard to see, but under our purposeful leadership, growth is happening. So as each of you work with your athletes, I encourage each of you to ask yourself, what am I doing today that will ignite future growth in my athletes? Today, tomorrow, next month, and next year, let's remember to keep our bamboo watered.

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

**“Smooth Fast Natural”**

**“Behind the Cage”**

**“Chalk Talk”**

**Synchronized Swimming”**

**Hopefully they will be included in the March 2015 issue**

## EMAIL CHANGE:

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



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

# CHIP SHOTS



By: Bob Gorden  
Detroit Lakes

The Officers,  
Chairperson  
and the  
Editor of the  
Minnesota Prep  
Coach would  
like to wish  
the MSHSCA  
Membership  
the very best  
Holiday Season  
and Good Luck  
in 2015!

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

If you have not joined the golf coaches association for 2015, please do so and take advantage of the benefits for the entire school year. The million dollar insurance policy is effect for the entire school year, your membership pass gets you into High School and College events all school year long, and you will be on our association email list as a registered coach and receive all our emails during the entire school year, that is how the advisory board gets hold of you coaches. As of this article only 238 coaches are registered for the 2014-2015 school year, don't wait.

Your advisory committee is President Bob Gorden-Detroit Lakes, Glen Hasselberg- Staples/Motley, Craig Nasvik-White Bear Lake, Eric Tollefson-Moorhead, Dave Blank- Wabasso, Ben Jurgens-Fergus Falls, Ratings/Brian Johnson-Eagen, Barry Wallin- Rosemount, Banquets/Rich Aulie-Crosby, Mike Frankenfield-Shattuck-St.Mary, Tim Kallevig-Park Center, Academic/Steve Heslop-Pequot Lakes, contact any of us with concerns and or questions, our contact information is on the coaches association web- site. We are looking for at least one coach to join the advisory committee, if interested please contact Bob Gorden. Our next meeting will be in March to organize for the 2015 season.

Birdie marketing will again be offered for fund raising, selling the golf card of theirs by High School golf programs. All Birdie marketing info online for you on the golf coaches site. Winners of \$500 from 2014 sales, school needed to sell 25 or more cards to be in this drawing were: Maribeth Suter-Blaine, Mark Wanous-Eastview, Brian Hoffman-Monticello, Tim Kalevig-Park Center, Korky Heinen-Roseville, Brent Swaggert- St.Francis, Barb Miller-Tartan, and Craig Nasvik-White Bear Lake. Congratulations to all the winners.

Other upcoming 2015 Golf dates:

Coaches On-line rules begins March 9, has to be completed by March 31 with State High School League

Practice can begin March 16, wow only 105 days from this writing of Chip Shots, so good luck organizing and beginning your new season!

Hope everybody is having a great school year, I am fortunate that both my wife Diane and myself are retired and have been in Arizona with our kids and grandkids since the middle of October for the winter. If you need to contact me about anything please do, my Detroit Lakes address has

**SCOUT POTENTIAL. . . continued from page 1**

allowed to enter into coaching evaluations for school coaches. If you find that the booster club or traveling team parents have been allowed to enter into decisions regarding the evaluation and employment of school coaches, you could be dealing with a very difficult employment situation. The role of the outside groups needs to be clearly defined and the administration needs to be with you in demanding the outside groups do not go beyond the role as support groups.

Remember, strong athletic programs have a commitment between coaching staffs and school districts. There needs to be mutual respect and support that is demonstrated during the good times and the more difficult times. In a world that seems to be taken over with all kinds of social media issues, that challenges each of us. Communication with the administration and your players has never been more important and you need to make sure that there is a process in place for communication with your direct supervisors. If that process is not in place in your new position, make sure that process is put into place. It is wise to not only have verbal communication but you should request written evaluations as well. This could be very important in the event that you are challenged by issues. Scout! Plan! Succeed.

**CHALK TALK****Attention Gymnastics Coaches:**

**Lee Ann Steen's mother passed away a short time ago and as a result, she was not able to submit an article for this issue. She suggests that gymnastic coaches check the website for information.**



*By Rachel Aiken  
Chanhassen High School*

**CHIP SHOTS. . . continued from page 4**

changed, I now reside at 24878 North Melissa Drive, on the 4th hole of Detroit CC in Detroit Lakes, Mn. 56501 or email me at [bdgorden@detlakes.k12.mn.us](mailto:bdgorden@detlakes.k12.mn.us) or call my cell anytime 218-234-5509.

Have a great Holiday Season and Happy New Year, Think green and see you on course.

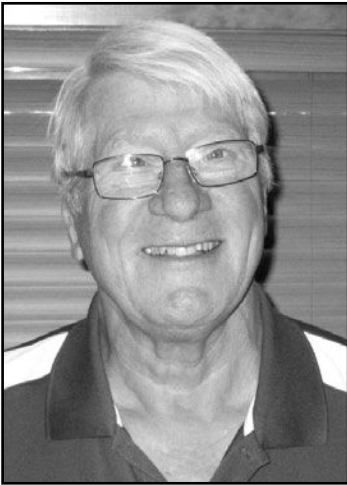
**Notice:**

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.

As the offseason begins we as coaches need to continue to work together with each other in bringing the best possible experiences for our student athletes. During the season I was pleased to see the number of coaches who were stepping up and offering support to other teams. In our sport, our shortage of coaches often leads us scrambling to find them in the spring with many desperate pleas sent out to send anyone your way. As we continue to grow we want to encourage our new and upcoming coaches to continue to give back and work with our players. We all know that during the season there are many factors going on and that it's hard for new coaches to remember all things that go along with being a head coach. We also remember that coaching is probably not their only job, we know many of our coaches work full time jobs, have families and a personal life going on all at the same time. We want to continue to support and help these coaches meet all requirements so that their own athletes are not punished for it. The coaches association is working hard on creating a more ways to communicate to all our coaches. One way we are trying to do is put together a calendar with deadlines and contact sheets to help ensure completion. The coaches association is also having more board meetings in the upcoming month's one in January and another in March. As usual we request that all who want to attend to please do, and we can work together to help create a better lacrosse experience for all who are involved. Please stay tuned for more dates and news on our first ever coaches clinic! Have a safe and Happy Holiday season!

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



## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

The final horn has sounded and the fall season of 2014 has come to an end. I would like to congratulate all of the state champions and a well done to all the coaches for the time effort and passion each of you have poured into your coaching efforts. The fall curtain descends and the

winter curtain rises on our next season. Good luck to all of the winter sport coaches as you prepare to guide your teams through their seasons. Minnesota continues to be blessed with talented and dedicated coaches who help thousands of young men and women grow into adulthood. The challenges our young athletes face do, in fact, help them as they move forward to face the many challenges they will face throughout life. Thank you coaches for helping them prepare to meet the challenges.

Our annual Hall of Fame and Awards Banquet was held on October 11<sup>th</sup> at the Marriot West in St. Louis Park. We once again gathered to recognize and honor coaches who have won championships or honored as coaches of the year and assistant coaches of the year as well as our Hall of Fame inductees. The 2015 banquet has been set for October 10, 2015 at the Sheraton West Hotel in Minnetonka. We will continue to strive to have 100% of our award winners in attendance. I know that there are some of you who for various reasons choose not to attend. If you are one of those who consider not attending, I am asking that you do attend. It is a great evening and a great honor for each of you as you receive the recognition you deserve. Jim and Jan Baker work very hard to make this a special evening for all in attendance.

Each fall Mary and I try to attend each sport association clinic. We are there to answer questions and help with membership registration for the MSHSCA. I would like to remind you that, if you do not join the MSHSCA, you are not a member of your sport association. I have spent some time going through last year's membership to determine the percentage of head coaches who are members of the Association. I want to remind you that you have officers in each of your sport associations who work closely with the MSHSL to bring change and improvements to your sport. I know there has been an effort by national sport associations to try and recruit you into membership in a national group. The national groups can do nothing in terms of bringing change and improvement to your sport on the state level.

You owe it to the officers of your sport associations to be members of the sport association representing your sport. All head coaches should strive to have 100% of their assistant coaches enrolled to insure that they are a member of the coaches association for the sport they coach.

Minnesota will be the site of the 2015 NHSACA convention. The MSHSCA affiliated with NHSACA a year ago. Information regarding the convention appears in this issue of the Prep Coach and further information will appear in the next two editions as well. This will be a good opportunity for Minnesota coaches to attend and to pick up some college credits as well.

On January 1, 2015 Mary and I will begin our 16<sup>th</sup> year in Leadership for the MSHSCA. We have been very blessed to have your support and most importantly your help in moving the MSHSCA forward, during this time. Working for and supporting the Coaches of Minnesota, for the past 15 years, has been a great honor as well as rewarding. I have always operated under the premise that we either get better or we get worse because we can never stay the same. I would like to thank the officers and membership of the MSHSCA for making this a bigger and better organization each year.

***“If you really want  
to do something,  
you will find a way.  
If you don’t,  
you’ll find an excuse.”***

**- Jim Brown**





# CLEARING 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! Winter is in full swing here in Minnesota and it is the start of the holiday season. With the Thanksgiving feast eaten but not forgotten I believe it is a great time to look at what we as track and field coaches can be thankful for.

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

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

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

Fourth on the list: Be thankful for our coaches association. Be thankful that our coaches come together to make our sport one of the best in the state and one of the best track field programs in the U.S. Be thankful for the concept of True Team where all participants score points. Truly a team atmosphere, where everyone is important. Be thankful for a coach's clinic geared towards high school coaches, taught by high school coaches, growing each year. (By the way don't forget to sign up for the clinic which will be January 30th and 31st). Be thankful for your fellow coaches, learn from them, laugh with them, and compete with them.

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

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

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## 2015 MINNESOTA TRACK & FIELD COACHES CLINIC

**January 28-31, 2015 at the  
Bloomington DoubleTree Hotel.**

Come join us and hear former World Record Holder Renaldo Nehemiah, Olympian Mac Wilkins, Olympian Derek Miles, Olympic Coaches Boo Schexnayder, Lucky Huber and many more outstanding Coaches!

The \$90 Clinic fee includes 48 hours of top notch Track & field instruction! It also includes 2 free socials and a nice Banquet Meal on Friday night. As an added bonus, we will have prize drawings sponsored by our vendors throughout the Clinic.

Clinic room specials are available for \$95 and must be reserved by January 15th. Bring you family, the DoubleTree is located 10 minutes from the Mall of America and many other family friendly activities! Rooms can be reserved at this site: <https://resweb.passkey.com/go/MNTRACKCOACHES>

Clinic registration for Minnesota Coaches is online at: [www.mshsca.org](http://www.mshsca.org)

Coaches from outside of Minnesota can register by emailing: [jomar2@arvig.net](mailto:jomar2@arvig.net) or calling 218-847-6796

Any other questions can be directed to Craig Nelson at: [c.nelson@isd2184.net](mailto:c.nelson@isd2184.net)

## 2015 Track & Field Online Clinic Registration for MINNESOTA Coaches

January 29 - 31st

Doubletree Hilton Hotel & Convention Center  
I-494 & Hwy 100

Save time and money

Register before January 26th and pay \$90!

### Registration for membership and/or the clinic is online at [www.mshsca.org](http://www.mshsca.org)

Fees include Thursday night social,

Friday Association meeting and banquet.

Clinic charge is \$110 after January 26th.

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.

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

Questions?

Call: 218-847-6796 or email: [jomar2@arvig.net](mailto:jomar2@arvig.net)

### ALREADY A MEMBER?

Login at [www.mshsca.org](http://www.mshsca.org) use your email and the password you chose OR zzz if you have not changed it. Follow the event registration link on the left side of your profile.

### ATTENDING THE CLINIC ONLY in 2015?

There is a spot to register at [www.mshsca.org](http://www.mshsca.org) Once you have entered your email and profile information, you must select B/GTrack as your 1st sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

Those of you that used the "clinic only" feature in 2013 will have trouble using the same email this year. You will have to use a new email or contact us for an email to use.

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

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

#### Registration information:

#### Cost:

\$90 by Jan 26th, after Jan 26th fee \$110

Hotel is at a special rate of \$95/night if reserved by January 15<sup>th</sup>.

Greater participation with this deal helps lower the cost of the facility for our association. Please consider this.

All Minnesota coaches members and non members must register online at [mshsca.org/track](http://mshsca.org/track)

Out of State/International Coaches should register by email or phone at [jomar@lakesnet.net](mailto:jomar@lakesnet.net) or 218 -847 □6796

MSHSCA  
P. O. 519  
Detroit Lakes, MN 56502

#### Thursday, January 29<sup>th</sup>

6: 30 pm True Team Mtg (room #2014)  
8: 00 pm Clinic Social

#### Friday, January 30<sup>th</sup>

8: 00 Registration

9: 00

Speed & Strength in Track & Field	Lucky Huber
Sprint Starts	Phil Wollbrinck
Survival guide to Mid Distance Train	David Halladay
Pole vaulting from a Tech Perspective	Derek Miles
Teaching Progressions for LJ	Boo Schexnayder
Power Throw Mech for Shot & Discus	Lynden Reder

10: 30

Designing a Plan for Success	Lucky Huber
Sprint Hurdles	Charles Ryan
Using the Frac Util. of VO2	Devlyn Lovell
Train the PVer: Develop Speed & Str	Matt Burns
Organizing Run Training for the Jumps	Boo Schexnayder
Discus success: Day 1	Mac Wilkins

11: 30 **Drawing #1**

12: 00 **Advisory mtg Parlor room(#2014)**

1: 00

What is the USTFCCCA?	Mike Corn
Sprint relay exchanges	Phil Wollbrinck
Outstanding CC Coaches: Commonalities	Matt Buns
3D High jumping	Larry Hegerle
Horizontal jumps	TBD
Shot put Success: Day 1	Mac Wilkins

2: 30

Coaching girls effectively	Gary Wilson
Hurdling Styles	Renaldo Nehemiah
Develop and Win with 800 and 4 x 8	David Halladay
Building HJ Approach	Gwen Wentland
Horizontal jumps: Runway spec train.	Tim Richey
Common Rotational Errors & Correct.	Lynden Reder

4: 30 MN Track Coaches Assn Meeting

5: 30 Banquet & Keynote: Renaldo Nehemiah

7: 30 Social and **Drawing #2**

#### Saturday, January 31<sup>st</sup>

7: 45 FCA Breakfast Parlor Room(#2014)

9: 00

Developing Leaders	Stephen McCarthy
Short Sprints	Charles Ryan
Training Youth Athletes: 4 Princ.	Matt Buns
Providing Meaningful Feed for PVer	John Pollock
Teaching Prog. In the Triple Jump	Schexnayder
Common Tech Probs with HS Throwers	Erin Elder

10: 30

Coaching/Leadership/Career Aspirations	Charles Ryan
Sprint exchanges and starts	D. Dahlstrom
Team Dynamics in Track & Field	D. Halladay
HJ Training & Drills that work	G. Wentland
Become a Field event Team	T. Richey
Strength Train. For HS Throwers	M. Wilkins

1: 00

How to Build from the Ground up	G. Wilson
Long hurdles/sprints	C. Ryan
HS Distance training: Dev the 3200	D. Halladay
LC Vault Progress: Get to Next Level	T. Richey
Meet Day Coaching the LJ and TJ	Schexnayder
Stump the Chump: Q & A	M. Wilkins

2: 30

What does the Data Say? Enrollments and Classes	
Spring train: Train fast to be fast	D. Dahlstrom
Essen. elements of Build Endur Train Plan	Lovell
Creating Circuits Ath Love & Benefit	G. Wentland
Horizontal jumps	TBD
Teaching the Spin	E. Elder

3: 45 **Drawing #3: Final Drawing**



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



# CORNER KICKS

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

The fall sports season has ended and there is snow on the ground. We have completed another successful state tournament and have played the Eastbay/MSHSSCA Senior Classic.

For the first time in many years the State Tournament was played outdoors at St. Cloud State University. We want to thank the University and its staff for making it a success. In addition, a new system for third place games was implemented. They played on the same day as finals and at a different site.

The Class A Boys title was won by St. Cloud Apollo coached by Ganard Orionzi. The Girls A title was captured by Orono under the direction of Erin Murray. Eagan won the Girls AA championship coached by Bulut Ozturk while the Boys AA crown was won by Anoka led by Coach Pete Hayes. The MSHSSCA congratulates these four teams on their accomplishments.

The MSHSSCA each year awards honors to Coach of the Year and Assistant Coach of the Year selected by the organization. This year the following people were honored.

## GIRLS:

Class A COY	Cassie Raehsler	Sartell-St.Stephen's
Class A ACOY	Lori Sinnott	Hermantown
Class AA COY	Greg Juba	Park of Cottage Grove
Class AA ACOY	Brad Brubaker	St. Louis Park

## BOYS:

Class A COY	Len Woelfel	Mankato West
Class A ACOY	Luke Lundquist	Mankato West
Class AA COY	Greg Leininger	Maple Grove
Class AA ACOY	Eric Peterson	Blaine

A complete list of all the section winners in each class is available on our website. The website at MSHSSCA.ORG is managed by our webmasters Deb and Keith Randa. (Apple Valley Girls). This is where you go to find out items and information about your organization.

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

Ms. Soccer Class A Girls	Sophie Babo
M Orono	
Ms. Soccer Class AA Girls	April Bockin
A Eden Prairie	
Mr. Soccer Class A Boys	Andrew Stuempfig

A Breck

Mr. Soccer Class AA Boys Conner Stevenson

A East Ridge

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

In the larger picture of athletics, the field of academics plays a very large and important role. Our organization gives out Gold and Silver Awards each year. Under the direction of Crissy Makela (Mankato West Girls) and Len Woelfel (Mankato Boys) who serve as Academic Coordinators these Awards are given. You can find these team awards on the website.

Art Seplak the director of the scholarship committee reminds you to be aware of the deadline for the Mike Warter (Eagan Girls) Scholarship. Mike passed away in 2000 and the MSHSSCA continues to award a 1000 dollar scholarship to one girl and one boy from the teams playing in Minnesota High School Soccer. The information and forms are available on the website. The deadline for application is December 19, 2014.

The annual MSHSSCA/Eastbay Senior Classic was played on November 5, 2014 outside at North St. Paul Senior High School. The game was played there because of the construction of the new Viking facility. It was an exciting night, great soccer, and super people helping worked at the game. Even the cold and wet weather did not put a damper on the game.

The Girls Black team posted a 5-1 win over the Girls White team, while in the boys game the White team prevailed 3-1 over the Black team.

In returning to the school which I coached for 18 years it was a privilege to work with Athletic Directors Todd Wallert and Jed Helwig. They made it an easy job to arrange the game. Thanks also to the following people and organizations: Carly Dorle-North High, the North High Air Force ROTC under the direction of M/St. Brian Biskins, the North High Singers under the direction of Peg Sorenson, and the Tartan Booster Club for providing the staff for the concessions. To Ira Gurewitz (announcer), Robert Lamb (scoreboard), Eric Tvedten (on field supervisor), Dr. Dave Olson (doctor), Julie Miller (trainer), and Josh Grandlund(taping) my most sincere appreciation. In addition, the Athletic Secretary at North, Lori McNamara was instrumental in the success of the details of the Classic.

The Skyview Middle School Girls soccer team had the ball chasing duties. Thanks to Laresa Fitzgerald (my assistant coach at Skyview) and parent Janene Lenard (parent) who helped with the supervision of the girls. Special thanks to Skyview principal Joe Slaven and Athletic Director Dave Perkins for their cooperation and help. Thanks also to Steve Cook who took the time to arrange for the officials for the Classic.

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

... continued on page 11

**CORNER KICKS...** continued from page 7

Since we moved the Classic in the fall, I have been blessed to have the help of a very dedicated number of coaches to serve as team managers. The following two people have been there every year to help and for this I am grateful. To Chrissy Makela(Mankato West Girls) and Len Woefel(Mankato West) there is not enough thanks I can say. In the past years Ted Hill(Minnewaska Soccer Program) has been a consistent member of the team and in the last three years the team has had the privilege of adding Jason Arnebeck(Park Boys) to the manager team. Thanks also to you gentlemen. Chrissy and Jason were great in helping us put up the tents. You four are the best team members anyone could ask for.

To Chris Laird(Heritage Christian Boys) my co-chair, hang in there with me, you are a great person and are very patient with me.

Last but not number 1 would be without a doubt, my wife Peggy

For 51 years she has helped me with my teaching, coaching duties, countless hours on the phone, checking documents, sitting at basketball and soccer games and trying to keep me on task. Thanks Peg!

I would be remiss without congratulating my friend and next door neighbor, Ziggy Kauls, on his induction into the Minnesota High School Coaches Hall of Fame. Congratulations to Ira Gurewitz (St Louis Park) on his well deserved award from the MSHSSCA. Ira was presented with the Distinguished Service Award at the State tournament banquet.

He has served the sport of soccer in so many ways and it is a much deserved award.

Your MSHSSCA board will meet the following dates.

Wed. Jan. 2	Trinity School	7:00 pm
Wed. March 4	Trinity School	7:00 pm
Wed. April 29	Trinity School	7:00 pm

Additional meetings for the fall will be published on the website.

If you have questions, you may correspond with Steve Hendrickson at the Trinity School.

Well we are at the end of the page. The Christmas season is here and I hope all of you and your families will enjoy the time you share. 2015 is just around the corner. As always, remember you have the best job in the whole world, coaching and mentoring kids.

We are all blessed.

**Delegates Corner**

*By: By Bill Nielsen, MSHSCA VP*

The Fall delegate assembly meeting was held on September 6th at the Sheraton West in Minnetonka. The meeting was well attended by delegates and sport association presidents/representatives.

The meeting started off as it typically does with a presentation by Dave Stead, MSHSL Executive Director. Dave updated those in attendance on what is going on at the MSHSL. Information was shared regarding the success of the 2nd "Why We Play" held in July. "Why We Play" is being lauded as a model program and several other states are implementing similar programs. Components of the "Why We Play" were also included in the Coaches Clipboard continuing education requirements for MSHSL coaches. Dave also shared a number of items that would be discussed and acted on at the MSHSL Board meeting in early October. This included information on the Transgender policy. This proposed policy was tabled and will be discussed again in December. Dave concluded his session with a question and answer session.

Several sport associations shared information regarding changes or proposed changes for their sports. (Disclaimer: These changes are in various stages so please contact your sport association representatives for complete details.) Baseball: Increased tournament roster size and four class tournament in 2016. Girls Basketball: trying to get the consolation rounds back at the state tournament. Cross Country: Working to increase girls race from 4k to 5k. Football: Shared information on the success of Tackle Cancer and work on addressing summer contact and acclimatization. Soccer: Continues to work on the seeding process and expressed concerns of athletes leaving high school programs. Hockey: Continues to work to find solutions for athletes leaving high school programs. Volleyball: working for four class tournament. Concerned about possibility of losing consolation play. Softball: four Class tournament beginning in 2016.

Remember the Delegate Assembly model is here to support MSHSCA members. If you have concerns or ideas please contact your local delegate or sport association President/Representative to bring your ideas or concerns to the Delegate Assembly.

There are still several opportunities for delegates to serve the MSHSCA. If you are interested check the delegate list found on one of the first pages of this Prep Coach to see if there are openings in your section and class. Becoming a delegate is a great way to be involved in the MSHSCA. It also provides a great opportunity to meet more people in this awesome coaching fraternity.

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



## CAMP COVERAGE

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

## CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

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

For any additional information  
please contact your  
State Association office  
or

Greg Joly, Kevin Joyce or Karen Boller  
Loomis & LaPann, Inc.  
800-566-6479  
[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)  
[www.loomislapann.com](http://www.loomislapann.com)

## FOR ALL INSURANCE QUESTIONS

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

Contact Information:

Greg Joly  
[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)

Kevin Joyce  
[kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)

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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](mailto:jomar2@arvig.net). It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

### Need new Life Card?

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

# COACHES!

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



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

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

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



# Diamond Cuts

By James Wajer  
Martin County Central

As I begin this article I am reminded of Minnesota winter. Seems like yesterday I was playing catch outside in the 45 degree weather but today we are bundled up inside by the fire as it is ten degrees outside. I would like to take this opportunity to remind ever one of some upcoming dates that are of softball importance. Our membership deadline is April 1<sup>st</sup>. Memberships have a variety of benefits. The biggest benefit is our liability coverage. Many of our programs have coaches that are not paid employees of a school district. This coverage would cover them in case of a situation would call for it. I would strongly encourage every member of your coaching staff to be a part of the association. As a member you could get into any regular season activity that MSHSL sanctions. I have even used mine to attend some college games.

Another benefit is why we all coach. It allows us to honor our athletes by nominating them for section awards, all-state awards and the all-star series. All-State Academic Team and Individual deadlines are April 3, 2015. All-Star nominations are due no later than May 10, 2015. Please make sure your athlete would like to participate in this event before nominating them. Please remind them of the responsibilities that go with the honor of being selected. The last important date to write in the calendar is May 24, 2015. That is the deadline for All-State nominations. Just a friendly reminder that these dates are concrete and they are not flexible. Please update your career win/loss records before March. Our association clinic will be held February 7, 2015. We are in the process of adding speakers and look forward to another successful clinic.

Expansion of the state girls' fast-pitch softball tournament from three to four classes was approved at the January 2014 MSHSL Board of Directors Meeting. The proposal from the sport's advisory committee would still allow the state tournament to be conducted over just two days and still allow for consolation play. The new four class system will begin in the spring of 2016. The four classes is determined by MSHSL bylaw 400.

FOUR (4) CLASSTOURNAMENT\* if there are 320 or more teams registered for a League activity, the divisions will be based on enrollment as follows: (Softball presently has 372 teams)  
Class AAAA: The 64 largest teams by enrollment  
Class AAA: The next 64 largest teams by enrollment.  
Class AA and Class A: If fewer than 256 teams remain, the classes will be divided equally. (Softball presently would have 244 teams remaining so each would have 122 teams.)

The breakdown of teams for the four classes will end up being very similar to the break down for girls' basketball (especially for Class AAAA and Class AAA). In Class AA and Class A there would be some slight differences since there are fewer softball teams than basketball and there are different teams co-oped for softball.

I wish everyone happy holidays and may we have a short winter. If you have any questions you can email me at: james\_wajer@mcc.mntm.org.

## 2015 SOFTBALL CLINIC

February 7<sup>th</sup> • 8:30

Becker High School

**ALL Coaches attending the clinic must be a member of MSHSCA**

**Payment can be by credit card, cash, check or money order.**

**Register Online for the clinic at**

**[www.mshsca.org](http://www.mshsca.org)**

**Clinic fee is \$80 in advance, \$100 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.**

**Checks payable to MSHSCA**

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

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

# HOOP SCOOP

Carl Pierson  
Waconia High School  
2014-2015 MGBCA President



The season is in full swing and as we each get immersed in planning practice and preparing for the next opponent, it can be easy to get “tunnel vision” and lose sight of the big picture. We can have a tendency to attend only to our varsity players from November through March. When we do that, we fail to recognize and appreciate the enormous number of people that are necessary for our program to function. With that in mind, this edition of “Hoop Scoop” is dedicated to the players and people that don’t usually get their name in the paper, but that make a monumental difference to us as coaches.

Each of us needs to find a moment to thank and acknowledge our custodial staff. The time they devote to making sure our gym is ready for practice and games can be too easily taken for granted. Taking a few minutes to write a thank you note to your custodial staff is a small gesture compared to all the great work they do for us, but because they so rarely get acknowledged even that small gesture can go a long way.

Our youth coaches, many of whom put in hundreds of hours without any monetary compensation, are too often forgotten. I’ve said for years that a head coach is only as good as their youth coaches. If a player gets to me at the high school level and hasn’t been taught how to dribble, pass, or shoot we are hopelessly behind the competition and winning becomes a steep uphill battle. Because youth coaches have such a tremendous impact on our high school program they certainly deserve our respect and admiration and taking some time during the season to tell them as much is important.

As long as we’re on the subject of youth teams, let’s not forget the youth players and their parents. Late practices and long weekends can make youth basketball a grind, but these players and parents are putting in the hours in an effort to make your program special. Yes, our season is demanding, but hopefully we can all find the time to attend an elementary school basketball game or catch our traveling teams at one of their tournaments. A high school coach’s mere attendance at these events demonstrates that the sacrifice and commitment demonstrated by these young people and their families is important. Just being there conveys to them that you care. Do your best to be there, even if it’s just for a few minutes.

Our activities department is so critical to making our season a success. We can take for granted that our bus will show up on time or that we’ll have someone to keep the book and another person to run the scoreboard at our 9<sup>th</sup> grade game, but someone did the preliminary work to make all these things run smoothly. Sending flowers or giving a surprise gift card to our “teammates” in the activities office is something we should all make an effort to do.

And finally, I expect that we all endeavor to make our season a positive and memorable experience for our athletes. One

way we can do that is by making it a point to applaud and show our appreciation for our role players and the reserves on our team. There have been plenty of times that after a game I have said “JV...you won that game for us tonight because of the way you pushed our varsity players in practice this week. You made practice harder than the game and this win is a direct result of your efforts.” It can be hard to come to practice every day, work hard, and never hear a cheering crowd or read your name in the paper. That is exactly what those kids do day in and day out.

Many years ago I had a senior that was as hard a worker as any kid I’ve coached. She just wasn’t a gifted athlete. However, her relentless effort just had to be rewarded so I made sure that she played five or six minutes every game, usually giving our star player a brief rest in each half. At the end of the year when our star player was named all-conference I pulled the role player aside and said “some of that all-conference award belongs to you. Angie wouldn’t have been able to perform at such a high level if you hadn’t been able to go out and give us quality minutes while she recovered on the bench. Your name may not be on the certificate, but know that part of that all-conference award belongs to you.”

It took 20 seconds of my time to share that, but a quick comment like that can make your role players feel like all their hours of work were worth it.

This is just a short list of the dozens of people that make our high school programs great. Even in the midst of our hectic season, let’s all commit to telling each of these important people how much they mean to us.

Until next time, may your players make all their layups and may you have as rich and memorable an experience this season as we all hope to create for our players!

*“There are seven days  
in the week and  
SOMEDAY  
isn’t one of them.”*

- Shaquille O’Neal

After the Game Bring Your Team to 



By: Mike McDonald, MBCA President  
Cambridge-Isanti

Greetings Coaches,

Balls are bouncing, shoes are squeaking on clean floors, teams are back playing the game we love to be involved with. As your president, I want to wish all of our members the best of luck in the 2014-2015 season. Also, may you have a great holiday season, although as you know, we seem to be at work coaching our players during most of the holidays! Anyway, enjoy the few days off you may have, but if you're like me, it's great to be in the warm gym during these winter months.

MBCA Fall Clinic:

Thanks again to Ron Larson for his tireless work in arranging our fall clinic. Also, thank you to the many speakers who shared their coaching knowledge and philosophy during the clinic. Congratulations, too, those selected to our MBCA Hall of Fame and Hall of Honor. We look forward to the fall of 2015 and our next clinic.

Basketball News

For you information, due to your support, the MBCA will propose the implementation of a shot clock at the MSHSL Basketball Advisory Meeting at the league office on Monday, September 8th. We will also support our girls basketball association's efforts to bring back the consolation round at our state tournament. The MBCA appreciates your support in bringing these changes about.

MBCA Forms

Please be aware the of the nomination forms and deadlines for awards sponsored by the MBCA. These forms are found on our website. Among the awards are:

All Star Nomination

Team Academic State Champion

Individual Academic All State

Assistant Coach of the Year

Hall of Fame

Hall of Honor

Please take the time to nominate your deserving players, coaches, or community members for these awards.

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 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.

In summary, thank you for all that you do to impact the lives of your players and the great game of basketball. If you have any concerns, please contact me or your MBCA section representative. Have a great season! March will be here before you know it.

## **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.

# MSHSL BOARD OF DIRECTOR'S REPORT

By : Mark Solberg  
Cambridge-Isanti

## Begin Each Day With Thanks!

As we approach the Holidays, in the words of my Grandmother Lillian Solberg, "Begin each day with thanks!" My Grandmother was a teacher in Hatton, North Dakota for many years. In her classroom and in her kitchen was a sign that read "Begin each day with thanks!" The sign from her kitchen now is proudly displayed in my office at Cambridge-Isanti High School. It is a daily reminder to thank and be grateful for those that have the calling to Coach our students! I want to thank our school boards, coaches, and advisors, for their efforts to educate our Minnesota students, provide life-long lessons, provide positive life-long memories, and to help develop future leaders. We as a state provide opportunities for students to excel in academics, activities, the arts, and athletics.

Congratulations and thank you to the fall coaches across our state that helped educate our students, and became positive role models to thousands of students! Students who learned from your efforts as a coach this fall, will call you "Coach" forever! A special congratulations to those coaches and schools that have won conference championships, section championships, state tournament berths, and state championships.

As we start the winter sports season, thank you and best wishes to all schools, teams, and coaching staffs. Thank you to our winter coaches in Minnesota for spending time with our students attempting to educate, better students' skills, teach sportsmanship, teach teamwork, and provide a positive experience!

October 2, 2014 Board of Director's Meeting Synopsis written by Mr. Howard Voigt, MSHSL Director of Information:

In a concerted effort to "get it right," as several Board members implored, action on a proposal for determining eligibility of transgender students was tabled until the next Board meeting on Dec. 4. More than 90 minutes of testimony on a draft proposal was taken during a public workshop session on Oct. 1. Another 30 minutes of public comments were heard at today's Board meeting. Overnight, the League's executive director worked with legal counsel in drafting a significantly condensed draft proposal that most Board members saw for the first time today and generally endorsed. However, many Board members were reluctant to take action on the new draft proposal without first sharing it with their constituents and soliciting additional comment. It was suggested that a special committee be appointed to study the new draft proposal. Participation in the committee should be solicited from activities administrators, principals, superintendents, and school board members. Ultimately, the new draft proposal was tabled, with the understanding that the committee will study it and offer comment, and that general comments will

be solicited on the League website on several specific aspects pertinent to the issue, such as religious school exemption, and others. Board members were conscientious about an expedited time frame, so the committee and commentary will be limited to a Nov. 1 deadline. League staff will then consolidate the information and share it with the Board by mid-November in advance of its Dec. 4 meeting.

- The Board approved the addition of an additional staff position to oversee the support, training development, education and recruitment of officials for League-sponsored activities. The position may also be assigned some activity management responsibilities and develop editorial content for the League website.

- The Board approved a trial period during the winter activity season during which 80-100 member schools will institute pre-participation physical examinations using a secure electronic system developed and managed by a company named PrivIT. The system will not cost the League or member schools anything. The backbone of the system is the health history questionnaire that identifies risk factors associated with sports participation. The database can then be shared with school administrators, athletic trainers, and the League Sports Medicine Advisory Committee to assist in developing safety policy recommendations. Additional features advantageous to activities administrators will also be explored.

- The Board approved expansion of the baseball section and state tournaments from three to four classes. The action is effective with the 2016 season, the same year that girls' softball is also expanding from three to four classes. League staff said the additional baseball class should not impact net revenue very significantly.

- The addition of team awards for the state speech tournament was also approved by the Board. Currently, only individual awards are made, but beginning with the 2016 state tournament points awarded to individuals will be tallied to determine team champions, just as is done now in swimming and diving and in track and field.

- An amended overtime process for post-regular season hockey was approved by the Board. When games are tied, before the first overtime period the goaltenders will trade ends on the rink and continue doing so until the game-winning goal is scored. The intent is to allow greater scoring opportunities by putting goaltenders in their own end, where their team bench is located. The new overtime process is effective with the current 2014-15 season.

- The Board gave staff approval to request from the National Federation of State High School Associations an experimental rule for baseball that will allow pitchers to also be designated hitters so that if they are pulled off the mound, they can remain in the game as an offensive player as the DH.

- The next regularly scheduled meeting of the League Board of Directors is Thursday, Dec. 4, 2014.

The road to Success in Minnesota High School Academics, Arts, and Athletics is always under construction. Please enjoy the Holiday Season!

After the Game Bring Your Team to 

## MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

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

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University ( Bemidji MN )  
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College ( Mankato MN )
- Bethel University ( St Paul MN )
- Carleton College ( Northfield MN )
- Central Lakes College ( Brainerd MN )
- Century College ( White Bear Lake MN )
- College of St. Benedict ( St Joseph MN )
- Concordia College ( Moorhead MN )
- Concordia University ( St Paul MN )
- MN State Comm. & Tech College ( Fergus Falls MN )
- Gustavus Adolphus College ( St Peter MN )
- Hamline University ( St Paul MN )
- Hibbing Community College ( Hibbing MN )
- Itasca Community College ( Grand Rapids MN )
- Macalester College ( St. Paul MN )
- Martin Luther College ( New Ulm MN )
- Mesabi Community College ( Virginia MN )
- Minnesota State University Mankato ( Mankato, MN )  
(Call ahead for DL Hockey)
- 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 Janiszewski  
Luverne High School

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

I have also been in contact with the League Office with regards to a timeline for their decision concerning the girls' race distance. They informed me that the decision will be made at either the February, April, or June Board of Directors meetings. It will most likely be decided before the June meeting as to give coaches time to plan and prepare in the event that the distance is changed. Since my last letter, there have also been happenings in Kansas similar to those in Wisconsin, and it is likely that they too will be moving to 5K for their girls which would leave only six states including Minnesota that haven't yet changed. One thing that I want coaches to realize is that the main underlying issue in other states changing and in Minnesota possibly changing is equity.

Thank you to all of you who have shared your thoughts and concerns with me concerning this possible change. I have done my best to convey those thoughts and concerns to the League and they have been thankful for that input to help them make the most informed decision possible.

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 still 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 and contact me if you are interested in taking on one of these positions. It is an awesome chance to give back to the sport. Lastly, I am in the process of scheduling the CC Rap Session, so please check the Track Clinic Schedule when you get it if you would like to attend. Please don't hesitate to contact me with any questions or concerns you have for our sport and any idea or issue you may have where we could make our sport even better and better serve our athletes.



## ICE CHIPS

By: Craig Roberts

MHCA Director of Communications

This year's fall clinic was a tremendous success. Hosted by the Minnesota Wild and featuring a lineup of guest speakers which included Don Lucia and Grant Potulny, of the University Minnesota, Travis Winter, of Bemidji State University, and former national high school basketball coach of the year Ken Novak, of Hopkins, the feedback received from those in attendance was excellent.

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

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

Going into the hall of fame this year are Rick Alm (Minneapolis South), Carl Davis (Buffalo/Wayzata), Mark DeCenzo (Apple Valley/Hibbing) and Clayton "Bucky" Freeburg (Minneapolis Roosevelt).

Individual awards will be given to:

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—Doug Woog, South St. Paul/University of Minnesota.

Oscar Almquist Award (given to a non-coach who has contributed to the success of high hockey by advancing opportunities for players and coaches)—Charlie Graves, Elite Prep Development League.

Dave Peterson Award (given to a high school hockey coach whose efforts have helped strengthen the bond between youth and high school hockey)—Chris Lonke, New Prague.

Bruce Johnson Award (given to an MHCA board member who has made extraordinary contributions to the association)—Steve Wasko, Two Harbors/North Shore.

The hall of fame inductions and award presentations will take place at the Association's annual banquet, Friday, March 6, 2015, at the St. Paul River Centre, held in conjunction with the Minnesota State High School League boys' hockey tournament and between the Class A and AA semifinal sessions.

Three changes have been made to the MHCA Executive Board, with Chanhassen head coach Chris Wilson taking over as the Section 2 representative, Wayzata head coach Pat O'Leary filling the same position for Section 6, and Moorhead head coach Jon Ammerman taking on Section 8 section representative duties.

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

After the Game Bring Your Team to 



## Swim Strokes

By: Dale Magnuson  
Rochester Century High School  
damagnuson@rochester.k12.mn.us

The 2014 Girl's MSHSL State Swimming and Diving season wrapped up November 12-14 at the University of Minnesota with some impressive results. The Class A and AA meets both finished with several new meet records. The swimming was fast, and the diving was impressive. Swimmers and divers from around the state also earned numerous All-American qualifying times/scores, and the state will be well represented when the NISCA All-American athletes are announced this spring. Congratulations to Visitation as the Class A state champion and to Sartell St. Stephen as the runner-up. Also, congratulations to the Class AA champion, Wayzata and to Edina as the runner-up. In addition, a total of 22 schools earned an Academic Gold award, and 61 schools earned an Academic Silver award. These are tremendous accomplishments! As the Girl's season ends, the boy's season is just beginning, and it promises to be just as exciting.

The MSHSCA True Team section meets were well-attended again this year, and the True Team State meet was very exciting. Five new records were set at the Class A meet and three at the Class AA meet. I would like to congratulate the Class A Champion, Visitation, and the Class AA Champion, Wayzata.

Congratulations to the True Team Section Champions, as well, and thank you to the 16 schools who hosted these championship meets. A great deal of time and energy is needed to make the True Team Championships a success. This wouldn't be possible without the efforts of athletes, coaches, parents, and volunteers, around the state!

Coaches, please mark your calendars for the annual MSHSCA sponsored Coaches Clinic which will be held Friday and Saturday, April 10-11, 2014. Additionally, the annual All-State Banquet will be held Friday, April 10, 2014 at the Prom Center in Woodbury. There will again be online registration for the clinic and banquet, along with online voting for the 2014 Coaches and Athletes of the Year. More information about the clinic and banquet will be posted on the MSHSCA Swimming & Diving website ([www.mshscaswimdive.com](http://www.mshscaswimdive.com)) in the near future.

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

**MSHSCA's  
2014-2015**

**CORPORATE  
PARTNERS**

*Thank You*

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





# Dig This

By: Celeste Gorman  
Blaine H.S.

The holiday season is upon us and the 2014 high school season concluded along with my term as the president of this great association. I would be remiss not to thank the people who give so much to all of us in countless ways. These names will be familiar to you because they are involved in all things MNVBCA. Section reps and presidents come and go but these folks are a constant, unyielding force that keep our sport moving forward. Janet Landquist, Sue Alstrom and Heidi Hahn are three women whose work is typically behind the scenes but results of their efforts are visible in all of our events. Tracey Norton, Jim Lee, Lonnie Morken, Jeff Groves, Greg Ueland

and Dan Westby have been an integral part of this association for many years and give selflessly of their time. All of these people have provided guidance and support throughout my two years.

Congratulations are due for Eagan's Kathy Gillen Melville not only on winning the state title in Class AAA but also for being inducted to the MNVBCA Hall of Fame. Congratulations to Stewartville in Class AA and Bethlehem Academy in Class A for winning titles in their respective classes. We had a successful tournament that had every match broadcast online with knowledgeable volleyball commentators. Our Coach of the Year winners will be announced on our website MNVBCA.org but were not available at the time of publication for this article. Again I want to thank Greg Sayak for all the hard work getting our new site designed and working efficiently.

I wish you all a blessed holiday season. Thank you for all you do to support our great sport, coaches association and the strong young women who we have the honor to coach.

## COACHES CARING PROGRAM

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

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

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

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

*“Run when you can,  
walk if you have to,  
crawl if you must,  
just never give up.”*

**- Dean Karnazes  
(Marathon Runner)**



# FAST TRACKS

By: *Brian Abery*  
*Eastview*

## That for Which We Need to be Thankful

As I sit here writing this column on the morning of November 30<sup>th</sup> it's currently 10<sup>o</sup> F outside with a high temperature today predicted to be 14<sup>o</sup>. More importantly there is snow on the ground over a large portion of the state. In contrast to the warm fall starts to which we are becoming accustomed due to climate change, it has been a great beginning to our season. The time of year, weather, and beginning of our Nordic season got me thinking a bit about that for which we need to be thankful. Although I realize this might not be the most unique take for a column written a few days after Thanksgiving, our first race is only two days away and I've yet to figure out how we going to wax almost 90 skiers in a reasonable time frame and get everyone to the race venue so this topic is going to have to do.

Let's start with the most obvious reason we need to be thankful this year - three weeks into the season most teams have already spent a significant amount of time on snow. In contrast to the season starts we have come to expect dominated by several weeks of roller skiing and pole running, most of us have already had the opportunity to teach and practice the basic techniques of freestyle and classic skiing. It's great to be able to start functioning as coaches as opposed to ski instructors this early in the season. Although being able to get on snow this early provides me with less of an argument that we should be moving our season back two-weeks, it certainly generates both excitement and quick progress among our athletes.

The recent temps that have allowed for snowmaking along with natural precipitation in the form of the white stuff also suggest that those conferences that bravely scheduled early season races will actually be able to get them in on their originally scheduled dates. To the north of the cities, there is sufficient snow to race on the "real stuff." In the South, snowmaking has already opened the 3-Rivers Park system trail systems. I suspect all of us are experiencing and appreciating the excitement among our skiers as the first competitions of the season quickly approach.

A second, just as obvious, reason we have to be thankful is that we are associated with a sport that is open to all and promises life-long benefits with very few drawbacks. I am amazed and fully appreciate the diversity we see in our teams with respect to the athletic background and experience of our athletes. This year the team I coach has skiers whose previous/current sports range from...swimming, cross country running, golf, tennis, and baseball, to hockey, gymnastics, soccer, and volleyball. Similar to many of your teams, 90% of our new skiers had no previous experience with Nordic skiing prior to joining the team. We should be thankful for the fact that unlike almost all other high school sports, we can provide an opportunity for athletes with all levels of experience and skill levels to learn and enjoy our sport.

Our Nordic teams would not exist without athletes and if your experience with high school Nordic skiers has been anything like mine, you already realize that we have a great group of young adults with whom we work and for whom we should be thankful. Given the large number of new skiers with no previous experience that we have on our team this year, I was initially fearful that our small coaching staff wouldn't be sufficient. I've been incredibly impressed, however, to see how so many of our returning skiers have stepped up and served as "coaching assistants" helping new skiers learn everything from how to put on skis and poles to quickly build speed coming out of a start. If your experiences are like mine, it's not just well seasoned captains and upperclassmen who serve in this supportive role but everyone who has any background in the sport.

The supportive nature of our athletes certainly helps to make our teams some of the most inclusive in the State High School League. Over the past several seasons we have had athletes on team with disabilities ranging from vision loss to autism spectrum disorders and I've always been impressed with the degree to which everyone has been accepted with open arms by their fellow athletes and supported to become both part of team and the best skier they can be. This encourages me to think that Inclusive Adapted High School Nordic Skiing as described by BethAnn Chamberlain at our fall meeting can be a success in Minnesota.

Whenever you have the opportunity, take a few minutes to think about how thankful you should be about your fellow coaches. Not just those on your team with whom you work on a daily basis, but those who coach the teams against which your athletes compete. The coaches I know, without exception, have the quality of the athletic experience of their skiers and the health and future of our sport first and foremost in mind. One of these colleagues, burned out from many years of teaching and coaching intended to retire from both this year. I know he was looking forward to the freedom that this would him during the winter months and the increased opportunities for skiing. Although he did retire as a high school math teacher, when a suitable head coaching candidate could not be found for his team, he made the decision to carry on in his position as a head coach and hopefully will remain so for years to come. It's not just at the individual level, however, at which we should be thankful for our fellow coaches but with how, as a group we can set aside our differences to help the sport grow. A good example of which I am personally aware (and I'm sure there are many others) is reflected in how coaches in the South Suburban Conference unanimously supported a decision to support the development of Nordic programs at two high schools who entered the conference this year. Rather than perceiving these schools as potential future rivals, two conference coaches and the ADs have agreed to use their already limited resources to support development of teams at these schools through providing Nordic ski opportunities for students from these districts for the next several years.

I would be remiss is I ended this column without pointing out how thankful we need to be for the parents of our athletes. I know that our team would not only be less successful, but might not even exist, without all of the support we receive

**FAST TRACKS... continued from page 22**

from parents. Whether it is in the form of fund-raising to help pay for additional coaching staff or equipment, serving as “communication coordinators,” standing with us at meets to assist with timing, or helping out in other ways, these individuals make our jobs easier and allow us to devote the majority of our energies to coaching rather than dealing with all of the other responsibilities we often have thrust upon us.

As we begin the new season full of hope for maximizing the levels of enjoyment, growth, and success that our athletes and teams will experience this coming season let’s be thankful for all of these things that we sometimes take for granted in our sport and commit to letting all those who make important contributions how thankful and appreciative we are of their efforts.

*“Nothing will work unless you do.”*

- John Wooden

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

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

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

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# HALL OF FAME

## HALL OF FAME INDUCTEES



**John Eberhart** (Pine City)



**Bill Frantti** (St Cloud)



**Zigurds "Ziggy" Kauls** (Mounds View)



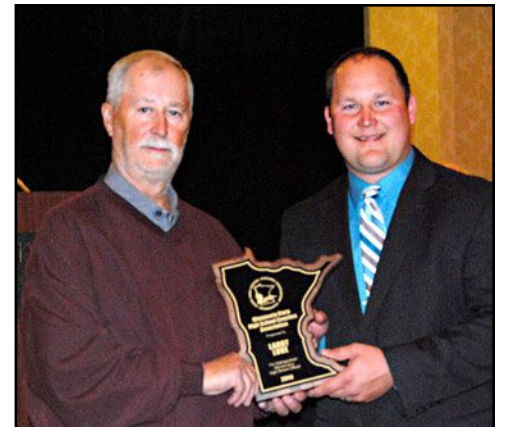
**Geri Dirth** (Apple Valley)



**Terry Eiter** (Detroit Lakes)  
**Officials Distinguished Service Award**



**Rita Rislund**  
(Detroit Lakes & Princeton)  
**Officials Distinguished Service Award**



**Larry Luke** (Austin)  
**Officials Distinguished Service Award**

# F F A M E



**Rick Ringeisen (Lakeville South)  
George Haun Leadership Award**



**Jim Baker  
Steve Kerzie Delegate  
Service Award**



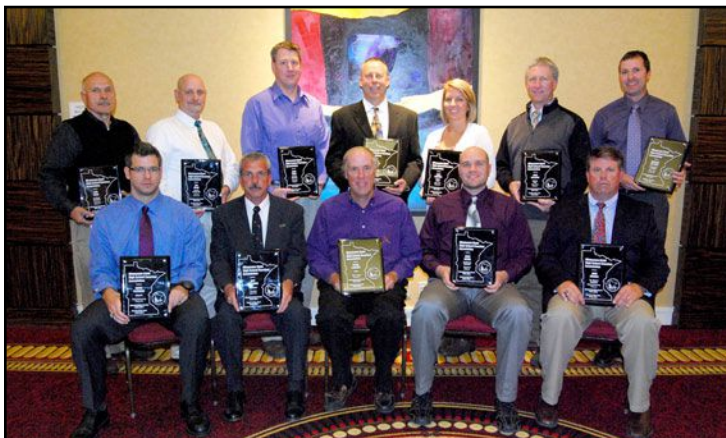
**25 Year Coaches**



**Coaches of the Year**



**Assistant Coaches of the Year**



**Championship Coaches & Coaches of the Year**



**Championship Coaches**

\*photo credit to: Ashley Ritter, St. Cloud State University

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

# DUGOUT CHATTER



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

Once again the John Wilkens fall clinic was well attended and our association had a very successful Hall of Fame and Awards Banquet. A sincere thank you to John Wilkens and his family for their continual work to make that run so smoothly and to Paul Twenge who once again brought in an “A” list of clinicians. Also a huge shout out to the vendors and their support and to our host the Ramada Plaza. Please check out all of this past year’s award winners at our website, [www.mshsbca.org](http://www.mshsbca.org). I would like to take the time to again recognize our 2014 Hall of Fame inductees: Pete Cheeley, Pat Collins, Pat Held, Ken Mauer, John O’Brien, Terry Ryan, Bob Weier, and Bruce Woitas. Congratulations to these men and their programs—what a great honor! Please be sure to take time to nominate worthy candidates for all of our awards; forms can be found on our website.

We are a few months away from the 2015 season, but the convention and clinic season is getting into high gear. The BCA is being held in Nashville in December, and the ABCA is in sunny Orlando right after the first of the year. These are two very good organizations that can provide a lot of opportunities and development for your programs. Also look for the St. Olaf Clinic in late January. Check our website for more information on that date as well as perhaps others at U of M and SCSU.

We cannot get things done without a very active and involved association of coaches. Our strength in numbers helped us gain two more roster spots starting this spring. We have also successfully added a fourth class of state competition while maintaining double elimination once sections are reduced to their final eight teams. We also were able to hold onto consolation finals as well, due to the data that we were able to share with the high school league from the large numbers of responses from our coaches. This initiative will begin in the 2016 season. We would like to thank our Past President Todd Smrekar for all of the work he put in the last two years to get that done for our players and teams. Todd also keeps our website up to date, check out his handy work, thanks Todd! We will be looking for more section reps once the division and teams are laid out; look for more information in the next year. Another item the board is putting in place this year is a

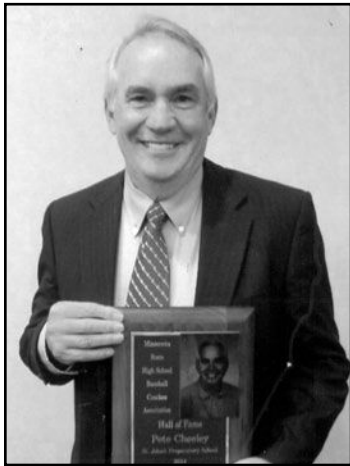
new P/DH rule. Minnesota is going to be a test pilot site for this which is very similar to the college rule that is in place: a team may choose to list the pitcher as the DH with the potential opportunity to have that player leave the mound but stay in the lineup now as the DH. A team could use a regular DH but not both; a team could choose to do one or the other or of course not use a DH, playing a straight nine. The primary intent of the rule is to protect the arms of our young players, allowing for a pitcher’s bat to stay in the lineup and not force a kid who may have pitched six innings play a position and risk injury just to keep his offensive potential in the game.

Vice President Don Gawreluk has the 2015 dates for the Play Ball MN High School All Star Series set for June 18-20. It is going to be the best one yet. For the past two seasons the Minnesota Twins have invited our selection committees to Target Field to select players, complete committee work, and watch a Twins game. We thank the MN Twins for their continued support of high school baseball. Thanks also to our other GOLD sponsors Cambria and BIG Athletics. Because of their generosity, our association has been able to make some major donations to many worthy organizations such as The Miracle League, ALS, Stand Up to Cancer, Coaches for Coaches, MDA, and other worthy causes. In addition, we were able to start a baseball coaches scholarship fund with our first recipients being: Mitch Benson from St Francis; Eric Blaha from Verndale; Jerricho Braun from St. Charles; Jacob Eaton from Roseau; Jeff Fasching from St. Cloud Cathedral; Michael Hirsch from St. Mary’s Catholic; Tony Kjoling from Chaska; Reid Lundell from Lincoln High in Lake City; and Jacob Sylvester from Cambridge-Isanti. We hope to continue that good work and will increase our scholarship awards to twelve in 2015. Please nominate players for both the All Star Series and the coaches scholarship, players go through the process on the website. Coaches need to encourage their players to apply.

Please continue to visit our website as it is updated frequently, and follow us on Twitter @MSHSBCA. If you have games or scrimmages you are looking to fill or new records for the list, keep funneling them to Tink Larson. Connect with him at [tlarson@hickorytech.net](mailto:tlarson@hickorytech.net). Thanks, Tink, for all of your work. I would also like to thank Bruce Woitas who has served our association for eight great years. Bruce helped us get a lot of things back that were lost and kept us moving in the right direction. We welcome Rick Zollner from Pipestone as he begins his service on the board; he was elected at the fall clinic. I wish you all a great holiday season. I hope we can look forward to a short winter and quiet spring! Don’t be afraid to ask Santa for a new gadget for your upcoming season! See you at the ballpark!

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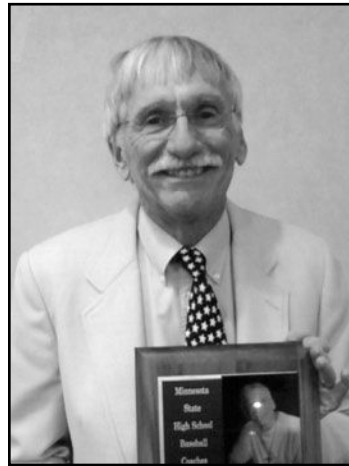
# BASEBALL HALL OF FAME



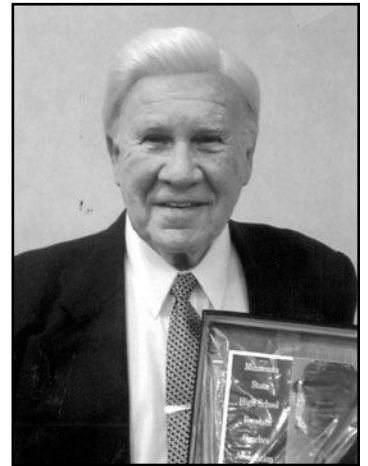
**Pete Cheeley**  
(St Johns Prep)



**Pat Collins**  
(Chisago Lakes)



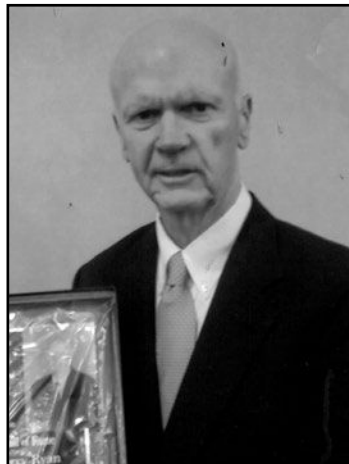
**Pat Held**  
(Staples-Motley)



**Ken Mauer**  
(St Paul Humboldt)



**John O'Brien**  
(Centennial)



**Terry Ryan**  
(MN Twins)



**Bob Weir**  
(New Ulm Cathedral)

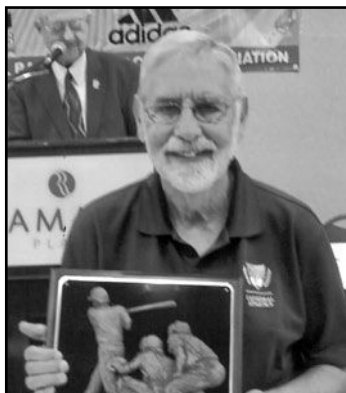


**Bruce Waitas**  
(Sleepy Eye St Mary's)

# BASEBALL COACHES OF THE YEAR



**DAVE DARR - Class A**  
(New Life Academy)



**Bob Karn - Class AA**  
(St Cloud Cathedral)



**Mark Dowuey - Class AAA**  
(Mounds View)

... continued on page 27

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

# BASEBALL AWARDS



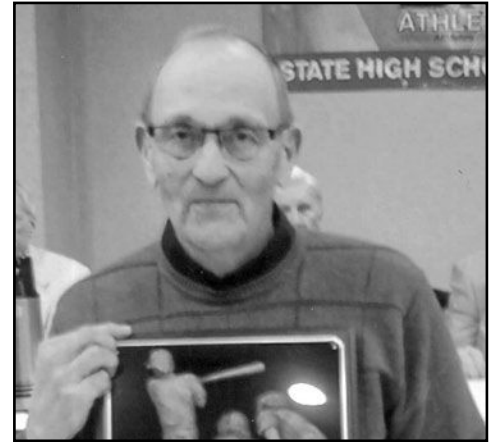
**Dick Gaughran**  
(Chanassen)

**Rob Forvasiere Assistant  
Coach of the Year**



**Donny Geng**  
(South St Paul)

**Jim Dimick Retired  
Coach of the Year**



**Art Kaunonen**  
(Braham)

**Jim Dimick Retired  
Coach of the Year**



**Dick Cassidy**  
(Patrick Henry)  
**Field of the Year**



**Paul Twenge**  
(Minnetonka)  
**Dick Siebert Award**



**Gordy Kosfold**  
(Kohl Farisault)  
**Angelo Guiliani Award**

*“Things may come to those who wait,  
but only things left behind by those who hustle.”*

- Abe Lincoln

**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

# Team Academics

Team academics is becoming more and more popular each season. It is great to realize that coaches are emphasizing the importance of academics along with success on the field of play. With this in mind, the MSHSCA and Subway Foods are happy to sponsor the award program.

Listed below are the results on one very late winter result along with the 2014 fall program results. The results are listed in the order received. If a sport program is not listed, it is due to the fact that they were submitted too late for to meet the deadline or not submitted at all.

## ALPINE SKIING

Boys Gold  
Minnetonka  
Richfield  
St Paul Academy

## Boys Silver

Apple Valley  
Benilde-St Margaret's  
The Blake School  
Champlin Park  
Eagan  
Eastview  
Eden Prairie  
Edina  
Northfield  
Rosemount

## Girls Gold

Eastview  
Eden Prairie

## Girls Silver

Apple Valley  
Blaine  
Champlin Park  
Eagan  
Edina  
Hastings

Mahtomedi  
Minneapolis Washburn  
Minnehaha Academy  
Northfield  
Rosemount  
St Paul Academy  
Visitation

## GIRLS TENNIS

### Class A Gold

Aitkin  
Annandale  
Belle Plaine  
Benson  
Blue Earth Area  
Cannon Falls  
Crosby-Ironton  
Crookston  
Eveleth-Gilbert  
Fairmont  
Glencoe-Silver Lake  
Jordan  
Luverne  
Minnehaha Academy  
New Life Academy  
New London-Spicer  
Osakis  
Park Rapids  
Pierz  
Pine City  
Redwood Valley  
Rochester Lourdes  
St Croix Lutheran  
St James  
St Peter  
Sauk Centre  
Staples-Motley  
Trinity School  
Waseca

### Class A Silver

Breck  
Foley  
Holy Family Catholic  
LeSeuer-Henderson  
Litchfield  
Milaca  
Minnewaska Area  
Melrose  
Montevideo  
Mora  
Perham  
Pequot Lakes

River Valley  
Roseau  
St Paul Academy  
St Paul Humboldt  
Tri City United  
United South Central  
Virginia  
Wadena-Deer Creek  
West Central Area  
Yellow Medicine East

### Class AA Gold

Academy of the Holy Angels  
Andover  
Anoka  
Apple Valley  
Bemidji  
Big Lake  
The Blake School  
Bloomington Jefferson  
Brainerd  
Buffalo  
Cambridge-Isanti  
Champlin Park  
Coon Rapids'  
Cretin-Derham Hall  
Duluth East  
East Ridge  
Eastview  
Eden Prairie  
Edina  
Elk River  
Farmington  
Forest Lake  
Henry Sibley  
Hill-Murray  
Irondale  
Little Falls  
Mankato West  
Maple Grove  
Minneapolis Southwest  
Monticello  
Moorhead  
Mounds View  
North Branch  
Northfield  
Park  
Princeton  
Red Wing  
Richfield  
Robbinsdale Armstrong  
Rochester Century  
Rochester John Marshall  
Rochester Mayo  
Rocori

St Anthony Village  
St Francis  
St Michael-Albertville  
St Paul Harding  
St Paul Highland Park  
South St Paul  
Thief River Falls  
Totino – Grace  
Visitation  
Wayzata  
White Bear Lake  
Willmar

### Class AA Silver

Becker  
Benilde-St Margaret's  
Blaine  
Chanhassen  
Chaska  
Chisago Lakes  
Delano  
Eagan  
Fergus Falls  
Fridley  
Hermantown  
Hutchinson  
Lakeville North  
Lakeville South  
Mound-Westonka  
Osseo  
Prior Lake  
Robbinsdale Cooper  
Rogers  
Rosemount  
St Cloud Tech  
Shakopee  
Spring Lake Park  
Stillwater Area  
Tartan

## BOYS SOCCER

### Gold

Grand Rapids  
Trinity School @ River  
Ridge

### Silver

Buffalo  
Hastings  
Kasson-Mantorville  
Prior Lake  
St Peter

GIRLS SOCCER	Southwest Christian	River	Spicer
	Spring Lake Park	Bagley	Perham
	St Anthony Village	Belgrade-Brooten-Elrosa	Pipestone
Gold	St Croix Lutheran	Belle Plaine	Rochester Lourdes
	St John's Prep	Cedar Mountain/Comfrey	Rocori
Chisago Lakes	Wayzata	Central Minnesota Christian	Roseau
DeLaSalle	Winona Cotter	Cook County	St Anthony Village
Detroit Lakes	Willmar	Fertile-Beltrami	St Cloud Cathedral
Eden Prairie	Zumbrota-Zumbrota	KMS	St Charles
Hopkins		Lake Crystal Wellcome	St Croix Lutheran
Kasson-Mantorville	Volleyball	Memorial	Sauk Centre
Maple Grove		Lanesboro	Sibley East
Minnetonka	Ada-Borup	LeRoy-Ostrander	Stewartville
Rochester Century	Alden-Conger	Little Fork-Big Falls	Thief River Falls
St Peter	Barnum	Madelia	Zumbrota-Mazeppa
Totino Grace	Battle Lake	Mankato Loyola	
Trinity School @ River	Bethlehem Academy	Medford	Class AA Silver
Ridge	BOLD	NCE-UH	
Woodbury	Brandon-Evansville	Northern Freeze	Academy of the Holy Angels
	Browerville	Ogilvie	Barnesville
Silver	Climax-Fisher	Parkers Prairie	Belle Plaine
	Eden Valley-Watkins	Pillager	Blue Earth Area
Academy of the Holy Angels	Fillmore Central	Renville County West	Breckenridge
Andover	Fosston	Rushford-Peterson	Byron
Apple Valley	Fulda	Schaeffer Academy	Cannon Falls
Bemidji	Goodhue	St Cloud Christian	Crosby-Ironton
Benilde-St Margaret's	Hayfield	Spring Grove	Dover-Eyota
Bloomington Jefferson	Henning	Waubun	Eveleth-Gilbert
Burnsville	Heritage Christian	West Lutheran	Fairmont
Byron	Kittson Central	Windom	Frazee
Cambridge-Isanti	Lake Park-Audubon		Holdingford
Carlton	Legacy Christian Academy	Class AA Gold	Kasson-Mantorville
Centennial	Lester Prairie/Holy Trinity		LaCrescent
Chanhassen	Lewiston-Altura	Aitkin	Minewaska Area
Cloquet	Maranatha Christian	Albany	Minneapolis Patrick Henry
Cretin- Derham Hall	Academy	Annandale	Morris Area/Chokio-Alberta
East Grand Forks	Minneota	Benson	Norwood-Young America
East Ridge	New York Mills	Byron	NRHEG
Elk River	Randolph	Dassel-Cokato	Osakis
Esko	Red Lake County Central	Dilworth-Glyndon-Felton	Pine Island
Farmington	Red Rock Central	Esko	Pierz
Grand Rapids	Rothsay	Foley	Rockford
Hutchinson	Sebeka	Glencoe-Silver Lake	Rush City
Irondale	Springfield	Hawley	St Paul Highland Park
Mankato West	Stephen-Argyle	Hermantown	St Peter
Minneapolis Washburn	Southwest Christian	Holy Family Catholic	Tartan
Monticello	Underwood	Jackson County Central	Visitation
Mounds View	United South Central	Jordan	Wadena-Deer Creek
Nova Classic Academy	Verndale	Kenyon-Wanamingo	Waterville-Elysian-
Orono	Wabasha-Kellogg	LeSeuer-Henderson	Morristown
Pine Island	Westbrook-Walnut Grove	Litchfield	Worthington
Prior Lake	Wheaton/Herman-Norcross	Maple Lake	
Robbinsdale Armstrong	Win-E-Mac	Maple River	Class AAA Gold
Rochester Lourdes	Yellow Medicine East	Milaca	
Rochester Mayo		Melrose	Apple Valley
Rosemount	Class A Silver	Montevideo	Bemidji
Schaeffer Academy		Mora	
Simley	Badger-Greenbush-Middle	New London-	

... continued on page 30

After the Game Bring Your Team to 

## TEAM ACADEMICS . . . continued from page 29

Bloomington Jefferson		Kerkhoven-Murdock-Sunberg	Albany
Burnsville		Red Lake County	Hermantown
Cambridge-Isanti		Fosston	South St Paul
Centennial	Football		Mound-Westonka
Champlin Park		2A Gold	Kasson-Mantorville
Cretin-Derham Hall	9 Man Gold		Waseca
Detroit Lakes		St Charles	Orono
Eden Prairie	Hancock	Minnewaska Area	4A Silver
Elk River	Stephen-Argyle Central	Pelican Rapids	Big Lake
Forest Lake	Verndale	Lake Crystal Wellcome Memorial	Grand Rapids
Hastings	Northern Freeze	BOLD	Hibbing
Hutchinson	Brandon-Evansville	Eden Valley-Watkins	5A Gold
Mankato West	Kittson County Central	Crosby-Ironton	Mankato West
Minneapolis Southwest	Underwood	Maple River	Apple Valley
Minneapolis Washburn	Rothsay	Caledonia	Monticello
Monticello		NHREG	Owatonna
Moorhead	9 Man Silver		Faribault
Mounds View		2A Silver	Alexandria
Osseo	Nevis		Cambridge-Isanti
Robbinsdale Armstrong	Mountain Lake	Hawley	Northfield
Roseville Area	Grand Meadow	Luverne	St Michael-Albertville
Rochester Century	North Woods	Lewiston-Altura	Bemidji
St Cloud Apollo	Ely	Benson	Rogers
St Francis	Cromwell		St Francis
Sartell-St Stephen	Bertha-Hewitt	3A Gold	Willmar
Shakopee	Westbrook-Walnut Grove		Andover
Simley	Ada-Borup	Morris Area/Chokio-Alberta	Waconia
Totino-Grace	Hillcrest Lutheran	Rochester Lourdes	Duluth East
Waconia		Plainview-Elgin-Millville	North St Paul
Wayzata	1A Gold	St Cloud Cathedral	Spring Lake Park
Winona		Melrose	Chisago Lakes
	MN Valley Lutheran	Montevideo	
Class AAA Silver	Browerville	Minnehaha/Hope Academy	5A Silver
	Goodhue	Blue Earth Area	
Alexandria	Bethlehem Academy	Perham	Brainerd
Andover	Blooming Prairie	Tri City United	Sauk Rapids-Rice
Anoka	Adrian	Foley	Bloomington Jefferson
Benilde-St Margaret's	Wabasha-Kellogg	Perham	Elk River
Chanhassen	New York Mills		Rochester Mayo
Chaska	Janesville-Waldorf-	3A Silver	St Louis Park
Delano	Pemberton		St Cloud Apollo
Duluth East	Barnum	Glencoe-Silver Lake	Mankato East
Eagan	United South Central	Rockford	
Edina	Murray County Central	Milaca	6A Gold
Faribault	Mahnomen	Cannon Falls	
Lakeville South	MACCRAY		Maple Grove
Mankato East	Red Rock Central	4A Gold	Totino Grace
New Prague	Kimball		Rosemount
North Branch	Minneota	Fergus Falls	Eastview
Owatonna	Dawson-Boyd	Little Falls	Cretin-Derham Hall
Prior Lake		Detroit Lakes	Lakeville South
Rochester John Marshall	1A Silver	Marshall	Edina
Rochester Mayo		Rocori	Farmington
Rosemount	Springfield	Dasel-Cokato	
St Cloud Tech	Upsala-Swanville	Winona	6A Silver
Sauk Rapids-Rice	Prairie Valley	Holy Family	
South St Paul	Fillmore Central	Hutchinson	

Egan	Ottertail Central	Lewiston-Altura/ RushfordPeterson	St Cloud Cathedral
Mounds View	St Cloud Cathedral	Dover-Eyota	Sauk Centre
Minnetonka	Sauk Centre	Grand Meadow/ LeRoy-Ostrander/Southland	Cook County/Two Harbors
Shakopee	West Central Area	LaCrescent	Crosby-Ironton
Champlin Park	Wheaton	Cannon Falls	Deer River/Northland
Stillwater Area	Cook County/Two Harbors	Hayfield	Ely
Blaine	Ely	Byron	Esko
Burnsville	Esko	Lake City	Eveleth-Gilbert
Centennial	International Falls	Winona Cotter	International Falls
Boys Cross Country	Duluth Marshall	Pine Island	Duluth Marshall
1A Gold	Mesabi East	Belle Plaine/Holy Family	Mesabi East
Dover-Eyota	Moose Lake-Willow River/ Barnum	Fairmont	Moose Lake-Willow River/ Barnum
Plainview-Elgin-Millville	South Ridge/Northwoods/ Cherry	Lake Crystal Wellcome	Proctor
Lanesboro/Fillmore Central	Virginia	Memorial/Nicolett	South Ridge/Northwoods/ Cherry
LaCrescent	Bagley/Fosston	Mankato Loyola/Cleveland	Carlton
Winona Cotter	Hawley/Ulen Hitterdal	Martin County West	Bagley/Fosston
Pine Island	Pequot Lakes	MN Valley Lutheran	Hawley/Ulen- Hitterdal
Lewiston-Altura/Rushford- Peterson	Perham	St Peter	Pequot Lakes
Byron	Roseau	Tri City United	Perham
Cannon Falls	Staples-Motley	Waseca	Roseau
Belle Plaine/Holy Family	1A Silver	Waterville-Eysian/ Morristown/ Waldorf-Pemberton	Staples-Motley
Blue Earth	Chatfield	Luverne	Girls 1A Silver
GFW	Lake City	Lakeview	Carlton
Lake Crystal Wellcome	Rochester Lourdes	Hendricks	Goodhue
Memorial	Blooming Prairie	Lac qui Parle Valley/ Dawson-Boyd	Rochester Lourdes
LeSeuer-Henderson/MNCS	Goodhue	Redwood Valley	Schaeffer Academy
Mankato Loyola/Cleveland	Fairmont	Mountain Lake Area	Blue Earth Area
Maple River	Waseca	Canby-Minneota	Greenway/Nashwauk- Keewatin
Martin County West	Waterville-Elysian/ Janesville/Waldorf-Pembeton	Montevideo	Boys 2A Gold
MN Valley Lutheran	MACCRAY/RCW	Springfield/Cedar Mountain	Eastview
Tri City United	Mountain Lake Area	Murray County Central/ Fulda	Red Wing
Luverne	Springfield/Cedar Mountain	Jordan	Hastings
Redwood Valley	Lac qui Parle Valley/ Dawson-Boyd	Trinity @ River Ridge	Winona
Murray County Central/ Fulda	Pipestone	Minnehaha Academy	Lakeville North
Montevideo	Canby/Minneota	Breck	Lakeville South'
Minnehaha Academy	Holy Family	Spectrum	Albert Lea
Jordan	New London-Spicer	Norwood-Young America	Delano
Breck	Royalton	Watertown-Mayer	Marshall
Trinity @ River Ridge	St Cloud Christian	Mayer Lutheran	Shakopee
Mounds Park Academy	Eveleth-Gilbert	Providence Academy	Worthington
Spectrum	Greenway/Nashwauk- Keewatin	Pine City'	Dassel-Cokato
Norwood-Young America	Mt Iron-Buhl	Howard Lake-Waverly	Chaska
Watertown-Mayer	New York Mills	Milaca	Chanhassen
Providence Academy	Warroad	Mora	Mound-Westonka
Milaca	Girls 1A Gold	Annandale	Waconia
Annandale	Stewartville	Foley	New Prague
Foley	Chatfield	Albany	Apple Valley
Rush City	Lanesboro/Fillmore Central	Eden Valley-Watkins/ Kimball	Bloomington Jefferson
Albany	Plainview-Elgin-Millville	Morris Area	Prior Lake
Eden Valley-Watkins		New London-Spicer	
Melrose		Osakis	
Morris Area			
Osakis			

... continued on page 32

After the Game Bring Your Team to 

## TEAM ACADEMICS ■ ■ ■ continued from page 31

Rosemount  
Academy of the Holy Angels  
St Thomas Academy  
Stillwater  
East Ridge  
St Paul Como Park  
Mahtomedi  
Roseville Area  
Cretin-Derham Hall  
St Paul Highland Park  
Centennial  
Champlin Park  
Irondale  
Park Center  
St Michael-Albertville  
St Anthony Village  
Rogers  
Osseo  
Benilde-St Margaret's  
Eden Prairie  
St Louis Park  
Edina  
Hopkins  
Wayzata  
Minneapolis Washburn  
Andover  
Big Lake  
Duluth East  
Bemidji  
Brainerd  
Little Falls  
Monticello  
Moorhead  
Rocori  
Willmar

### Boys 2A Silver

Hutchinson  
Owatonna  
Farmington  
Austin  
Mankato West  
Orono  
Buffalo  
Park  
Eagan  
Sibley  
Hill-Murray  
White Bear Lake  
Blaine  
Coon Rapids  
St Louis Park  
St Francis  
Becker  
Detroit Lakes

Girls 2A Gold  
Hutchinson  
Red Wing  
Hastings  
Lakeville North  
Albert Lea  
Winona  
Rochester John Marshall  
Rochester Century  
Delano  
Shakopee  
Worthington  
Mankato West  
Waconia  
Dassel-Cokato  
Chaska  
Chanhasen  
Mankato East  
Marshall  
Orono  
New Prague  
Bloomington Jefferson  
Prior Lake  
Academy of the Holy Angels  
Park  
Sibley  
Eastview  
Eagan  
Mahtomedi  
St Paul Highland Park  
White Bear Lake  
Roseville Area  
Cretin-Derham Hall  
East Ridge  
Stillwater Area  
Blaine  
Centennial  
Champlin Park  
Irondale  
Park Center  
St Michael-Albertville  
St Anthony Village  
Rogers  
Osseo  
Benilde-St Margaret's  
Eden Prairie  
St Louis Park  
Edina  
Hopkins  
Wayzata  
Minneapolis Washburn  
Hibbing  
Duluth East  
Andover  
Forest Lake  
Elk River

Big Lake  
Alexandria  
Bemidji  
Little Falls  
Moorhead  
St Cloud Tech  
Sartell-St Stephen  
Willmar  
St Cloud Apollo

### Girls 2A Silver

Farmington  
St Paul Como Park  
Minnetonka  
Blake  
Brainerd  
Monticello  
Rocori

### Girls Swimming and Diving

#### Gold

Farmington  
Rochester Century  
Rochester Mayo  
Willmar  
Litchfield  
Dassel- Cokato  
East Ridge  
Chisago Lakes  
Centennial  
Princeton  
Foley  
Wayzata  
Sartell-St Stephen  
Minnewaska Area/Morris  
Minneapolis South  
Minneapolis Southwest  
Hopkins  
Eden Prairie  
Duluth East  
Brainerd  
St Anthony Village

#### Silver

Bloomington Kennedy  
Faribault  
Mankato East  
Mankato West  
New Prague  
Northfield  
St Peter  
Simley  
Winona  
Breck  
Fridley  
Apple Valley

Burnsville  
Lakeville North  
Orono  
Chaska  
Hutchinson  
Waconia  
Delano  
Eastview  
Rosemount  
Woodbury  
Cretin-Derham Hall  
St Paul Highland Park  
Hill-Murray  
Minneapolis Washburn  
North St Paul  
St Paul Central  
Proctor/Hermantown  
Sauk Rapids-Rice  
Becker  
Cloquet/Esko/Carlton  
Monticello  
Big Lake  
Irondale  
Osseo  
Park Center  
Robbinsdale Armstrong  
Robbinsdale Cooper  
Sauk Centre  
St Cloud Cathedral  
Albany  
Melrose  
Little Falls  
Minnetonka  
Edina  
Grand Rapids  
Eveleth-Gilbert  
Hibbing  
Virginia  
Anoka  
Cambridge-Isanti  
Champlin Park  
Forest Lake  
Fosston/Bagley  
Fergus Falls  
Perham  
Warroad  
Buffalo  
St Michael-Albertville

## ADAPTED ATHLETICS

By Marcus Onsum, Robbinsdale  
President, Minnesota Adapted Coaches Association

Our fall adapted soccer season has now wrapped up, and many of our adapted coaches and athletes find themselves preparing for the upcoming, exciting and fun filled adapted hockey season. Most, if not all of our athletes are in the process of making the transition from one sport to another, and are already fired up to get the hockey season started! The adapted floor hockey regular season will be in full-swing by the end of January, with the state tournament being held at Bloomington Jefferson High School on March 13 & 14, 2015.

Since the last issue of Minnesota Prep Coach in September, state champions were crowned in adapted soccer. The adapted soccer state tournament was held on November 14 & 15 at Stillwater High School, and we had another great turnout. In the PI division, Robbinsdale-Hopkins-Mound Westonka claimed their seventh consecutive adapted soccer title, with a 2-1 win over Anoka-Hennepin. In the CI Division, South Washington County claimed the adapted soccer state championship with 3-2 overtime win over Dakota United. Congratulations to both of these programs for fantastic seasons!

One of my continuing goals for this year is to further 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. I have been working on setting up a Coaches Association website for our adapted members to use, including online discussion forums for rules discussions, etc. After encountering a few technical setbacks, the site should be functional during our upcoming floor hockey season. Please be on the lookout for login information.

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

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

# SERVICE ACES

By: Les Zellmann  
MSHSTCA President  
St. James



Happy Holidays from the MTC Executive Committee! We hope the holiday season brings all of you a time joy and happiness.

Another season of Girl's Tennis has come to a conclusion with the completion of the 2014 State Tournament. The Annual State Tournament Banquet was a real success. We had a record attendance at our banquet. This event really provided an opportunity for the State Tournament players to have center stage for an evening. Thanks to Mark Hultgren for his effort to make this event more successful each year. Over 680 people attended the banquet. Edina repeated as Class AA team champions and it was Holy Family Catholic winning the team championship in Class A. Danielle Gannon (HFC) became the Class A singles champion and winning the singles championship in Class AA was Caitlyn Mezbacher (Edina) for a second time. Doubles champions in AA were Jane Fraley/Libby Rickeman (Blake) and in Class A, the champions were Grace Zumwinkle/ Kendall Kozikowski (Breck). Another important recognition for our school programs was that 130 schools were recognized as either silver or gold academic winners. Great job in classroom - girls!!

Congratulations to our Coaches of the Year!

Head Coach of the Year:

Class A - Jack Roach, Holy Family Catholic

Class AA - Kelly Dorr, Princeton

Co- Assistant Coaches of the year:

Class A - Kristin Unverzagt -Pine City

Trish Mercier -Waseca

Class AA - Ken Pankow -Bemidji

Chris Granley, (Grand Rapids).

Remember to register for the Minnesota Coaches Clinic on February 27 & 28. The clinic will again be at the Fred Wells Tennis & Education Center (Fort Snelling area). Rick Engelstad, MTC Executive Director (Pine City), has been working hard putting it together the clinic. On Friday evening (February 27), you will have the opportunity to be on court to demo new racquets. In addition the first session of our clinic will be presented by the positive Coaching Alliance presenting the topic of "Elevating Your Game and Becoming a Triple Threat Competitor". We will also have our Minnesota Tennis Coaches annual meeting on Friday evening. This is an important meeting to gain awareness of the key topics of interest for our membership. On Saturday, we will have a number of clinicians presenting on an array of topics. Our keynote presenter this year will be Jorge Capestany sponsored by Wilson Premier

Advisory Staff. The clinic looks to be as strong as ever with the slated agenda and presenters. Also, if you register by February 15, you will receive the clinic shirt. We look forward to having you be part of it. Register early and bring your complete tennis coaching staff to take advantage!

As we look toward the boy's tennis season, I encourage boy's coaches (head and assistants) who have not renewed your membership to get that done now. If you are a head coach and your assistant(s) has not joined the association, please encourage him/her to do so. We really want to see more assistants involved! Likewise, if you are an assistant and your head coach has not been a member, please encourage him/her to do so.

As always, we want every tennis coach to be part of our association it is important for you to join the coaches association. We would love to have those who were non-members last year become part of the coaches association. We want our association to grow. We would like to really increase the involvement of assistant coaches. Please remember that in order for your program or players to be eligible for academic awards that you must be a member. We want to continue the growth of the number of assistant coaches that have joined 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.

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

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

## 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](mailto:jbad154@q.com)

# 2015 TENNIS CLINIC • FEBRUARY 27<sup>TH</sup> AND 28<sup>TH</sup>, 2015

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

## TENTATIVE 2015 TENNIS CLINIC

### FRIDAY, FEBRUARY 27<sup>th</sup>

5:00 OPEN PLAYING TIME - Demo Equipment

6:00 CLINICIAN: Positive Coaching Alliance  
Topic: Elevating Your Game,  
Becoming a Triple Impact  
Competitor

8:00 MTCA MEETING AND SOCIAL  
Beverage and Pizza

### SATURDAY, FEBRUARY 28<sup>th</sup>

8:15 WELCOME: Rick Engelstad &  
Les Zellmann, MTCA President

8:30 CLINICIAN: Chris Combs  
Topic: TBD

9:30 CLINICIAN: Bryan McCoy, Fridley Tennis  
Department Head and  
USPTA Professional  
Topic: Productive practices  
and training

10:30 COACHES CORNER: Coaches favorites  
Aaron Rothenberger, St. Peter  
Boys & Girls HS Coach  
Topic: Team Warm-up Drills  
- emphasis on skill work  
and repetition

Koua Yang, St. Paul Harding  
Boys & Girls HS Coach  
Topics: Situational/Practice  
Drills: Singles and Doubles  
"How to stay focused and win  
the BIG points"

11:30 LUNCH BREAK: Erbert's and Gerbert's  
12:10 USTA: Programs and Resources for  
High School Coaches

12:30 WILSON SPEAKER: Jorge Capestany, Wilson  
Premier Advisory Staff  
Topic: TBD

2:30 CLINICIAN: Gary Aasen, Edina Boy's HS  
Tennis Coach  
Topic: TBD

3:30 DRAWING FOR PRIZES



Pre-register for the clinic online at:  
<https://mshsca14.cordonco.com/>

*Coaches registering before February 13<sup>th</sup> will receive a 2015 Clinic specific t-shirt and if you are attending Friday nights events you will receive a book for the Positive Coaching Alliance Class.*

#### Want to send one check for your entire staff?

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

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

#### ALREADY A MEMBER?

Login at <https://mshsca14.cordonco.com/> use your email and the password you chose OR zzz is what the MSHSCA used as your password. Follow the event registration link on the left side of your profile.

#### ATTENDING THE CLINIC ONLY?

There is a spot to register at <https://mshsca14.cordonco.com/>. Once you have entered your email and profile information, you must select Boys or Girls Tennis as your 1<sup>st</sup> sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

#### **Clinic fee is \$50 in advance and \$70 at the door.**

Make check out to MSHSCA  
Mail to: Rick Engelstad, 21167 Crab Apple Dr., Pine City, MN 55063

#### **Questions about registration?**

Call Mary at [218-234-0345](tel:218-234-0345)  
email: [jomar2@arvig.net](mailto:jomar2@arvig.net)

#### **Clinic questions?**

Contact Rick at © [763-242-1451](tel:763-242-1451)  
email: [rengelstad@isd578.org](mailto:rengelstad@isd578.org)



After the Game Bring Your Team to 



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

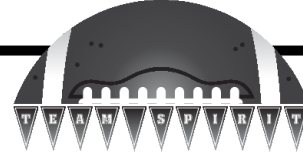
It has been said that leaders have a vision, and more, the ability to take others with them on their vision quest. That is just what, some sixty (nearly) years ago, coaches from across our state came together to do..On a warm Spring day in 1956 a group of high school football coaches met at the University of Minnesota's football coaching clinic to organize a football coaches association. the following were selected to represent the then eight regions of the state and were named to the board of directors .Jim Christan, Faribault, Louis Todnem, Mankato, Art Avis, Hutichinson, Russ Fochter, Red Wing, Frank Cleve, Minneapolis, Jerry Olson, Moorhead, Jim Nelson, Rush City, and Red Wilson, Bemidji. The first officers of the newly formed organization were President Harvey Shew, Brainerd, 1st Vice President Lew Swearingen, Jackson, 2nd Vice President Herm Frickey, Hibbing and Secretary-Treasurer Frank Cleve Minneapolis Henry. Interestingly enough, the two motions to come out of that first meeting were; to recommend to the Board of Control to allow ten days of Spring practice, and to allow teams to play their first game at the end of two weeks of practice. Both carried by a majority vote. Imagine that...

This brief history has been offered to give a glimpse of the vision of our leaders past. We all know that change is constant, and we either manage it or it manages us. Much has changed since those early years, and when we think of how far we have come we realize that the changes have been progressive, positive and in some ways, astounding. There is no need to reflect on the many ways the MFCA has progressed and grown in the years since that first meeting, all we need do is realize that while our accomplishments are many, as keepers of the game we must continue to follow the lead of the men who came before us; serve with passion and embrace the inevitable changes that make our profession relevant; our game better.

Football, in the 21st century has never been played better or is more popular than it is now This coming year will give us the opportunity to embrace the changes that will only make our game safer and better yet. Working hand in hand with the MSHSL ,the MFCA is poised and ready to support and help initiate positive changes in how we practice and play. As in the past, the MFCA can and will serve as the flag ship for the efforts to keep our game a worthy and enjoyable experience for all who choose to play it.

The year 2014 is history.. 2015 will be historical as well. A salute and congratulations to our State champions, the teams from Eden Prairie, Mankato West, Becker, Holdingford, Minneota, Rochester Lourdes, and Grand Meadow, and to the 2014 Mr. Football recipient, Robbie Gimsley, Hutchinson.

From the MFCA, Happy Holidays to all of you... THE KEEPERS OF THE GAME!!



## 2015 MINNESOTA FOOTBALL COACHES CLINIC

The Official Clinic of our MFCA in Partnership with  
the University of Minnesota

If you can attend just one clinic, this is THE ONE!!

Doubletree Hotel in St. Louis Park

### March 26, 27 & 28, 2015

FEATURED IN 2015

#### 2015 CLINIC COMMITTEE

Gophers & Vikings Headliners

Ron Stolski, MFCA Director [stolski@yahoo.com](mailto:stolski@yahoo.com)

Joe Ehrmann, NFL Alumnus, Author

Dave Nigon, Exhibits [dlnigon@yahoo.com](mailto:dlnigon@yahoo.com)

Joe Glenn & U of So. Dakota Staff

Jim Dotseth, Finances [dotsethj@comcast.net](mailto:dotsethj@comcast.net)

H. S. Coaches from OK, TX, AZ, PA & NV

Ray Kirch, Registration [kirchr@district279.org](mailto:kirchr@district279.org)

Area High School & College Speakers

Dave Nelson, Advertising

[dave.nelson@minnetonka.k12.mn.us](mailto:dave.nelson@minnetonka.k12.mn.us)

FCA Luncheon

Claud Allaire, Schedule & Speakers

[claud.allaire@comcast.net](mailto:claud.allaire@comcast.net)

**Check for additional speakers on the MFC  
Clinic website, plus on-line registration.**

**"Don Swanson" Tailgate Party & AWARDS!**

**Conducted by the MFCA – "The Keepers of the Game"**

**[www.mnfootballclinic.com](http://www.mnfootballclinic.com)**

# SAVE THE DATE FOR THE 2015 WOMEN COACHES SYMPOSIUM

The event is co-sponsored by the Tucker Center for Research on Girls & Women in Sport at the U of M, Gopher Athletics and the Alliance of Women Coaches. *For updated information on speakers, program, registration and schedule visit our website at [www.TuckerCenter.org](http://www.TuckerCenter.org).* You won't want to miss it!

**2nd annual Women Coaches Symposium**  
**Friday, April 17, 2015**  
**8-4pm**  
**TCF Bank Stadium**  
**University of Minnesota • Minneapolis , MN**

## 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)

After the Game Bring Your Team to 

## DECEMBER MEMBERSHIP REPORT 2014

<u>Types of Membership</u>	<u>2013-14</u>	<u>2014-15</u>
Active Class A & AA	6244	4972
Associates	1339	1281
Active Life	689	377
Retired Life	897	889
<u>Honorary</u>	<u>3</u>	<u>3</u>
	9,172	7,522

### Breakdown of membership by sport association

(2013-14 totals in parenthesis)

Adapted Athletics (18)	16
Boys Lacrosse (72)	23
Alpine Skiing (68)	45
Girls Lacrosse (70)	12
Athletic Directors (90)	90
Football (1140)	1120
Baseball (480)	407
Boys Hockey (238)	180
Boys Basketball (786)	730
Golf (boys & girls) (330)	241
Girls Basketball (731)	615
Soccer (boys & girls) (409)	392
Cross Country (393)	376
Softball (483)	273
Gymnastics (203)	174
Synchronized Swimming (16)	4
Nordic Skiing (130)	92
Girls Tennis (208)	203
Volleyball (648)	665
Boys Tennis (172)	115
Boys Swimming (193)	153
Track & Field (752)	574
Girls Swimming (235)	239
Wrestling (100)	109

Sport associations that collect their own dues, but join the MSHSCA are Dance 10, Cheer 11, Clay Target 6 and Girls Hockey 31.S

## MnIAAA CORNER

*By: Mindy Sparby  
Belle Plaine*

Hello everyone! It's hard to believe we are through the fall sports season and the winter activities are in full swing. I want to give you an update on what's been happening with the MnIAAA since the state convention in March. Mike Beck, John Vraa and Eric Rodine headed down to Sunny Omaha in June for the Region V meeting. It's a good meeting to get to hear updates from our Region as well as connect with board members from North Dakota, South Dakota, Nebraska, Kansas and Missouri.

In July, many of us had the opportunity to connect at the "Why We Play" conference at St. Thomas University. The MSHSL, MnIAAA and Coaches Association worked together to put on another great event for our coaches and AD's. Greg Dale spoke and delivered an awesome message on "Creating a Positive Team Culture". There were a number of breakout sessions as well, and I was lucky enough to be a part of Troy Urdahl's break out session, "Keeping Practice Fun". Jody Redman and Tom Cody also delivered the Keynote: "Coaching Purpose and What Get's in the Way".

September 7th and 8th we brought in 42 new AD's for the New AD Workshop. It's fun to meet all the new AD's and talk through their experiences from the first few weeks of their job. Joe Hedervare from Waseca and Gwen Poore from Anoka High School shared their journey from their 1st year as AD's. Sharon Euerle Region 2A Secretary, gave a great message on how Regions work and what the role is of a member school in their Region. The Mentorship committee took over the evening agenda and provided each AD with a flash drive of "tools" to take back. We had great round table discussions. Day two we went to the MSHSL office where AD's met the MSHSL staff and listened to them present.

October 8th we met with the Region Reps at the MSHSL office. It was a great time to talk through the year a head of us.

Tim Hermann is working hard planning the State Conference in March and we are excited to see it all come together!

Enjoy the kickoff of the winter seasons!

***"No one has ever  
drowned in sweat."***

**- Lou Holtz**



By : Jody Redman

### FUN—IT'S WHY THEY PLAY

Playing high school sports has the potential to provide students with meaningful and growth-filled experiences. Through play, students are deeply connected to their peer group, to caring adults and to their school community. As educators, we want students to be a part of these important developmental experiences that teach them valuable life lessons.

For growth-filled experiences to occur coaches must be aware of their greater purpose and must be intentional about providing students with experiences that keep them engaged and coming back. Unfortunately, by the age of thirteen, over 70% of students who participate in youth sports quit. In a recent study the Milken Institute School of Public Health at George Washington University found that the number one reason why kids quit is because it's no longer fun.

When we talk about sports, we typically use the word 'PLAY' to define the experience. We 'PLAY' sports, play has natural attraction. It's fun. When we lose sight of this and view sports as 'WORK', we lose kids. We have to be intentional about and focus on WHY kids show up in the first place—because it's fun. Paul Wagner, the author of Play says, "Remembering what play is all about and making it a part of

our daily lives are probably the most important factors in being a fulfilled human being. The ability to play is critical not only to being happy, but also to sustaining social relationships and being a creative, innovative person."

If we want to keep kids participating in programs that will connect them to one another and their school community, and develop skills that will sustain them beyond high school and a game, we must keep them coming back. We must connect with them through play. "Play energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us up to new possibilities."

Be intentional about incorporating FUN into your practice every day. Fun doesn't mean puppies and bunnies, it means engaging your students in activities they enjoy. Ask your students to assist you in putting together the teams Top Ten Fun Games or Drills and then be sure to include them in your practice plan. When your students begin to lose focus, and you get frustrated, turn to fun—take 10 minutes to re-engage them through PLAY.

Follow the WHY WE PLAY movement on Twitter at WHY WE PLAY @mshsl\_coaches

*"Never ruin an apology  
with an excuse."*

- Ben Franklin

## WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

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

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

After the Game Bring Your Team to 

# 2014 FALL STATE CHAMPIONS CONGRATULATED

The MSHSCA and the Editor of The MN Prep Coach would like to take this opportunity to congratulate the 2014 Fall State Champions and their coaches. They will appear in the order of completion.

## Girls Swimming and Diving ( True Team)

Class A	Visitation	Nate Linscheid
Class AA	Wayzata	Elizabeth Hansen

## Girls Tennis

Class A	Holy Family Catholic	Jack Roach
Class AA	Edina	Steve Paulsen

## Boys Soccer

Class A	St Cloud Apollo	Ganard Orionzi
Class AA	Anoka	Pete Hayes

## Girls Soccer

Class A	Orono	Erin Murray
Class AA	Eagan	Bulet Ozturk

## Boys Cross Country

Class A	Mora	Chris Goebel
Class AA	Wayzata	Bill Miles

## Girls Cross Country

Class A	Trinity School @ River Ridge	Jesse Schoen
Class AA	Wayzata Volleyball	Dave Emmans

Class 1A	Bethlehem Academy	Franz Boelter
Class 2A	Stewartville	John Dzubay
Class 3A	Chaska	Sue Murphy

## Girls Swimming and Diving ( MSHSL )

Class A	Visitation	Nate Linscheid
Class AA	Wayzata	Elizabeth Hansen

## Adapted Soccer

PI	Robbinsdale-Hopkins- Mound-Westonka	Marcus Onsum
----	--	--------------

CI	South Washington County	John Culbertson
----	----------------------------	-----------------

## Football

9 Man	Grand Meadow	Gary Sloan
1A	Minneota	Chad Johnston
2A	Holdingford	Luke Mitchell
3A	Rochester Lourdes	Mike Kesler
4A	Becker	Dwight Lundeen
5A	Mankato West	Mark Esch
6A	Eden Prairie	Mike Grant



## National High School Athletic Coaches Association

### 2015 NHSACA National Convention

**June 16 - 20, 2015**  
**(Tues □ Sat)**

**Kahler Grand Hotel**  
**Rochester, MN**

**Rooms: \$95.00/night Call: 507.280.6200 or 800.533.1655**

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

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

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

**Visit the NHSACA Website after January 1, 2015 to register!!**  
[www.hscoaches.org](http://www.hscoaches.org)

# Mat Chatter

By: Chad Johnson  
Sibley East



Well the high school seasons have begun. Grand Rapids wins the first dual of the year and Maple Grove as well as KMS win the first tournaments of the year. Some teams have yet to hit the mat, but without a doubt the schedules are heating up. The Fab Four as far as the rankings are concerned in each of our 3 classes are: Class AAA Apple Valley, STMA, Prior Lake and Shakopee, Class AA Simley, Totino Grace, Kasson Mantorville and Albert Lea, and Class A Minneota, LCWM, Chatfield and Adrian. Top individuals to watch statewide are The Moore Brothers of JCC, Cameron Sykora of Border West, Lance Benick of Totino, Brady Berge of Kasson, Mark Hall of Apple Valley, Mitchell McKee of STMA and Owen Webster of Shakopee..... Those would be my top eight go to see guys if you want a recommendation.

Show time has hit the college scene. Gophers are off to an undefeated start. Beating top ten ranked Oklahoma State this past weekend. Starting to get the wrestling itch I decided to head down to Ames Iowa to watch a little college wrestling. While sitting among the St Cloud contingent I realized how lucky I am to be part of this sport. Having coached many other sports in years, I realized wrestling is different when it comes to relationships with former wrestlers and former kids you coached against. I went to support Aaron Bates who was one of my former wrestlers, but instead I had the opportunity to sit and chat with other high school coaches which I think is pretty normal. The difference, I spent hours talking to wrestlers from ACGC (Bomstad), Prior Lake (Johnshoys), Cambridge (Jennissen), Benilde (Ofstedahl) and LCWM (Trembley) among others. Trembley and Bomstad were kids who were wrestlers that I hated to see in lineups against my teams..... not sure I ever got a win against either. Yet, there is always a common wrestling bond with them all. Makes you proud everyday to coach a sport that allows you to coach for and against kids..... but in the end your all on the same teams.

It has been said many times as a coach. I will know how well I did as a coach in five-ten years after they are gone from our program. Yes, we teach and coach the sport of wrestling. Hopefully we are doing more than that, like teaching and coaching kids to be successful in life. Although I never really got to teach or coach this individual. His parents, coaches and community should be extremely proud. Kevin Steinhaus and his wife recently drove to my school to talk about what they are doing with their lives. They are actively involved in Athletes in Action. They are working with college students at the University of Minnesota. God has two great people speaking on his behalf with Kevin and Bri Steinhaus. If anybody ever has a desire to meet two exceptional people and have them explain what they do. Give me a call or email. They would love to have you be part of their team. I am proud to say I am.

If you have not heard. International Falls now has wrestling. Our sport seldom sees the addition of a team. Co-ops has taken over as the normal for our sport. So anytime we hear the addition we should defiantly acknowledge it. If your team ever runs into International Falls make sure you recognize those coaches and wrestlers. These individuals are pioneers. I for one will be rooting for them, I hope everybody that can help a team get on its feet does so. For the love of the sport!!!

Key dates coming up:

December 12 Brainerd Tournament

December 19-20 Christmas Tournament, Redwood Riot and Big Bear

January 2-3 The Clash and Rumble on the Red

January 9-10 Bemidji Tournament

January 24th Mankato @ St Cloud

January 25th Minnesota @ Penn St

January 30th Iowa @ Minnesota

February 5th Wartburg @ Augsburg

February 13th St. Cloud @ Marshall

## MSHSCA 2014-2015 Meeting Dates

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 

# MEMBERSHIP PERKS

S

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

H

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

S

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

C

- **RAMADA PLAZA - Minneapolis** - \$89.00 - (612) 331-1900 (Based on availability)

A

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

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

- **ROSEVILLE VISITORS Association DISCOUNTS** - [www.visitroseville.com](http://www.visitroseville.com)

- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 - 12/31/2014

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

# MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

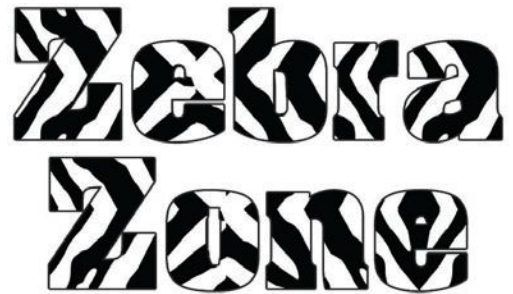
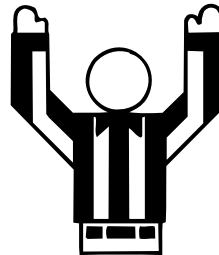
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

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

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

John Schumacher  
16332 Deer View Rd  
Park Rapids, MN 56470



By: Terry Eiter  
Detroit Lakes

With a new platform of activities now underway for the winter season there comes with it some misunderstandings of how those activities are administered by the officials. With the Holiday season quickly approaching, I'd like to pass along my best wishes - that is it is my best wish that you may have a better understanding. Specifically as the rules apply to the sport of high school basketball. This Zebra Zone is going to take a look at some misunderstood situations in high school basketball and attempt to bring about some clarification to them.

### Misunderstanding

#1: Slapping the backboard is a technical foul. Reality: When a player simply attempts to block a shot and accidentally slaps the backboard it is neither a violation nor is it a technical foul. Slapping the backboard is neither basket interference nor is it goaltending and points cannot be awarded. However, when a player who strikes a backboard, during a tap, or a try, so forcefully that it cannot be ignored because it is an attempt to draw attention to the player, or a means of venting frustration, or if the contact is such that it alters the path of the ball, the player may be assessed a technical foul.

### Misunderstanding

#2: Hitting the ball once it hits off the backboard on a layup is goaltending. Reality: The backboard has nothing to do with goaltending. Goaltending is when a player touches the ball during a try, or tap, while it is in its downward flight, entirely above the basket ring level, and has the possibility of entering the basket. On most layups, the ball is going up after it contacts the backboard. It is legal to pin the ball against the backboard if it still on the way up and not in the imaginary cylinder above the basket.

### Misunderstanding

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

#3: The ball is out of bounds when it hits the top of the backboard. Reality: The front, top, sides, and bottom of the backboard are all in play. The ball cannot legally pass over a rectangular backboard from either direction. The back of a backboard is out of bounds as well as the supporting structures.

#### Misunderstanding

#4: It is palming the ball or a traveling violation if you dribble the ball very high. Reality: Palming or carrying is when the ball comes to rest in the player's hand, and the player either travels with the ball, or dribbles a second time. There is no restriction as to how high a player may bounce the ball, provided the ball does not come to rest in a player's hand. Steps taken during a dribble are not traveling, including several that are sometimes taken when a high dribble takes place. It is not possible for a player to travel during a dribble, or if they have not first had control of the ball. A player fumbling the ball after a pass to them is not traveling - even if you move your feet several times to move to secure the ball.

#### Misunderstanding

#5: It is a reaching in foul if the defense "reaches in" in an attempt to steal the ball from the offense. Reality: Reaching in is not a foul. There must be illegal contact to have a foul. The mere act of reaching in, by itself, is nothing. If illegal contact does occur, then a foul should be assessed.

#### Misunderstanding

#6: It is a personal foul to reach over the back on a rebound. Reality: Over the back is not a foul. There must be illegal contact to have a foul. A taller player may often be able to get a rebound over a shorter player, even if the shorter player has good rebounding position. If the shorter player is displaced, then a pushing foul must be called. A rebounding player, with an inside position, while boxing out, is not allowed to push back or displace an opponent, which is a pushing foul.

#### Misunderstanding

#7: A defensive player must remain stationary to take a charge. Reality: This is not true, a defender may turn away or duck to absorb contact, provided he or she has already established legal

guarding position, which is both feet on the playing court and facing the opponent. The defender can always move backwards or sideways to maintain a legal guarding position and may even have one or both feet off the floor when contact occurs. That player may also legally rise vertically.

#### Misunderstanding

#8: If there is contact on a play, a foul must be called. Reality: The mere fact that contact occurs does not constitute a foul. Incidental contact is contact with an opponent which is permitted and does not constitute a foul. Contact, which occurs unintentionally in an effort by an opponent to reach a loose ball, or contact which may result when opponents are in equally favorable positions to perform normal defensive or offensive moves, should not be considered illegal, even though the contact may be severe. The fact that several players may end up on the floor attempting to secure the ball does not mean a foul occurred.

#### Misunderstanding

#9: If a player is in the lane for 3 seconds it is a violation. Reality: The intent of the three-second rule is to not allow an offensive player in the lane to gain an advantage. There is no three-second count between the release of a shot and the control of a rebound, at which time a new count starts. There is no three-second count during a throwin. There is no three-second count while the ball is in the backcourt. Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for goal and subsequently could be in the lane longer than 3 seconds.

#### Misunderstanding

#10: A player falling out of bounds with the ball can not call a time out. Reality: A player saving the ball in the air can ask for and be granted a timeout even if that player is going out of bounds. The key is whether or not the player has control of the ball. Remember - this is the high school rule. Also, the head coach may request and be granted a timeout if his or her player is holding or dribbling the ball, or during a dead ball period.

These are just a few of the many "misunderstandings" that come to mind over and over again and I wish you the best at hopefully understanding these areas better now. I encourage you to share this information as the basketball season progresses.

Remember it's just a game – try and keep it fun.

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

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**- Theodore Roosevelt**

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