



Vol. 55 No. 3

Published by the Minnesota State High School Coaches Association

September 2017

TOGETHER WE HAVE MOVED THE MSHSCA FORWARD

John Erickson, outgoing Executive Director

I was privileged to have been named the Executive Director of the MSHSCA on January 1, 2000. As I prepare to turn the reins of the MSHSA over to John Schumacher I have had time to reflect on all that has changed since my first day on the job. As you may recall in January of 2000 there were two associations representing the high school coaches of Minnesota. Boys sports were represented by the MSHSCA and girls sports were represented by the MSHSCGS. Starting in 2000 the merger of the two associations began to take place and by the fall of 2007 all high school coaches in the state were united under one flag the MSHSCA. There was a lot of work that took place to make this happen and updating our Constitution was one of those monumental tasks that was undertaken and spearheaded by Becky Leuer and Gregg Martig. With addition of new sports, multi classes and the merger of the two associations the MSHSCA has grown into one of the largest in the nation.

The growth of the MSHSCA did not happen by accident. The growth is a result of the leadership of the Sport Associations. During my 18 year tenure as your Executive Director I have been strengthened by the experienced leadership the Sport Associations and Delegates provide. Each of the sports is represented by men and women who have a passion and commitment to their sports that help drive change and Improvement. It would be impossible for me, in the space allowed, to name all of the men and women who have so positively impacted the MSHSCA during my tenure.

One of the issues that has been most difficult to deal with is coach's rights. At one time a coach could be non-renewed after his/her season and no reasons had to be given and no hearing was provided for. Minnesota is the only state that has legislation in place that has a law in place to provide a coach the right to a hearing and the right to have the reasons for non-renewal given to them in writing. Prior to the law coaches were often defamed and victimized with untruths. The law is not perfect but it is a great start in addressing this

issue. I was given a lot of help in the passage of this law. Representative Dean Urdahl is the person who helped guide this legislation in a process that took two years to complete. I also want to thank Tom Critchley, Executive Secretary of the boy's basketball coaches association for his help in testifying before the Education Committee. I hope this is an issue that the MSHSCA will continue to address as there are still way too many examples of Coaches having to work in a hostile work environment.

I feel very good about the relationship we have with the MSHSL. I know that we don't always get what we want when we want it, but I know that there are many states we meet with at our annual meeting who would love to have our processes in place. The way Sport Associations work for change has changed drastically since 2000. The Sport Advisory committees have done a great job of working with the League and the League with them. This process is not perfect but it is good. I am also excited that we partnered with the League and MNI AAA in instituting the Why We Play initiative. Jodi Redman and the League have done great job of advancing this

... continued on page 3

Featured In This Issue

Scholarship Thank You's	18-19
Hall of Fame	20-22
George Haun Awards	23-24

Clinic Information

Clinic Calendar	5
Girls Basketball Clinic	36
Dance Clinic	38
Gymnastics Clinic	41
MBCA Clinic	45

The Minnesota PREP COACH

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

EDITOR - Mindy Nielsen

Address all new communications and photos to:

Mindy Nielsen

Email: prepcoach@mshsca.org
(218) 841-7976

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:

Gary Prantner - Byron

PRESIDENT-ELECT:

Mike Peterson - Perham

VICE PRESIDENT:

Terry Sadler - Warroad

PAST PRESIDENT:

Todd Smrekar Cambridge-Isanti

HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

OFFICIALS DSA

John Schumacher - Park Rapids

All Daily Communications should be addressed to:

EXECUTIVE DIRECTOR:

John Erickson
MSHSCA
PO Box 519
Detroit Lakes, MN 56502
(C) (218) 234-0345
(H) (218) 847-6796
Email: jomar2@arvig.net

ADMINISTRATIVE ASS'T:

Mary Erickson, Detroit Lakes

MSHSL BOARD OF DIRECTORS:

Jill Johnson (Waconia)
Craig Anderson - Pine Island

FINANCE REPS:

Rick Ringeisen - Lakeville South

SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

SPORTS MEDICINE:

Randy Glasmann - Maple Grove
Tom Sharp - Eastview

2017-2018 Delegates and Sport Association Officers

If you would be interested in filling one of the open Delegate positions please contact John Erickson, Executive Director

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	Alan Woitos (New Ulm Cathedral)
3A	Gary Hildebrandt (Heron Lk)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Tavia Bachmann (Frazee)		Mike Peterson (Perham)	
7A		Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	
8A	Terry Sadler (Warroad)			
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rob Schwartz (Winona)	Bill Goodman (Lakeville South)
2AA	Mike Lhotka (Dassel Cokato)		Tink Larson (Waseca)	
3AA		Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	
6AA		David Boone (Edina)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (STMA)	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Charlie Campbell (Brainerd)		Mike Beck (retired)	
Adapted Athletics	Brett Kosidowski (Eastview)			
Baseball	Don Gawreluk (Andover) Oct.		John Wilkins (retired)	
Boys Basketball	Mike Trewick (St. Cloud Tech)		Tom Critchley (retired)	
Girls Basketball	Mark Cook (Maple Grove)		Carl Pierson (Waconia)	
Cross Country	Jesse Nelson (Red Wing)		Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
Football	Terry Bahlmann (Marshall)		Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	Kaitlyn Helmbrecht (Maple Lake)		Shelly Eklund (Eagan)	LeeAnn Steen Delegate
Boys Hockey	Mark Manney (Andover)	John Ammerman (Moorhead)	Mike MacMillan (Ramsey)	
Girls Hockey	Jessica Christopherson (Wayzata)		Tim Morris (St. Anthony)	
B-Lacrosse	Jon Junker (Chanhassen)			
G-Lacrosse (Farmington)	Alexandra Ross (Apple Valley)			Alex Erickson
Alpine Skiing	Jason Nickleson (Visitation)			
Nordic Skiing	Doug Boonstra (Eden Prairie)			
Soccer	Erin Murray (Orono)	Jason Arnebeck (Park)	Dave Halgren (retired)	Keith Randa (Apple Valley)
Softball	Laura Olson (Maple River)		Shelly Hotzler (JCC)	
B-Swimming	Andrew Michelson (Eagan)		Todd Walsh (Bloom.Kennedy)	Kate Steineman (Cretin-DH)
G-Swimming	Nathan Youngs (Dassel-Cokato)			
Synch. Swim	Jennifer Wood (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Ford Rolfsrud (Shakopee)		Rick Englestad (Pine City)	
Track (Stillwater)	Gary Wade (Rushford Peterson)			Scott Christensen
Volleyball	Marty Kiebel (Maple Lake)	Becca Pulju (Sebeka)	Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Matt Clark (Park Rapids)		Kip Lynk (Dassel)	Kurt Habeck (Eastview)
Volleyball	Marty Kiebel (Maple Lake)	Becca Pulju (Sebeka)	Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Will Short (Simley)	Matt Clark (Park Rapids)	Kip Lynk (Dassel)	Kurt Habeck (Eastview)

President's Message

By: Gary Pratner

As we say hello to another year, we must first say goodbye. It is with a heavy but happy heart we say goodbye to John and Mary Erickson. The "Big Dog" and "The Boss" have chosen to step away from leading our organization. While they will be along for the transition, I would hope we all could take a minute to thank them for their time, effort and energy they have poured into this association during their tenure. They have been instrumental in changing the face of this organization, facilitated the combination of the Boys' and Girls' Coaches Associations, been there to help get legislation approved to help protect coaches, and have secured the financial stability of our association for years to come. So to John and Mary, THANK YOU, enjoy your retirement and time on the lake. We are all in a better place because of your work.

As Paul Allen would say at Canterbury Park, "And they are RRAACCCING!!" Fall sports are off and racing. Pads are popping, serves are going over nets, goals are being scored and runners are going the distance. What a great time of year!! Coaches, players, parents and fans are all full of excitement to see how their local school teams fare this year. School logos are painted on area driveways, signs are being posted in athletes' yards and booster clubs are setting up concession stands. John Millea has a full tank of gas and a fresh manicure for his Tweeting fingers. Coaches are meeting with each other before games and catching up. "Coach, Coach, Hey Coach. Coach. Good luck Coach".

Coach, a great fraternity to be a part of, the person who has chosen to be a leader of young athletes and teach them right

from wrong while trying to build and mold different attitudes and abilities into one machine striving for the same goal. We live in a very difficult time where coaches are being fired for praying after games on the field, more and more families are losing the traditional family dynamic and the demand from parents for playing time are at an all-time high. Yet who remains as a constant... COACH.

I ask a favor of you Veteran Coaches out there. There is a group of people in your district or area that need your help, and they are new coaches. Young coaches just getting into the game need guidance and mentors. It does not matter if you are coaching the same sport as them because most coaches face the same challenges. Having a veteran coach to bounce ideas off of, watch coach, and be a support network will provide a backbone that will help keep the new coach in the game for years. Coaching turnover is at a record pace, and without some type of mentor we fear it can become worse. So feel free to share practice templates, ideas on potlucks to kick off your sport, and how you select award winners. This will get you an ally in a different sport, and in this day in age it is always good to have a friend.

Lastly, I would like to congratulate Kerry Linbo, of Byron, on being elected to the Basketball Coaches Hall of Fame. Kerry was a very successful coach on the court and was a strong mentor off of it. Many coaches have picked his brain for advice and help along the way. I was one who was fortunate to watch, listen and learn from his coaching techniques. Congrats Lims.

MSHSCA FORWARD . . . continued from page 1

initiative and we are seeing more and more examples of this working in our schools.

There are a lot of positive changes that have occurred over the past 18 years and I am anxious that we continue to look at our Association and reflect on what we do well and what we need to improve. I have said for years that we get better or we get worse because you can never stay the same. The question then for all of us is what are we doing to make our Association better? We all need to continue to work together to move the ball forward so that at the end of each of our days we can say we may not have gotten everything we hoped for but we helped get a little better due to my efforts.



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



SNYNCHRONIZED SWIMMING

By: Kathryn Henderson

It's no secret in the synchronized swimming community, that our swimmers are smart. A certain level/type of intelligence is required, especially as synchro swimmers advance in the sport, that they have the ability to link mind and body in a way not many other activities require. That became apparent in May at our 2017 state championship, when they announced the all-academic teams. Almost every single team in the competition was recognized as either gold or silver academic award. That's impressive for a competition that has almost 300 athletes.

Synchronized swimmers are not racing against a clock or shooting points on a field or court. They have to train their bodies to build speed, height, skill, precision, etc. like other sports, but they also have to do it all in synch with others and with music... while holding their breath, upside down, in pattern, and with a smile on their face. They train up to four hours a day, six days a week during their season. It doesn't allow for a lot of time for homework, but synchronized swimmers know how to make it all work. They are incredibly hard workers, and passionate about their sport and their GPA. As a coach, I am always so impressed (and really proud) with the bright girls that compete in our sport. They are an inspiration and an example of what a high school athlete should be.

Below is a list of the 2017 All-Academic teams in synchronized swimming.

Silver 3.5

Bloomington

Columbia Heights

Forest Lake

Hopkins

Osseo/Maple Grove

Prior Lake

St. Louis Park

Stillwater

Gold 3.75

Blake

Eden Prairie

Edina

Richfield

Wayzata

Over Hill and Dale

By: Jesse Nelson
Red Wing

Wow another school year is upon us and with it the excitement of cross country season! The first few meets of the season are already complete and we'll be at St. Olaf for the state meet very soon. It all goes so quickly, take time to enjoy the journey of your season.

On July 31st the annual Coaches clinic was again held at Eastview HS. Thanks to Tom Sharp for his work organizing it! Craig Ringsven from Twin Cities Orthopedics spoke on the role running cadence plays in injury prevention. Jenna Stangland, of Veerant, gave a presentation on nutrition and its vital role in running. Finally, Dennis Barker spoke of the journey he took in writing his book and how this reflection has shaped him as a coach. Clinic notes are available on our association website: <http://www.mshsca.org/crosscountry>

We inducted 5 new members to the Minnesota Cross Country Coaches Hall of Fame. Inducted were Rollie Greeno of Apple Valley, Jerry Popp of Willmar, Jill Hanson of Buffalo, Patricia Percival of White Bear Lake, and Jon Wagner of Eveleth – Gilbert. Congratulations!

At our annual association meeting at the coaches clinic we discussed a recap of the state meet (including course management and restricted areas), our awards proposal which was denied, and our plan moving forward. Ongoing issues of homeschool co-ops and 3 classes were also discussed. Please let me know of any issues you think our association should address: jhnelson@rwps.org

On October 22, Bill Miles, of Wayzata, will be inducted into the MSHSL Hall of Fame. Banquet information can be found on the MSHSL website. Bill was inducted into the cross country coaches HOF in 2001. Congratulations Bill on this well-deserved honor.

*“It isn't the
mountains ahead
to climb that wear
you out;
it's the pebble
in your shoe.”*

- Muhammed Ali

CLINIC CALENDAR

Date	Sport	Location
Sept. 22-23, 2017	Boys & Girls Hockey - mikejmacmillian@hotmail.com	Roy Wilkins Auditorium, St. Paul
Oct 12-13, 2017	Gymnastics - shelly.eklund@district 196.org	Becker HS
Oct. 27, 2017	Girls BB - scott_bergman@isd743.k12.mn.us	St. Thomas Univ
Oct 27-29, 2017	Baseball - John Wilkins - wilks@charter.net	Ramada Plaza, Minneapolis
Oct. 28, 2017	Wrestling - kip.lynk@gmail.com	Simley High School
Oct 27-28, 2017	Boys BB - Tom Critchley - hctirc@earthlink.net	Hyatt Regency, Mpls and Williams Area
Jan-18	Track - Craig Nelson - c.nelson@isd2184.net	Double Tree, Bloomington
Feb. 3, 2018	Softball - shelly.hotzler@jccschools.com	Becker High School
Mar-18	Tennis- Rick Engelstad - mshstca@mac.com	Fred Wells Center, St Paul
Mar-18	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
Apr. 2018	Swimming	Sheraton St Paul, Woodbury
July 25-26, 2018	Volleyball Clinic	TBD
30-Jul-18	Cross Country	TBD
Aug. 10, 2018	Soccer	TBA

Delegates Corner

By Mike Peterson – Perham High School

We as coaches are in the science or business of belief. Coaching is a skill and a science that most people do not have the skills for and cannot do. As we know it is far more than x's and o's and this is where the disconnect with the public many times stems from. Games are not often won by which team has the better playbook, or which team yells the loudest, or what type of training system they are using. It is usually won by which team believes in itself, coaching staff, and system or culture. We as coaches are unique in society as we teach others to believe in each other, in themselves, and in our system. Examples of this can and will be seen at the Fall MSHSL State Championships this year in any sport. You will see teams or individuals win with very basic game plans or plays, and you will see teams or individuals win with very complex strategies. We as coaches many times fall into the trap of "they won because they ran this system or they trained this way" and then everyone jumps on board which leads the public to believe "see I told you so, they need to run this play or that play" or "train this way or that way". When in reality the teams that won had a belief in their teammates, coaches and system, no matter what system it was and no matter who they were competing against. Belief is the key to all success

in life and sports and we teach it and model it and display it everyday far more than the general public. The ability to learn to believe and to teach to believe is our greatest skill set as coaches, and a skill that needs to be developed constantly. I am the worst person to ask the question "are we going to win tonight?" as I always believe we will win no matter what, and I am the first to be surprised when we don't. Call me naïve, but I believe. As long as our students believe we have a chance, that is how big, so called, upsets happen. Just ask the Miracle on Ice Team, Joe Namath and the Jets, Muhammad Ali, and last years Super Bowl winners, the New England Patriots coming from behind 28-3 at halftime. More importantly, teaching students to believe is a skill all students need for the future and many times we are the only adults capable of delivering this skill and attitude. Winning state titles is not the business we are in, teaching the skill to believe is the business we are in. Belief is what gets students up after a loss and back to work. Accomplish the art of teaching students to believe and coaching will become far easier.



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

And they're off! Another summer has come to an end. Scores are starting to appear in the local newspapers. Coaches Corner shows are back on the air. I hope each of you had had the chance to recharge your batteries, spend time with your families and friends and are anxious to get back

with your athletes. The call to be a coach is a call to make a commitment that is very demanding and at times almost impossible. The call to be a coach is also a call to one of the most rewarding professions a person could ever enter into. Enjoy your year. Enjoy your athletes. You are being given opportunities that others can only dream about.

I hope you all have had time to plan your year. Success does not usually happen by accident and I think it is important for each of you to script your year. Organization and planning go a long way in bringing success to your program. Have a plan in place for promoting positive relationships with your support base. Have a plan in place to communicate the reasonable expectations of your program. Help the parents of your athletes understand those reasonable expectations. There is a countless amount of data that has been collected that show that for 98% of your athletes high school will be the culminating experience in their athletic careers. Enjoy the success that you help each athlete achieve within their ability levels. I am always amazed by the studies that show the wide range of ability levels in the classrooms we teach in. The courts and fields we coach in are very similar in terms of the wide range of abilities we coach in. We need to help each of our athletes reach the level of success they are capable of and keep in mind that very few of us have the opportunity to work with a truly elite athlete.

This fall several sport associations will be providing op-

portunities for you to grow as coaches at their clinics. This fall there will be clinics in boy's and girl's hockey, dance line, girl's and boy's basketball, baseball, gymnastics and wrestling. Please make every effort to attend your sport associations clinics and meetings. They are important. We hope we see you at the clinics.

The annual Hall of Fame and Awards Banquet will be held on Saturday, October 14th at the Sheraton West Minneapolis. The MSHSCA works very hard at trying to make this a memorable event for all of the award winners from the 2016-2017 seasons. If you are one of the award winners please make every effort to be with us on the 14th. If you have a coach in your school who is receiving an award please encourage them to attend and if possible attend the event with them.

Lastly, I want to thank Dave Stead for his great support over the years. Dave has been a regular contributor to our Delegates Assemblies and has always been more than willing to field questions asked of him. Each of us has a passion for the sports we coach and a desire to mold those sports into the best possible programs they can be. There are times where we have wish lists that we want to advance and it does not always happen the way we want. However, Minnesota has a process through the Advisory Committee process that does allow us to bring those wish lists forward. There are a lot steps in making changes and it involves not only the Representative Assembly but the AD Advisory group as well. I think Dave has done a great job of explaining this process over the years and trying to help Sport Associations advance their requests for change by helping them to understand how to best proceed. Thank you Dave.

Now the Big Dog is signing off. I have been blessed to have had the opportunity to lead the best coaches in the nation. I will miss the interaction with all of the coaches and sport associations. I will always look back and feel that we made tremendous strides over the last two decades thanks to all of you.

EMAIL CHANGE:

Contact
John & Mary Erickson
at
jomar2@arvig.net



CLEARING HURDLES



By: Gary Wade, Rushford-Peterson HS
Minnesota Track and Field Coaches Association

Welcome back to another fantastic school year! I hope everyone was able to enjoy the summer and have some fun. I wish everyone the best for this upcoming year.

As usual, we had great true team championship meets in May. I want to thank all the workers involved for doing such a tremendous job during the Saturday meets. The wind and rain were relentless, not to mention the cold temperatures. The workers and the athletes did not complain and did a great job. Congratulations to the 2017 True Team State Champions:

Class A: Girls - Osakis Boys – Holdingford

Class AA: Girls – Rocori Boys – Willmar

Class AAA: Girls – Minnetonka Boys - Wayzata

There has been a change to the 2018 true team meets. We will now have the 8 section winners and 4 wildcards. This is an exciting addition and should make the section and state meets even more exciting. We encourage everyone to participate and get involved. It takes a lot of people to run the state true team meets. If you would like to help, please contact a member on the committee, or: (Gary Wade- Rushford-Peterson, Shannon Rainey – East Ridge, Mark Alcorn- Holdingford, Johnny Josephson- New Prague)

I would also like to congratulate the state champions for the MSHSL Track and Field Championships. Class A Girls, Minneapolis Edison, Boys, Plainview-Elgin Millville. Class AA Girls, St. Michael Albertville, Boys, Wayzata. Congratulations to our state team champions, great job to all!

This summer was a True Team realignment year. As usual there were a few changes with teams. Please visit our website <http://www.mshsca.org/track> to view the changes.

We appreciate the input we have received from our summer coaches association meetings. This year Aaron Berndt did one of the meetings online. It seemed to be well received, please let me know if this option is something you would like us to continue. We will also continue to have meetings in our three locations in the state. I encourage you to attend one of these meetings, as communication is the key for our association's growth.

The Minnesota Track and Field Coaches Association clinic will be held January 25-27, 2018. It will again be at the Bloomington DoubleTree. Please keep checking our website for more details to come. I encourage everyone to sign up early and attend.

Finally, a reminder to all coaches to become members of the Track and Field Coaches Association. It benefits the athletes as well as the coaches.

Thanks for all you do for athletes and the sport of track and field. Please feel free to contact me if you have any questions about the association. Have a great year!

HAVE YOUR NEW CARD FOR ALL FALL SPORTING EVENTS

Your 2017-2018 Membership & Insurance Expires July 31st.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

Park Center does NOT accept Membership Cards for admission.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Gold Ink for the year 2017-2018.

2017-2018 Membership Card

Minnesota State High School Coaches Association

John Erickson, Director, Detroit Lakes

Phone: (218) 847-6796 • Cell: 218-234-0345

Email: jomar2@arvig.net • Website: www.mshsca.org

President, Gary Prantner, Byron



John Doe
St Anthony Village

Asst. Football
Head Wrestling
Asst. B/G Track

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



CORNER KICKS

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

We are already into the season as the column is being written. It is that time of the year when things get busy and we start to enjoy being at soccer games.

The 27th Annual MSHSSCA Clinic is now in the record books. We survived a power outage and moving fields, but as always it was a success. Thanks again to Greg Juba (Park Girls retired) for planning another successful clinic. The vendors were pleased with the clinic and we want to thank them for their time and efforts. Again thanks to Art Seplak (Bloomington Kennedy girls retired) for his outstanding work in registration and seeing the group was well fed. Thanks, Art.

It is amazing how easy things go at a clinic when you have such a terrific group of people at North High. Jed Helwig (Athletic Director) and his assistant, Penney Lavick, for all their help and adjusting. A very special person at North, Andy Nevis, who is the person that goes above and beyond helping me at the site. To Boys Head Coach, Casey Holm, who helped us with fields and the movement of the goals, we also offer our thanks.

Soccer Planet sponsored the clinic this year. BSN will continue to be our Senior Classic sponsor for the second year and Coerver, Sannah Foundation and MN United FC are our corporate sponsors. Greg Juba has just announced that Select Sport America is our newest corporate sponsor. The Select ball is not designated the official soccer ball of the MSHSSCA. Thanks to Greg for adding this sponsor.

NSCAA has changed its name to United Soccer Coaches. We appreciate that they gave us Ian Barker to be our main clinician for both Thursday night and Friday at the clinic.

Jason Arnebek (Park Boys) will become the president in November. His predecessor Erin Murry (Orono Girls) will move into the Past President job. Ben LeVahn (Maple Grove Girls) is the new president elect. In addition, Art Seplak (retired) and Vince Thomas (Eden Prairie Boys) were re-elected to be our Treasurer and Secretary.

A very big change will occur in the MSHSSCA leadership in early November of 2017. For only the second time in our organization, we will have a new Executive Secretary. Dave Halgren is stepping down after 35 years in leadership jobs as our President and the Executive Secretary. Keith Randa (Apple Valley Girls) will step into the job as our new Executive Secretary.

Dave will be given the Distinguished Service Award at the State Tournament Banquet in October. This is the bio read by Bill Vance (Totino- Grace Boys) who is our Award Committee Chair.

Why, 21 years after retiring from a storied and rich career

teaching science, would a high school hall of fame soccer coach continue to dedicate hundreds of hours helping coaches positively influence high school soccer players by serving as Executive Secretary of the Minnesota Soccer Coaches Association? Why would one schedule phone calls, meetings and visits with coaches throughout the state, state tournament coordinators, banquet planners, referees, athletic directors, and State High School League administrators? Why would he learn how to use Google docs when he could enjoy his retirement by going to Gopher Women's and MNUFC matches? Dave Halgren chooses to serve the over 17,000 high school soccer players (and their 400+ coaches) currently playing high school soccer in Minnesota for two simple reasons: for the kids and for the love of the Beautiful Game.

Dave, to quote the 1980's hit film, *The Breakfast Club*, has been "the eyes and the ears" of the Minnesota High School Soccer Coaches' Association since before the film was made. As girls' varsity soccer coach at Elk River from 1983-1996 Dave helped develop soccer in the Elk River area. Beyond his Hall of Fame coaching career at Elk River, Dave has committed himself to supporting high school soccer through the ups and downs the high school game has experienced. "His depth of knowledge about the history of the association has helped shape us into what we are today. He has helped improve our lines of communication with member coaches which, in turn, makes the board a strong representative of the people we serve and allows our members to feel their concerns are heard and are being addressed" wrote Hall of Fame coach Crissy Makela from Mankato West High School.

Keith Randa, Apple Valley Girls Varsity Coach described Dave's contributions to the association: "He has used his personal touch to keep coaches from around the state involved in our association and is constantly meeting and greeting coaches and asking them to help our organization in his personal style." Dave regularly reminds the rank and file members of the High School Coaches' Association that we are as strong and as relevant as our member coaches. Dave's dedication and humble service make him a cornerstone for high school soccer in Minnesota.

From his work to help recognize players through the All-State process, to mentoring new coaches, to working with athletic directors, to meeting annually with the Minnesota State High School League, to working to make the State Tournaments a success, to ensuring that the coaches' association board of directors follows bylaws and fulfills their roles, Dave Halgren's influence on high school soccer is gargantuan. Congratulations Dave, we honor and thank you for your 35 years of servant leadership!

Three awards will be given at the State Tournament Banquet. The first and most obvious will be given to Dave Halgren. Halgren will be given the Distinguished Service Award and rightfully so. Two new members will be inducted into the Hall of Fame. Pete Haynes (Anoka Boys) and George Stuempfig (Breck Boys) at the same time. Bios of the two Hall of Fame award winners will appear in the December Prep Coach.

We welcome Steve Clark who is the new Referee Coordinator for the MSHSL to our group. He was outstanding in a presentation to our Section Rep meeting and also to the Head

Coaches. To have some fun, he gave our coaches an electronic quiz source on rules of soccer that officials take. It was a great challenge and coaches can have their players do during the season. Coaches should continue to be informed of many of the deadlines for different awards and membership. It is each coach's responsibility to become a member of the MSHSSCA. The deadline for the membership in our organization is October 1, 2017. To do this you must use the MSHSSCA.org website. You can only pay your dues through this site and it can be done electronically. Check with your A.D. if your school is sending a check. It also must be there on October 1, 2017. You must belong for your athletes to be given awards from the MSHSSCA. Thanks to John and Mary Erickson for attending the clinic. This is their final time as they both are retiring. We thank both of you for your service to our organization and wish you the best as you enjoy your newfound free time.

Please look on the website for information on Academic Awards that are given by our organization. The Coordinators for these awards are Crissy Makela (Mankato West girls) and Len Woelfel (Mankato West boys). The due date for submission is Wednesday October 11, 2017.

Please be aware of the Mike Warter Scholarship deadlines. Those should be in on the December 17, 2017 deadline. You can find them on our website. Please encourage your senior players to consider applying for this award. Art Seplak (Bloomington Kennedy Girls-Retired) is the chair of this committee. If you have questions about any part of the process,

feel free to contact him.

The State Tournament Banquet will be held on Sunday, September 22. The BSN/MSHSSCA Senior Classic will be played at North High on the evening of Wednesday, November 8.

Coaches, there are many dates that you need to beware of during the season. Please check your Clinic Pack for those specific dates you need to have items sent to the appropriate committee. You can also check this information out on the MSHSSCA.org website.

State tournament sites and dates are also on the website. That information was too lengthy to put in this column. Any questions you may have can be set to President Erin Murray at Orono.

The MSHSSCA officers, membership and the soccer community extend our prayers and well wishes to Minnehaha Academy assistant boys soccer coach Bryan Duffy who was injured in the explosion at the Academy. Best of luck on your recovery.

Next up events, state tournament, senior classic, academic awards,

All-State players and other awards coming up in the next few months.

I wish each of you a very successful season. Remember you have the best job in the world, working with kids. You are blessed.

MnIAAA CORNER

*Submitted by: Charlie Campbell, Brainerd High School,
MnIAAA President*

Another year has passed us by and we begin the cycle again- hopefully fresh and refreshed! As coaches and educators become more seasoned, it is often difficult to stretch ourselves to develop new habits, patterns and outcomes. At a recent professional development session I was moved by the simple statement, "The system is perfectly designed to deliver the outcomes you are getting." Coaches are often entrenched in systems that are quite difficult to change. Whether it's at the board, department, or program level, systems can be stagnant and resistant to needed change.

Whether you are a seasoned veteran, a "young pup," head coach or an assistant, you may consider a powerful professional growth opportunity that can help jump start systems change in your programs-taking the MSHSL sponsored Coaches Education Class. There are a few compelling reasons worth considering this opportunity.

The course is designed for dialogue, rather than a "sit and get" format. Coaches from every imaginable background create a rich and wonderful dialogue of proven best practice in the field of professional coaching and education based athletics.

Explore in depth the Why We Play curriculum to strengthen your commitment to intentionally developing the inner lives of our students. The course will give you language and strategies

that help you coach beyond the results on the scoreboard.

To allow non-teacher coaches to better grasp their role and understanding as part of an educational system.

Completion of this course meets the State Statute Requirement to be a head coach in the State of Minnesota.

This summer, a group of Iron Range A.D.'s requested a class be held "on their turf" and more than twenty coaches attended the one-day, in-person session. Their idea was to generate a certain level of systems change by creating a stable of coaches who understand better their role and responsibility in education based athletics and to create a broader pool of potential candidates to handle the increasing turnover rates for head coaches.

The MN Coaches Education schedule for the entire year can be found at www.mshsl.org and clicking on the "Coaches" tab in the yellow banner near the top of the screen. The cost of the course is \$170 which includes the in-person course, access to the NFHS online requirements, and all course materials. You can register for the classes through your Coach's Clipboard. The overwhelming feedback from participants has been positive. Most feel as though it is a valuable investment of their time AND that it will make a difference in the way they are impacting kids through sport!

Any coaches or A.D.'s who are interested in learning more about the the MN Coaches Education course are welcome to contact me at their convenience. charles.campbell@isd181.org

Best wishes this year!

CHIP SHOTS



By: , Bob Gorden
President Golf Cch Assoc.

Wow, where has the summer gone? School has started, and the fall sports seasons are rolling along. Hope everybody has had a great summer! Only 6 months and another golf season will be upon us.

JOIN our golf association! Do this now, as your perks are good for the entire year starting August 1st through July 31st! This is the best way that golf coaches can be contacted about matters all year long. We use emails of registered coaches who are paid members of the coaches association. There are many perks to being a part of the association. A few of these perks are; a million dollar insurance policy on yourself for the entire year, August 1st to July 31st, you and your teams are eligible for yearly awards, such as, All-State, and Academic, and you have free entry to high school and college events the entire school year. These perks are well worth joining at beginning of each school year.

Congratulations go out to all teams, players and coaches on participating in the 2016 State Golf Tournaments this past June. Our winning teams and coaches: Champions, A Boys Mahnomen/ Waubun coach Steve McMullen, AA Blake coach Marshall Hoiness, AAA Wayzata coach Allan Christopherson, A Girls Bold coach Dave Altmann, AA Detroit Lakes coach Kris Smith, AAA Edina coach Andrea Kellar. The winning coaches will be honored at State Coaches Association awards



Swim Strokes

By: Nathan Youngs
Dassel-Cokato

The 2017-18 school year brings about another exciting girls swimming and diving season! Minnesota has many amazing female swimmers and divers competing for their local high school teams. We are looking forward to many good dual meet matchups and invitationals as we move towards the middle of the season where schools have a chance to compete as a team at the True Team Sectionals and State meet sponsored by the Swimming and Diving coaches association. This has been an extremely positive experience for participating teams. Information about this year's meet can be found at the Minnesota Swimming and Diving Coaches Association website. The True Team section meets will be held Saturday, October 14th, and the True Team state meets will be held October 19th (AA) 7pm and October 20th (A) 7pm at the University of Minnesota Aquatic Center. The season will culminate at the state meet on the 16th – 18th of November at the U of M Aquatic Center. As coaches, we play an important role in the lives of our athletes and in the outstanding atmosphere of Minnesota swimming and diving. Thank you to all high school coaches for everything you do. Good luck this season, and I look forward to seeing all of you on deck!

banquet in October.

Also Congratulations to the Coaches of the Year, chosen by a vote of registered coaches. A Boys Steve McMullen, Mahnomen/ Waubun, A Girls Dave Altmann, Bold, AA Boys Rob Nelson, Holy Family, AA Girls Steve Randgaard, Lake City, and Kris Smith, Detroit lakes, AAA Boys Allan Christopherson, Wayzata, AAA Girls Mark Herzog, Red Wing. They will also be honored at October Coaches Association banquet.

Special thanks to Brian Johnson and Barry Wallin for doing 2016 season ratings. Coaches, please send your team's and player's averages. Lets get all the deserving players and teams on the weekly rankings. A special thanks also to Steve Heslop for our academic awards, and the 3 chairmans for the state banquets, A Rick Aulie, AA Mike Frankenfield and AAA Tim Kallevig. Thanks for all your hard work for High School golf.

The Golf Coaches Advisory committee will meet at the State High School league office in September. Thanks to all our coaches who have served, many for a lot of years. We are looking for some young coaches to serve on this board to help this board continue serving the coaches. Please contact myself, or any board members, if you want to serve.

Have a great school year, keep in touch and get back to me if you have questions, concerns or thoughts for upcoming season. As we get older, the seasons fly by and in no time we will be getting ready for another High School golf season. In just about 6 months the 2018 season will begin on March 19, 2018. But let's first enjoy the fall where we usually get some great golf weather.

Golf Coaches Association President, Bob Gorden, bgorden@detlakes.k12.mn.us or cell phone 218-234-5509.

Mat Chatter

By: Matt Clark
Head Wrestling Coach Park Rapids
MWCA President

WOW!

What a Freestyle and Greco Roman season our Minnesota wrestlers had this year. I was recently looking through some results from this summer and spring tournaments in hopes to acknowledge what some of wrestlers have achieved, but I came to the realization that there would be too many kids to mention. Our Minnesota athletes won titles and became All Americans at every age level and every wrestling style. Our wrestlers did very well on the national scene and even the world scene. The opportunities for our athletes to showcase their talents are endless. Wrestlers now have the opportunity to compete at a high level tournament just about every weekend in the spring. A lot of our athletes are taking advantage of these opportunities and taking the level of wrestling in Minnesota to one of the highest levels in the nation, and even in the world. Wrestling has evolved over time and our Minnesota wrestlers are in the forefront of the pack. It is fun to watch.





*Suicide Mostly Happens During the
Holiday Season...
Myth or Fact?
The Answer is MYTH.*

According to the Centers of Disease Control (CDC), suicide rates peak during the Spring and Fall

EDUCATION is the key to **PREVENTION**.

Information, tools, and resources are readily available to help identify and assist someone who may be struggling with thoughts of suicide.

The Jason Foundation, Inc., a national leader in youth suicide awareness and prevention, and the National Organization of Coaches Association Directors (NOCAD) are teaming together to provide all of NOCAD's membership with access to the **Coaches Assistance Program (CAP)**.

CAP provides the education and help that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.



www.jasonfoundation.com/coachesassistanceprogram/

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

SERVICE ACES

By: *Ford Rolfsrud*
Minnesota Tennis Coaches President
Shakopee School District



The beginning of the 2017 girls' tennis season is off to a fun start. We hope everyone is enjoying the season and finding success on and off the courts with your student athletes. The executive committee has been hard at work again this year in an effort to continue improving the sport for everyone involved.

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

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

Lifetime members: You still need to join the sports association to be included in coach of the year and academic honors for your team. Please remember, assistant coaches can also be a member and enjoy the same benefits, including being nominated as section assistant coach of the year.

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

TENNIS ADVISORY COMMITTEE

1. Review of our requests from last fall:

- Top 5 Singles players and Top 5 Doubles teams will be seeded
- No singles sticks
- 3rd Class Request is still waiting to be discussed at the state level

2. Language on putting individual sections in opposite sides of the brackets.

- Players from the same section may end up on the same half of the bracket. Seeding will take priority.

3. Participation code of conduct

- A player not playing with integrity (going through the motions/not trying)
- A player with poor behavior after the match, but not on the courts
 - Any place on site of the tournament and social media
- The penalty protocol will be:
 - First offense is a Warning
 - The severity of the offense can cause the warning to be skipped.
 - Second offense is a disqualification
 - Disqualification means you are done for the rest of that day and then the next match.

3. Rules slideshow: overlapping is being eliminated

- Overlapping is being eliminated.
- If a coach has not completed the rules slideshow, that

coach will not be allowed to coach until completed.

3. Uniform clarification - school approved (from the by-laws)

UNIFORMS: All section and state tournament participants will be dressed in matching school-approved uniforms. Uniforms include shirts and skirts/shorts. Hats are not part of the uniform and therefore may be worn on an individual basis and do not have to be worn by all members of a team. Hats shall not have inappropriate logos, words, or other design. Basic good taste and common sense should prevail. The tournament director has the authority to disqualify individuals who fail to comply.

6. Brackets

- View by a member of seeding committee before being published to help eliminate errors.

6. Section Brackets:

- All section managers need to put results on the MSHSL site.
- All results should be found in the same location.

6. Coaches Communication between each other:

- Emphasize positive communication
- A calm phone call is often the better route than an email or text

RANKINGS

Please send any team and singles player ranking information to Rick Engelstad.

email: rengelstad@isd578.org or mshstca@gmail.com

Rankings will be released weekly on Mondays. All information needs to be submitted by 6:00 pm on Sundays.

IMPORTANT DATES - GIRLS TENNIS

Please mark these important dates on your calendar:

- 10/1/17 Deadline for becoming MSHSCA Member (girls tennis)
- 10/7/17 Deadline for submitting Girls Academic Award Applications
- Section Coaches of the Year Voting: During Section Tournament
- State Coach of the Year Voting: After State Tournament

ACADEMIC AWARDS

The deadline for academic awards, team and individual, is Friday, October 6th. Forms will be posted soon and you will be alerted about them. Once again forms will be all online.

SPRING CLINIC

Make sure to put the dates of Friday, March 2 (evening) & Saturday, March 3 (day) on your calendar for the MN Tennis Coaches Clinic. The location again will be the Fred Wells Tennis & Education Center at Fort Snelling. Rick Engelstad (Ex. Sec.) has been working hard on organizing clinicians for the clinic. We will also have our annual meeting at the Tennis Center on Friday evening.

Good Luck to the Girls' Tennis coaches and your teams this season.

MSHSL BOARD OF DIRECTORS REPORT

*By Craig Anderson - Boys Sports Representative
Minnesota State High School League Board of Directors*

Welcome back to another exciting year of activities in Minnesota. I want to thank you for your dedicated efforts in providing student athletes with the opportunity to grow as people. Through your education-based coaching, you will help your athletes to develop their physical and mental attributes.

I had the opportunity to travel to Providence, RI, this summer for the National Federation Summer Meetings with several members of the Board of Directors and League staff. While attending, we frequently heard references to the Anyone Can Save a Life, and Why We Play. Our MSHSL leadership has shared these programs and they are now the standard for State Associations around the nation.

It is impressive to hear the influence that our state has on the member states of the National Federation.

In August we had our Summer Meetings for the Board of Directors and League Staff to review our policies and establish goals for the 2017-2018 school year, led by former MSHSLA president, and current president of the MSHSL Board of Directors, Troy Urdahl. To make sure that our coaches are

prepared for the season, we are asking all coaches to finish their Continuation Education Requirement and Rules Interpretation Meeting, prior to coaching in their first event or contest. Activities Directors should encourage their coaches to get started on their preparations to assure that their coaches will be able to lead their athletes in competition. We will be meeting again in October to finalize this ruling. You do not want to see any coach denied being able to coach in a big event, due to not have their work for the Coaches' Clipboard completed.

Congratulations to the distinguished group of individuals that will be inducted into the MSHSL Hall of Fame on Sunday, October 22nd, at the InterContinental Saint Paul Riverfront Hotel, with six of them being coaches or directors: Dwight Lundeen - Becker, Bill Miles - Wayzata, Marv Peters - Rochester Lourdes, Kevin Merkle - Northfield and MSHSL Associate Director, Todd Hering - Eastview, and Bruce Phelps - Shoreview. Thanks for being outstanding leaders in our profession.

In closing, our Girls Sports Representative, Jill Johnson, and I, want to encourage you to contact us, if we can be of any help on any issue. We are honored to serve the Minnesota State High School Coaches Association as your representatives to the Board of Directors.

COACHES!

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



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

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

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

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2017-2018 school year.

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

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

*Another example of the MSHSCA
at work for the membership!*

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



Trophies Plus Specializes in High School Awards

Chenille, Certificates, Medals, Ribbons, Trophies, Plaques. All customized in your school needs

800-397-9993

Website: www.trophiesplus.com • Email: trophyman@trophiesplus.com

Budget Crunch?

Check us out - Lowest prices in the USA!

**Chenille Letters and Champ Patches • Custom & Stock Medals
Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs
at some of the lowest prices in the USA.

**Minnesota State High School
Coaches Association, Inc.**

**Executive Committee Liaison Assignments
2017-2018**

Rob Nielsen - Detroit Lakes

Past President	B/G Soccer	B Swimming	Baseball
	G Swimming	Wrestling	

Todd Smrekar - Cambridge-Isanti

President	Football	G Basketball	G/B Golf
	Adapted Athletics	Gymnastics	

Gary Prantner - Byron

President Elect	B/G Cross Country	Nortic Skiing	B Tennis
	G Tennis	Alpine Skiing	B/G Track

Mike Peterson - Perham

Vice President	Volleyball	Snych. Swimming	Softball
		B Basketball	B/G Lacrosse

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

**Have You Moved
or Changed
Your Email?**



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

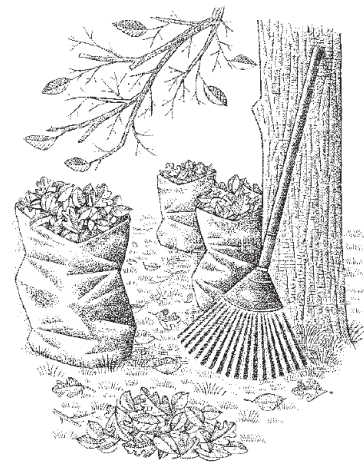
Need new Life Card?

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

**MSHSCA's
2017**

Thank You
to our

**CORPORATE
PARTNER**



**SUBWAY HELPS MAKE OUR
ACADEMIC AWARDS POSSIBLE!**

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

**Minnesota State
High School
Coaches
Association
HALL OF FAME**

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076
Email: jbad154@q.com



**MINNESOTA STATE
COACHES ASSOCIATION
HALL OF FAME
NOMINATING FORM**

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____
 College: _____ Year: _____
 College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach Awards, Honors & Highlights: _____

Are you currently an inductee to a Sport Association? If yes, please list: _____

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

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**More Hall of Fame Nominees are requested.
There are a lot of deserving coaches that should be recognized!!**



DISCOUNTS AND BENEFITS

Access exclusive discounts/
benefits for member
coaches of the Minnesota
Coaches Association.

There are thousands of
products and services available
to you exclusively through the
National High School Athletic
Coaches Association. Annual
membership paid by MSHSCA.

Discounts on travel,
insurance, office depot/office
max and others.

www.hscoachesbenefits.org/

FAST TRACKS

Doug Boonstra

Nordic Coaches Association President

I don't know if this coolish start to fall should be viewed as a positive omen, or just a blip on the radar. Either way, I will take it. For me, the cooler weather always brings me to thinking more frequently about the upcoming Nordic season. As we head into an Olympic year there is always renewed excitement in anticipation of the snow flying. But first, we need to spend some time planning, organizing, and meeting, meeting, meeting. Wouldn't it be nice to someday have the State Coaches meeting, Section Coaches meeting and Conference Coaches meeting all on the same day? Hmmm, maybe that is not such a bad idea.

Anyways, by the time you are reading this, there will already have been a Coaches Clinic at Chaska HS, sponsored by CXC, and hosted by David Paulson and the Chaska/Chan Nordic teams. Here is a quick preview of the state coaches meeting coming up in Mora.

Date: Oct. 14

Time: Vendor Social – 8:30-9:30

Meeting 9:30 - ?

Lunch 12:00

Location: Mora Nordic Center

Items on the Agenda (nor particular order): Wax Truce Discussion, Pole Length Discussion, State Meet Venues (2020 & beyond), Paralympic Skiing, Rules Book Discussion, Coaches Education and CXC, JNQ Race Schedule Discussion, etc.

I hope you can all make it to Mora. I look forward to a productive meeting as we get ready to teach the next generation the great sport of Nordic Skiing.

Enjoy your fall.



MSHSCA SCHOLARS



Dear MSHSCA Scholarship Committee,

I would like to personally thank you for choosing me as the Val Teichroew scholarship recipient. I was honored to learn of my selection for this award and I am very appreciative of your support. I will be using this money to help fund my tuition next year at Lipscomb University, where I plan to pursue a degree in either nursing or dietetics, as well as run track and cross country. Receiving this award will help me to reduce some of the financial burdens of student loans, and will assist me in achieving my goal of becoming a nurse or dietician. I look forward to next year as I get to start a new chapter of my life that involves many exciting opportunities. I am determined to stay motivated and succeed throughout college, even though I know it will not always be an easy task to accomplish.

Once again, thank you so much for choosing me as your scholarship recipient. I am so incredibly thankful for your generous gift of money and support, and I am looking forward to next fall!

Sincerely,
Kayla Rudie



Minnesota State High School Coaches Association,

I am very honored to have been selected as a recipient of the Past Presidents scholarship. Thank you for your generosity, which will help me financially as I enter the next stage of my life. I will apply the scholarship to my tuition costs as I attend the University of Northwestern - St. Paul. I will study to become a teacher and coach, as well as continue to play baseball.

Thank you,
Carlton Lindow



Dear MSHSCA,

I would like to send my gratitude your way and let you know how thankful I am to be receiving this scholarship. I feel very honored, and would like to let it be known that it is being put forth to an education that is on its way to pursuing something quite awesome. I appreciate your time and effort towards reading what I had to say and my gratitude is truly endless.

Sincerely,
Kendall Kohler



Dear MSHSCA,

Thank you MSHSCA for selecting me as one of the recipients for this years scholarship. I will put the money towards my education at Gustavus Adolphus College next fall, where I plan to try out for the baseball team and pursue a degree in the math and science field. I am very grateful to have been able to participate in extracurricular activities through my entire high school career and was able to make many lifelong friends from the activities I was involved in. But most importantly extracurriculars have taught me many life lessons.

Sincerely,
Alex Woitas



I cannot express the copious amount of gratitude I would like extend to the Minnesota State High School Coaches Association for granting me with the opportunity to accept the Subway scholarship award. This scholarship will assist me with the ability to obtain a Pre-Professional Optometry degree from the University of Wisconsin River Falls. Following the completion of my degree at UWRF, I will continue my education at an out-of-state school. Procuring my Optometry degree in its entirety will require six years of college education, and as a result, I am grateful for all of the financial aid that I am capable of receiving.

Thank you,
Shania Glenz

SHIP THANK YOU'S



Dear Minnesota State High School Coaches Association,

Thank you for choosing me to receive your very generous scholarship. Next year, I will be attending the University of St. Thomas to study Mechanical Engineering and play baseball for Coach Olean. My experiences as a three-sport athlete at ROCORI were amazingly rewarding. I learned a lot from playing sports in high school and really enjoyed each season. I am very humbled to be awarded this scholarship. You don't know how much this means to me. Again, thank you very much.

Sincerely,
William Huls



Dear MSHSCA,

I would like to thank you for awarding me the Kathy Fredrickson Scholarship. I am honored to be the recipient of an MSHSCA scholarship. The scholarship will be put toward my education at the University of Minnesota, Twin Cities in the fall!! Thank you again!

Sincerely,
Addie Smrekar



I would like to thank the Minnesota State High School Coaches Association for gifting the Steve Kerzie scholarship to me. It is truly an honor to be one of the lucky students to be awarded this scholarship. Athletics and activities have been such an important part of my life, and this will add to the memories that I have created.

Sincerely,
Anders Amdahl



I would like to give a huge thank you to the MSHSCA for the wonderful opportunity presented and for giving me the help I need to continue my education and also my athletic career. The scholarship provided will be very helpful in pursuing my future plans of attending Concordia for pre-med.

Maycen Kirchner



Dear Scholarship Committee,

I am excited to be named the recipient of the Darien DeRocher Scholarship. Athletic participation, along with leadership from my parents, coaches, and teammates, has instilled me with a strong work ethic that will guide me to continued success over the upcoming years. Furthermore, sports have taught me the importance of taking the initiative to complete each situation with efficiency and handle it with a positive attitude. I am thrilled to attend the University of Minnesota this fall, and this scholarship will help to with my cost of attendance.

Sincerely,
Max Martig

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

HALL OF



DAN SCHNEIDER (Lakeville North)

Dan grew up on St. Paul's East Side. His first experience with competitive swimming came when he joined the East Side YMCA. Later he joined the St. Paul Swim Club and was coached by Rick Krueger, whom he now coaches with today. Other club coaches who contributed to his success were Jesse Thomas and Ron Slotsve.

He attended St. Paul Harding High School where he was coached by Fran Quinlan. He swam in the state meet in tenth thru twelfth grade, and his junior and senior years he scored in the 100-yard freestyle. Dan was the recipient of the Thomas Albin Rosene trophy his senior year. This award goes to the outstanding swimmer at the St. Paul City Conference meet.

After high school Dan attended Hamline University where he had an outstanding career under coach Marty Knight. Dan was a fifteen-time MIAC champion which included six MIAC records. He also held school records in six different events. At the NAA National Championship Meets, he was in the top four in both butterfly events and was a four time All-American. Throughout his college years Dan had his first coaching jobs, first with the Lakeville Swim Club and then the St. Paul Swim Club.

After graduating from Hamline in 1976, he took a position with Lakeville Schools as a physical education teacher and head girls and assistant boys swimming coach. Two years later he became head boys coach as well. He was the head coach for both until 1990. At that time, he gave up the girls position and went back to school to get his masters degree. 4 years later he came back and became the girls assistant to Head Coach Rick Ringeisen. He remained head boys coach throughout his career. When Lakeville South opened in 2005 Dan stayed at Lakeville North as head coach for both boys and girls.

After 40 years the record shows his boys teams won state championships in 1982 and in 2006, which was an undefeated season. They were second in 2005 and have been third 6 times. They were also the 2005 and 2006 True Team State Champions. They had a 334-108-2 dual meet record; twenty-three top ten state meet finishes, which included fourteen in the top five; twelve conference titles; fifteen section titles; 108 All-State swimmers; fifty individual state champions, with at least one winner in every event; fifty-one swimming and diving All-Americans and numerous Academic All-Americans.

Dan's girl's teams have won six conference championships and fourteen section championships. They have also consistently placed in the top ten at the state meet with 8 top ten finishes.

He has been the Boys State High School Coach of the Year four times and Section Coach of the Year eighteen times. He is a member of the Harding High School Wall of Stars, the Hamline Athletic Hall of Fame, the Minnesota Swimming Hall of Fame and was inducted into the Lakeville High School Hall of Fame in 2012.

Dan has also given back to the sport of swimming. As a

member of the Minnesota Swimming Coaches Association he has been Treasurer, Vice President and served two terms as President. Later he became the first Executive Secretary for MSCA. During his years in office the two-class system for high school swimming was implemented, and he was heavily involved in that change. Nationally, he is a long time member of NISCA (National Interscholastic Swim Coaches Association).

Dan and his wife Ginger have been married for 41 years. They have two daughters, Katey and Brooke, and 2 grandchildren, Alexa and Lennon, that they are so happy to have in their lives.



BUD S. BJORNARAA (Apple Valley / Pequot Lakes)

Bud S. Bjornaraa, CSCS,*D; NSCA-CPT,*D is a retired high school teacher and coach after completing 41 years as a professional educator and coach. He served as an instructor of a careers program "Carpentry and Construction as a Career"

in ISD #196 from 2005-2007. He was a volunteer coach in track and field at Pequot Lakes High School from 2013-present. As of 2017, it marks his 56th year of coaching. Bud has undergraduate degrees in Physical Education and Industrial Technology from the University of North Dakota [1961]. Post-Graduate studies at University of St. Thomas, UW-LaCrosse, UW-Stout, Minnesota State-Mankato, and U of M. The last 23 years having been spent at Apple Valley High School where he served as a physical education instructor, sports medicine advisor, head strength and conditioning coordinator, assistant football coach, and head track and field coach. While at Apple Valley High School his track and field teams never finished lower than second place in the conference and were champions seventeen consecutive years. Five consecutive state team championships were won from 1988-1992. MSHSL State Titles in 1986 and 1991. The 1991 team was considered by track and field historians to be the best team in Minnesota history. His career track and field coaching record is 362-70 [.838]. He is currently volunteering as a coach in track and field and strength and conditioning consultant at Pequot Lakes High School. The Pequot Lakes boys and girls teams both finished in second place at the 2017 MSHSL State Meet. Bud was born on August 23, 1938, and grew up in the Oklee, MN community. He married to Lauria (Lollie) Malm in 1960, has three daughters, Jackie, Jaynie, and Jill. Five grandchildren and three great-grandchildren.

Served as Program Director of the StrengthCon Sports Training Academy [2002-2005] in the Minneapolis, MN area, which was co-owned with daughter Jill M. Bjornaraa-Rose

Some other accomplishments have been: Minnesota Track and Field Coach of the Year in 1986, National Coach of the Year Nominee in 1990, Minnesota Assistant Football Coach of the Year-1994, Minnesota Track and Field Hall of Fame-2000, Apple Valley High School Hall of Fame-1999, first Strength and Conditioning Coach for the Minnesota Vikings Professional Football Team-1984, former Associate Editor of the National

F FAME

Strength and Conditioning [NSCA] Journal, District 196 Teacher of the Year for 1997-98, Apple Valley Teacher of the Year Recognition Award for 1997-98, Minnesota State Strength and Conditioning Professional of the Year in 1999, National Strength and Conditioning Professional of the Year-High School Affiliated for 1999, Minnesota NSCA State Director 1994-2003, awarded the 1999 -2000 Lake Conference Distinguished Service to Lake Conference Students and Programs. University of North Dakota "Athletics Hall of Fame" [member of the 1958 Football Team that was inducted in October, 2004. Minnesota NSCA Strength and Conditioning Hall of Fame, inducted in January, 2008. Minnesota Section 6 Track and Field Volunteer Coach of the Year (2017). Served as a guest member on the NSCA-CPT Exam Development Committee, 2009.

Bud authored a book "Weight Training Systematized" in 1975. In 2001, authored and published a comprehensive strength and conditioning book titled "Systematic Applications of Strength Training and Conditioning". The 2001 edition has the entire text on CD, as well as tests and answers files on CD for all the book's sections.



BRUCE KUGATH (Shakopee)

Bruce Kugath attended Waseca High School and Mankato State University.

Kugath became the head boys' basketball coach at Shakopee in 1993 and will be entering his 25th season at the helm, and 40th season with the program, when the 2017-18 season begins.

His coaching career began in Plum City, Wis., where he was the head coach in basketball and baseball from 1968-72. Kugath moved to Shakopee in 1974 and spent 15 years as an assistant coach in basketball and head baseball coach. During his time as head baseball coach, his teams won 4 conference championships and 2 section championships. He assumed the leadership reins of the Shakopee Basketball program in 1993 after being the Head Girls' Basketball coach at Minneapolis Edison (1 year) and Minneapolis Roosevelt (4 years).

During his tenure at Shakopee, Kugath has guided his hoops squads to seven conference titles and 8 section championships. Kugath's 2005 squad culminated its season by winning the Class AAA state championship.

Kugath is a ten-time honoree as section coach of the year and was selected AAA State Coach of the Year in 2005 and AAAA Coach of the Year in 2014. He is a member of The Minnesota Basketball Coaches Hall of Fame and The Shakopee High School Hall of Fame. Kugath is also a member of the 500-win club. In addition to his basketball coaching duties, he also coached baseball, football, and cross country. Kugath serves the MBCA as its awards chairman and as a member of the MBCA Executive Board. He is retired from teaching.

He has been married to his wife, LeAnn for 53 years. They have two daughters, Karee Tureson (Kurt) and Lisa Deegan (John) and 4 grand children, Annika, Linnea, McKenna and Jack.



LINDA GUST (St. Louis Park)

Linda was introduced to synchronized swimming by a relative when she was in junior high and was hooked. She competed as a synchronized swimmer at St. Louis Park High School, coached by her mentor, Sally Callahan, at a time before there were interscholastic sports for girls and before the Minnesota State High School League sponsored synchronized swimming. They competed through AAU and MDGWS (Minnesota Division of Girls and Women's Sports.)

When Linda graduated from HS, she knew that she wanted to coach. While still in college, Linda was able to start coaching at Westwood Jr. High in St. Louis Park in 1974. While at St. Louis Park she coached State Championship Teams in 1998, 2004, 2005 and 2006. She coached 22 consecutive Central Section Championship Teams from 1995 (the first year of sections) to 2017.

Linda's philosophy has always been that athletics is about more than the win-loss record. Teaching and providing opportunities to practice life skills is an integral part of their practice and meet plan. She loved working with the swimmers and teaching life lessons along with her passion for synchronized swimming.

All five of Linda's current assistant coaches are her former swimmers. Former swimmers of Linda are also currently coaching at 4 other HS teams. Many of her former swimmers, over the years, have gone on to become officials and coaches.

During her time as a head coach, she feels fortunate to have had remarkable and talented assistant coaches, and if she would not have had them, she could not have coached for this long.

Linda shared that she was thrilled to be named the Synchronized Swimming Coach of the Year in 2017, along with her daughter, Jessica Gust, who was named the Assistant Coach of the Year.

Jessica is a biology teacher, head strength and conditioning coach, and assistant synchronized swimming coach at St. Louis Park HS.

Over the year, Linda shared that she feel blessed to have the opportunity to coach girls swimming at both the HS and Junior High levels.

It is an honor to work with the MN State HS League starting in 1994 as a rules interpretation clinician and now as the state coordinator for synchronized swimming.

Linda was inducted into the MN High School Synchronized Swimming Coaches Association Hall of Fame in 2016.

She would like to say a special thanks to my husband, Erik Nielsen, for his understanding and support over these last 24 years.

Hall of Fame ... continued on page 22

After the Game Bring Your Team to 

HALL OF FAME . . . continued from page 23



RICK RINGEISEN **(Lakeville – Lakeville South)**

Rick graduated from Lakeville High School in 1974, where he played football, swimming, baseball, and track. Rick attended Winona State University where he swam. In 1979, Rick graduated with a BS degree in Social Studies. After graduation from Winona State University in 1979, Rick returned to his home town of Lakeville to teach Social Studies and coach. Today Rick is best known by the town folks as Ringer or Coach Ring. This year marks Rick's thirty-ninth year of teaching and coaching in Lakeville. Remarkably, Rick has continued to coach all three high school sports seasons for his entire career. At the conclusion of this school year will have coached 117 consecutive high school seasons! Rick has coached football, girls' swimming & diving, boys' swimming & diving and track. Rick is regarded as an excellent teacher and coach, who truly exemplifies the model of being a servant leader. He has dedicated his time above and beyond the classroom and the field of athletics in many ways throughout his career.

Rick has served in many coaching leadership roles including the Minnesota Swim Coaches Association as president, vice president, executive secretary (11 years), and as a section rep (23 years). Rick also serves as the Swimming & Diving True Team Chairman (16 years) and was the driving force behind the creation of the Swimming & Diving True Team. Rick continues to serve as a member of the MSHSL Swimming & Diving Advisory Committee (15 years). Rick was a MSHSCA presidential candidate, and he has served as the Class AA Finance Rep for the past eight years on the MSHSCA Executive Committee. In 2015, Rick received the MSHSCA George Haun Distinguished Service Award. In addition, Rick has presented eleven times at the MSHSCA Swimming & Diving Clinics and Track Clinics during his career.

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

Rick credits the hard work of his athletes and the support of the Lakeville community to the success of the programs he

coaches. His teams have won 42 conference championships (17 in swimming & 25 in track), 63 section championships (29 in swimming & 34 in track), 14 state true team championships (2 in swimming & 12 in track), 7 State MSHSL championships (2 in swimming & 5 in track), 84 individual event & relay state champions (50 in swimming & 34 in track; 10 of which in track were the throwing events that Rick coaches). Rick has been named State Coach of the Year twice in swimming, State Assistant Coach of the year twice in track, and Section Coach of the Year 18 times. Rick has been inducted into both the Minnesota Swimming Hall of Fame and the Lakeville Panther Hall of Fame.

Rick and his wife Joyce, who is a nurse at Fairview Southdale Hospital, make their home in Lakeville. They have two children Alex and Rachel. Alex, 30, is a medical doctor and currently completing a fellowship as an eye surgeon at VRS (Vitreous Retinal Surgery), in Minneapolis. Alex, like his father, is married to his high school sweetheart who coincidentally is a nurse like his mother. Rachel, 28, is a doctor of physical therapy and is employed by the Park Nicollet Clinic in Burnsville. Rachel also married her high school sweetheart and they are expecting their first child in September.

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



GEORGE HAUN AWARDS



GERALD KEENAN (St. Paul Public Schools)

I have been blessed - I have been a teacher, coach and athletic director for the St Paul Public Schools for 57 years - 1960 to now - 2017. I coached basketball and baseball at Mechanic Arts from 1960 to 1975 and when it closed I moved to Harding in 1975 and coached basketball

and tennis. I became the athletic director in 1996.

As a kid - I grew up on the Hamline campus in the 40's and early '50's - the time when Hamline had great basketball teams and players. They won three national championships and as neighborhood kids we were allowed to watch games and practices. We were weaned on basketball and many of us went on to play - and many became high school coaches.

At Mechanic Arts I had many fine players and teams - the highlight was probably losing to Chisholm in the state championship game in 1975. At Harding I also had many very good basketball players and teams. In 1991, I coached the metro all star team and got revenge by defeating the out state all stars in the second game coached by Bob McDonald.

I have been a delegate to the MSHCA for many years representing section 4AA. I also received the Steve Kerzie award in 2007. I have served on many Minnesota State High School League committees and advisory groups - representing Harding and also the St. Paul public schools. I was very active with the state basketball coaches for many years. I have received several honors over the years - most earned by the kids I coached!

To be doing the coaching and ADing for 57 years and being married - the wife must be a saint - my wife Kay qualifies. We have three great children - Suzanne, Dean, and Kristin with five perfect grandchildren.

I have never added up all the practices, games, kids I coached, parents that I worked with, etc, etc, it adds up to a fun - rewarding career - life!



RON KRUSCHWITZ

Ron's path to coaching started after he graduated in 1964 from then Sioux Falls College. He and a friend were asked to coach a team of all the cuts from B teams in the Y league. As things go, the team ended up the B team champion and Ron was hooked on coaching.

He completed his master's Degree in 1967 from South Dakota State University. At the end of the 2016-17 school year he had taught, coached and worked in North Saint Paul-Maplewood-Oakdale for 50 years.

A move in 1967 to school district 622 and John Glenn Junior High opened up the door to what was to come in athletics. Here Ron met Roy Ward who was to become his mentor and role model. Starting with 9th grade football stats and helping with 9th grade basketball was only the beginning. In the next two years he was the co-coach of the 7th grade football team. That continued until 1975 when he was asked to start a soccer program. That ended in 1980 when he started the first girls' soccer team at Glenn. Later he was instrumental in getting girls softball started.

In 1984 cuts were made at the junior high level and Ron moved to the high school as an assistant coach. One year later he was appointed to the head boys' soccer coach and head girls track coach. He continued in those roles until he retired in 2002. His 1990 team played in the state soccer tournament and lost in the semi-finals. He was honored as the Suburban Soccer Coach of the year. Kruschwitz was inducted in the Minnesota State High School Soccer Coaches Hall of Fame in 1998.

Starting in 1984, Ron got involved coaching middle school basketball for both boys' and girls' during the winter. A highlight of his coaching career, was having his son Brad as an assistant in both soccer and track at North High. Those roles were reversed in basketball at Glenn where Ron became the assistant.

Ron and his wife have been given two outstanding awards from the University of Sioux Falls. They were both awarded the Dr. O.A. Larson distinguished Alumni Award in 1995 and in 1996 they both were given the Education Honor Role Award and the Education Hall of Fame. In addition, during his time at Glenn he was selected Teacher of the Year for District 622 two times and became one of the three finalists in 1980. The WCCO Radio Good Neighbor Award was given to him in September of 1980.

During his tenure at Glenn, he was advisor to the student

... continued on page 24

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

GEORGE HAUN ... continued from page 25

newspaper, the Capsule and served as Student Council Advisor. He was the long time Social Studies Chair and served on many curriculum committees. During a period of time he also served the state on teams that visited school districts for curriculum revision. His Geography Club won two National Geography Olympiad Championships in 1997-98. In addition, for 9 straight years, one of his students qualified for the National Geographic Geography Bee.

His involvement with the MSHSSCA is a great way of paying back to those who gave him so much. He has written a column, Corner Kicks, for the Prep Coach for 18 years. He is the coordinator for the MSHSSCA Senior Classic and has been since 2002. In addition, he is a clinic site host, and a member of the Membership Committee. Ron helps with Tartan soccer the first week and has become the voice in the booth for both soccer teams and lacrosse teams Tartan.

Ron has been the official scorer for boys and girls basketball games at North for 29 years and since 2002 has been an official scorer in both boys and girls state tournaments. When he retired, he wanted to help with track and became a clerk of course.

Coach K as he is called, continues to coach middle school girls' soccer at Skyview Middle School, girls and boys basketball at Glenn and works two days a week with the Glenn track program. In addition, he clerks all of the 622 middle school track meets, conference, and region and is one of the clerks at the State Track Meet.

Ron has moved to other areas to share his love of coaching and kids. He just completed his 13th trip to Zolotonosha Ukraine on a sports team and is the leader of the soccer portion of the camp. He works mentoring young Ukrainian soccer coaches in all aspects of the sports during his week in Ukraine.

He has been married to Peggy for 54 years. They met when they were 7th graders. The K's have three children. Michelle (Duncan) Tilton, Brad (Kris) Kruschwitz and Jennifer (Ricardo) Jones. The four grandchildren are Bryce, Rylee,

Andrew and Alex. And as you would expect, all are in athletics and academics.

There are two people that deserve special thanks from Ron getting this award. The first is his wife Peggy. Her time spent at games, sitting in the press box, proofreading programs and articles. This best friend is by far the most important in his accomplishments. There is no better best friend in the whole world than her. Thanks Peg. The second is Roy Ward. Roy taught Ron that if you are going to do something, do it the best you can. He gave Ron the opportunity to expand his horizons and for that his is ever grateful.

To his mom and dad, "thanks for what you instilled in me. As both of you always said: "It is better to serve than to be served."

Four other people Ron needs to thank, Lee Alger (Tartan AD retired), Jed Helwig (North High AD) and Bryan Munter (Tartan AD) for support and trust in keeping me around. The AD at John Glenn, Denver Moller, has been a real friend and has kept Ron busy being involved in athletics.

As he works with young coaches, Ron tries to instill the same values and coaching skills that he has learned over the past 50 years. He can only hope that he can give them the same passion and ability to work and understand kids that Roy Ward give me in 1967.

Ron said "I believe that I was given an opportunity that most non-high school athletes are ever given. I have always believed that in sports, the individual and their family are number one, education is number two and the sport and winning are number three. As many athletes from the past return and talk about the positive things that happened to them during a team sport, it reminds me of what an impact coaches have on kids. As always when August rolls around, he says, I get the excited feeling, ready to start over and enjoy the best job in the whole world. That job is working and being with kids. I have been blessed. Thanks to all who have made this day possible."

MSHSCA 2017 MEETING DATES

President's Meeting September 9, 2017

PREP COACH DEADLINES TO SUBMIT

Sept. 1 | Dec. 1 | Mar. 1 | May 15

COACHES OF THE YEAR TO BE HONORED AT HALL OF FAME BANQUET

Part of the awards ceremony that will take place at the MSHSCA Hall of Fame Banquet will include recognition and a plaque presentation to the 2016-17 Coaches of the Year. The program takes place on October 14th at the Minneapolis Sheraton West. People wishing to share the evening with the award recipients may find information on how to obtain tickets, room reservations, times, etc can be found in a separate location in this issue of The MN Prep Coach.

If a sport association's COTY does not appear it is due to the fact that the names have not been submitted to the office of the Executive Director. If a particular class in a sport does not include a listing it is because the coach was not a member of the MSHSCA.

Coaches of the Year 2016-2017

GIRLS TENNIS

Class A	Roseau	Jeff Swanson
Class AA	Mahtomedi	Kathy Alex

GIRLS SOCCER

Class A	Minnehaha Academy	Mark Anderson
Class AA	St. Michael Albertville	Megan Johnson

BOYS SOCCER

Class A	Bemidji	Rick Toward
Class AA	St. Cloud Tech	Nantha Viswanathan

GIRLS CROSS COUNTRY

Class A	Fairmont	Bob Bonk
Class AA	Willmar	Jerry Popp

BOYS CROSS COUNTRY

Class A	La Crescent	Mark Abraham
Class AA	Maple Grove	Matt Gifford

GIRLS SWIMMING

Class A	Visitation	Nate Linscheid
Class A	Faribault	Ken Hubert
Class AA	Minneapolis Southwest	Chris Aarseth

VOLLEYBALL

Class A	Mayer Lutheran	Joelle Grimsley
Class AA	Maple Lake	Marty Kiebel
Class AAA	Champlin Park	John Yunker

BOYS TRACK (2016)

Class A	Ely	Will Helms
Class AA	Blaine	Rob Nick

GIRLS TRACK (2016)

Class A	Belle Plaine	Rich Foust
Class AA	Alexandria	Meghan Orgeman Crumb

GIRLS BASKETBALL

Class A	Cromwell-Wright	Jeff Gronner
Class AA	Roseau	Kelsey Didrikson
Class AAA	Alexandria	Wendy Kohler
Class AAAA	Elk River	Jeremy Digiovanni

BOYS BASKETBALL

Class A	Goodhue	Matt Halverson
Class AA	Crosby Ironton	David Galovich
Class AAA	DeLaSalle	Dave Thorson
Class AAAA	Wayzata	Bryan Schnettler

FOOTBALL	Totino Grace	Jeff Ferguson
----------	--------------	---------------

GYMNASTICS

Class A	Maple Lake	Kaitlyn Helmbrecht
Class AA	Eagan	Shelly Eklund

BOYS HOCKEY

Class A	St. Paul Johnson	Steve "Moose" Younghans
Class AA	Cloquet	Dave Esse

BOYS SWIMMING

Class A	Breck/Blake	Kris Rosenberg
Class AA	Minnetonka	Dan Berve

NORDIC SKIING	St. Paul Highland Park	Brad Moening
---------------	------------------------	--------------

BOYS LACROSSE	Eagan	Bob Felter
---------------	-------	------------

BOYS TENNIS

Class A	Litchfield	John Carlson
Class AA	Minnetonka	Dave Stearns

SOFTBALL

Class A	New York Mills	Bryan Dunrud
Class AA	Zumbrota-Mazeppa	Kevin Nelson
Class AAA	Winona	Scott Halverson
Class AAAA	Farmington	Paul Harrington

GIRLS LACROSSE	Shakopee	Tara Schneider
----------------	----------	----------------

GIRLS GOLF

Class A	BOLD	Dave Altmann
Class AA	Detroit Lakes	Kris Smith
	Lake City	Steve Randgaard
Class AAA	Red Wing	Mark Herzog

BOYS GOLF

Class A	Mahnomen-Waubun	Steve McMullen
Class AA	Holy Family Catholic	Rob Nelson
Class AAA	Wayzata	Allan Christopherson

BASEBALL

Class A	Parkers Prairie	Derek Denny
Class AA	Belle Plaine	Pat Schultz
Class AAA	Waconia	Mark Grundhofer
Class AAAA	Eden Prairie	John Buteyn

ADAPTED ATHLETICS	St Cloud Tech	Brett Bakken
-------------------	---------------	--------------

ASSISTANT COACHES OF THE YEAR TO BE HONORED AT OCTOBER 8TH BANQUET

Assistant coaches are essential for good program in any sport. As a result, the MSHSCA has opted to reward the services of assistant coaches with an award presentation as part of the awards program at the MSHSCA's Annual Hall of Fame Banquet. The program is set for October 8th at the Minneapolis Sheraton West. People wishing to share the evening with the recipients may find information located in another are of this issue dealing with obtaining tickets, room reservations, times, etc.

If a program is not included in the list that follows it is due to the fact that information was not submitted or a coach is not a member of the MSHSCA.

Assistant Coach of the Year 2016-2017

GIRLS TENNIS

Class A	Pine City	Kristin Unverzagt
Class AA	East Ridge	Suzie Heideman

GIRLS SOCCER

Class A	Orono	Pat Prindle
Class AA	Eastvsiew	Mary Dye

BOYS SOCCER

Class A	St. Croix Lutheran	Ben Schacht
Class AA	Woodbury	Tony Price

TRACK AND FIELD (2016)

Class A	Luverne	Peter Janiszkeski
Class AA	Hutchinson	Lowell Himle

GIRLS BASKETBALL

Class A	Cromwell-Wright	Dave Foster
Class AA	Roseau	Isaac Erickson
Class AAA	Alexandria	Julie Wrobel
Class AAAA	Moorhead	Andy Parochka

BOYS BASKETBALL

Irondale	Joel Andrychowicz
Forest Lake	Kevin Keto
Melrose	Shawn Mayers
Richfield	Matt Mallenbach
Minneapolis North	Trent Witz

FOOTBALL	Spring Lake Park	Will Wackman
----------	------------------	--------------

GYMNASTICS

Class A	Willmar	Nicholas Clasemann
Class AA	New Prague	Mark Morpheu

BOYS HOCKEY

Class A	East Grand Forks	Scott Oliver
Class AA	Centennial	Scott Kranz

VOLLEYBALL

Class A	Caledonia	Dan Reinhart
Class AA	Kenyon-Wanamingo	Tracy Erlandson
Class AAA	Moorhead	Amy Bjerke

G/B SWIMMING

Faribault	Charlie Fuller
Minneapolis SW	Bill Center

NORDIC SKIING	Brainerd	Clint Baker
---------------	----------	-------------

BOYS LACROSSE	Orono	Len Riley
---------------	-------	-----------

BOYS TENNIS

Class A	Perham	Dave Cresap
Class AA	Bloomington Jefferson	Lynn Larson

BASEBALL	Forest Lake	Kale Henry
	Woodbury	Ben Johnson

ADAPTED ATHLETICS

GIRLS LACROSSE	Prior Lake	Heather Pierson
----------------	------------	-----------------

CROSS COUNTRY

Class A	Howard Lake Waverly	Ashley Roemer
Class AA	Willmar	Dave Rude

COACHES HALL OF FAME BANQUET INFORMATION

While working on the 2017 Hall of Fame Banquet, I can not help but marvel at the love, time and yes, even their own money that all of the coaches have put in to our Minnesota student-athletes. Each and every coach deserves the honors that are bestowed upon them. I would like to mention and congratulate the 2017 Hall of Fame inductees: Bruce Kugath, Bud Bjornaraa, Linda Gust, Rick Ringeisen, and Dan Schneider. I am excited to

honor this group to honor this group of great people and hope that you, as coaches, will attend to support your profession. We need to give one another a hearty congratulations on a "job" well done. The banquet will be held on Oct. 14, 2017, at the Minneapolis Sheraton Ridgedale, which is located at 12201 Ridgedale Drive in Minnetonka, MN 55305. The phone number, if you wish to make room reservations, is (952) 593-

0000. Registration and social is from 4:30 to 5:30. Doors open to dining room at 5:30PM, with the meal to be served at 6:15 PM. The program will begin at 7:10. Tickets may be obtained by contacting Jim Baker at jbad54@yahoo.com or (651) 357-2937 (cell) or (651) 306- 0328 (home). Price of the tickets are \$35.00

Jim Baker

2016-17 CHAMPIONSHIP COACHES TO RECEIVE AWARD AT HALL OF FAME BANQUET

Part of the Annual Hall of Fame Awards Banquet that will be held on October 14th at the Minneapolis Sheraton West will be a presentation to all of the championship coaches from the 2016-17 school year. If a championship coach does not appear in the accompanying list it is due to the fact that the coach was not a member of the MSHSCA.

2016-2017 Championship Coaches to receive award at Hall of Fame Banquet.

GIRLS TRUE TEAM SWIMMING

Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

GIRLS TENNIS

Class A	Blake	Marc Stingley
Class AA	Mahtomedi	Justen Seim

GIRLS SOCCER

Class A	Benilde St. Margaret's	Scott Hellin-Christy
Class AA	Centennial	Ginger Flohaug

BOYS SOCCER

Class A	St. Thomas Academy	Noel Quinn
Class AA	Stillwater	Jake Smothers

GIRLS CROSS COUNTRY

Class A	Fairmont	Bob Bonk
Class AA	Edina	Jamie Kirkpatrick

BOYS CROSS COUNTRY

Class A	Mora	Chris Goebel
Class AA	Wayzata	Mark Popp

VOLLEYBALL

Class A	Mayer Lutheran	Joelle Grimsley
Class AA	Maple Lake	Marty Kiebel
Class AAA	Eagan	Kathy Gillen

GIRLS SWIMMING MSHSL

Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

ADAPTED SOCCER

PI	Anoka Hennipin	Suzanne Opat
CI	Park Center	Kelli Waalk

FOOTBALL

9 Man	Grand Meadow	Gary Sloan
1A	Minneapolis North	Charles Adams
2A	Caledonia	Carl Fruechte
3A	Rochester Lourdes	Mike Kesler
4A	Benilde St. Margaret's	Jon Hanks Patrick Krieger

5A	Elk River	Steve Hamilton
6A	Totino Grace	Jeff Ferguson

ALPINE SKIING

Girls	Chisago Lakes	Richard Cartier
Boys	Minnetonka	Dave Gartner

NORDIC SKIING

Girls	Ely	Paula Anderson
Boys	Minneapolis SW	Drew Holbrook

GYMNASTICS

Class A True Team	Detroit Lakes	Steve Zamzo
Class A MSHSL	Detroit Lakes	Steve Zamzo
Class AA MSHSL	Lakeville North	Teri Homan

GIRLS HOCKEY

Class A	Blake	Shawn Reid
Class AA	Edina	Sami Reber

WRESTLING

Class A	Kassom-Mantorville	Jamie Heidt
Class AA	Zumbrota Mazeppa	Link Steffen
Class AAA	Apple Valley	Dalen Wasmund

BOYS SWIMMING MSHSL

Class A	Breck/Blake	Kris Rosenberg
Class AA	Minnetonka	Dan Berve

BOYS SWIMMING TRUE TEAM

Class A	St. Thomas Academy	John Barnes
Class AA	Minnetonka	Dan Berve

GIRLS BASKETBALL

Class A	Goodhue	Josh Wieme
Class AA	Roseau	Kelsey Didrikson
Class AAA	Orono	Lavesa Glover
Class AAAA	Elk River	Jeremy Digiovanni

BOYS HOCKEY

Class A	Hermantown	Bruce Plante
Class AA	Grand Rapids	Trent Klatt

ADAPTED FLOOR HOCKEY

PI	Brainered - Pillager	Todd Person
CI	North Suburban	Deb Kline

BOYS BASKETBALL

Class A	Minneapolis North	Larry McKenzie
Class AA	Minnehaha Academy	Lance Johnson
Class AAA	DeLasalle	Dave Thorson
Class AAAA	Apple Valley	Zach Goring

ADAPTED BOWLING

PI	St. Paul Humboldt	Alice Rhiunes
CI	Tartan	Pam Brandt

... continued on page 28

After the Game Bring Your Team to 

GIRLS TRACK TRUE TEAM

Class A	Osakis	Lee VanNyhuis
Class AA	ROCORI	Jim Meyer Brad Bauer
Class AAA	Minnetonka	John Stephan

BOYS TRACK TRUE TEAM

Class A	Holdingsford	Kelly Kobernusz
Class AA	Willmar	Jerry Popp
Class AAA	Wayzata	Aaron Berndt

ADAPTED ATHLETICS SOFTBALL

PI	Robinsdale	Marcus Onsum
CI	St. Cloud	Michael Bakken

BOYS TENNIS

Class A	Blake	Ted Warner
Class AA	Minnetonka	Dave Stearns

SOFTBALL

Class A	New York Mills	Bryan Dunrud
Class AA	Zumbrota Mazeppa	Kevin Nelson
Class AAA	Winona	Scott Halverson
Class AAAA	Farmington	Paul Harrington

GIRLS TRACK AND FIELD

Class A	Minneapolis Edison	Ernest Sutton
Class AA	St. Michael Albertville	Jason Massmann

BOYS TRACK AND FIELD

Class A	Plainview-Wlgin-Millville	Michale Andring
Class AA	East Ridge	Shannon Rainey

GIRLS GOLF

Class A	BOLD	Dave Altmann
Class AA	Detroit Lakes	Kris Smith
Class AAA	Edina	Phil Ebner

BOYS GOLF

Class A	Mahnomen/Waubun	Steve McMullen
Class AA	Blake	Marshall Hoiness
Class AAA	Wayzata	Allan Christopherson

BASEBALL

Class A	Parkers Prairie	Derek Denny
Class AA	Minnehaha Academy	Scott Glenn
Class AAA	Waconia	Mark Grundhofer
Class AAAA	Eden Prairie	John Buteyn

GIRLS LACROSSE	Eden Prairie	Beth Patterson
		Judy Baxter

BOYS LACROSSE	Eagan	Bob Felter
---------------	-------	------------

25 Years of Membership

Anderson, Michelle	Spring Grove
Boyer, Richard	La Crescent
Clyne, Randy	New Ulm Cathedral
Cotter, Joe	Lakeville South
Critchley, Tom	DGF
Cross, Michael	Elk River
Elhard, Dan	Grand Rapids
Hansen Kevin	Canby
Foster, Perry	Edina
Heiderscheit, Terry	Rochester JM
Johnson, Lance	Minnehaha Academy
Kramer, Kathleen	Highland Park
Kreft, Kari	West Central Area
Krusemark, Don	Mankato West
Kucera, David	Hutchinson
Martig, Gregg	
Owen, Timothy	Austin
Panzer, Kevin	Prior Lake
Partugue, Jeff	St. Peter
Polzine, Robert	Henning
Rader, Jim	Fraze
Ropponen, Matthew	Grand Rapids
Sadler, Terry	Warroad
Schleper, Tom	Shakopee
Schnathorst, Vern	Detroit Lakes
Schoenfelder, Roger	Blue Earth
Scoblic, Joe	Lester Prairie
Shurb, John	LacQuiParle Valley
Strand Curtis	Stewart
Swanberg, Dave	LeSueur-Henderson
Taylor, Rodger	Martin Co. West
Taylor, Steve	St. Cloud Tech
Teigen, Martin	Eden Prairie
Thiel, Darla	Wheaton
Thielges, Randy	Royalton
Tollefson, Mark	Eastview
Tschimperle, Scott	Glencoe-Silver Lake
Weber, Rob	Lester Prairie
Weinberg Dick	MFCA
Westeich, Byron	Kimball
Wrobel, Julie	Alexandria

MARK LOAHR TO RECEIVE THE STEVE KERZIE SERVICE AWARD

Steve Kerzie was a long time delegate to the MSHSCA from Gilbert. He rarely missed a meeting regardless of the weather and his reports were often the highlight of the meetings.

The award in Kerzie's honor will be presented at this year's Annual Hall of Fame and Awards Banquet to be held at the Sheraton West Minneapolis on Saturday October 14. This year's recipient is Mark Loahr. Mark is a long time delegate

and has served his constituency in a very dedicated and professional manner.

Mark has been the hockey coach at Totino Grace High School for many years until his retirement at the end of the season last year. We encourage friends family and former players of Mark to attend the banquet and help Mark celebrate this very well deserved award.



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 provide general liability coverage to the Minnesota State High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2017 – August 1, 2018

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
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP INSURANCE

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

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, you must purchase coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, you must purchase the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, you DO NOT have to purchase the Participant/Accident (Medical) coverage.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com
 (P) 800-566-6479 | (F) 518-792-3426

Greg Joly
 Lori George
 Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

SPRING TEAM ACADEMIC RESULTS

The Subway restaurants of Minnesota and the MSHSCA are pleased to sponsor the Team Academic Program for Minnesota Prep Sports.

The following are the sports that submitted results to be used in this issue of The MN Prep Coach.

SYNCHRONIZED

SWIMMING

Gold
Blake
Eden Prairie
Edina
Richfield
Wayzata

Silver
Bloomington
Columbia Heights
Forest Lake
Hopkins
Osseo/Maple Grove
Prior Lake
St. Louis Park
Stillwater

TRACK AND FIELD

Boys Gold
Academy of Holy
Angels
Alexandria
Andover
Annandale
Becker
Belle Plaine
Bemidji
Big Lake
Blue Earth
Brainerd
Buffalo
Byron
Concordia academy
Cretin Derham hall
Dassel Cokato
Dilworth Glyndon
Felton
Eastview
Eden Valley Watkins
Kimball
Edina
Esko
Fairmont
Faribault
Holy Family
Hutchinson
LaCrescent
Lake Crystal Welcome

Memorial Nicolet
Mankato East
Mankato Loyaola/
Cleveland
Maple Lake
Milaca
Monticello
Moose lake-Willow
River
New Prague
Osakis
Owatonna
Pequot lakes
Pine Island
Plainview Elgin
Millville
Rocori
Sartell
Sauk Rapids Rice
Tri City united
Two harbors
Willmar
Zumbrota Mazeppa

Boys Silver
Ada-Borup/ Norman county
west
Bagley/Fosston Co-op
Hayfield
Hillcrest Lutheran
Academy
Lesueur Henderson
Minnesota Valley
Lutheran
Montevideo
Mora
Northwest nighthawks
Park Cottage Grove
Pine City
Rushford-Peterson-
Houston
Scaeffter academy
Stephen - Argyle Central
& Warren-Alvarado-
Oslo

Girls Gold
Academy of Holy
Angels
Alexandria
Andover
Annandale
Bagley/Fosston Co-op
Barnesville
Becker
Belle Plaine
Bemidji
Blue Earth
Brainerd
Buffalo

Byron
Cambridge Isanti
Cannon Falls
Concordia Academy
Coon Rapids
Cretin Derham hall
Crookston
Dassel Cokato
Detroit lakes
Dilworth Glyndon
Felton
Eagan
East Grand Forks
Eden Valley Watkins
Kimball
Edina
Elk River
Eveleth-Gilbert
Fairmont
Farmington
Foley
Forest Lake
Hayfield
Holy Family
Hutchinson
International falls
LaCrescent
Lake Crystal Welcome
Memorial Nicolet
Litchfield
Mankato Loyaola/
Cleveland
Mankato West
Maple Lake
Milaca
Minnesota Valley
Lutheran
Minnetonka
Montevideo
Mora
Osakis
Owatonna
Park Cottage Grove
Pequot lakes
Pillager
Pine City
Plainview Elgin
Millville
Prior Lake
Richfield
Rochester Century
Roseville
Rush City
Rushford-Peterson-
Houston
Sartell
Sauk rapids Rice
Scaeffter academy
South St Paul
St Croix Lutheran

St Peter
Stephen - Argyle central &
Warren-Alvarado-Oslo
Two Harbors
Vistitation
Wayzata
Willmar
Zumbrota Mazeppa
Pine Island

Girls Silver
Ada-Borup/ Norman county
west
Lesueur Henderson
Martin County West
Moose lake-Willow
River
Northhome-kelliher-
blackduck
Northwest Nighthawks

BOYS TENNIS

Gold A
Foley High School
Pine City
Mora
Academy of Holy
Angels
Cotter Schools
Lincoln High School
Fairmont Jr./Sr. High
School
St. James Area
Schaeffer Academy
Saint Peter
Aitkin

Gold AA
Buffalo
Saint Thomas Academy
Duluth East
Eden Prairie
Big Lake
Mankato West
Minneapolis Washburn
Irondale High School
Faribault High School
Cambridge-Isanti
Eastview
Bemidji High School
Northfield High School
Woodbury
Stillwater Area High
School
Willmar HS
Park HS
Rochester John
Marshall
St. Cloud Tech
Cretin-Derham Hall

Bloomington Jefferson HS	New Ulm	St. Cloud Apollo	Crookston High School
Mounds View High School	BASEBALL	Kasson-Mantorville	Delano High School
Brainerd High School	Gold A	Byron High School	DeLaSalle
East Ridge	Adrian High School	North Branch Area High School	Detroit Lakes
Century High School	Wabasso High School	Willmar Senior High School	Duluth Denfeld High School
Silver A	Minnesota Valley Lutheran High School	Albany	East Grand Forks Senior High School
Crookston	Lac Qui Parle	Mankato East HS	Eden Valley Watkins
Holy Family Catholic	Kerkhoven-Murdock-Sunburg	Little Falls	Edgerton/Southwest
St. Cloud Cathedral			Minnesota Christian
Marshall School, Duluth MN	Silver A	Gold AAAA	Eveleth-Gilbert
Mounds Park Academy	Dawson-Boyd	Minnetonka High School	Faribault High School
Hibbing	Sleepy Eye St.Mary's	Stillwater Area High School	Fertile-Beltrami
Delano High School	Red Rock Central / Westbrook - Walnut Grove	Forest Lake	Forest Lake
New London-Spicer	McGregor/Cromwell	Maple Grove	GFW
Saint Paul Humboldt HS	Bethlehem Academy	Eastview High School	Grand Rapids High School
Minnewaska		Eden Prairie High School	Heritage Christian Academy
Mound Westonka High School	Gold AA		Hutchinson High School
Hermantown High School	Breck School	Silver AAAA	Kimball Area High School
Luverne Public Schools	Medford High School	Anoka	Lake City High School
DeLaSalle	Tri-City United	New Prague High School	Lewiston-Altura
Litchfield	Minnewaska Area	Edina High School	Litchfield High School
Rochester Lourdes	Eden Valley-Watkins	Woodbury High School	Little Falls Community High School
	Litchfield High School	Eagan	Luverne High School
	Minnehaha Academy	Rochester Century	MACCRAY High School
Silver AA	Saint Charles	Burnsville	Madelia/ Truman High School
Chanhassen High School	Esko	Lakeville North High School	Mankato Loyola
Coon Rapids High School	Silver AA		Mankato West
Spring Lake Park High School	Windom Area High School	SOFTBALL	Maple Grove
Park Center HS	Pierz Heay High School	Gold	Maple Lake High School
Robbinsdale Armstrong	Maple River High School	Albany Senior High School	Melrose Area High School
Mankato East	Roseau High School	Albert Lea High School	Menahga High School
Monticello High School	Foley High School	Alexandria Area High School	Minnewaska Area
Hill Murray School	Maple Lake High School	Apple Valley High School	Montevideo
Roseville Area High School	Chatfield	Atwater-Cosmos-Grove City	Monticello High School
Totino-Grace	Barnesville	Austin	Moose Lake/Willow River
Benilde-St. Margaret's School	Gold AAA	Belle Plaine	Morris Area/Chokio-Alberta
Sartell High School	Totino-Grace High School	Bemidji High School	Murray County Central
Eagan high school	Northfield	Bertha-Hewitt/Verndale	New Ulm
Anoka	Delano High School	Big Lake High School	New York Mills
Farmington	Monticello	Blake High School	North St Paul
Orono	ROCORI High School	Bloomington Jefferson	North Woods High School
Princeton High School	Academy of Holy Angels	Brainerd High School	Northfield
Rosemount	Sartell HS	Caledonia/Spring Grove	Ortonville High School
Shakopee High School	Mankato West High School	Centennial High School	Osakis High School
Centennial High School	Marshall High School	Champlin Park	Osseo Senior High
Tartan		Chanhassen High School	
Lakeville South		Concordia Academy	
Andover High School	Silver AAA		
Hastings High School			

... continued on page 32

After the Game Bring Your Team to 

Park High School	Two Harbors	Eastview High School	New London Spicer
Park Rapids Area	United South Central	Eden Prairie High	Nicollet High School
Paynesville High	Visitation High School	School	North Branch Area High
School	Wabasha-Kellogg	Elk River High School	School
Pine City High School	Wabasso High School	Fergus Falls	Ogilvie
Plainview-Elgin-	Warroad	Foley High School	Orono High School
Millville	Willmar High School	Frazee	PACT Charter School
Princeton	Winona Senior High	Glencoe Silver Lake	Pequot Lakes
Providence Academy	School	Goodhue School	Red Lake Falls
Randolph High School	Woodbury High School	Hastings High School	Richfield High School
Red Rock Central/Westbrook	Worthington High	Hawley High School	Rochester John
Walnut Grove	School	Hayfield High School	Marshall
Robbinsdale Armstrong High	Zumbrota Mazeppa	Henry Sibley	Rockford High School
School		Hibbing	Roseau High School
Rochester Century High	Silver	Holdingford High	Rosemount High
School	Academy of Holy	School	School
Rochester Lourdes	Angels	Irondale High School	Sleepy Eye St. Mary's
Royalton High School	Aitkin High School	Jackson County Central	Spring Lake Park High
Sauk Centre High	Andover HS	Kasson-Mantorville	School
School	Anoka High School	Kerkhoven-Murdock-	St. Agnes
Sauk Rapids-Rice	Becker High School	Sunburg	St. Anthony Village High
Sebeka High School	Benson Public Schools	Lac Qui Parle Valley High	School
Shakopee	Blaine High School	School	St. Charles High School
Sibley East Senior High	Blooming Prairie High	Lake Crystal Wellcome	St. James Area
School	School	Memorial	St. Michael-Albertville High
Simley High School	BOLD High School	Le Sueur-Henderson	School
South St Paul High	Brandon-Evansville	Lester Prairie/Holy	Tartan
School	Brooklyn Center High	Trinity	Virginia
Spectrum High School	School	Mahnomen-Waubun	Waconia High School
St Croix Prep Academy	Byron Public Schools	Mankato East Cougarts	Watertown-Mayer
St. Cloud Cathedral	Chaska High School	Maple River High	West Lutheran High
St. Croix Lutheran	Cherry High School	School	School
St. Francis High School	Chisago Lakes High	Martin County West	White Bear Lake
St. Peter High School	School	Minneapolis South	Yellow Medicine East
Stewartville	Coon Rapids High	Minnehaha Academy	
Stillwater Area High	School	Minneota/Canby	BOYS LACROSSE
School	Dassel-Cokato High	Minnesota Valley Lutheran	Silver
Totino-Grace	School	High School	Southwest BLAX
Tracy Area High School	Duluth East	Moorhead High School	
Tri City United	East Central	Mora	
Triton	East Ridge High School	Mounds Park Academy	

MHCA Announces Their Hall of Fame Class of 2017

Greg Anzels

The honorees will be recognized at the MHCA Fall Clinic, September 22-23.

George Nemanich – Red Wing

George Nemanich led the Red Wing boys' hockey team to one state championship and six state tournament appearances in 18 years as head coach. He finished with a 331-142-15 record behind the bench. Nemanich guided the Wingers to three Minnesota Conference championships and to a total of 13 section finals.

Russ Welch – Hastings & South St. Paul

Russ had a wonderful career at both schools. Russ gave over 30 years at two tremendous programs and hundreds of players who have gone on to be successful at the next levels of the

game and very productive people in society.

Dave Swanberg - LSHSTPTCUC Bulldogs

Dave has been a part of the Bulldog hockey program in some capacity for 30 years, including 20 as a high school coach. He has amassed a record of 225-165-17 as a head coach, 50-31-1 as an assistant coach, and a combined record of 275-196-18 as a high school hockey coach.

Wayne Orn - 1967-68 Head Coach Devils Lake, 1968-70 Detroit Lakes Head Coach - 1970-75 Head Coach Austin HS - 1975-81, Stillwater Head Coach

Wayne was instrumental in the development of the early years of high school hockey in Minnesota and helped build programs in three different communities. He was a front runner

... continued on page 33

in summer opportunities for his communities in Austin and Stillwater. He acted as director from 1976 -97 for St. Croix Valley Hockey School in Stillwater.

Cliff Thompson Award - Lorne Grosso – Rochester Mayo

With 677 career wins at the end of the 2013-14 regular season, Rochester Mayo head coach Lorne Grosso, who has been the school’s head coach for 47 years, is the winningest coach in Minnesota boys high school hockey history, having passed the legendary Willard Ikola for the state’s top spot during the 2010-11 season.

Oscar Almquist Award - John Gilbert

Gilbert is a long-time supporter of high school hockey who, as a journalist, has covered the game tirelessly. As a sportswriter at the Duluth News-Tribune, and then for 30 years at the Minneapolis Tribune (and Star Tribune), Gilbert covered all levels of hockey, from high school, college, professional and Olympic.

Dave Peterson Award - Pat Forte

Forte started coaching high school hockey in 1988 as an assistant with Chisholm High School for a year. Then he spent a year as an assistant in Austin. Forte’s other coaching stops included Brainerd, St. Cloud Apollo, Sartell and Mora at the high school level, and then on to St. John’s University in Collegeville.

Bruce Johnson Award - Mike MacMillan

Mike has served on the MHCA board in a variety of capacities since 1997 beginning as the MHCA Coaching Clinic Coordinator. He has also served as section rep for sections 6 and section 8 and currently serves as the MHCA Executive Director, a position he has held since 2006. Mike career as a HS coach began in Menomonie, WI in 1981-82 and finished as Head Coach in Buffalo, MN in 2011. Mike is currently assistant head coach at Hamline University as well as USA Hockey National Coach – In – Chief.

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

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

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

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

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

John Schumacher
16332 Deer View Rd • Park Rapids, MN 56470



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 (____) _____

Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA



As coaches, regardless of the sport we coach, we have an obligation to expose those in our charge to the best that participation and competition has to offer. Beyond the wins and losses, the lifelong lessons of the field linger long after the scoreboard has dimmed. The longer we coach, the more that truth becomes self-evident. Our files and communications from those whom we have touched support the very fact that our influence remains long after graduation has come and gone. The lessons and memories of high school sport are lasting.... they accompany our players on their life's journey. Sooo where is this writer going with this? A recent national survey conducted by a reputable research firm informs us, coaches and athletic directors, that in youth sports across this nation, by the time an athlete is 13 years old, he or she has dropped out of sport at a 70% rate. Given the values learned and practiced in the playing of sports that we acknowledge are significant in the development of our youth, it is time to take a serious view of the "why". We either manage change or it manages us, and as professional educators and leaders of sport isn't it time we examine carefully our role in continuing to encourage the continuation of healthy participation and competition for as many as possible? Let's not ever become the catalysts of discouragement or disillusionment, but rather be the place where all can experience the pure joy of sport. In football, in particular, let us continue to stand for 'doing the right thing'.

As to the 'why', there is abundant research regarding (one merely needs to seek the volumes available) a compelling issue that may be one reason for early exits.. that of specialization at an early age. For one example, I refer you to an article in this publication written by renowned and respected Scott Sahli, former national strength and conditioning coach of the year, and current strength coach at Lakeville South HS. In it, Sahli touts the many and obvious examples of the value of playing multiple sports as well as the benefits of a good strength program for all athletes. I urge you to read it. It is one of the many, many articles available to the committed coach. So, as football coaches, what is our role? This writer suggests that we continue to encourage our players to be multiple sport athletes; to be well-rounded students who also sing in the choir, write for the paper, engage in clubs and activities that their school has to offer. We have made changes in our summer rules that allow kids to be kids, and families the time to enjoy them. Let's continue to lead. Perhaps our coaching colleagues will follow.

And so, good-bye to good friends of us all. Men who always "got it." Men who, throughout their long distinguished careers were, caring professionals who modeled the best of coaches, teachers, administrators. John Erickson, Executive secretary of the MSHSCA, and Kevin Merkle of the MSHSL have announced their retirement, though Merkle will continue to serve in an advisory capacity. Knowing John, I am certain

he will always be available for sound guidance when needed as well. Travel well and God speed good friends. Thank you! Thank you!. Much respect from this writer and from the entire the MFCA we would hope that all of us could be your match.

And to the Keepers of the Game'..See you on the field....

Snap Shots



Welcome back to the 2017-18 school year. The hockey season is a short two months away from starting. Hopefully everyone is fully charged and ready to go for the season. A couple of things to put on the calendar is the Fall Clinic that the MGHCA is holding in conjunction with the Minnesota Hockey Coaches Association, the MN Wild and Minnesota Hockey. The "State of Hockey High Performance Coaching Summit" clinic will be held at the River Center in St Paul on September 22nd & 23rd. The registration link is below. The fee includes a lunch during the General Membership meeting on Saturday from 11:00am to 1:00pm. The full clinic schedule and updates can be found on the MGHCA website or the MHCA website.

Registration link for Fall Clinic
<https://mnhockeycoach.sportngin.com/register/form/232312792>

Another event to add your calendar is the Senior Classic and U18 Festival to be held at the Schwan's Super Rink in Blaine, MN on March 2-4, 2018. The Senior Classic is an all-star event showcasing the top 136 senior female players from around the state. Teams are formed through their respective A/AA sections which then compete against the other section teams. This year will mark the 20th anniversary of the event which started in 1999 with 40 players competing on two teams. There is no entry fee for the Senior Classic and the U18 Festival. As part of this competition, 20 seniors and 20 U18's are selected to represent Minnesota at the High School National Invitational Tournament that takes place in April in conjunction with the HP 16/17 Final 54's and the HP 15 Spring Festival. This event will also take place at the Schwan Super Rink in Blaine. Information on these events can be found at www.mghca.com and www.minnesotahockey.org under the HP tab.

On September 9, the Minnesota Girl's Hockey Coaches Association will kick off the 2017 Premier Prep League at the Schwan Super Rink in Blaine. 160 high school players, representing 73 different high school programs, will compete for seven consecutive weekends at various rinks across the metro area. Premier Prep hosts eight teams and will also welcome Wisconsin (two teams), North Dakota and others for games throughout the schedule. This year, we are very excited to be sending our league champion on to the USA Hockey Tier II National Championships in Massachusetts! Over 250 girls have participated in Premier Prep and gone on to play NCAA Division I or III college hockey. We are very proud of the level of play in our program and the exposure opportunities that we provide for these players.

If you are interested in more information and/or getting on our mailing list, please follow @PremierPrepHock on Twitter or email jesschristopherson@gmail.com.

DUGOUT CHATTER



By: *Don Gawreluk*

Vice-President - Minnesota State High School Baseball Coaches Association

Greeting! Much has happened since our last Dugout Chatter! We have crowned 4 new state champions, held a very successful All Star Series for our top 2017 graduates, named All-State Academic Award winners, hosted our annual Junior Showcase and awarded lots of scholarships – let's get to the details:

First of all, congratulations to our four 2017 State Champions:

Parkers Prairie -- Class A,
Minnehaha Academy -- AA,
Waconia -- Class AAA and
Eden Prairie -- Class AAAA.

Our state champions were crowned at Target Field and we would like to thank the Minnesota Twins and President Dave St. Peter for the use of Target Field, and to Kevin Merkle (MSHSL) for his assistance in making this day possible.

Congratulations also go out to the 2017 MSHSBCA players of the year:

Mr. Baseball – Burnsville's Sam Carlson
Sam Carlson (Burnsville) in AAAA,
Logan Aleshire (St. Cloud Tech) in AAA,
Matt Tautges (Pierz) in AA,
Andrew Johnson (Parkers Prairie) in A.

The 2017 Play Ball! Minnesota High School Baseball All-Star Series presented by Cambria and B.I.G. Athletics was held in Chaska in June. The Metro West, led by coaches Bobby DeWitt (Wayzata) and Scott Glenn (Minnehaha Academy) won the tournament, going 3-0, and Alex Logelin, Waconia, was the Dale Welter MVP. Alex had 5 hits and really showed some great defense behind the plate. Also, congrats to Monticello's Nick Zwack was awarded the Todd Oakes Top Pitcher award. Thank you to all of our coaches, players, fans and the city of Chaska for making the 2017 Play Ball! MN All Star Series so fantastic! For more information on All Star Series game details, please visit our website www.mshsbc.org and click on the MN All-Star Series tab or follow on Twitter @mshsbc.

Snap Shots . . . continued

Photo: Team Gray won the 2016 Championship at the Xcel Energy Center!

For information on these events or any other activities and awards provided by the MGHCA, go to www.mghca.com. Information regarding all programs can be found there or by emailing any of the Section Reps or Executive Council staff.

The annual MSHSBCA Junior Showcase was a great success as well this year. There were 150 players from border to border represented. Over 90 coaches and scouts were there to evaluate our state talent. Thank you to Minnetonka HS and coach Paul Twenge for the use of their great facility and to Tink Larson, Dale Welter, Craig Anderson, John Wilkens and all the coaches who helped out to make this event run so smoothly.

The annual John Wilkens Fall Clinic is right around the corner. The clinic will be held at the Ramada Plaza in Minneapolis (same place as last year) October 27th to 29th. Please share the information with your staff and bring them along to the clinic. The annual coaches social will take place after the Friday night sessions at 8:30 p.m..

We will hold our annual coaches meeting at 8:00 a.m. on Saturday, October 28th.

On Saturday night, October 28th at 7:00 p.m. at the Ramada Plaza, we will welcome a new class to the Minnesota State High School Baseball Coaches Association Hall of Fame and also honor our association award winners. The 2017 class includes: Clark Bailey (Hill City), Cecil Cordahl (Akeley), Pete Maus (Northfield), Bart Hill (Lac Qui Parle Valley), Brad Skoglund (Paynesville), Kevin Nowotny (Adrian). Tickets for this event are \$25 and can be purchased from John Wilkens. Thank you to John Wilkens and family for all of your work with our annual clinic.

The national conventions this year will be held in Tucson, Arizona and Indianapolis, Indiana. The BCA will be held in Tucson from November 30th to December 3rd. The ABCA will be held in Indianapolis from January 5th to 8th. Please consider attending these annual conventions. These are also great opportunities to network with other coaches and learn from some of the best in our game.

Tink Larson recently sent out a link to an online survey asking about your opinions on a wide range of topics: Pitcher/DH Rule, Challenges we face as Coaches (the past few years have been particularly trying for many in our profession), number of contests, etc. Please make your voice heard and follow the link. Results will be shared at the Fall Clinic Coaches Meeting on October 28.

Finally, in preparation for the 2017 season, remember to join the MSHSBCA and MSHSBCA. Membership in these organizations provides the liability insurance we all need plus provides eligibility for your players to receive post-season awards. Your MSHSBCA, through funds raised during our All-Star Series, donates significantly to the Miracle League, ALS, Strikeout Cancer, Coaches Helping Coaches, Salvation Army and awards 14 College Scholarships. As a member, your support plays a huge role in our success! Without you, and our collective work, none of this is possible! Thank you! Please, also, consider membership in one or both of the national associations (BCA or ABCA.) Additionally, follow us on Twitter @mshsbc, and continue to check for updated information and the Fall 2017 newsletter (click on news tab) on our website; www.mshsbc.org. As we all put our fields to bed for the year and reflect on the year that was, please remember there are plenty of things to celebrate.

See you at the Fall Clinic!

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

HOOP SCOOP



Mark Cook - Maple Grove HS Head Girls
Basketball Coach

President – Minnesota Girls Basketball Coaches Association

It is that time of year again. Fall open gyms have started. Many hoopsters are participating in their chosen fall sport. Teams are preparing to play in Fall Leagues all across the state. Some coaches are ramping up for another season, while others are taking over a new program or getting ready to start their first season as a head coach. According to Kevin Anderson, Minnesota girls basketball historian and author of the website www.kjasr.com, in Class AAAA alone there are 13 programs that have new coaches in place this season. Whatever situation you are in, it requires you to evaluate what you want your program to look like, sound like, feel like for this coming season.

In conversations with some incredible basketball minds, I was able to gather some advice on some things that new and current high school coaches should look to do in their programs to get the season started off on the right foot. First and foremost, intentional and authentic relationship building is vital to the success of a program. Scott Savor is the owner and operator of Secrets in Sports, which is a company that works on developing leadership, motivation, and mental training for athletes and coaches. He feels that developing real relationships has to be a focus. Creating, together as a team, the values that you, your staff, and your players are unwilling to compromise on will set a foundation for how all decisions will be made. Leah Dasovich, the head coach at Minnetonka High School, shares Savor's strong beliefs in relationship building. She has done book studies and a variety of team building activities in an attempt to build real and genuine relationships amongst her players even when it has required sacrificing court time to do so. Brian Cosgriff is the head coach at Hopkins and is currently the longest tenured coach in Class AAAA. Cosgriff adds that, "It's about the journey and the relationships built along the way, not the destination. Players will forever bond with both teammates and coaches because of the ups and downs of the journey."

Organization is another key that came up consistently. Coach Erin Herman from Hill-Murray shared the importance of being organized in all you do. Plan out every meeting, practice, or event your team or coaching staff will be involved in. She goes on to recommend holding a pre-tryout parent and player meeting at least two weeks before tryouts to go over exactly what the tryout process will look like. Herman along with Carl Pierson, the current head coach at Waconia, both agree on the need to keep the AD in the loop with everything that is going on. Whether it is how the tryout process works, possible anticipated issues that may arise at cut time, or the variety of other challenges or issues that come up along the way, it is important that your AD is aware of what is going on. When the AD gets the call or email from an upset parent they have a harder time supporting you right away if they don't know what is going on. There is no such thing as too much communication with your AD. The more they know the more they can help support you and protect you.

Another common thread that came up in my conversations with coaches is the relationship between the high school

program and the youth program. If you have not already done so, develop a positive working relationship with your youth program. Pierson says to be a resource to your youth teams. He goes on to say, "many new coaches get tunnel vision on their team and miss out on a great opportunity to build a real program by helping guide their youth teams." Daniel Makepeace runs Pure Intensity Basketball, which is a program that does advanced skills development. He shares that by going to home youth tournaments and having current players be mentors to youth teams, you can create an energy and excitement about the game at a young age for kids. This will hopefully result in getting better, more highly skilled players by the time they get into your program.

Finally, communication is so important when it comes to coaching. Cosgriff states that we as coaches should over communicate. "Kids will work their tails off just to get your praise," adds Cosgriff. He also believes that coaches must know the difference between correction and criticism. As coaches we need to always seek to find the positive. Herman adds that equally important to the ability to verbally communicate is the ability to listen. "Everyone has a story and often just want the option of telling their story. Take the time to listen and understand where kids and parents are coming from," states Herman. The ability to listen and have clear communication and expectations can help solve a lot of issues before they become major problems.

As Coach Cosgriff said when I talked with him, "You have gotten into coaching because you want to help kids, make the most of your opportunity. Do not worry about wins and losses. Work as hard as you possibly can, because no championship can ever replace the fact that you are impacting young lives in more ways than simply titles." Please don't hesitate to use each other as resources. We are competitors, but we are in this coaching journey together. Good luck coaches! Have a fantastic season.

GIRLS BASKETBALL CLINIC

October 27th 2017

University of St. Thomas

Registration 7:30-8:30 a.m.

Clinic 8:30-5:00 p.m. • \$100 clinic fee includes:

Sycos Instructional DVD, Spaulding giveaway and lunch!
Speakers include: Scott Savor, Josh Wieme, Marlene Stollings,
Molly Kapsner, Ruth Sinn, Tim Grove, Mike Felt and more

Register Online for the clinic at www.mshsca.org

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

ALL Coaches attending the clinic are encouraged to be members of MSHSCA

Questions?

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

Special clinic rates at Best Western Como Park

To reserve room call 651-647-1637 and ask for MN GBB Association Clinic

Full Schedule can be seen on the MGBCA website.

FINAL MEMBERSHIP REPORT 2017

Types of Membership	<u>2015-16</u>	<u>2016-17</u>
Active Class A & AA	6402	6012
College Associates	1257	1180
Other Associates	78	72
Active Life	394	355
Retired Life	910	1204
Honorary _	2	2
	<u>9,043</u>	<u>8,823</u>

Breakdown of membership by sport association (2015-16 totals in parenthesis)

Adapted Athletics (26) 17
 Boys Lacrosse (99) 100
 Alpine Skiing (53) 60
 Girls Lacrosse (72) 69
 Athletic Directors (95) 99
 Football (1123) 1123
 Baseball (521) 524
 Boys Hockey (249) 206
 Boys Basketball (830) 773
 Golf (boys & girls) (345) 320
 Girls Basketball (699) 696
 Soccer (boys & girls) (416) 431
 Cross Country (419) 439
 Softball (491) 483
 Gymnastics (218) 212
 Synchronized Swimming (19) 21
 Nordic Skiing (113) 125
 Girls Tennis (221) 214
 Volleyball (665) 663
 Boys Tennis (173) 181
 Boys Swimming (196) 207
 Track & Field (837) 816
 Girls Swimming (251) 243
 Wrestling (114) 113
 Girls Hockey (61) 77
 Volleyball (665) 663
 Dance (25) 15

Sport associations that collect their own dues, but join the MSHSCA are Cheer 16, Clay Target 14, and Badminton 4.



ICE CHIPS

By: Greg Anzenc

Minnesota boy's high school hockey continue to lead the country in many areas including:

- 203 Division 1 Players
- Success in NHL Draft
- Lead USHL and NAHL player pools
- USA Hockey Player Development Camp Numbers and Rankings
- NHL active American's

The MHCA will once again be teaming up with the Minnesota Wild, State Of Hockey and USA Hockey to present our fall clinic "State Of Hockey - High Performance Coaching Summit" at the Roy Wilkins Auditorium at the River Centre, September 22nd and 23rd. These two days of great hockey talk will be highlighted by the MCHA Hall of Fame Luncheon on Saturday the 23rd.

The use of video during games by coaching staff for teaching purposes will be allowed this year by the MSHSL. This season there is also a new mandate/clarification regarding teams that wear sponsored jerseys during on-ice warm-ups prior to games.

The MHCA is looking forward to another great season of high school hockey!

Notice:

To Credit card users for membership and/or clinics. The charges will show a vendor name of Register.Cordonco.com

This is the company we use for online registration.

Dance



By: Kelly McGinnis

Every other year, the Minnesota Association of Dance Teams (MADT) hosts a Coaches Continuing Education event. This event is designed to help dance coaches prepare for the upcoming season and network with other coaches. Part of MADT's mission is to educate and train its members and coaches throughout Minnesota, and this event helps create excitement among colleagues to learn new training methods, organization and planning, and leadership skills among other things.

This year's event takes place on Saturday, September 30, at

Eastview High School in Apple Valley, MN. Organizers of the event are thrilled to have Rob Miller, from Proactive Coaching, Simon Almaer, from Premier Sports Psychology, and Jenny Eustace, from the University of Iowa Dance Team as key speakers at the event. The day also includes two special breakout sessions, all led by Minnesota coaches.

The Coaches Continuing Education event occurs before the winter competitive dance season begins, which allows coaches to utilize and implement the information learned into their new season. With so many new coaches this year especially, having the event pre-season gives rookie and veteran coaches an opportunity to meet, collaborate, and support each other—setting up for what everyone hopes to be a season of high competition with sportsmanship abound.

For more information on Coaches Continuing Education or MADT, please visit madtcoaches.com. To register for the event, use the following link:

<http://madtcoaches.com/events/coaches-continuing-education-event/>

MINNESOTA ASSOCIATION OF
DANCE TEAMS PRESENTS...

Coaches Continuing Education 2017

September 30, 2017
Eastview High School
8:30am-3:30pm

KEYNOTE SPEAKERS:

Rob Miller, Proactive Coaching
Simon Almaer, Premier Sports Psychology

SESSIONS OFFERED:

Teaching Kick Skills	Teaching Jazz Skills
Effective Practice Plans	Coaching 101
Teaching Leadership	Coaching 201
Program Development	Scoresheet Q&A

COST: \$55

Includes 3 sessions, keynotes, lunch & coaches' gift

REGISTER TODAY!
WWW.MADTCOACHES.COM

“I’m not going to buy my kids an encyclopedia. Let them walk to school like I did.”

- Yogi Berra

YOUTH WHO PLAY MULTIPLE SPORTS

Youth who play multiple sports tend to be healthier, become better athletes and have a lot more fun

Here are more reasons why local award-winning certified strength and conditioning coach Scott Sahli is happy when kids are involved in multiple sports programs and supervised by certified strength coaches.

Some parents fear that if their child is not specializing in a single sport while in middle school and high school, then that child may not excel at that sport later on. “All the research says that’s exactly the wrong thing to do,” cautions award-winning strength and conditioning coach Scott Sahli. “It’s truly eye-opening for parents when they discover the pitfalls of pigeonholing children at an early age, and the numerous benefits of diversifying their sports experiences.”

Sahli speaks from decades of experience and successes. A current strength coach at Lakeville South High School, Sahli was named the 2010 NSCA National High School Strength and Conditioning Coach of the Year. He has led his high school teams to multiple state championships.

Diversifying sports help reduce injuries and increase opportunities

Parents of student athletes are trying to do the right thing for their kids, but are frequently surprised when Sahli names his reasons for encouraging kids to play multiple sports. “The research is super clear,” he says, “but parents generally don’t have access to the data.”

Youth who play multiple sports are less likely to get hurt. “Injuries among sports-specialized kids are most often from overuse. They have been doing the same repetitive motions, sometimes for years. They may end up developing arthritis later in life. It can be devastating.”

Diversifying may increase the opportunities for a sports career. “University scouts are more likely to go with multi-sport athletes because they tend to be more well-rounded athletes with lower injury risks. Plus, eighty seven percent of Division One athletes and professional athletes are playing sports they probably didn’t even play when they were young. They are multiple sport athletes, who discovered their current sport as they matured.”

Youth who play multiple sports tend to stay interested in physical activity. “There’s a 70 percent sports dropout rate. Youth who don’t move on to join other sports are at higher risk for Exercise Deficit Disorder (EDD). Inactive children and teens exhibiting signs of EDD are more likely to be overweight or obese, more prone to injuries, and are more likely to burn

out or drop out from sports and physical activities for the rest of their lives.”

Youth who play multiple sports tend to be healthier emotionally. “While the research is just touching the surface on this, kids can struggle socially if most of their interactions are with the same group of people.”

Youth who play multiple sports generally have more fun. “When I’ve worked with high school-level kids who have previously only played one sport, they almost universally tell me they didn’t know other sports could be that much fun! After the experience, they often feel rejuvenated for their original sport. Changing groups and sports also expands kids’ social circles. And crossing over to new sports helps their central nervous systems make new connections, and saves their bodies from overuse. Collectively the research says this variety and diversity makes them better athletes.”

Other ways to raise healthy, well-rounded student athletes

Sahli explains that having an NSCA-certified strength and conditioning coach on a high school’s staff can elevate the program to a whole new level. “Certified strength coaches understand that kids are not little adults. They need to be trained at their appropriate age level, and a long-term athletic development model needs to be in place.”

He explains that, “Injuries can also be caused by how kids train. If they aren’t using certified trainers and coaches, the likelihood of injuries goes way up. Certified coaches and trainers know how to train and what to look for, to prevent injuries. They also know how to work with other coaches in the school’s athletic program to ensure kids are receiving a well-rounded training program. They understand the same language and objectives. They’re in sync with one another, knowing that certain things have to take place in a certain order. As a result, the kids tend to be healthier, stronger and have fewer injuries.”

Sahli gets tremendous satisfaction from watching the youth in his programs succeed in life, not just in the field or on the court. “Physical activity encourages development of their self-worth, self-confidence and motivation. It also lays the groundwork for a lifetime of physical fitness.”

Parents can educate themselves even more about how to support their child’s long-term athleticism by viewing the NSCA’s infographic, the 10 Pillars for Successful Long-Term Athletic Development.

Media Note: For additional information or to schedule an interview, contact Media Relations, Inc. at 952-697-5220.

Biography: Scott Sahli, CSCS

CSCS*D, NSCA-CPT*D, RSCC*E, USA Weightlifting National Coach

(Certified Strength and Conditioning Coach with Distinction,

YOUTH ... continued on page 40

After the Game Bring Your Team to 



Dig This

By: Marty Kiebel
Maple Lake High School

I hope that the beginning of the volleyball season has started off well for everyone! Below you will find many of the important reminders and deadlines that will serve as a guide to you throughout the season! As far as due dates are concerned, please adhere to all of them. Members of the BOC do a lot of work behind the scenes to make sure everything is a success and done well. In order to do that we need everyone's cooperation on deadlines and we will not take any late submissions! As always please feel free to reach out to me and provide feedback or talk about any questions or concerns that you might have! Have a great season!

Reminders:

Become a member of the Minnesota High School Coaches Association. It provides great benefits and is also required for you or your players to be available for post-season awards (All-State, Academic Team, and Individual Academic). Here is the website to do so: www.mshsca.org

Familiarize yourself with our awesome website. We use this for all of our communication and information. Here is the website: <http://www.mnvbca.org/>

Complete all required educational programs on the Coaches Clipboard section of the MSHSL website. This will require a login, which you should have received from your AD. This contains presentations, which are required every year.

If you have not done so already, you should purchase at least 1-2 new game balls. The official game ball of the MSHSL is the Baden Perfection 15-0 (VX5EC-220) in blue/white/grey.

Have a plan for keeping stats. Whoever is responsible for keeping stats should be familiar with the statistical definitions that you can find on the Minnesota Volleyball Coaches Association Website. It is very important to keep accurate stats for later in the season when they are used in discussions for All-Conference and All-State meetings.

Important Dates and Deadlines: *** Please go to our website to submit everything. Remember our website is: <http://www.mnvbca.org/>

Monday, October 23 - All-State Academic Individual Nominations, All-State Academic Team Nominations, and All-State Stats Forms are due! Any Submission after 11:59pm will not be accepted!

Monday, October 30 - All State notifications sent

Wednesday, November 8 - State Tournament and All-State Banquet

Thursday-Saturday, November 9-11 - State Tournament @ Xcel Energy Center.

YOUTH ... continued from page 39

Certified Personal Trainer with Distinction, Registered Strength and Conditioning Coach Emeritus.

Scott Sahli is the Strength & Conditioning Coordinator at Lakeville South High School. Sahli was formerly Strength and Conditioning Coordinator at Northfield High School. His Olympic Weightlifting teams at Northfield won 7 consecutive state Championships. The football teams won 11 section championships and competed in the State Championship Game 5 times.

In 2011 Sahli took the Strength and Conditioning Coordinator position at Burnsville High School with the purpose of creating a top-notch strength and conditioning program and getting teams to Championships. In 6 years his Olympic Weightlifting teams at Burnsville won 4 State Championships and the football team played in 3 section championship games and went to state 1 time after a 20 year drought.

Coach Sahli is a two-time Minnesota High School Strength Coach of the year and was the NSCA 2010 National High School Strength Coach of the Year.

The nationally known weightlifting clinician was a State Director for the Minnesota NSCA for six years and was named the State Director of the Year for the NSCA in 2008. Sahli is currently the North Central Regional Coordinator for the NSCA. Sahli is the co-author of two DVD's on weightlifting and coached Hannah Means in the 2004 USA Olympic Team Trials for Weightlifting.

“There isn’t a single professional sports seasons now that doesn’t go on at least a month to long. Baseball starts in football weather, and football in baseball weather, and basketball overlaps them both.”

- James Reston

FLIP NOTES



By: *Kaitlyn Helmbrecht, Maple Lake High School
MGGCA President*

Happy Fall! I hope you had a relaxing summer. School is back in session which means that gymnastics season is right around the corner. To help prepare for the upcoming season you'll want to join us at the coaching clinic, which will be held at Becker High School on Thursday, October 12th and Friday, October 13th. You can register online at www.mshsca.org. We have a great clinician coming to present. The cost is \$85 in advance and \$95 at the door. Registration will be 6:00-6:30 on Thursday the 12th. Pizza will be served Thursday night, as well as a light breakfast and lunch on Friday. Hoping to see you all at the clinic in a few weeks!

*“If you’re bored with life -
you don’t get up every morning
with a burning desire
to do thing --
you don’t have enough goals.”*

- Lou Holtz

GYMNASTICS CLINIC

OCTOBER 12-13,2017

Becker High School

Register Online for the clinic at www.mshsca.org

Clinic fee is \$85 in advance/\$95 at the door

If you are sending one check for your whole staff,
that can be done online also.

Each coach enters their information & prints out a receipt
to be included with the payment.

Login with your email and password from last year’s online registration.

ALL Coaches attending the gymnastics clinic must be members of MSHSCA

Out of state, college and club coaches can join as associate members

Crossings by Grandstay has a block of Rooms

763-262-7700

After the Game Bring Your Team to 



Diamond Cuts

Laura Olson
President Minnesota Fastpitch Coaches Assoc.
Fastpitch Softball Article

September...where has the summer gone? Here is to hoping you are all revitalized and ready for a new school year. March will be here before we know it.

I would like to start with some recognition of teams and individuals. New York Mills (Class A), Zumbrota-Mazeppa (Class AA), Winona (Class AAA) and Farmington (Class AAAA) earned State Championships in June at Caswell Park in North Mankato. If you are familiar with sectioning, you will notice that 3 of our state champions came from southeastern Minnesota which is section 1. Congratulations to all of those teams and to their respective Coach of the Year coaches. This was the first year that we seeded the tournament and it went pretty well with all teams in the championship games having a top 5 seed.

The senior all-star game was the Sunday following the State tournament and was the inaugural event that was sponsored by the Minnesota Twins/Play Ball MN initiative. We are grateful for the relationship we are building with the Twins and look to growing the event for our senior all-stars in the years to come. Some of our senior all-stars played for team Minnesota against the Wisconsin all-stars in the Wisconsin Dells in July. Unfortunately, the Wisconsin team took the double header, but it was a great experience for all of the respective players and coaches.

Our association would like to thank John and Mary Erickson for their years of service to the Minnesota Coaches as they are

retiring as the Exec. Director of MSHSCA. We would also like to welcome John Schumacher as the new Exec. Director. We sincerely appreciate all that you do to promote Minnesota coaches and our respective programs.

With that being said, this is a good time to remind you to join the coaches association sooner than later. You will have your million dollar insurance policy in place and enjoy the benefit of getting into most regular season prep games and some college games as well. Please encourage all coaches in your program to join the association so they can enjoy the same coverage and benefits of membership. Use the following link to help with this process and as a resource for our softball association: <http://www.mshsca.org/fastpitchsoftball> This is also the site that will have information about our Coaches Clinic that will be held the first week in February. Save the date now!! We will share more information about that with our membership in the coming months. Again, encourage all of the coaches in your program to come and learn from some of the best.

***“No excuses,
No explanations.
You don’t win on emotion.
You win on execution.”***

- Tony Dungy

COACHES CARING PROGRAM

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

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

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

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



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 on October 28. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their achievements and service. The 2017 inductees are:

- Don, "Skip," Dolan – Annandale
- Terry Knothe – St. Charles
- Kerry Linbo – Byron
- Ray Ross – Minneapolis Washburn
- Ron Vorwald – Worthington

The induction ceremonies will be held at the MBCA Hall of Fame Luncheon on Saturday, October 28, 2:00 p.m., at the Hyatt Regency Hotel in Minneapolis. Ticket information is available on the MBCA website: <http://www.mshsca.org/boysbasketball>

"Skip" Dolan was head coach at Mentor, MN for three years before accepting a teaching and coaching position in 1981 at Annandale where he has taught and coached for the past 36 years. He was offensive coordinator in basketball as an assistant for over 200 wins before taking over the head position where he has a career record of 330 – 193. During his tenure at the helm, the Cardinals have won 10 Wright County Conference Championships and made six State Tournament appearances 2003-04; 2012-13 (3rd Place); 2013-14 (2nd Place); 2014-15; 2015-16 (4th Place); 2016-17 (3rd Place). Coach Dolan was named 2014 MBCA Class AA Coach of the Year. He has been selected MBCA Section 5AA Coach of the Year five times. In 2017-18 he will be serving in his 87th coaching position as either a Head Coach or Offensive Coordinator of a varsity sport. He has led his squads to Wright County Conference Championships in four different sports as a head coach. "Skip" was honored by Annandale Community Education as Coach of the Year in 2007. In addition to his success on the court, Coach Dolan has also had tremendous success as a 27 year head coach in softball, leading the Cardinals to multiple Conference and Section titles and four State Tournament trips.

Terry Knothe's coaching career spans 38 years- starting as an Assistant Coach at St. Charles in 1979. After a 2 year stint as an assistant coach, Terry assumed the reins of the Saints program in 1981 and the 2017-18 season will be his 37th season as the leader of the Saints basketball program. Under his tutelage and leadership, the Saints have earned nine Three River Conference and three Sub- Section titles. Coach Knothe has been recognized by his peers as Section 1 AA Coach

of the Year and Three Rivers Conference Coach of the Year multiple times. After leading the Saints to a 27-3 record, Terry was named 2016 MBCA Class AA Coach of the Year. He is a member of the 500 wins club and enters the 2017-18

season with an overall record of 500-371 as a head coach. In addition to coaching basketball, Coach Knothe has also served as Head Boys and Girls Golf Coach with his squads earning 16 Conference titles. Terry serves on the MBCA Executive Board as a Section Representative, and served as a coach in the MBCA All Star Series.

Kerry Linbo spent the first eight years of his coaching career at Neillsville, WI where he coached baseball, basketball, and football including 7 seasons as Head Basketball Coach. In 1985, he accepted a teaching/coaching position at Byron; again coaching three sports including Head Basketball Coach. During his 31 year tenure at Byron, his teams won six Hiawatha Valley Conference Championships and a Section 1AA title resulting in a State Tournament appearance in 2013. Linbo-led Bears teams won over 22 games eight different times with the 2003 team going 28-2. Kerry is a member of the 500 wins club with an overall record of 517-308. Coach Linbo has been recognized by his peers as the recipient of four Section 1AA Coach of the Year awards. In addition to coaching basketball, Coach Linbo was also a member of the Byron football coaching staff and was honored as a recipient of the Butch Nash Award as Assistant Coach of the Year in 2000. Kerry also served as the Activities Director at Byron High School. He retired from teaching and coaching at the conclusion of the 2015-16 school year.

Ray Ross began his teaching and coaching career at Minneapolis Washburn in the fall of 1928, two years after the school opened. Ray protested that basketball wasn't his strongest suit but agreed to take the Head Basketball Coaching job on a "trial basis," which ended up lasting for 31 years. From 1931-1956, Washburn exhibited the best won-loss record in the city in at that time was arguably the toughest league in the state. Coach Ross' Millers squads won five City and Twin Cities championships, five District titles, and Region championships with State Tournament appearances in 1941, 1946, and 1955. The 1955 Millers owned a 23 game winning streak and finished the season as State Champions in what at that time was an eight team field. Coach Ross also led the 1955 Millers to the State Baseball Championship. It is estimated that he led the Millers to 400+ victories on the hardwood. He coached baseball with great success for 30 years and served as head football coach from 1942-44. Ray was the recipient of multiple honors for his teaching and coaching prowess, including but not limited to; WCCO Champ of the Week, WCCO Good Neighbor Award, 1960 Minneapolis School Administration Award for contributions to Minneapolis high school sports, Coach Ross passed away in 1976.

Ron Vorwald began his coaching career as an assistant coach in football, basketball, and track at Fort Dodge, Iowa. After six years in Iowa, he accepted a position as a PE teacher and an assistant coach in football, basketball, and track at Worthington in 1983. In 1989, he was offered and accepted the position as Head Basketball Coach and continued to serve for the next 24 seasons until his retirement in 2013. During the course of those 24 seasons, he led the Trojans to 364 wins, five

Southwest Conference crowns, and Section titles with State Tournament Appearances in 1994, 1999, and 2011. He finished his career with an overall mark of 364-212. Coach Vorwald was recognized by his peers as Section Coach of the Year three times and was named MBCA Class AA Coach of the Year in 2011. Ron served as an MBCA Section Representative for 17 years, also served as an Executive Board officer and MBCA President, and coached in the MBCA All Star Series. Coach Vorwald's coaching career also includes serving as an assistant coach in football, 17 years, and six years coaching track for the Trojans. Ron retired from his teaching and coaching position at the conclusion of the 2012-13 school year.



The 2017 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 27th and Saturday, October 28th at the Mpls. Hyatt Regency Hotel and Williams Arena. As of 8-31-2017 the clinic will feature the following speakers:

- **Bobby Cremins – Georgia Tech/College of Charleston/ACC Hall of Fame Coach**
- **Richard Pitino - University of Minnesota and the 2017-18 Golden Gophers**
- **Brad Bigler – Southwest Minnesota State University**
- **John Oxton – Lakeville North/MBCA Hall of Fame Coach**

Saturday morning's session will be at Williams Arena and feature Coach Pitino and the 2017-18 Minnesota Golden Gophers. Tentative agenda and registration forms are available for view and print on the MBCA website. As speakers are confirmed, updated information, including schedule and topics will be posted on the MBCA website.

The noon luncheon for all clinic participants will begin at 12:30 p.m. The luncheon will include the presentation of coaching awards, including: 2016-17 Section Coaches of the Year, 2016-17 Assistant Coaches of the Year, 2016-17 State Coaches of the Year, coaching milestone awards, and achievement awards. The 2017 Hall of Fame inductees in attendance will be introduced and recognized. Members of the HOF Class of 2017 **Skip Dolan, Terry Knothe, Kerry Linbo, Ray Ross, and Ron Vorwald.** The annual MBCA Social will occur after Friday evening's on court sessions. Friday's luncheon and the coaches social will be complimentary for all clinic registrants.

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

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

The Hyatt Regency is providing a clinic special for coaches' rooms. **These rooms should be booked prior to October 15th. Early bookings are encouraged. Register online by using the following link:** <https://aws.passkey.com/go/MCBA2017> This will qualify you for the special group rate and assist the MBCA in meeting a pre-determined quota for rooms.

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

MEMBERSHIP PERKS

S
H
S
C
A

- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr (weekends on Coaches Call 800-325-3535, ask for MN Coaches Association Rate
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400 (weekends only)

For Hotel rates, coaches should indicate membership in MSHSCA.

•••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.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

The MSHSCA is a high school coaches association created and governed by Minnesota high school coaches. The MSHSCA offers coaches a voice in current state issues. It also provides them with the finest recognition program available and a benefits package including an insurance program, an association newsletter and other corporate benefits.

Goals

- To promote and publicize high school sports in Minnesota.
- To recognize those men and women coaches who have dedicated their time, energy and spirit to the high school sports programs in Minnesota.
- To offer a unified voice in Minnesota on coaching and athletic issues that affect high school athletics.

MSHSCA Mission Statement

Recognize

We recognize coaches for seasonal, academic and lifetime achievements. Our awards include sport coaches of the year, sport assistant coaches of the year, team academic coaches of the year, state championship coaches, Hall of Fame membership and distinguished service awards.

Communicate

We provide a unified voice. Through our Minnesota Prep Coach newspaper and our MSHSCA.org website, we offer communication tools for the coaches of Minnesota to publicize their sport. These informative tools give coaches opportunities to promote their sport and communicate with their sport associations in regards to clinics, rules and membership.

Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with the Minnesota State High School League, its Board of Directors and the many

committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

MSHSCA CODE OF ETHICS

As a professional educator, I will:

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect the integrity and personality of each 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 judgment 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.

MSHSCA
PO Box 519
Detroit Lakes, MN 56502

SUBWAY

Save time!

**A new way for your
team to order.**

Download our new app today for
on-the-go, customizable ordering
or order online at SUBWAY.COM.



At participating locations only.
SUBWAY® is a Registered Trademark of Subway IP Inc. ©2017 Subway IP Inc.

