THE Minnesota PREP COACH

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THE CHALLENGE OF COACHING IN THE 21ST CENTURY

During the course of this spring and summer there have been an alarming number of coaches who are facing non-renewal of their coaching contracts. Coaching has and will always be a profession that opens itself for second guessing and micro management. Almost all coaches know this fact when they enter the profession. The level of concern has been raised by the increasing number of coaches loosing their jobs. I think it is time for the coaches who work in this profession to ask why? What has changed? How can we correct what is happening?

From the outside it seems that high school sports have been derailed from their purpose. The purpose of high school athletics has been to offer a positive experience to the young men and women in our schools. High school athletics along with the fine arts were intended to provide opportunities for students to grow and mature by experiencing positive opportunities. These positive opportunities help our young men and women on their journey to becoming productive, educated leaders of our future. Athletes who are fortunate to go on to the next level are an exception and not the rule and the opportunities intended for those that choose to participate should not be jeopardized in an effort to produce an elite athlete.

In 2002 the Board of Directors of the Minnesota State High School League sent out a press release to the member schools and citizens of Minnesota. In that release the concern was made about the changing direction of high school sports. A quote from the article that stood out was: "The values embedded in educational athletic and fine arts programs are threatened by some philosophies that say "take the best and leave the rest." This mentality seems to have grown since 2002. Coaches are often blamed when some of their athletes do not receive scholarships or collegiate opportunities. The statistics have not changed from that year, only the unreasonable expectations. Only two out of 100 school athletes will ever play in college, and only one out of 12,000 high school athletes will ever become professional players. Most high school athletes that do go on to play college athletics have only a partial scholarship or in the case of division three athletes, no scholarship at all.

The unfortunate truth is that these messages are falling on deaf ears. There are many who still believe that participation in high school athletics will lead to scholarships. We know that will happen to only a few of the very gifted. The message that parents are choosing to hear is that there are scholarships out there and if their son or daughter is pushed hard enough and provided with enough opportunities they will be one of the chosen few. For many of the parents who believe this, it has become increasingly difficult to adhere to the fundamental role of parents in athletics. Their role is to cheer and support their sons and daughters. There is no role for them to try to micromanage the teams and second guess coaches. There is one instructional voice and it belongs to the coach. As the role of parents seems to become more distorted, the more difficult it has become for coaches. There are numerous factors that have contributed to the changing roles that parents are taking. The change does require coaches to be more aware of communication with parent's boosters and school officials. Coaches still play a critical role in the development of our young people and the responsibility of that role should not be taken lightly. We have a great product called high school sports. It is far better for communities than any AAU teams, traveling teams or all star teams. High school athletics is a value we have to continue to feature in our communities as a way of providing opportunities for our future leaders to grow. If it leads to future opportunities it is a bonus. Coaches must send out a clear message to all associated with high school sports that we have something special and it should never be jeopardized by misinformed and misguided folks who do not quite understand the fundamental truth that there is not "I" in Team and we are here for the benefit of all our student athletes.

Featured In This Issue

Liberty Mutual Offer 29
Hall of Fame Banquet Info 40

Clinic Registrations

Boys Basketball 7
Girls Basketball 8
Baseball 21
Hockey 25
Football 48
Gymnastics 56
Wrestling 57

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The Minnesota PREP COACH

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2009-2010 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield	
2A	Donna Johansen (Murray Ct.)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Larid (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Jay Johnson (Eden Valley Wat)	Al Amdahl (Albany)
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Open	Dan Stifter (Aitkin)	
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rpds.)		
1AA	Terry Heiderscheit (Roch. JM)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)		
3AA	Jerry Utecht (Harding)	Open	Gerry Keenan (Harding)	Gordy Genz (retired)
4AA	Mark O'Neill (Champin Park)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	
5AA	Randy Glassmann (Maple Gr)	Mark Loahr (Totino Grace)	Chad Kuehne (Coon Rapids)	
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 Ruesch -Spring

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Mark Solberg (Cambridge)		Pete Veldman (retired)	
Adapted Athletics	Doug Anderson (Maple Grove)			Kelli Waalk (Maple Grove)
Baseball	Pat Collins (Chisago Lakes)	Bruce Woitas (Sleepy Eye)	John Wilkins (retired)	
Boys Basketball	Matt Addington (Kenyon)		Tom Critchley (retired)	
Girls Basketball	Dawn Baudoin (Grand Meadow)		Jen Johnson (Edina)	
Cross Country	Dave Chatelaine (Owatonna)			Dave Bauer (Brooklyn Cen-
ter)				
Football	Jon Johnson (Litchfjeld)		Ron Stolski (Brainerd)	Jim Dotseth Treasurer
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Gymnastics	Wendy Rooney (cambridge)		Shelly Eklund (Rosemount)	
Hockey	Jerry Hayes (Apple Valley)		Mike MacMillan (Buffalo)	
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G-Lacrosse	Sarah Bourne (Columbia Hghts)			
Alpine Skiing	Derek Nash (Burnsville)			
Nordic Skiing	Mike Hecker (Anoka)			
Soccer	Bill Vance (Totino Grace)		Dave Halgren (Ret.)	Keith Randa (Apple Valley)
Softball	Kim Bowen (Big Lake)	Kathy Mason (Big Lake)(Co. Pres)	Shelly Hotzler (Jackson Cty Cent)	
B-Swimming	Nathan Linscheid (Bl Jeff)			Rick Ringeisen (Treas)
G-Swimming	Chris Aarseth (Mpls. Edison)			
Synch. Swim	Singe Hensel (Wayzata)		Kathy Bohnsack (Prior Lake)	
Tennis	Scott Engelstad (Bemidji)		Rick Englestad (Pine City)	
Track	Dave Wieber (Faribault)		Scott Christensen Treasurer	
Volleyball	Jim Lee (Waconia)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Kurt Habeck (Eastview)		John Peterson (Elk River)	Roger Gorham (Elk River)

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President's Message

By: Don Tangen - President MSHSCA

The end of August is here. All the fall athletic teams are practicing. Players, coaches, parents and fans are full of optimism and anticipation. There is a feeling of excitement at every school in the state of Minnesota. These are some of the items that keep coaches in the coaching business.îFunî is the word of the moment. As a member of the executive board, I would like to welcome all the Minnesota State High School Coaches Association members to the 2009-2010 school year. Our membership is at the highest level ever. I have been very excited to be a part of this growth. The executive board is working hard to continue this positive trend.

My predecessor, Dave Johnson of Duluth, used the word ìprofoundî in his last article in May of 2009. I looked up the definition in the dictionary. I now realize this is not an option for me. Originally I thought I was also going to profound. Oh well, that's the way it goesÖ.. As president of the Minnesota State High School Coaches Association, my purpose is to serve the current and future members. John Erickson, Darien DeRocher, and the previous members of the executive board have set the bar high. I will do my best to continue this precedent. The MSHSCA has, historically, successfully worked to improve the coaching profession. My wish is that this success continues.

The 2008-2009 membership was well over 8,200 coaches. This is the highest total ever. As we creep toward the 9,000 mark, our voice has become stronger and stronger. There are still coaches who are not members. I ask that Athletic directors and head coaches to contact their staffs and inform them of the benefits and perks that accompany their future memberships. There are many. The most beneficial is the liability insurance. Irregardless of the age level one is coaching, this benefit alone is well worth the cost of the membership. This is a cheap way to provide oneself with security. There is a pending case in another state that emphasizes the value of this insurance.

My first two years on the executive board as vice-president and president- elect have been most rewarding. I felt this would be a positive experience. It has far exceeded my dreams. I am most humbled and proud to be in this position as president and past- president of the MSHSCA the next two years. My only regret is that I am not younger so I could savor the experience for a longer time period.

I want to thank all the people who have contributed to the success of the MSHSCA. I want to congratulate Becky Leuer of North Branch on her election to the post of vice president. Hopefully, as a group, we continue to grow and find more methods for improvement.

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

Alpine Skiing, Synchronized Swimming and Wrestling have opted not to submit an article for this issue. They expect to contribute for the December issue.

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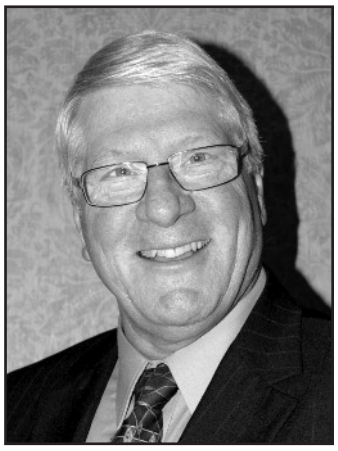

Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Welcome back coaches! I would like to extend a special welcome to all returning coaches and coaches new to the MSHSCA. The MSHSCA is an association made up of over 8,200 coaches dedicated and committed to the values and lessons that athletics bring to lives of our young men and women in our schools. Together you make up a coaches association that is among the nation's best and have earned the right to be called "Coach". This is a right that is not granted to just anybody. It is a title that is earned and we should never take lightly the responsibilities that come with the title.

I hope that, as you all plan for your year, you have set your expectations high. That is not to imply that all of you will be able to expect state titles in the sport you coach. I believe that is a reward that is earned and that many times it is accomplished because we have been blessed with exceptional athletes. I would suggest that your high expectations should be for you and your athletes to set a standard of excellence in dedication, attitude and commitment. These high standards should be demonstrated in school, on the fields of competition as well in our private lives. Coaches and athletes are role models and I believe you represent the best our schools have to offer. I think we need to walk the walk each and every day and demonstrate why it is so special to be called "Coach".

I would like to call on you to help out the MSHSCA and your individual sport associations. You can do this with one simple and quick task. Liberty Mutual Insurance Company has stepped forward with a way to help fund our Academic Recognition program. Liberty Mutual has offered to pay $10 for each insurance quote they receive from our members. The MSHSCA has agreed to give back $5 to the sport association of the coach who asks for a quote. You will be under no obligation to buy the insurance through Liberty in order for us to be granted the $10. Please help us out with a great program that is very expensive. Thanks in advance for helping with this great recognition program.

Our Annual Hall of Fame and Awards Banquet will be held on Saturday October 3rd at the Sheraton West in Minnetonka. The Hall of Fame selections are featured in this edition and I would really encourage you to support this great banquet and these outstanding individuals with you attendance. I would like to remind you that as of the 2008-09 year the policy of the MSHSCA is that we will not provide awards and banquet tickets for coaches who are not members of the Association. It is not fair that the coaches who choose to be members pay the way for non paying coaches. Head coaches encourage you assistant coaches to join the MSHSCA. The benefits make this a very reasonable membership.

The new on-line member registration service is up and running. We are very excited by all of the options this program offers to individuals and to sport associations. We strongly encourage all of you to use this method of renewing your membership and to keep us up to date on any changes in address, phone numbers emails etc. You can go in and do this yourself as those changes occur. You still have the option of paying by check or cash by simply indicating that as your method of payment. Print out the receipt and submit the payment with your receipt to our office as the accurate registration information will already be in the system and your card will be sent to you upon receipt of the payment. If you choose to pay by credit card your membership card will sent out to you the same day you register.

The Fall Delegate Assembly of the MSHSCA will convene on Saturday October 3rd. The listing of delegates appears in this addition of the Prep Coach. If you have a question or an issue you would like to have brought before the Assembly for discussion please contact the Delegate from you Section. The legislative process used by the MSHSCA is effective and efficient and I would encourage each of you to be informed about issues or concerns that impact coaches and the coaching profession. If you are interested in serving as a Delegate please contact our office and we will instruct you as to how you can become involved.

The lead article I wrote for this Prep Coach was my reaction to the unusually high number of coaching non-renewals this past school year. I am going to try to track non-renewals during the coming year. In order to accomplish this task I will need to engage your help. If you are aware of a non-renewal of a coach in your area or section please let me know. I am interested in trying to come up with an approximate number of coaches who are experiencing this. I will not ask for names or reasons unless the coach involved allows that information to be used. My hope is to somehow get this information to responsible legislator who will be willing to address the issue. We do have a process in place that school districts must follow if they non-renew a coach, but we have no way of protecting the coach from the final Board decision voting for non-renewal. I believe we need to get involved and make a difference.

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DAY IN THE LIFE OF THE PREP COACH EDITOR

By: Darien DeRocher

Due to the reason for my persistence toward contributors to submit copy on time to meet each issue deadline for The MN Prep Coach, I was asked or told to write this article. Hopefully it will help explain the reason why I can be so insistent on timely submissions of articles for each of the four issues.

I have always felt that a person elected or selected for a position of leadership should readily absorb the responsibilities that go along with the title.

As a result, one of the functions of leaders mentioned above is to submit copy, four time a year for The MN Prep Coach. These leaders must be brought to realize that their constituents rely on the information that can be imparted to them through the articles in each of the issues.

The contributions may contain pre or post season information dealing with their respective sport. The copy may be used to remind member coaches of upcoming events in their particular sport. Coaches receiving special post season recognition should be considered as prime copy. At the same time, contributors should be reminded that The MN Prep Coach is a coach's newsletter and writers are urged not to use the space for student-athlete recognition. The athletes receive copy in the local and state wide newspapers

Here is the scenario or "game plan" for each of the four issues:

1.) A few weeks before the requested deadline, a letter is sent out via US Mail to all contributors reminding them of the upcoming deadline. Writers are urged to proof their copy prior to submission.
2.) A list of all expected copy to be used is e-mailed to the printer's representative.
3.) Copy that is repeated in some or all of the issues is "cut and pasted" to be sent later to the printer via US Mail.
4.) E-mailed copy received is collected and stored for a later submission to the printer's representative.
5.) As deadline is reached, contributors who are delinquent are e-mailed and given a final deadline date.
6.) "Cut and pasted" copy is US Mailed about three days prior to deadline date.
7.) All received e-mailed copy is submitted to printer on deadline date. That way all copy e-mailed and US Mailed can arrive at approximately the same time.
8.) A week or so later, proof is sent to editor by Next Day Air for final editing an proofing.
9.) After editing, the proof is sent to printer by Next Day Air
10) Shortly after the MN Prep Coach goes to press and is mailed to all members.

All copy not received is mentioned in the issue as a non-contributor for the issue and often stimulates a better return for the next issues.

Hopefully this will help readers to better understand our mode of operation and at the same time realize why I can be a "curmudgeon" as we near deadline finales.

I would also like everyone to know that I remain honored and privileged to be able to continue in the role of Editor of The MN Prep Coach. Thank you for the opportunity to continue to serve Minnesota coaches and Minnesota prep sports

Here's to library hour!

BRAINERD ACCEPTS MSHSCA CARDS FOR ADMISSION

Earlier in the 2008-09 school year, the MSHSCA received information that Brainerd High School did not accept MSHSCA membership cards for admission to Warrior athletic events.

The MSHSCA has been informed that this was misinformation.
BRAINERD DOES ACCEPT MEMBERHIP CARDS FOR ADMISSION.

Please make note of this!

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Minnesota Basketball Coaches Association Fall Clinic

The 2009 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 30th and Saturday, October 31st at the DoubleTree Park Place Hotel in St. Louis Park.

The 2009 clinic will feature **Tubby Smith** and the **University of Minnesota** staff, **Alan Stein** basketball specific strength and conditioning coach from Stronger Team, **Kevin Schlagel** and the 2009-10 **St. Cloud State University Men's team**, **Brian LaPlante** head coach at Rochester Community and Technical College, **Guy Kalland** from Carleton College, **Brad Strand** from Pelican Rapids H.S., **Gary Schuler**, MBCA Hall of Fame Coach, and Class A, AA, AAA, and AAAA meetings. Additional presenters will be added soon.

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

The annual **Hall of Fame Banquet** will be held on **Sunday, November 1st** beginning at 12:00 p.m. at the DoubleTree Park Place Hotel. Clinic registrants are invited to attend for a minimal cost of $10.

The yearly gathering of basketball coaches will tip off at 9:00 a.m. on Friday. Arrangements are ongoing in scheduling the speaker for the opening two sessions. **Coach Smith** will speak at 11:45 following the opening sessions.

The noon luncheon for all clinic participants will begin at 12:30 p.m. The luncheon will include the presentation of coaching awards, including: 2008-09 Section Coaches of the Year, 2008-09 Assistant Coaches of the Year, 2008-09 State Coaches of the Year, coaching milestone awards, and achievement awards. Legendary Chisholm coach and the winningest coach in Minnesota basketball history, **Bob McDonald**, will be recognized for achieving his 900th victory. **John Millea** of the Minneapolis Star Tribune will be presented with the MBCA Ambassador of Basketball Award. The 2009 Hall of Fame inductees in attendance will be introduced and recognized. Members of the HOF Class of 2009 are; **Dale Champ, Hib Hill, Louie Mitteco, Randy Taylor, and Dave Vanderwerf.**

An opportunity to visit the exhibitor booths will follow the noon luncheon and precede a presentation by **Gary Schuler**, MBCA HOF coach and Athletic Director, at Fergus Falls H.S. An opportunity for Class A, AA, AAA, and AAAA coaches to meet as groups will follow Coach Schuler's presentation. MBCA Executive Board Representatives will provide coaches with information and seek input for MBCA initiatives.

Friday evening's sessions will feature on-the-court demonstrations at Hopkins High School. **Alan Stein's**, of **Stronger Team**, on court presentation will begin at 6:00 p.m. **Kevin Schlagel and the 2009-10 St. Cloud State Men's** team will be "on the court" from 7:00-9:00 p.m. .

The annual MBCA Social at the DoubleTree will follow the on court sessions.

Saturday morning's session will be tipped off by **Brad Strand**, Pelican Rapids, 2009 AA Coach of the Year. Coach Strand will be followed by **Brian LaPlante** from Rochester Community and Technical College. Saturday morning's third session speaker will be **Guy Kalland**, Carleton College.

All clinic participants will receive a MBCA/Spalding/Russell dri-power polo shirt and an MBCA personalized name badge, provided by Spalding and the MBCA. Friday's luncheon and the coaches social will be complimentary for all clinic registrants. A wide variety of exhibitors will display their wares and provide door prizes for clinic participants during the sessions. Opportunities to visit the exhibitors will be scheduled and are highly encouraged. The clinic will also include the distribution of exhibitor and MBCA door prizes, including major door prizes, i.e. state tournament ticket packages, Timberwolves weekend, state tournament hotel stay, to those in attendance.

The cost of the Fall Clinic is $90 if registered prior to October 20th. **Cost after October 20th and at the door will be $110.** MBCA coaches will have the opportunity to purchase one ticket per registered coach for the Hall of Fame Banquet (Sunday, November 1st) at the rate of $10 if pre-ordered with the clinic registration. Additional banquet tickets cost $23 and must be pre-ordered as well.

Clinic registrants will also have the opportunity to purchase the **2009-10 Breakdown Preview** for a reduced price of $13 (see registration form). Breakdown

. . . continues on page 7

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Previews for those who take advantage of this offer will be distributed at the registration table on the date of the Clinic.

The DoubleTree Park Place is providing a clinic special for coaches' rooms. **Those rooms should be booked prior to October 15th. Early bookings are encouraged.** Call the Park Place, **952-542-8600**, directly to register and when registering mention that you are a MBCA Clinic participant. This will qualify you for the special group rate and assist the MBCA in meeting a pre-determined quota for rooms.

Updated information and registration forms are available online at http://www.mshsca.org/boysbasketball

For any further needed information please contact Ron Larson, MBCA Clinic Director, at 763-213-1504 or ronlar@stfrancis.k12.mn.us.

Sports Medicine Meeting

By: Donna Johansen
Murray County Central
Slayton, MN

Sports Medicine Meeting of the MSHSL was held on Thursday, August 27th, 2009

Discussion items:

Pre participation form-3 pilot schools are doing the online ppe form. There are some problems but overall seem to be working. Discussion was held on making this a mandatory form. From 7-12th grade students participating is over 120,000.

NFHS notes-Discussion was held on the difference between replacement drinks, energy drinks, and stimulant drinks. More information will be put on the league web site so that students and coaches are more aware of what is good for the athlete.

ACSAL-Anyone Can Save a Life program was discussed. Jody Redman has spearheaded this education program and was recently shown at the national coaches association conference. All schools in MN received this program in May. All coaches should ask their AD about this program and get it implemented in their schools if they don't have some kind of ìEmergency Action Planî now.

We urge all coaches to use the MSHSL web-site on medical information that is provided.

A new committee member (girl's coach) is going to be needed from this organization for the 2010-11 school year. If you are interested please contact me at donna.johansen@mcc.mntm.org or 507-836-6183 ext 4133.

MBCA FALL CLINIC

Oct. 30 & Oct. 31, 2009

DOUBLETREE PARK PLACE HOTEL

1500 Park Place Blvd, St. Louis Park
(952)542-8600

Mention the MBCA Clinic for special group room rate!
(Book Before October 15th)

MBCA CLINIC ITINERARY

Friday, Oct. 30

7:30-9:00	Registration-Visit Exhibitors
9:00-9:15	General Announcements
9:15-10:15	**TBA/Session 1**
	Visit Exhibits
10:35-11:25	**TBA/Session 1**
	Visit Exhibits
11:45-12:15	**Tubby Smith, University of Minnesota**
	Visit Exhibits
12:30-2:00	**MBCA AWARDS LUNCHEON**
	Visit Exhibits
2:15-3:05	**Gary Schuler, Fergus Falls H.S.**
	Visit Exhibits
3:15 - 4:00	**Class Meetings (A, AA, AAA, AAAA)**

Dinner Break Followed by Evening Sessions at Hopkins High School

6:00-7:00	**Alan Stein, Stronger Team**
7:00-9:00	**Kevin Schlagel, St. Cloud State University on court with 2009-10 SCSU Men's Team**
9:30 p.m.	**MBCA Social @ DoubleTree Hotel**

Saturday, Oct. 31

8:00-9:00	Registration/Coffee & Rolls
9:00-9:50	**Brad Strand, Pelican Rapids H.S.**
10:00-10:50	**Brian LaPlante, Rochester CTC**
11:00-11:50	**Guy Kalland, Carleton College**

ALL COACHES FROM ALL LEVELS ARE INVITED TO ATTEND THE ANNUAL FALL CLINIC. ALL COACHES REGISTERED WILL RECEIVE A **SPALDING-RUSSELL/MBCA** POLO SHIRT.

Name(s)_____
_____
_____
_____

School_____
School Phone/email _____

_____ **Hall of Fame @ $10** $_____
_____ Additional Hall of Fame @ $23 $_____
_____ Breakdown Preview(s) @ $13 $_____

TOTAL Enclosed $_____

Make checks Payable to: **MBCA Clinic**
DEADLINE: FRIDAY, October 20 ($110 after)
Remit to: Ron Larson - MBCA Clinic
3325 Bridge St; St. Francis, MN 55070 (763) 213-1504
Registration is $110 at the door. (Clip and Mail to address above)

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HOOP SCOOP

By: Dawn Baudoin
Grand Meadow School
2009-10 MGBCA President

School has started and with it comes a fast approaching Basketball season. I am honored and excited to take over the role of President for the MGBCA for the 2009-2010 school year. I want to thank Bill Gottenborg of Hawley for the tremendous job he has done serving as our President this past year and his continued work in the Association.

I would also like to thank the leadership of our Association: Jenny Johnson of Edina is our Executive Director, Bill Gottenborg serves as Past President, and Patty Sorensen of Park Center is our President Elect. Jen Rademacher from Robbinsdale Cooper and Erin Herman from Hill-Murray serve as our Fall Clinic Directors; Pat Barrett is our MSHSL Liaison and Miss Basketball Chair and Rick Uttech serves as our Hall of Fame Chairperson. Kris Jones from Wayzata, Jenny Johnson and Carla Young chair our All-Star Committee. Thank you also to our section representatives.

Mark your calendars: The 31st Annual Fall Coaches' Clinic will be held Friday October 23rd and Saturday October 24th, 2009. Jen Rademacher has done a tremendous job heading up our clinic. We are continuing the success of last years two day format, with Friday being held at the University of Minnesota. Coach Pam Borton and the Gopher Coaching Staff will highlight the day speaking on different aspects of the game. Saturday will be at a local high school gym featuring college and high school coaches and Association updates. Watch for more information to follow in a mailing and on our website.

I want to take this opportunity to thank Erin Herman of Hill-Murray for spending countless time on our MGBCA bylaws. A copy of our bylaws can be found on our website.

I encourage all coaches to take a look at our website: www.mshsca.org/girls-basketball.

All contact information for the Association leadership, including your Section Representative can be found here. Be sure to check the MSHSL website for changes in section alignment, so you know who your Section Representative is. Also you will find information, forms and deadlines for All-Star and All-State Teams, Miss Basketball, Individual Academic, Team Academic All-State and Hall of Fame. Please contact any of us with your questions or concerns.

Also on the website you will find the Association membership form. I encourage all of you to become members of the organization. There are numerous benefits to membership for you individually, as well as for your program. In order for you or your players to be eligible for any of the awards sponsored by the association, the head coach must be a member of the girls' basketball association. Your registration can be done online now and is very easy and quick to complete. Go to www.mshsca.org and find the link for 09-10. If you are already a member, fill in your email address and zzz for your password to pay and register. It only takes a few minutes and you will receive your membership card within 10 days. Thanks to John and Mary Erickson for their work in making this quick and easy for us.

I look forward to the upcoming basketball season and welcome your input. Please feel free to contact me with ideas or comments at dbbaudoin@gm.k12.mn.us or at (507) 754-5310 ext. 154. Hope to see you at the Fall Clinic!

GIRLS BASKETBALL CLINIC

WILL BE HELD ON **OCTOBER 23rd AND 24th**
IN CONJUNCTION WITH
THE UNIVERSITY OF MINNESOTA.

WATCH FOR MORE INFORMATION
ON THE WEBSITE.

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BANK SHOTS

By: Matt Addington
MBCA President
Kenyon-Wanamingo High School
maddington@kw.k12.mn.us

Greetings Coaches,

I am honored and humbled to represent you this year as your MBCA President and follow in the footsteps of my close friend and colleague, Kris Fadness from Austin. Kris did a marvelous job this past year representing us and will continue to be involved as our past president this year. I must also thank Tom Critchley who is the man behind all of the work our association does. Tom's passion for high school basketball is unparalleled and his investment into our organization is what makes us go. Be sure to thank him when you have the chance.

It was great to see many of you in gyms all over the place this summer working with your players. I hope that you feel that your boys made progress and grew closer together. That's one thing I really enjoy about summer is the camaraderie that it fosters among teammates and coaches. Though I'll admit when August 1st rolled around, I was anxious to have a little down time away from the gym and refresh into the fall.

On that note, it's not too early to register for the MBCA Fall Clinic. It is going to be held October 30-31 at the Doubletree Park Place in St. Louis Park. Ron Larson has again done a magnificent job of organizing and planning this year's clinic. The 2009 clinic will feature Tubby Smith and the U of M staff and on-the-court sessions at Hopkins High School with Alan Stein, basketball specific strength and conditioning coach from Stronger Team and Kevin Schlagel and the 2009-10 St. Cloud State University Men's team. Saturday's sessions include Brian LaPlante (Rochester Community and Technical College), Guy Kalland (Carleton College), Brad Strand (Pelican Rapids H.S.), and Gary Schuler, MBCA Hall of Fame Coach.

We will also be electing a new MBCA Secretary from Classes A/AA at the clinic. Nominees will be posted on the our website: www.mshsca.org/boysbasketball

Friday's noon luncheon will include the presentation of coaching awards, including: 2008-09 Section Coaches of the Year, Assistant Coaches of the Year and State Coaches of the Year, coaching milestone awards, and achievement awards. Legendary Chisholm coach and the winningest coach in Minnesota basketball history, Bob McDonald, will be recognized for achieving his 900th victory. John Millea of the Minneapolis Star Tribune will be presented with the MBCA Ambassador of Basketball Award.

The Minnesota Basketball Coaches Association has named five men to the MBCA Hall of Fame that will also be recognized at the luncheon. Congratulations to the 2009 inductees: Dale Champ of Elbow Lake-Wendell, Hib Hill of Robbinsdale, Louie Mitteco, of Totino-Grace, Randy Taylor of Martin County West, and Dave Vanderwerf of Dawson-Boyd. The induction ceremonies will be held at the MBCA Hall of Fame Banquet on Sunday, November 1st, 12:00 p.m., at the DoubleTree Park Place Hotel in St. Louis Park.

The cost of the Fall Clinic is $90 if registered prior to October 20th. Cost after October 20th and at the door will be $110. The DoubleTree Park Place is providing a clinic special for coaches rooms. Those rooms should be booked prior to October 15th. Early bookings are encouraged. Call the Doubletree at 952-542-8600. I hope that you and your staff are able to attend this annual event. It always leaves me with new ideas and feeling excited for the upcoming season. Not to mention reminiscing and good times with our fellow coaches away from the sidelines.

The MBCA is pleased to announce that we are able to offer our MBCA members an opportunity to purchase the FastDraw Basic software program at the price of $25 per subscription with $5 being returned to the MBCA. A subscription sells on the open market for $199. The MBCA Executive Board has approved this exciting opportunity for our member coaches and I am sure that your staff will find this as a useful resource, especially at such a discounted price. Contact Tom Critchley for more information.

Please encourage your assistant coaches to join the MHSCA again this year. It provides so many benefits and is a worthwhile investment for all coaches.

Rules interpretation meetings will again be available for coaches to do online this year. Last year's implementation of this was a great resource and an overwhelmingly positive move by the MSHSL.

We are proud to partner again with Spalding and use the ZK Pro as the official ball of the MBCA. Spalding has been a faithful sponsor of our association and we encourage you to use their product.

Minnesota Basketball's participation in Coaches vs. Cancer last season was a great success and coaches and programs should be applauded for their hard work in battling this dreadful disease. Minnesota finished in the top spot in the five-state area in dollars raised and we are looking forward to participating again this year. Please contact me or Tom Critchley if you need resources or ideas for your school.

Again, thank your for letting me represent you this year. Please feel free to contact me with any questions or comments (maddington@kw.k12.mn.us). Just in case you're looking, the MBCA website (www.mshsca.org/boysbasketball) has been updated with contacts, forms,etc. I wish you all the best into the fall and sincerely hope to see you at the Fall Clinic.

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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 3/31/2010
- **AMERICINN - Ham Lake** - Contact Al Patel, 763-755-2100. 13440 Highway 65 NE, Ham Lake, MN. $59-$99 Includes Breakfast. 4/1/2010
- **BEST WESTERN NORMANDY DOWNTOWN - MINNEAPOLIS** - 1-800-372-3131 Ask for the "Coaches" rate and receive 15% off our Best Available Rate. Contact Timothy Holden with questions. 12/31/2009
- **COUNTRY INN & SUITES** - 2250 Freeway Boulevard, Brooklyn Center, MN 55430, Contact Amanda Gustafson 763-561-0900 $99-129 includes breakfast + gift card to Oak City. 12/31/2009
- **COUNTRY INN & SUITES - Shoreview** - Contact Kathy Huston, 651-784-6000. 5995 Rice Creek Parkway, Shoreview, MN. 2nd night 50% off! Free breakfast. 12/31/2009
- **COURTYARD BY MARRIOT - Maple Grove** - Contact Megan Diaz, 763-425-5355. 11871 Fountains Way N, Maple Grove, MN. $99 Bring this Ad and receive $15 off your room. 4/30/2009
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Contact Tyler Damlo 763-489-2568
- **DAYS INN - Mounds View** - Contact Pravin Patek, 763-786-2465. 2149 Program Avenue Mounds View, MN. $64.99 12/31/2010
- **RAMADA PLAZA - Minneapolis** - $75.00 - (612) 334-1900
- **HAMPTON INN - Maple Grove** - Contact Sherry Tolette, 763-494-4498. 7745 Elk Creek Blvd., Maple Grove, MN. $69 Inlcudes breakfast. 8/16/2009
- **HAMPTON INN - Shoreview** - Contact Kory Lesnick, 651-482-0402. 1000 Gramsie Road, Shoreview, MN. $69 Hot breakfast included, on site restaurant. 12/31/2009
- **HILTON GARDEN INN - Maple Grove** - Contact Theresa McKenna, 763-509-9500. 6350 Vinewood Lane Maple Grove, MN. $79 Standard room with breakfast. 8/31/2009
- **HOLIDAY INN HOTEL & SUITES - Maple Grove** - Contact Megan Diaz, 763-425-3800. 11801 Fountains Way N, Maple Grove, MN. $109 Bring this Ad and receive 10% off your room. 4/30/2009
- **LAQUINTA INN & SUITES - Brooklyn Park** - Contact Chad Marek, 763-971-8000. 7011 Northland Circle, Brooklyn Park, MN. $57-$77 Deluxe breakfast included. 3/1/2010
- **MINNESOTA ZOO - Apple Valley** Corporate Rates - 20% OFF on all admissions. 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 12/31/2009
- **SUPER 8 - Arden Hills** - Contact Vik Bhartia, 651-484-6552. 1125 Red Fox Road, Arden Hills, MN. $86.99 Complimentary YMCA pass and free breakfast. 12/31/2009

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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Minnesota State High School Coaches Assocation, Inc.

Executive Committee Liaison Assignments 2008-2009

Dave Johnson Past President	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
Don Tangen President	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
Shelly Hotzler President Elect.	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
Becky Leuer Vice President	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

Sports Associattions - If you with assistance form the MSHSCA for any reason, please contact your Liasion person listed above.

Life and Retired Life Members

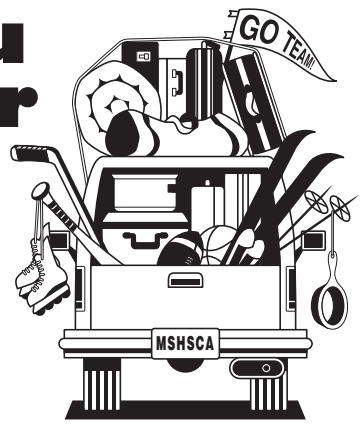
We would like to have all life and retired life members contact us if there has been any change in your address recently. It is important to let us know if you are receiving your *Prep Coach*. If you have access to email, we would like to have you email us at the following address ***jomar@lakesnet.net*** 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.

"We count on winning.
And if we lose,
don't beef.
And the best way to
prevent beefing
is - don't lose."

- Knute Rockne

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.

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PERFORMANCE PLAYBOOK

Gatorade Sports Science Institute

gssiweb.org

Gatorade Sports Science Institute has published "The Performance Playbook" for the last six years.

They now have a website that offers articles on every topic and sport specific!

For articles and podcasts on Hydration, Nutrition, Training & performance and Medical conditions & sports injuries

Visit www.gssiweb.com

This month's featured article is: Dietary Antioxidants: Effects on Fatigue During Exercise

The site also offers a subscription to GSSI Updates that you will receive as e-newsletters at your email address

FAST TRACKS

By: Mike Hecker, President MNSCA
Andover H.S.

For those of you who like crisp mornings, has this been the summer! The temperatures for the most part have been perfect for training. For those of you who have traveled (or live in the North Country) the leaves are starting to change, some have seen frost, and temperatures in the 30's.

It's now time to start planning for the coming ski season. With that in mind our Fall meeting will be held October 24th beginning at 9:30 a.m. at the Mora Vasaloppet Nordic Center. We have a full day of activities planned including a presentation by CXC (Center Cross Country, part of the United State Ski Association for those of you unfamiliar with club organizations outside of high school skiing).

I cannot stress enough how important this meeting will be. We have several agenda items that will require a vote. Items include: continuation of the True Pursuit format, a proposed Multi-Event Championship, and how we are recognized by the State High School League (team or individual sport). Currently our format for scoring and the naming of a State Champion is "Team".

These are issues that have been bought forward (in many cases several times) over the past years by our membership that we need to bring to a closure. These items were discussed at our spring meeting, and several informational items were added to our web page.

As I said we will be voting at the fall meeting. For those of you unfamiliar with our voting procedure each head coach (boy's and girl's) will have a vote. If the head coach is responsible for both teams, they will have two votes. If for some reason a head coach is unable to attend our bylaws allow for a proxy vote by the assistant coach of the team.

We will not be doing electronic voting, nor absentee ballot. There will be information pertinent to the vote handed out at the meeting. Plus we will have a (very) brief discussion prior too each vote.

By bringing closure to these items we can move forward with other issues pertinent to Nordic Skiing. Included is the growth of our sport, and how in these hard economy times can we create and sustain a funding mechanism will support our programs.

Have a pleasant Fall and I hope to see you at our Fall Meeting.

GATORADE...Official Sport Drink of the MSHSCA

MSHSCA's CORPORATE SPONSORS 2009-10

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.

- Gatorade
- McDonald's Restaurants of Minnesota
- Computer Professionals Unlimited, Inc. - Morris
- Airware America - Elbow Lake
- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Trophies Plus - Templeton, IA
- R.L. Wendorff Insurance - Fulda
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing - Detroit Lakes
- Velocity Sports Performance - Champlin
- All Star Fundraising - Minneapolis
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- The Breakdown - Becker
- JK Sports, Fergus Falls
- Beach's Awards, Wayzata
- Cosmos Enterprises, Inc (Elbow Lake)
- RJY Development Inc - Rochester
- Amerivision - Larry Mollins - Perham
- T.J. Potter Trucking/Becker Warehouse (Becker, MN)
- Educational Resources of MN (Springfield)
- Precision Printing - Detroit Lakes

COACHES:

Please support the sponsors who are concerned about your athletes and your programs!
Good luck in 2009-10
Thanks for your support

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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 37 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2008-09 school year.

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- Crown College (St Bonifacius MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
- Minnesota State University - Moorhead (Moorhead MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- Northwestern College (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- St Mary's University (Winona MN)
- U of MN - Crookston (Crookston MN)
- U of MN - Duluth (Duluth MN) Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

Another example of the MSHSCA at work for the membership!

Minnesota State High School Coaches Association

HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

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

ELIGIBILITY REQUIREMENTS

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

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076

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 Associaiton? If yes, please list: _____
_____

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

Coaches Association involvement & Present Status: _____
_____

Please list Other Highlights & Experiences: _____
_____
_____

Nominated by: _____ Date: _____

MORE HALL OF FAME NOMINEES ARE REQUESTED.
THERE ARE A LOT OF DESERVING COACHES THAT SHOULD BE RECOGNIZED!!

GATORADE...Official Sport Drink of the MSHSCA

Bounce Shots

By Adam Crane
Head Coach, Wayzata Boys Lacrosse
President, MSHSBLCA

With the fall weather already making an appearance the sport of lacrosse takes a breather from the hectic schedule which occupies all our minds the rest of the year. The sports' third season is in the record books and as always it was a great season to be a part of and watch. The level of talent continues to impress—not just the fans, coaches and officials locally, but also across the country. I thought it would be great to look back on our past season and recognize the teams that rose to the top and the individual award winners.

First, many congratulations the Minntonka Skippers on their State Championship Title— doing so with an undefeated season. The Skippers put together a remarkable run feeding off a very talented senior class that brought tremendous leadership and experience to every game. Minnetonka mixed a potent Attack group with a very athletic corps of Midfielders, all backed with sound defense and rock solid goaltending to bring the championship home. Also, congratulations to the 3 other Section champions, the Eastview Lightning, the Blake Bears and the Centennial Cougars. All the teams were very talented and played hard to very last whistle.

On the field, the individual awards, given by the Boys Lacrosse Coaches Association, recognized the best players in the state for their perseverance, sportsmanship and tremendous skill. The US Lacrosse All-Americans were: Brendan Baker, Attack, Edina; Peter Carbonneau, Attack, Minnetonka; Charlie Dunning, Defense, Blake;TJ Gallus, Attack, Bloomington-Jefferson; Patrick Gilligan, Goalie, Benilde-St. Margaret's; Mitch Hugdahl, Midfield, Eden Prairie; Nathan Hunt, Defense, Breck; Kevin Knight, Midfield, Wayzata; and Bjorn Knutson, Midfield, Bloomington-Jefferson.

The US Lacrosse Academic All-Americans were: Dan Elemes, Midfield, Hill-Murray; Patrick Korn, LSM, Minnetonka; Sam Swanson, Midfield, White Bear Lake; and CJ Riem, Midfield, Mounds View.

All State Awards are as follows, First Team All-State: Brendan Baker, Attack, Edina; Peter Carbonneau, Attack, Minnetonka; Charlie Dunning, Defense, Blake;TJ Gallus, Attack, Bloomington-Jefferson; Patrick Gilligan, Goalie, Benilde-St. Margaret's; Mitch Hugdahl, Midfield, Eden Prairie; Nathan Hunt, Defense, Breck; Kevin Knight, Midfield, Wayzata; Bjorn Knutson, Midfield, Bloomington-Jefferson; Zach Barbur, Defense, Eden Prairie; and Matt Sanocki, Face-off Specialist, Roseville.

Second Team All-State: Attack, Bailey Dodds, BSM; Attack, Sean Folley Minnetonka; Attack, Andy Freeman Eastview; Midfield, Cody Hendricks Jefferson; Midfield, Luke McNamara, Holy Angels; Midfield, Rex Sanders Eastview; Defense, Matt Garin Eastview; Defense, Joe Hockert Totino-Grace; Defense, Evan Hylok Edina; Goalie, Stephen Bang, Burnsville; LSM, Mike Drasher, Wayzata; and Face-off Specialist, Willie Steenland, Blake. Third Team All-State: Attack, Andy Dines Breck; Attack, Alex Kissner Hill-Murray;

Attack, Ryan Macgregor Wayzata; Midfield, Willie Hersman Eagan; Midfield, Stephen Kiesel Breck; Midfield, Josh Osen, Centennial; Defense, Ben Bennett Blake; Defense, Mike Henry Mahtomedi; Defense, Mark Scott Chaska; Goalie, Andrew Lafevour, STA;

LSM, Tyler Ladd, Osseo; and Face-off Specialist, Kevin Wilde, Woodbury.

The last awards recognize coaches in the state. Coach of Year went to Mike Hudzinski from Centennial, Assistant Coach of the Year was Scott Hugdahl from Eden Prairie and the US Lacrosse Man of the Year was Greg Visich from Hill-Murray.

Congratulations to all the winners.

The season began with close to 50 sanctioned high school teams across the state and word is a handful more are waiting in the wings to make the jump next season. As the season kicks off on March 28th, it is possible to see 55 or 60 teams all fielding Varsity and Junior Varsity teams. The talent level across the state continues to improve and the health of the sport is the highest it has ever been.

The summer once again passed as a sprint with many of the best lacrosse players from Minnesota taking part in a number of tournaments around the country as part of traveling select teams. These tournaments sometimes play a vital role in players getting recruited to play in college. More importantly, though they provide a great opportunity for talented players to experience playing against the best talent from other regions of the country. There is also the benefit of additional playing time for these players and another chance to improve their basic skill set.

As a coach of one of the traveling teams, it is wonderful to see so many players interested in playing summer lacrosse. The experience gained by these players is helpful for their development, but much more than that, I enjoy seeing the friendships these players make over the summer. I'm not sure the boys realize that some of the friends they make on these teams will become close friends for years to come. It makes the lacrosse almost secondary which is fun to see as well.

So, another season is in the books and the sport is growing more than ever. US Lacrosse has once again released numbers showing the growth of the sport across the country. Georgia has just established its first division 1 program at Mercer University. Locally, Wisconsin has added two division 3 programs at Milwaukee School of Engineering and Concordia University. So as our sport takes a break before winter ball takes off, the players will see they have more options to play the sport and that is good news all around.

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Over Hill and Dale

By: Dave Chatelaine,
President of the Minnesota
Cross Country Coaches Association
Owatonna H.S.

Another school year is beginning and the 2009 Cross Country season is well under way. In Owatonna, we are experiencing another increase in our numbers. Our local 4-mile road race in August had almost 400 participants and John Long of Marathon Sports told me that he has seen an increase in the number of runners on the Cross Country teams that visit his store. Our sport of Cross Country seems to be gaining popularity each year.

It was great to see many of you at our annual Cross Country Coaches Clinic in August at Champlin Park High School. We thank Kevin Moorhead for his work to coordinate this. We had some good discussion at the coaches meeting about an at-large qualifying proposal and a type of social activity to replace the State Meet banquet. We need help from other coaches to work on the at-large proposal and also to help coordinate the social event at the State Meet. Please contact me if you can help.

Other sessions at the clinic included Gait Analysis and Shoe Selection by Wendy Pearson of Gear West, a Team Minnesota panel discussion lead by Charlie Mahler of Down the Backstretch, a nutrition seminar by Rasa Troup who is a dietician for the U of M Cross Country and Track teams, a discussion of sports psychology by Dr. Nancy Cullen and a roundtable discussion of various aspects of coaching high school Cross Country.

Coach of the Year awards were presented at the clinic. Congratulations to our 2008 Boys and Girls Coaches of the year. Boys AA, Bill Miles of Wayzata High School. Girls AA, Trisha Reimer Kealy of Becker High School. Boys A, Mike Andring of Plainview-Elgin –Millville High School. Girls A, Tom Plocker of Blue Earth Area High School. Assistant Coach of the Year was awarded to Kim Nygaard of Monticello High School for Class AA and Chris Weber of Montevideo High School for Class A. If you were a section Coach of the Year and were not at the clinic to receive your certificate, it will be delivered to you sometime during the season.

Our three Hall of Fame inductees for 2008 are Gerry Wohlhuter of Montevideo High School, Jane Reimer Morgan of Minnetonka High School and Jim Bassett of Mankato West High School. Here is a brief description of their coaching accomplishments.

Gerry Wohlhuter coached boys and girls Cross Country at Montevideo High School for 31 years. During his tenure Montevideo Cross Country teams have experienced much success. His boys teams won 19 West Central Conference titles, 6 Section titles, finished as Section runner-ups 5 times and have competed in 11 Class A state meets. They won the team title in 1987 and finished second in 1994 and 1995. 19 of his boys earned All-State honors and in 2000 Greg Liebl was the individual Class A champion. Gerry's girls teams have won 3 West Central Conference titles, 2 Section titles and have competed in 2 Class A state meets. 3 of his girls have earned All-State honors. As quoted by his former assistant coach Greg Schwaegerl, What statistics don't show are the countless life lessons Coach Wohlhuter passed on to each and every student athlete he coached. Every runner was part of the cross country "family" Coach Wohlhuter always took the time to discover each athlete's interests outside of cross country and encouraged that athlete to pursue his/her life passion. Gerry made everyone feel important and welcomed. He is humble with a true aversion of the spotlight, who always turned attention to his athletes and teams.

Jane Reimer Morgan has been coaching girls Cross Country at Minnetonka High School for the past 19 years. She has been the head coach for the past 9 years and before that was an assistant to Hall of Fame coach Bob Rogness. She is also the head girls Track coach at Minnetonka. Jane's teams have faired exceptionally well during the past several years. Her teams have had 7 consecutive Class AA Girls State Meet appearances during the past 7 years and have placed in the top five each time. Her 2004 team were champions and the 2002 and 2006 teams finished as runners-up. She has coached 8 All-State runners. Several of Jane's runners have gone on to run at the collegiate level at Duke, Harvard, U of M, St. Thomas and St. Olaf. Jane was named Section 6AA Coach of the Year in 2002 and 2004. Jane began her coaching career at Parkers Prairie High School with boys Track. She also coached at Staples and Brainerd High Schools before coming to Minnetonka. Jane's father got her interested in Track and Cross Country at an early age and she has continued this interest throughout the years. She is a lifetime member of the MSHSCA and her hard work and dedication has had a great influence on her athletes. This past season she had 75 girls on her team.

Jim Bassett has been the Head Boys Cross Country Coach at Mankato West High School since 1983. He also has been the Head Boys Track Coach since 1985. During his tenure the Scarlets have competed in 19 state meets. His

. . . continues on page 17

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teams have finished in the top 6 places at the state meet 10 different times with their highest place being 2nd in 2001. Jim's teams have won 10 Section 2AA titles and 7 Big 9 Conference titles. 15 Mankato West runners have earned All-State honors, 6 won Section 2AA titles and 4 have won Big 9 Conference titles. Jim was named State Cross Country Coach of the Year in 1987 and 2001. He has also earned 9 Section 2AA Coach of the Year accolades. Coach Bassett served the Cross Country Coaches Association in a variety of ways. This includes Section 2AA representative for 10 years and membership on the advisory board to the MSHSL. Coach Bassett's Track teams have done very well. They have won 4 State True Team titles, on e MSHSL title in 2004, 7 Section 2AA titles and 5 Big 9 Conference titles. Coach Bassett's teams have set the level of competition in the Big 9 Conference and Southern Minnesota. They have helped push other teams to excel and test their limits. In addition to Cross Country and Track, Jim has also coached Girls' Gymnastics, Wrestling and Junior High Track. He grew up in Mankato, competed in Cross Country and Track at Mankato West High School and Mankato State University.

There are a few other items that I would like to bring to your attention. Our proposal to award additional medals at the state meet was approved by the MSHSL. Medals will now be awarded to the top 10 finishers in each race. Our advisory council is meeting with Lisa Lissimore of the MSHSL later in September. We will be discussing several items including the at-large team qualifying proposal, state meet issues, recognizing the All State award winners and handing out certificates at the state meet, uniform rules and also the possibility of pursuing our 3-class plan. Please check the Cross Country page on the MSHSCA website. You can complete your association registration online. There is also a link to get a free insurance quote from Liberty Mutual. Liberty Mutual will donate $10.00 to the MSHSCA for every insurance quote they process. These funds will be used to help offset the cost of the new Academic Recognition Award plaques many of our teams received.

I would like to wish each of you and your team's good luck and I hope you have enjoyable seasons. I look forward to seeing you at upcoming meets this fall. Please feel free to contact me with any questions or concerns you may have about our sport.

Softball... A Five Star Sport

By: Kim Bowen - Co-President
Big Lake H.S.

The annual Summer Softball Summit was held in August. Much of the discussion centered around the new MSHSL policies and NFHS rules. The NFHS has changed the pitching distance for varsity games from 40' to 43' beginning with the 2011 season. States have the option of making the change in the 2010 season. Our membership had voted against this change in 2009, as a result it was decided to wait until 2011 to move the pitching distance back in order to allow more time for pitchers to prepare for this change. The MSHSL policy eliminating double elimination play prior to the section semifinals will have a huge impact on this season's post-season play. Most sections are currently double elimination beginning with the first or second round of the playoffs. MSHSL policies limiting travel to games and scrimmages has put a hold on many softball programs plan to travel south for games and/or scrimmages. A sanction form is required to play games more in non-bordering states that are more than 600 miles round-trip from the school site. All practices and scrimmages can not be held more than 25 miles from the Minnesota border. Teams are also limited to only three scrimmage dates during a season. A survey of our member coaches indicated they were strongly opposed to these changes. Our association will be working hard to get these policies removed. The final item on the agenda was the Ms. Softball and Pitcher of the Year awards. The voting for these awards will take place with the all-state awards this spring and the awards handed out that the state tournament banquet.

The planning for this year's coaches clinic is underway. The clinic will again be held in St. Cloud on February 5th and 6th. Cindy Bristow will be presenting at this year's clinic. Bristow has coached at the Division I level, the Women's Professional Softball League, and served as National Director of National Teams and Coaching Development for USA Softball. This should make for another very informative and exciting clinic.

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MEMBERSHIP REPORT 2008-09

Types of Membership	2007-08	2008-09
Active Class A & AA	5660	5632
Associates	1,183	1134
Active Life	358	530
Retired Life	1,007	977
Honorary	3	3
	8,211	8,276

Breakdown of membership by sport association (2007-08 totals in parenthesis)

Adapted Athletics (24) 23	Boys Lacrosse (16) 23
Alpine Skiing (62) 70	Girls Lacrosse (9) 36
Athletic Directors (231) 259	Football (867) 936
Baseball (338) 409	Boys Hockey (266) 263
Boys Basketball (722) 735	Golf (boys & girls) (373) 358
Girls Basketball (639) 621	Soccer (boys & girls) (389) 376
Cross Country (298) 284	Softball (450) 434
Gymnastics (174) 197	Synchronized Swimming (20) 18
Nordic Skiing (98) 127	Girls Tennis 169
Volleyball (688) 655	Boys Tennis 125
Boys Swimming 151	Track & Field (531) 557
Girls Swimming 178	Wrestling (41) 65

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.

" Fault finding is like window washing. All the dirt seems to be on the other side."

- Unknown

TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

GETTING GATORADE TO THE FIELD EVERY DAY s easy if you ask your athletic trainer to handle it, or appoint a Gatorade crew or Hydration Manager. It can be a great way for a student who can't play the game to join the team.

PURCHASING GATORADE FOR THE SEASON ay be a stretch for your team's budget. But with the cost of safe hydration under $6.00 a player for the entire seaon, parents' organizations and booster clubs can came to the rescue by holding "hydration fundraisers."

UNTIL YOU CAN PUT GATORADE ON YOUR SIDELINES ask your players to bring their own. Tell them how Gatorade can help them stay in the game.

GATORADE DOES WHAT WATER ALONE JUST CAN'T

For more information, log on to www.gatorade.com/coaches and visit the Coaches' Corner.

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2009-2010 UNIFIED DUES APPLICATION FORM

Minnesota State High School Coaches Association, Inc.

PO Box 519, Detroit Lakes, MN 56502
JOHN ERICKSON, EXECUTIVE DIRECTOR
(218) 847-6796 (H) - (218) 847-5493(FAX)
www.mshsca.org jomar@lakesnet.net

*** The membership and insurance year runs from Aug. 1st to July 31st**

NAME (Print) _____
(Last) (First) (Middle Initial)

SCHOOL _____

HOME MAILING ADDRESS _____

CITY _____ ZIP CODE _____

COMPETITIVE SECTION NO. _____ HOME PHONE # ( ) _____

E-MAIL ADDRESS _____

DUES PAYABLE: Check One

( ) ANNUAL DUES PAYING MEMBER - $30.00
Eligible: MN Secondary, Jr. High, Elementary Coaches & ADs

( ) ASSOCIATE MEMBERS - $15.00
Eligible: Out of State Coaches and All College Coaches - MN Officials

( ) LIFE MEMBER (with insurance) $10.00
Eligible: 25 year coaches that have applied for and received a life card

( ) RETIRED LIFE MEMBER - $5.00
Optional: Helps defray cost of Minnesota Prep Coach

NUMBER OF YEARS COACHING, INCLUDING 2009-10 SCHOOL YEAR _____
(This includes Minnesota and all states.)

SPORT ASSOCIATION DUES ....

(Must join parent organization before you can join individual Sport Association)
(Please circle your coaching assignments, Head, Asst, Jr. High, Middle School or Elementary)

ADAPTED ATHLETICS ..... (H) or (A).....$10 (CI).....$10 (PI)
ATHLETIC ADMINISTRATORS $40
BASEBALL (Mar. 7 deadline) ..... $10(H); $5(A)
BOYS BASKETBALL (Dec. 1 deadline) ..... $10(H); $5(A)
GIRLS BASKETBALL (Dec.1 deadline) ..... $15(H); $10(A)
CROSS COUNTRY (Oct. 1 deadline) (B)(G)(B/G) ..... $15(H); $5(A)
FOOTBALL (Oct. 1 deadline) ..... $20(H); $10(A)
Retired Life $25
GOLF (April 15 deadline) .....$10 (B); $10 (G); $10 (B/G)
GYMNASTICS (Jan. 15 Deadline) ..... $10 (H); $5 (A)
BOYS HOCKEY (March 1 deadline) ..... $25 (H); $15 (A)
Retired Life $15
BOYS LACROSSE (May 15 deadline) ..... $10(H); $5(A)
GIRLS LACROSSE (May 15 deadline) ..... $10(H); $5(A)
NORDIC SKIING (Dec. 15 deadline) $10
ALPINE SKIING (Jan. 15 deadline) ..... $10(H); $6(A)
BOYS SOCCER (Oct. 1 deadline) ..... $10(H); $5(A)
GIRLS SOCCER (Oct. 1 deadline) ..... $10(H); $5(A)
SOFTBALL (May 15 deadline) ..... $10(H); $5(A)
BOYS SWIMMING (Jan. 30 deadline) ..... $10(H); $5(A)
GIRLS SWIMMING (Oct. 1 deadline) ..... $10(H); $5(A)
SYNCHRONIZED SWIMMING ..... $10(H); $5(A)
BOYS TENNIS (Mar. 15 deadline) ..... $10(H); $5(A)
GIRLS TENNIS (Oct. 1 deadline) ..... $10(H); $5(A)
TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G) ... $20(H); $10(A)
VOLLEYBALL (Oct. 15 deadline) .....$10(H); $5(A)
WRESTLING (Jan. 31 deadline) ..... (H) or (A) $27

ANNUAL MSHSCA DUES **$30.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
SPORT ASS'N DUES ..... **$**_____
Head or Ass't
TOTAL ..... **$**_____

LIFE MEMBER DUES, actively coaching **$10.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
SPORT ASS'N DUES ..... **$**_____
Head, Ass't or Ret'd
TOTAL ..... **$**_____

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dugout chatter

By: Pat Collins - President
Minnesota State High School
Baseball Coaches Association

Summer has faded into what feels like fall, school is starting up and we hope the "boys of summer" are playing another sport to stay in shape and become better rounded athletes. As I write this I am, preparing to head to the Fall Presidents meeting wondering why the Minnesota State High School League seems intent on making Baseball more like the "Iowa" model . We think the "Minnesota" model is perfect as it is. In case you just returned from a long and secluded summer vacation, last June, the State High School League voted to limit the number of scrimmages to three, created a blackout period in the middle of our summer American Legion season and limited our travel. This essentially eliminated spring break trips. We also were informed that our double elimination playoff format will only be allowed at the final four levels. Why? Was baseball broken?

The intent of the cuts by the High School league was to help out schools and parents financially and that is a sound idea. Lots of parents are hurting financially now and so are our schools. I would guess that the MSHSL board will help parents out by reducing gate fees at the state tournaments as another way to relieve financial woes and show leadership. Cuts were also done to keep kids in school as school administrators are concerned about test scores and public perception in a world that demands results. On the surface it seems like everyone took a proportionate hit but after you think about it, ***baseball, and our sisters in softball, got clobbered!***

If you live in the great State of Minnesota, you can play basketball anytime and any season but baseball and softball have issues with the weather. When people like Jim Erzar, take the Deer River High School baseball team to Florida it is to practice in a climate that makes the game of baseball possible in March. Jim received permission from his local school board and worked his tail off to make sure all the boys could afford the trip. He succeeded in making the trip, in the name of baseball, a wonderful educational event for a group that included many kids who had never flown on an airplane before. Why would we want to take that away?

The blackout period seems fair to all sports also but it really impacts baseball and softball the most as our offseason is the summer. In many communities, our American Legion baseball teams are coached by our high school coaches. If they are blacked out, then who safely coaches our kids during that period? Our parents and grandparents fought in wars and upon return, armed with a new perspective on life, decided that kids needed American Legion baseball. Now we are going to take a large chunk of that away?

Double elimination is the biggest loss for many of the coaches I have talked to. Double elimination and baseball go hand in hand like the State Fair and Pronto Pups. The tradition of double elimination in Baseball playoffs is as traditional as wrestle backs in wrestling; best two of three in volleyball and 18-36 holes of sectional golf. We think these are all good things and don't think baseball should have to go one and out when pitching is 90% of the game.

It just seems to me that Baseball took a gigantic hit. Our baseball players miss very little school in comparison to some of fine arts and other sports. If it is okay with them, then why not us? What is next for baseball and softball? Are going to move the season back a week or two and totally eliminate summer softball and baseball which is the "Iowa" model? Baseball in Minnesota is not broken and we don't see any need to fix it. This is the state that produced players like Paul Molitor, Dave Winfield, Derek Budde and Joe Mauer. Kids who loved to play baseball in whatever weather and whose parents were proud to watch them play in the heat of summer and the flurries of spring.

Baseball coaches, players and fans are a pretty easy lot to get along with. When other sports increased the length of their seasons and the number of games, we told MSHSL Board that we liked baseball just as it was. We still believe that but now we are getting a bit fired up and want our voices heard. Coaches, we need to talk to our school administrators and the MSHSL rep assembly and board members and make our voices heard. I look forward to seeing you at the Fall clinic (October 23-25) and hopefully at the Hall of Fame dinner on October 24.

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2009 Minnesota Baseball Coaches Clinic

Co-Sponsored by the MINNESOTA HIGH SCHOOL COACHES ASSOCIATION

October 23, 2009	Friday	Registration from 4:30-5:30	❑ Session I starts at 5:30
October 24, 2009	Saturday	Registration continues at 7:30am	❑ High School Coaches Meeting at 8:00am ❑ Session 4 starts at 9:45 with other sessions following
October 25, 2009	Sunday		❑ 9:15am – 12:00pm

SITE: Ramada Plaza Hotel (Formerly the Four Points Sheraton) Same location as last year.
1330 Industrial Blvd
Minneapolis, MN
Phone (612) 331-1900
Toll Free (800) 325-3535

SPEAKERS:
- ❑ Dr. Mike Marshall Former Major Leaguer-Cy Young Award***
- ❑ Ron Toenjes Former High School Coach-ProHitting Instructor-Scout for Mariners***
- ❑ Ron Maestri Former University of New Orleans Head Coach***
- ❑ Ron Gardenhire-If available
- ❑ Others to be announced

***Confirmed

Cost of the Clinic: $60 Pre-Registration (received by October 19, 2009) Only clinic in nation where everyone gets a door prize. No confirmation will be sent back to you. No refunds!!
$70 at the door

Hotel Rooms: You must make your own reservations and make sure you mention the baseball clinic and special room rate. A single or double room will run $86 plus tax. Make reservations by October 1 , 2009. Requests will be accepted on space availability and room rate availability. ***

Clinic Features: Coaches handouts-on website MSHSBCA.org; free soda product; door prizes . Free Reebok Pullover ($40 value); exhibitors; clinic notebook; FCA breakfast to those who sign-up; social hour on Friday after last session (beverage and chips); and free parking. Clinic schedule available Oct 1 on MSHSBCA.org.

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

Please fill out and mail in with your payment

Name:_____ Phone (Home):_____

School or Organization: _____

Home Address_____

Email Address _____

Make checks payable to MSHSBCA ($60 Pre-Registration or $70 at door). Mail the checks to: John Wilkens – P.O. Box 203, St. Michael, MN 55376. wilks@charter.net to check on registration.

Pullover Size-Circle M L XL XXL XXXL Shoe Size (in case we have any shoes) _____

Do you plan on attending the FCA Breakfast on Sunday morning (Oct. 25) at 7:30 AM? We have to pay for all meals ordered. Coaches who would like to bring wives or children may do so. Just include that number at bottom of the sheet. Do you plan on attending the FCA Breakfast? Yes_____ No_____

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FALL DELEGATE ASSEMBLY OF MSHSCA

The Fall Delegate Assembly of the Minnesota State High School Coaches Association will convene at 9:00 A.M. on Saturday October 3, 2009. The Assembly will be called to order by President Don Tangen (Glencoe-Silver Lake) at the Sheraton West Minneapolis.

Anticipated Agenda items include:

- Update on MSHSL by Dave Stead, Executive Director MSHSL
- Requests from Sport Associations brought forward at the September Sport Association Presidents meeting.
- Review of policy changes brought forward by the Executive Board of the MSHSL at their annual summer meeting.
- Review of new Delegate Structure
- Executive Directors report and review of current issues.
- MSHSL Board of Directors report
- Requests of Delegates to help in securing hall of fame nominees and DSA nominees

We strongly encourage all MSHSCA members to contact their delegates with any questions or concerns that you have and that you would like to see brought before the Assembly. Delegates for each section are listed in this issue of the Prep Coach.

Lunch will be provided by the MSHSCA for all in attendance following the meeting.

Renew or join online!

Memberships run from August 1st – July 31st

In an attempt to become paperless, we are strongly advising coaches to use our online registration system. It gives you the option to pay by credit card , money order or check. You will get a printable receipt for taxes or reimbursement.

1. Begin at www.mshsca.org
2. Use the link for 2009-10 membership
3. New members use the right had side of the next screen, to join for the first time.
4. Coaches that are renewing their membership, use the left had side of the screen and the password zzz
5. Follow the steps to the last screen where you will have a chance to choose the method of payment.

Please note: if you choose to pay by check or money order, your card will be sent when payment is received. As in all online use of a credit card, there is a bank service charge for each transaction.

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

If you would like to use the Postal Service, the application is available on our web site and can be downloaded.

As of 8-26-09, Life members are still not able to use the online registration. It's a "bug" that hasn't been worked out yet! We are sorry for the inconvenience.

John & Mary

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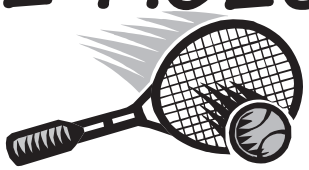
SERVICE ACES

By: Scott Engelstad
MSHSTCA President
Bemidji High School
sengel@paulbunyan.net



As you read this article, all of you that coach girls tennis are heading into the final half of the season. We hope you are having enjoyable seasons with a lot of great tennis play. Please keep the results of your matches updated on your MSHSL web page. Check with your athletic director if you need help.

About the MSHSTCA

The Minnesota State High School Tennis Coaches Association is an organization of high school tennis coaches. Membership is open to any individual who coaches tennis in grades 7 through 12, or any individual who is interested in high school tennis.

Our parent organization is the Minnesota State High School Coaches Association. Founded in the early 1970's, the purpose of both the tennis coaches' association and parent organization is to promote athletic activities for girls' and boys' in the State of Minnesota.

Membership

Membership is the driving force for the tennis association, so it is important that you join today. We also need your help in recruiting more head coaches and assistant coaches to join our association. To join, go to http://www.mshsca.org/membapp.htm

Any questions about Tennis Coaches Association related items, please contact:

Rick Engelstad, MSHSTCA Executive Secretary
Phone: 763-242-1451
e-mail: rengelstad@pinecity.k12.mn.us

Website

Remember to check out our website (www.mshsca.org/tennis). All forms need to be printed from our website (they will not be mailed). Rankings, clinic information, award forms, hall of fame criteria, and other important information are posted on the web.

Deadlines

Please keep our website bookmarked and check it often during your season. Please note the list of important dates at the top of the home page. Be sure to meet the deadlines for becoming a member, sending in academic forms, etc. so you and your team do not miss out on awards your athletes or you deserve. Your section rep should be forwarding you reminder e-mails. We need to abide by the deadlines we set to have accurate membership lists, so awards can get ordered in a timely manner.

MSHSTCA Important Dates

10/2/09	Deadline for becoming MSHSTCA Member (girls tennis)
Ongoing	Give input for team and individual rankings
10/2/09	Deadline: Academic Award Team & Individual Applications
TBD	2009 Girls State Tournament Banquet
10/21-11/6/09	Girls State Coach of the Year On-line Voting (Members only)
11/1/09	Nomination deadline for MSHSTCA Hall of Fame

Coach of the Year

Congratulation to Jonas Grossman, Benson-KMS (Class A) and Mike Remington, Eagan (Class AA) for being selected as the boys tennis coaches of the year from this past spring. Congratulations also to our assistant coaches of the

. . . continues on page 25

MSHSCA AWARDS BANQUET

As we get ready to honor the 2009 Hall of Fame recipients, I would like to read their resumes and reflect on the commitment, dedication and time they have given to the student athletes they have coached. With that said, you are all potential Hall of Famers. Remember you are doing the same thing they did, as the love for coaching kids marches on.

It is vital for tha MSHSCA to honor these coaches and all past Hall of Fame recipients as we reflect on this great profession.

We will honor this years inductees at the annual MSHSCA Hall of Fame Banquet on Saturday, October 3, 2009 at the Sheraton Minneapolis West Hotel, 12201 Ridge Dale Drive with a social hour and check in beginning at 5:30 pm followed by the banquet at 6:30 pm.

Ticket priced for nonrecipients are $35.00. You can call me at (651) 357-2937 to order them. Rooms amy be reserved by calling (952) 860-3538.

We will also award and congratulate the Coach of the Year, Assistant Coach of the Year, Championship Coaches, George Haun, Steve Kerzie Award and Officials Distinguished Service Recipients.

In order to keep honoring those who deserve the Hall of Fame Coach, we need them to be nominated. Please think of a coach who may have coached you, or one you have coached with or against and get their nominations to me.

The criteria has changed so check out the nomination form in this Prep Coach and mail your candidate as soon as possible.

Thank you for all you do for kids, for considering someone to nominate and hope to see you at the Hall of Fame Banquet, October 3, 2009.

Jim Baker

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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.

Coaches Holiday Party

Saturday, December 5, 2009

Social Hour: 10am-11am - Brunch Grand Buffet: 11am
Edinburgh Golf Course - Brooklyn Park, MN
8700 Edinbrook Crossing

Each club member is encouraged to bring a friend!

Thank You to the first Holiday Party of the year!
Don L. Swanson Ron Scott Bob Collison

SPECIAL WELCOME to the first year members!
Dick Walker Dave Nigon Chuck Elias

Let's double our attendance and have a super time!
Jim Dotseth Wayne Dietz Gerhardt Meidt

25 Year Awards to be presented at the brunch!

DOOR PRIZE DONATIONS APPRECIATED!

Coaches Holiday Party Registration

Please RSVP by November 28, 2009

_____# attending x $20/person = $_____
(Check Amount)

_____
Contact Name

(_____)_____
Phone No.

Mail Reservations & Check to:
Jim Dotseth
4180 Trenton Ln N
Plymouth, MN 55441

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Service Aces . . . continued from page 23

year, Brad Metter, Stewartville (Class A), and Pong Vang, St. Paul Harding (Class AA).

Mark your calendars

The 2010 Tennis Festival of the North will be April 9-11, 2010 at Eden Prairie High School. Look forward to on-court and off-court sessions, outstanding speakers, a vendor fair, equipment demos, team play, player exhibitions, prizes and more. For more info, go to www.tennisfestivalofthenorth.com

Rankings

Please let your section rep know of outstanding individuals and teams in your area. We hope to have rankings published weekly.

Class A and AA Ranking Coordinator: Mike Cartwright
e-mail: michael.cartwright@moundsviewschools.org

Have a great year on and off the court.

Minnesota Hockey Coaches Association Fall Clinic - 2009

Dates: October 23rd and 24th

Site: Mankato Civic Center; Mankato, MN

Times: Friday - 8:30am to 6:00pm
Saturday – 8:30am to 1:00pm

Lodging: Hilton Garden Inn, 20 Civic Center Plaza, Mankato (507) 344-1111
Alt.: Holiday Inn Express, 2051 Adams St., Mankato (507) 388-1880
Make sure you state "MHCA" when making your reservation. Confirm reservation by October 1, 2009.

Clinic Cost: Advance Registration - $65.00 – Day of Clinic - $70.00

Games: Friday & Saturday - U of M Mankato vs. Wisconsin

Questions: Contact – Mike MacMillan @ 612-247-0507
Email: mikejmacmillan@hotmail.com
Visit MHCA Website: www.mnhockeyhub.com

Registration Form

Name:_____School_____
Home Address:_____
_____
Home Phone:_____School/Work Phone:_____
Email Address:_____

Current Status: (circle one) Head/Assistant/Retired
Number of years coaching high school hockey in Minnesota_____
Number of years coaching high school hockey out of Minnesota_____

Cost of Clinic: Pre-Registration: $65 At the Door: $70
* USA Hockey Level 3 * Rules Interpretation Meeting Included

Send to: Mike MacMillan, Executive Director MHCA
1806 Elm Street, Buffalo, MN 55313

Ice Chips

By: Chris Lonke
MHCA Communications
New Prague High School

Welcome to the fall of 2009 and all those exciting pre-season thoughts that run through our minds as coaches. Isn't funny to watch our wives or significant other look at us sideways as we excuse ourselves to go right a random thought down before we forget. It just doesn't go over too well if you are on vacation!

The fall clinic planning is in full motion and we know Mike MacMillan is behind that planning again. The clinic will be held in Mankato on our traditional weekend following the MEA break. The specific dates are Friday October 23rd and Saturday October 24th. The Hilton Gardens will be our host hotel. The contact number is 507-344-1111. There is a block of rooms under the reservation MHCA. The back up hotel will be the Holiday Inn express. A big Thank You to Troy Jutting, Darren Blue and Minnesota-State Mavericks for hosting us. The Wisconsin Badgers will be in town taking on the Mavericks.

We will hopefully see most of you in Mankato! If you have any questions about MHCA doings, don't hesitate to contact your section representative or a board member.

i'm lovin' it VISIT MCDONALD'S AFTER THE GAME i'm lovin' it

MSHSCA 2009-2010 MEETING DATES

June 23, 24, 25	Summer Executive Meeting, Speak Easy, Detroit Lakes
September 12	Sport Presidents Meeting, Sheraton West, 9:00 am
October 3	Fall Delegate Assembly, Sheraton West, 9:00 am
October 3	Hall of Fame and Awards Banquet, Sheraton West, 5:30 pm
December 5	25 year club brunch & award presentation, Edinburgh Golf Club, Brooklyn Center, 10:00 am
January 16, 17, 18	NOCAD meetings, Oklahoma City, OK
March 26	Spring Delegate Assembly, Mancini's Char House, St. Paul, 9:00 am
May 1	Spring Executive meeting if needed (Site to be determined)
June 22, 23, 24, 2010	Summer Executive Meeting, Detroit Lakes

PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1 December 1 March 1 May 1

FALL CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend the numerous fall clinic this fall are urged to obtain their membership in advance using the electronic membership opportunity.

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

GATORADE...Official Sport Drink of the MSHSCA

The Blake School, Eden Prairie win third Challenge Cup awards

For the third time in six years, both The Blake School of Minneapolis and Eden Prairie High School have won the Minnesota State High School League Challenge Cup competition. They are the only schools to have achieved this milestone. Lakeville, at the time the sole high school in the community, and St. Cloud Cathedral have each won the Challenge Cup twice in previous years.

Created in 2003, the Challenge Cup is a statewide, yearlong competition among League member schools. Schools earn points for their success in post-season tournaments, and two schools—one in Class A and one in Class AA—with the most points are awarded the traveling Challenge Cup. The award is sponsored by Wells Fargo, the League's premier corporate sponsor.

Leading all schools with 971 points for the 2008-09 school year, Eden Prairie first captured the Class AA Cup in 2006 and again in 2008. In 2007 the Eagles finished second. During this past year's Challenge Cup competition the Eagles won team championships in girls' cross country running, boys' hockey and girls' lacrosse. The Eagles also had individual champions in boys' Nordic ski racing, girls' track and field (1600-meter run and pole vault), and girls' swimming and diving (100-yard backstroke and 100-yard butterfly).

Other top finishers in the Class AA competition were Wayzata (815 points), Edina (763 points), Eastview of Apple Valley (613 points), Hopkins (531 points), and Minnetonka (513 points).

In the contest for the Class A Challenge Cup, The Blake School earned 547 points for their success in 10 different 2008-09 activities. The Bears finished first in boys' cross country running, boys' soccer, girls' hockey, and boys' swimming and diving (in a co-op with Breck School of Golden Valley). The Bears also had individual champions in boys' tennis (doubles), boys' track and field (3200-meter run), boys' Alpine skiing , and swimming and diving where they won six of the 12 events (200-yard freestyle, 500-yard freestyle and 100-yard backstroke, plus all three of the relays—200-yard medley, 200-yard freestyle and 400-yard freestyle) offered in that sport. The Blake School also won the Challenge Cup in 2005 and 2007 and was runner-up in 2008.

The remaining Top Five Class A schools were Perham (415 points), Breck School (86 points), Rochester Lourdes (355 points), and St. Cloud Cathedral (336 points).

Besides The Blake School and Eden Prairie, previous Challenge Cup winners were St. Cloud Cathedral in Class A in 2004 and 2006, Lakeville in Class AA in 2004 and 2005, Wayzata in Class AA in 2007, and Perham in Class A in 2008.

. . . continues on page 29

USE YOUR MEMBERSHIP CARD

Your 2009-10 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. Only two schools here indicated they do not honor the card, those schools are Brainerd and Esko. 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.

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STATE HIGH SCHOOL COACHES ASSOCIATION
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The card is white with purple print for the year 2009-10.

2009-2010 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, Don Tangen, Glencoe - Silver Lake

John Doe
Cambridge-Isanti H.S.

Asst. Football
Head Wrestling
Asst. B/G Track

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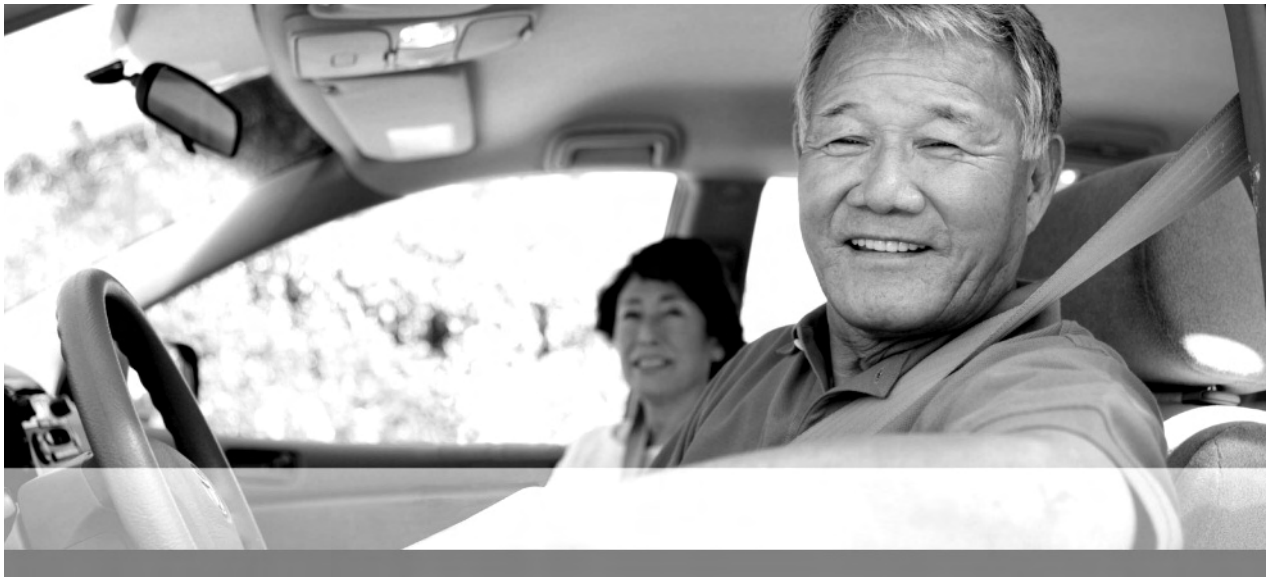
Make Your Quote Count



You can discover your insurance savings while also giving back to MSHSCA Academic Recognition Program.

If you receive a car insurance quote[1] from Dave Gunderson between Sept. 1, 2009 - Dec. 31, 2009, Liberty Mutual will donate $10 to MSHSCA Academic Recognition Program.

See for yourself how much money you could save with Liberty Mutual. And the best part—you receive knowledgeable support, immediate claims assistance and the latest information to help keep you and your family safe.

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Auto & Home Insurance Quote Form

REMEMBER! Your quote request is contributing to the MSHSCA Academic Recognition Program!

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
(please include dates of birth and drivers license numbers):

_____

Address of property to be insured:
Address:_____
City_____ State_____ Zip_____
Year Built _____ Insurance Dwelling Coverage $_____ (or purchase price if new purchase)

Prior Address (if less than three years):
Address:_____
City_____ State_____ Zip_____

Contact Info:
Daytime Telephone: _____ am / pm
Email Address: _____

PLEASE FAX OR E-MAIL A COPY OF THIS FORM TO:
DAVID GUNDERSON @ (763) 595-8618 OR
david.gunderson@libertymutual.com

Liberty Mutual.

LHOTKA TO RECEIVE KERZIE AWARD

Steve Kerzie of Eveleth-Gilbert was a very long time delegate for the MSHSCA. Over the decades of service he diligently provided his constituents with the information that he was expected, as a delegate, to provide. During that same time period, he missed only one meeting. He did not allow bad weather or any other obstacle to prevent him from attending Delegate Meetings and assisting the MSHSCA in their mission.

In honor of Kerzie and his dedication an award has been created in his honor and presented to a delegate who has displayed similar devotion to delegate responsibilies.

This year the award will be presented to Mike Lhotka of Dassel-Cokato.

The award will be part of the Hall of Fame Awards banquet that will be held on October 3rd at the Sheraton Minneapolis West Hotel located on Ridgedale Drive. People wishing to join Lhotka for the festivities can find information on times, price of tickets and how to obtain tickets elsewhere in this issue of The MN Prep Coach

Challenge Cup. . . continued from page 27

"Hundreds of schools, big and small, scored points during this year's Challenge Cup competition," said James Prunty, Great Lakes Region president for Wells Fargo. "We congratulate Eden Prairie and The Blake School for winning the Challenge Cup for a third time."

Representatives from the League and Wells Fargo will present the traveling Challenge Cup to each school this fall. For a complete list of all the schools that earned Challenge Cup points during the 2008-09 school year, click on the Recognition tab on the home page of the League web site at www.MSHSL.org.

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KALPIN, KLOMPS TO RECEIVE HAUN AWARD ON OCTOBER 3RD

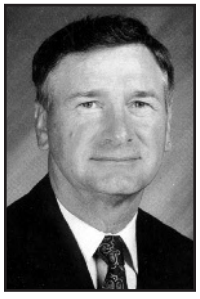
George Haun was the founding father of the MSHSCA back in 1936. He was also one of the first Hall of Fame inductees back in 1980.

In memory of his foresight in the establishment of an organization that has grown to many thousand members, the MSHSCA created the George Haun Award. It is presented yearly to coaches who provide leadership and direction in assisting the MSHSCA to achieve the mission that is is trying to accomplish for Minnesota coaches. The award was first presented in 1986 and since that year, 34 people have received the prestigious honor.

This year the recipients of the Haun Award will be Dennis Kalpin of Alexandria and Gordy Klomps of Zumbrota-Mazeppa.

The presentation will take place on October 3rd at the Annual Hall of Fame Awards Banquet. Friends and relatives that wish to share the evening with the recipients can refer to a blurb elsewhere is this issue that will allow them to find the location, times, cost of tickets and how to obtain tickets and rooms, if desired.

DENNIS KALPIN - ALEXANDRIA



Kalpin is a 1957 graduate of Parkers Prairie High School. Following high school, he attended Augsburg College and received his degree in Mathematics Ed and Phy Ed. During his stay at Augsburg he earned four letters in football and four in baseball. He was captain of the football team his senior year. Later he earned a Masters Degree in Math at North Dakota State University in 1980.

Dennis has taught Math for all 40 years of his career which included two years in Belgrade, MN, ten years at Oak Grove HS in Fargo, ND, four years at Ben Franklin Jr High in Fargo, ND and 14years at Fargo South. In 1991 he was hired by the Alexandria MN Shool District where he remained until he retired in 2007.

During that time span, Kalpin coachedfootball at some level for his entire career mostly as a varsity coach (29 Years.)He assisted in basketball and track and field and fast pitch softball. His softball career encompassed high school, college and amateur levels.

Honors received include:

+ North Dakota Shrine Bowl Football game assistant coach (1983)

+ND Assistant Coach of the Year (1984)

+ Fargo South Teacher of the Year (1985)

+ Augsburg College Athletic Hall of Fame (1992)

+ North Dakota High School Coaches Hall of Fame (1993)

+ Head coach for Minnesota Football Coaches All Star game (1995)

+ Central Lakes Conference COTY (1994, 96,98 and 2001)

+ Section 8 COTY (1994, 96, 98, 99, 2001, 02)

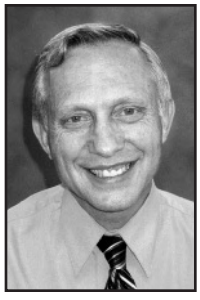
+ Augsburg College Distinguished Alumni Award (2008)

+ Life Member of the MSHSCA

Dennis has been active in both North Dakota and Minnesota sports as a representative in many committees. He has been active in the Fellowship of Christian Athletes. Speaker at many football clinics. Church council chairman and a member of many school lead committees including the Fargo Public Schools Coaches Council.

Dennis and his wife, Ruth have been married 49 years and have four married daughters and are proud grandparents of nine grandchildren. Three of the Kalpin daughters are in education and the fourth is a CPA.

GORDY KLOMPS - ZUMBROTA/MAZEPPA



Klomps grew up near Spring Valley and attended Wykoff High School and graduated in 1961.

He started his teaching and coaching career in Boone, IA and was there for two years. In 1967, he accepted a teaching job in Zumbrota, MN. He taught physical education for 35 years. He also coached boys and girls Cross Country for 27 years. He launched

the CC program in 1969. The boys teams won the conference title seven of the first ten years. One of the boys teams made it to the State Meet and finished fifth. Several individuals ran in the state meet and one runner was state champion in 1985. One of his girls teams finished 6th at the State Meet and two girls participated as individuals in the State event. Gordy was named boys Section 1A COTY in 1975 in Cross Country and girls Section 1A COTY in 1993, 94 and 95

Klomps was also the Girls Track and Field teams for 25 years. Many individuals and relay teams took part in t he state meets with a number of medal winners. In 1992the girls finished 5th in the state meet.

Gordy joined the MSHSCA in 1972. He is a 25 Year Club member and a Life Member. He was selected to be the Section1A-4 representative in 1994 and remains in that position at the present time. He has done several fundraisers for the MSHSCA raising more than $500 on each occasion. Due to

. . . continues on page 31

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MSHSCA GEORGE HAUN AWARD RECIPIENTS

1986	Boby Roy - St. Louis Park
	Darien DeRocher - Foley
1987	Art Avis - Hutchinson
1988	Tom Mahoney - Fairmont
1989	Bob Ryan - ST. Paul Humboldt
1990	Lloyd Stussy - Wells-Easton
1991	Steve Kerzie - Gilbert
1992	Jarvis Anderson - Plainview
1993	Ab Strommen - St. James
1994	Malcolm “Mac” Dahl - LaCrescent
1995	Gordy Genz - Roseville Area
1996	Jim Deane - Osseo
1997	Howard Emerson - Warren
1998	Ken Sagedahl - Murray County West
1999	Mary DeRocher - Brainerd
2000	Bob Hooper - Detroi tLakes
	Chuck Elias - Minneapolis
	Don Swanson - Minneapolis
2001	Jeff Pitts - Wells-Easton
	Bill Baumann - North Branch
2002	Bruce Johnson - Robbinsdale Armstrong
2003	Jim Baker - Richfield
	H.T. Buisman - Aitkin
2004	Jay Johnson - Eden Valley Watkins
	Tim Johnson - Mankato East
2005	Len Olson - Owatonna
	Graydon “Soup” Stromme - Duluth
	Don Tangen - Glencoe - Silver Lake
2006	Dave Halgren - Elk River
	Lowell Scearcy - Brainerd
2007	Dave Bauer - Park Center
	Dave Hylla - Proctor
2008	Becky Leuer - North Branch
	John Eberhart - Pine City

his interest in photography, he has videotaped almost all of the Hall of Fame Banquets since 1994. He has given away hundreds of still photographs to coaches and athletes over the years.

Working for and with Darien DeRocher, John Erickson, Dave Stead and staff has been a privilege and a pleasure for Klomps. He indicates that they have always made everyone, including himself, feel very special and important.

Since his retirement, Gordy volunteers as a starter for numerous track and field meets. He has tremendous interest in young people especially those involved in extracurricular activities. It has kept him young at heart!

Klomps feels truly honored to receive the Haun Award. He is very grateful and plans to continue to serve the MSHSCA in years ahead.

Gordy and his wife Mary have been married 35 years and have four children, all who took part in athletics at Rochester Mayo High School. Gordy feels that they are better citizens because of their involvement in extracurricular activities.

FOUR DEDICATED OFFICIALS TO RECEIVE DISTINGUISHED SERVICE AWARD

Since 1992 a total of 83 Minnesota officials in a variety of sports have been recognized for their dedication to high school athletics. It was a means to express appreciation for individuals that allow high school competition to be conducted in an orderly manner.

Officials recognized all have served a minimum of 25 years of officiating in one or more sports. They are nominated by coaches they have served or by officials associations that they represent.

This year four officials are to be honored at the Annual Hall of Fame Awards Banquet scheduled to be held on October 3rd at The Sheraton Minneapolis West Hotel.

This year the recipients are :

Bill Fisher - Alexandria
Jim Erzar - Deer River
John Hovick - Fairmont
Ron Moog - St Cloud

Information dealing with times, coast of tickets and how to obtain tickets can be found in a separate articleh located elsewhere in this issue of The MN Prep Coach.

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HALL O

SIX TO BE INDUCTED TO THE MSHSCA HALL OF FAME

On October 3rd the highlight of the Hall of Fame Banquet will be the induction of six new members to the MSHSCA Hall of Fame. This will bring the total of Hall of Famers to 157 since the program was initiated back in 1980.

This year's inductees include: Wayne Heisinger (SW Star Concept), Myron Glass (Rochester Lourdes), Jerry Peterson (Bloomington Kennedy), Jerry Simpson (Woodbury), Glen Thieschafer (Melrose Area) and Ken VanDenBoom (Caledonia.)

Those wishing to share to evening with the inductees should check the article on the banquet that is located elsewhere in this issue of The MN Prep Coach. The blurb will give you site, times, cost of tickets, how to obtain tickets and how to obtain room reservations.

Wayne Heisinger (Southwest Star Concept)

A native of Parkston, SD, Wayne was a 1965 high school graduate where he was a three sport athlete, a four year letter winner earning all state honors in football. Wayne earned his BS degree from Dakota Wesleyan University in Mitchell, SD with a major in Business Administration in 1969. He was a four year starter and senior captain for the Tiger football team and twice named to SDIC All Conference team. In 1998, Wayne was named the Alumni Coach of the Year and was inducted in to the DWU Athletic Hall of Fame in 2008.

Wayne moved to Heron Lake in 1969 and was teacher, coach,administrative assistant and activities adirector in Heron Lake, Heron Lake-Okabena-Lakefield and SW Star Concept until his retirement in 2003.

Heisinger coached football for 33 years which included 24 years as head coach where he accumulated an overall winning record. He served as assistant basketball coach for 33 years and was headtrack and field coach for 30 years. He took the reigns as the girls track and field coach in 1980 and built a dynasty before his retirement in 2004.

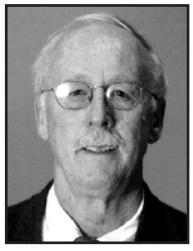
Wayne led his teams to 22 conference titles or runnerup crowns, 13 subsection titles, nine sectional winners and five state championships including a "fourpeat" and a fifty-six meet winning streak from 1998 to 2001. He also had teams that claimed state runnerup titles and several other finishes in the top six places. He coached 24 all state performers and five individual or relay state champions. Wayned was named track and field COTY on several occasions at the subsection and sectional level. In 1996 and 2001, he was named State Track and Field COTY and was inducted to the track coaches hall of fame in 2008.

He served the MSHSL on two different Advisory Committees in football and track and field.He was the Section 3A track and field rep for many years and the Track and Field Coaches Association president in 2002-03. He was named the Athletic dministrator of the Year for Section 3A in 2003.

He served his community well by being involved in a variety of committees including Lake Day Care Center, local JayCees and a Community Wellness Center.

Wayne and his wife, Cheryl have been married 40 years and have four children and six grandchildren

Myron Glass (Rochester Lourdes)



Myron Glass has coached 42 years at Rochester Lourdes and his teams have compiled a number of state championships including four boys cross country titles and five second place finishes, two girls track and field state titles, two girls cross country state crowns along with a second and third place finish. Individually, he has coached four boys state champions and one girl champion. One of his boys runners have finished second five times and a girl second on two occasions. In girls basketball, he has a state eight state championships and his team has never lost in a state championship game.

His career basketball record is a sparkling 631-91 over 26 years. This is an average of 24.3 wins and just 3.5 losses per year. Inhis first year his team had a losing season and it did not happen again for the remainder of his career and his teams never lost more than six games over the rest of his coaching career.

During one stretch, his teams ran up a record 124 conference wins and 75 consecutive home game wins. From 1989 to 1991, Lourdes won 56 games without a loss which at that time was a state record. In 1990-91 and 1992-93 Lourdes had a perfect 30-0 season record. Eleven times his teams have had season with two or fewer losses.

Glass is tied for state championship appearances with with 14 which was established between 1986 and 2005.

His 2005 team holds the state record with fewest turnovers with just two in the state championship game.

In Cross Country, out of 35 years of coaching, his girls teams have been to state 20 times and the boys on 14 trips in . He founded the girls program at Lourdes.

Myron has also been freshman football coach for five years

F FAME

and was boys "B" squad basketball coach before taking over the girls program.ools.

Myron is a Minneapolis South and St Cloud State grad. He started coaching at Lourdes in the 1968-69 school year. In 1970 he started girls track which was the beginning of girls sports at Lourdes and in SW Minnesota.

Glass started the first state track and field meet for private schools.

He served the MSHSL by being involved in numerous advisory capacities,coached four all star basketball teams

He has been inducted in to four Hall fo Fame including girls basketball, cross country MSHSL and the Rochester Quarterbacks Hall of Fame.

He was cited in the "Faces in the Crowd" in Sports Illustrated for his basketball team's achievements.

Jerry Peterson (Bloomington Kennedy)

Jerry was born in NE Minneapolis and attended Minnehaha Academy. He played in the "old" private school State Hockey Tournament in 1961, 62 and 63. He graduated from Augsburg College in 1967 and was a four time All MIAC hockey player for legendary Ed Saugestad. He was inducted in to the Augsburg Hall of Fame in 1987.

In 1967, he signed to teach and coach at Bloomington Kennedy which was to become his only teaching job. At Kennedy he coached both Soccer and Hockey and had the good fortune of having both teams win state titles, be selected COTY in both sports and selected to the Hall of Fame in both sports. His overall coaching record was 595-240-52. He coached more than 80 players who went on to play college athletics including 25 Division 1 players and a former player Don Jackson who played on two Stanley Cup cahmapionship teams with Edmonton. he was inducted in to the Kennedy Hall of Fame in 2006.

In hockey, he was head coach from 1971 until 1992 and Kennedy won four Lake Conference titles and had state tourney teams in 1976, 83, 84, 97, 90 and 91.Kennedy won the state championship in 1987 and placed third and fifth on two other occasions. Peterson was Hockey Coach of the Year in 1984 and was inducted to the Hockey Hall of Fame in 1995 and was granted the Cliff Thompson Award for long time service in 2000. For 25 years he ran free skating clinics each spring and fall for Bloomington youth.

Starting club soccer in 1967, he later helped soccer get a start in the lake Conference in 1968. He coached with Jim Klaseus and Dave Arens from 1968-to 1987.Kennedy had a record of 208-81-22 during that time period and won the statecrown in in 1981 and runnerup in 1985. During his coachingspan at Kennedy, his teams won Lake Conference titles in 1969, 78, 79, 81, 85 and 86. He was selected Soccer Coty in 1985 and was inducted to the Soccer hall of Fame in 1992.

Jerry was also active in sport associations. He is a founding charter member of the Soccer Coaches Association and was executive Secretary of the Hockey Coaches Association from 1985-92. As as leader of the Hockey Coaches, he started the first State Academic Championship after Darien DeRocher presented the idea at a Delegate Assembly meeting. Hockey was the first sport to proclaim an Academic State Champion.

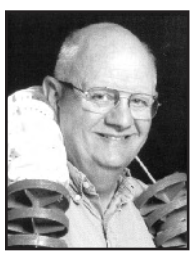
Peterson also restarted the State Tournament players banquet for hockey in 1991 with the aid of his assistant coach, Mark Hultgren. He worked with other sports to initiate banquets of similar nature.

Along with Tom Osiecki, he started the Ice Hockey Coaches Hall of Fame in 1991 and inductions takes place each year at the state tournaments.

He retired from coaching in 1992 and became student activities coordinator until his retirement in 2001.

Jerry and his wife, Linda have been married 41 years and have one daughter. She and her husband are both basketball coaches. There are also two grandsons.

Jerry Simpson (Woodbury)



While growing up in Regina, Saskatchewan, Jerry was a proverbial swimming champion and record holder. In 1970, after earning his Master's degree from Bemidji State University, he began his teaching-coaching career as a Phy Ed teacher and swim coach at Park Senior High School in Cottage Grove. When Woodbury opened it's doors in 1975, he joined their staff coaching the boys and girls swim teams. He was also the pool director in the district overseeing six swimming pools and leading an outstanding "learn to swim" program. He was an avid master swimmer who worked out 4-5 days a week, competing in meets and setting a number of state records. He was a member of the NISCA and a Life Member of the MSHSCA. He was President of the Boys Swim Coaches Association from 1980 - 82 and VP two years prior.

Jerry was one of the most successful high school coaches in Minnesota history.On the boys side, his teams won 18 conference titles, seven sectional crowns and had four top four finishers at the State Meet. He guided five individuals and

. . . continues on page 34

MSHSCA HALL OF FAME. . . continued from page 33

four relays to All American honors. His son, David was one of those honorees. After a 22 year break from the girls team,he returned to coach the high school girls in the fall of 2001 and this was just after he retired from teaching a few months earlier.Many of his friends asked him, " why start-coaching the girls team again?" He said that he could not stand the fact that the Woodbury girls weren't qualifying and scoring points in the state meet. Only the divers were qualified for the State and they were coached by his good friend and swim workout partner, Rick Light. In two short seasons, the team swam their way to a top ten finish at state. In 2004 , they won the sectional title and placed fifth in the state.

His wife, Sharon is also a swim coach and was a swimming instructor. They started the SE Metro Sharks Swim Club in the summer of 1971.It was started to eventually benefit high school swim teams. The club has grown to over 200 members.Jerry spent the next 35 years coaching for the club where it was needed from beginners to seniors to masters. His tyle of coaching was always as a teacher - patient and calm.

Jerry and his wife, Sharon had two children — David and Ann who both swam competitively.

Glen Thieschafer (Melrose Area)

Glen has coached for 27 years, all at Melrose.

His record includes 179 wins and 11 losses. With that record, his teams have amassed a total of 19 West Central titles out of a possible 20 years of existence as a conference. The Dutchmen have also won 18 section titles and with that 18 team appearances at the state gymnastics meet.

Individually in 23 of the 27 seasons, Thieschafer has had individuals advance to state competition. Those individuals totalled 39 individual medals including 11 individual state champions.

Team state record is as follows: 2 team champions (1994 and 1995), 2 state runnersup (1994 and 2003), 4 third place finishes (1998,2000,2001,2004), 3 fifth place finishes (1991,1996,2002), i sixth place finish (2005), 1 seventh place finish (1990) and 1 eighth place finish (2006)

Only three other schools have made more appearances at the state than Melrose.

Selected a Sectional Gymnastics COTY in 1991 and 2006 and State Gymnastics COTY in 1991. The honors and efforts of him and his team earned him a place in the Gymnastics Hall of Fame in 2000.

He has served seventeen years as Gymnastics rep for the association from 1993 until 2009.

Three of his former team members are gymnastics officials, six are club coaches and two are high school coaches at Rockford and Paynesville.

Ken VanDenBoom (Caledonia)

A graduate of Medford High School, Ken matriculated to St Cloud State and received his BS degree in Education in 1968 and furthered his education with a Masters degree in Science Education at Winona State University in 1971.

He started his career at the only school that he has worke d for, Caledonia, in 1968 where he has taught science for 40 years and served as AD from1990 until 2006.

VanDenBoon, like so many coaches in his time, found time to coach a variety of sports over a 39 year period. He was boys varsity basketball coach for nine years and assistant boys basketball for a number of years prior to the head cage job. He provided assistance in the football program from 1969 -81. His main venue was girls golf where he provided instruction for his team for 36 years. During that term of service, his team won 1136 matches to only 94 losses. His overall varsity total for all sports is 1575 wins and 271 losses.

After starting the girls golf program in 1973, his teams went on to win 35 conference crowns, 22 sectlonal titles which included 22 state team appearances. At the state meets, Caledonia won seven state championships, were runnersup on five occasions and finished third another five times.

Honors and awards include: Section 1A Basketball COTY (1983), Section 1A Girls Golf COTY (17 times), MN State Girls Golf Coach of the Year (1995), Region 1A Athletic Administrator of the Year (2003), Region 1A Athletic Administrator Hall of Fameh2008

MN Golf Coaches Hall of Fame (2005)National HS Coaches Association Hall of Fame (2009)National Interscholastic Athletic Administrator's State of MN Award of Merit (2003) and Caledonia Teacher of the Year (2005 and 2008).

Professional memberships are legion :Life Member of MSHSCA, member of MnIAAA, Mn rep to two national conventions, Section 1A Golf manager, Region 1A Committee member, MSHSL Board of Directors, MSHSL Golf Advisory Committee, MSHSL Communication Chairperson, MSHSL Rep Assembly,Mn Golf area ambassador, volunteer coach for Caledonia Knowledge Bowl, MSHSL Executive Committee.

Ken has been active in the community including the JayCees, Caledonia Charities, Boys Scouts. His church receives his services as a lectern, communion server,usher and greeter.

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MSHSCA HALL OF FAME

1980 Art Avis (Hutchinson)
Wayne Courtney (Mpls Roosevelt)
George Haun (Staples)
George "Baldy" Hayes (Blue Earth)
Stan Nelson (Anoka)
Vern Morrison (St. Cloud Tech)
George Rose (St. Paul Como Park)

1981 Ove Berven (Austin)
Lloyd Holm (St. Louis Park)
George Saunders (Pine City)
Earle Teas (Pipestone)
Clifford Thompson (Eveleth)
Herb Wolf (Fairmont)

1982 Oscar Almquist (Roseau)
William Broekemeier (Cass Lake)
Jerry Eckstein (Plainview)
William Hanson (Willmar)
John Hermes (Fergus Falls)
Burt Monson (Mountain Lake)
Herman Woock (Crosby-Ironton)

1983 Al Halley (Mpls Southwest)
A.J. Kramer (Roseau)
Ralph Peterson (Plainview)
Bob Roy (St Louis Park)
Granville Smith (Park of Cottage Grove)
Arnold Veglahn (St. James)

1984 Verne Hermann (Plainview)
R. "Butzie" Maetzvold (Hopkins)
Ralph Skay (Theif River Falls)
Ab Strommen (St. James)
Louis Todnem (Mankato West)

1985 Fred Kellett (Brainerd)
Steve Kerzie (Gilbert)
John Nett (Winona Cotter)
Milt Osterberg (Worthington)
Rudy Rauker (Warroad)

1986 Bruce Frank (LeSueur)
Del Mollberg (Detroit Lakes)
William Ochs (Bloomington Lincoln)
K.T. Smith (Breckenridge)
Angelo Taddie (Nashwauk-Keewatin)

1987 Duane Baglien (Edina)
Chester Bisel (Lynd-Butterfield)
Herb Claffy (Milaca)
John Rengel (Staples)
Dick Seltz (Austin)

1988 Art Hass (Austin)
Jim Hastings (Duluth Central)
Dale Scholl (Redwood Falls)
Lloyd Stussy (Wells-Easton)
Don Swanson (Mpls Patrick Henry)

1989 Jack Conley (Forest Lake)
Wayne Dietz (Anoka)
Roy Hokkanen (Cotton)
Clyde McDonald (St. Paul Harding)

1990 Jerry Bernatz (Chatfield)
Leo Grossman (Wabasso)
Dick Lynch (Silver Bay)
Larry Ross (International Falls)
Bob Ryan (St. Paul Humboldt)
Archie Sailer (Frazee)

1991 Ralph Boline (Fosston)
Paul Busch (Roseville Area)
Harlan Kirkeby (Lewiston)
Tom Mahoney (Fairmont)
W. "Max" West (Brownton)

1992 John Conzemius (Wadena-D.C.)
Malcolm "Mac" Dahl (LaCrescent)
Les Drechsel (Crookston)
Hugo Goehle (Hills-Bvr Creek)
Al Wold (Rochester John Marshall)

1993 Lloyd Carlson (Win-E-Mac)
John Davies (Crosby-Ironton)
Don Fox (Austin)
Stan Otness (Farmington)
Bob Turner (St. Paul Como Pk)

1994 Kermit Aase (Brainerd)
Willard Ikola (Edina)
Angelo Pergol (Cloquet)
Ron Raveling (Columbia Hts)
Evar Silvernagel (Rochester)

1995 Walter Chapman (Mpls Marshall)
Bernard Broderick (St. Paul Murray)
Kerwin Engelhart (Rochester John Marshall)
Tony Thiel (Battle Lake)

1996 Malcolm "Mac" Doane (St. Cloud Tech)
Chuck Elias (Mpls Central)
Jim Gotta (Moorhead)
Dave Peterson (Mpls Southwest)
Bill Selisker (Crosby-Ironton)

1997 Edgar Braun (Norwood-Yng Am)
Stave Canakes (Edina)
Ron Malcolm (Anoka)
Steve Lipp (Breckenridge)
Stan Thorton (St. Paul Highland Pk)

1998 Lou Cotroneo (St. Paul Johnson)
Pete Herges (Albany)
Albert "Bud" Higgins (Austin)
Ed Prohofsky (Mpls Marshall-U High)
Bill Rose (Rothsay)

1999 Bill Hare (Greenway of Coleraine)
Mike Jerabek (Prior Lake)
Pat Lanin (Hopkins)
Jerry Snyder (Lake City)
Richard Traen (Delano)

2000 Noel Bailey (Aitkin)
Deryl "Skip" Booyum (Northfield)
Darien DeRocher (Foley)
Jim Muchlinski (Marshall)
Harold "Hal" Schroeder (Blue Earth)

2001 Guido Kauls (Minnehaha Acad)
Stephen Kjorness (Wstbrk-Wlnt Grove)
"Tink" Larson (Waseca)
Len Olson (Owatonna)
George Thole (Stillwater)

2002 Ken Baumann (Mahnomen)
Klem Haugen (Austin)
Jerry Riewer (Staples-Motley)
Grady Rostberg (Hutchinson)

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MSHSCA HALL OF FAME . . . CONTINUED

Dick Skogg (Duluth East)
2003 James Flim (Winona)
George Larson (Cambridge)
Bob Hoisington (Mpls Central & S.W.)
E. James Senske (New Ulm)
Dean Taylor (Sartell)
2004 Elaine Engle (Wilmar)
Bob Streetar (Grand Rapids)
Donal Nesheim (St. Peter)
Hartvick "Shocky" Strand (Moorhead)
Ken Nelson - Sauk Centre
2005 Al Bauman (Little Falls)
Jerry Daniels (Foston)
Elmer Luke (Hopkins)
Bill Simpson (Stillwater)
Ted Pelzl (NRHEG)
2006 Bob Brink (Rocori)
Brian Kispert (Richfield)
Bill Kroschel (Park)
Bob McDonald (Chisholm)
George Sawyer (Wheaton)
2007 Art Downey - Edina
Gordy Genz - Roseville Area
Dennis Ranta - Plainview
Lowell Scearcy - Brainerd
Del Schiffler - Woodbury
2008 Warren Bailey - Pipestone
Pete Beckermann - USC
John DeLosier - Roseau
Gary Hokanson - Roseau
Stuart Nordquist - International Falls
Elden Sparby - Badger-Greenbush-Middle River

AWARDS BANQUET TO HONOR ASSISTANT COACHES OF THE YEAR

A few years ago, the MSHSCA decided to honor coaches who do a great deal in developing and maintaining good athletic programs. As a result, the Assistant Coach of the Year Award was created and has been an integral part of the Hall of Fame Awards Banquet that will be held on October 3rd. Each Assistant COTY will be the guests of the MSHSCA at the banquet and receive a very nice plaque as a remembrance of the honor bestowed on them by their peers.

Friends and relatives that wish to be present for the function can obtain information such as the site, times, price of tickets and how to obtain tickets in a separate blurb found elsewhere in this issue of The MN Prep Coach.

Some sports opt not to select an Assistant COTY or in some cases the person selected is not a member of the MSHSCA. The MSHSCA has decided that to receive an award from the association membership is necessary. At the time of this writing Boys and Girls Golf had not submitted their selections.

The 2008-09 Assistant Coaches of the Year are as follows:

Football	Mark Woitalla	Northfield
Girls Soccer (AA)	Stacey Paleen	Park of Cottage Grove
Girls Tennis (A)	Lynn Mauston	Virginia
(AA)	Scott Boyer	Rochester Century
Cross Country (A)	Chris Weber	Montevideo
(AA)	Kim Nygaard	Monticello
Volleyball (A)	Gene Lovell	Windom Area
(AA)	Jon Hegerle	Marshall(A)
(AAA)	Jeff Groves	Apple Valley
Boys Hockey (A)	Dick Emahiser	Mound Westonka
(AA)	Ty Eigner	Eden Prairie
Nordic Skiing	Ben Croft	Mesabi East/Virginia
Gymnastics (A)	Katie Niehus	Melrose
(AA)	Collen Stark-Haws	St Cloud Tech
Swimming	Carl Schirmer	Brainerd
Boys Basketball	Ralph Hagen	Minneota
	Craig Johnson	Browerville
	Mike Nolan	Lakeville North
	Brian Schwantz	Perham
	Brian Snell	Shakopee
Girls Basketball (A)	Kevin Nowotny	Adrian
(AA)	Harold Nelson	West Central Area
(AAA)	Aaron Swenson	Detroit Lakes
(AAAA)	Scott Antl	Centennial
Boys Tennis (A)	Brad Metler	Stewartville
(AA)	Pong Vang	St Paul Harding
Track and Field	Bill Gangl	Mahtomedi

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FIVE NAMED FOR INDUCTION TO MBCA HALL OF FAME

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

The 2009 inductees are **Dale Champ** of Elbow Lake-Wendell, **Hib Hill** of Robbinsdale, **Louie Mitteco**, of Totino-Grace, **Randy Taylor** of Martin County West, and **Dave Vanderwerf** of Dawson-Boyd.

The induction ceremonies will be held at the MBCA Hall of Fame Banquet on **Sunday, November 1st, 12:00 p.m.,** at the DoubleTree Park Place Hotel in St. Louis Park.

Dale Champ was the head basketball coach and Athletic Director at Elbow Lake-Wendell from 1967-1985. Prior to becoming the leader of the EL-W program, Champ coached at East Chain H.S. for five years and Lake Crystal H.S. for two years. Coach Champ led his Elbow Lake-Wendell teams to conference titles in 1982, 1983, and 1984 and District championships in 1970 and 1972. His East Chain and EL-W squads also captured seven sub-district championships during the era of the one class system. Coach Champ was named District 21 Coach of the Year in 1970 and 1972. Dale was an active member of the MSHSCA and MBCA serving both organizations as the District 21 representative. Dale left the coaching ranks in 1985 with an overall record of 284-255 to become the principal at Elbow Lake-Wendell H.S. In addition to his basketball coaching duties, Dale also coached football and track at East Chain and Lake Crystal and served as the Athletic Director at East Chain. Champ was named Region 6 Athletic director of the Year in 1984 while at Elbow Lake-Wendell. Dale retired in 1992.

Hib Hill served as the head basketball coach at Robbinsdale H.S. from 1964-1982 and Cooper H.S from 1982-84 and 1987-92. His coaching career began in Red Lake where he coached from 1959-61. He spent three years in Monticello, 1961-64, prior to assuming the head coaching reins of the Robbinsdale basketball program in 1964. During his 18 year tenure as the leader of the Robins, he coached his teams to five Lake Conference championships. His Robins earned Section Championships and State Tournament appearances in 1970, 1971, and 1975; finishing third in '70 and Runners-up in '75. In addition to coaching at Robbinsdale and Cooper, Coach Hill has an impressive coaching resume which includes stints at Augsburg College, Golden Valley Lutheran College, and the American Community School in Abu Dhabi, UAE. Coach Hill was recognized by his peers as the State Coach of the Year in 1971. He retired with an overall record of 673-251. Hib also served his school communities by coaching track and badminton and serving as Athletic Director at Robbinsdale H.S. during his career. Coach Hill was an active member of the MSHCA and MBCA.

Louie Mitteco became the head boys basketball coach at Totino Grace in 1967 and spent 37 years as the leader of the Eagle program prior to retiring in 2004. During his tenure at Totino Grace, Coach Mitteco guided Eagle teams to fifteen conference titles and seven Section championships. Coach Mitteco's State Tournament teams earned a Private School State Championship in 1972 and finished third in the 1992 MSHSL State tournament. Louie is a member of the 500 win club with an overall record of 542-292. In addition to his basketball coaching duties, he also coached baseball and football at Grace and served as the Athletic Director for forty years, 1967-2007. He is a member of the Breck Hall of Fame and was selected as the NCEA Outstanding Educator in 2006. Louie is a lifetime member of the MSHCA and the MBCA and in his retirement continues to serve as the 9th grade basketball coach at Totino Grace.

Randy Taylor served as the head basketball coach at Trimont H.S. from 1971-1988 and became the head coach at Martin County West H.S. when consolidation occurred in 1989. Taylor-led squads captured ten conference title and his 1998 Martin County West Mavericks earned a Section 2 championship and State Tournament appearance. He coached at Martin County West until retiring in 1998. During his 27 years of coaching he amassed a record of 396-190. Randy also served as an assistant football coach at Trimont and MCW for seventeen years. Coach Taylor was recognized as MBCA Section 2 Coach of the Year in 1998. He is a lifetime member of the MSHSCA and the MBCA.

Dave Vanderwerf coached basketball at Dawson-Boyd for 32 years, 26 as the head basketball coach. His Dawson-Boyd teams won five Conference, three district, and three sub-section championships and a Section 3A title in 1991. The 1991 Blackjack team earned third place honors in the State Tournament. During the final 18 years of his career, only two squads finished with sub .500 records. Coach Vanderwerf retired from coaching with a career mark of 354-212. Dave's coaching honors include being named District Coach of the Year in 1986 and 1994 and Region 3 Coach of the Year in 1991. Coach Vanderwerf was selected and served as a coach in the MBCA All Star Series. He is a life member of the MSHSCA and the MBCA. Dave also coached football (23 years) and baseball (27) years during his career at Dawson-Boyd.

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Thank You's

Dear MSHSCA and Corporate Sponsors,

Thank you very much for supporting high school athletics and selecting me to receive one of the MSHSCA scholarships for 2009. I am proud to have been recognized for my athletic involvement and am grateful that you acknowledge the important role athletics plays in teaching life skills and creating well rounded students. Participation in athletics has had an enormous, positive impact on my life and I am truly honored to have been chosen. This award has helped to make my dream of attending Carlton College a reality.

Brianna Engelson

Dear Officers of the MSHSCA,

I would like to take this time to send a heartfelt thank you to the Officers of the Coaches Association for granting me one of your scholarships. I am planning to use this scholarship at St. John's University this fall while I pursue a degree in Mathematics, Secondary Education and Coaching and play football. Without my experiences with my teacher/coaches, I would not know the true meaning of teamwork, perseverance, hard work and dedication. I will use these qualities for the rest of my life while helping others reach their full potential.

Thank you,

John Gans

Dear Mr. Kearney & Gatorade,

Thank you for your support of the MSHSCA scholarship. Your generous donation is greatly appreciated for my further education and participation in college level athletics. Sports have been a huge part of my life and I am thankful for the opportunity to play in college.

Thanks again!

Sabrina Larson-Bushlack

Dear Mr. Grayson & Mr. Keller,

I am honored to be a McDonald's Scholarship winner. I wanted to take the time to express to you my appreciation for your generosity of awarding me this scholarship. Without your kindness and willingness to help me find a way to pay for my college experience, my ambitions may not have been possible. Thank you for appreciating my efforts to excel in both athletics and academics. Next year I plan to attend the College of St. Benedict where I plan to continue swimming.

Thank you again for your gift,

Samantha Johnson

Dear MSHSCA,

Thank you so much for giving me one of your scholarships. It is extremely generous of you to give students the opportunity to receive a scholarship. College is very expensive, so your gift to me is greatly appreciated. It will be put to good use next year, as I am attending the University of ND. While working toward a business degree, I will be playing on the women's golf team. I am excited to start a new chapter in my life, and you have helped make this possible.

Thanks again,

Robin Hutchinson

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Thank You's

Dear Officers of the MSHSCA,

I would like to thank you for the MSHSCA Presidents Scholarship. It is through athletics that I learned the virtues of hard work, determination and dedication that transferred into my school work, my job and my life. This fall I will be attending Bemidji State University. There I will be continuing my love for sports where I will be part of the University's cross country team.

Sincerely,

Kayla Stursa

To the Officers and Members of the MSHSCA,

I wish to thank your association for selecting me as a scholarship winner. Thank you to the selection committee, as well as, all of the coaches in the association who feel it worthy to award scholarships to student athletes. Thank you for awarding me this honor and the monetary gift. It is greatly appreciated. I will be attending the U of M's College of Biological Sciences this fall.

Sincerely,

Eli Eggen

Dear Officers of the MSHSCA,

Thank you for awarding me the MSHSCA Corporate Sponsors Scholarship. I will be attending Massachusetts Institute of Technology this fall majoring in engineering. Your scholarship will help me greatly in meeting my financial needs. I am deeply honored to receive this scholarship. High school sports played a major role in making me the person I am today. Thank you for all you do and the opportunities you provide through high school sports and helping me pursue my college education.

Sincerely,

Ryan Madson

Dear Mr. Grayson and Mr. Keller,

Thank you for choosing me to receive the McDonald's Scholarship from the MSHSCA. Athletics have played a major role in my life, especially in the way my coaches have influenced me. Being honored in this way is really special to me. Next fall I will be attending the U of M, Twin Cities, majoring in biomedical engineering and pre medicine.

Thanks again,

Matt Haugen

Dear Mr. Kearney & Gatorade,

I wanted to express my appreciation for being a recipient of the Gatorade Scholarship awarded through the MSHSCA. In the current economic environment and the cost of colleges continuing to rise, I greatly appreciate this scholarship and I assure you it will be used wisely. I plan to study education or biology with the hope of becoming a teacher/coach or a physical therapist. I will be continuing my athletics by playing college soccer. Thanks again for this scholarship and for all the support you provide for high school athletics, coaches and student athletes.

Sincerely, Chad Gilmer

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MSHSCA TO HONOR COACHES OF THE YEAR AT AWARDS BANQUET

Every year the MSHSCA recognizes coaching achievements, both long and short term, at the Annual Hall of Fame Awards Banquet that will be held on October 3rd. A very important portion of the awards program is the recognition of the selected Coaches of the Year for the various sports that are a part of the MSHSCA.

People who wish to share the evening with the multitide of coaches that will be honored can find the information on the site, times, cost of tickets and how to obtain tickets elsewhere in this issue of The MN Prep Coach.

It is to be noted that if a particular sport or a class segment of a sport does not have a selection included in this article, it is due to the fact that the MSHSCA has made a decision to honor only those that are members of the organization. A considerable amount is spent to honor each award recipient and it is only fitting that the potential award receivers be members.

The list of the 2008-09 Coaches of the Year is included below:

Adapted Athletics		Marcus Onsum	Robbinsdale
Football		Carl Fruechte	Caledonia
Girls Soccer	(1A)	Paul Menge	The Blake School
	(2A)	Karen LaDue	Rochester Century
Boys Soccer	(1A)	Jeff Lightfoot	Grand Rapids
	(2A)	Jason Jacob	Coon Rapids
Girls Tennis	(1A)	Tim Anderson	Maple River
	(2A)	Scott Engelstad	Bemidji
	(3A)	Tim Spika	Cretin-Derham Hall
Girls Cross Country			
	(A)	Tim Plocker	Blue Earth Area
	(2A)	Trisha Reimer-Kewaly	Becker
Boys Cross Country			
	(1A)	Mike Andring	Plainview-Elgin Milville
	(2A)	Bill Miles	Wayzata
Girls Swimming			
	(1A)	Tom Cannon	Monticello
	(2A)	Brian Luke	Stillwater
Volleyball	(1A)	Ron Wendorff	Windom Area
	(2A)	Dan Westby	Marshall
	(3A)	Becky Egan	Eastview
Boys Hockey	(2A)	Lee Smith	Eden Prairie
Alpine Skiing		Sarah Halverson	Minnehaha Academy
Nordic Skiing		Larry Myers	Wayzata
Gymnastics	(1A)	Jennifer Bartlett	Rogers
	(2A)	Chris Lacy	Chaska
Boys Swimming			
	(1A)	Kris Rosenberg	Breck/Blake
	(2A)	John Zemke	Brainerd
Boys Basketball		Bob McDonald	Chisholm
		Brad Strand	Pelican Rapids
		Randy Jordan	St Cloud Tech
		Reggie Perkins	Mpls. Washburn
Girls Basketball			
	(1A)	David Smart	Ada-Borup
	(2A)	Scott Sorenson	Caledonia
	(3A)	Kent Hamre	St Michael-Albertville
	(4A)	Paul Goetz	Eastview
Softball	(1A)	Mick Ramey	New Life Aacdemy
	(2A)	Tom Bang	Hermantown
	(3A)	Stacey Sheetz	Elk River
Boys Tennis	(1A)	Jonas Grossman	Benson
	(2A)	Michael Remington	Eagan
Girls Track and Field			
	(1A)	Tom Plocker	Blue Earth Area
	(2A)	Jorjean Fischer	Eastview
Boys Track and Field			
	(1A)	Brent Schacht	St Croix Lutheran
	(2A)	Rod Reuer	Brainerd
Baseball	(1A)	Ted Perry	MACCRAY
	(2A)	Rick Boyer	LaCrescent
	(3A)	Paul Schumm	St Michael-Albertville
Girls Lacrosse		Rachel Aiken	Chaska

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For All Insurance Questions

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

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" Winning is overrated. The only time it is really important is in surgery and war."

- Al McGuire

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, 2009 – August 1, 2010

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

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2008-09 CHAMPIONSHIP COACHES TO BE RECOGNIZED AT AWARDS BANQUET

The MSHSCA always like to recognize a coaching job well done. To do that the association presents a plaque to championship coaches. The championship coach recognition will take place as part of the Annual Hall of Fame Banquet that will be held on October 3rd. People wishing to attend the function and help in the recognition process can find information on the banquet elsewhere in this issue of The MN Prep Coach.

The list of 2008-09 championship coaches and the schools they represent is included below. If a particular sport and coach is not included in the list, it is because they were not members of the MSHSCA.

Girls True Team Swimming
Class A
Tom Cannon Monticello
Class AA
Brian Luke Stillwater

Girls Swimming (MSHSL)
Class A
Nate Linscheid Visitation
Class AA
Brian Luke Stillwater

Girls Tennis
Class A
Kevin Rust Rochester Lourdes
Class AA
Steve Paulsen Edina

Boys Soccer
Class A
Charlie Sell The Blake School
Class AA
Scott Smith Osseo

Girls Soccer
Class A
Dave Wald Mahtomedi
Class AA
Bill Ebertz/Pat Malicki Woodbury

Boys Cross Country
Class A
Gary Lee The Blake School
Class AA
Bill Miles Wayzata

Girls Cross Country
Class A
Douglas Petersen Adrian
Class AA
Jeff Lindlief Eden Prairie

Adapted Soccer
CI Doug Anderson Park Center
PI Marcus Onsum Robbinsdale

Football
9 Man - Jason Freed Houston
1A James Cortez Kerkhoven-Murdock-Sunberg
2A Carl Fruechte Caledonia
3A Scott Tschimperle Glencoe-Sliver Lake
4A Mark Esch Mankato West
5A Brad Anderson Wayzata

Volleyball
1A Ron Wendorf Windom Area
2A Colleen Chambers Jordan
3A Matt Busch Shakopee

Alpine Skiing - Boys
Tom Carlson St Thomas Academy

Nordic Skiing - Boys
Deno Johnson Forest Lake
Girls
Amy Cichanowski Burnsville

Boys Swimming True Team
Class A
John Barnes St Thomas Academy
Class AA
Art Downey Edina

Gymnastics
Class A
Charles Fleck Perham
Class AA
Mike Flatten; Mark Curley Roseville Area

Boys Swimming (MSHSL)
Class A
Kristofer Rosenberg Blake/Breck
Class AA
Art Downey Edina

Hockey
Class AA
Lee Smith Eden Prairie

Girls Basketball
1A David Smart Ada-Borup
2A Scott Sorenson Caledonia
3A Kent Hamre St. Michael-Albertville
4A Ahmil Jihad Minneapolis South

Boys Basketball
1A Robbin Celander Granada Huntley-East Chain
2A Brad Strand Pelican Rapids
3A Reggie Perkins Mpls Washburn
4A Ken Novak, Jr. Hopkins

Adapted Floor Hockey
PI Marcus Onsum Robbinsdale

Girls Track and Field (True)
1A Tom Plocker Blue Earth Area
2A Chris Beach Totino Grace
3A Aaron Redman Mounds View

Girls Track and Field (MSHSL)
1A Douglas Carson Bagley/Fosston
2A Aaron Redman Mounds View

Boys Track and Field (True)
1A Brent Schacht St Croix Lutheran
2A Chris Beach Totino Grace
3A Jay Hatleli Rosemount

Boys Track and Field (MSHSL)
1A Brent Schacht St Croix Lutheran
2A Scott Palmer Buffalo

Adapted Bowling
PI Dan Berg Monticello
CI Sandra Lowry North St Paul/Tartan

Boys Golf
1A Mike Honken Rushford-Peterson
2A Doug Erickson Orono

Girls Golf
1A Greg Lundgren Mounds Park Academy
2A Peggy Falk Minnewaska Area
3A Dennis Dawson Lakeville North

. . . continues on page 43

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CHIP SHOTS

By: Todd Petterson
Red Wing H.S.

I hope everyone had a refreshing summer break-golfing, summer trips, etc. and for those that are teachers you are getting back into the 'swing' again.

We had our second state tournament with three classes and the discussions of the move to summer and/or fall golf in the end did not result in a change of season. There are some changes coming to golf and I will outline them later in this article-so read all the way to the end.

A special thank you goes out to the coaches that helped out with the organization, behind the scenes work, and efforts with the three state tournament banquets-A-Rich Aulie, AA-Mike Frankenfield, and AAA-Tim Kallevig. Also a thank you goes out to Kerry Bidle and Steve Heslop who do the state rankings and the academic awards. And last a special thank you goes out from me to Duran Onell for handling the MC job at the AAA banquet—at that time of year I had been torn in many directions with the issues before the golf association. All six of these coaches put in much effort during the busiest times of the season. Thanks again.

Last year the three hall of fame honorees were A-John Vinge, AA-Cedric Schluter and AAA-John Lieser a special thank you and recognition for the years of service goes out to each of you.

A special congratulation goes out to all of the coaches in the state. I know not every season ends the way it is planned out at the beginning of the year but I do know you all make a difference in the lives of the student athletes you come in contact with.

This year I would like to encourage you to join the coaches association early. Around the end of September I get a list of current members-this is where my email list comes from. Last year I had a real need, and sometimes an urgent need, to contact the members of the golf coaches association. Also, one of the many added benefits of joining early gets you into many high school contests as you support your communities programs.

In my last email from early summer I updated you on the topics which were addressed at the MSHSL Board of Directors meeting. As indicated earlier the season is going to stay in the spring. At the meeting I had three minutes to talk to a potential move of golf moving to the summer or the fall. I had hurriedly put a survey together outlining the fall/summer opinions and I think we had the information the board wanted. It seems that the question of fall golf comes up every few years and so I left the results of the survey with the League. One very interesting statistic from the survey was the vote from sections seven and eight on a potential move to fall golf—many have had the idea to 'help them out' (late spring and weather, etc.) by moving golf to fall—the vote from those sections was 105-6 in keeping golf as a spring sport! It appears the lack of great weather in the spring is a better option than the fall season—I also know it is difficult getting on some of the northern courses in the fall.

Two things which were passed by the MSHSL Board which do have an impact on golf are the 600 mile round trip travel limit (team spring trips) and the ability to coach on the course. I was not aware ahead of time of either of these topics coming up. If you have questions or concerns on the round trip travel limit you will need to see either your Athletic Director or other school administration on this. After the meeting I went back to the agenda and I did not see a notice of the travel limit on the list of things the Board was going to address.

The second issue which passed, which impacts golf, is the ability to coach on the course. Just before lunch I was asked by the incoming president of the Board if I had any thoughts on the ability to coach on the course. I stated that at one level of college golf they do not let coaches in the bunkers or on the greens—the Board went with those two ideas. More discussion came up on the number of coaches able to coach on the course. I was holding up one finger to indicate one (since a van usually holds 6 golfers and a coach) either they did not notice me or my three minutes were up much earlier in the day when I had my chance to address them. The Board went with two coaches at a time. I am not sure how etched in stone this is but I would think one would be a much better number—I hope we do not get in a position of inequity on this and also where a second coach is asking to get out of school as well. I expect more will be coming up in the next few months on the two topics of coaching on the course and the number of coaches coaching at one time-so stay tuned.

I will also be getting this article out in the first week of school to the coaches membership-so if you have not joined yet for the 2010 season try to get it done right away. Have a great year and I am looking forward to working with all of you again this year.

Adapted Softball

CI	Doug Anderson	Osseo
PI	Marcus Onsum	Robbinsdale

Baseball

1A	Ted Perry	MACCRAY
2A	Rick Boyer	LaCrescent
3A	Paul Schumm	St Michael-Albertville

Boys Lacrosse

Aaron Oliver	Minnetonka

Girls Lacrosse

Beth Patterson;Judy Baxter	Eden Prairie

Boys Tennis

2A	Gary Aasen	Edina

Synchronized Swimming

Signe Hensel	Wayzata

Softball

1A	Mick Ramey	New Life Academ
2A	Tom Bang	Hermantown
3A	Stacey Schoenrock	Elk River

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CLEARING THE HURDLES

Dave Wieber
Minnesota High School
Track & Field Coaches Association
Faribault H.S.

Here it is September again, back to school and Track season is just a short 6 months away! I hope you all had a summer of relaxation and rejuvenation and are excited to get a new year started. . It was a dynamic summer for fans of Track & Field as the World Championships brought some incredible performances. Let's keep that momentum rolling and use it to recruit more athletes into our great sport of Track & Field.

Since my last article, we have crowned 48 Individual State Champions and 16 Champion Relay Teams in another successful State Meet at Hamline University. I heard many positive comments about the meet and the facility from coaches, athletes and spectators. One negative issue that always seems to plague our sport is the uniform rule, and this past state meet was no exception. I have been having some discussion with our MSHSL Liaison on addressing this and hope to have some changes in place before the 2010 State Meet to help prevent athletes from being disqualified on that basis. However, the best way to prevent those kind of problems is to be proactive with your athletes all season long in educating them about the rules before a state championship is on the line.

The True Team Committee met over the summer and made a few alignment changes based on new enrollment numbers from the MSHSL. You can check out the new True Team Section Assignments on our web page. (http://www.mshsca.org/track/) Once again, the 2009 True Team series of meets was a great success with a record number of schools participating. That success is the direct result of the hard work of a relatively small group of coaches. If you are interested in helping to continue that great opportunity for our sport in the state of Minnesota, please contact the True Team Committee and come to the fall meeting in October.

This is also the time of year that Tim Hollis, Del Motaz, and the crew at Park Center are diligently putting together the January Clinic. We are still in need of some high school coaches to speak at the clinic. Please contact me if you would like to speak as soon as possible. I may be calling on some of you if I don't have enough volunteers. You all have areas of expertise, and you are all dedicated coaches who understand the kinds of challenges that face high school coaches in our northern climate and 14 week season. It is good to hear what some of the college and university coaches have to share, but the most practical nuggets of training theory I have learned at the clinic have always come from other high school coaches. Believe it or not, you have a lot to offer your peers. Please consider sharing some of your knowledge and experience with us.

Enjoy the great fall weather, especially all of you who are coaching cross country.

Don't forget to join the association!

"I celebrate a victory when I start walking off the field. By the time I get to the locker room, I'm done."

- Tom Osborne

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MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby and John Schumacher - Park Rapids

The final meeting of the Board of Directors for the 2008-2009 school year was a time to greet new members of the Board. Representing: 5-6A is Rick Bleichner from Evansville High School, and Representing: 1-2AA is Mark Fredricksen from Waconia High School. These two new members have already brought a lot of knowledge and enthusiasm to the table, and we look forward to working with them this year.

The first order of business was to elect officers for next year. They are President Jeff Whisler from Mahtomedi, Vice President Les Zellman from St. James, and Treasurer John Klinnert from Fergus Falls. These individuals will do an outstanding job in these leadership roles.

As you all know there were many changes in the works for the June Board meeting. I will highlight the main action items.

First of all Limits on scrimmages/jamboree's. The board passed that for all League-sponsored sports, no more than two scrimmage dates and one jamboree OR three scrimmage dates can be held during the high school sports season. Jamborees must be conducted as identified in Bylaw 411-8, and no more than one Jamboree can be held during each sport season. During each high school season, practice sessions, controlled interscholastic scrimmages, jamborees between member schools of the MSHSL shall only be conducted in Minnesota OR at an "off school site" provided that the "off school site" is not located more than 25 miles outside the Minnesota boarder.

The Board also placed a travel limit that other than Minnesota's bordering states and Canadian provinces, out-of-state travel will be denied if the distance exceeds the 600 mile round trip from the school site limitation.

The State tournament in boys' and girls' golf will be moved back one week starting in the spring of 2010. Coaches are allowed to coach on the course during the regular season and post season. Coaching cannot take place on the green or in the sand traps.

The Section Playoff Formats were also adjusted: Home sites should be used for all but the Championship game in section play. During the section semifinal game, flexibility should be considered if a more neutral site will better accommodate the anticipated attendance or will reduce travel for the teams in the contest.

Double Elimination: All sub-section team tournaments are single elimination for baseball and softball. Section team tournaments for baseball and softball will be single elimination until the teams reach the final FOUR. Sections may choose to use double elimination during the final four for advancement to the state tournament.

True Second Competitions: All sub-section and section tournament formats must have true second competition on the same day as the championship round. No additional dates can be scheduled for just a true second competition.

At the Board of Director's meeting in August, the Board came up with goals for the 2009-2010 school year. It was a great time to get to hear from our Associate Director's on some of the projects they have been working on.

Jody Redman gave a great presentation on Anyone Can Save A Life. These materials were sent out to all member schools, and coaches, student athletes as well as parents will be receiving information on the topic.

Craig Perry is working on a coaches' education project that will help all coaches to grow professionally. There will be access by each coach on the MSHSL website to access relevant information to each coaches specific sport.

Kevin Merkel presented on, every other year rulebooks. It was passed by the board at the August 25th meeting for Kevin to go ahead with that plan.

Some of the upcoming board goals for the 2009-2010 school year include:

Looking at the classification formula for the next placement cycle.

More Section Consistency in the way certain sports qualify for the State tournament. A seeding policy may also be looked at.

Continued work with On-line data submission

Who is the school decision maker and what steps do we need to take to get their input prior to major policy decision.

The league is in tune to the financial troubles facing school districts, and we try to keep that in mind with all of the decisions we make. The Board did pass to give back to member schools a percentage of each schools membership dues. This is a welcomed check by many administrators during these trying times.

Coaches please continue to use the MSHSL web site. September 15th is the deadline for all rosters, schedules and eligibility information to be on the web site. Please mark that date on your calendars.

We look forward to another great year representing the MSHSCA! Thank you for your support and efforts all year long and best of luck as you begin the 2009-2010 school year.

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CORNER KICKS

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

The 19th annual Minnesota High School Soccer Coaches Association fall clinic is in the book and the 2009 season is underway. The Clinic was a great success and we want to thank all the vendors for their part in the clinic.

A very special thanks to clinic director, Greg Juba (Park of Cottage Grove Girls) for his time and effort in organizing this event. The MSHSSCA wants to thank Hopkins High School, their Administration, Athletic Department, Food Service and Custodial Crew for their help in helping hosting the clinic. We were pleased to have John and Mary Erickson from the Minnesota State High School Coaches Association be at the event.

Two very special awards were given during the general meeting. The Hall of Fame award is given to a person who has established a successful high school soccer program. The recipient also has promoted the sport, been involved in community programs and has been significantly involved as a member of MSHSSCA in various capacities through the years and is held in high esteem by their fellow coaches. The MSHSSCA welcomes the first women inducted into the Hall of Fame, Sara Groven. She has been the only coach that Rochester Lourdes girls have ever had. She has served the MSHSSCA in various capacities since 1997. Her teams have won 7 of 9 possible conference championships and the team has appeared in 7 state tournaments. Congratulations Sarah! The MSHSSCA Hall of Fame is honored to have you become a member.

The MSHSSCA Distinguished Service Award is given to an individual that has distinguished him/herself through their dedication to the game of high school soccer in Minnesota. This person has been invaluable in the further development and promotion of high school soccer in Minnesota. After having a storied coaching career that resulted in numerous high school championships, a McGuire Cup and a USL Title in addition to dozens of professional players, the MSHSSCA honors Coach Buzz Lagos with this award. Congratulations to one of the most dedicated soccer coaches in Minnesota. Thanks for all of your time and commitment to young people and the game of soccer.

There are some very important dates that MSHSSCA need to put on your calendar. If you have any questions about these dates, check the website at mshssca.org for information and forms.

October 1st is the most important date. This is the deadline for joining the MSHSSCA. This is important because it allows your players to be considered for All-State Honors, team academic awards and scholarship opportunities. To join the MSHSSCA, you must go to the Minnesota State High School Coaches Association

and complete the membership application. A site is listed on our website. Questions about membership should be addressed to Dave Halgren our Executive Secretary. All the information is on line.

October 12 is the deadline for Section Coach and Assistant Coach of the Year Awards. October 14th is the deadline for the Academic Awards. The MSHSSCA recognizes the boys and girls teams with high academic rankings. Gold Metal plaques are awarded to boys and girls teams in each class whose GPA exceeds 3.75 on a 4.00 scale. Silver Metal plaques will be awarded to teams with a 3.50 to a 3.74 GPA on a 4.00 scale. Crissy Makela (Mankato West Girls) and Len Woelfel (Mankato West Boys) are the committee chairs.

The nominations for All-State and Mr. and Ms. Soccer Awards are due from section representatives. Conference player rankings are to be submitted by conference coordinators to Keith Randa. Player biography sheets are then submitted on the website.

Pat Makicki (Woodbury Girls) is finished up his term as President. Bill Vance (Totino-Grace Boys) will assume the leadership role this fall. Pat was busy this year with the change in By Law 411, new competitive sections, and a new working relationship with the Minnesota Youth Soccer Association. We appreciate your time and effort as President of the MSHSSCA. The following paragraph is from his letter to the coaches.

With this being my last year as president, I would like to thank the many coaches that have volunteered their time to help this organization run as smoothly as well as improve the sport we love. I would like to give a special thanks to the tremendous leadership of Dave Halgren, Greg Juba, Keith Randa, Chris Laird and the entire Board of Directors. I would like to encourage all of you to get involved at some time during your coaching career. We are always looking for volunteers and new ideas. It has been an absolute pleasure working with all of you. Thank you for helping make this a rewarding experience for all of our players, coaches, parents and fans.

The MSHSSCA wants to invite each of you to the Dome for the State Tournament. The Association makes the baseball press box available to members during the tournament. Take some time to stop by, enjoy great soccer, meet and talk to other coaches and enjoy some food.

A reminder, the Board will meet on September 23 at 7:00 at Bloomington Jefferson. If you have a questions, concerns or items to be on the agenda, contact Pat Maliki or Dave Halgren. Have a great 2009 season. You have the greatest job in the world, working with your kids.

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ADAPTED UPDATES

By: Doug Anderson - President Mn Adapted Coaches Assn.

Welcome back to the 2009-2010 adapted athletic seasons. I hope all of you had a great summer and are ready for a new season. Good luck to each and every team and coach. Also congratulations to all of your graduated seniors. It is always difficult to say good bye to these special group of athletes and students, but as they leave a new group of students will take on those leadership skills.

Congratulations to the Osseo Orioles on winning their 3rd straight adapted softball championship in the CI division and the Robbinsdale Robins on winning their 5th PI state adapted softball championship last spring. In bowling North Tartan won their 2nd CI team championship and Monticello won their first ever PI team championship. All of our championship coaches from both divisions in all four sports as well as our "Coach of the Year" & Assistant Coach of the Yearî, will be honored at the MSHSCA banquet on October 3rd at the Sheraton West Hotel in Minnetonka.

Soccer is our first sport of the year and our rules meeting have already met at Maple Grove Senior High & Bloomington Kennedy High School. These meetings are an excellent opportunity for coaches and game officials to meet and discuss the different game situations and rule changes. We want all of our coaches and officials to be on the same page when the season begins. The State Adapted Soccer Tourney is November 20th and 21st at Stillwater High School.

Congratulations to Marcus Onsum of the Robbinsdale Robins who was named "Coach of the Year" in adapted athletics. Robbinsdale's team finished 1st in soccer, 1st in floor hockey and 1st in softball in the PI division last year. The Robins finished with a combined record of 41 & 0 for the 2008-2009 seasons. Also congratulations to Bill Newell of Anoka who was named "Assistant Coach of the Year" in adapted athletics. Coach Newell helped coach Anoka to 3rd place in soccer, 4th place in hockey and a 5th place finish in softball in the CI division.

Adapted athletics is "not" Special Olympics or Special Education. Special Olympics is a tremendous program and meets the needs of thousands of worthy participants. Adapted athletics is and should be looked at and treated as a "high school" sport. It should run under the umbrella of your high school athletic department and not treated as another division of Special Education. The rule changes that have been approved by the state high school league will help new teams and new coaches have a much better idea of who does and doesn't qualify to participate.

I also want to encourage all of our coaches to become members of the "Minnesota Adapted Coaches Assn". Please continue to sign up every year and help our voice for adapted athletics be heard in all parts of the State of Minnesota.

Hopefully we will see a lot of you at the Coaches Assn Banquet on October 3rd in Minnetonka.

Have a great season! Check out our website: mnadaptedathletics.com

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.

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Goal Posts

Terry Turek, Director of Publications
Le Sueur-Henderson High School

The 2009 high school football season is upon us and I would like to wish everyone a successful and a healthy season.

The new MFCA President is Jon Johnson of Litchfield and he has already begun his presidential duties and we're looking forward to his leadership for the upcoming year.

Ron Stolski of Brainerd continues as the association's Executive Director. Ron has been very busy with corporate sponsorships programs and various other endeavors. The Exectutive Committee has also been busy conducting various tasks that will benefit the association.

The spring MFCA was another big success as attendance was up and the feedback was very positive. Ron Stolski and Don Swanson, along with many others, deserve congratulations for their leadership in making it one of the best football clinics in the upper Midwest, if not the nation.

The MFCA Code of Ethics was added this year, under the direction of Shannon Gerrety. It establishes and reinforces the importance of coaching conduct and it would be great to have it distributed to staff members and posted in the locker room.

The scholarship committee, under the direction of Will Wackman was able to award eight scholarships this year, up from four the previous year. The process is always difficult, as the nominees are all excellent candidates.

The Recruiting Fair for 2010 has already had its date set. It will occur on May 4th at the Double Tree Hotel. Jeff Ferguson continues to do a great job on organizing the event.

Please remember to take advantage of the MSHSCA registration form and encourage your fellow coaches to do likewise. The deadline for membership applications is Oct. 1, 2009. Also, coaches are reminded to be sure to complete Academic All State forms for this season's football teams and individuals. The Academic awards have been revised this year, so coaches should consult their coach's magazine for the changes. It is a great way to recognize athletic and student achievement. Check the summer magazine for names and addresses of the class representatives.

Coaches are reminded that the policy for attending Gopher football games has changed with the new stadium this season. Coaches must use the online system and attendees are to be members of the association and present their card for admission. There is also limited seating, so coaches should be sure to process their applications on the Monday before each Gopher home game.

Flint Motschenbacher of Detroit Lakes has expanded our e-mail capabilities, but we would like to include more members. Please feel free to send me your e-mail address, or connect to the MSHSCA website, www.mshsca.org <http://www.mshsca.org/> , and be sure that your information is there and correct. You can navigate to the football section by clicking on "Sport Associations" and then click on "Football". As most of us are realizing, e-mail is great way to get information quickly. Be sure to check my new email address below.

The main event of the summer for the association was once again the Minnesota High School All Star game, managed by Dave Fritze. St. Cloud State University continues to supply a great venue for the game. The coaches did a great job and the players had a very positve experience.

And once again Gustavus Adolphus College did a great job of hosting the practices.

The fall meeting for the Football

. . . continues on page 49

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Register on line at: www.mnfootballcoaches.com • Conducted by the MFCA – "the keepers of the game"

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Coaches Association will be at the University of Minnesota football complex. Please look for a notice pertaining to any change. And remember, meetings are open to any and all members of the association. Last spring's meeting was well attended and made a good impression on longtime members.

The annual football magazine should be "in your hands", if you were a paid member for last year. There has been an early postive response to an upgrade in the publication and we hope that you enjoy the information presented. Please contact me if you, or someone you know, were supposed to receive a magazine and did not. There are "extra" copies that can be sent at a later date.

Any and all coaches should feel free to contact me with any questions and/or concerns. We need to hear from members in order to make our association a strong and viable organization. Any member may contact me through my school address:

Terry Turek
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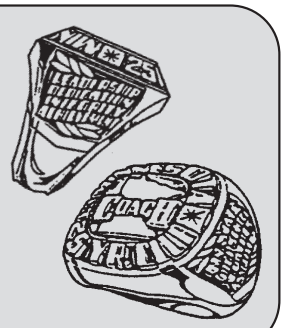

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LATE WINTER SPORT TEAM ACADEMIC RESULTS

Minneapolis South student Tayler Hill, center, celebrates her selection as a McDonald's All-American with Tony and Connie Williams, McDonald's owner/operators in Minneapolis. Tayler, the all-time scorer (boys and girls) in Minnesota high school basketball history, will attend The Ohio State University after leading the Tigers to the 4A state championship in March. The honor student is interested in pre-med studies. The McDonald's All-American High School Basketball Games was played on April 1 in Miami.

i'm lovin' it

The McDonald's Restaurants of Minnesota and the MSHSCA stronly believe in the term - student-athlete and fund a program that recognizes team that compile excellent GPA's. Teams that compile a 3.75 to 4:00+ GPA earn a gold Award and those that compile at 3.5 to 3.74 earn a Silver Award.

Listed below are results from the sports of baseball, synchronized swimming, softball and boys tennis. Those spring sports that are not included either do not take part in the program or failed to submit results.

Baseball
Class AAA
Silver
Albert Lea
Eastview
St Francis
Totino-Grace
Apple Valley
Hill-Murray
Cambridge-Isanti
Lakeville South

Class AA
DeLaSalle
Dover-Eyota
Perham
Byron
Jordan
Heritage/Providence Academy
St Anthony Village
Pierz
Stewartville
Kasson-Mantorville
Pelican Rapids

Class A
Windom Area
West Lutheran
Tracy Area
Wabasso
Chokio-Alberta

Synchronized Swimming
Silver
Bloomington Jefferson and Kennedy
Edina
Osseo Maple Grove
Forest Lake
Greenway/Grand Rapids
Stillwater
Eden Prairie
Wayzata

Softball
Gold
Albany
Andover
Austin
Belle Plaine
Bemidji
Benilde-St Margaret's
Blooming Prairie
Blue Earth Area
Brandon
Byron
Chisago Lakes
Chokio-Alberta/ Herman-Norcross
Dassel-Cokato
Delano
Eastview
Frazee
GFW
Goodhue
Hayfield
Hill City
Holy Family Catholic
Hopkins
Jackson County Central
Jordan
Kimball
Lakeville North
Lakeville South
LeCenter/Cleveland
MACCRAY
Maple Grove
Milaca
Monticello
Moorhead
Mounds View
Murray County Central
Minnesota Valley Lutheran
Park Center
Perham
Pine Island
Proctor
Rosemount
Sacred Heart
Sauk Centre
Sauk Rapids-Rice
St Bernard's

. . . continues on page 51

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St Francis
Stillwater
Tracy
Warroad
Willmar
Worthington
Zumbrota-Mazeppa

Softball
Silver
Adrian
Aitkin
Alexandria
Anoka
Apple Valley
Badger-Greenbush Middle River
Battle Lake
Cathedral (St Cloud)
Centennial
Champlin Park
Chaska
Cook/Orr
Eover-Eyota
Duluth Denfeld
Eagan
East Central
East Grand Forks
Elk River
Eveleth-Gilbert
Faribault
Fergus Falls
Forest Lake
Fosston
Hawley
Henry Sibley
Henning
Hutchinson
Kerkhoven-Murdock-Sunberg
Lake City
Little Falls
Mankato East
Mankato West
Mankato Loyola
Maple River
Martin County West
Minneapolis Southwest
Minnehaha Academy
Minnewaska Area
Montevideo
Morris Area
New London-Spicer
New Prague
New Ulm Cathedral
New Ulm
North Branch
Northfield
Osseo
Owatonna
Paynesville
Pequot Lakes
Pillager
Prior Lake
Providence Academy
Red Lake Falls
Red Wing
Richfield
Rocori
Roseville Area
St. Cloud Apollo
St. James
St. Peter
Sebeka
Shakopee
Silver Bay
Simley
Sleepy Eye
Sleepy Eye St. Mary's
Spring Grove/Caledonia
Spring Lake Park
St. Anthony Village
St. Agnes
Totino Grace
Triton
Two Harbors
Underwood
United South Central
Virginia
Wabasha-Kellogg
Walker-Hackensack-Akeley
Watertown-Mayer
Wheaton
Windom Area
Yellow Midicine East

Tennis
Class A
Gold
Pine City
Minnewaska Area
St. Peter
Waseca

Silver
Aitkin
St. James
Benson
Thief River Falls
New London-Spicer
Holy Family Catholic
Rochester Lourdes
Park Rapids Area

Class AA
Gold
Northfield
Brainerd
Hill-Murry
Eastview
Coon Raipds
Bemidji
Cretin-Durham Hall
Eden Prairie
Hutchinson
Red Wing

Silver
Mounds View
Faribault
Eagan
Chaska
Hopkins
Richfield
Orono
St. Michael-Albertville
Cambridge-Isanti
White Bear Lake Blaine
Simley
Roseville Area

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Daren Sagedahl, Olivia, MN

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Roger Reed, Arlington, IA

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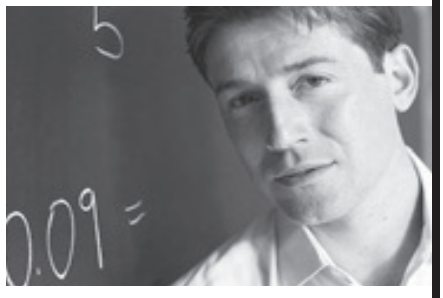

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2010 MN State Coaches Association Scholarship Form

Student Athlete _____
First Last

Permanent Address _____
Street City Zip

Parent(s) Guardian(s) _____

Address _____
Street City Zip

Date of Birth _____

Gender: ☐ Male ☐ Female

Varsity Sports Senior Year _____

High School Attended _____

Activities Administrator _____ _____
Name Phone

Class Rank _____ of _____

GPA _____ on scale of _____

ACT Score _____

SAT Score _____

College/University School of Attendance _____

_____ _____ _____
Street City Zip

Application must include:

1. **Offical H.S. Transcript**
2. **One page letter outlying the role athletics has played in your life**
3. **all application material must be postmarked by March 28th**

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

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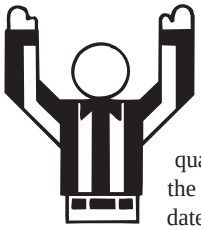
MSHSCA Seeks Nominations for Officials Distinguished Service Award

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'a 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

Officials Distinguished Service Award Nomination Form

Name _____

Address _____

Phone ( ) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

_____

Other information to support this nominee: _____

_____

Nominating Person _____

Address _____

_____

Phone ( ) _____

Zebra Zone

By: Terry Eiter
Detroit Lakes

Each year there seems to be "new" rules or existing rules are changed a bit. This year is no exception. For example, in high school football it is now illegal to "horse tackle" a player. This is a good move in terms of consistency in having the same rules for all levels of play. A "horse collar" tackle was already illegal in the professional and college ranks, but legal in high school. It made for confusion when it occurred on Friday night in a high school game and it wasn't called a penalty. For "Joe Fan" it was an opportunity to light up the high school officials because he saw it called Sunday afternoon and it wasn't called Friday night.

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

It is obvious that communication is vital between coaches and officials – coaches, please don't forget to pass along the information to your players. In working a scrimmage last week it was obvious that some players had not heard of the new rules and changes. I'd be remiss if I didn't mention that head coaches need to relay the information on to your assistant coaches and to the sub-varsity level coaches as well. Get

. . . continues on page 55

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everyone on the same page as much as you can.

Speaking of communication - I would also like to take this opportunity to request your assistance. As you read this I am in the process of gathering materials for a new class being offered as part of our high school curriculum. The course, titled "Sport Officiating," is a 9 week elective course which focuses more on the world of officiating, rather than focusing in on specific rules of each sport. While a segment of the class does indeed look at the rules of the game, the intent and scope of the class is to look into officiating as a profession, past time or hobby for students (adults) down the road.

Exposure to the benefits of officiating will be considered, while at the same time weighing the negative aspects of the profession. If you are aware of any situations or materials that you feel would benefit the students I would greatly appreciate your input and cooperation. If there are any existing classes in high schools I'd appreciate a note letting me know about them. Just e-mail me at the address below. If you have had unique or interesting "situations" come up in any of your contests that you think the kids would find interesting please share them with me. Maybe you felt the officials botched a call or misapplied a rule – let me know about it so we can discuss how it could have been handled better. Please don't make it a personal issue – no names please. At the same time, if there are circumstances where the officials did something above and beyond the call of duty, please share that as well. Thank you for your consideration.

Until next time….remember to keep the game fun.

Terry J. 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.

PREVIOUS DSA RECIPIENTS

In 1991, Ken Baumann of Mahnomen, then President of the MSHSCA, suggested that we establish a recognition for officials as a way of showing appreciation for the years of service these people provide toward the correct function of high school athletic events.

Following is a list of the Distinguished Service Award recipients and the year the award was presented:

1992
Don Bertek - Fridley
Jake Boomgarden- Luverne
Jerry Doebbert- Detroit Lakes
Neil Hanson - Austin
Jim Kovaleski- Waconia
A.P. "Ozzie" Loeffler - Bemidji
Duane Mettler- Madison lake

1993
Warren Bailey - Pipestone
John Bartz - Vadnais Heights
Roman Gail - Fergus Falls
Steve Kerzie - Gilbert
Don McDowell - Park Rapids
Otto Siewart - Redwood Falls
Jon Springer - Rochester
Virg Trewick - St Cloud

1994
John Conzemius - Wadena
Wayne Dietz - Anoka
Chuck Fuller - Owatonna
Robert Montbriand - Alexandria
Bill Thomas - Moorhead
Roy Ward - Maplewoood

1995
Roger Cercine - Edina
Con Eckstrom - Marshall
Ray Enz - Minneapolis
Dave Leuthard - Chokio
Roger Wilson - St Cloud
Bruce Wojak - Brooklyn Park

1996
Bill Hafner - St Paul
Jerry Krieger - St Paul
Paul Sannes - Breckenridge
Jim Sims - Crookston
Darrell Wincek - Crystal

1997
Matt Bergan - Hibbing
Tony Bratovich - Eveleth
Jack Kelly - Windom
Bernie Kukar - Edina

1998
Jack Coombe - Gilbert
Phil Hall -Redwood Falls
Jerry Kittelson - Rochester
John Matthews - Brainerd

1999
Jerry Hegna - Moorhead
Mike Madden - Maple Grove
Robert Meslow - Mahtomedi
John Suomi - Babbitt

2000
Brian Boettscher - Mankato
Glen Hasselberg - Staples
Terry Knauf - Cold Spring
Dave Thill - Sauk Rapid
Heinrich Von Mende - Maple Grove

2001
Don Dravis - Staples
Harry Kitts - St Paul
Jim Larson - Burnsville
Ken Norman - Winsted
Lowell Roisum - Wadena
Bill Schimmel - Mankato

2002
Al Colligan - Mahnomen
Don Hanson - Hutchinson
Pat Milinovich - Duluth
Dean Taylor - Sartell
Tom Williams - Thief River Falls

2003
Mike Carr - St Cloud
Chuck Evert - Battle Lake
Derald Severson - Plainview
Jim Weinzerl - Park Rapids

2004
Dick Goose - Rochester
Bill Hare - Cohasset
Marsh Nichols - Alexandria
Mike Torkelson

2005
Ken Baumann - Mahnomen
Dan Bergan - Hibbing
Dean Jaacks - St Cloud

. . . continues on page 56

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Previous DSA Recipients. . . continued from page 55

2006
John Klinnert - Underwood
Gale Falk - Bemidji
Robert C. Hoisington - Minneapolis
Jerry Head - Dodge Center
Ron Poeschel - St Louis Park

2007
Dale Freese - St Cloud
Elaine Engle - Willmar
Ken Belanger - Zumbrota
Armin "Kokie" Miller - Minneapolis

2008
Charlie Johnson - Hitterdal
Jack Boomgarden - Luverne
Pat Whalen - Lake City
Buzz Olson- East Grand Forks

FLIP NOTES

By: Wendy Rooney
President MGGCA
Cambridge-Isanti H.S.

Hi Everyone! I hope you all had a fun and relaxing summer. Back-to-school is upon us and that means that season is just around the corner. In order to best prepare yourself for season you'll want to take advantage of the upcoming coaching clinic. It will be held at Big Lake High School October 1 and 2. Please see the registration form that is in this Chalk Talk. We have some wonderful presenters this year and it promises to be an incredible two days of gymnastics education. We have made a few changes this year. Rule interpretation will be available online this year, so we will not be doing a rules meeting on Friday morning. Instead we will be having a question and answer session Thursday night with two of our most respected judges, Craig Sundberg and Ann Suits. This is the perfect opportunity to get answers to those nagging questions we all have about connections, deductions and exactly what they are looking for. In order for the judges to have an opportunity to meet and discuss the issues ahead of time, please submit all questions to me at wendymrooney@hotmail.com no later than September 12 with the subject line of "judges questions". All submitted questions will be answered first, and if there is remaining time in the session people will be able to ask questions that night. Big thanks to Debbie Driscoll, Shelly Eklund, Joan Rosengren, Jen Harmoning, and Nicki Green for taking time out of their busy summers to help arrange and organize the clinic.

2009 Fall Gymnastics Coaches Clinic

October 1st & 2nd, 2009

Site: Big Lake High School Gymnastic Gym
Clinic Managers: Joan Rosengren/Wendy Rooney
Clinicians: Rick Rassier, Jon Janssen, Kathy Nelson

Thursday Night October 1st, 2009

5:30-6:00	Registration
6:00-7:00	Rick Rassier – Motivational Speaker
7:00-7:15	Break and Question Time (Pizza Time J)
7:15-8:15	Front Tumbling
8:15-9:15	Judges Ann Suites & Craig Sundberg will be there to answer questions you may have. **If you do have questions for the judges please send them to Wendy Rooney Prior to September 15th. wendymrooney@hotmail.com
9:15	Social time The Friendly Buffalo, right next to the Market Hotel in Big Lake (right off of Hwy 10)

Friday October 2nd, 2009

8:00-8:30	Registration and Breakfast – Coffee, Rolls, Bagels and Juice
8:30-9:30	Advanced Bars
9:30-9:45	**Break – Questions**

**Coaches will have two different sessions to choose from each time slot.

	Session 1	Session 2
9:45-11:00	Advanced Vault	Back Tumbling
11:00-11:15	Questions and Break Time	
11:15-11:45	Meeting	
11:45-12:15	Lunch	
12:15-1:15	BEAM-Jumps/Leaps	Intermediate Vault
1:15-1:30	Questions and Break Time	
1:30-2:45	Intermediate Bars	
2:45-3:00	Clinic Evaluation and Wrap Up	

Good Luck and Have an AWESOME Gymnastic Season!! J

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2009 Minnesota Wrestling Coaches Association Fall Clinic

Saturday, October 31, 2009

8:00 am - 12:00 pm • Elk River High School

***** New Location! *****

Cost: FREE TO MWCA MEMBERS

Memberships available at Door - $30.00

(Please encourage your assistants to join)

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Dig This

By: Jim Lee
Waconia HS

The immortal Bon Jovi injected a line into a song "it's hard to find love when you're shopping Sears". Likewise, it's hard to have as much fun as the 300-400 coaches who attended the 2009 clinic at St. Cloud State! Pete Waite from the University of Wisconsin was the keynote speaker whom addressed various facets that he has used to raise his volleyball program to its current height. Using the on-line registration approach was a new component that will continue to be used for upcoming clinics, too.

Laura Klingsporn, formerly of Tartan, has received one of the highest honors a volleyball coach can obtain from their peers and will be inducted into our MNVBCA Hall of Fame at the All-State Banquet this season.

Remember that all forms will be online this year for all-state and academic awards. **October 26th is the deadline** for All-State Academic Individual, All-State Academic Team, and All-State Statistics. No entries will be accepted through the mail or by fax! Keep checking our website at www.mnvbca.org for the forms.

At this point in the season, some teams may need a little extra motivation. If Bon Jovi was here to jumpstart your team, he'd say that even if you get "shot through the heart" with a surprising loss during the season, keep telling yourself "it's my life" and "keep the faith"! If you keep "living on a prayer" and telling your girls that "I believe", your team will follow your lead and "have a nice day"!

Oh, and if you need to contact me for any volleyball-related issue, "I'll be there for you" "always" at jlee@waconia.k12.mn.us.

QUICK STICKS

By: Sarah Bourne
MSHSCA-GL Chair

Welcome to another exciting year of girls lacrosse!

In order to help clear up any confusion about deadlines this year, please add these dates to your calendars. We need you to participate in nominating your players for accolades and events! Remember: to nominate a player for a US Lacrosse program (WDNT, All American and Academic All American) you must be a member of US Lacrosse. To nominate a player or coach for an MSHSCA-GL award, coaches must be members of the MSHSCA – this includes assistants.

October TBA – MSHSCA-GL Board and Committee Meeting

Open board positions: Treasurer, 2 at-large

January 15-17 – US Lacrosse National Convention, Baltimore

February TBA – Coaches' Clinic

March 15 – WDNT nominations due to selection chair

This year is a National U-19 selection year. It is more important than ever to nominate your players! If a player has participated in the WDNT in the past, she will automatically be nominated and will not count to your total.

March 23 – Rules Meeting, 7:00 PM Roseville

April 3 – Rules Meeting, TBD

Online meeting TBD

March 29 – Season starts

. . . continues on page 59

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April 2 – WDNT: player forms due to MSHSL, coaches' applications due to selection chair

April 5 – Minnesota Select applications available

Contact Sarah Bourne at puppetdish@yahoo.com for more details.

April 18 – WDNT tryouts 2-5 pm

Volunteers needed!

April 20 – All American pre-nomination forms due

May 2 – Player applications for Minnesota Select Due

May 20 – All American and Academic All American final nominations due

May 26 – All State Nominations Due

May 28-31 – WDNT

June 7 – All State Voting Meeting

June 8-11 state tournament

If your team is 2nd or 3rd in your section, you are expected to participate in the All Tournament Selection Committee.

Delegates Corner

By: Jackson County Central

Welcome to another year….hard to believe the summer is over. I am looking forward to the new year as it is always good to get a new bunch of fresh faces. As we start the year there have been many changes with the State Highschool league, some good some not so good. It will be an interesting year implementing those new changes. As with change I welcome Becky Leuer to the Vice President position, I look forward to working with her. If you are willing to be part of the MSHSCA as a delegate, or if you have ideas on how to attract a variety of delegates to represent our membership, please contact John Erickson or myself. We need to represent coaches of both female and male athletes. We need to represent both large and small schools. We need to represent all geographical area of Minnesota. I thank you in advance for any insight you can provide. Best of luck and have a great school year.

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Swim Strokes

By: Chris Aarseth
Girls' Swimming and Diving Coaches Association
Minneapolis Edison High School
caarseth@mpls.k12.mn.us

Not only is the school season beginning, but so is the girls swimming season. I feel great about this year's swimming season starting. We had one of our most exciting years in girls swimming last year with 9 new records at the MSHSL state meet. Talking about the swim season, I've have something that is extremely important and must be shared with all of you. If you haven't heard the NFHS recently introduced new requirements for swimwear effective immediately. The new ruling is listed on the MSHSL website and will also be listed on our coaches' association website. Many of our MN swim teams were concerned about the immediate action taken by the NFHS. The NFHS acted in this fashion due to the results of studies and action from other organizations, such as the NCAA and these final developments were not available until the end of July and first of August. It is important to let swimmers and parents know this is a serious change in our sport. The swimmers and parents should also be informed that the decision was not made arbitrarily, or without serious consideration with input from the most recent content analysis and research. I am confident everyone will find newer and better ways of training harder and smarter.

Since 2004 the coaches association has sponsored the True Team Section and State Meets. I am pleased to announce that the True Team State meet will take place on October 17 this year. Each individual section is responsible for determining the dates of their meet, which is usually one week prior to the state meet. All the host schools and host sites can be found on www.pantherboosters.org/true. All teams are encouraged to compete in the True Team section meets. True Team has become a huge success and has allowed our athletes to compete in a championship setting during the middle of the season. Let's continue the success this year.

After the last seasons exciting finish, 2009 has a lot to live up to. Remember we all play a role in the outstanding atmosphere of swimming and diving. Think back to your coaches from high school. My high school coaches had a profound effect on my life and they still do. As I get older, I realize just how much that I learned from them and how it has become part of everything I have done and who I am today. I say, "Thank you," to those coaches and to all of you for your service. Good Luck this season!!!

MnIAAA CORNER

By: Mark Solberg, Activities Director - Cambridge-Isanti Public Schools
President of the Minnesota Interscholastic Athletic Administrators Association

Welcome to the 2009-2010 school year! Thank you for your expertise, dedication, passion, energy, and hard work for the students in your school.

Coaches help contribute to the total education of our student-athletes and provide positive life long lessons and memories. Most importantly, thank you for making a significant difference in the lives of the student-athletes at your school.

Across the state of Minnesota this school year we will witness great performances in athletics, and our coaches and student-athletes will represent our communities and schools with talent, hard work, pride, heart, and class. In my opinion, our students are well coached and advised throughout our great state. I have grown to believe that regardless of the sport or activity, each and every practice, game, or event, for that student and their parent or guardian, it is the most important one.

According to Sam Walton, outstanding leaders go out of their way to boost the self esteem of their personnel. If people believe in themselves it is amazing what they can accomplish.

My coaches over the years have taught me to believe in myself, to be confident, to always strive to improve, to attempt to excel, to be happy with success but never completely satisfied, to win with grace and lose with dignity, to help people around me become better, and to rely on and trust teammates. I attended Dawson-Boyd Schools through my freshman year, and graduated at Tyler High School. The reason I became an educator and coach is because of coaches like Neal Nelson, Chuck Gustafson, Paul Helgeson, Gary Baaken, Lyle Sannes, John Nordgaard, Gary Turnberg, Ray Riley, Tom Thomas, Jim Koepel, Kevin McDonald, Roger Thomas, and Dave Schroeder. There are people who have influenced each and every one of us. There is no more noble profession than to be an educator and coach. At 51 years of age these men to me are still Coach, and I have the utmost of respect and admiration for them and the difference each has made in my life.

As we begin another exciting school year, and on behalf of the students across Minnesota who will call you Coach, thank you! May this year be your best yet as an educator and coach.

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Head Coaches Requirements

What are the requirements in Minnesota to be a head varsity coach?

The Minnesota Department of Education requirements for a head varsity coach are as follows:

M.S.122A.33. Subd. 1: License and Degree Exemption for Head Coach

Notwithstanding section 122A.15, subdivision 1, a school district may employee as a head varsity coach of an interscholastic sport at its secondary school a person who does not have a license as head varsity coach of interscholastic sports and who does not have a bachelor's degree if both of the conditions below are met.

A. in the judgment of the school board, the person has the knowledge and experience necessary to coach the sport;

B. can verify completion of six quarter credits, or the equivalent, or 60 clock hours of instruction in first aid and the care and prevention of athletic injuries; and can verify completion of a coaching methods or theory course.

C. Individuals with a four year degree that includes a coaching minor may be employed as a head varsity coach.

D. Not withstanding section 122A.58 a person employed as a head varsity coach under this section has an annual contract as a coach that the school board may or may not renew as the board sees fit.

Where can I get the required training?

The American Sport Education Program (ASEP)

The Minnesota State High School League (MSHSL) and the Minnesota Interscholastic Athletic Administrators Association (MNIAAA) jointly offers The American Sport Education Program. A coach education program, which meets the above stated requirements.

Coaches who satisfactorily complete this 60-hour program are eligible to accept head-coaching positions under the provisions of the Minnesota Department of Education.

The course includes eleven hours of attendance and study at a seminar site, and 49 additional hours of home study materials to be completed. When the coach completes the home study materials, he/she will take a test and send it to the ASEP office for scoring. ASEP will then send the participant a letter for successful completion of the course of study. The course will cost $250 for the materials and instruction, and must be paid in advance of the course to insure proper registration. This is the only approved coach education program exclusively taught and sponsored by the Minnesota Interscholastic Athletic Administrators and the Minnesota State High School League.

How long is the Certificate good for?

The ASEP certificates have no expiration dates. Continuing education in the field of coaching is strongly recommended, but not required.

How do I register?

Class schedules and instructors are listed below. You should contact the Instructor to register. The Instructor will also address any questions that you might have regarding the course work.

To make arrangements to host an ASEP Coaching certification class in your area:

Please contact Mary Eigner at mary@minn-e-rink.com or 612-819-2808. You must have a minimum of six students to offer this class.

TRAINING COURSE SCHEDULE & REGISTRATION FORM . . . found on page 63

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MINNESOTA STATE HIGH SCHOOL LEAGUE ASEP TRAINING COURSE SCHEDULE

Trainer	Site	Day/Date	Times
Dr. David Hartmann Alexandria HS 320-762-7754 dhartman@alexandria.k12.mn.us	Alexandria H.S. (Media Center) 1401 Jefferson Alexandria, MN 56308-2588	Saturday, October 3, 2009 Saturday, April 17, 2010	8:00 am - 7:00 pm 8:00 am - 7:00 pm
Jim Baker 8185 E Courthouse Blvd. Ct Inver Grove Heights, MN 55077 651-357-2937 jbad154@hotmail.com	Stewartville High School 500 4th Street SW Stewartville, MN 55976-1198		8:00 am - 8:00 pm
Ed Rundell 835 Church Street St. Peter, MN 56082 (h) 507-380-1716 e.rundell@yahoo.com	Mankato Loyola High School Conference Room 145 Good Counsel Drive Mankato MN 56001	Saturday, October 17, 2009 Saturday, April 17, 2010	8:00 am - 7:00 pm 8:00 am - 7:00 pm
Becky Leuer 6644 Main Street North Branch, MN 55056 651-674-7082 bleuer@northbranch.k12.mn.us	North Branch High School 38175 Grand Ave. North Branch, MN 55056-0314	Saturday, October 24, 2009 Saturday, January 30, 2010 Saturday, March 27, 2010	8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm

Minnesota State High School League • NFCEP REGISTRATION FORM

Please return with your fee to the trainer for the session you are registering. **Your registration must be received 10 days prior tothe first day of class.**

I would like to register for the NFCEP training.

Name: _____

Address: _____

Home Phone: _____ **Work Phone:** _____

E-mail: _____

I will be attending the following NFCEP training course:

Trainer: _____

Site: _____ **Date(s):** _____

I have included my fee of *****$250.00***** for the course. (Make check payable to the Minnesota State High School League and **mail yourregistration form and check to the trainer for the session youwill attend.)**

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