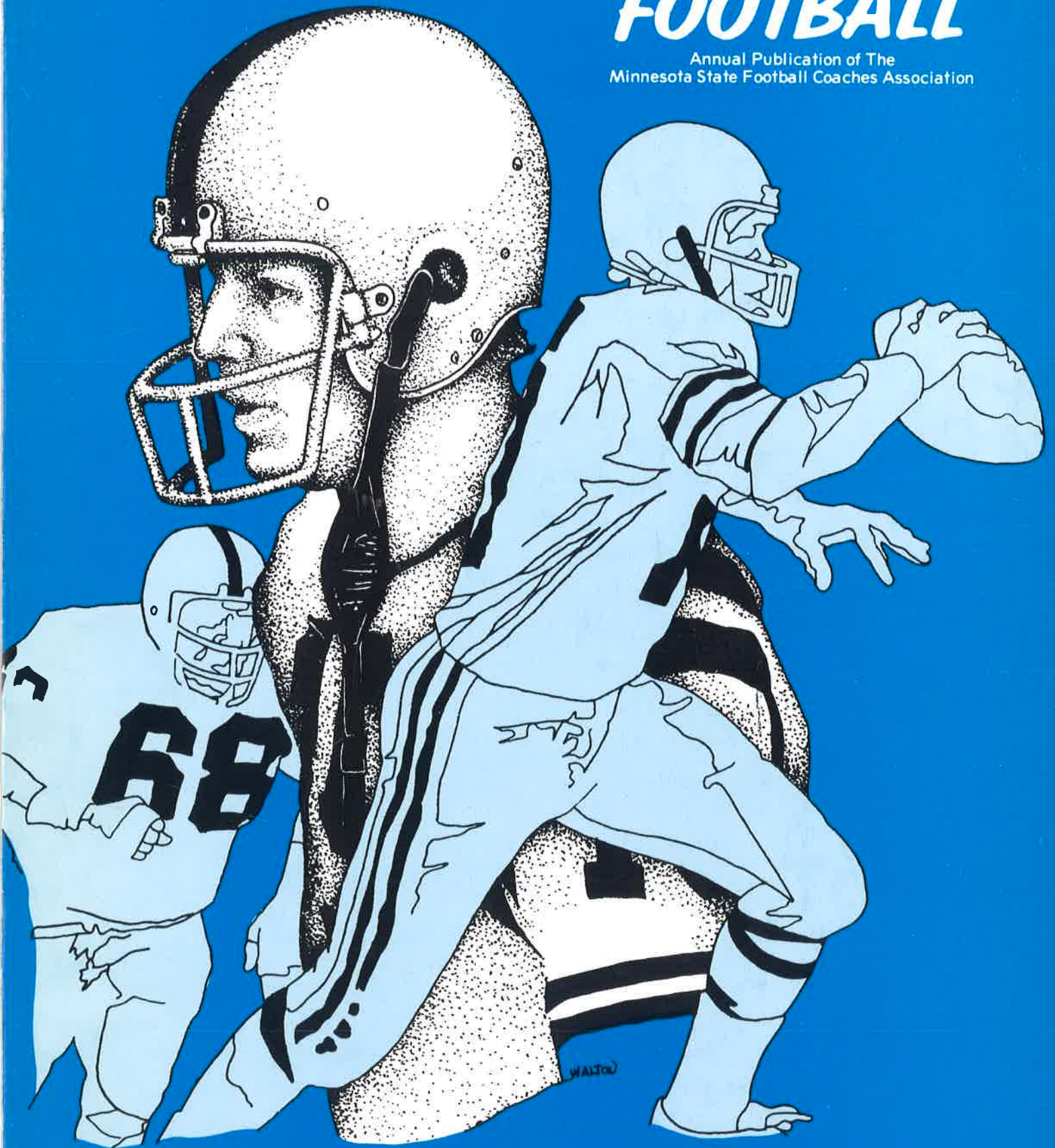


1978

FOOTBALL

Annual Publication of The
Minnesota State Football Coaches Association



20th Anniversary Issue

1978 FOOTBALL

ANNUAL

Minnesota State Football Coaches Assn.

348 THOMAS AVE.
OWATONNA, MINNESOTA 55060

This publication is issued annually by the Minnesota High School Football Coaches Association as a media for the exchange of ideas and technique in the game of football.

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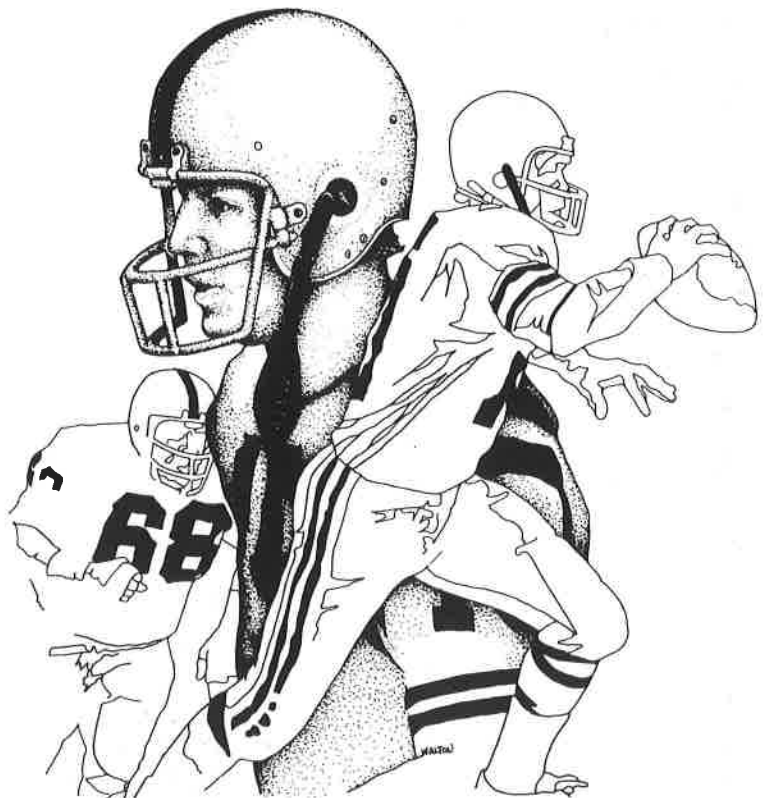
COMMITTEE HEADS

- Hall of Fame Bill Herzog
Stillwater
- Coach of the Year Don Swanson
Henry, Mpls.
- All-Star Game Manager Ron Raveling
Columbia Heights

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20 Years Ago

Our 20th Birthday...

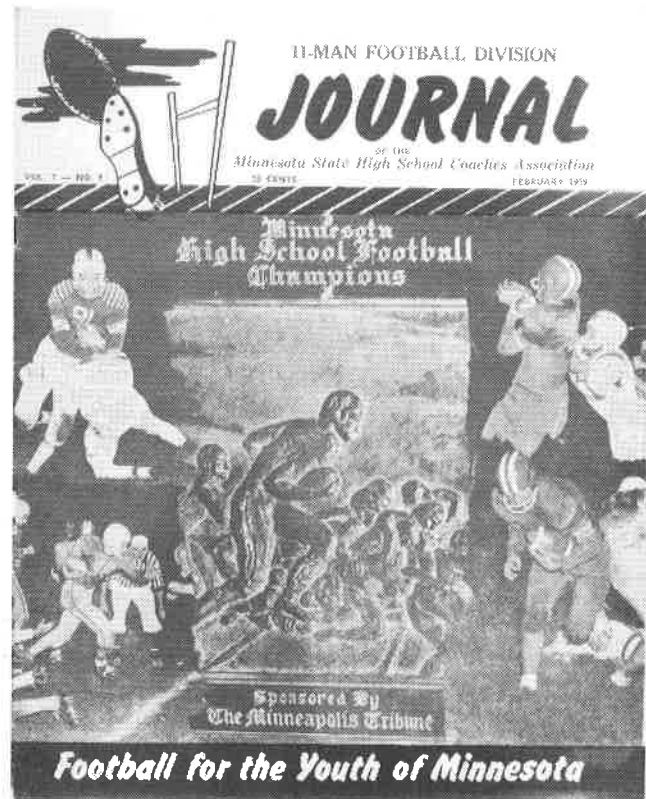
First Editorial By D. H. H.

To the beginner belongs the merit, even though his successor surpass him. — Arabic Proverb

IN THE BEGINNING...

... It is not unusual for a young organization to face countless hurdles and obstacles. Each step forward is often followed by a succeeding step back; but any organization which has survived, has gone through this early phase of alternate disappointment and elation. Eventually persistence pays off and the group becomes established. To say that the 11 Man Football Division was established without running the gauntlet of raised eyebrows and questioning glances, would be entirely misleading, for in its infancy there were many who asked the question, "Why such an organization?" This question was met head on by those individuals who keenly felt the need for a group such as ours. We owe much to men like "Red" Wilson of Bemidji, Frank Cleve of Minneapolis Henry, Bernie Cole of Stillwater, Lew Swearingen of Jackson along with many others who pioneered this organization.

The "Why" of the 11 Man Football Division has been answered. It is to be an organization for the promotion of football in the State of Minnesota. To the football coaches the big question now is, "How?" How can we promote football? How can we establish a workable program? How can we hope to accomplish things which have not been accomplished in the past? These questions can not be answered by only your officers and elected representatives; but will be answered by the collective thinking of all football coaches in our State. It is imperative then, that each of you take an active part in this organization.



Vol. 1—No. 1

Feb. 1959

One of the first steps which can be taken to improve football within our State is to establish a media for the exchange of ideas and techniques of the game. The day is long past when a coach can remain within the confines of his school, letting his mind stagnate, and still hope to promote a successful program. The game today is much too advanced. I think we all agree that an exchange of ideas and game techniques is beneficial to all. Hence this magazine.

While initial articles for our magazine must of necessity be solicited, each of you in the future, must feel free to offer your contribution. Just let us know the subject on which you wish to write. This magazine will only be successful as long as we receive material. We know there is a wealth of talent among the coaches so feel free to use the magazine as a means of passing on to others your ideas and coaching techniques. Future issues will contain a column of letters to the editor. We can only improve the magazine if we are aware of its deficiencies. A column of this type will also give the readers an opportunity to air views and opinions. Again, the contributions must come from you.

In the final analysis, the marked degree of success which will be achieved by the 11 Man Football Division will be entirely dependant upon its membership. The future of our organization rests with you, the football coaches of the State of Minnesota.

20 Years Ago



Region One
GORDON PASHKA
Winona

DISTRICT REPRESENTATIVES

- 1 Wm. Zeibell, Chatfield
- 2 Art Haas, Austin
- 3 Wally Brunsvold, St. Charles
- 4 Arnold Nelson, Northfield



Region Two
LEW SWEARINGEN
Jackson

DISTRICT REPRESENTATIVES

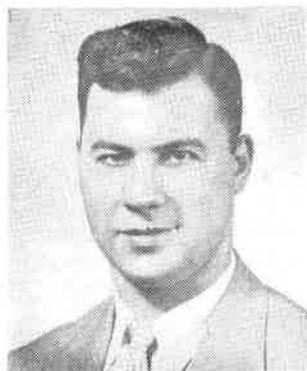
- 5 Tom Mahoney, Fairmont
- 6 Ernie Madson, Lake Crystal
- 7 Dick Beckstrom, Lakefield
- 8 Milt Osterberg, Worthington



Region Three
LEO SEBASTIAN
Tracy

DISTRICT REPRESENTATIVES

- 9 George Rindelaub, Marshall
- 10 E. W. Anderson, New Ulm
- 11 Ken Seeling, Dawson
- 12 Tom Gains, Glencoe



Region Four
STEVE SILLANOFF
South St. Paul

DISTRICT REPRESENTATIVES

- 13 Don Miller, St. Peter
- 14 Dick Mulkern, White Bear Lake
- 15 Clyde McDonald Harding (St. Paul)
- 16 Jim Foley, Cambridge



Region Five
FRANK CLEVE
Minneapolis Patrick Henry

DISTRICT REPRESENTATIVES

- 17 Chuck Elias, Central (Mpls.)
- 18 Bob Collison, Richfield
- 19 Don Nylund, St. Cloud Tech
- 20 Bill Hanson, Wilmar



Region Six
JOHN CONZEMIUS
Wadena

DISTRICT REPRESENTATIVES

- 21 Sheldon Anderson, Breckenridge
- 22 Dick Schmitz, Sauk Center
- 23 Rocky Elton, Fergus Falls
- 24 Ted Thompson, Crosby Ironton



Region Seven
LOU BARLE
Greenway-Coleraine

DISTRICT REPRESENTATIVES

- 25 Les Nell, Pine City
- 26 John Vucinovich, Central
- 27 Matt Urick Biwabik
- 28 Noble Hall, Grand Rapids



Region Eight
JOE MRKONICH
Thief River Falls

DISTRICT REPRESENTATIVES

- 29 D. Schlattman, Park Rapids
- 30 Earl Perkins, Ada
- 31 John Miller, Red Lake Falls
- 32 Ray Kavanaugh, Roseau

20 Years Ago

- Most passing occurs when there is little time left in the game, long yardage to go, team is behind in the score, or running attack bogs down. These situations allow us to make tactical adjustments to our defense.
- The last six out of seven teams that won the championships have had strong running attacks.

From these acts we decided upon a six-man front as our basic forcing unit. The strength of the opponent's passing attack determines our deployment of the secondary. When the opponent's passing attack is average or below average, we prefer the wide 6-3-2. If they are strong in passing or Single Wing, or Double Wing, we prefer the 6-2.

Diagram One shows our wide 6-3-2. Diagram Two shows our 6-2-2-1.

DIAGRAM ONE

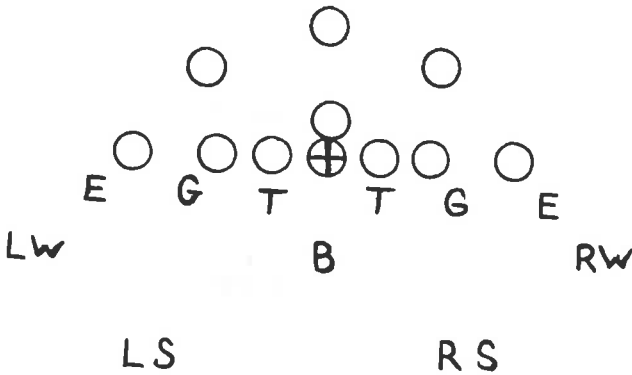
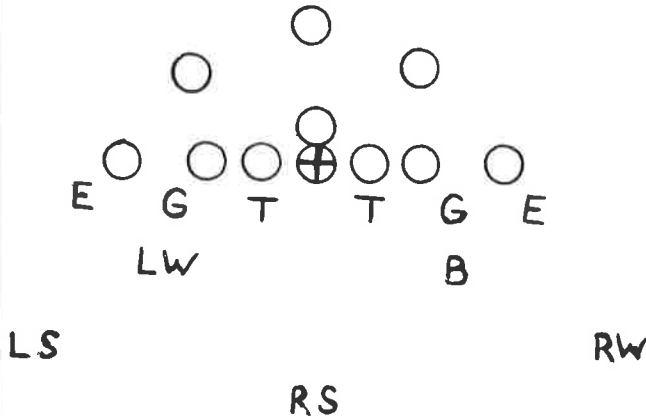


DIAGRAM TWO



In our nine-man front, we felt that it was easier to develop the wide 6-3-2 than the 5-4-2. Our reasons were based upon the following:

- It is easier to find one good linebacker than two. We have been very fortunate in having an excellent middle linebacker over the years:
1951-52 — Dave Brostrum, Co-captain, Gustavus Adolphus

- 1953-54 — Fred Espe, Co-captain, Hamline
 - 1955 — Don Palm, Co-captain, Bemidji
 - 1956 — Emil Bourdon, All-conference
 - 1957 — Terry Connolly, Colgate
 - 1958 — Howard McCarty, at present a junior
- It would be easier to develop a lineman than another linebacker.
 - A six man line gives the middle linebacker better protection along the line of scrimmage.

C. PLACEMENT OF PERSONNEL

- Six-man front or forcing unit
 - The quick thrust at the line from tackle to tackle places a heavy premium on defensive ability to move laterally for three or four feet with maximum agility.
 - On a play run outside the ends, speed is a necessity to catch fast backs. Thus, by placing faster defensive players near the outside, they can pursue with a greater chance of success.
 - Thus, if tackles are slow but strong, they should be placed over the offensive guards. This solidifies our inside defense.
 - Generally, the offensive guards are the smallest members either in weight or height. This further enhances the possibility of tackles overpowering them.
 - Since defensive guards are subject to double teams, their rollout ability generally should be better than a slow tackle's. Therefore, we like agility and speed inside offensive ends.
 - Ends can generally make or break your defense against opponents' outside attack. This position is confronted with a variety of problems; that is, split ends, traps, flankers, cross blocks, hook blocks, fakes (belly series), reverses, and screens. Excellent ends are a rarity; consequently, their responsibilities vary with their abilities. The most rugged end should be placed at the left defensive since a greater percentage of the attack is run to this side. The right end is



A White Bear Lake player makes a tackle

20 Years Ago

5. Small offensive players should be racked hard by your bigger players unless small player is too effective.
6. Rush hard on poor blockers. Mentally and physically whip him.
7. MLB's play determined by down, distance, time, score, weather, etc.
8. Wings may put rush on or switch assignments with safeties occasionally.

E. ATTACK! ATTACK! ATTACK!

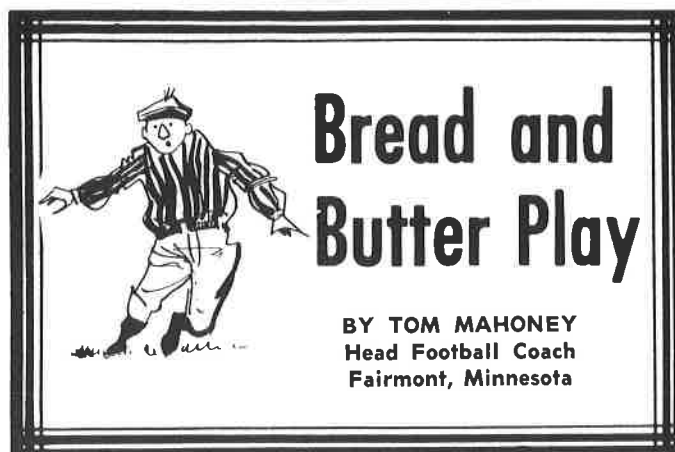
First and foremost is our mental outlook on what defense should mean. Whether we have the ball or not, we are still on the attack. This is fundamental to our mental outlook to the game. To win it is essential that we carry the attack offensively and defensively. Relentless pressure upon the opponent is an absolute must. When a player has this frame of mind, he is accepting a philosophy that calls for his very best. A player must never consider defense a glorious retreat. Defense must be an opportunity to create situations in order to win. When players look upon defense as well as offense as an opportunity to win and not a fight for time, they can exploit their opponents' weaknesses to their teams' advantage.

F. THE IMMEASURABLES

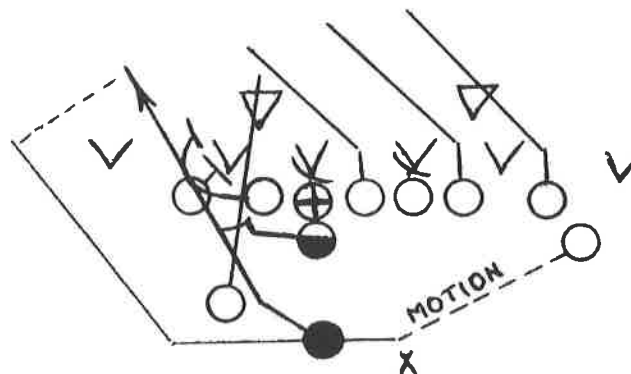
In order to maintain a fine defensive record, we must also reckon with the immeasurable qualities, those qualities that are by far the most important, yet the most difficult to measure. Since teams possess them in varying degrees, our evaluation of them must be a relative one. Despite all reasoning and theorizing, we must acknowledge that these three elements have to a larger degree determined the success of our defense:

1. Boys who love to play defense.
2. Good assistants
3. Luck.

Without these three, records and proper defensive attitudes are impossible. With them and proper planning, effective defense is assured.



In our balanced offense we have found that by placing our right halfback in motion more stress has been placed on the defense forcing them into partial rotation. We can use the right halfback in motion on plays to the strong side also as we do not have him running at full speed until he reaches point "X" on the diagram.



On this play our right halfback must be at point "X" when the ball is snapped. His assignment is to sweep wide faking an end run and keeping in position for a down field lateral. The left halfback lines up on the outside leg of the left tackle and will usually fake the dive. If the defensive end is crashing we may use him as a blocker on the end or linebacker. The fullback who is the ball carrier steps off right at the offensive end's down hand. After he is through the line, he has the option of cutting back to pick up his blockers coming across or using his right half as a receiver of a lateral. The quarterback steps to his left with a dive fake and then rides the fullback. After the handoff, he can fake a pitch to the right halfback and drop back into passing position.

This play has been a good one but only because of several other plays that are basically the same from the start.

20 Years Ago

dination. Your job as a coach is to take the clumsy, awkward kid and make an athlete of him, a skilled performer. Here is where repetition comes in. You must keep in mind that repetition builds endurance and skill. Do it over and over again. Kicking, passing, footwork and the ability to handle oneself in a respectable manner requires repetition. Some athletes are born with that "certain something", but all can improve performance by repetition. Repeat actions or situations so many times they become reflexes or reflex actions. Originally reflexes were defined as involuntary reactions from a sensory stimulus. They were thought to be involuntary, but now scientists believe that these are learned acts which may be initiated voluntarily, but are completed without further voluntary action. Science says that man is a reflex animal and certainly in sports so many things are done by reflexes that it behooves a coach to develop this quality. Sports are full of reflex actions, but it takes training and repetition to get them started. Actually, it is a learned pattern which takes over semi-automatically.

Speed is another objective, but one a little harder to develop. You can improve speed in some athletes by improving coordination in practice, but here is a quality you hope the boys shows up with, when he reports to practice.

You have the objectives, the athletes and the plays; now to coordinate them and at the same time protect your team from injury and you will be off to a successful season. Prevent injuries by strengthening weakened joints or old sprains or dislocations by proper strengthening of the muscles — the first line of defense for weakened joints. Wrap your players' ankles or teach them to wrap their own for practice and games.

One last condition to consider: During the season, and especially during the first few weeks of drills, the athlete is stiff and sore, and we have the problem of warm-up and strained or pulled muscles. A muscle works best at the temperature of 102 degrees F to 103 degrees F and this means proper warmup is a must before going full speed. Keep in mind that every time a part of the body is moved, one muscle or group of muscles must contract and another muscle or group of muscles must relax or you will get a strained or pulled muscle.

A brisk walk will bring the temperature of muscles to 101 degrees F and jogging slowly at first and then increasing the tempo will warm up the athlete properly. We need 4-8 times more blood circulating during exercise than at rest and this puts more work on the heart. The heart is not a suction pump and can only pump blood brought to it by the great veins. The pumping or squeezing action of the muscles help force more blood back to the heart and a more efficient circulation is established. Actually, training and proper warm up can delay fatigue so be sure your

boys are warmed up properly before they go full speed. Let them jog around the field once or twice and then give them some rhythmic or stretching exercises before you start the drills.

I have touched on several subjects I thought would be of interest to you coaches. I have tried to keep the material as basic as possible as I am writing to many coaches of narrower backgrounds and experiences. To all of you, I wish a winning team and I sincerely hope you are able to cut your injuries, which is an important step towards the successful season.



BY MILT OSTERBERG

Head Football Coach, Worthington High School

There is no question in my mind as to the best ball player I've ever seen. His name is Earl Bailey, who played halfback for me at Medford High School back in 1938 and 1939.

Although not a very big boy (5-9 and 158 lbs.), he could do anything and everything a coach could want. His speed was just average. But he was a deadly blocker and tackler and always got the job done.

One play in particular stands out in my mind. Earl had tackled the ball carrier for a 5-yard loss and as the runner was about to hit the ground, he turned and tossed a lateral to a teammate. And I'll be darned if Earl didn't get up and tackle the second boy 5 yards further back. I'd like to have 11 ball players like this boy.

During World War II, Earl served in the European Theater and at the present time he is a 222-pound businessman in the state of Mississippi.

The best high school ball club I've ever seen was the 1953 St. James team. This club had more overall speed than any other team I had seen or have seen since. You will remember Norm Anderson as star of that team.

The Jackson high team of 1953 would have to rate with St. James as one of the top teams with their speed and power plus top-rate coaching.

I want to mention two other teams which rank near the top with me. I remember Les Barnard's South High School teams in 1929 and 1930 as the biggest, most-powerful high school team I've ever watched.

20 Years Ago

always hug the double team side of the hole.

Hole Numbering System — Each of our holes are pin-pointed on our offensive linemen. In your planning you can vary these pin-points, depending on what type of backfield maneuvers you are going to stress and use you may wish to make of the personnel available. The important thing is that once you set these locations, you must stick to them so that the recognition and meaning will be the same for all your personnel.

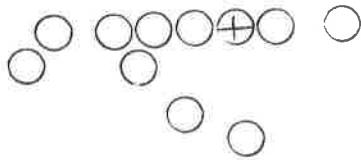
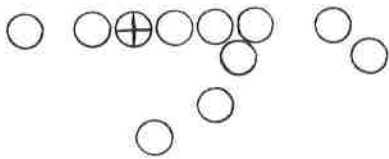
The following diagrams will illustrate what we use. This is what we attempt to get each of our squad members to know and visualize.

Backfield maneuvers can be varied depending upon the personnel available and to the extent a coach may wish to use multiple offense. For our purpose we stick to the straight single-wing.

Backfield Maneuvers

Our basic alignment may be either right or left with each of our backs numbered as follows: **QB-10, LH-20, FB-30, RH-40**. Thus, when play No. 29 is called, it means the LH (20) will run with the ball through the 9 hole.

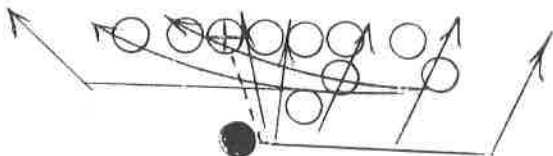
Basic Single Wing Formation:



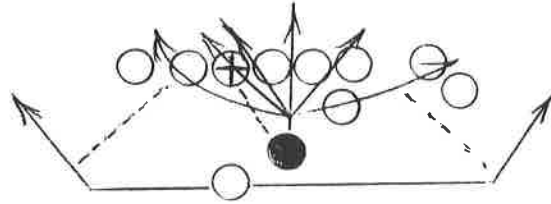
(Shifted Right) or (Shifted Left)

Basic backfield maneuver play series. These can also be run from left formation.

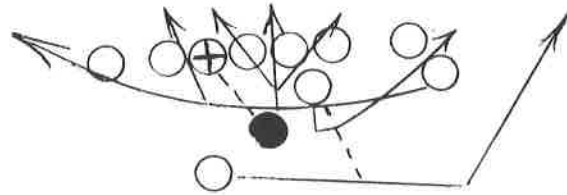
(1) Halfback series (direct or reverse).



(2) Fullback Power series.



(3) Buck Lateral series.



If we have the speed we can do more maneuvering and faking in the backfield, but when we do not, then we will hit directly and strive for over-powering instead of deceiving to get the advantage.

Our boys like to tell the opponent where the play is going and just dare them to stop it. The group we had last fall loved this.

We at South St. Paul believe that "single wing" is not dead, but can be very advantageous. When you lack speed but are blessed with a group of boys that are strong, eager, and want to play, single wing is a challenging offense; and we enjoy using it.

Football is a contact sport, and single wing, like all formations, requires boys who love contact. Without this quality your prayers are about all you have left.



HAY DAY

He has the speed,
He's willing and able
To pace the team
To the training table.

—FRANK O'BRIEN

is the key to success. In areas of expertise for anyone handling the injured athlete, he needs to be in the area of sports medicine classes (anatomy, physiology, kinesiology, physiology of exercise, care and prevention, first aid, cardiopulmonary resuscitation (CPR), and as many therapeutic courses a person can obtain).

Students who are working in high schools as student trainers may attend student trainer workshops sponsored by Cramer Chemical throughout the United States. Mankato State will have a student trainer workshop this summer. Coaches may attend sports medicine clinics sponsored also by Cramer Chemical throughout the United States. Any coach interested in attending this type of clinic may contact Cramer Chemical in Gardner, Kansas 66030.

The following organizations are very instrumental in making people qualified to perform the duties of trainers and student trainers in the United States. The American Red Cross (ARC) teaches courses in first aid. Depending on what chapter you live in, you may contact the representative and they can explain when and what courses are available. The American Heart Association (AHA) is teaching cardiopulmonary resuscitation (CPR) courses through its organization and through the local organizations such as the fire department, ambulance and police department. Also, throughout this area national emergency medical technician (EMT) courses are being taught. These courses are usually conducted under local ambulance organizations and will have many visiting physicians lecture on various aspects of accident and ill patients. There are also state emergency care organizations teaching their local community personnel. I feel that if a person would attend as many of the above mentioned workshops as is possible, his knowledge and participation would be greatly increased.

The whole responsibility of sports medicine is not only to treat injuries but to prevent injuries, and also to develop the athlete's skill through safe competition with the understanding that if he is hurt he will receive the best possible care available. I feel that as a trainer one of the best tips I know as far as prevention of injuries is to make sure that whatever equipment you as an individual use, it must fit correctly. We mistakenly believe sometimes that if a piece of equipment is comfortable, it fits. An example of this is athletic shoes. A rule of thumb in this area is that if you wear a dress shoe with tied laces is $9\frac{1}{2}$, your athletic shoe will be either a 9 or possibly $8\frac{1}{2}$. Never should an individual wear an athletic shoe the same size as a dress shoe. That only tells me that his athletic shoes are too big.

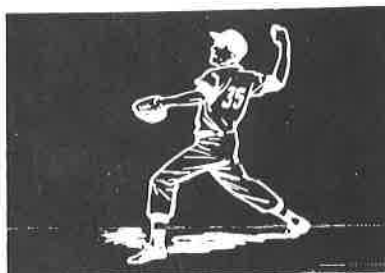
In cases of injury, within the first 24 hours, possibly 48 to 72 hours, the application of ice or something cold for a period of 20 to 30 minutes maximum should be used. With today's emergency room set-ups and insurance coverage, it is an injustice not to have an athlete checked who has severely hurt himself in competition or practice.

An emergency measure that can be used is by the use of the word ICES. Whenever we use the capital letters for ICES it stands for (I) cold, (C) compression (elastic wrap), (E) elevation, and (S) support (sling or crutches). This will allow for no aggravation to the injury until the individual can be properly checked by medical facilities.

I feel that today with all the coaches, trainers, doctors, and other allied medical personnel who deal with the care and prevention of athletic injuries our athletes are best cared for and treated.

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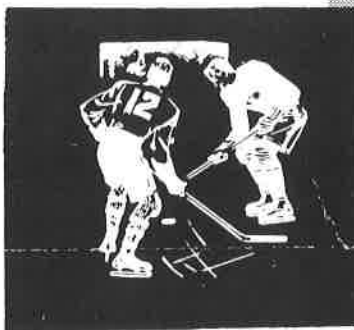


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you assign a trusted representative that will faithfully call with all the important information as soon as possible after the conclusion of the game.

5) **SPECIAL AWARDS** — All members of the area or regional press corps that follow your team deserve equal access to the announcement of such honors. Obviously your own athletes will merit most of your attention, but don't be reluctant to support other qualified athletes from the area or conference. Such recognition only enhances the image of your best athletes.

The two-way street between coaches and the news media can be a most relaxing and enjoyable thoroughfare. Both elements can prosper and benefit each other, but some important aspects must be kept in mind:

- 1) The news media does not mean only newspapers. Always remember the radio and television as well when considering the media.
- 2) All coaches will face undesirable situations — losing streaks, injuries, player suspensions — but an honest, accurate approach can alleviate further problems. The news media will generally accept "off the record" explanations, but attempts to bluff or mislead the media will only complicate the trouble.
- 3) The media prides itself on instant coverage, but they can't be everywhere. When asked to submit phone reports from selected events, make sure that you have a qualified reporter that will provide all the essential information, win or lose.
- 4) Don't dismiss your high school newspaper as a necessary evil. Like your athletes, student reporters can use encouragement as well. They often lack the confidence of adult reporters, but they can be an important link to your student body.
- 5) Most important, be honest. The news media does not function to be your press agent, but they can be of immeasurable help. Ignoring their presence, or underestimating their power is dangerous. Making a bonafide effort to cultivate a working relationship built upon mutual trust is the only logical approach to follow.



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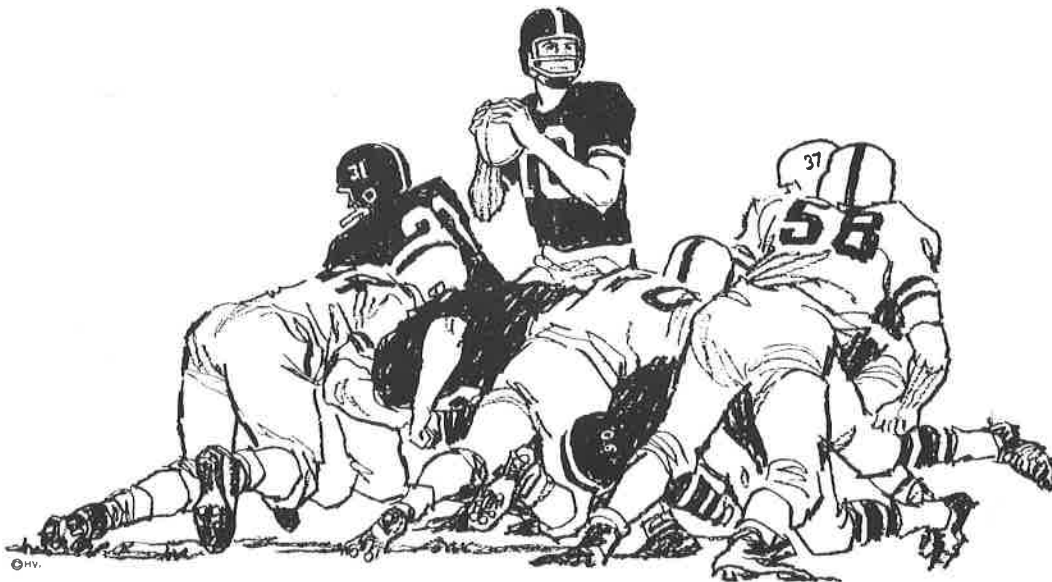


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1978

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FOOTBALL CLINIC



Bud Wilkinson-Duffy Daugherty

Co-Directors

Bob Roy - Clinic Manager

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BEST OF LUCK TO ALL MINNESOTA COACHES

to work at various stations during the session. We try to give every coach a rotation system whereby he works with the main coach in a respective assignment, i.e. - backfield coach, offensive line coach or whatever. This give the inexperienced coach a chance to assist in all phases of the game. It also helps all coaches during the course of a game to be alert to possible breakdowns. The formal practice session with this group lasts for 1½ hours. At the close of the session, this group will take one-half hour of extra conditioning which is monitored by the Co-Captains. We have found that they really press them during this session. One coach will leave at 11:00 when they go up so we have a coach in the locker room.

- The second group reports to the practice field at 10:00 with one of the coaches. This coach is in charge of one-half hour of warmups and conditioning prior to 10:30. He also is in charge of the locker room while dressing and taping. Our coaches put in a double session and it is a long morning for them, but we do feel that it is a good teaching situation for coaches and players alike. We plan a coaches' meeting right after the practice session and showering is completed.

This way the coaches help plan the work for the next day and we can also discuss personnel changes and evaluate our progress each day. By two o'clock the coaches are through with any group meeting and have the rest of the day to do what they like. It gives them a better outlook, too.

- We have a players' agreement with us that they will take the afternoon or evening to complete another form of exercise. They have the following options: a) tennis, b) golf, c) bicycling, d) jogging, e) swimming or f) weight machine workout. this is a gentlemen's agreement that the players adhere to and so far it has been successful, and they are happy to comply with it because it takes away the soreness.
- They have a second contract type of agreement where by they will spend one hour, sometime before the next practice in the mental part of learning the game. I'm sure that many spend more and some may cheat and spend less, but it doesn't appear to be a problem. We

seem to learn better then before because they are not so tired out.

This is basically the type of practice schedule we have adhered to for three years. During this time, we have lost two regular season games and one state playoff game. Of course, I don't believe that this pre-season schedule has been the sole reason for this record because you will with people, and we have had some talented people. However, there are other results that we can use for evaluation.

- Coaching changes. I've had four new coaches work into this system who have done a good job of learning while teaching.
- We have had only two people quit during this three week period over three years.
- None have quit during the regular season unless it was because of their being ill and felt they had lost out on too much and couldn't make it up.
- We have had fewer injuries during this three year interval. By that I mean we have had one broken finger, one leg injury which required a cast due to a broken bone, and one concussion. All three of these injuries were to 9th grade players. It could be attributed to sheer luck, but we don't think so. We like to think that our kids have been conditioned well and that they are eager to play.
- We have also carried this philosophy into our regular practices after school starts and we adhere to one and a half hours on the field with very little contact.

We are sold on this program because it seems to have solved so many of our problems pertaining to morale of the players and the coaches. Our players don't have to quit summer jobs — they work their schedules around it. They don't have to give up the entire day and most of the evening to football. Our coaches don't have to put in 12 to 15 hour work days getting everyone ready to practice twice a day. I think everyone's morale is much better and it is more fun.

I know I've learned from players over the years and this is a most valuable lesson. It is and should be a game and why do we have to make it a crusade that they can't enjoy?



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home position at the time of the snap. The quarterback again uses a reverse pivot and makes a good fake as though the option was being run. He then brings the ball back quickly and hands off to the fullback.

The fullback takes a quick step with his right foot, plants and cuts back to the hole.

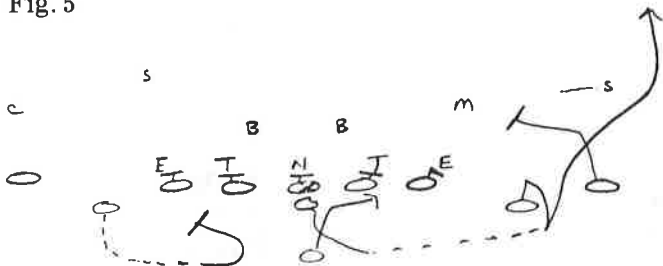
The playside tackle and guard run a crossblock and everyone else in the line must again block.

The wide receivers again have the responsibility to clear their defenders out of the area or block them, depending on the action of the defender.

Situation: The defense is using only one or one and a half defenders to cover our outside receivers. Staying in and putting more pressure on the inside game.

Play: Quick screen to either the split end or slot back, depending if we want to come in or go outside after we catch the ball. Figure 5.

Fig. 5



At the snap of the ball we want the motion back to be just hitting the line area. He now cuts back taking out the defensive end. Not that we think he will get to the quarterback in time to stop the play, but because we don't want to take the chance of a late hit.

The quarterback makes a reverse pivot, putting the left hand into the fullbacks belly and then taking a quick running step backwards, setting and throwing to his receiver.

So we don't have to run an audible, the receivers determine who the receiver will be when they set.

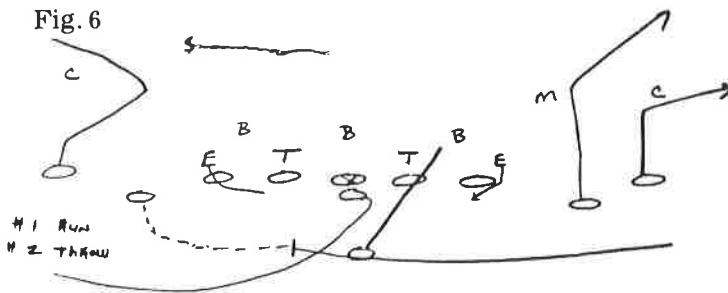
On Figure 5 we have the slot back catching the ball, so he will take a quick step downfield and then jump back, receive the ball and read the block of the split end.

The split end will hesitate, at the line and then drive for the slot back defender. We don't just want to screen this man we want a good hip on hip.

Situation: The defensive ends are slashing down hard and the linebackers are moving with the flow at the snap.

Play: Option Bootleg Figure 6.

Fig. 6



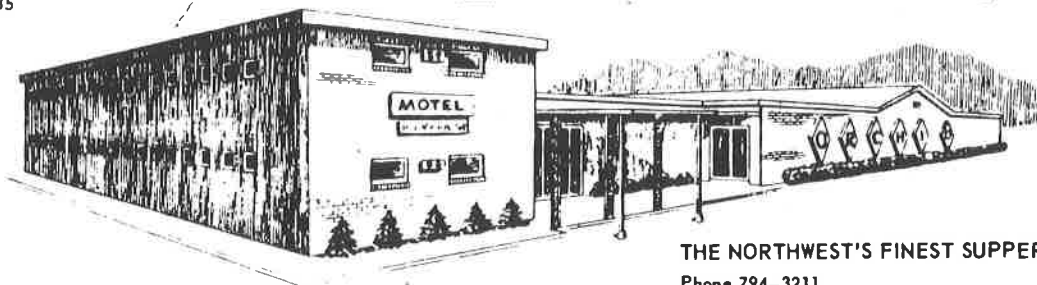
Here we make a good fake to the fullback and sprint hard around the defensive ends slanting charge. At this point, the quarterback and the split end should be two-on-one with the split end defender.

If the defender stays on the receiver, the quarterback tucks the ball away, and heads downfield. If the defender comes up, he throws. Again, the key is the play of the defensive ends. We may even run the play, just to make sure the defensive ends don't crack too hard on our quarterback.

These were a few of the plays we use with our spread offense and a few of the situations that we adjust to. We do use a few other plays with the spread and we also shift into a shotgun, out of this formation during some passing situations.

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that I would like to share some of my ideas with you.

Most every coach has sayings or slogans. We have relatively few, but the one's we use are expected to be productive, not just a bunch of "hype" words. ATTACK-SUSTAIN-DOMINATE underlie all of our thinking. We sell aggressiveness in everything we do. At the same time we personalize all of our instruction so as to facilitate our philosophy. By personalize I mean caring, not only on the practice or game field, but 12 months out of the year. During the off-season I try very hard to spend time discussing grades, girl friends, Mom and Dad, Scorpion Stingers, etc. with all of my ball-players, not just the starting 11, but the varsity, the Sophomores and yes, the Freshmen who will be joining next year's team.

That takes time. But if you don't make it happen, who will? We attack everything we do concerning football; offense, defense, practice, games, coaches, and relationships with the boys. Be aggressive! Get to the boys. Be the first to engage them in a conversation of what's important to them. Don't wait until one week before football practice begins. Let them know you are a "go-getter". Be active! Be a doer! Sure, there's increased risk with added activity and intensity, but what really do you stand to lose? To be aggressive is good, at least it has been for me. To be interested for one day, one game, one play won't be enough. It must be SUSTAINED. Personal pride motivates me, and I sell the idea of liking yourself. I believe it is a wise and successful man who can have a strong self-image and at the same time be perceptive and sensitive enough to be conscious of the additional responsibility that goes with it. It's not easy. It takes time and constant effort, but the results are worth it. I refuse to accept non-improvement. I fear "standing still", it breeds mediocrity. Once you experience this ongoing intensity, which I know many of you have, you will DOMINATE. You'll be better able to evaluate your activity and how successful you really are. That's all well and good but what happens during the season? Nothing really changes except now we have an opportunity to put "it" into practice. We have objectives for the purpose of defining our respective responsibilities but I have found (and most of my ball-players have told me) that specific game objectives, such as holding the opponent to less than 100 yards rushing, scoring a specified number of TD's, creating a certain number of turnovers, etc. are not

realistic. Our boys leave that responsibility to us, the coaching staff. They want us to teach them what they need to know in order to perform well and win. We try to go into every game knowing as much about our opponent as possible.

If the staff is well prepared and shares that with the team, they become confident in the staff and themselves and work very hard to get ready. At game time our boys feel they know as much as they need to know to beat their opponent. We believe in starting very strong. We ATTACK our opponent. We hold nothing back. There is no checking things out, testing, or feeling our way. I suppose it can be called, gaining momentum, but it is important for us to be "in charge" immediately. This is where the X's and O's come in. In order to SUSTAIN that effort, you, as the coach should be prepared. Besides knowing what particular offense(s) and defense(s) your opponent uses, you should know something about the philosophy of those systems. Knowing the personnel strengths of your team and the opponents is important in making decisions about the plays you call. This has always been a critical time in my sequence of ATTACK-SUSTAIN-DOMINATE. As we all know, not everything in a game happens as you plan it. In order to sustain our efforts, the staff must be able to adjust, and to do that, you have to make changes without stealing from your over-all game plan and effort. Most of all, we are not spectators! I've seen coaches, for whatever reason, who start arguing with the officials, cheering and running up and down the sidelines, while their team is in critical need of instruction and clear thinking by their coaches. After a game I always evaluate myself and the staff as to how well we handled the situations that put stress on our team. This is one of the most important and time consuming evaluations I make. I review and review all the situations and conditions of our coaching effort during those times of stress. Although the DOMINATE aspect of our approach is the fruit and benefit of our earlier labors, it still remains a serious and intense part of our philosophy. To maintain dominance in a game is difficult and crucial. Some teams are either unwilling or incapable of "taking the starch out of their opponent" or going "for the throat". Dominance can be taught, and is served well by personal pride, dedication and a commitment to a goal, all of which contributes to a realistic self-image.

I would like to share with you a few other things I believe

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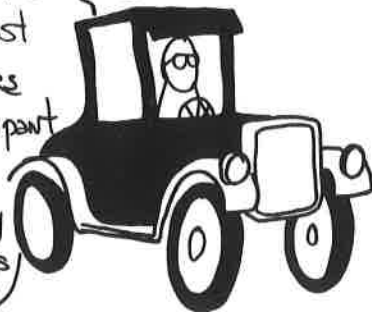
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Dick Mahar
Bernie Lusk

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Art Avis
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Jim McLaughlin
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Regional Coaches of the Year

REGION ONE—

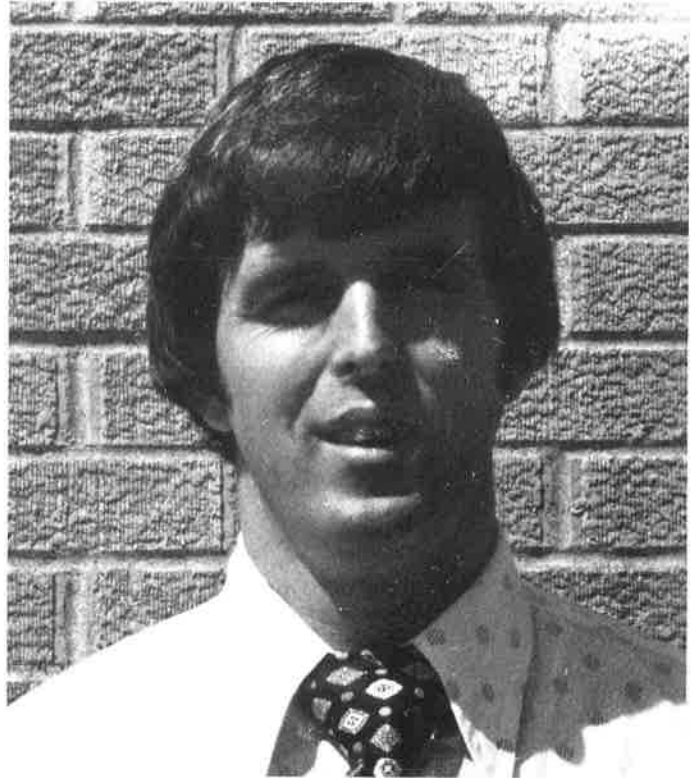
Tim Webb,
Rushford....

Tim Webb, head football coach at Rushford High School for the past five years, has an overall record of 35 wins and 12 losses in that time and his overall head coaching record is 40-17.

An outstanding athlete himself—he was named the Outstanding Male Athlete of 1962 at St. Augustine (Fla.) High School—Webb was an all-conference football player for Winona State as a collegian.

He was chosen Region One Coach of the Year in 1977 and also earned similar honors in District One.

Webb, who holds both bachelor's and master's degrees from Winona State, coached in Wisconsin, Florida and Illinois and served as a graduate assistant at Winona State before taking the Rushford job.



REGION TWO—

Grady Rostberg,
Hutchinson....

Receiving honors as Region Two Football Coach of the Year is Grady Rostberg of Hutchinson High School, who also serves as president of the Minnesota State Football Coaches Association.

Rostberg has been at Hutchinson for nine years (eight years as head coach) and his overall record as head coach is 52-23-1, although his teams have been 50-8-1 over the past six years and won conference championships in 1973, 1975 and 1977.

His 1977 team reached the state playoffs, topped Pipestone 29-0 in the opening round and then lost to Cold Spring Rocori in the semi-finals.

Prior to moving to Hutchinson, Rostberg coached one year at Hatton, N.D., and six years at Browntown.

A graduate of Mayville State, Rostberg earned a master's degree at the University of North Dakota. He was captain of both football and basketball at Mayville State and was all-conference in both sports.



REGION FIVE—

George Wemeier, Minneapolis Washburn....

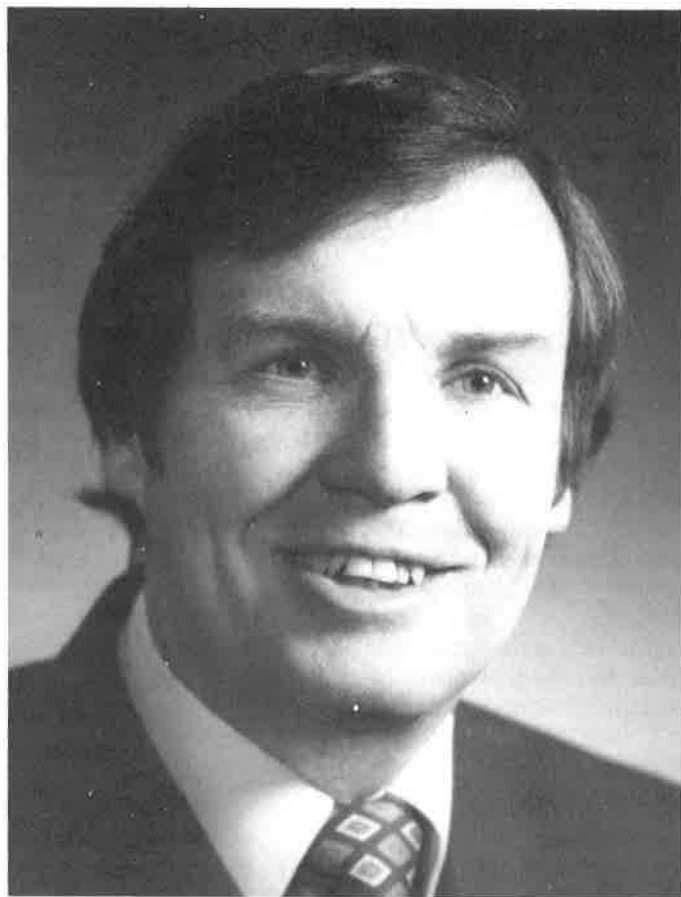
When Minneapolis Washburn captured the Minnesota State Class AA football crown in the fall of 1977 with a 13-0 victory over Stillwater in the finals, it marked the second time that George Wemeier had directed the school to the state title.

That feat helped Wemeier earn honors as Region Five Coach of the Year honors, the third time he has achieved that honor after previously being named in 1967 and also in 1972 after Washburn won its first Class AA state championship.

Wemeier has an eviable coaching record at Washburn, with his teams being 97-16-2 over a 12-year period and owning the longest winning string in Minnesota prep football history (46 games) and the longest streak without a defeat (60 games).

Washburn has won six Minneapolis City Conference championships and six Twin City championships under Wemeier and Washburn was the mythical state champion three times under his direction before the playoff system was originated.

In addition to earning three Region Five Coach of the Year titles, he was named Minnesota High School Coach of the Year in 1972 and he has been named Coach of the Year in the Minneapolis City Conference four times.



REGION SIX—

Tony Thiel, Battle Lake...

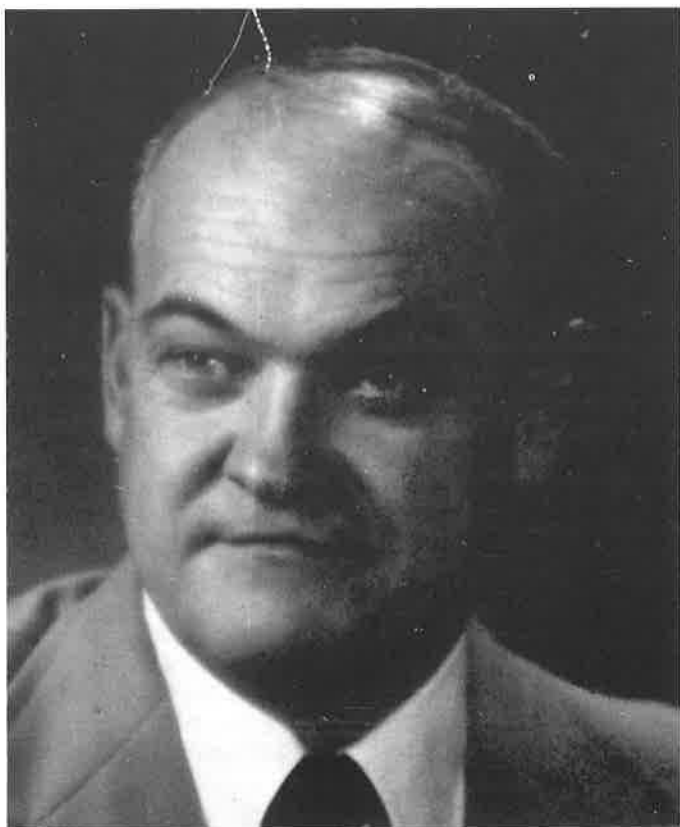
Head football coach at Battle Lake High School for 12 years, Tony Thiel won a host of honors in that time.

His teams have won two Minnesota State High School Class C crowns (1974 and 1977) and two inter-conference championships and he twice has been chosen as District 23 Coach of the Year and was named Region Six Coach of the Year for 1977.

His 1977 Battle Lake team captured the Park Region Conference crown and then defeated Hallock 33-14, Herman 20-0 and Henderson 21-20 to win the state Class C football championship.

Thiel, a native of Beardsley, has an overall record of 92-43-1 as a head football coach and his Battle Lake teams have been 68-28 in the last 12 years.

A graduate of Moorhead State University, Thiel coached at Argyle before moving to Battle Lake.





STANDING BY IN SPORTS

By Ralph Anderson

*Post-season football playoffs, instituted for the state by the Minnesota State High School League (MSHSL) in 1972, will find another change in 1978 following action taken in April by the board of directors of the MSHSL.

Conference champions, instead of top computer-rated teams, will advance to the playoffs in 1978 and 1979 under the format change approved by the board. Under the provision, only Classes AA and A will be affected. Previously, the top four computer-rated teams in Class AA advanced to the state tournament, while the top eight advanced in Class A.

"The plan eliminates the need for computer ratings in the two classes and comes as good news for teams in the various conferences," said Marv Helling, associate executive director of the MSHSL and a former football coach at Detroit Lakes, Minneapolis Washburn and the University of North Dakota. "They will know throughout the season that their conference will have a chance to win a state championship."

Class AA includes nine conferences, along with Moorhead, the only Class AA school in the state without a conference affiliation.

There are 12 Class A conferences in the state—Central Gopher, West Central, Missota, Southwest, Tri-Metro, Rum River, Mid-State, Northwest, Burburban West, South Central, Don Bosco and Iron Range-Seaway.

The eight top computer-rated teams from Classes B and C will qualify for state tournament play, while the eight conference champions will advance from Class Nine-Man.

Results in state championship games played in 1977 were as follows:

Class AA—Minneapolis Washburn 13, Stillwater 0.

Class A—Fridley Grace 36, Cold Spring Rocori 12.

Class B—Granite Falls 44, Stewartville 6.

Class C—Battle Lake 21, Henderson 20 (overtime).

Class Nine-Man—Deer Creek 20, Fergus Falls Hillcrest Academy 0.

The 1977 playoffs found Classes A, B, C and Nine-Man expanded from four schools to eight, with Class AA remaining at four schools, and the sponsoring MSHSL announced that paid attendance for the 31 state playoff games was 65,612.

Attendance by classes was as follows: AA-20,206; A—16,938; B—15,065; C—9,383; Nine-Man—4,020. The biggest

single crowd for a state playoff was on hand at Minneapolis Parade Stadium for the Class AA final between Washburn and Stillwater, with 8,275 attending.

* * * * *



Lynn
Peterson



Marsh
Ryman



Chauncey
Martin

*ONE OF the most successful high school coaches in northwestern Minnesota resigned at the close of the 1977-78 school year to work toward his master's degree at St. Cloud State University.

He is Lynn Peterson, who resigned as football, basketball and baseball coach at Deer Creek High School.

Peterson, a graduate of Rothsay High School and Concordia College, guided the Deer Creek Wildcats to successive Minnesota State High School League Class Nine-Man football titles in 1976 and 1977, with the Wildcats defeating Fergus Falls Hillcrest Academy in the championship game both years.

Deer Creek has won its last 25 straight football games, 39 of its last 40 and has had a 49-4 overall record since 1972 under Peterson's coaching.

Six of Peterson's gridders—Darrell Gedde, Craig Palan, Greg Truax, Dennis Druar, Bob Layman and Terry Henderson—have earned all-state laurels.

Peterson's Deer Creek basketball team won the District 24 title in 1976 and reached the regional finals before losing to Breckenridge and in his four years as head cage mentor Deer Creek had an overall 61-27 record and won two Little Eight Conference crowns.

His baseball team won the Little Eight Conference titled in 1976 and 1977 and the 1977 team lost in the district finals to Staples (by a 2-1 score) and Staples gained the state Class A finals before losing to St. Cloud Cathedral.

* * * * *

*MARSH RYMAN, former men's athletic director at the University of Minnesota (1963-71), will be inducted into the National Association of College Athletic Directors Hall of Fame in ceremonies on June 19 in Denver, Colo.

A lifelong Minnesota resident, Ryman graduated from Minneapolis South High School and the University of

*JULIAN GULSVIG, highly-successful football coach at Hastings High School, has resigned the position and been given a three-year leave of absence from the school staff to enter the insurance field.

Gulsvig, who served as football coach at Hastings for seven years, twice directed the team to conference championships (in 1972 and 1974) and each time lost in the semi-finals of the Minnesota State High School Class AA playoffs. Moorhead beat Hastings in 1972 and Bloomington Jefferson topped them two years later.

A graduate of Concordia College in Moorhead, Gulsvig has a master's degree from the University of North Dakota and coached at Starbuck and Elbow Lake before moving to Hastings in 1971.

*BARRETT High School dropped football from its athletic offerings last fall when only 11 candidates turned out for the sport. "I'm sure this is it—we have given football its last rites in Barrett," said Coach Al Cruchet after the small turnout. A member of the Little Eight Conference, Barrett played nine-man football.

*COACHES of the Mid-State and Central Gopher conferences voted against having an inter-conference playoff game last fall and the post-season series between the two conferences ended in a 4-4 deadlock.

Albany represented the Central Gopher Conference in seven of the eight playoff games and had a 4-3 record, with Sauk Centre losing its only time in the inter-conference playoff.

Crosby-Ironton was the Mid-State representative four times and had a 3-1 record in its appearances. Little Falls was 1-0 in its sole inter-conference game, while Detroit Lakes, Park Rapids and Wadena each lost once in the post-season games as representatives of the Mid-State circuit.

*ONE of the best-known high school coaches in northwestern Minnesota—Norm Wagner of Fisher—recorded his 100th football coaching victory when Fisher defeated Audubon 32-6 on Sept. 9. Fisher is Wagner's home town, he started the high school football program at the school in 1956 and has coached there ever since.

*MAHNOMEN High School extended its winning string in the Pine To Prairie Conference to 50 games before losing 28-25 to Fosston last fall after which Coach Ken Baumann of the Mahnomen club said: "Yes, I was disappointed that it (the winning string) ended, but it's something that won't be duplicated in a long time."

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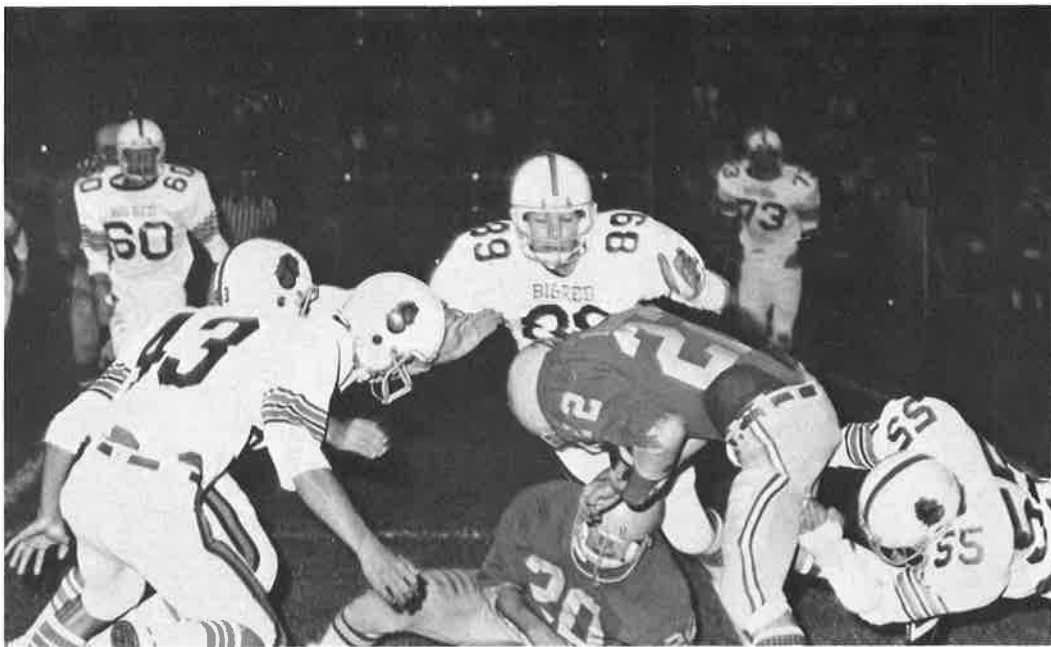
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Mike Laliberte, 6'3", 210 lb. Junior Fullback for Hibbing cuts behind All-State End Dan Borgenheimer for a gain in season-opening 54-0 win over Greenway. Laliberte scored 92 points and gained 860 yards rushing for the Iron Range Conference co-champs.



Steve Ilkka (43), Tom Radke (89) and Gene Weitz (55) of Stillwater converge on Dan Thiele (22) of Hastings during a 31-6 Pony win. Stillwater compiled an 11-1 record en route to the Suburban Conference championship.

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Senior QB No. 11 Bruce Theisen, Rocori High School keeps around end as Senior End No. 83 Gary Backes seals the defender with his block.



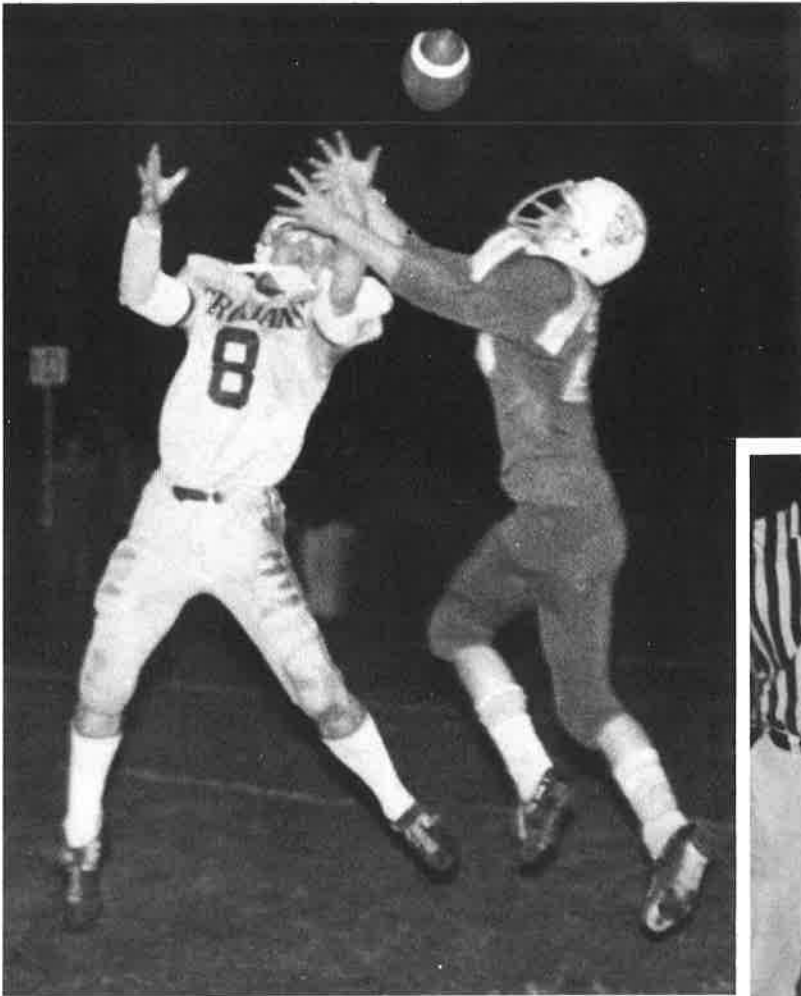
The best play for Rocori High School in 1977, the option, unfolds as Junior FB Bill Molitor makes a critical block (hidden) and Senior QB Bruce Theisen (11) reads the defensive end as to whether he will keep or pitch to Junior TB No. 14 Rick Bell.

Range Coaches and Officials Association

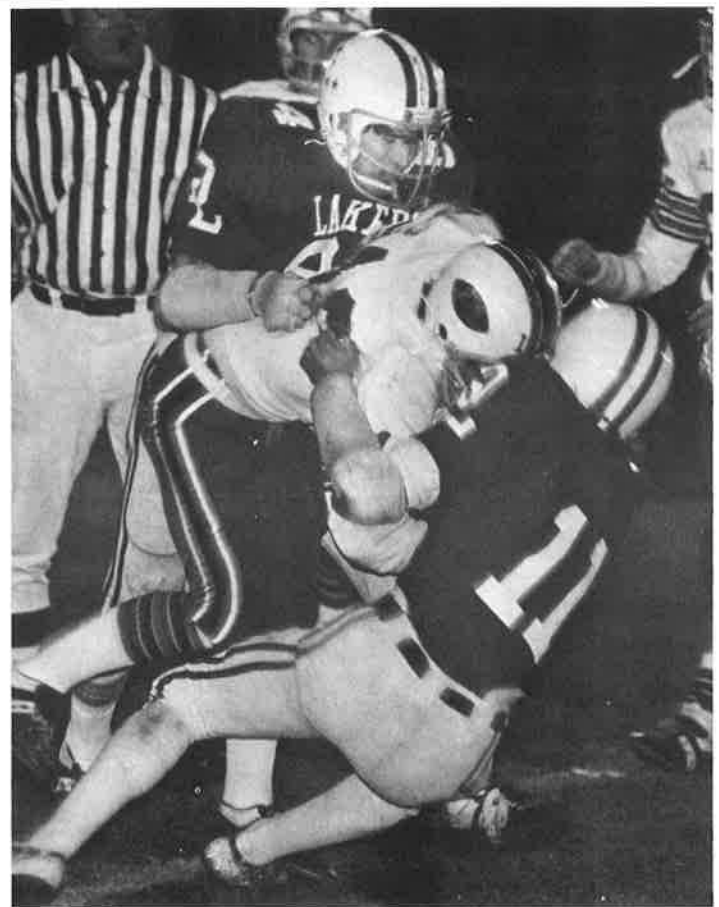
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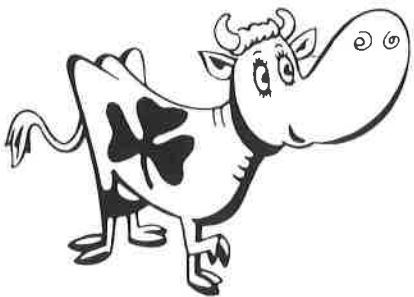
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David Brown (8) of Rushford breaks up a pass to a Wykoff receiver in the River Valley-Maple Leaf interconference playoff game. Rushford won the game 14-6 to cap a perfect 10-0 season after winning their second straight River Valley Conference championship.

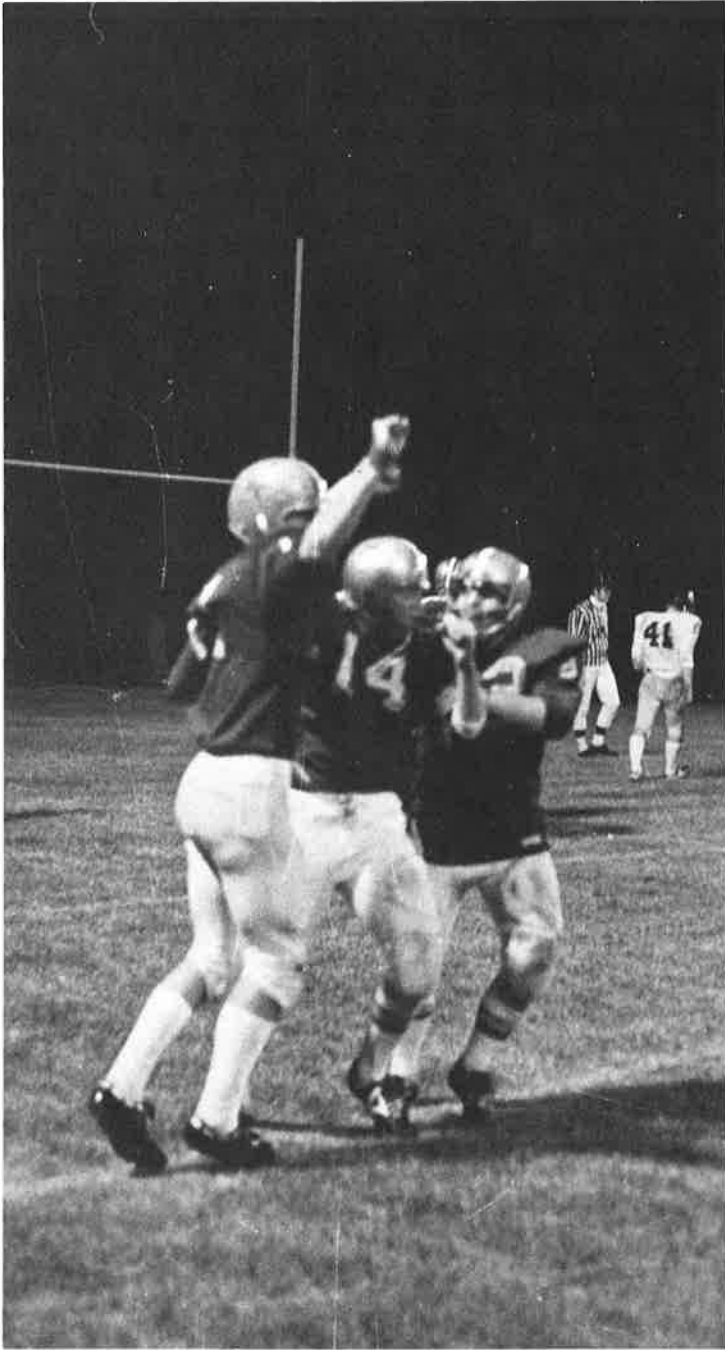


Jeff Joy (11) and Mike Leegard of Detroit Lakes dragged down an unidentified Aitkin ball carrier in Aitkin's 21-0 Mid-State Conference football win over Detroit Lakes. Watching the play closely is official Jerry Hegna of Moorhead.



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After the TD that clinched the Rocori High School semi-final victory over Hutchinson. Left to right No. 11 Senior Bruce Theisen QB, No. 14 Junior TB Rick Bell and No. 42 Junior FB Bill Monitor.

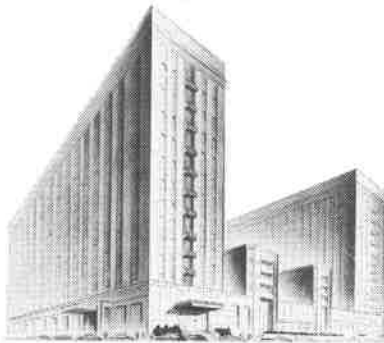
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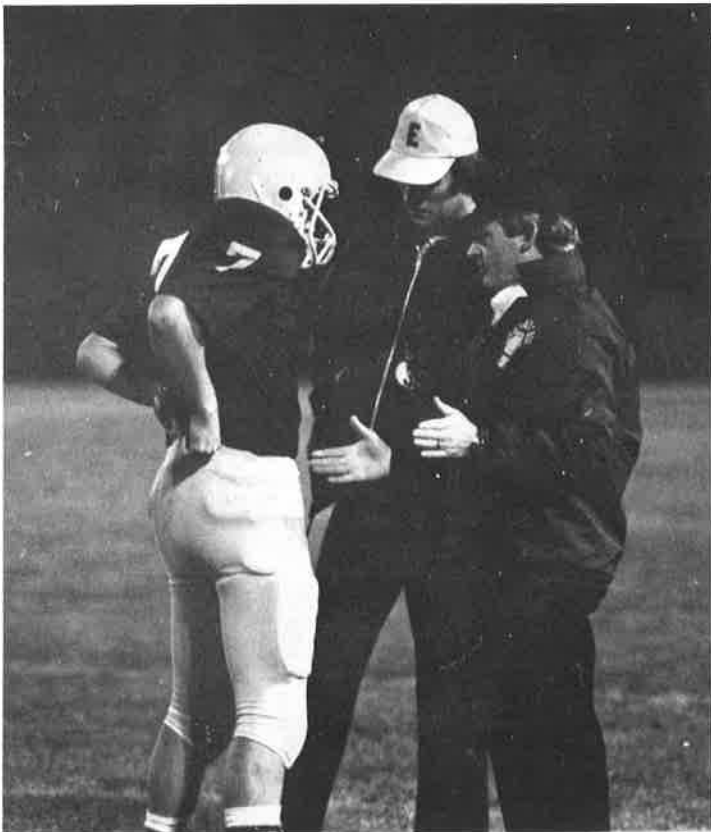
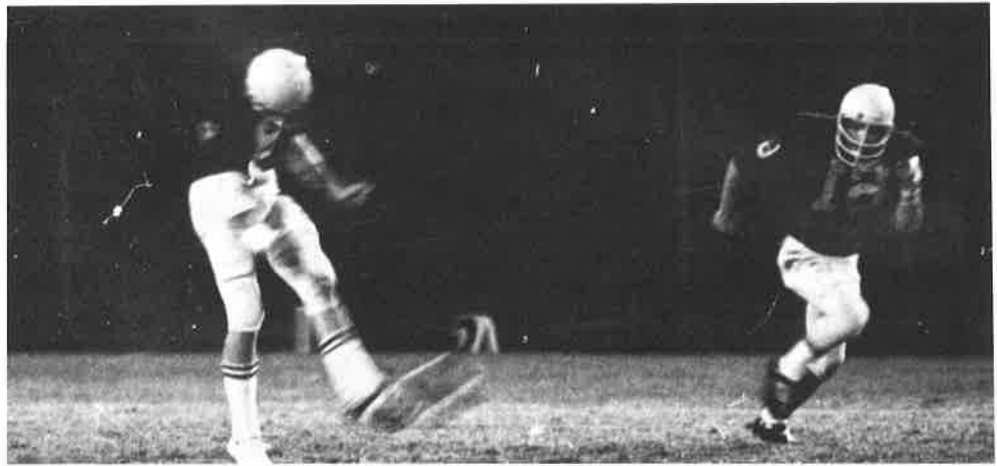
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Al Peterson (9) kicking off with the leading kick-off tackler Brad Schisel (61) going down to get the tackle. Al was all Big Nine Selection as a kicker. Kicked 21 straight P.A.T.



QB, Bob Matuska (7) during time-out with Rog Olson, Defensive back coach and Marv Keogh, Head coach. Bob passed for 1,000 yards and 13 T.D.'s besides passing Bob handled the punting game with a 33.5 average per kick.

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Three Ulen-Hitterdal High School gridgers—Jay Jensen (41), Wes Green (71) and Stephen Sakrismo (83)—charge after a fumble during a pileup during their team's 26-0 Agassiz Valley Conference grid loss to Twin Valley.



Frazee's Bruce Oelfke (82) went flying through the air in an unsuccessful attempt to tackle quarterback Craig Samuelson (19) of Pelican Rapids here. Pelican Rapids, scoring the game's only touchdown on a pass from Samuelson to Wade Johnson, defeated Frazee 6-0 and went on to win the Heart O'Lakes Conference football crown. The Vikings qualified for the post-season Class B playoffs and lost to Granite Falls, the eventual state champion, in the opening round.

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HIBBING





This crucial goal line stand gave the Staples Cardinals (dark) the impetus it needed to post a 27-0 victory over the Detroit Lakes Lakers in Mid-State conference play. Cardinal defenders are Tim Miller (26), Scott Nurnberger (83), Dean Schletty (78), and Randy Peterson (80). Handing off for the Lakers is quarterback Kent Mollberg (10).

Rocori High School Central Goph. Conf. championship game between Melrose. No. 14 Junior TB Rick Bell on the way to third of three TD's led by Junior FB No. 42 Bill Monitor.



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Pipestone back Tom Erickson (42) is stopped by Dan Hatten (80) of Hutchinson as Tim Ulrich (45), Mark Knisley (15) and Greg Sytsma (78) close in. Brian Leng (91) is obscured by Erickson.

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Hutchinson's tailback No. 22 Tom Coles is shown gaining some of his 1,345 yards rushing with Mounds Phil Kellog (20), Jim Stanke (88) and Steve Sandler (76) in hot pursuit.



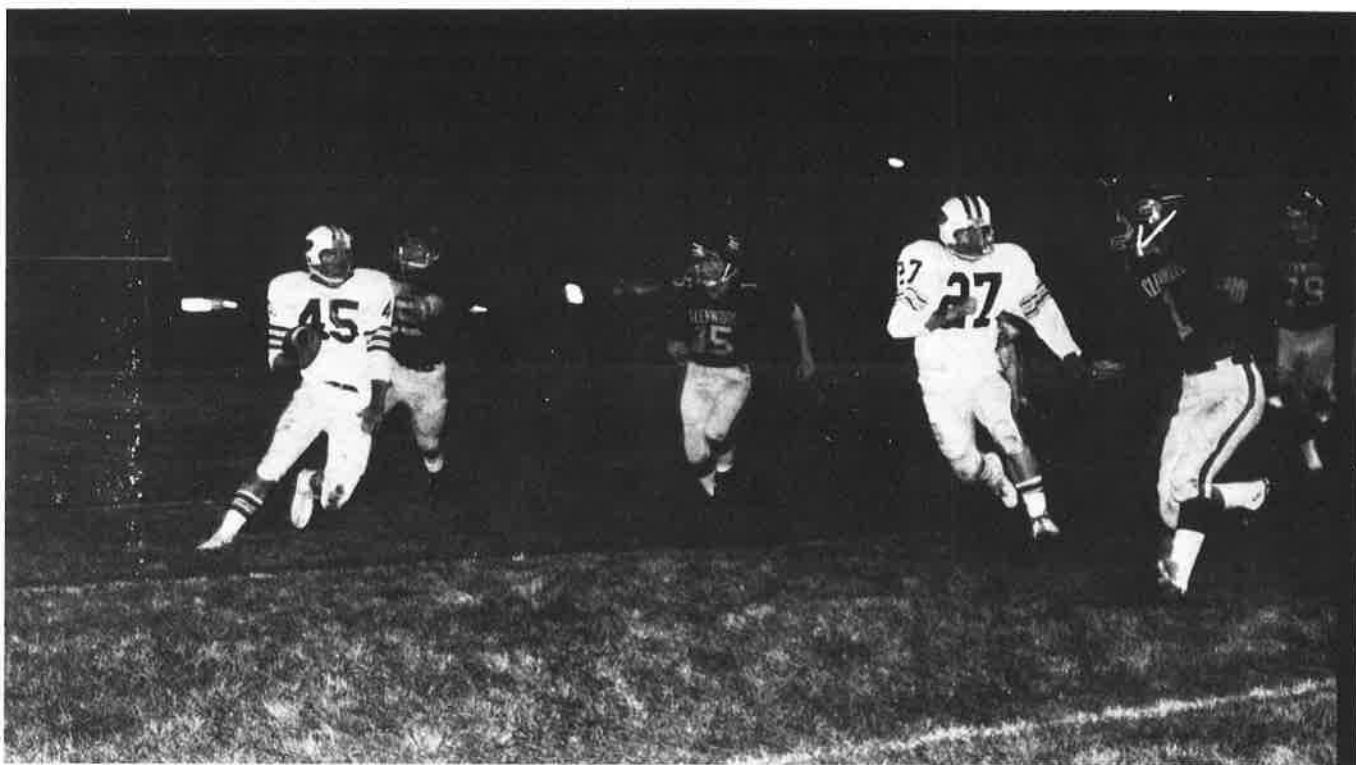
Junior TB, No. 14 Rick Bell, Rocori High School, breaks off-tackle for long-gainer as Hutchinson defenders No. 85 Mike O'Connell and No. 78 Greg Systma follow in pursuit.

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Mike Kleinschmitt, No. 45 Jr. tailback for Sauk Centre in action against Floodwood. Mike was the leading rusher this past season for Sauk Centre and

averaged over 100 yards rushing per game. Paul Welle No. 27 sophomore fullback coming in to make a block.



Four Hutchinson Tiger defenders leap to deflect a pass in the Tigers' 29-0 win over Pipestone in the first round of the state playoffs. No. 13 is Greg Block, No. 22 is Greg Eischens of Pipestone.

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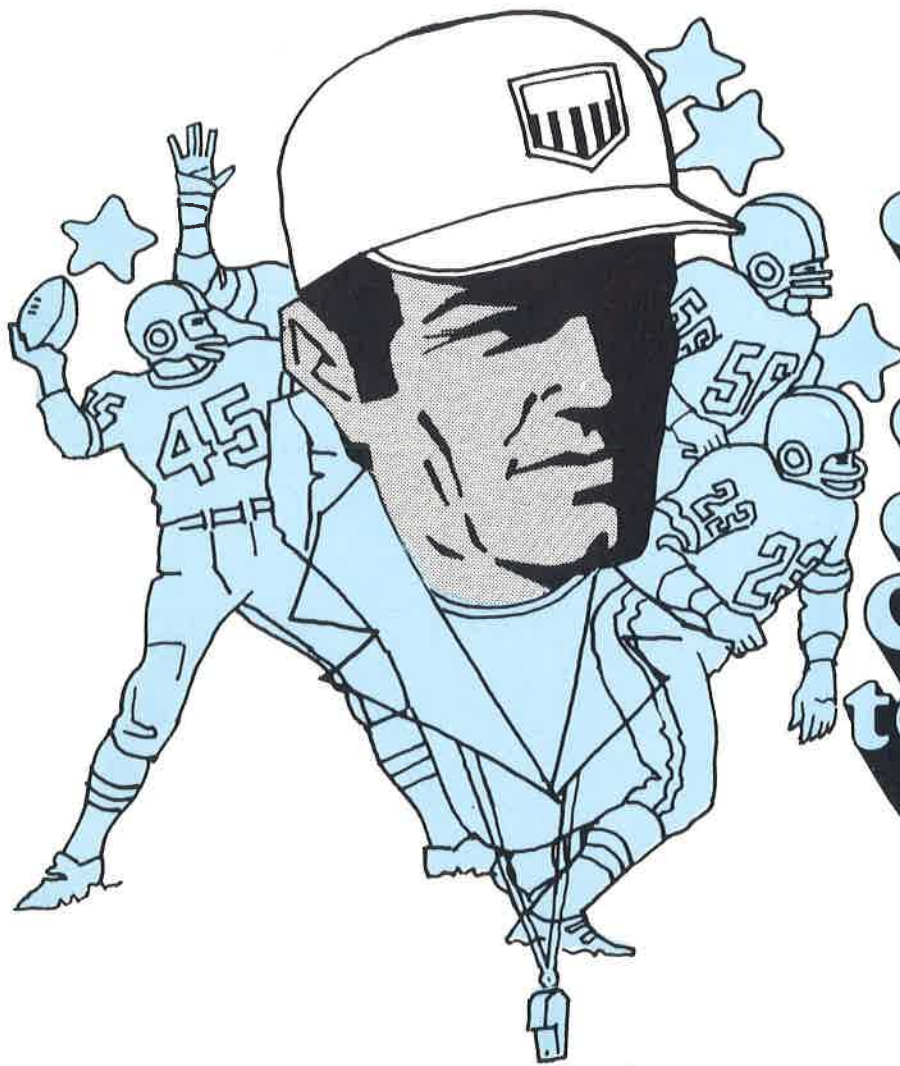
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Behind the block of a teammate, halfback Jon Ahles (22) of Detroit Lakes skirts around right end in his team's game last fall against Fergus Falls. Fergus Falls defeated the Lakers 22-0 and went on to capture the Northwest Conference title and qualified for the post-season state playoffs where it lost to Cold Spring Rocori.



Moving in to help a teammate put a hit on Frazee's Steve Blaine (26) is tackle Mike Lachowitz (75) of the Perham High School Yellowjackets. Perham posted a 14-2 win in the battle of the arch-rivals, but Frazee took second in the Heart O'Lakes Conference race and then went on to defeat Bagley of the Pine To Prairie Conference in an inter-conference game to conclude its season.



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