

# ***RESOURCE GUIDE OF THE***



# **MINNESOTA STATE HIGH SCHOOL NORDIC SKI COACHES' ASSOCIATION**



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# MISSION STATEMENT OF THE MSHSNSCA

**TO DEVELOP AND PROMOTE NORDIC SKIING  
OPPORTUNITIES FOR MINNESOTA HIGH SCHOOL  
SKIERS.**

**We do this through the following actions:**

Establishing and supporting uniform and equitable rules for high school athletes in Nordic skiing.

Acting as a communication vehicle with the MSHSL for Minnesota coaches regarding rules, regulations, and section and state meet formats.

Elevating standards of sportsmanship and providing youth with leadership role models.

Maintaining good relationships and unifying efforts between all agencies involved in developing Nordic skiing.

Promoting and providing coaching education and support for high school Nordic ski coaches.





# MEMBERSHIP IN YOUR COACHES' ASSOCIATION



## MSHSCA MEMBERSHIP

MSHSCA Membership includes insurance for year round coaching activities. Membership year runs Aug. 1<sup>st</sup>-July 31<sup>st</sup>.

To join go to:

<https://www.mshsca.org/>



## MEMBERSHIP BENEFITS

\$10 OF YOUR MSHSCA MEMBERSHIP FEE GOES DIRECTLY TO THE MSHSNSCA TO HELP SUPPORT COACHES' AND ATHLETE AWARDS, COACHES' EDUCATION AND SCHOLARSHIP PROGRAMS.

# LEADERSHIP OF THE MSHSNSCA

EXECUTIVE COMMITTEE			
David Paulson	President	Term ends: April 2024	<a href="mailto:mnnordiccoaches@gmail.com">mnnordiccoaches@gmail.com</a> <a href="mailto:davidapaulson@mac.com">davidapaulson@mac.com</a>
Andrew Hansen	President-Elect	April 2024	<a href="mailto:Andrew.Hansen@wayzataschools.org">Andrew.Hansen@wayzataschools.org</a>
Dave Johnson	Past-President	April, 2024	<a href="mailto:djohnson@marshallschool.org">djohnson@marshallschool.org</a>
Denny Nelson	Secretary	April, 2024	<a href="mailto:dennis.nelson.mn@gmail.com">dennis.nelson.mn@gmail.com</a>
Rich Heilman	Treasurer	April, 2024	<a href="mailto:coach.Heilman@gmail.com">coach.Heilman@gmail.com</a>
ADVISORY COMMITTEE AT-LARGE MEMBERS			
Nick Snavely – Sauk Rapids/Rice	Out-state member	April, 2024	<a href="mailto:nordic@isd47.org">nordic@isd47.org</a>
Doug Cran – White Bear Lake	Metro-member	April, 2026	<a href="mailto:crannordic@gmail.com">crannordic@gmail.com</a>
SECTION REPRESENTATIVES			
Rich Heilman	Section 1	Term ends: Apr. 2024	<a href="mailto:coach.Heilman@gmail.com">coach.Heilman@gmail.com</a>
Doug Boonstra	Section 2	Apr. 2024	<a href="mailto:doug_boonstra@edenprairie.k12.mn.us">doug_boonstra@edenprairie.k12.mn.us</a>
Robb Lageson	Section 3	Apr. 2024	<a href="mailto:rlageson@comcast.net">rlageson@comcast.net</a>
Chrissy Snider	Section 4	Apr. 2024	<a href="mailto:chrissy@sniders.net">chrissy@sniders.net</a>
Chris Torvi	Section 5	Apr. 2024	<a href="mailto:ctorvi@gmail.com">ctorvi@gmail.com</a>
Larry Myers	Section 6	Apr. 2024	<a href="mailto:xcmyers@aol.com">xcmyers@aol.com</a>
Betsy James	Section 7	Apr. 2024	<a href="mailto:betsyjames01@gmail.com">betsyjames01@gmail.com</a>
Michael Meehlhouse	Section 8	Apr. 2024	<a href="mailto:mmeehlhouse@treknorth.org">mmeehlhouse@treknorth.org</a>

# MSHSL , MSHSCA AND MSHSNSCA

MSHSL

MSHSL Board of Directors

MSHSL Administrative Regions

Charlie Campbell – Nordic Skiing  
liaison

State Meet Managers – Mike  
Hecker and Pete Tremaine

MSHSCA

MSHSNSCA EXECUTIVE COMMITTEE  
President, President-Elect, Past-President, Secretary,  
Treasurer

ADVISORY COMMITTEE  
President, President-Elect, Past-President, two at-  
large Members (one out-state and one metro)

SECTION REPRESENTATIVES

GENERAL MEMBERSHIP –  
Head coaches, Assistant  
Coaches, Official volunteers

ALL-STATE AWARDS – current  
President of the MSHSNSCA

ACADEMIC ALL-STATE  
AWARDS – Jason Mork,  
Winona, coordinator

VICTOR C. DUNDER AWARD  
- Denny Green, Coon  
Rapids, coordinator

COACHES' AWARDS –  
Section Reps and  
Dave Johnson, Marshall,  
coordinator



# LEADERSHIP OPPORTUNITIES

- ***Executive Committee member (Pres., Pres. Elect, Secretary, Treasurer) 2-year term for each***
- ***Advisory Committee at-large member (out-state or metro – 4 year term)***
- ***Section Representative – 2-year term***
- ***Victor C. Dunder Award coordinator***
- ***All-State Academic Awards coordinator***
- ***Coach(es) of the Year and Hall of Fame Awards director***



# PROPOSALS FOR CHANGE – MAJOR AND MINOR

MAJOR PROPOSALS FOR CHANGE – THESE NEED TO BE VOTED ON BY GENERAL MEMBERSHIP, AND IF PASSED THEY GO TO THE MSHSL BOARD OF DIRECTORS.

TIMELINE FOR SUBMITTING A MAJOR PROPOSAL FOR CHANGE:

1. SUBMIT PROPOSAL (USING FORM ON WEBSITE) TO PRESIDENT OR ANY MEMBER OF ADVISORY COMMITTEE 4 WEEKS OR MORE BEFORE ANNUAL SPRING MEETING.
2. DISCUSSION IS HELD AT SPRING MEETING AND VOTE TAKEN WHETHER TO CONSIDER PROPOSAL FOR OFFICIAL VOTE IN THE FALL.
3. IF MEMBERS PRESENT AT FALL MEETING VOTE YES TO MOVE FORWARD WITH PROPOSAL, THEN ELECTRONIC VOTE IS TAKEN AFTER FALL MEETING.
4. IF PROPOSAL PASSES, PRESIDENT PRESENTS PROPOSAL AND ALL VOTING RESULTS TO THE MSHSL BY THE FEB. 15<sup>TH</sup> DEADLINE.
5. PROPOSAL GOES OUT TO MSHSL REGIONAL DIRECTORS FOR FEEDBACK BY MAY 15.
6. MSHSL BOARD OF DIRECTORS VOTE ON IT IN JUNE.
7. IF PASSED, CHANGE GOES INTO EFFECT THE NEXT YEAR (IF BOARD APPROVES A CHANGE IN 2022, IT GOES INTO EFFECT DURING THE 2023-24 SEASON).

MINOR PROPOSALS FOR CHANGE – THESE DO NOT NEED TO GO TO THE MSHSL FOR APPROVAL BUT DO NEED TO BE SUBMITTED TO THE STATE MEET MANAGERS.

EXAMPLE:  
CHANGES THAT DON'T CHANGE THE SEASON OR THE TOURNAMENT SUCH AS CHANGES TO THE ORDER OF EVENTS OR TO THE SCHEDULE AT THE STATE MEET

The form for submitting a minor proposal is available on the website.





## HOW DO I GET INVOLVED WITH THE MSHSNSCA?

- Contact any Executive Committee Member
- Contact your Section Representative
- Offer your time and talents when Section Rep elections occur or a section rep position becomes vacant. You can contact the association President before regularly scheduled meetings or when a vacancy does occur during non-election years.
- There are always opportunities to help serve your fellow coaches and the athletes on all teams.



# COACHES' AWARDS



Section Coaches of the Year (head and assistant), and Volunteer of the Year Awards – Coaches must be members of the MSHSNSCA to be eligible.



State Coaches of the Year (head and assistant), and Volunteer of the Year Awards - Coaches must be members of the MSHSNSCA to be eligible.



MSHSCA State Championship Coach Recognitions – Coaches must be members of the MSHSCA to be eligible.



MSHSL Hall of Fame Recognitions



MSHSNSCA Hall of Fame Recognitions



# COACHES' AWARDS SELECTION PROCESS

**Section COY (Head & Assistant)** – Section Reps will coordinate the selection of one head coach and one assistant coach as their “Section Coaches of the Year”, plus a volunteer of the year. Section Reps will submit their entries to the Coaches’ Awards Director by the deadline, which is the Sunday before the week of the State Meet, at 6 pm.

**State COY (Head & Assistant)** – Once all of the section head and assistant coach names and volunteers are forwarded to the Coaches’ Awards Director, their names are added to an electronic ballot where every coach can vote for State Coaches and volunteer of the Year. This will go out to coaches before the State Meet.

# **MSHSNSCA and MSHSCA COACHES' AWARDS**

## **MSHSNSCA Hall of Fame**

**Recognition** – The nomination form for the MSHSNSCA Hall of Fame is available on the website. Nominations are accepted every year. Plaques honoring the MSHSNSCA Hall of Fame members are displayed in the Mora Vasaloppet Ski Chalet.

**MSHSCA State Championship Coach Recognition** – The Head Coaches of each championship team are recognized by the MSHSCA at their awards banquet each October. Coaches must be members of the MSHSCA to be eligible to receive the awards.



# ATHLETE AWARDS

## All-State Awards

All State Awards are presented to the top 25 finishers in the Pursuit race and the top four relay teams at the State Meet. This award is facilitated by the President of the MSHSNCA. The awards are mailed to the Athletic Director of the recipient's school after the State Meet.

The head coach must be a member of the coaches' association in order for athletes to be eligible.

## Individual Academic Awards

1. The head coach must be a member of the coaches' association.
2. Individual all-state:
  - a. The skier must be a senior on the section team
  - b. If GPA is 3.9 or above the skier automatically gets all state academic.
3. Individual awards are mailed to your Athletic Director's office.

Forms are available on the MSHSNCA website and are due the last Sunday before the State Meet.



# SCHOLARSHIPS – VICTOR C. DUNDER

- Victor C. Dunder Award
- An award provided by Minnesota ski shops and the MN State High School Nordic Ski Coaches Association
- For motivated skiers in grades 7-12 who have completed one year of skiing on a high school team
- Based on coaches recommendation, skiers application and financial need
- The award is designed to help promising first year skiers obtain needed equipment.
- According to MSHSL rules, high school skiers are not allowed to receive awards worth more than \$100.
- One skier per team per year is eligible
- Skiers coach must be a current member of the MSHSNSCA to be eligible to receive this award
- Skis and equipment will be awarded to the award winning skier's team. The skier may borrow the skis as long as they are on the team. Upon graduation the awarded equipment will stay with the team to benefit other high school skiers.



Who was Victor C. Dunder?

Immigrated from Sweden with family age 2

Raised in Two Harbors, excellent athlete in high school and college

Coached skiing at Duluth Central

1931 Mr. Dunder set up the first high school nordic ski competition in the nation

1932 hosted the first MN State Ski Meet

Mr. Dunder is the Father of High School Skiing in both Minnesota and the Nation

Granddaughter, Patti Dunder is a current member of the Victor C. Dunder Award Committee

**Application forms available on the MSHSNSCA website.**



# TEAM AWARDS

## Team Academic Awards

1. The head coach must be a member of the coaches' association.
2. The 4-point GPA system is used for this award.  
*\*\*Athletic Directors or coaches must convert their GPA information to the 4-point grading scale if another is utilized by the district.*
3. Submit the top 5 GPAs for each section team.
4. If a team GPA average of 3.75 or above they automatically get a gold award. If the GPA is 3.50-3.74 they will receive a silver award.

Forms are available on the MSHSNSCA website and are due the last Sunday before the State Meet.





For additional information,  
visit:

[mshsca.org/nordicskiing](https://mshsca.org/nordicskiing)

Or contact your Section Rep or  
any member of the Executive  
committee.