



THE *Minnesota* PREP COACH

Vol. 50 No. 4 Published by the Minnesota State High School Coaches Association May 2012

URDAHL ELECTED TO MSHSCA VICE PRESIDENCY

The conclusion of the VP election on April 28th indicated that Troy Urdahl of St Anthony Village edged Larry Herm (Foley) and Patty Sorenson (Park Center) in an extremely close return for the position of Vice President of the MSHSCA. Urdahl will begin his four year term beginning with the Annual MSHCA Summer Meeting in early July. During year three of his term, Urdahl will serve as President of the 8000+ membership of the MSHSCA.

The MSHSCA would like to extend a sincere thanks to Larry Herm and Patty Sorenson for their interest in the post. Both would have provided excellent leadership.



Troy Urdahl has spent his entire professional career at St Anthony Village, one of the smallest Twin City area schools. For the past ten years, Urdahl has been the Huskies head baseball coach.

In addition to his coaching duties, he has been a Social Studies teacher, middle school Volleyball coach and is Athletic Director at the school. Troy attributes much of his success in life to his involvement in athletics and coaching. He believes it is important to give back to the athletic community and giving others the opportunity for similar experience.

A graduate of Litchfield HS, he played one year of Junior A hockey before enrolling at Hamline University and earning a Bachelors degree. While at Hamline, he received conference recognition in hockey and baseball and was a member of the Piper football team. Troy later added a Master's degree in Athletic Administration for St Thomas University and is currently enrolled in an Ed.D program at Bethel University.

As head baseball coach at St Anthony, he has been very active in the MN Baseball Coaches Association where he has served on various committees including serving as a Lion's All Star coach. During his tenure, Urdahl has been named

Section COTY six times and State Class AA COTY twice. During this time frame, the Huskies have been section champions five times and have won two Class AA crowns. He volunteers as a VFW coach over the past ten years including a VFW state title. In 2008, he was selected for the Litchfield HS Hall of Fame.

Urdahl was named Region 4A AD of the Year in 2010. He has served as a region representative and participated on numerous mentor ship and education committees for the MnIAAA. He provides the MSHSL with classes on coaching which includes hundreds of coaches. Working with and learning from adversity of other coaches has been a rewarding and enriching opportunity for Urdahl who provides support, training and and opportunities essential for coaches.

Tro comes from a proud family of teacher-coaches including his grandfather, Bill Frantti, long time hockey and football coach at St Cloud Tech. His father, Dean, taught and coached at New London-Spicer HS for 35 years.

Urdahl and his wife, Rebecca, a gymnastic coach, have four children— Violet, Lincoln, Calvin and Mason.

Featured In This Issue

Final Winter Team Academics	21
Scholarship Winners	22-23
AD's of the Year	24-25
Baseball Association Golf Tourney	28
Hodge Podge Golf	41

Clinic Information

Cross Country Clinic	9
Volleyball Clinic	43
Soccer Clinic	47

The Minnesota PREP COACH

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

EDITOR - Darien DeRocher
Address all news communications
and photos to:
Darien DeRocher
7101 Browns Ln
Brainerd MN 56401-6040
Phone (218) 825-8466
Fax (218) 825-8466
e-mail: mdder@q.com

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

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All Daily Communications should

be addressed to:

EXECUTIVE DIRECTOR:

John Erickson
MSHSCA
PO Box 519 • Detroit Lakes, MN
56502

Fax (218) 847-5493

(H) (218) 847-6796

Email: jomar@lakesnet.net

ADMINISTRATIVE ASS'T:

Mary Erickson, Detroit Lakes

MSHSL BOARD OF DIRECTORS:

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2011-2012 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	Craig Morgan
2A	Rick Burns (Lesueur-Henderson)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	(MN Valley Luth)
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	Donna Johansen
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	(Murray County Central)
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Alan Amdahl (Albany)	
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Derek Parendo (Proctor)		
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rapids)		
1AA	Terry Heiderscheit (Roch. JM)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)	Tink Larson (Waseca)	
3AA	Geri Dirth	Rod Dirth		
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Randy Glassmann (Maple Grove)	Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Park)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	Bill Magnuson-Fall
				John Roesch -Spring
				(Sauk Rapids-Rice)

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Bryan Wormley (Nevis)		Pete Veldman (retired)	
Adapted Athletics	Marcus Onsum (Robbinsdale)			Kelli Waalk (Maple Grove)
Baseball	Bruce Woitas (Sleepy Eye St Mary's)	Todd Smrekar (Cambridge)	John Wilkins (retired)	
Boys Basketball	Brad Strand (Pelican Rapids)		Tom Critchley (retired)	
Girls Basketball	Jen Rademacher (Robbinsdale Cooper)		Jen Johnson (Edina)	
Cross Country	Chris Frye (Chatfield)		Jeff Schmidt (Hutchinson)	Terri Ueland (Thief River)
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G-Lacrosse	Rachel Aiken (Chaska/Chanhassen)			
Alpine Skiing	Nelson Carlson (Eagan)			
Nordic Skiing	Dan Josephson (Detroit Lakes)			
Soccer	Mark Obarski (Eagan)		Dave Halgren (Ret.)	Keith Randa (Apple Valley)
				Art Seplak (Jefferson) Treas
Softball	Steve Radniecki (NCE)		Shelly Hotzler (JCC)	Hilary Hansen (Burnsville)
B-Swimming	Mike Steineman (Cretin-Derham Hall)		Rick Ringeisen (Lakeville)	Kate Steineman (Cretin-DH)
G-Swimming	Jennifer Marshall (Farmington)			
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Tennis	Robb DeCorsey (Glencoe-Silver Lake)		Rick Englestad (Pine City)	Scott Christensen Treasurer
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Volleyball	Jim Lee (Waconia)		Janet Golden-Landquist (Nevis)	Roger Gorham (Elk River)
Wrestling	John Barlund (Frazee)	Kurt Habeck (Eastview) Delegate	John Peterson (Elk River)	
Retired Coaches	Jim Dotseth			

President's Message

By: Becky Leuer - North Branch

Thoughts on Dealing with Parents

Parents. Without them we wouldn't have any kids to coach. With them, our coaching experience can be wonderful or a nightmare. It seems the helicopter parent is here to stay and more and more of our colleagues are dealing with issues that are unpleasant and, in some cases, have resulted in non-renewal of coaching contracts. Over the years I have had many dealings with parents as a teacher, a coach, and an Activities Director. Managing these situations effectively may very well save your job. I wish I could take credit for the tips shared in this article but along the way I got some great advice from some very smart people.. Maybe some of these tips will be beneficial to you.

1. Answer all emails with phone calls. It reduces the paper trail of misunderstanding and also helps your administration because the parent will not have ten pages of emails to forward. Keep notes during the phone call. If you are upset, don't call immediately. Let the parents know during the preseason meeting they may not get a response for 24 hours. Of course, answering an email that is only requesting what time the bus leaves or returns should not be a problem. And finally, archive and save all emails. You never know when or if they will be needed.

2. Have an agenda for each meeting you have and keep a copy. Use it for reference and to clarify what was said. Going into a meeting prepared, whether with parents, administration, or the team will safeguard against miscues. Take notes to document the meeting.

3. Remember the tape recorder? Someone advised me to tape record a meeting that had the potential to turn very negative. I informed the parents the meeting would be taped and the tone of the meeting changed immediately. This is a record that can be used to clarify any misunderstandings. Just another way to document.

4. Set guidelines for parent contact. Cell phone or home phone? What is an appropriate time to call? Saturday, Sunday, after the contest, after 10:00pm, in the grocery store, at the gas station? You get the idea. By giving appropriate times to contact, you keep control of your life.

5. Give parents clear communication on schedules, departure and return times, lettering policies, tryouts, practice schedule, etc. We are all busy people and this is a respectful thing to do for parents and players.

6. Use the buddy system. Have another coach with you when talking to players or parents about issues. You can always let the parent know if the timing is not convenient and schedule a time to meet. Always meet on your turf such as at the school rather than in the home, at their place of business, or on the street.

7. Keep your administration informed and if you are given a directive, follow it.

Keep up the good work. Focus on the kids. Enjoy what you do and do what you enjoy.

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BY A DESIGNATED MEMBER OF PARTICULAR SPORT
ASSOCIATIONS & ARE NOT NECESSARILY
THE FEELINGS OF OTHER SPORT ASSOCIATIONS,
THE MSHSCA OR THE EDITOR.**



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings to all! I hope you have all enjoyed this amazing spring as much as we have here in West Central Minnesota. I don't remember a season like this where the first spring practices were held outside and where indoor track meets were moved outside due to the weather. It has been a rare treat for our part of the state. I would like to congratulate all of our winter sport champions along with those coaches named by their peers as Coach of the Year and Assistant Coach of the Year. These are all great awards and we sincerely hope you will make every attempt to be at the Annual Hall of Fame and Awards Banquet on October 13, 2012 at the Crowne Plaza St. Paul.

This has been another great year for the MSHSCA with near record membership once again. We have been able to maintain a strong financial position and continue to provide first class recognition for our coaches and programs. We have been in a transition mode for the past two years as we have weened ourselves from most corporate sponsorship. As most of you know Gatorade has chosen to drop their support of high school sports associations and McDonalds has chosen to give to the MSHSL rather than the coaches association. We still have two great corporate sponsors in Blue 84 and Liberty Mutual Insurance. The trend of corporations to pull back in the way they partner with various associations has undergone significant change in the past five years. Much of this is due to the changing economy and a trend toward "in kind" types of support. We hope to have a significant announcement regarding corporate sponsorship in the fall.

I would like to take this opportunity to thank Mindy Sparby for the four years she has served as the girls sports representative on the Minnesota State High School League Board of Directors. Mindy has done a great job of keeping our membership updated on the board meetings and the actions taken. Mindy is concluding her term as President of the MSHSL Board of Directors. Congratulations go out to Shelly Hotzler who has been voted in as Mindy's replacement on the Board of Directors representing girls sports but also all coaches of the state of Minnesota. Shelly served as the first female president of the MSHSCA and has proven to be a very effective leader. Shelly defeated Erin Herman and we want to thank Erin for

willingness to run for this position. Erin has been a very strong leader in the Girls Basketball Coaches Association and hopefully she will have an opportunity in the future to serve on the MSHSL Board.

Congratulations are also in order for our new VP of the MSHSCA Executive Board Troy Urdahl, AD and baseball coach from St. Anthony Village high school. I want to thank Larry Herm from Foley and Patty Sorensen from Park Center high school for throwing their hats into the ring in this last election. Troy will be a great asset to the board as Larry and Patty would have been as well. The MSHSCA has been blessed with great leadership in the past and this year's slate of candidates was comprised of outstanding leaders as well.

I would like to encourage each of you to renew your membership at your earliest convenience. It really makes no sense to put off your renewal when you look at the benefits of having your membership in place when the fall season begins. Your liability insurance expires on July 31st. Once you renew your liability will be in place until July 31, 2013. The liability insurance is also in force in your classroom. Starting with the 2012-2013 year there will also be expanded coverage for some areas not previously covered. Loomis and LaPann, our brokerage firm, has done a wonderful job of securing more coverage for all of our coaches over the past few years. There is also a real advantage to having your membership card up to date allowing you to attend regular season games starting in the fall. Please remember that the use of the card is controlled by the host school for each event and their policy will determine how many may be admitted on a membership card. The intent of the membership card is to allow the card holder to be admitted to games. There are certain venues that are not owned by school districts that do not allow the card to be used and again that is out of our control.

I want to thank each of you for another great year. What you do is important and should never be taken for granted. Minnesota has been blessed with great coaches who are committed and passionate in their commitment to their athletes and programs. At the end of the year we are not all state champions but you certainly have contributed greatly to producing championship students who help provide optimism for the future and a sense of success in all that made this possible. Have a great summer and take the time to enjoy your families and your hobbies.

Delegates Corner

By: Jon Wagner, President Elect, Eveleth-Gilbert School

As summer approaches, I'd like to thank all of you delegates for serving this association. Our group is truly made strong by its membership, who help guide the leaders into the right battles at the right times. And more than once I'm struck by the depth of knowledge, wisdom, and compassion expressed by our delegates as we discuss various serious topics at our meetings. You almost always do what is best for our student-athletes, which is also the best for the long-term success of our schools and communities. So please, keep up the good work!

The Tipping of the Scale

In the last issue, I discussed the topic of coaching controversies, with the concern that more and more coaches today are being subject to unfair treatment, usually instigated by parent complaints via school administrators. As a result, some coaches have lost their positions, been subject to slander, and often feel that they do not have the support they need and deserve by their employers. So often a great coach, who is the target of baseless complaints, would rather resign that put up with the continual criticism that is becoming a growing part of the coaching scene.

How should we respond to this "tipping of the scale" toward greater criticism and control by out-of-control parents? An old-timer might have said, "If you can't stand the heat, get out of the kitchen." But the same old-timer might tell you that things have changed since the old days – times when parents tended to believe in the integrity of their children's teachers and coaches, and backed them during tough times.

When I first became an athletic director, I was visited by Dick Lawrence, respected retired coach and A.D. After a lot of discussion, advice and tips, he summed it all up by pointing his finger and saying bluntly, "The most important thing is to back your coaches." He knew from his own experience that there will be ups and downs and learning curves with all coaches – but they can become great educators and role models if given the proper support. Do we still have this support today, or have the scales tipped too far in favor of the baseless complainer?

Current Events

Also in the last issue, I asked our readers to send me any experiences they have had regarding coaching controversies. Since then, I've received more than a few disheartening

responses from coaches who are either the subject of a coaching controversy or know of a colleague who is going through the same thing. The scenario is almost always the same: A coach finds out he or she will be removed or will not be appointed for the next season, without any opportunity to find out why the action is being taken. In addition, if there are actual coaching deficiencies as judged by the athletic administration, the coach is not given the opportunity to make corrections. Due process is ignored; rumors invariably accompany these actions; reputations are ruined. Some coaches have been successful in fighting baseless complaints, but many feel "run over by the bus" and bow out. The big losers in this battle, besides our coaches, are our student-athletes.

Where Do We Go From Here?

My intention is to continue to pursue adequate protection for our coaches through the influence of our MSHSCA. Our leadership group is committed to shedding light on this issue and perhaps explore legal remedies to unfair actions. As I asked before, please continue to let me know your stories, good or bad, on how coaching controversies are handled in your school districts.

Please e-mail me at jonwagner74@gmail.com if you'd like to share your perspectives with me.

In the meantime, have a great "Summer!"

“Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit.”

- Mary Lou Retton

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MEMBERSHIP REPORT MAY 2012

<u>Types of Membership</u>	<u>2011-12</u>	<u>2010-11</u>
Active Class A & AA	6279	6273
Associates	1043	1156
Active Life	693	564
Retired Life	967	984
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,985	8,980

Breakdown of membership by sport association
(2010-11 totals in parenthesis)

Adapted Athletics (19) 21
Boys Lacrosse (51) 43
Alpine Skiing (68) 77
Girls Lacrosse (47) 42
Athletic Directors (228) 251
Football (1105) 1106
Baseball (400) 435
Boys Hockey (259) 252
Boys Basketball (788) 797
Golf (boys & girls) (371) 395
Girls Basketball (736) 720
Soccer (boys & girls) (379) 403
Cross Country (316) 335
Softball (509) 492
Gymnastics (210) 191
Synchronized Swimming (16) 10
Nordic Skiing (114) 105
Girls Tennis (190) 202
Volleyball (740) 693
Boys Tennis (166) 174
Boys Swimming (165) 181
Track & Field (686) 702
Girls Swimming (217) 225
Wrestling (82) 108

Boys and girls swimming and tennis are reported separately and include coaches that are counted in both. Since their seasons are not at the same time our new system counts coaches in each of their seasons.

We have 71 coaches that have joined the MSHSCA and coach a sport that collects their own dues.
30- Girls Hockey, 17-Cheerleading, and 24-Dance

**The following will not appear
in this issue
of the MN Prep Coach,
"Adapted Athletics",
"Bounce Shots",
"Synchronized Swimming" and
"Smooth Fast Natural."**

**Hopefully, they will appear
in the next issue.**

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

MSHSCA 2012 MEETING DATES

DATE TO BE DETERMINED:

Summer Executive Meeting, Detroit Lakes
July 1 & 2, 2012

PREP COACH DEADLINES TO SUBMIT:

Sept. 1 Dec. 1 Mar. 1 May 15

SERVICE ACES

By: Robb DeCorsey
MSHSTCA President
Glencoe Silver Lake
High School

rdecorsey@gsl.k12.mn.us



“It’s 80!...No it’s 40...it’s a sunny morning, but now it’s cloudy and raining.” Oh, the joys of the spring sports season. The weather is not the only challenge to spring sports, for many of our athletes this is their third season of the year. That can make it tough to motivate and keep full teams interested. Hats off to all of you for doing the great job that you do. As the season moves in to tourney time, it is even more important to help these athletes realize their potential. This is a great time of year. Good luck to everyone as you move through your tourney matches, marching towards the, June 5-8, State Tournament—Class A, Read Sweatt and Class AA at Baseline. I encourage everyone to attend, at least one of the sessions of, this fine tournament. It is free and we have highly talented tennis players in Minnesota.

It is important for you to join the coaches association: MSHSCA. I encourage you to join the association and your assistant(s) too. We are really pushing to get more assistants involved. Remember you need to join the sports association to be included in Coach of the Year, and more importantly, for your team and individuals to be eligible for academic honors. 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.

I know that some coaches have said they are not receiving e-mails from our executive secretary Rick Engelstad. Please talk to your tech people and make sure that Rick is not on your spam list or restricted e-mail list. Here is Rick’s e-mail. rengelstad@pinecity.k12.mn.us Rick sends out plenty of important information throughout the year, so we want to make sure you are able to receive that information.

Also check out the Minnesota tennis hub. mntennishub.com

RANKINGS

Remember to help keep player and team rankings up to date. The rankings cannot be accurate if you do not help. Michael Cartwright is our rankings coordinator—not an easy job. If you know of a player/team who you feel deserves/needs to be ranked, email him at: michael.cartwright@moundviewschools.org

Over Hill *and Dale*

By: Chris Frye
Chatfield High School

Beginning this fall, Section meets will have a little different feel to them. That’s because the Minnesota State High School League has approved a change in the way individuals qualify for State.

The change, proposed by the Minnesota High School Cross Country Coaches Association, will no longer have the top 10 individual finishers in a Section meet qualifying for State. Instead, the top eight individuals not on a team qualifying for State will advance. In the event that five runners from the same team qualify for State as individuals, they would not compete as a team but as individuals (but I’m sure they’d be doing some “what-if” math).

An analysis of Section meets over the last 5 years showed that the new qualifying system would have resulted in an average of two to three more qualifiers per Section (thanks to Eastview Coach and CC association VP Tom Sharp for the analysis). Coaches approved the plan at last summer’s CC clinic and recommended it to the League, which approved it in April.

Although not part of the coaches’ proposal, the League set individual awards as follows: Section medals 1-8 to the eight fastest runners regardless of team affiliation, and qualifier medals to individual runners who finish ninth place and beyond and qualify for state. At State, medals will go to the top 10 individuals.

Hopefully, the new system will give several more top athletes a well-deserved chance to advance to State.

* * *

The association summer clinic will be July 17 at Champlin Park High School. Clinic coordinator Kevin Moorhead is working on a program. Included will be state Coach of the Year awards and Hall of Fame inductions. The clinic is a great opportunity to learn from and connect with your fellow coaches. Hope to see you there.

* * *

This is my last column as president of the CC coaches association. At the summer clinic I’ll turn over the reins to Tom Sharp. It’s been a pleasure to serve the association over the last two years. I’ve learned a lot, and I’ve appreciated the counsel and camaraderie of fellow coaches. I have not encountered anyone unwilling to help. Hopefully we’ve made some progress over the last two years. I know there is still plenty more to do.

Have a great summer, and see you around the courses this fall.

2012 MINNESOTA CROSS COUNTRY COACHES CLINIC

**Tuesday, July 17th
Champlin Park High School
Clinic Fee: \$35**



Session Schedule

Session 1:	9:00 a.m.	MN CC Coaches Assn. Meeting	Chris Frye, Pres.
Session 2:	10:15	TBA	Chris Beach, Totino Grace
Session 3:	11:30	TBA	Jamie Kirkpatrick, Edina
Session 4:	1:00	COY's & Hall of Fame Presentations	
Session 5:	2:15	TBA	Dave Emmans, Wayzata
Session 6:	3:30	XC Round Table	Chris Frye & Panel of Coaches

Clinic Sponsor: GEAR WEST

2012 MN CC Coaches Clinic Registration \$ 35

Name: _____

School: _____

Home E-Mail: _____ School E-Mail: _____

Address: _____ City: _____ Zip: _____

Home Telephone: (____) _____ T-Shirt Size: (S), (M), (L), (XL)



Send Registration to:

Kevin Moorhead, 8416 34th Ave. N., New Hope, MN 55427

Clinic Web Site: <http://minnesotacc.blogspot.com>

FLIP NOTES



By: Jen Harmoning
MGGCA President
Becker High School

It's time to gear up for summer off-season training. What an exciting time of year! Before you have contact with your athletes, remember to sign the contact waiver and keep it on file with your

Activities Directors.

Section representatives met recently and planning is underway for the 2012 Fall Coaches' Clinic.

If you have any suggestions for clinicians or requests for topics, please let me know. {email to jharmoning@becker.k12.mn.us} We are always looking for new ideas that will support and enhance your ability to grow or improve your gymnastics programs. This fall the clinic will be held Thursday evening, October 4, and Friday, October 5.

In the March "Flip Notes" I recognized our state champions on each event. Sela Fadness of Austin was omitted from the listing of the Class A Floor Champion. Fadness tied for top honors on this event with Hailey Brinkman of Melrose. I regret the error.

Congratulations are also in order for this year's Coaches of the Year. The winners are as follows:

Class AA Coach of the Year:

Mark Sikich, Park of Cottage Grove

Class A Coach of the Year:

Jenn Bartlett, Zimmerman/Spectrum

Class AA Assistant Coach of the Year:

Kristin Driscoll, Mahtomedi

Class A Assistant Coach of the Year:

Cassie Schoenberg, Melrose Area

The state of Minnesota is fortunate to have so many dedicated gymnastics coaches. Thank you for the good work that you do. Happy Handstands! _____

Service Aces . . . continued from page 8

SEEDING

Seeding will take place for the first time at the State Tournament next fall. We will be seeding the class AA team and singles individuals, in both A and AA. Look for more information to come.

As we move in to the summer season, I encourage you to encourage your players to join the USTA and take advantage of all the programs they have to offer. Tournaments, lessons, camps, and leagues all lead to the improvement of tennis and the continued development that tennis offers to all facets of our student-athlete's lives.

I hope you all have great experiences this spring and are ready to relax this summer and come back recharged for a great fall season!!

*“There are plenty of difficult
obstacles in your path.
Don't allow yourself
to become on of them.”*

- Ralph Marston

*“I told the caddie I wanted a
sand wedge and he
brought me a ham on rye.”*

- Chi Chi Rodriguez

MEMBERSHIP PERKS

MSHSCA

- **AMERICINN LODGE & SUITES** - 2050 Freeway Blvd Brooklyn, Center MN 55430 - \$69.95 Includes full breakfast. Mention MNCS when making reservation. Contact Ralph Thomas 763-566-7500
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Ask for MN State High School Coaches Association Preferred Discounted Rate 1-800-481-3556 or Contact Angela Wisely 763-489-2568.
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - \$75.00 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796
- **THE NORTHLAND INN** - 7025 Northland Dr Brooklyn Park, MN 55428 - Contact Jodie Fleck 10% off best rate available, mention MSHSCA 09 when making reservation. 800-441-6422
- **ROSEVILLE VISITORS Association DISCOUNTS** - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538
\$82.00 (Weekends) Rest of week is limited availability 12/31/2012

***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.

HOOP SCOOP



By: Jen Rademacher
Robbinsdale Cooper High School
2011-2012 MGBCA President

Congratulations to our 2012 Minnesota State Girls Basketball Champions: AAAA Champion Hopkins High School, AAA Champion DeLasalle High School, AA Champion Heritage Academy High School and Class A Champion Maranatha Christian Academy.

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

Class AAAA Coach:

Matt Nilsen Edina
Assistant Coach:
Cameron Mahlum White Bear Lake

Class AAA Coach:

Josh Mohagen Fergus Falls
Assistant Coach:
Al Wuetrich Hutchinson

Class AA Coach:

Scott Bergman Sauk Centre
Assistant Coach:
Don Peschel Sauk Centre

Class A Coach:

Jeff Buffeta Mountain Iron-Buhl
Assistant Coach:
Brian Buffeta Mountain Iron-Buhl

Please check our website: www.mshsca.org/girlsbasketball, for the complete listing of section coaches of the year.

The MGBCA All-Star Series was held April 20 and 21 at Macalester College. The young women who participated in this event were excellent ambassadors for girls basketball in Minnesota and they treated us to some outstanding basketball. This year the four teams were selected by a draft of the 40 All-Stars (still having 10 girls represented from each class). The Gold Team defeated the Green for third place on Saturday afternoon and the Blue won the series defeating the Maroon in the Championship game Saturday afternoon. Congratulations to all the All-Stars and the Coaches:

MAROON

Class AAAA Head Coach:

Brian Cosgriff Hopkins
Assistant:
Mike Gidley Prior Lake

MINNESOTA PREP COACH

BLUE

Class AAA Head Coach:

Deborah Williams St. Paul Highland Park
Assistant:
Francene Lee St. Paul Highland Park

GREEN

Class AA Head Coach:

Scott Bergman Sauk Centre
Assistant:
Don Peschel Sauk Centre

GOLD

Class A Head Coach:

Rick Koivisto Red Lake County Central
Assistant:
Nick Furnstahl Red Lake County Central

Between games on Saturday a special presentation was made to the American Cancer Society. On behalf of the MGBCA and Coaches vs Cancer over \$65,000 was raised by girls basketball teams across the state and a check was presented to the American Cancer Society.

Thank you to the All-Star Committee Chairs: Jenny Johnson and Carla Young and their committee; Erin Herman, Lynn Dalhed, Amy Bellus, and Patty Sorensen. I would also like to thank our class coordinators: Rick Uttech, Brian Atkinson, and Bill Gottenborg. This event would not be possible without the extra time and effort of this exceptional group of individuals.

On Friday April 20th, we inducted four new members into the Minnesota Girls Basketball Coaches Hall of Fame. 2012 is our 19th year of Hall of Fame ceremonies and we now have 85 members inducted through the years. The MGBCA is very proud to announce our 2012 inductees. They are an extremely talented group of individuals who have made outstanding contributions to women's basketball in the state of Minnesota.

2012 inductees are: Rodger Taylor from Martin County West, Paul Fessler from Concordia, St. Paul, Faith Johnson Patterson from DeLaSalle, and basketball chronicler Kevin Anderson.

Pat Barrett and the Miss Basketball Committee did another exceptional job observing our Miss Basketball candidates for 2012. This year's honor goes to Marissa Janning from Watertown-Mayer.

Lastly, I would like to thank all of you for your commitment to Minnesota Girls Basketball. It has been an honor and privilege to serve as President of the MGBCA. It's been a great experience and an opportunity to connect with many of you throughout the state. I welcome Jeff Buffeta from Mountain Iron Buhl as the incoming President. Jeff has been active in our Association and will do a great job. Our President Elect is Kent Hamre from St. Michael-Albertville. Have a great summer!

COACHES CARING PROGRAM

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

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

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

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

GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will protect the Minnesota State High School Coaches Association and its members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

CARRIER

Lexington Insurance Company
Excess Surplus Lines ("A" A.M. Best)

POLICY PERIOD

August 1, 2011 – August 1, 2012

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$50,000	Fire Damage
Excluded	Medical Payments

For any additional information please contact Loomis & LaPann, Inc. 18 Exchange St., Glens Falls, NY 12801
Greg Joly, Kevin Joyce, Karen Boller
800-566-6479 Fax 518-792-3426

CAMP COVERAGE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows all members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is available that will cover coaches and/or participants. Should an accident occur during your camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

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 coaches association. 218-847-6796 www.mshsca.org

www.loomislapann.com
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@loomislapann.com

For All Insurance Questions

General Liability Insurance Coverage

What to do if involved in a suit

Camp Coverage

Certificates of Insurance

Participant Accident Insurance

Contact Information:

Greg Joly gjoly@loomislapann.com
Kevin Joyce kjoyce@loomislapann.com
Karen Boller kboller@loomislapann.com

Loomis & LaPann, Inc.

18 Exchange St

PO Box 2158

Glens Falls, NY 12801

800-566-6479

518-792-3426 FAX

<http://www.loomislapann.com/>

SUMMER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

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

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

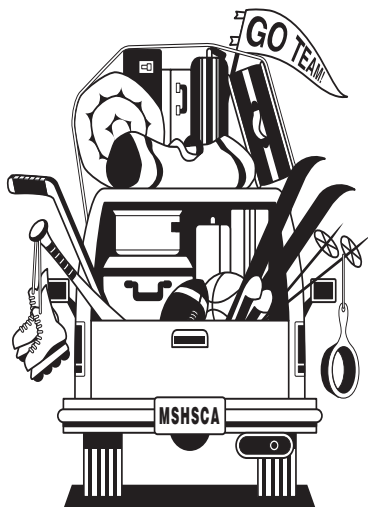
CODE OF ETHICS -----

As a professional educator, I will...

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

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

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.

Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar@lakesnet.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.

Life and Retired Life Members

We would like to have all life and retired life members contact us if there has been any change in your address recently. It is important to let us know if you are receiving your *Prep Coach*. If you have access to email, we would like to have you email us at the following address jomar@lakesnet.net or you may drop us a note to MSHSCA, PO Box 519, Detroit Lakes, MN 56502. We are trying to do a better job of keeping the files updated and your help is much appreciated.

Need new Life Card?

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

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2011-2012

Shelly Holtzler Past President	B/G Soccer G Swimming	B Swimming Wrestling	Baseball B Hockey
Becky Leuer President	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf
Jon Wagner President Elect	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
Tom Van Erp 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.

Minnesota State High School Coaches Association

HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

- 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.
- 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.
- They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

ELIGIBILITY REQUIREMENTS

- Nominees must have been active in coaching and/or athletic administration for a minimum of 25 years.
- 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!!**

MnIAAA CORNER

By: Bryan Wormley
President MNIAA - Nevis High School

This is the time of year that AD's love and hate...it is a time of constant change due to weather and other conflicts that seemingly come out of nowhere. But it is what we do, we hold everything together so that it all happens and gets done.

This is also a time when we have to say goodbye at least officially to our past president, Larry Traetow of Jackson County Central. LT is at home anywhere he travels and is always welcome by whomever he meets. Thank you LT you have been an outstanding Leader in so many ways. We need to really thank Tom Graupmann our President this past year for his outstanding leadership and organizational skills, he is always there for any of us in need of guidance I can only imagine how supportive he is in Northfield. We also are excited to welcome and congratulate our new 2nd Vice President, Mindy Sparby of Belle Plaine she will be a great addition. Pete and Arlene Veldmann have been a mainstay, rock solid pair of pillars for our organization for a very long time. We will always be thankful for their contributions and outstanding fiscal leadership, and if you did not already know Mike Beck has taken over as our executive secretary and his wife Becky will be assisting all of us as well, welcome.

I want to thank all the members of the executive board for helping make sure the State Conference and all of its details got done. The conference is truly a team undertaking not only by the board but by all of you who helped by presenting, moderating, invoking, teaching or attending and getting involved. None of this is possible without all of you.

Our world of athletic administration is changing and in many ways expanding as all of our job descriptions are doing the same. In most small schools the AD wears many hats and even in a lot of medium sized schools several hats are worn as well. Finding time to do our AD jobs during the work day is becoming ever increasingly difficult. People in our profession understand how each day can easily define its own list

of priorities. Every role in athletics has changed in recent years....Coaches are involved in some capacity at varying levels year round not just in season. Parents are much more involved and vocal in supportive and in critical roles as well. With all of this intensity the level of play has risen in many ways also. In my small school world we felt the push for single sport athletes but it has passed and in my area the norm is a minimum of two and quite a few are three sport.

In Nevis I started an award that we award each year to the graduating seniors who participate in three sports in both their junior and senior years. We are averaging around 4 students a year and have been as high as 12. Prior to the initiation of the award we had several years of 0. I just really believe in the value of being involved in each season especially if you are not a starter or star....Accepting and understanding our roles in various situations/ teams is something that educationally based athletics is very good at, and our student athletes and parents need more work on. All of us have experienced athletes that have either said or shown us that if they are not the star or starter they are not going to play or go out for a sport. This is what I strive to change in my own school...every study done shows that student involvement in athletics is a positive in both the students athletic and academic life. It is all of our jobs to keep as many of our students involved for as long as we can. So I challenge all of you to increase your student involvement at all levels. We offer value for everyone in numerous roles on our teams. We have all seen lives dramatically changed just by being a member of the team, just think the impact we can all make if we all try and involve even one more student each season. Yes it will take effort and time and some will fail but as every study shows what we offer works.

***“Most games are lost,
not won.”***

- Casey Stengel



Diamond Cuts

By: Steve Radniecki
Norman County East

It's been a great spring for softball. Not sure how the rain has affected your team's play, but we have been able to get in all of our games so far. I know in the "northland" we have had a couple of Saturday tournaments rained out and that is unfortunate. It's hard to get those tournaments rescheduled and losing three games really hurts. Fosston High School had a Saturday tournament that they hosted get rained out and made it up on a Wednesday. The tournament started at 9:00 AM and ran throughout the day. I'm not saying that I recommend this or not, but it holding on a Wednesday is a way to insure the original participants would be available and starting it early in the day insures no trouble to those schools that don't allow Wednesday evening activities. I guess you just need to convince your administrations it is no different than an all-day school activity (like a golf meet or knowledge bowl meet).

Tournaments are just around the corner and we are all hoping our team comes together and plays their best ball of the year at that time. The QRF is the big buzz word around the state as many, if not most, of the softball sections will be using it to seed their team this year. I can't say I am sold on the QRF at this point. There were too many inconsistencies during the fall and winter seasons to show me that it is any better, or even as good, as the system whereby the coaches vote. Maybe if we were privy to the formula and had a chance to be able to understand it, I would be more accepting. The major fault I see with it is it appears to assume that all schools in the class above yours are superior opponents (which is not necessarily true) and your opponents' victories over those schools count more than your victory over that same opponent. Certainly it is an easier way for Region Executive Secretaries and softball tournament coordinators to conduct the seeding, but I fear it is not the most accurate or fair way to seed. Nonetheless, most

sections are using it this year and we can all compare notes to decide if we want to keep it or not in the future. Remember, each section decides whether or not they want to seed using either the QRF or the coaches' voting method.

By the time this article appears most of the voting will have taken place for the all-star and all-state teams and we will be entering into tournaments. Just want to say a big "thank you" to all the association members that give so much of their time to make this association so outstanding. All the region reps for getting the information out to their member schools and for getting their all-section teams chosen. To the members that give of their time to put the all-star, all-academic and all-state teams together. A special thanks to Mike Schumacher for all the work he does with the weekly rankings and on our website and many, many other tasks he performs for our association and its members. We are lucky to have him!

Have a great summer and we'll see you all again next year.

Shelly Hotzler Elected to MSHSL Board of Directors

Mindy Sparby's term on the MSHSL Board of Directors expires on July 31, 2012 and the Girls Sport Voting Representatives elected Shelly Hotzler, Jackson County Central, to the board, for a four year term.



Shelly is the Past President of the MSHSCA and is currently the softball coach at Jackson County Central, as well as, the Executive Secretary/Treasurer of the Girls Fast Pitch Softball Coaches Association.

Hotzler helped provide leadership in the MSHSCA when the girls and boys associations were merged representing all coaches in Minnesota.

Shelly continues to be a strong leader for softball coaches, as well as, her athletes.

Congratulations, Shelly!



Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

One of the many joys of coaching football is that it is the game of the many, not the few. In an age where, increasingly, young athletes, and (naturally) by association, parents, are being encouraged to follow a path toward specialization.... to 'choose' one sport over others by age 10 or 12 (or younger).... football coaches continue to encourage kids to join our game at any and all entry levels. Because of the nature of the game, we can and do use many kids for the many positions required to become a team. Whether our squad size is 20, 30, 60, or beyond, we can find a place for the student-athlete that wants to enjoy the experience that is football. Such a wonderful responsibility to have! To find a 'place' for everyone. Each member of our roster can and should be given the opportunity to contribute, in some fashion; a chance be a part of the Team. They all can 'bring something to the table'..

The MFCA is the association of the many and not the few as well. We have made considerable strides in recent years on a number of fronts. I believe there is a direct correlation with the number of programs we have added with the number of you who have 'stepped up'; brought your energy and interest to the table. There are great numbers of you who serve in so many capacities to help make the organization function, and we all are thankful for, and benefit from, your efforts. But, I hope you realize that

opportunities abound for those of you who desire to futher your involvement in the programs and functions of the association. Please peruse the website or contact any member of the board or committee chair to volunteer to help and serve.

What follows is a summary of programs past, and exciting programs and initiatives to come:

*The MFCA clinic set another attendance record! Thank you to those attended. I think you will agree that we have improved and grown to truly be to the ONE CLINIC YOU WILL WANT TO ATTEND. Mark your calendars now for April 4-6, 2013.

*The Recruiting Fair set an attendance record as well, with over 60 High Schools and over 40 colleges attending. The college coaches we visit with tell us that the Fair is a wonderful service; one that makes the MFCA particularly special to them.

*Our historian, David Giles, has embarked on an effort to update and make accurate and current all of our MFCA football records. If you have valuable information for David, you can contact him. Please check the website for details.

*Be certain to get all pertinent articles and info. to our Magazine editor, Terry Turek

*The All-Star game will be played at St. Cloud State University, June 30. Note the time change; 1:00 pm. You should have received 5 tickets in the mail to purchase. PLEASE buy them!

The game is expensive to stage. Whether you have a player in the game or not, your \$60.00 is a small price to pay to see that the game is sustainable... easy math; 100 coaches/schools x 60 = well you get the idea.

*You are aware that the MFCA has partnered with the Randy Shaver

Cancer Foundation to engage in an effort to "Tackle Cancer". This is an exciting and worthwhile, beyond measure, campaign to make a VERY SIGNIFICANT statement and contribution to a cause that is dedicated to battle a disease that affects each and every community we live in. Please participate.

That is it from here.. as always, please use the website for all updates and pertinent information on all things MFCA.

And, enjoy your summer!! As my father, John, would say. 'Watch your bobber'. _____

***“If you pick up a
starving dog
and make him
prosperous,
he will not
bite you.
This is the
principal
difference
between a dog
and a man.”***

- Mark Twain

**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 35 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2010-2011 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) | • Gustavus Adolphus College (St Peter MN) | • Northwestern College (St Paul MN) |
| • Augsburg College (Minneapolis MN) | • Hamline University (St Paul MN) | • Ridgewater Community College (Willmar MN) |
| • Bemidji State University (not hockey or playoffs) (Bemidji MN) | • Hibbing Community College (Hibbing MN) | • Riverland Community College (Austin MN) |
| • Bethany Lutheran College (Mankato MN) | • Itasca Community College (Grand Rapids MN) | • Rochester Community College (Rochester MN) |
| • Bethel University (St Paul MN) | • Macalester College (St. Paul MN) | • Southwest MN State University (Marshall MN) |
| • Carleton College (Northfield MN) | • Martin Luther College (New Ulm MN) | • St Cloud State University (St Cloud MN) |
| • Central Lakes College (Brainerd MN) | • Mesabi Community College (Virginia MN) | • St Cloud Tech College (St Cloud MN) |
| • Century College (White Bear Lake MN) | • Minnesota State University - Mankato (Mankato, MN) | • St John's University (Collegeville MN) |
| • College of St. Benedict (St Joseph MN) | • Minnesota State University - Moorhead (Moorhead MN) | • St Olaf College (Northfield MN) |
| • Concordia College (Moorhead MN) | • MN West Technical and Community College (Worthington MN) | • U of MN - Crookston (Crookston MN) |
| • Concordia University (St Paul MN) | • Northland Community College (Thief River Falls MN) | • U of MN - Duluth * Men's Hockey on Availability (Duluth MN) |
| • MN State Comm. & Tech College (Fergus Falls MN) | | • U of Mn - Morris (Morris MN) |
| | | • University of St Thomas (St Paul MN) |
| | | • Vermilion Community College (Ely MN) |

* 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 must be presented in person by the card holder along with a photo I.D. at the UMD ticket window.

4. A coach with a MSHSCA card may receive one additional complimentary pass for a fellow assistant coach ONLY. A second pass is not intended for a coach's spouse/relative or alike.

5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.

Another example of the MSHSCA at work for the membership!



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FINAL WINTER 2011 TEAM ACADEMIC RESULTS

The MN Prep Coach received the final results for the 2012 Winter Team Academic involving Boys Basketball and Boys Hockey. Sports not included in this issue or the March issue were not submitted.

Boys Basketball

(Listed alphabetically regardless of class)

Gold

Battle Lake

Perham

Silver

Bloomington Jefferson

Cambridge-Isanti

Fergus Falls

Fosston

Kasson-Mantorville

Little Falls

Mankato West

Maple Lake

Melrose

Monticello

Nicollet

New York Mills

Owatonna

St Cloud Cathedral

St Cloud Tech

Springfield

Waconia

Boys Hockey

(Hockey selects a sectional champion rather than use the Gold - Silver method)

1A - LeSeuer-Henderson

2A - Delano

3A - Litchfield / Dassel-Cokato

4A - Totino Grace

5A - Princeton

6A - Willmar

7A - Hibbing / Chisholm

8A - Crookston

1AA - Lakeville South

2AA - Bloomington Kennedy

3AA - Eastview

4AA - North St Paul

5AA - Anoka

6AA - Eden Prairie

7AA - Grand Rapids

8AA - Roseau

Spring sports submitted after this edition will appear in the September issue of The MN Prep Coach.

CONGRATULATIONS TO WINTER STATE CHAMPIONS

The MSHSCA would like to congratulate coaches and their teams for providing fans to another exciting winter sport championship run leading to the ultimate goal — state titles.

Listed below are the championship teams and the head coaches who are members of the MSHSCA.

Boys Swimming (True Team)

A St Thomas Academy

John Barnes

AA Eden Prairie

Kelly Boston

Boys Alpine Skiing

Minnetonka

Greg Sand

Girls Alpine Skiing

Hermantown

Michaela Borash

Boys Nordic Skiing

Roseville Area

Kevin Brochman

Girls Nordic Skiing

Duluth East

Bonnie Fuller-Kask

Girls Gymnastic

A Melrose

Katie Masog

AA Roseville Area

Mike Flatten/ Mark

Curley

Boys Swimming (MSHSL)

A St Thomas Academy

John Barnes

AA Eden Prairie

Kelly Boston

Boys Hockey

A St Thomas Academy

Tom Vannelli / Greg Vannelli

AA Benilde - St Margaret's

Ken Pauley

Girls Basketball

1A Maranatha Christian Academy

Jim Hammond

2A Providence Academy

Ray Finley

3A DeLaSalle

Faith Johnson-Patterson

4A Hopkins

Brian Cosgriff

Adapted Floor Hockey

CI Anoka-Hennepin

Bill Newell

PI Robbinsdale/Hopkins/Mound Westonka Marcus Onsum

Boys Basketball

1A Belgrade-Brooten-Elrosa

Dave Montbriand

2A Plainview-Elgin-Milville

Kirk Thompson

3A DeLaSalle

Dave Thorson

4A Osseo

Tim Theisen

Championship coaches will be presented with a plaque if they are in attendance at the Annual Hall of Fame Banquet held in October.

MSHSCA ANNOUNCES S

The scholarship committee of the Minnesota State High School Coaches Association has announced the scholarship winners for the 2011-12 year. All of the selections represent multiple sport athletes and have achieved exemplary academic records. Each scholarship is the amount of \$1,000 and will be awarded at the conclusion of the students first semester of their Freshman year.



Sean Terres - ROCORI High School has been awarded the Darien DeRocher Scholarship. Sean participated in Football, Basketball and Baseball at ROCORI high school. Sean will be attending North Dakota State University in the fall. In his letter of application Sean stated; "One of the biggest things that sports has taught me is that things do not come easy and in order to improve and reach your goals you have to fail many times before succeeding even one time."



Lucas Zellmer has been awarded the MSHSCA Past Presidents scholarship. Lucas was two sport athlete at Blooming Prairie high school. He participated in Football and Basketball at Blooming Prairie. Sean has narrowed his college choices to three, UW River Falls, University of St. Thomas or Gustavus Adolphus college. In his letter of Application Lucas wrote, "As special Olympics' chairman and CEO Timothy Shriver articulates, there is no substitute for the feeling an athlete experiences when they truly realize how much a sport really means to them. My search for this connection began at the age of five when I began being involved in organized athletics. Throughout the following years, i have matured and grown not only as an athlete, but as a person.



Erin Dingmann - Kimball High School has been awarded the Val Tichrow scholarship. Erin was three sport athlete at Kimball high school participating in Cross Country, Basketball and Golf. Erin will attend the University of St. Thomas in the fall. In her letter of application Erin wrote; "Athletics is full of life lessons. The different hits that we take away from playing sports helps us in the rest of our lives. Athletics has taught me about the rollercoaster that is life. There are going to be ups and downs, but it is how we handle those ups and downs that truly define us."



Nicole Ries has been awarded the Betsy Farness scholarship. Nicole was a three sport athlete at Mankato East high school. Erin participated in Tennis, Basketball and Softball. Nicole will enroll at the Minnesota State University Mankato in the fall where she will continue her softball career. In her letter of application Nicole wrote; "I have learned to deal with many different personalities, and skill sets, and this has been a valuable experience. I will be able to leverage all that I have learned throughout all of these situations to assist me in my future endeavors. Chances are good that I will most likely continue to be part of "team" in some way or another throughout my life, as well as my professional career."



Braxton Lindow has been awarded the Executive Directors Scholarship. Braxton was a three sport athlete at Cannon Falls high school and is still deciding on the college he will attend in the fall. In his letter of application Braxton wrote the following regarding the lessons he has learned in athletics; "These lessons aren't just things learned in the classroom that help a young kid become more knowledgeable, these lessons are what help them to be a better person for the rest of their life. A lot of times we hear about the negatives in sports, but I think it is time that people remember all of the positive things that go along with them. "

SCHOLARSHIP WINNERS

Zoe Hansen has been awarded the Past Presidents scholarship. Zoe was a three sport athlete at Chisago Lakes high school and will be attending St. Olaf College in the fall. In her letter of application Zoe wrote; “This freedom that comes with athletics has definitely impacted my life outside of athletics as well. It has helped me to maintain my focus in school as well as take pride in my community through various volunteer efforts. By challenging myself in sports, I have learned to challenge myself academically and socially.”



Kelsey Hennen has been awarded the Executive Board scholarship. Kelsey was a two sport athlete at Minneota high school. Kelsey participated in basketball and volleyball. Kelsey will enroll at Southwest Minnesota State University in the fall. In her letter of application Kelsey wrote; “For me, sports was not just a game. It was a life lesson on how to work together to accomplish a common goal, to sometimes put aside your individual goals for the goals of your team. Being a member of a team has taught me that if you treat people with respect and consideration, they will be your best ally when you need them most.”



Nicholas Shimek has been awarded the Steve Kerzie scholarship. Nick was a three sport athlete at Deer River high school and has not announced his college preference as of this writing. In his letter of application Nick wrote; “Determination, drive, leadership, passion, excitement, failure are all words that describe athletics. The outcome of an event can be good or bad, but I believe that they all have a positive effect on the athletes who play them. Athletics have played a major role in my life and will be something that will continue to stay with me.”



Casey Bruggeman has been awarded the Howard E. Emerson Scholarship. Casey was a three sport athlete at Pelican Rapids high school and will attend Concordia College in Moorhead in the fall. In his letter of application Casey wrote, “Athletics is so much more than sports. Athletics is about building your character and developing your integrity. Athletics can provide you with great moments that test your character. Athletics also gives you a group of friends who you will have countless memories with. I am so happy and blessed that I made the decision to participate in athletics.”



Kaley Peterson has been awarded the Kathy Fredrickson scholarship. Kaley attended Two Harbors high school where she participated in Volleyball, basketball and track. Kaley listed U of M Duluth, the College of St. Scholastica or lake Superior College as possible choices to further her education. Kaley said in her letter of application that, “teammates provide the support necessary to find success and I would not have discovered this fact if I were not in sports. Being able to say that I have been a part of team shows others that I have the ability to work with them and to support them.”



AD'S OF THE YEAR

TOM JOHNSON, TERRY BENTELE NAMED AD OF THE YEAR

The Minnesota State High School Athletic Administrators held their annual convention on March 28th and 29th at the Best Western Kelly Inn and St Cloud Civic Center in St Cloud MN.

Deserving individuals were presented with a variety of awards including: Region and State AD's of the Year, Distinguished Service Award, Hall of Fame, State Award of Merit and Distinguished Alumni.

Recognized as Distinguished Alumni were Dave Dahl (KSTP Meteorologist), Craig Hillier (Certified Speaking Professional) and Doug Woog (U of MN Hockey).

The State Award of Merit was granted to Don Hulbert, C.A.A. of Moorhead.

A number of Distinguished Service Awards were presented to the following individuals:

Ralph Lunde (Montevideo), Orville Heitkamp (Belle Plaine), Steve Doody (South St Paul), Bert and Connie Mort (Perham), Greg Tetrault (Pierz) and Joel Squadroni (Buffalo).

Four Athletic Administrators with great contributions to the schools and communities were inducted to the MN AD Hall of Fame. Inductees included Jim Lasley (Redwood Valley), Wayne Pender (Grand Rapids), Brad Johnson (Rushford-Peterson) and Don Hazeman (Red Lake).

Regional AD's of the Year included:

Class A

- 1A - Dave Olson - MN Academy for the Deaf
- 2A - Terry Bentele - Granada-Huntley-East Chain
- 3A - Bob Grey - Montevideo
- 4A - Curt Wetsel - New Life Academy
- 5A - Dave Schroeder - Maple Lake
- 6A - Craig Anderson - Dilworth - Glyndon-Felton
- 7A - Rory Johnson - Norman County East

Class AA

- 1AA - Tom Johnson - Hastings

- 2AA - Dick Unger - Chanhassen
- 3AA - Pete Buesgens - Apple Valley
- 4AA - Jed Helwig - North St Paul
- 5AA - Paul Gustafson - Rogers
- 6AA - Dave Wicker - Mpls Patrick Henry
- 7AA - Shawn Roed - Duluth East
- 8AA - John Ross - Sartell-St Stephen

From this elite group of Athletic Administrators, Tom Johnson of Hastings and Terry Bentele of Granada-Huntley- East Chain emerged as the 2011-12 MN AD's of the Year.

Tom Johnson (Hastings)

Tom is a graduate of the University of Minnesota, earning a BA in Physical Education in 1980. He went on to earn his Masters in Education in 1993 and then return in 1998, earning his Administrative Certification, both from St Mary's University.

Tom's career began where he taught one year St Luke's Elementary School in St Paul in 1981. In 1981-82, he served as Assistant Baseball Coach with John Anderson and assisted with the Williams Fund at the University of Minnesota. After a four year stint with Josten's, he returned to teaching in 1986, accepting an Elementary Phy Ed teaching position in the Hastings School District. In 1988, Tom moved to a teaching position at Hastings Middle School and eventually accepted the middle school athletic director position in 1993. In 1997, he became the Hastings Middle School Assistant Principal and continued in that capacity, as well as, AD, until 2000. It was then that he was selected to follow Don Miller as AD at Hastings High School.

Johnson was a graduate of Hastings where his father as Hastings Athletic Director for 16 years. Although a three sport standout in high school (football, basketball, baseball), Tom went on to earn 2nd Team All Big Ten Honors as the University of Minnesota catcher. He also was named to the Big Ten All Academic Team. During

THE YEAR

his time with the Hastings Public Schools, Tom coached football, basketball and baseball at various levels. As Hastings HS girl's basketball coach, he was voted the St Paul Suburban COTY in 1991, as well as, the region 3AA Girl's Basketball Coach of the Year. Johnson has been very active professionally at the conference, region and state level.

He is a past member of the MSHSL Rep Assembly, past member of the 3AA Executive Committee, past tournament manager for Section 3AAA Team and Individual Wrestling, site manager for the State quarterfinal boys and girls basketball and soccer, site manager for numerous section contest in many sports for both Section 3 and Section 1. He is a current member of the Metro Area Officials Negotiation Committee and currently serves on the region 1AA Executive Committee. Johnson has been a member of the MnIAAA and NIAAA since 1993. He has served as moderator and presenter at several MnIAAA state conferences over the years. In 2006, Tom was voted Region 3AA Athletic Administrator of the Year.

Terry Bentele (Granada-Huntley-East Chain)

Terry is a graduate of Southwest State University earning a degree in Phy Ed, Health and coaching.

In 2003, he earned his CAA and this past year has become a Certified Master Athletic Administrator. He is currently the AD and Phy Ed teacher at GHEC. In his 32 year career. he has coached football wrestling and track and field.

Bentele grew up in Truman MN and excelled in many athletic and fine art activities football, wrestling, track and field baseball, choir, jazz band. marching band, FFA and state FFA choir. Terry excelled in college in track and field earning All NIC Conference in the shot put, discus and hammer throw. He participated in the NAIA Meet.

Over the years, Terry has served in many capacities at the local, region and state level. He has served as Region 2A Tournament Committee member, Section 1 Football Committee member, Section 3 Football

Committee member (9 Man), Chairman of the Southern MN "C "Conference, Chairman of the Valley Conference, member of the MN FB Coaches Association and member of the MN Track and Field Coaches Association. Bentele has been very active as a Minnesota registered official in football, wrestling, baseball and softball.

Adding to this list of professional activity are these contributions to the MnIAAA LTC501 and LTC 502 instructor, member of the Strategic Planning Committee, numerous times serving as moderator at the state MnIAAA conference, AD Advisory Committee and 27 year member of the MnIAAA and NIAAA. Terry has several honors to go with his 2A AD and MN AD of the Year Award. He has received the GHEC Distinguished Service Award, GHEC Teacher of the Year in 1997, Border League Football COTY, as well as, Border League Track and Field COTY. He also earned the District 5 Track and Field COTY.

Terry is married to Rebecca and they have three sons, Robert (28), John (26) and Michael (25).

“When a fielder gets the pitcher into trouble, the pitcher has to pitch himself out of the slump he isn’t in.”

- Casey Stengel

BANK SHOTS



By: Brad Strand,
MBCA President
Pelican Rapids HS

Time seems to go so fast and the 2011-2012 season has come and gone. The state tournament once again showcased the great talent that we have in Minnesota. Congratulations to all of the teams that made the state tournament, especially to the 2011-12 State Champions: Belgrade-Brooten-Elrosa in class A, Plainview-Elgin-Milville in class AA, DeLaSalle in class AAA, and Osseo in class AAAAA.

During the state tournament, the Minnesota Timberwolves allowed our member coaches to use the Cambria Room as the coaches' hospitality room. On behalf of the MBCA, I would like to thank them for their support and dedication to high school basketball in Minnesota.

The 30th annual MBCA All-Star Series was held Friday, March 30th at Halenbaeck Hall on the campus of St. Cloud State University and Saturday, March 31st at the Leonard Center on the campus of Macalester College in St. Paul. A special thank you to Rich Decker and Tom Critchley Sr. The event is always well organized and first class for the athletes and coaches involved. The event is a great time to promote Minnesota basketball and this year's field of players was extremely talented.

Our academic state champions were Battle Lake, Perham, Mankato West and Chanhassen respectively for the four classes. Congratulations to our Academic Section Team Champions and our individuals selected to be Academic All-State. It is a great accomplishment to exhibit high academic success along with a high level of basketball skills and this is what being a student-athlete is all about. Please visit our website to view all of the teams represented and the individuals: <http://mshsca.org/boysbasketball/index.htm>. A special thank you to Ted Critchley & the academic committee for all of their efforts in compiling the Academic Team and Individual Awards.

Congratulations also goes out to following coaches for being selected Coach of the Year: Scott Swansson (Woodbury) and Tim Theisen (Osseo) in class AAAAA, Bob Brink (Rocori) in class AAA, Ron Vorward (Worthington) in class AA, and Dave Montbriand (BBE) in class A. The Assistant Coaches of the year were awarded to Neil Doose (St. Peter), John Kruger (Hayfield), Brad Schuster (Owatonna) and Tony Taylor (Minneapolis Washburn).

Please mark your calendars for the Fall Coaches Clinic which will be held at the Hyatt Regency on October 26th & 27th. This is a great time to reconnect with each other and share ideas.

MINNESOTA PREP COACH

It has been my pleasure representing the coaches as the president of our association. Reggie Perkins will do an awesome job as our president next year. I would also like to thank Tom Crichley Sr for his leadership, guidance, and passion as our executive director. I hope you all find time to recharge the batteries and have a great summer!

2012 MBCA Academic Team Champions STATE ACADEMIC TEAM CHAMPIONS

Class A	Battle Lake Dan Peterka
Class AA	Perham Dave Cresap
Class AAA	Mankato West Tom Boone
Class AAAAA	Chanhassen Nathan Pelowski

SECTION ACADEMIC TEAM CHAMPIONS

Class A	Coach
Section 1:	Rushford-Peterson Tom Vix
Section 2:	Springfield Lance Larson
Section 3:	Southwest Minnesota Christian Jamie Pap
Section 4:	West Lutheran Steve Jensen
Section 5:	Pillager Erik Uselman
Section 6:	Battle Lake Dan Peterka
Section 7:	Cook County Mitch Dorr
Section 8:	Fosston Ben Hemberger

Class AA	Coach
Section 1:	Wabasha-Kellogg Rick Peterson
Section 2:	Cannon Falls Josh Davisson
Section 3:	Montevideo Dan Douglas
Section 4:	New Life Academy Doug Linton
Section 5:	Maple Lake Tim Staloch
Section 6:	Melrose Ryan Dusha
Section 7:	Eveleth-Gilbert Mike Aro
Section 8:	Perham Dave Cresap

Class AAA	Coach
Section 1:	Kasson Mantorville Chris Otterness
Section 2:	Mankato West Tom Boone
Section 3:	Fridley Jim MacDonald
Section 4:	Simley Ben Bushaw
Section 5:	Monticello Bruce Balder-Lanoue
Section 6:	Blake Nick Rathmann
Section 7:	Duluth Denfeld Jeff Nace
Section 8:	Fergus Falls Dave Rund

Class AAAAA	Coach
Section 1:	Owatonna Josh Williams
Section 2:	Chanhassen Nathan Pelowski
Section 3:	East Ridge Paul Virgin
Section 4:	Mahtomedi Keith Newman
Section 5:	Centennial Brandon Mortenson
Section 6:	Wayzata Phil Ward
Section 7:	Cambridge-Isanti Mike McDonald
Section 8:	St. Cloud Tech Mike Trewick

INDIVIDUAL:

MBCA ACADEMIC ALL-STATE TEAM

CLASS A & AA

Corey Abbas
 Riley Aeikens
 Joey Bartlett
 Kyle Baumann
 Brett Bergerson
 Josiah Breiter
 Jameson Collin
 Jordan Cresap
 Jake Douglas
 Aric Elton
 Alex Fink
 Paul Funk
 Brandon Klein
 Jackson Lindquist
 Austin McGee
 Sam Peterson
 Chad Poppen
 Adam Snelgrove
 Andrew Top
 Alex Ukkelberg
 Austin Van Beck
 Tyler Vaughan
 Preston Weber
 Casey Bruggeman

CLASS AAA & AAAAA

Hunter Books
 Philip DeBerg
 Ian Hathaway
 Darin Haugh
 Collin Johnson
 Joey King
 Brian Labat
 Andrew Laughlin
 Sanjay Lumpkin
 Andrew Lindquist
 Caleb Lunning
 Sander Mohn
 Joe Mollberg
 Michael Mooney
 Matt Nelson
 Joel Newman
 Zachary Rengel
 Ryan Saarela
 David Simmet
 Brody Ziegler

*“ I don’t want to knock our
 offensive power,
 but to save time the
 ground crew could drag
 the infield during
 batting practice.”*

**- Merv Rettenmund,
 Texas Rangers Batting Coach**

MEMBERSHIP YEAR FOR THE MSHSCA!

In the last 2 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)

**2012
38TH ANNUAL
ALL STAR GOLF
TOURNAMENT
SET FOR
JUNE 22ND**

**For coaches, scouts, umpires
celebrities and fans**

9:30AM -- Meet and assign teams
for golf

10:00AM -- Tee off - Cost free
(Includes nine holes and pull cart)

Chaska Par 30 -- Highway 41 and
Hazeltine Boulevard

Lunch on your own

**Celebrity Golf At
Chaska Town Course**

9:00AM -- Meet and assign teams
for golf

9:30AM -- Tee off - Cost free
(Includes 18 holes and electric cart)

Lunch on your own

**PLEASE CONTACT
DALE WELTER
TO RESERVE YOUR SPOT.**

Dale Welter
421 Ash Street
Chaska MN 55318
E-Mail = d_welter1@comcast.net
Cell = (952) 210-9407

**dugout
chat**



By: Bruce Waitas
Sleepy Eye St.Mary's High School
President Minnesota State High School
Baseball Coaches Association

WOW!!! What a great spring to date; the weather has been amazing, excluding some recent rain here and most teams were practicing outside long before their first games. It just shows that Minnesota weather is not that bad! Our Section Tournaments and State Tournaments are right around the corner and I wish all the teams in the state the best of luck.

Spring is a very busy time for all of us, but please remember to send in all of the necessary Minnesota High School Baseball Coaches Association forms. You need the following: 700 Lions All Star (due on May 11 for the Metro and May 18 for the North and South); 500 All State (due on June 1); 600 A&B Academic forms (due on June 1); and 1000 Coaching Award forms: Dick Siebert, Angelo Giuliani, Retired Coach, Assistant Coach of the Year and Groundskeeper/ Field of the Year (due on June 30); 1400 Junior Showcase nomination (which was due May 1); and 1500 Hall of Fame nomination. These forms can be found on the web site (mshsbca.org) or by contacting your section rep. Thank you for your attention to this important matter!

This past year, the Baseball Coaches Association has been working very hard this on a number of issues. The most essential topic was working with softball to return double elimination to our tournament play; as you are aware, the High School League board did pass our double elimination proposal at their

April meeting. We understand that not everyone wanted this, but our baseball board did what we believed was best for our sport. As most coaches wanted this back, in 2013, we will have double elimination after the first round or for the final eight teams. I would like to thank the many people who helped with the process of implementing this proposal. The High School League board also passed a policy that all State Tournament games must go seven innings starting this year. At this time, this rule will only apply to the State Tournament games. The baseball class rankings continue to be done by the Let's Play Softball/ Let's Play Baseball group. We feel they do a great job for our association. I would like to thank all who help as a ranker for your leadership in the rankings of our A, AA and AAA classes. We appreciate all who helped and will continue to help with the rankings. One of the next issues our baseball board would like to work on is an increase in our official roster size; we are looking to add two to four players to the roster. As this progresses, we will keep you informed!

As State Tournament time approaches, please note that the High School League has agreed to play all three State Championship games at one site; this is the third year of our Championship Day. The site will be Target Field and the date is Monday, June 18. We thank the Twins for opening their home to us. It should be a great day and one that you will not want to miss! All of the tournaments will be run the same as last year with the first round games on Thursday, June 14 and the semifinal, consolation, and third place games on Friday, June 15. The championship games will be Monday, June 18 at Target Field.

John Wilkens has been working very hard on securing a banquet for all of the

MINNESOTA PREP COACH

classes at the State Tournament. He has informed me that, this year, all three classes will once again have banquets. Look for more information if you are a section champion! The Coaches Association will once again sponsor a Junior Showcase this summer; the date will be July 12th at the Minnetonka complex. The showcase is supported by our association; thanks to Tink Larson and John Wilkens for all the work that goes into this important event.

We invite everyone to come out to the Chaska ball park for the Lions' All Star games on June 22nd and 23rd. What a great weekend to see Minnesota's best baseball players from all over the state! We would also like all coaches who have a player selected to play to make plans to attend the Friday night games. We will once again have the coaches take part in the opening ceremonies as they will be introduced with their player. Coaches should also let their players know that, if selected, they need to commit for the entire weekend. We also will honor our Hall of Fame members that night.

The dates for our Baseball Coaches' Clinic are also set for 2012; it will be held on October 26-28 at the Ramada Plaza (same place as last year). We will also have our Hall of Fame Banquet on Saturday, October 27 to honor our 2012 selection. It would be great to see most of you attend the banquet!

Good luck to everyone in Section play! Please do your best to attend the State Tournament of your class and all of the Championship games on Monday at Target Field. Please also make an effort to attend the Lions' All Star Games on June 22 and 23 in Chaska. Please remember to call in your game results. It's our job to promote the great game of baseball in our state! Have a great conclusion to your seasons!



Ice Chips

By: Craig Roberts
MHCA Director of Communications
Benilde-St. Margaret's School

All hockey coaches in Minnesota could take pride in UMD's Jack Connolly winning the Hobey Baker Award this year. In a letter to Minnesota Hockey, he wrote:

I recently had the honor and privilege of being named the 2012 Hobey Baker Award recipient as the top men's college hockey player. Just typing that sentence causes all kinds of wonderful emotions and thoughts, but more than anything, it makes me realize how fortunate I am to be from Minnesota, especially Duluth.

I put my skates on for the first time in the warming house at the Duluth Heights outdoor rink when I was four. And some of the other four-year-old kids who were putting their skates on for the first time, next to me in the warming house, are still some of my best friends today, 18 years later.

We grew up on the outdoor ice rinks and eventually the indoor ice rinks in the Duluth area. My friends and I are extremely lucky to have been coached by so many wonderful people who instilled a passion and respect for the game. I was fortunate enough to play in the state high school tournament and eventually for my hometown Bulldogs, being part of a memorable team that won the school's first Division I national championship. But it all started with the foundation that was built for me by the community hockey system that Minnesota has.

In recent years, I've been able to play on teams with players from all over North America. After talking about our childhood hockey experiences, I realized that hockey elsewhere is not quite like hockey in Minnesota.

As a mite and squirt playing for

Duluth Heights, all I wanted to do was beat the other Duluth neighborhood teams. At the peewee and bantam level, I played for Duluth East, which increased my list of rivals. And in high school, at Duluth Marshall, the only thing better than a game against Hermantown, was a win against Hermantown.

All of this was done with my friends. All of this was done while living in the same house where I'd fall asleep as a four year old dreaming about hockey. All of this was done while continuing to play soccer at a high level throughout high school. I didn't join an all-star team of 10-year-old kids in the winter and go to tournaments in Quebec City or Buffalo. I played with kids from across the alley and down the street, and a big road trip was a tournament in Coleraine. I didn't move away at age 14 to pursue my hockey dreams. Instead I stayed home to play the game I love with my friends.

I did develop. I developed as a hockey player and a person, and for that I want to thank everyone involved in hockey in Minnesota: the coaches at Duluth Heights who picked me up when I fell as a four year old and those connected with Minnesota Hockey who oversee the community associations. I truly appreciate all that you have done for me and other young players in Minnesota.

I encourage you to keep doing it because hockey in Minnesota works and is indeed special. From the bottom of my brand new Hobey Baker Award, thank you.

With that in mind, we wish all of our coaches well in the off season and look forward to seeing you Oct. 27-28, at the MHCA Fall Meeting.

CLEARING THE HURDLES

By: Kent D. Viesselman
Minnesota High School Track & Field
Coaches Association
Cambridge – Isanti High school



Hello everyone. It has been a great season in terms of weather and I hope you and your athletes have enjoyed the nice weather.

I want to inform you about a number of items as the season comes to an end. I just wanted to remind everyone that the automatic 2nd relay qualifier is in effect for your section meet this track season. Qualifying standards are still in effect, but unlike in years past, two relays will automatically qualify from each section in each gender in each relay event.

Second, after much discussion the clinic committee has decided to change the date of the **MN track coaches clinic** to **Friday, February 1st and Saturday, February 2nd** for this upcoming year. This has to do with facilities. We have received a lot of feedback about keeping our current clinic location for this upcoming year and for years to come. In order to do this, we need to change our clinic date. If you have any ideas for speakers or questions about the clinic, feel free to contact me at kvisselman@cambridge.k12.mn.us and I will try to either address your question/concern or I will direct you to someone who can. Look on our website at <http://mshsca.org/track/index.htm> for exciting upcoming details on the clinic. I would encourage you to become more familiar with this site.

Lastly, if you or someone you know is interested in hosting the True Team State meet in the future we would be happy to give you the criteria necessary to be considered a potential host site for this outstanding event. Please contact Mark Alcorn of Holdingford at jmarkalcorn@gmail.com for more information. Also, congratulations to Mark as he will be assuming the role of president at the conclusion of the state track meet.

Thanks again for all you are doing for kids. Know that what you do matters. I hope you have a great end to your school year and I look forward to seeing **ALL of you at our clinic** and on the track.



By: Alexandra Ross
Apple Valley Girls' Lacrosse Head Coach

Not only in Minnesota, but around the nation, we are seeing rapid growth in the sport of lacrosse. Participation at all levels is growing exponentially and with this comes the demand for more coaches, referees, and volunteers to help teach the new players. The metro area provides the most lacrosse opportunities for players, but that should not limit the number of high quality lacrosse clinics and events for interested players to attend.

I was hired as Apple Valley's first girls' lacrosse coach in 2008 and growing the high school program meant growing the youth program at the same time. The most successful lacrosse programs in the state have had a strong presence in its youth programs right from the start. Volunteering time to make it to youth practices, offering free youth clinics, and summer camps opens the sport up to players who are nervous to try out a completely new sport. If you spend the time to plan a great event you will 'hook' most of the participants right from the start and get them to return, year after year, to your program.

To ensure that each season, I have a competitive varsity team, I spend time visiting elementary schools and middle schools, talking to physical education classes and offering free Saturday clinics at the high school. Young students get so excited to meet the head coach of a varsity program and to see the varsity players in action, interacting with them. This gets them interested in the sport and each year, my youth registration numbers continue to increase which then brings more girls into my high school program.

Involving my varsity players and my graduates, who return from their college teams, in the community has helped my girls' lacrosse program grow. The sport is still so new and in most communities, people do not know much about the sport. Opening up learning opportunities for new players helps spread the word about the sport and helps grow the involvement at all age levels.

Swim Strokes



By: Mike Steineman

Cretin-Derham Hall Boys Swimming & Diving
 President – Boys Swimming & Diving Coaches Association
msteineman@c-dh.org

After a relatively mild winter, spring is finally here! It has been another successful season for girls and boys swimming and diving!

The boys swimming and diving season finished its season March 1-3 with the State Meet held at the University of Minnesota Aquatic Center. In Class A, first place went to the team from St. Thomas Academy with 303 points. Second place went to Monticello with 204 points and third place went to Breck/Blake with 193 points respectively. In Class AA, the meet had a tight race for second place. Finishing in first place was the team from Eden Prairie with 314.5 points. The last relay was very important in determining second place. At the end of the 400 Freestyle Relay the teams from Minnetonka (last year's AA champion) and Maple Grove finished in a tie with 206 points. Fourth place was the team from Rosemount with 178 points respectively. All in all, there were seven new records set at the meets. Way to go!

After the State Meet had its final swim, there were a couple more items for the swimming and diving community to attend to. First, The All-State banquet was held at the Prom Center in Oakdale on Friday, April 13. Athletes of the Year were named with Marisa Wood, Sartell-St. Stephen winning for Class A Girls. In Class AA for Girls, Nikki Larson, Edina took the honors. On the Boys side, Paul Fair, Monticello won for Class A while Noah Lucas, Mounds View won for Class AA. Also, Coach of the Year was recognized at the Banquet. For the Girls, Dave Olson, Sartell-St. Stephen won for Class A while Jeff Mace & Sarah Mitchell, Edina took the honors for Class AA. For the Boys, Dirk Westveer, Monticello was the winner in Class A while Kelly Boston, Eden Prairie won for Class AA. In addition to the Athletes and Coaches of the Year, Brian Luke of Stillwater and Kathy Walker of Melrose Area and the College of St. Benedict were inducted into the Minnesota Swimming & Diving Hall of Fame. Finally, recipients of the Jerry Simpson Distinguished Service Awards went to Fred Lips of Bloomington Jefferson and Rick Reed from International Falls. Assistant Coach, Dedicated Service Awards went to Jody Cullen of Blaine and Eric Vogen of Eastview. Congratulations to all the winners!

Next, the Upper Midwest Swimming and Diving Coach's Clinic was held the same weekend as the All-State Banquet

at the Ramada Plaza in Minneapolis. This year's featured speakers included the University of Minnesota Men's and Women's Head Coach Kelly Kremer, Northwestern University Head Women's Coach, Jimmy Tierney, and former Monticello Coach and current Assistant Coach for the University of Utah, Charlie King. Many coaches from around the State attended and have added to their workout arsenal ready to try all the ideas as soon as next season starts. Last, a sincere thank you to Andy Viker who has served as the Clinic Coordinator for the past ten years! Andy, thank you for your time and dedication. We (the Executive Committee) really appreciate it!

Looking to next year, the MSHSL Board of Directors approved the Swimming and Diving Advisory Committee's proposal to expand the Class A boys' meet from four sections to six sections at the April 2012 Board Meeting. The number of Class A schools has increased and has caused a corresponding increase in travel. This means that the top three finishers in the Class A Section Meets (in addition to the swimmers that make the qualifying times) will qualify for the Class A State Meet. Three divers will qualify as well meaning that the field will increase from 16 divers to 18. The change will take place for the 2012-2013 season. To see the new section assignments go to the MSHSL website. Also, we have the dates for the True Team Meets. For the girls, the section meets will be held on Saturday, October 13. The girl's True Team State Meets will be at the U of MN on Saturday, October 20, 2012. For the boys, the True Team Section Meets will be held Saturday, January 19, 2013. The True Team State Meets for the boys will be Saturday, January 26, 2013 also at the U of MN.

Finally, please join me in welcoming Hutchinson's Rory Fairbanks to the Executive Committee. Beginning next year, Rory will be the Vice-President to Prior Lake's Justin Haycraft. Justin moves from being my Vice-President to President. My term as Boys President has ended and I know that Justin and Rory are, and will continue to be, excellent leaders for our association. The girl's association will continue to be in the hands of excellence with President Jen Marshall of Farmington and VP Dale Magnuson of Rochester Century. Kate Steineman of Cretin-Derham Hall will continue as Treasurer and Rick Ringeisen is the Secretary. Remember, our association website is located at: http://web.mac.com/mnswimmer/Minnesota_Swim_Coaches_Association/Home.html

I thank you all for your service! Until then, enjoy the weather, the free time, and have a great summer!

Minnesota State High School League Board of Directors Meeting April 5, 2012

Meeting Synopsis

Action Items

A number of recommendations from fall and winter activity advisory committees were considered:

A proposal from the Basketball Advisory Committee to seed teams 1-8, instead of 1-4 followed by a blind draw, was tabled to seek more information. If the policy is ultimately approved, it would apply to all activities that seed state tournament qualifiers.

A second proposal from the Basketball Advisory Committee to conduct a two-year experiment of an NCAA-style Top 64 seeding of the Class AAAA girls' and boys' state tournament qualifiers was defeated. Concern was expressed about deviation from the current geographic representation model to include competitiveness in the placement of teams in sections for the state tournaments. Additional concern was expressed about applying the proposal to just one of four classes.

The Hockey Advisory Committee proposal to allow unrestricted scrimmaging during the first two weeks of the season and only two scrimmages during the season was defeated. Concern was expressed that if approved that it would need to be applied to all athletic activities.

The Baseball Advisory Committee and the Girls' Softball Advisory Committee submitted separate proposals requesting the identical action — allowance for sections to conduct double-elimination competition once the final eight teams have been decided. Saturdays and double-headers will reduce the number of school days required. The proposals were approved.

The Swimming and Diving Advisory Committee proposal to expand the Class A boys' meet from four sections to six sections was approved. The number of Class A schools has increased and has caused a corresponding increase in travel.

The Cross Country Running Advisory Committee proposal to modify how individuals qualify for the state meet was approved. The current format has two teams and the 10 fastest individuals qualify from each section, even if some of those individuals are members of qualifying teams. The approved format will advance the eight fastest individuals that are not members of the two qualifying teams.

A new baseball and girls' softball game termination policy

at state tournaments only was approved for immediate implementation. The policy will require that complete games of 6.5-7 innings must be played at all rounds leading to the state championship, unless: 1) the 10-run rule applies; or 2) extra innings are required. If weather, darkness or similar issues prevent the conclusion of complete games, those games will be suspended and resumed when conditions permit. With agreement from faculty representatives of both teams, the tournament director can still terminate a regulation game according to the rule book.

The Board voted to forward a simple, one paragraph amendment of Bylaw 304 to the Representative Assembly for action at its May 2012 meeting. The bylaw governs the use of an ineligible student. The amendment adds: "A student who has denied violating a MSHSL bylaw, has participated, and is subsequently found guilty of the violation shall forfeit any honors won as an individual."

At its February meeting, the Board voted to require all athletics coaches and fine arts coaches and directors to complete the League's Continuing Education Requirement (CER) once every three years effective for Fall 2012. At the recommendation of the Technology/Coaches and Officials Education Committee of the Board, the full Board approved an additional requirement that all athletic coaches complete sport-specific rules interpretation meetings annually. The current rules meeting requirement applies only to head coaches.

Discussion Items

Staff presented for first reading a policy that most NFHS rules that now apply only to varsity competition must be followed at all levels of competition, including junior varsity, B-squad and sophomore teams. School administrators, with the approval of their conferences, may modify the NFHS rules for sub-varsity competition that reduce length of playing time, number of timeouts, uniform requirements, free substitution for baseball and girls' softball, and the use of unregistered officials. What prompted the policy proposal was concern that playing and equipment rules designed to minimize the risk of injury were not required at all levels. The policy also strongly recommends that it be implemented for teams at the seventh-, eighth- and ninth-grade levels.

Executive Director Dave Stead recommended that the next Board at its August meeting discuss the issue of sportsmanship and student behavior at state events.

Executive Director Stead also indicated that a meeting is scheduled next month to consider potential adjustments to the formula for determining enrollment of cooperatively sponsored teams.

Executive Director Stead also indicated that insufficient interest exists to further consider the possibility of conducting golf in the fall.

Board Committee Reports

Eligibility Committee

The Board adopted 11 separate eligibility recommendations from the committee, the bulk of which recommended censure of coaches or school administrators. The committee also continued discussions related to online student eligibility, as well as students with multiple transfers.

Audit/Finance Committee

The Board approved the financial statements for the months of January and February. The committee also heard Finance Director Rich Matter's report on winter tournament attendance. He said it was up about three percent over 2011, but still below the 10-year average.

Marketing Committee

Staff updated the committee about the culmination of all activities related to celebrating 100 years of state basketball tournaments and shared several multi-media presentations to that end. Staff also debuted some public service announcements that KSTC-TV and Wells Fargo developed about League fine arts programs that will ultimately air on Channel 45's news broadcasts.

Technology/Coaches and Officials Education Committee

In addition to its recommendation to expand coaches' rules meeting attendance that was approved by the Board, the committee discussed issues related to registration fees for officials and continued development of the program that places officials at several levels of proficiency. Technology Director Chris Franson revealed that the League website absorbed more than a million hits during the winter tournament season, peaking during the boys' hockey tournament.

Extra Points

League Lobbyist Roger Aaronson reported that a bill was passed by the Legislature that reduces the time from 180 days to 90 days that member schools are required to seek placement in a new conference. He also reported that the bill related to a new covered Vikings stadium and which includes provisions for seven calendar days to accommodate League soccer and football tournaments still faces an unknown future, with its financing reliance on gambling revenues creating the most discussion and controversy.

The Board offered a standing ovation after staff presented Andover's Josh Ripley his Spirit of Sport Award for Section 5 of the National Federation of State High School Associations. Last fall Ripley stopped to aid an injured cross country runner, carried him to the injured runner's coaches, then resumed the race and still finished ahead of 50 other runners after his selfless act of sportsmanship.

The next regularly scheduled meeting of the League Board of Directors is Monday, June 11, 2012, at the League office.

FAST TRACKS

By: Dan Josephson
Detroit Lakes

As the Nordic Ski world comes out of one of the most disappointing snow years in terms of on snow work, we are optimistic as we start the planning for next season. The summer months are the ones in which the training base is developed. There is still work to do in trying to figure out how we can improve our sport while maintaining our participant level at the section and state level. The MSHSL gave us the indication that the 5x3 proposal we sent forward to them would not work with our current seven member section team. So at this point in time it looks like we are going to have to revisit this issue. We will need to continue to work together to both grow our sport and provide the best opportunities for our athletes.

Taking over as the new president of the Nordic ski coaches association, I do have a few tasks that I need to tackle right away. Our association is in need of a few people to step up and help out in leadership positions. We need either volunteers or nominations to fill the rolls of President-Elect, Secretary, and Treasurer, we also have a spot on the advisory board available. At the spring meeting I did speak to several people at offered their help in these areas, but we will need to take action as a group at the fall meeting to make it official. If you are interested in volunteering or nominating someone for one of the above positions please contact me at Dan@herzogroofing.com or (218) 841-4196. I would also like to remind all of us to continue to show our appreciation of the ski shops for the participation in the Victor C. Dunder program where ski shops donate equipment to first year skiers who cannot afford to purchase their ski gear.

Remember to mark your calendars for the Fall coaches meeting taking place on Saturday October 27, 2012 in Mora.

Mat Chatter

By: John Barlund
President of MWCA
Frazee High School



Greetings wrestling fans. I have enjoyed the past year as wrestling president. We have faced a number of challenges this past season as well as getting a couple of items put in place for the future teams to benefit from. One item I am very proud of is the implementation of our All State teams. With the cooperation of Wells Fargo we are able to identify and recognize an All-State Team from each class in wrestling.

This past season we crowned three teams as State Champions. Teams from Apple Valley, Simley, and Jackson County Central each won their respective class.

Congratulations to these teams and their coaching staffs. Chosen as State Coach of the Year were: Joe Block – AAA, Randy Zimmer – AA, and Joel Skillings – A.

The Mr. Minnesota award was won by Michael Krolles of Scott West. Michael is a two time state champion and a 3 time finalist. He is a 4.0 student as well as Belle Plaine ExCell award winner and AAA winner. He will continue his wrestling career at the U of M. The NWCA recognized Brandon Kingsley of Apple Valley as their Region 5 Scholastic Athlete of the year. Brandon was a multiple state champion for Apple Valley High School and participated on 5 MN state championship teams. He has a GPA of 3.56.

I want to wish the best of luck to the individuals and teams this summer and next season.



Procedure for Online Registration

*You do not have to use a credit card to register online!

All memberships run from Aug. 1 to July 31
This corresponds to the school year NOT the calendar year.

1. To begin, go to www.mshsca.org.
2. Use the link for 2011-12 membership.
3. Use the right hand side to *join* for the new members.
Use left hand side for returning members.
4. Login is your email address and your password is zzz if you mailed in your application, in the past.
5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Print your receipt.

Please note: if you choose to pay by check or money order, your card will be sent when payment is received.

Questions????

Please call 218-847-6796 or email jomar@lakesnet.net with questions

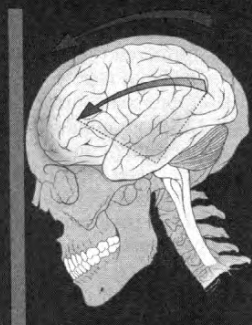
A membership application is not being printed this year. The paper copies have not always been clear and we have had incorrect emails and mailing addresses for cards. By using the online registration, you will be helping us to update our records and information. We will be happy to walk you through the process.

Thank you for using our online system, John and Mary Erickson

*“A lifetime of
training for
just ten seconds.”*

- Jesse Owens

The FACT'S **CONCUSSIONS**



A concussion is a **brain injury**.

All concussions are **serious**.

Concussions can occur **without** loss of consciousness.

Concussions can occur **in any sport**.

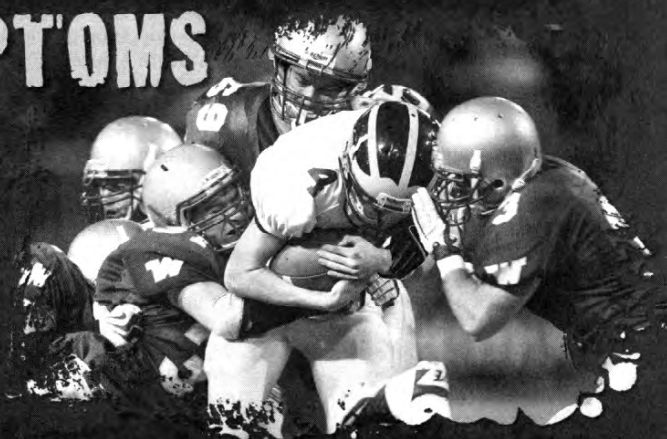
Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a **concussion**.

The SIGNS and SYMPTOMS

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to a hit or fall
- Can't recall events after a hit or fall



Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

**Information taken
from the Winter 2012
MSHSL Bulletin**

The ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the athlete is symptom-free and it's OK to return to play.

For more information on Concussion Management and the MSHSL Return to Play protocol, visit www.mshsl.org

Thanks to Liberty Mutual

I was recently at the Spring Delegate meeting and filled out a quote form for Liberty Mutual. Thinking I was just benefiting the association little did I know it would benefit us greatly. We were able to save \$400 on our Auto Insurance and about \$900 on our Home owners policy. It was an awesome benefit . . . especially this close to the Holidays. It took 5 minutes to fill out the form! So a big "Thanks!" to Dave and the staff at Liberty Mutual!!

Shelly Hotzler - Past President of the MSHSCA



Quote Form Auto & Home Insurance



Minnesota State High School Coaches Association has partnered with Liberty Mutual to save you money with substantial discounts*.

And the best part- 2% of your premium goes back to the organization.
You receive knowledgeable support, immediate claims assistance, and the latest information to keep you and your family safe.

Complete the form below for a no-obligation home and auto insurance quote.

Insured # 1

Full Legal Name

Date of Birth ____ / ____ / ____

Insured # 2

Full Legal Name

Date of Birth ____ / ____ / ____

Year / Make / Model or VIN (If available)

Coverage

Vehicle 1:

full liability

Vehicle 2:

full liability

Vehicle 3:

full liability

List names of all operators (include dates of birth and D.L. numbers):

Home Address

Address:

City _____ **State** _____

Zip _____

Year Built _____ **Age of Roof** _____

Insurance Dwelling Coverage \$ _____

(Or purchase price if new purchase)

Prior Address (if less than three years):

Address:

City _____ **State** _____

Zip _____

Contact Info:

Daytime Telephone: _____

Email Address: _____

DAVID GUNDERSON

PH # 763-543-4344 FAX # 763-595-8618

david.gunderson@libertymutual.com

*Discounts, product features, savings and benefits vary state by state and are not available in all states



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

The MSHSCA continues the Academic Awards program

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

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

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



This process is true for each sport.

Your school will receive a plate for each of the teams that qualify.

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

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

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

MSHSCA's CORPORATE SPONSORS



2011-2012


The following friends of Minnesota coaches and Minnesota prep sports have made contributions to the MSHSCA that will assist the association in providing opportunities for coaches to better their programs and provide the ultimate possible experience for the athletes that take part in their programs.

- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Trophies Plus - Templeton, IA
- Forum Communications Printing -
Detroit Lakes
- All Star Fundraising - Minneapolis
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- Blue 84 - Division of Lakeshirts -
Detroit Lakes
- JK Sports, Fergus Falls
- RJY Development Inc - Rochester

COACHES:

Please support the sponsors who are concerned
about your athletes and your programs!
Good luck in 2011-2012
Thanks for your support

CHIP SHOTS



By: Todd Petterson
Red Wing H.S.

I am writing this as the season is starting to wind down and we are starting to prepare for the conference and section meets. I hope the year has gone well and your teams are playing well and improving.

The Golf Coaches Association had a very successful Sunshine Coaches Association Clinic this year to kick off the season. We brought in Dr. David Cook for a Friday evening and Saturday morning presentation. I wish more could have attended as he was a very good speaker. Dr Cook is a noted sports psychologist and motivational speaker, and every one I spoke to loved his presentation. He is willing to come back again, but it will be a few years before he does.

We have had the opportunity to use the range finders this year, and in some circles there was some early discussion on the ability to also use the GPS units as well as the scopes. The USGA rules of golf do not distinguish the difference and so they are also allowed as long as it does not also measure anything else like wind, temperature, or elevation, etc. I hope things have gone well with these and it has helped speed up play. In the meets we have had this year the pace of play seems to be improved-I am not sure if it is because of the distance devices or not.

There are three additional things I need to mention and one is the state tournament banquets. Each year there

is a frantic time for the banquet managers to get the reservations and get everything ready in a short time. We have put the banquet information on the MSHSCA.ORG website under golf. If you can bring a copy to your section meets to share with other coaches, it will be greatly appreciated. It seems that every year the banquet managers end up calling a lot of coaches to see if they are bringing parents and are coming themselves. So if you can make your reservations as soon as possible after the section meet, that would be great.

Second, I hope you have been getting in your weekly ratings and you send in your academic ratings. These are great awards for the golfers, who will get recognized if you are a member of the Golf Coaches Association.

And last, I have dropped the ball on publicizing the Coach of the Year awards from last season. I have been researching this and they were correct. This award is difficult to get completed during the season by the banquet time. The fall comes and then rounding up the different section results, conducting the state wide vote and getting the information off so people can be invited and plaques ready is difficult. We have had some great ideas on improving this but the timing in getting this done is always difficult.

Last year we had some very worthy recipients in boys Class A: Peter Hedstrom-Springfield, AA: Bob Gorden-Detroit Lakes and Alan Christopherson-Wayzata. On the girls side Class A: Greg Gile-Lincoln Hi, AA: Ron Kallheim-Fairmont and Mike Schumacher-Wayzata. We have gone from having as few as about a dozen

nominated a few years ago to this year twenty-seven.

The assistants have also been recognized with the best turnout since I have been doing this. Class A boys: Bob Schissel-Nevis and girls: Diane Spaeth Mahnomen. AAA boys: Jerry Greupner-Rosemount and girls: Phil Johnson-Elk River. Let's keep getting your fellow coaches nominated at the section tournaments this year. Congrats to all head and assistant winners.

Hope the season finishes on a high note and everyone on your teams are having fun and improving.

***“I have a tip that
can take
5 strokes off
anyone’s golf
game.
It’s called an
eraser.”***

- Arnold Palmer

13th Annual "HODGE PODGE" GOLF OUTING

Open to:

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

Date: Monday July 16th, 2012

Where: Mt. Frontenac, Fontenac, MN - Hwy 61 between Red Wing and Lake City. 651-345-3504

Time: 11:30 AM shot gun start

First come, first serve:

You can put together your own foursome or sign in at 11AM, day of outing to be placed in foursome - prizes for various contests.

Cost: 18 Holes and 1/2 Cart & Beverage Tickets = \$40.00

Please no substitutes

Send Registration and money to:

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

REGISTRATION

Name _____

Address _____

State _____ Zip _____

Phone Number (_____) _____

- I will sign up for the foursome on 7-16-12
- My spouse/guest will sign up for the foursome on 7-16-12
- I will create my own foursome. Names of others in foursome.

1) _____

2) _____

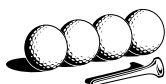
3) _____

4) _____

Total money enclosed (\$40.00 each)

Payable to Mt. Frontenac Golf or Jim Baker

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



USE YOUR MEMBERSHIP CARD

Your 2011-2012 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.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession for 25 years or more

Date Issued _____

Executive Director _____

The card is white with Red Ink for the year 2011-2012.

2011-2012 Membership Card

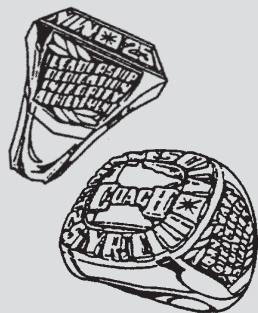
Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar@lakesnet.net
Website: www.mshsca.org
President, Becky Leuer - North Branch



**John Doe
North Branch H.S.**

Asst. Football
Head Wrestling
Asst. B/G Track

25 YEAR CLUB RING



Ring Options

Man's 10K Ring
Price based on 350 per ounce gold.
(Optional) 6 pt. Diamonds

PRFCIUM is a bright silver colored jewelers alloy that is hard, durable and non-tarnishing

ENGRAVING:

Initials Inside Ring
Full Name Inside Ring

White Gold
Resize Smaller 1 Size Max
Resize Larger 1 Size Max
Refurbish Ring (Include New Box)
Drop Ship

Call Pat Furlong for Prices!

Ring Order Form

Name _____

Address _____

Phone _____

Finger Size _____

Ring _____

Stones _____

Options _____

Sub total _____

Add 6.5% State Tax _____

Total _____

SEND ORDER AND CHECK TO

Pat Furlong
5044 Edgewater Drive
Mound, Minnesota 55364
Phone 952-472-6738



Dig This

By: Jim Lee
Waconia HS

Although birds are known for their ability to fly, the longest recorded flight of a chicken is only 13 seconds!

Remember that's thirteen seconds longer than we are able to have contact with our athletes during the Blackout Dates for this summer: June 30th-July 6th.

If you're in need of "flying the coup" this summer, head over to the 2012 MNVBCA Coaches' Clinic. Our MNVBCA clinic will be held on Wed, July 25th and Thurs, July 26th at [the air-conditioned] St. Michael-Albertville High School with the All-Star match also being conducted on Wednesday night. Registration will begin at 11:00am on Wednesday with the first session at 1:15. The All-Star Match warm-up begins at 5:30; and the Coaches' Social (site tbd) will begin at 8:00pm. Thursday's sessions begin at 9:00am; remember you'll receive a free supper on Wednesday and a free lunch on Thursday! Sessions and door prizes expect to be concluded on Thursday at about 3:30pm.

Our designated hotel will be the Country Inn and Suites by Carlson. The location is 6554 Lamplight Drive in Albertville with reservations at 763-463-2600.

Registration is now available for the 2012 MNVBCA Clinic at: <http://mshsca12.cordonco.com/>.

If you attended the clinic last summer, go to the LOGIN section; enter your email address and the password is zzz (unless you changed it). The FIRST 150 coaches registering ONLINE will receive a sport specific t-shirt designed by Blue 84!

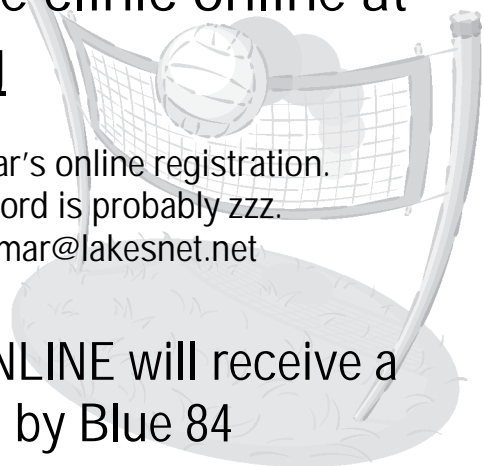
CLINIC BONUS

This year's clinic will allow every head coach who attends to receive a free AVCA membership and the first 200 head coaches who register will receive a free Breakdown booklet!

Don't be a chicken! It'll take a little bit longer than 13 seconds to fill out the on-line registration and then it's just a short flight over to STMA High School to "peck up" lots more information before the season starts! If you need to "chick in" with me for questions about anything regarding volleyball, contact me at jlee@waconia.k12.mn.us

Volleyball Coaches

Register for membership and the clinic online at
www.mshsca.org



Login with your email and password from last year's online registration.
 If you did not choose a password, your password is probably zzz.
 Questions? Call: 218-847-6796 or email: jomar@lakesnet.net

The FIRST 150 coaches registering ONLINE will receive a sport specific t-shirt designed by Blue 84

**Payment can be made using a credit card, check or money order.

One check can be sent for an entire staff. Each staff member enters their information and prints out a receipt to be included with one payment.

2012 Volleyball Clinic Information & Fees July 25 & 26

St. Michael-Albertville HS

*ALL Coaches attending the volleyball clinic must be members of MSHSCA
 Out of state, college and club coaches can join as associate members

Clinic Fee \$ 115.00 until July 18th. \$125 after July 18th
 *MSHSCA Membership Fee \$ 30.00
 Volleyball Association Fee \$10.00 for a head coach, \$5 assistant coach

Life Member Coach registration fees

Clinic Fee \$115.00 until July 18th. \$125 after July 18th
 *MSHSCA Insurance Fee \$10.00
 Volleyball Association Fee \$10.00 for a head coach, \$5 assistant coach

Out of state, college & club coaches

Clinic Fee \$115.00 until July 18th. \$125 after July 18th
 *MSHSCA Membership fee \$15.00
 Volleyball Association Fee \$10.00 for a head coach, \$5 assistant coach



Headquarter hotel is the Country Inn & Suites by Carlson
 6554 Lamplight Dr. Albertville 763-463-2600

Mail online registration payment to: MSHSCA, PO Box 519, Detroit Lakes, MN 56502



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

On a recent visit with my Criminal Justice class to the local county court house it was hard not to notice the similarities between the legal system and officiating. The class had the opportunity to witness many unique situations ranging from "Drug Court" to witness selection in a jury trial to a wedding before a judge.

Perhaps one of the more interesting facets of the day was the jury selection process, or "voir dire." The translated French phrase voir dire means "to speak the truth." In court, it refers to a process of determining whether a juror can serve fairly and impartially in a given case by asking the prospective jurors various questions. Each side has the opportunity to keep or to remove individual jurors for specific reasons they may have. I sometimes wonder if this wouldn't be an interesting method to select officials for games. You'd start with a pool of available officials and coaches would have the opportunity to ask questions to the "prospective officials."

The dialogue in the selection process might go something like this: Domineering Coach asks, "Official No. 12. My team likes to play a physical brand of basketball. Is it true that you alone called 63 fouls in a game last week?" Official No. 12 nervously responds, "Well, uh, yes sir. I did call that many fouls, but it was because the

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 (____) _____

teams were playing too rough.” At which time Domineering Coach demands that Official No. 12 be removed from the Officials Pool immediately!

In another situation it might be “Three yards and a Pile of Dust” football coach who asks prospective Official No. 3, “*We like to run the ball 97% of our plays from the line of scrimmage. Is it true that you have officiated for 36 years and have never thrown your flag for holding?*” Official No. 3 immediately and proudly proclaims, “*That is correct – in fact in half of those games I didn’t even have a flag!*” Coach Three Yards promptly strikes Official No. 3.

In reality this is how some Athletic Directors and or coaches may sometimes take a closer look when selecting officials for their athletic contests. They may want the folks who are going to “let ‘em play” or on a different night those officials that prefer to keep the game tight.

A few other quick analogies that came to mind - holding cells in the jail equate to a penalty box like in hockey; coaches and lawyers alike research the opposing side and map out a strategy for the upcoming ‘contest;’ sometimes game plans are successfully executed and sometimes best laid plans fall apart; sometimes in both scenarios the judge is the judge and tough decisions need to be made in both arena’s – the list could go on and on.

While at the Courthouse we also toured the entire facility. One particularly interesting story reminded me of a story a basketball coach shared with me. The Court bailiff providing the tour told the students of the walk on the “Grey Mile.” The court personal have coined this phrase for the walk that prisoners take from their holding cells in the jail to the actual courtroom. It’s called the “Grey Mile” because of the length of the walk, but more so for the color of the floors the entire walk – that of grey cement. Of the walk he said he could always sense the nervousness of the prisoners going to arraignments, hearings or trials. All in anticipation for the “big event.”

As mentioned earlier the explanation reminded me of the basketball coach who was going to be coaching his first game at historic Williams Arena at the University of Minnesota. It was the State tournament – this was, “*the Big Event*” in his career thus far. The pre-game pep talk was given and the troops were ready to go. They were ready to conquer the world. The Gipper would have been proud. One last team chant and the kids bust out the locker room door and into the Barn. Waiting back, he sighs in relief and tells the assistants – “we’re ready to go boys.” Now it’s just the walk down the hall. It seemed like forever. Right foot, left foot – I can do

this he thought to himself. Nervousness and anticipation – much like the “Grey Mile.” Now it’s just a few steps up the stairs to “*the Big Event*” when.....he slips and falls on the top step. Anxiousness was quickly replaced by humility – and a smile.

While the correlation may not be spot on it was just another example of how one can see the two systems relating to each other – although it may be tongue in cheek. Here’s to hoping that all coaches and officials can find ways to work together rather than as adversaries.

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

Eiter is a high school teacher and baseball coach in Detroit Lakes, MN. He currently officiates football and basketball and is a former baseball and softball umpire. He can be contacted at dlref@hotmail.com. _____

***“Every great player has
learned the two C’s:
how to concentrate
and how to maintain
composure.”***

- Byron Nelson, PGA golfer

CORNER KICKS



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

It has been a beautiful spring and we all look forward to our summer and spending some time outside. As we wrap up the 2012 school year, we look forward to the fall season.

There are several items for you to review. Most of you have been through the Coaches Education Requirement. Many of you have your own personalized "Coaches Clipboard." This will enable you to take the rules interpretation each year. That is required of you every year.

The recertification piece will repeat itself every three years. The Minnesota State High School League administers this program. All of the information is on their website.

There seems to be a continuing problem with the new white jersey rule. President Mark Obarski (Eagan Girls) restated "that it is what it is." That rule will take effect in the fall of 2013. The rule reads that the home team shall wear solid white jerseys and solid white socks. The visiting team will wear dark jerseys and socks. As a coach you have the next year to get your uniforms ordered and ready for the 2013 season.

Our organization does not have anything to do with these rule changes.

The MSHSL is our governing body and they are members of the Federation and adhere to their rules.

This year is the year the NOCASE shinguard rule will be enforced. The seal and the height range will be permanently marked on the front of the shinguard. The equipment shall not be modified from its original manufacture state and shall be worn in the manner the manufacturer intended it to be worn. This will be in the rule book as Rule 4-1.1.

Also your goalie will have a number on the back and front of their jerseys or shorts that is different from any other team member. That can be found in the rule book under 4-1.i.1.

I know this seems to be a subject we cover every time, but it needs your attention so there will not be any rule infractions. Take some time and become aware of the coming rule changes.

One of the new innovations in our sport is the referee headsets. There are a number of schools in the state that use them and the MSHSL has stated that they are open to their

use. These sets are being purchased by some schools and others are looking to purchasing them. The headsets are an innovation that will be great for our sport.

Keith Randa (Apple Valley Girls) is working on our website. Because of the continuing advancement in technology, we need to take a look at what we want on the site. Keith will, time permitting, work on the website and make some changes. A reminder to members, you need to access the site frequently to be aware of items that need your attention.

The 22nd Annual Soccer Coaches Clinic information is out. Greg Juba (Park of Cottage Grove Girls) our clinic director has announced that the clinic will be held at Hopkins High School on Friday August 10th. The clinic will run from 7:30 p.m. until 4:00 p.m. The registration needs to be mailed to Ark Seplak. All the information needed is on the website along with the form. Please read the information about dues. All dues need to be paid online by credit card or at the clinic. To pay online you need to go to the MSHSCA website. Head coaches please note that there will be a Head Coaches Meeting during Section IV. At that time you will get your information packets. You need to be at the meeting so your voice will be heard. New coaches (head and assistant) will also have a session. This will be during the lunch hour. The Advisory Committee will meet on Thursday August 9 at 2:30 followed by the Section Rep Meeting at 4:00. We again are going to have a session at the end of the day with the NSCAA person who will be part of our clinic.

As a point of information, the meeting site for the board meetings will move to Eagan High School. The move comes because our Treasurer Art Seplak is retiring from teaching. Art has had a great career as a teacher and coach in the Bloomington school system. We thank Art for hosting the meetings for many years. We wish him the best in his retirement.

We continue to keep Ron Sellnow in our thoughts. We wish him the best of luck as he deals with health concerns. Take care Ron.

I must also wish a good friend, Ziggy Kauls the best of life as he retires from basketball coaching at Mounds View after 45 years. Good luck Ziggy.

That's it for now. Enjoy your summer, get refreshed for the 2012 season. Remember, you have the best job in the world, working, mentoring, and coaching kids.



MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION

Website: www.mshssca.org

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

22nd ANNUAL SOCCER COACHES CLINIC

WHO: OPEN to ALL interested soccer coaches (youth, HS, college)
WHERE: Hopkins High School
 2400 Lindbergh Drive
 Minnetonka, MN 55305
WHEN: Friday, August 10th, 2012
 7:30 AM – 4:00 PM
COST: - See Box below
NOTE: 1st time attendees, clinic registration is \$40.
 - Includes a box lunch
 - T-Shirt for the first 250 registered coaches

AGENDA

7:30 - 8:15 AM	Sign-in / Registration	NOTE: There will be a Head Coaches Meeting during Session IV . Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed. Session for all NEW COACHES, head and assistants, will occur during the lunch hour.
8:30 - 9:25 AM	Session I	
9:40 - 10:35 AM	Session II	
10:50 - 11:45 AM	Session III	
Lunch 11:45AM - 12:45 PM		
12:50 - 1:40 PM	Session IV	
1:50 - 2:45 PM	Session V	
2:55 - 3:50 PM	Session VI	

For more information, please call:

Greg Juba, Director – Head Girls' Soccer Coach – Park (Cottage Grove) High School
 cell – 651.260.1048 email – gjuba@sowashco.k12.mn.us

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

Costs:

Clinic Registration	= \$50/40 before August 1st, 2012	NSCAA Dues	= \$70 before August 1st, 2012
	= \$60/50 after August 1st, 2012	(National Soccer Assoc.)	= \$85 after August 1st, 2012

MSHSCA Dues This year ALL MN Coaches Assoc. dues need to be paid online by credit card or paid at the clinic. **DEADLINE for DUES PAYMENT is: October 1st, 2012.**
*****PLEASE go online and take care of it NOW!*****

Total for each Coach = \$50/40 Clinic Only. = \$120/110 including NSCAA.

Add \$10 to all above if registration after August 1st, 2012

Registration Form is below – please fill it out and Mail to: **Art Seplak • 10077 Upton Road Bloomington, MN 55431-2849 • 952.881.2898**
 (Before August 1, 2012)

Clinic Registration Form:

PLEASE PRINT this information ----- **Mail BEFORE 8/1/12** -----

Please be sure to CIRCLE the (Head/Asst) (Girls/Boys) choice and also the lunch choice for each person registered. Please give PREFERRED mailing addresses and phone numbers for ALL coaches who join the NSCAA. Online registrations for MN organizations will ask for contact information.

Your name _____ School _____ (Head/Asst) (Girls/Boys)
 Address _____ City _____ Zip _____
 Phone _____

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

OTHER REGISTRANTS:

#2 name _____ School _____ (Head/Asst) (Girls/Boys)
 Address _____ City _____ Zip _____
 Phone _____

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

#3 name _____ School _____ (Head/Asst) (Girls/Boys)
 Address _____ City _____ Zip _____
 Phone _____

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

#4 name _____ School _____ (Head/Asst) (Girls/Boys)
 Address _____ City _____ Zip _____
 Phone _____

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

Feels: (circle the choices for each registrant)

Please make checks payable to MSHSSCA.

Mail to:

ART SEPLAK
 10077 UPTON ROAD,
 BLOOMINGTON, MN
 55431-2849

Registration	MN State Coaches' Association Dues and MSHSSCA Dues	Clinic Registration Past Attendee (50) OR First Time (40)	National Coaches' Association of America (NSCAA) Dues	Total (Include \$10 per registrant late fee if after 8/1)
Yours	Pay directly to mshsca.org	\$50 OR \$40	+ \$70	=
#2 Registrant	Pay directly to mshsca.org	\$50 OR \$40	+ \$70	=
#3 Registrant	Pay directly to mshsca.org	\$50 OR \$40	+ \$70	=
#4 Registrant	Pay directly to mshsca.org	\$50 OR \$40	+ \$70	=

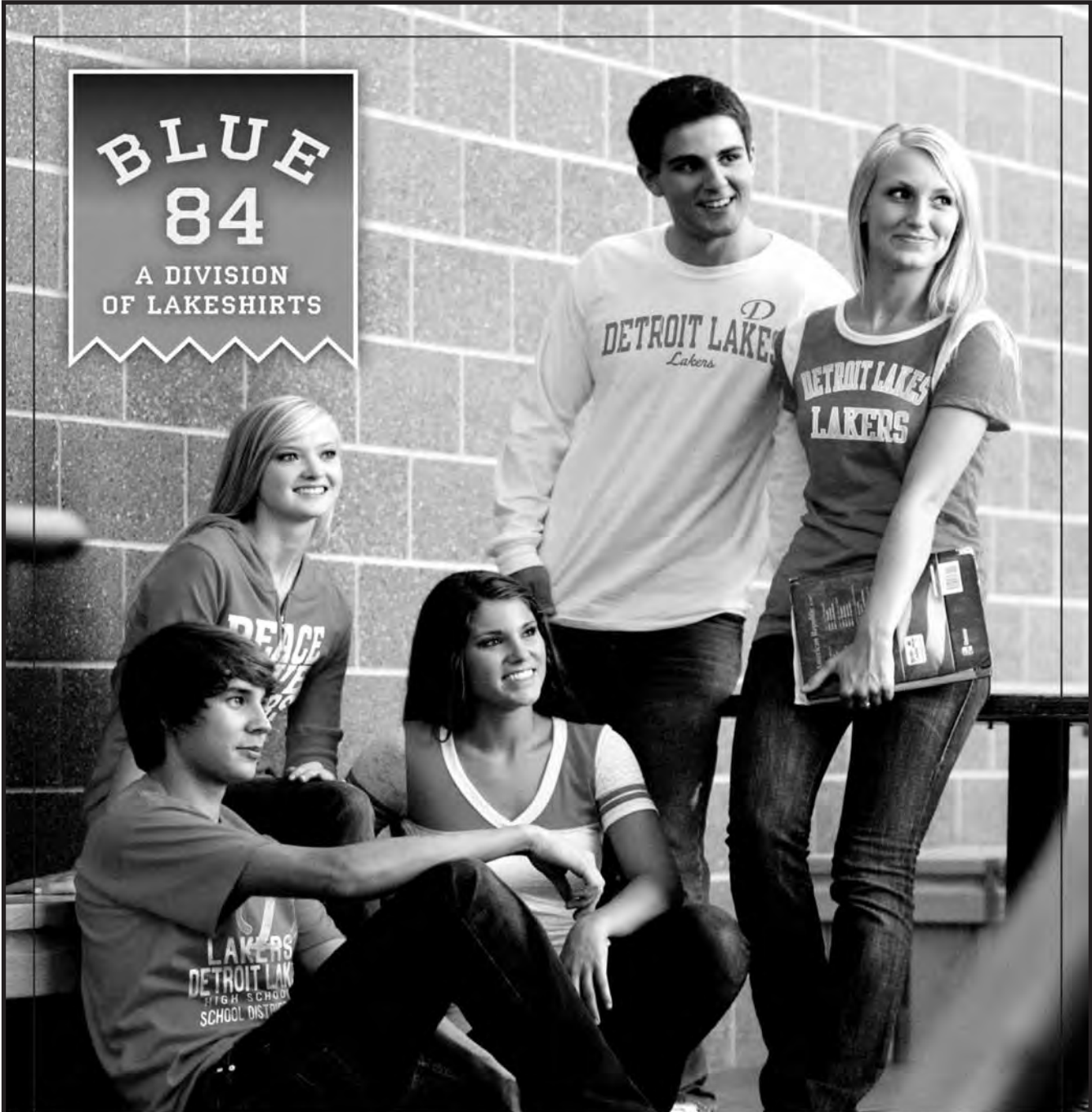
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