



THE Minnesota PREP COACH

Vol. 63 No. 3

Published by the Minnesota State High School Coaches Association

September 2025

Data shows high turnover in Minnesota's high school coaching ranks

By Joe Christensen

Reprinted with permission from Joe Christensen and the Minnesota Star Tribune, from the August 28, 2025 issue

Administrators operating athletic programs say schools can't maintain stability when they're constantly replacing coaches.

Coaching turnover has become an issue for high schools in Minnesota. Coaching has become a very demanding job, with long hours, small pay, and pressure from parents and players, some who have unrealistic expectations, school officials said. As a result, programs can't maintain stability when they're constantly replacing coaches.

Longtime Minnesota high school coach Rick Ringeisen sounded an alarm this week about the escalating turnover rate for the state's coaches, especially in girls hockey and girls basketball.

Over the past three school years, 72% of the state's girls hockey head coaching jobs have come open, as have 52% of the girls basketball jobs, according to data released Wednesday by the Minnesota State High School Coaches Association (MSHSCA).

"Some of it is coaches walking away because of the stress," said Ringeisen, the MSHSCA's executive director. "Sometimes they're being asked to go away, and some are being told to go away."

Coaches across the country commonly cite long hours, low pay, burnout and tense relationships with parents as reasons many are exiting the profession, according to the National Interscholastic Athletic Administrators Association.

Ringeisen said the MSHSCA wants to publicize the turnover rate to encourage empathy toward coaches, the way public awareness has stemmed some hostility toward officiating crews.

Coaching turnover has long been a factor in high school sports, "but not the numbers that we're seeing now," Ringeisen said. "The pressure on these coaches to win is like never before."

Eden Prairie girls basketball coach Ellen Wiese was surprised to hear the high turnover numbers, but she knew a leading cause.

"Parental pressure has become increasingly difficult to deal with for coaches," she said. "I think, no matter what

anybody says, that has to be a factor in coaches' decisions to leave a school or leave the profession fully."

Over the past three school years, 52% of the girls basketball jobs have come open in Minnesota.

Girls numbers highest

After noticing a worrisome level of coaching turnover, Ringeisen pulled numbers from the state coaches associations for six sports: girls and boys hockey, girls and boys basketball, softball, and baseball.

Over the past three school years, 52% of the girls basketball jobs have come open in Minnesota.

The girls sports had significantly more coaching turnover than their boys counterparts. Softball's two-year turnover rate was 19%, compared to

6% for baseball. Girls hockey's three-year turnover rate (72%) nearly doubled boys hockey's (39%).

The biggest head-scratcher for those interviewed for this story is girls hockey.

"I think part of it is the cost of this sport right now," Stillwater girls hockey coach Tim Morris said. "The parents, especially, are looking for their ROI, the return on investment. ... And this is not just hockey, it's soccer, it's volleyball, it's lacrosse, it's swimming."

Minnesota has 107 high school girls hockey teams. Thirty-five had head coaching openings after the 2022-23 season and 24 the next year.

Apple Valley athletic director Cory Hanson said

COACHING TURNOVER

... continued on page 37

Featured In This Issue

President's Message	3
Reflections by Ringer	4
MSHSL Board of Directors Report:	7
Membership Corner.	8
DSA Assistant Coach & Officials Awards ...	18-19
Hall Of Fame.	24-28
SPRING Academic Awards	30-31

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:

Bob Schueller - Browerville

PRESIDENT-ELECT:

Kyle Haberman - Perham

VICE PRESIDENT:

Al Almdahl - Albany

PAST PRESIDENT:

Kerry Sutherland - Hopkins

HALL OF FAME COORDINATOR

Jen Marshall
5131 193rd Street West
Farmington, MN 55024
jen21marshall@gmail.com

OFFICIALS DSA

Mike Peterson - Perham

ASST COACHES-DSA

Tom Sharp

All Daily Communications should
be addressed to:
EXECUTIVE DIRECTOR:
Rick Ringeisen MSHSCA
20085 Italy Ave.
Lakeville, MN 55044
(952) 250-9535
Email: ringer@mshsca.org

ADMINISTRATIVE ASS'T:

Joyce Ringeisen
Email: jringeisen@mshsca.org

MSHSL BOARD OF DIRECTORS:

Dawn Engebretson - Rockford
Mike Hennen - Forest Lake

FINANCE REPS:

Nathan Youngs - Dassel-Cokato
Tom Sharp - Eastview

SCHOLARSHIP COMMITTEE:

Kerry Sutherland - Hopkins
Bob Schueller - Browerville

SPORTS MEDICINE:

Jennifer Peterson - Buffalo
Thomas Sharp - Eastview

2024-2025 MSHSCA DELEGATES

SECTION GIRLS SPORTS DELEGATE

1A Adam Wilder (Mabel-Canton)
2A Eric Lewis (LeSueur-Hend)
3A Jess Smith (Windom)
4A Chris Laird (Heritage)
5A Aaron Boyum (Albany)
6A Tavia Bachmann (Frazee)
7A Kole Schultz (Deer River)
8A Dave Varriano (Mahnommen-Waubun)
1AA Jeremy Biermaier (New Prague)
2AA Mike Lhotka (Dassel Cokato)
3AA Keith Randa (Apple Valley)
4AA Tracy Hrouda (Harding)
5AA Mark O'Neill (Champlin Park)
6AA Juno Nayagam (Benilde-St. Marg)
7AA Mark Solberg (Cambridge)
8AA Kent Hamre (STMA)

BOYS SPORTS DELEGATE

Gordy Klomps (retired)
Alan Woitos (New Ulm Cathedral)
Dave Blank (Wabasso)
Robert Economy (Eagle Ridge Aca)
Tom Lawrence (Foley)
Kyle Haberman (Lake Park-Audubon)
John Wagner (Mesabi East)
Lon Boike (Crookston)
John Cassellius (Winona)
Mike McGraw (Hutchinson)
Jeff Groves (Apple Valley)
Tom Paulson (White Bear Lk)
William Totimeh (Fridley)
David Boone (Edina)
Kellie Stedje (Forest Lake)
Open Position

Tom Sharp (Eastview)

AT LARGE DELEGATE

Doug Davis (Northfield)
Craig Morgan (MN Valley Luth)
Open Position
Tim Herman (Heritage)
Al Amdahl / Bill Baumann (Royalton)
Mike Peterson (Perham)
Matt Solberg (Proctor)
Jeremy Digiovanni (Walker-Hackensack-Akeley)
Rod Schwarz (Winona) (Retired)
Tink Larson (Waseca)
Tom Sharp (Eastview)
Tim Ryan (Hill Murray)
Mark Loahr (Totino Grace)
Kerry Sutherland (Hopkins)
Mike Hennen (Forest Lake)
Rob Nielsen (Det. Lakes)

AT LARGE DELEGATE

Greg Berge (Lake City)
Marc Bachman (Saint Peter)
Open Position
Jim Baker (Retired)
Chris Kircher / Tim Triplett
Gregg Martig (Pequot Lakes)
Nathan Johnson (Proctor)
Jessica Just (Lakeville South)
Adam Grant (Blue Earth)
Jon Miller (Prior Lake)
Jerry Utech (Harding)
Larry McKenzie (Minneapolis)
Tarek Morey (Osseo)
Greg Apahn (Grand Rapids)
Stephen Schreiber (Bemidji)

SPORTS MEDICINE

2024-2025 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC

AD Bill Quan (Osseo)
Adapted Athletics Brett Kosidowski (Eastview)
Baseball Dean Schwartz (Glencoe-Silver Lake)
Boys Basketball Matt Halverson- (Goodhue HS)
Girls Basketball Jeremy Digiovanni (WHA)
Cross Country Jeff Dickman (Rockford)
Dance Tiffany Sandhurst (New Prague)
Football Nick David (Mound-Westonka)
Golf Heather Hoeck (Milaca)
Gymnastics Jessica Lofrano-Larson (Brainerd)
Boys Hockey Ricky Saintey (Rosemount)
Hockey Claire Goldsmith (Minneapolis)
Boys Lacrosse Andy Lee (Edina)
Girls Lacrosse Heather Pierson (Prior Lake)
Alpine Skiing Nate Springer (Eden Prairie)
Nordic Skiing Andrew Hanson (Wayzata)
Robotics Justin Scheider (Esko)
Soccer Tracy Griess (Andover)
Softball Sean Hall (Forest Lake)
Boys Swimming Jason Tangen (Sauk Rapids-Rice)
Girls Swimming Cassie Kieffer (New Prague)
Strength Jessica Gust (St. Louis Park) (Vice Pres)
Synch. Swimming Kathy Henderson (Stillwater)
Tennis Aaron Rothenberger (St. Peter)
Track Eric Klein (St. Charles)
Volleyball Jim Lee (Ada-Borup)
Wrestling Matt Hennen (Scott West)

PRESIDENT ELECT/VICE PRES.

Will Short (Simley) Past Pres.
Luke Wisniewski (Mpls)
Troy Urdahl (St. Anthony)
Josh Ortmann (Buffalo)
Aaron Boyum (Albany) Past. Pres
Jeff Morris (Perham) Past Pres.
Jenny Whiteley - Spring Lake Park
Bryan Strand (Barnesville)
Craig Nasvik (White Bear Lake)
Joni Reitmeier (Worthington) Past. Pres.
TBD
Tim Morris Ex Direc (Lakeville South)
Giuseppe Palermo (Benilde-St. Margaret's)
Theresa Boyd (Hill-Murray)
TBD
David Johnson (Marshall) Past.
Curtis Robertson (Upsala) Past Pres
Jen Levisen (Austin)
Dawn Engebretson (Rockford)
Scott Johnson (Edina)
Megan Magnuson (Century)
Zack Nauert (Mound-Westonka)
TBD
Aaron Rothenberger (St. Peter)
Scott Christensen (Stillwater) (Sec/Treas)
Lonnie Morken (Mable-Canton)
Tim Haneberg (Hastings)

EXECUTIVE/SECRETARY

Dan Johnson (Exec Director)
Kelli Waalk (Osseo) (Treas)
Craig Anderson (Pine Island) (Exec Direc)
Tom Critchley Sr. (Exec Direc) (retired)
Mark Cook (Maple Grove)
Christian Zimmerman (SW Christian)
Marissa Haakonson Membership
Ron Stolski (Brainerd) (Exec Direc)
Alyssa Konecne (Fosston)
Shelly Eklund (Eagan)-Sec
Dustin Vogelsang (East Ridge)
Robert Sherry (Lakeville South)
Darin Nelson (Sec)
Kelsey Long (Rosemount) (Secretary)
TBD Bob Boldus (Lakeville North)
Jason Mork (Winona/Cotter) Acad
Alex Jurek (Becker)
Keith Randa (Apple Valley) (Exec Sec)
Brenda Carlson (Treasurer)
Todd Walsh (Bloom-Kennedy) (Exec Sec)
Todd Walsh (Bloom-Kennedy) (Exec Sec)
Alex Greenway (Tracy-Milroy-Balaton)
Lauren Kranig (Richfield) (Secretary)
Dave Wareham (Totino-Grace) (Exec. Sec)
Dave Gunderson (Hall of Fame)
Becca Pulju (Sebek)
Kip Lynk (Dassel) (Exec Direc)

TREASURER/OTHER

Ken Hubert (Faribault)
Rick Zollner (Pipstpne)
Scott Bergman (Sauk Centre)
Thomas Sharp (Eastview)
Brittany Rehling (Roseville)
Jim Dotseth (Sec/Treas)
Pat Andrews (Hermantown) Girls
Lance Kuehn (Rosemount) (Treas)
Kelly Crampton
Richard Heilman (Lakeville N)
Scott Davis (Irondale)
Art Seplak (Treas) Greg Juba (Clinic)
Katie Haycraft (Prior Lake) (Treasurer)
Katie Haycraft (Prior Lake)
Natalie Bodin (Wayzata)
Kim Duis (Concordia)
Kurt Habeck (Delegate)

Note: Sport Association officers, please email delegate and sports association officer changes for next year, or as they change to Rick Ringeisen at: ringer@mshsca.org.

President's Message

By: Robert Schueller

Welcome to the 2025 - 2026 sports season. Many schools have already started classes, and volleyball games, tennis matches, swimming & diving, cross-country, and soccer games have been played as I write this. Football games are right around the corner. Coaches are excited and finding reasons to make another season a positive outcome, regardless of the final scores. Each player and student enters the new season with the idea that this will be their best year yet. Whether a coach, player, student, or fan, enjoy the ride.

This year marks the 90th year of the existence of the Minnesota State High School Coaches Association. In 1936, the MSHSCA was founded to unite MN coaches. Now, 90 years later, we feel the need to help coaches continue to make a difference. Times have changed, the sports have changed. Athletes, parents, fans, officials, teachers, administrators, media, and others; you name it, have all changed. Not necessarily for the worse, but also for the better in most cases. The State High School League, along with our Coaches Association and various sports associations, continues to work to do what we believe is best for our student-athletes and coaches.

The evolution of athletics in the state of Minnesota and nationally is a legacy of all the coaches that have come before us. Thank you to our many delegates and leaders of all the sports associations across the state. The MSHSCA has, historically, successfully worked to improve the coaching profession. My wish is that this success continues. With the news

coming out on "head coach turnover" recently, I think now is the time to look at providing more support for our fellow coaches.

I also want to remind, or ask, all athletic directors and head coaches to reach out to their coaching staff and encourage them to become members of the MSHSCA, along with their respective coaches' associations. There are many perks and benefits that accompany their membership. The most beneficial being that of the liability insurance. This benefit alone is well worth the cost of the membership and provides one with security while coaching and in the classroom. Other benefits include team academic awards, scholarships for student-athletes, Coach of the Year recognition, an up-to-date website, sports association representation, a newsletter, delegate assembly representation for all sports and sections, representation on the MSHSL Board of Directors, hotel discounts, and a full-time Executive Director to handle questions & concerns.

I would also like to take this opportunity to congratulate Al Almdahl from Albany, who was elected this last Spring as our new Vice President. We all look forward to having Al as a part of our group.

Whether you are a coach in the Fall, Winter, or Spring, jump on the train, row the boat, or whatever ride is your preference, enjoy the ride through another successful season—best of luck to all our coaches.

2025-26 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
October 20-21, 2025	Gymnastics Clinic - shelly.eklund@district 196.org	Stillwater High School
TBD	Dance Coaches General Membership Meeting	Spring Lake Park High School
September 27-28, 2025	Boys & Girls Hockey Clinic - dvhockey11@gmail.com	Grand Casino Arena - AKA Xcel Energy Center
October 4, 2025	Dance Student Convention - carlsonm@westonka.k12.mn.us	Farmington High School
TBD	Soccer Banquets - ajkw10@gmail.com	Roy Wilkins Auditorium
October 24-25, 2025	Girls Basketball Clinic - craig.geyen@monticello.k12.mn.us	University of St. Thomas
October 24-25, 2025	Boys Basketball Clinic	Minneapolis Hyatt Regency Hotel
October 26, 2025	Robotics Clinic	St. Cloud State University
TBD	Wrestling Clinic - kip.lynk@gmail.com	Recorded Virtual Conference
December 13, 2025	MN High School Football All-Star Game Showcase	U.S. Bank Stadium
January 15-16, 2026	Baseball Clinic- markdowney0@gmail.com	Target Field
January 15-16, 2026	Track & Field Clinic - jjosephs@isd721.org	Intercontinental - St. Paul Riverfront
TBD/2026	Softball Clinic- jasonbaune@gmail.com	Target Field
Feb. 15, 2025	NHSSCA MN Strength & Conditioning Clinic	Shakopee High School
March 14, 2026	Golf Clinic - Criag Nasvik	Site: TBD
March 26-28, 2026	MFCA Football Clinic - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park

Sport Association officers, email Rick Ringeisen updates for the above schedule at ringer@mshsca.org.

find us on **facebook**

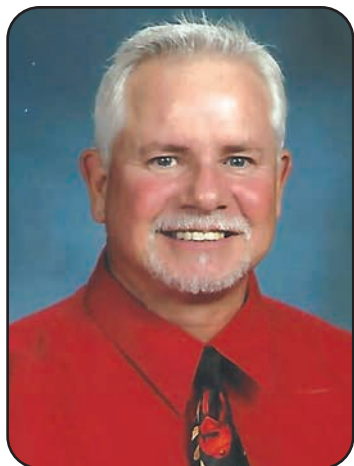


follow us

twitter

@MSHSCA

Reflections by Ringer



By: Rick Ringeisen,
MSHSCA Executive Director

The MSHSCA wants to publicize the (head coach) turnover rate to encourage empathy toward coaches, the way public awareness has stemmed some hostility toward officiating crews.

- Joe Christensen, Minnesota Star Tribune Reporter

Over the past five years, as the MSHSCA Executive Director, I have noticed, based on communications with members, a high number of head coaches in specific sports at Minnesota high schools. To gain a better understanding and obtain data, I requested that those sports associations conduct research and provide me with the number of head coach positions that have turned over in recent years. Each of the sports associations' leadership conducted its research in a slightly different manner. However, the attrition statistics of head coaching leaving their positions in some sports are shocking.

After sharing the data with the MSHSCA Executive Board, they unanimously supported issuing an MSHSCA press release to share the data the last week of August, so as to be timed to coincide with the return of the fall prep sports seasons, and fans being back in the stands. The primary goal of the press release is to inform the public about the high rate of head coach turnover. Secondly, to inform the public about the pressure and stress coaches face, which drives the high turnover percentages. Thirdly, to foster empathy and understanding for the coaches, the way media coverage and public awareness have improved conditions for officiating crews in recent years.

The data below is compelling, and it was more extreme than I first expected. Because I made a broad request to research head coach turnover over recent years, each sport sent me its data in a different format. I didn't expect the turnover of head coaches to be at such high percentages.

Girls' Basketball Head Coach Turnover, 2022 - 2025 (3 Seasons)

Class AAAA: 69% 41 new coaches in the last 3 years | 69%
Class AAA: 60% 39 new coaches in the last 3 years | 60%
Class AA: 55% 69 new coaches in the last 3 years | 55%
Class A: 39% 60 new coaches in the last 3 years | 39%
Total %: 52% The average across all girls' basketball classes.

Girls' Hockey Head Coach Turnover, 2020 - 2025 (6 seasons)

• 107 Programs in the 2024-2025 MSHSL Season.

2025 - 2026 18 so far this year.

2024 - 2025	18	16.80%	
2023 - 2024	24	22.40%	39.2% - Two Years
2022 - 2023	35	32.70%	71.9% - Three Years
2021 - 2022	19	17.70%	89.7% - Four Years
2020 - 2021	9	8.40%	98.1% - Five Years
2020 - 2025	105	6 seasons	

Softball Head Coach Turnover, 2024 & 2025 (2 seasons)

Class A	96 of 122	21.31% Head Coach Turnover
Class AA	91 of 111	18.01% Head Coach Turnover
Class AAA	52 of 61	13.11% Head Coach Turnover
Class AAAA	2 of 65	20% Head Coach Turnover

After receiving the statistics on head coach turnover for girls' basketball, girls' hockey, and softball, I realized that to understand these statistics better, I should also request the head coach turnover statistics for the three companion sports of boys' basketball, boys' hockey, and baseball. Below you will find the companion sports head coach turnover statistics.

Boys Basketball Head Coach Openings, 2016 - 2025 (10 seasons)

2025-26 - so far	50	12.27%	0.1207	414
2024-25	51	12.20%	0.122	416
2023-24	39	9.37%	0.093	416
2022-23	52	12.32%	0.123	422
2021-22	56	13.39%	0.133	418
2020-21	44	10.40%	0.104	423
2019-20	50	11.93%	0.119	419*
2018-19	55	13.12%	0.131	419*
2017-18	72	17.18%	0.171	419*
2016-17	70	16.70%	0.167	419*

**Average number of teams between 2020 - 2025*

12.96% Average

Boys' Head Hockey Coach Turnover, 2020 - 2025 (5 Seasons)

- In the last 3 years, 58 boys' head coaches have been replaced out of 149 teams – 39%
- In the last 4 years, 78 boys' head coaches have been replaced out of 149 teams – 52%
- In the last 5 years, 88 boys' head coaches have been replaced out of 149 teams – 59%

Baseball Head Coach Turnover, 2023 - 2025 (3 Seasons)

Over the last three years, baseball has averaged a 6% Head Coach Turnover per year.

The research presented in the press release identified significantly higher turnover of head coaches in the sports of girls' basketball, girls' hockey, and softball compared to their companion boys' sports. Based on my communication with coaches who have left their head coaching positions, I have identified three primary reasons for their departures.

1. Coaches decide to leave for their own reasons, such as retirement, their health, or because of the stress and pressure.
2. Coaches are asked or are allowed to resign.
3. School districts decide not to renew their head coach for the next school year.

Of all the coaches whom I communicated with who left their head coaching positions, not one of them mentioned the long hours or the low pay as a reason for leaving coaching. Most coaches accept and embrace that coaching will become a full-time job for part-time pay.

On the flip side

Over the past five years, I have also kept track of the average number of years that state champion coaches have coached,

Delegates Corner

Kyle Haberman

Lead with “Perspective” as you enter the new school year.

Coaching is more than just teaching skills and drawing up plays. The best coaches are masters of perspective, helping their athletes see the bigger picture both on and off the field. By shifting how players view challenges, coaches can unlock potential, build resilience, and foster a healthier, more successful team environment.

One of the most valuable lessons a coach can teach is that failure is not final; it's a foundation. When a player misses a shot or makes a mistake, a coach with a strong sense of perspective doesn't just focus on the error. Instead, they reframe it as a learning opportunity. They might say, “That didn't go as planned, but what did we learn from it?” or “That's valuable feedback we can use in practice.” This approach helps athletes see setbacks not as personal failings, but as essential steps on the path to improvement. It replaces fear with curiosity and perfectionism with progress.

A coach's job is to keep things in perspective when emotions run high. A single win or loss can feel like the end of the world to an athlete, but a coach knows it's just one piece of a long season. They remind their team that the goal isn't just to win one game, but to develop skills, build character, and grow as a team. This long-term view reduces pressure and helps players focus on what truly matters: their effort and their commitment to one another.

Ultimately, using perspective as a coaching tool is about cultivating a healthy and resilient mindset in your athletes on and off the court. It means reminding them that their value isn't tied to their performance, and that the lessons learned in sports—like teamwork, discipline, and perseverance—will serve them far beyond the game. A coach who can provide this kind of perspective doesn't just win games; they help shape confident, well-rounded individuals ready for life's challenges.

REFLECTIONS BY RINGER ... continued from page 4

and the average is 20 years! One of the principal reasons for this is that we now have more long-time successful coaches who retire from their classroom and continue to coach established successful programs. It takes time to establish and build programs that are consistent from one year to the next. When high schools are changing head coaches rapidly, they are also resetting the success clock on those programs.

After studying head coach turnover in six of the MSHSCA Sports Associations, I now believe that it is a good idea for each Sports Association to track head coach turnover or openings from one year to the next. Gathering the statistics is an important first step in turning the tide and improving conditions for coaches. Because coaches and their Sports Associations usually work from a positive perspective, I want you to know that many of the Sports Associations in the MSHSCA have already created or are building coach Professional Development/Mentorship programs. Those programs work to improve coach communication skills, focus on building positive team cultures, remind coaches to define success by using metrics (other measures of success), and not just winning. One of the most important keys to helping coaches is getting them to show up at clinics and to accept guidance and mentorship. By showing up and opening up, coaches will learn that it is the collegial relationships they build and the lifelong friendships they make that are some of the most important in their coaching journey. Remember, no one better understands the challenges of being a coach and the daily demands than another coach.

MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at
ringer@mshsca.org



FINAL MEMBERSHIP REPORT 2024-2025

July 31, 2025

Types of Membership	June 2023-2024	June 2024-2025
Active Class A & AA	6892	7107
College Associates	1360	1362
Other Associates	77	70
Active Life	335	365
Retired Life	1545	1575
Honorary	5	5
TOTAL	10,214	10,470

Breakdown of membership by sports association

(2023-2024 totals in parenthesis)

Adapted Athletics (37)	42	Boys Lacrosse (85)	92
Alpine Skiing (67)	56	Girls Lacrosse (99)	99
Athletic Directors (98)	100	Football (1030)	1022
Baseball (517)	506	Football Retired (7)	13
Boys Basketball (601)	618	Robotics (146)	150
Girls Basketball (562)	574	Golf (boys & girls) (427)	420
Cross Country (480)	483	Soccer (boys & girls) (455)	491
Dance (323)	302	Softball (467)	461
Gymnastics (206)	237	Synchronized Swimming (18)	20
Nordic Skiing (130)	127	Boys Tennis (148)	152
Girls Swimming (262)	268	Girls Tennis (191)	208
Boys Swimming (199)	193	Track & Field (843)	866
Girls Hockey (164)	173	Boys Volleyball (0)	75
Boys Hockey (182)	182	Girls Volleyball (542)	558
Hockey Retired (4)	4	Wrestling (193)	197
		Strength (54)	50

Sports associations that collect their own dues and join the MSHSCA are Cheer (14) 11, Clay Target (9) 11, and Badminton (4) 6.

find us on **facebook**



follow us

twitter

@MSHSCA

Access, Engagement & Opportunity *By: Kerry Sutherland*

Unlocking Potential: The importance of Access, Opportunity, and Engagement in High School Sports and Activities

By: Kerry Sutherland

This summer, I had an insightful conversation with my friend, Walter Bond, a former Minnesota Gopher, motivational speaker, author, and business consultant. Walter shared many compelling examples of how his “Shark Mindset” concept—characterized by relentless determination, focus, and adaptability—can be integrated into the values we uphold as coaches and educators, particularly regarding opportunity, access, and engagement. By embracing this mentality, we can cultivate the resilience and tenacity needed to navigate the complexities of our roles and inspire those we lead. As I prepared my message for you, I wanted to weave in some of the concepts that Walter shared with me, illustrating how the shark mentality aligns with our pursuit of success and personal growth. Enjoy!

In high schools across the nation, sports and extracurricular activities play a critical role in shaping the lives of students. These programs not only foster physical fitness but also promote teamwork, leadership, and personal growth. However, to fully realize the benefits of high school sports and activities, it is essential to focus on three key elements: access, opportunity, and engagement.

****Access: Breaking Down Barriers****

Access to sports and activities should be equitable for all students, regardless of their socioeconomic background, physical abilities, or geographic location. Many schools are taking steps to ensure that all students can participate by providing necessary resources, such as equipment, transportation, and training. Walter Bond emphasizes that just like sharks need to keep moving to survive, students must constantly seek out opportunities to engage in sports. This mindset encourages students to actively pursue participation, breaking down the barriers that may stand in their way.

Creating a culture of access includes offering a variety of sports and activities that reflect the interests of the student body. By providing options that range from traditional sports like football and basketball to non-traditional activities such as eSports and robotics, schools can ensure that every student finds a place where they feel comfortable and valued.

****Opportunity: Building Skills and Confidence****

Once access is established, providing meaningful opportunities for participation is crucial. This means not only allowing students to join teams or clubs but also ensuring they have the chance to develop their skills and excel. Bond’s Shark Mindset encourages students to embrace challenges and take calculated risks, much like sharks navigating the waters of competition. Coaches and advisors should focus on fostering an environment where students are encouraged to learn from failures and celebrate their successes.

Opportunities for leadership development can arise

through sports and activities. By empowering students to take on leadership roles within their teams or clubs, schools can help them gain confidence and essential life skills. Programs that offer mentorship and coaching, inspired by the Shark Mindset, can further enhance these opportunities, guiding students in their personal and athletic growth.

****Engagement: Fostering a Sense of Belonging****

Engagement is the final piece of the puzzle. For students to fully benefit from sports and activities, they must feel connected and invested in their programs. Bond’s Shark Mindset teaches the importance of resilience and adaptability—traits that are vital for fostering engagement. Schools can promote engagement through team-building exercises, community service projects, and events that bring together athletes, families, and the broader community.

Another vital aspect of engagement is communication. Schools should actively seek feedback from students about their interests and experiences in sports and activities. This feedback can help shape future offerings and ensure that programs remain relevant and appealing. In this context, the Shark Mindset emphasizes the importance of students advocating for their needs and desires within their sports programs, fostering a sense of ownership and belonging.

****Conclusion: A Collaborative Effort****

Enhancing access, opportunity, and engagement in high school sports and activities requires a collaborative effort among educators, coaches, parents, and the community. By integrating Walter Bond’s Shark Mindset into these initiatives, we can inspire students to take initiative and pursue their passions with determination and resilience.

High school sports and activities are more than just games and competitions; they are a pathway to personal growth and success. By prioritizing access, opportunity, and engagement, and embracing the Shark Mindset, we can unlock the full potential of every student, empowering them to become confident and capable individuals ready to face the challenges of tomorrow.

The Shark Mindset is just one of many powerful concepts available to us. There are countless ideas and philosophies that can motivate us in different ways. Whatever resonates with you, I encourage you to embrace it wholeheartedly within your schools and programs. Create a rallying cry around a shared vision that unites everyone, driving us all toward a common goal: making our environments more inviting, engaging, and fulfilling for all. By fostering such an atmosphere, we can ensure that everyone benefits fully from the opportunities available to them.

Coach Kerry

Go to <http://www.sharkmindset.com> for more info on “The Shark Mindset

MSHSL Board Of Directors Report: *By: Tavia Bachman*

What an exciting time of year, the start of a new school year and Fall sports! The anticipation that comes with tryouts, the first day of practices, and the enjoyment of being around friends has begun. For many, the best time of the year has just started! If you are a new coach or activities director, make sure to reach out to those around you. Some days are harder than others, but with a positive support system, you ARE making a difference. We are thankful that you are here to help create lifelong lessons with the students that you work with. Thank you for doing what you do!

With the start of a new school year, the MSHSL is as busy as ever. League staff and the Board of Directors met at the end of July to discuss the upcoming year, and it was a wonderful time, filled with numerous conversations about the MSHSL and education-based activities. This workshop ended with our August Board of Directors meeting, and the following was discussed or voted on.

The meeting started by acknowledging the board members who completed their terms in June. We recognized these board members for their service and dedication to The Board of Directors: Casey Indra, Jeanna Lilleberg, Don Peschel, and Dave Rocheleau. We want to extend our appreciation and thanks to these people who gave their time to this organization and led with passion.

Approvals were made for the following:

- 2025-2026 Speech Season: Books and Topic
- 2025-2026 Dance Team Rules Book
- Football Replay Policy
- Publications

Other discussion items included the following:

- Spring Advisory Proposals
- Baseball/Softball
- Golf
- Speech
- Track and Field
- Basketball Replay Policy

There has been lots of discussion on Eligibility and Enrollment. We encourage coaches to make sure that if you have a new athlete/participant, check with your activities director/administrator to make sure all transfer portal information has been completed and the student is eligible. It's an exciting but very busy time of year!

A reminder to Advisory Committees to be aware of the deadlines for proposals that you would like to have submitted for consideration. It is essential that you contact your coaches and regions to discuss any upcoming proposals that you plan to present to the board.

As we head into the start of a new year and fall sports, remember to continue to build and foster positive relationships with our student-athletes. Each day, you are teaching life lessons that our kids will take with them into the future. Embrace the highs and learn from the adversities we face. Thank you for the opportunity to serve on the MSHSL Board of Directors and for continuing to make a difference!

2025 MSHSCA 25 YEAR LIFE MEMBERS

Christopher Babcock
James Bentson
Scott Bergman
Dustin Bosshart
Mike Brunsberg
Jeff Buffetta
Chris Buerman
Michael DeWulf "Mike"
Keith "Rocky" Eck
Michael Fitzpatrick
Jon Flatness
Rick Fleege
Larry Franck
Breck Grove
Chad Gustafson
James J. Hanson
Rich Hendrickson
John Hengel
Lernell D. James
Aaron Karasch
Shawn Klimek
Josh Klingfus
Shawn Kuhnke

Jeff Kurowski
Tyrone Kytta
Brian Leibfried
David Loeffler
Mike Marquardt
Brian Noyes
Brad O'Donnell
Jason Passeri
Becca Pulju
Darrell Salmi
Tom Schuller
Wendy Schultz
Mike Sieben
Kipp Stender
Matt Telecky
Tina Turn
Douglas Vaith
Mark Wanous
Dirk Wells
Joel Wesloh
Dean Wilson
John Zemke



FIREHOUSE PIZZA

WE DO FUNDRAISERS!

We are a MN family-owned business offering 100% handmade:

- Pizzas
- Soups
- Cookies

Scan the QR code to visit our website or go to: www.firehousefrozenpizza.com

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

Remember to Register for 2025-26!

Registration for the new Membership Year will begin August 1, 2025 and goes until July 31, 2026.

The registration process with Digital membership cards continues to be more efficient and cost effective for MSHSCA.

The Option to Register and send a check or cash is no longer available due to payment issues.

The 2 Options to pay are:

1. Pay with your personal credit card
2. (or) have your school pay using their credit card.

MSHSCA members will receive emails with links to download and print their MSHSCA membership cards

See below for some common problems and troubleshooting tips with Digital Registration

It is very important that the email you use to sign in to your account is active because that is the email address that your insurance and membership links will be sent to.

The advantages of the digital registration process are as follows:

*MSHSCA members are able to carry an MSHSCA card digitally on their phones.

*MSHSCA members are able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.

*MSHSCA members have the option to add their picture to their MSHSCA membership card. This adds an additional level of security to the MSHSCA membership system.

*The MSHSCA saves thousands of dollars in card printing costs, envelopes, and postage.

When you join for the 2025-2026 membership year, you will receive two emails.

The first email will arrive shortly after registering and will provide you with a link to print your receipt. The email will look like the sample to the right:.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

For a copy of your receipt, you can click here.

Registration Info:

Username: your email

Registration Site: mshsca24.cordonco.com

The second email will arrive after your membership has been processed. You will be provided several links to download to print the general liability insurance information and your membership card. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association. To print or save your information, click one of the following links:

General Liability Insurance Program

Insurance information.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Wallet Size Membership Card

Keep this card with you. The Membership card is good for admission at many high schools and colleges in Minnesota. You can choose the link to save the image and save it to your camera roll. You can then use your smartphone to show the Membership card. As an alternative, you can choose to view the pdf and print a copy of your membership card.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Registration Info:

Username: your email address

Registration Site: mshsca24.cordonco.com

MEMBERSHIP CORNER... continued from page 8

In the past, your email was only used as a login ID. From now on, the email address you sign in with must be an active email account that you can access to open the MSHSCA membership emails sent to you. You must log in with the last email and password that you used to sign up for your membership in past years. Once you are into the MSHSCA membership system, you can update your member profile. There is an EDIT button on the left side of your profile. Please note that your membership card will print the information you have entered.

As in the past, if you are having difficulty, you can write to the Executive Director, Rick Ringeisen, at ringer@mshsca.org and request assistance.

MSHSCA Digital Membership Troubleshooting Tips:

“I did not receive an email after I registered, but I see my credit card was processed.”

This is likely due to one of the following reasons:

- The email was blocked, or it is in your Spam mail.
 1. You received the email but did not recognize it. The email will come from Registration@cordonco.com, and the subject is Minnesota State High School Coaches Association.
 2. The email is sent automatically to the email address in your MSHSCA profile, so if you are using a different email, you may need to edit your profile.

John Millea - Honary Life Member

John Millea (MILL-A) closed a 51-year journalism career when he retired from the Minnesota State High School League in August 2025. When he was named MSHSL media specialist in 2010, it marked the first time a state governing body added a former journalist to its staff.

John was a longtime newspaper editor, writer and columnist before joining the MSHSL. His career included stops at Iowa newspapers in Des Moines, Ottumwa, and Cedar Rapids, the Arizona Republic in Phoenix, and nearly 20 years at the Minneapolis Star Tribune. His newspaper coverage included everything from youth to professional sports, including all the professional teams in the Twin Cities.

His first byline appeared when he was 15 years old, writing for his hometown weekly newspaper in Graettinger, Iowa. He is a graduate of Drake University and did graduate work at the Walter Cronkite School of Journalism and Mass Communication at Arizona State University.

He has written about almost everything conceivable on the Minnesota sports beat. At the Star Tribune he covered more than 40 Twins games a year, he wrote a lot about the Timberwolves and Wild, and he was added to the Vikings coverage crew for playoff games. So no, he never covered a Super Bowl. He was in the winning team's locker room

Solution:

You can log into your MSHSCA member profile at any time to open membership links.

Log in to <https://mshsca24.cordonco.com>. This is the same link you use to join MSHSCA every year.

Look for the menu on the left side of the page. Click on “Documents Card Print” to open your links.

This is also the same place to EDIT your Profile with any address/email changes.

“I cannot access the membership links after registering. It says: Awaiting Access Approval.”

You are likely in the “Check/Money” Payment Method. You will not have access until the payment has been received. Once payment is received, you will receive an email with the links.

“I cannot edit my MSHSCA Membership Profile.”

Solution:

The MSHSCA online membership system will not allow you to edit your membership profile until after you have joined for the membership year. After you have joined, log out and log back in. Once you have logged in, you will be able to edit your membership profile. Make sure you advance to the last page and scroll down to the bottom and press the “**Finish**” button to complete the editing process.

(not the Vikings) after big NFL playoff games, including NFC championship games between the Vikings and the Atlanta Falcons in 1999 and the New York Giants in 2001. Before the Vikings’ heartbreaking postseason loss to Atlanta in the Metrodome, he had spent the previous week in Atlanta writing about the Falcons every day.

Having the perspective of writing about professional sports was important to John in how he approached prep sports. Pro sports are all about money, and high school sports are about much more important things, such as having fun, learning to compete, practicing teamwork, and developing sportsmanship and other key life lessons.

On the high school beat, John never had a bad day. He was lucky enough to travel all over Minnesota to towns and schools large and small, seeing extraordinary things and trying to capture them in his writing.

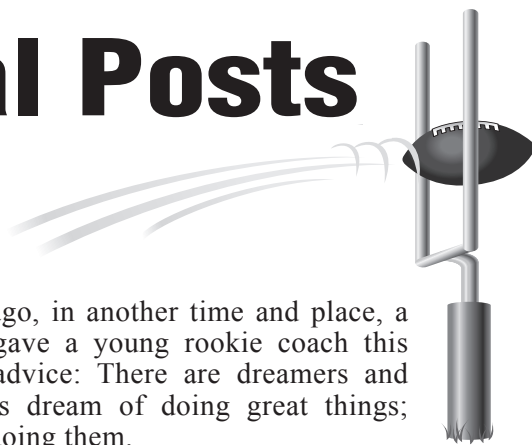
He has been to Red Rock Central, Rock Ridge and Rockford, Maple Grove, Maple Lake and Maple River, Battle Lake, Big Lake, Buffalo Lake, Cass Lake, Chisago Lakes, Detroit Lakes,



John Millea

Goal Posts

By: Ron Stolski



Keepers,

A long time ago, in another time and place, a veteran coach gave a young rookie coach this piece of sage advice: There are dreamers and doers. Dreamers dream of doing great things; doers get busy doing them.

You, coach, by nature, are a giver. Perhaps you are a dreamer too. What we know is that while those of you who coach have dreams, we must be the doers. While we cannot 'win them all', we can make every effort to ensure that the life lessons of football are experienced and taught, becoming a part of those you coach as they navigate life's journey.

So it is true with the MFCA as well. The MFCA is 'the professional organization of high school football coaches serving and representing MN HS football for over 70 years. This writer has often referred to those leaders who formed the association in 1956 as both dreamers and doers.

How about you? Busy people get things done. Beyond serving your school and community, can you make the time to become a member of the association whose singular goal is to serve football in our great state? We earnestly hope so. Just as on your team, the MFCA has room for everybody and all. If you have a desire to serve, contact an MFCA rep or committee chair. (see the website mnfootballcoaches.com)

Some highlights and reminders:

- * Girls' flag football: At a recent meeting with the Vikings, Emily Weinberg reported on a recent survey from the MN HS flag football season, and cited these data points
 - * 97% of respondents said they were likely or somewhat likely to continue playing flag football.
 - * 30% of respondents said they did not participate in another school sport
- * The average overall experience was rated 8.76 (out of ten)
- * Over 1,200 girls participated in the 2025 spring season.
- **** Note: the Vikings have grant applications for those who desire to join the 2026 HS girls flag football league. Visit www.vikings.com/girlsflag to apply.
- * The salute to football dates are Sept. 26-27. Get involved! Contact Mat Mahoney, Fairmont HS.
- * Marc Bacman, MFCA membership chair, recently sent out a survey regarding membership in the MFCA. The results were illuminating!! Among them, a certain percentage of respondents did not see the value of MFCA membership. While surprising, that response has inspired us to do a better job of relating/explaining all the benefits of membership and all that the MFCA does.
- * Dave Nelson, Tackle Cancer chair, has launched the 2025 campaign. Since 2012, the TC effort has raised over \$ 4,000,000.00. Note: Randolph raised \$70,000 in 2024. In Dave's words, 'join the fight'
- * The 2026 Keepers of the Game clinic is Mar. 26-28. Save the dates and help us continue to conduct one of the nation's finest HS football clinics. Want to help? Contact Ron Stolski, Claud Allaire, or Dave Nigon. Registration opens soon.

Whew!! Finally, a gentle reminder: 'we make a living by what we get; we make a life by what we give... do all you can for the kids you coach; care for and about them all. They will remember you always as 'coach', that will be all you need, and that will be enough.

FLIP NOTES

By: Jessica Lofrano-Larson
Brainerd High School



I hope that everyone had an amazing Summer! With school and Fall activities starting, that means that gymnastics season is just around the corner!

MGGCA will be hosting our annual Fall Coaching Clinic in Stillwater on October 23rd and 24th with clinicians from the U of W Stout coaching staff. The clinic will also include spotting instruction, a judging session, updates from the coaching association, and time for individual section meetings. Registration will be available on the MGGCA website.

Season officially begins on November 10th, 2025. The online rules module will be available in your MSHSL dashboard on November 3rd, and the general rules module is available now. All of your required learnings within MSHSL will be due on November 25th.

Thank you all for coaching and for your commitment to your student athletes! Have a great start to the school year, and we hope to see you at the Fall Clinic!

OTHER SPECIAL MEETINGS OF IMPORTANCE

October 10, 2025	HOF Coordinator/Exec Director Meeting Sheraton Minneapolis West, Minnetonka
October 11, 2025	MSHSCA Hall of Fame Banquet Sheraton Minneapolis West, Minnetonka
January 14-18, 2026	NOCAD - 2025 San Antonio, Texas
March 19, 2026	MSHSCA Executive Board/Finance Meeting Hilton Garden Inn, Eagan
March 20, 2026	Spring Delegate Assembly Mancini's
March TBD, 2026	MNIAA-ADs Conference River's Edge Convention Center & Kelly Inn, St. Cloud
June 28-29, 2026	Summer Board of MSHSCA Directors Meeting Hilton Garden Inn, Eagan
September 11, 2026	HOF Meeting Minneapolis Marriott West
September 12, 2026	MSHSCA Fall President/Delegate Meeting Minneapolis Marriott West

Trophies Plus - Sponsor of Coaches Caring

Chip SHots

By: Craig Nasvik, White Bear Lake
President - Minnesota Golf Coaches Association

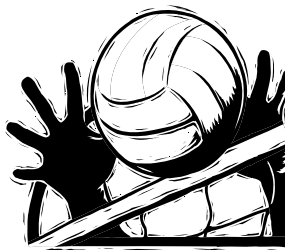
Welcome to the 2025 - 26 school year. I hope everyone had a great summer and that you all have a great year.

I heard from the State High School League regarding the two proposals sent into the league in May for consideration. They are being looked at, and we should know after the Oct. High School League board meeting. I will keep you posted.

Registration is open for the High School League. Get registered for this year asap. Reminder that you need to be a member of the High School League and the MGCA

(Minnesota Golf Coaches Association) for you and your golfers to be eligible to receive any All-State awards and Academic awards. Also, the insurance you get by being a member is priceless. Get your membership up to date.

If there is any pressing issue or concern, please reach out to any of the Advisory members so we can consider them. I hope everyone has a great summer. Recharge and enjoy the days with friends and family. See you on the fairways!



Dig This

By: Lonnie Morken

The excitement of a new school year, with back-to-school night, homecoming, and all the other events associated with the end of summer and the beginning of fall, is upon us. By this time, all of you have played matches and attended tournaments, and I hope your teams are coming together. The difficult decisions made on who makes your team and what your rotation is now are replaced by trying to gel and develop on-court chemistry in hopes of making a long postseason run.

I think it is important we revisit our clinic from this past summer. Steve Willingham and the whole Lakeville South school district were phenomenal. They did everything they could to make our clinic a great experience. The keynote speaker, Kristen Kelsay, was one of our most popular keynote speakers. Clinic attendance was at an all-time high with 350 participants. The all-star game showcased some of the top talent in the state, and the level of play was fun to watch. We are already gearing up for our 2026 clinic. The dates are July 29 and 30, but the site is still to be determined.

Please keep checking our website at www.mnvbca.org to stay up-to-date on all announcements, deadline dates, and other volleyball-related information. Monday, October 20th, is a very important date because that is when the All-State Statistics Forms and All-State Academic Team nominations are due.



DIAMOND CUTS

By: Sean Hall
MFCA Coaches Association President
Forest Lake High School
Head Softball Coach

Minnesota Softball Shines: Season Expansion on the Horizon, All-Star Showcase, and 2025 State Tournament Champions

A Bigger Season Could Be Coming

Exciting news may be ahead for Minnesota high school softball. At its meeting on July 29, 2025, the Minnesota State High School League (MSHSL) discussed a proposal to expand the regular season from 20 to 24 games. That's a 20% increase, giving players more opportunities to compete and teams more flexibility when building schedules.

The proposal would also allow in-season tournaments, doubleheaders, and triangular events to count as a single playing date, regardless of the number of games played. Friday-to-Saturday tournaments would also be counted as one date, with a limit of two tournaments per season.

Coaches are overwhelmingly supportive—84% of baseball coaches and 83% of softball coaches favor the idea. Compared with surrounding states like Iowa (40 games), North Dakota (36), Illinois (35), and Wisconsin (26), Minnesota athletes would finally be catching up in terms of playing opportunities. A final decision will come at the October 2, 2025, board vote.

Border Battle Showcases Senior Talent

Minnesota's top senior softball players had a chance to shine on June 24 at Forest Lake High School in the annual Minnesota/Wisconsin Border Battle.

In game one, Team Minnesota came out strong, shutting out Wisconsin 4-0. Wisconsin responded in game two, edging out a 7-6 win to split the showcase. Both games displayed the incredible talent and competitiveness of the Class of 2025, giving families, fans, and future college coaches a thrilling look at the state's best.

2025 State Champions Crowned

The MSHSL State Softball Tournament brought unforgettable moments this year at Jane Sage Cowles Stadium. Here's a look at the champions across all four classes:

- **Class A:** United South Central defeated Badger/Greenbush-Middle River, 2-0, to claim the title.

- **Class AA:** St. Cloud Cathedral took home the trophy with a 7-2 win over Hawley.

- **Class AAA:** Byron and Rocori battled for the championship. Byron advanced with a 6-4 semifinal win over Chisago Lakes, and while bracket summaries confirm Byron and Rocori as finalists, the final result is unclear.

- **Class AAAA:** Champlin Park celebrated its first-ever state championship with a 6-0 victory over Bloomington Jefferson. The Rebels' offense broke through in the fourth inning with back-to-back two-RBI hits from Ava Parent and Hannah Husom, while pitcher Marissa Rothenberger sealed the win with a complete-game shutout, striking out six and allowing only three hits.

find us on **facebook**



follow us

twitter

@MSHSCA



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

Rules Changes for 2026

The synchronized swimming coaches association is coming off a season of change as it relates to their section championships. All coaches reported general satisfaction with the changes that occurred last spring regarding the new section alignment. For the upcoming 2026 spring season, we will also start with the following rules changes:

- Due to some outdated wording in the rule regarding swimsuits and loss of swimwear during competition, and the coaches' recommendation that a swimmer not be penalized or disqualified for swimsuit malfunctions, the rule has changed (and is now different than the USAAS rulebook). The new rule around this topic now states: "Loss of swimwear is beyond the control of the competitor. If a swimmer loses swimwear (such as a strap breaking or a strap becoming unclashed), the swimmer or coach can alert the referee to stop the routine. The interrupted routine may swim no more than two routines after their original draw. A swimming aid is still the responsibility of the swimmer; this includes noseclip, cap, goggles, and headpiece."

- The rule regarding swimmer routine entries also changed recently, and now states: "Swimmers who cannot enter a team routine due to a lack of swimmers on their school team will be allowed to enter three small routine events during that season. The head coach must contact the executive board with a rationale by April 15 or before your first routine meet (whichever comes first), which will then go for a vote among all head coaches (via email). If the swimmer is allowed to enter three small routines, only her two highest placing events will count towards the All-State award." Any additional rules change proposals will be discussed and voted on this fall/winter. Proposals can be addressed at the coaches' meetings in September, November, and January. Clinics for the new season have yet to be determined. As always, the synchronized swimming community is looking to build new teams throughout the state. If this article reaches anyone looking to gain another athletic sport opportunity for girls in the spring season, please consider adding synchronized swimming to your local high school! Athletes generally can be recruited from swim, dive, gymnastics, and dance backgrounds. Our coaches' community is tight-knit, and would love to mentor new programs, either in the metro area or beyond. Contact Kathy Henderson at khender2@sowashco.org for more information.

MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at
ringer@mshsca.org



Chairlift Chat

By: Jason Gergen
Hastings Alpine
MSHSCA Section 4 Representative

We enter a new school year, and with it comes another exciting season of Alpine Ski racing! Coaches, first and foremost, please renew your MSHSCA membership and encourage your assistants to do the same. We are one of the few sports that practice and compete in a public environment over which we have little control. We never want to have to make use of the additional insurance, but it is comforting to know it's there. I know there are vacant coaching positions, and there is a shortage of Alpine coaches. We are all part of a tight-knit community, so please keep your ear to the ground and encourage anyone looking to get involved. Don't hesitate to reach out to your section representative, and we can help you connect.

We are always looking to make the sport better for our athletes and will continue to pursue meaningful changes. The video review topic will be revisited and tweaked in hopes of it having a better chance of passing. The Bibbo at the state meet has been well-received and truly makes for a fair and exciting race. The coaches' association is always looking for input and new ideas, so if you feel something should be changed to better our sport, please reach out to your section representative. We also have some vacancies on the board and are looking for enthusiastic individuals to serve. Please contact your section representative for further information.

This is also a good time of year to remind athletes and parents about equipment swaps and early-season sales. I've been guilty of taking it for granted that parents will research and shop for the correct equipment for their kids, and sometimes that's just not the case. We know equipment makes a difference, and any direction you can provide athletes and parents will be greatly appreciated. Please remember that your coaches' representatives are here to support you!

We look forward to hearing from you, and I look forward to seeing you on the snow!

*"I swing big with everything
I've got. I hit big or I miss big.
I like to live as big as I can."*

- Babe Ruth

find us on **facebook**



follow us

twitter

@MSHSCA

GIRLS HOCKEY "SNAP SHOTS"



Submitted by Tim Morris, Executive Director, MGHCA
www.MGHCA.com Execdirector.MGHCA@outlook.com

"The purpose of the Minnesota Girls Hockey Coaches Association shall be to promote the welfare of girls' high school team coaches and high school girl athletes and their participation in hockey as players, officials, coaches and administrators. The association will promote and administer development programs in order to increase participation in girls' high school hockey in the state of Minnesota and to promote those players wishing to play collegiate hockey. The MGHCA shall provide resources and continuing education for all high school coaches. The MGHCA will also promote sportsmanship and comradeship among all high school coaches throughout Minnesota."



COACHES SITE LIVE – FALL COACHES CLINIC

A coach's clinic is being offered by the Coaches Site Live to be held in St Paul, MN, on September 27 & 28th. Registration information is provided below for all coaches at any level of coaching.

"As you'll see in the folder, we've organized a unique group ticket package that would enable up to 6 coaches to attend for \$500 + tax. This is a discount of more than 50% on our individual ticket and is exclusive to Minnesota HS. We intend to create an opportunity for the boys and girls high school coaches to join us at a rate that doesn't break the budget!"

<https://join.thecoachessite.com/tcs-live-conference-minnesota#register-early-bird>

NEW MGHCA BYLAWS ADOPTED

The MGHCA adopted new Bylaws this spring, which resulted in a change in how our Executive Council is structured. The new positions of this Council now consist of a President, a Vice-President, and a Director of Membership & Mentorship. These are three-year terms.

MGHCA LEADERSHIP

The MGHCA Executive Council is comprised of the following individuals: (term expires)

President - Tom Anitzberger (2028)

Vice-President – Kiersten Nelson (2028)

Director Membership/Mentorship – Jeremy Gunderson (2028)

Director Special Projects – Bob Sherry (2026)

Executive Director – Tim Morris (2026)

MGHCA WEBSITE

We are encouraging all coaches to familiarize themselves with the MGHCA website. Our coaches' association website provides a one-stop shop for all information regarding girls' high school hockey here in Minnesota. We are also encouraging teams to use the FREE website space for their own teams' information. Contact Executive Director Tim Morris on how to get started. On the website, coaches can find information about our off-season programs, award details, current articles,

a calendar of events, clinic information, historical records, and much more. We are always accepting stories from teams around the state to post on our website. If you have highlights or personal interest items to share, please email your story to the Executive Director. It's great if there are photos accompanying the article! The link to the website is www.MGHCA.com.

PREMIER PREP LEAGUE

The Premier Prep League (PPL) is starting its 18th year this fall with 14 teams and 280 players participating. Games begin the first weekend in September after Labor Day and finish before the start of the MSHSL season. Game schedules, results, and player stats can be found on the MGHCA website. Scott Van Horrick has taken over as the Director of the Premier Prep League.

MSHSCA MEMBERSHIP

We encourage all high school coaches to become members of the MSHSCA (and thereby members of the MGHCA) at their earliest convenience for 2025-26 membership. The liability insurance that coaches receive as part of their membership alone is worth the membership fee. As a reminder, Head coaches must be members to ensure their team qualifies for any team awards or players qualify for any individual awards. All coaches must be members to be considered for postseason coaching honors. The membership deadline for coaches and their players to be eligible for postseason awards is **January 12, 2026**. The liability insurance alone is worth the cost of membership!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2025–2026

PAST PRESIDENT Kerry Sutherland	B/G Soccer G Swimming Robotics	B Swimming Wrestling	Baseball B Hockey
PRESIDENT Bob Schueller	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf G Hockey
PRESIDENT ELECT Kyle Haberman	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
VICE PRESIDENT Al Almdahl	Volleyball Dance	Synch. Swimming B Basketball	Softball B/G Lacrosse
Girls Sports Access, Engagement, and Opportunities		Becky Leuer Larry McKenzie	

These are your representatives for your sports association on the MSHSCA Board of Directors. Please contact them if you have any issues, concerns, or questions. Their information is listed on our website at www.mshsca.org

CLEARING HURDLES

By: Eric Klein, St. Charles High School,
President, MN Track & Field Coaches Association

On behalf of the Minnesota Track & Field Coaches Association, I would like to welcome everyone back for another school year. This year marks my second year as president of our association; I am honored to spend another year serving in this role alongside so many passionate member coaches.

Although the 2026 track & field season is still months away, plenty is happening in the world of Minnesota track and field. Here are a few important membership items for your consideration as we head into the fall:

Membership: If you have not yet joined the association for this school year, please consider doing so. Your association membership includes many benefits and coaching insurance. Furthermore, being a member allows your athletes to be eligible for Academic All-State and Mr. / Ms. Track & Field nominations, as well as allowing your coaching staff to be recognized for Coach of the Year honors. Even though the start of the next track & field season seems far away, it is not too soon to utilize some of our association mentorship and education programs.

2026 MN Track & Field Clinic: The clinic directors are already hard at work putting together this year's MN Track & Field Clinic, which will be held on January 15-17 at the InterContinental - St. Paul Riverfront Hotel. The clinic kicks off on Thursday night with our True Team and Association meetings, our 4th Annual Women4Women conference, and a social. Friday and Saturday will be full of exciting clinic speakers, and Friday night will feature our annual banquet with our Hall of Fame induction, Coaches of the Year celebrations, and keynote speaker. The presenter lineup features several can't-miss speakers, including the legendary Boo Schexnayder and distance guru Timo Mostert. We hope you can join us at this event in January.

Women4Women: We continue to build on our Minnesota Track & Field Women4Women membership and organization. Women4Women is a group devoted to (1) encouraging more women to respond to the call of coaching Track & Field, (2) supporting women coaches to continue coaching by providing networking and mentorship opportunities, and (3) providing professional development for coaching excellence. If you are interested in learning more about Women4Women, please email w4wtrackandfield@gmail.com.

Mentorship Program: As an association, we have many veteran coaches who are passionate about supporting, guiding, and mentoring coaches. We are also aware of the challenges that new track coaches face, and that the average career of a new coach is under five years. Because of this, the association offers a variety of new coach mentor resources. If you are a new coach, someone struggling with the decision to remain in coaching, or someone interested in becoming a mentor for others, please visit <https://www.mshsca.org/mentor>.

True Team Hall of Fame (Service Award):

The True Team Hall of Fame was created in 1996 as a service award honoring those remarkable individuals without whose dedication and service Minnesota True Team Track and Field would not be the same. For the first several decades, inductions were made only in concert with anniversary celebrations of the first True Team meet in 1986. However, in 2024, the True Team Committee decided to begin recognizing and inducting members on an annual basis. Furthermore, this summer, the committee decided to open up Hall of Fame nominations to regional candidates as well as state contributors. In the past, inductees had been individuals whose service had primarily been at the State True Team meet or through involvement in the state True Team committee. However, the True Team Committee recognizes that regional True Team (that is, at the section championship level) is the lifeblood of this great Minnesota tradition, and that there are certainly individuals at a local level whose service to their region is deserving of such an honor. Therefore, the Committee is seeking nominations for induction into the True Team Hall of Fame for individuals of rare dedication and service to True Team track and field, whether they are local or state contributors. I especially encourage you to consider possible local inductees, as these are names that the True Team Committee is less likely to be familiar with. Complete information on the True Team Hall of Fame, as well as nomination forms and procedures, can be found at <https://www.mshsca.org/page/show/2375969-true-team-home-page>

Lastly, as I said last year, I encourage all coaches to make their voices heard with our association. Our association serves you, the coaches on the ground who know best the areas of potential improvement, and association advocacy to MSHSL is the first step toward achieving that potential improvement. If you see a way that MN track and field can be improved, please reach out and make your voice heard. In the coming weeks, a general survey will be sent to all track and field coaches association members, wherein you can voice your opinion on various critical issues facing Minnesota track and field and share how we can best move forward as a sport.

I look forward to hearing from you all through the survey, so that we can better serve you and improve this sport we love for the athletes we love.

Thank you for all you do for your athletes and in support of Minnesota track & field. Don't forget to join the association for the 2025-2026 season, and let us know if you have any questions or concerns along the way.



find us on facebook



follow us

twitter

@MSHSCA



UNDER THE BAR

By: Jessica Gust

By the time you read this, we will be well into the new school year, but as I write it, I am squeezing in the last of the 'summer adventures' and attempting to enjoy the last 48 hours before the chaos begins. As S&C coaches, we've made it through summer training and are already deep into coaching our fall teams. Some of us are back in the classroom for another year of teaching, just out here trying to change the world, am I right?

For S&C friends:

I would like to remind everyone to renew their MSCA membership to maintain all the great benefits and receive our communications. Additionally, please take a moment to remind any of your sport coaches who work with you in the weight room that they should also join MSCA (all the cool kids are doing it). Additionally, if you are not already a member of the National High School Strength Coaches Association (NHSSCA), we'd love to have you join there as well. NHSSCA membership provides you access to a highly robust library of S&C resources and also gets you discounts when you attend any NHSSCA events. This year, you can expect to see at least one Family Day event (this one is free for all) and our 2026 State Clinic (sometime after the New Year). If you haven't joined us at either of those events in the past, please don't hesitate to reach out if you have any questions. We would love to have you join us this coming year. If you have attended either of those events in the past and have suggestions for speakers or speaker topics you'd like to see, I want to hear from you (gust.jessica@slpschools.org). Additionally, if you are interested in hosting an MSCA or NHSSCA event at your school, please reach out!

For friends in the sports coaches associations:

Please remember that we would love to set up a speaker for your coaching clinic this year. We've had the pleasure of speaking at many events in the past and can provide a speaker to address specific strength and conditioning (S&C) issues you face in your sport, or we can suggest something we feel may be helpful. AND WE'RE A CHEAP DATE...we provide our speakers at no cost to your organization, but we won't be mad if you want to pay them. If you're interested, please reach out so we can get you set up with an S&C speaker that is an excellent fit for your needs. If you are a sports coach in a school and don't have access to a Strength and Conditioning (S&C) professional, and would like to set up professional development for your staff or others at your school, we have some

great coaches in our organization who would be happy to help you as well.

For everyone:

Most importantly, I would like to thank all the coaches who are returning to serve the kids for another year, regardless of your role. By showing up every day, you are one more adult in every athlete's life who cares about them and wants the best for them. You are taking the time to build a relationship that can bear any truth, including things like this text I received this week from a 2025 grad who is just starting his college athletics career:

'Coach, I don't like it here. It's not what I thought, and I want to go somewhere else.'

He said he was scared to tell anyone else because he was worried he'd disappoint people. (I'm not crying, you're crying.)

To all my coaches out there, I know you're tired, and I know that today might have been a hard day. But I also know that some kids had a better day because you were there. Keep up the good work, folks! I'm proud to serve this community and can't wait to see what this year brings for the amazing athletes we get to coach every day.

Please don't hesitate to reach out if we can be of any service to you, your athletes, or your sports organizations.

CONGRATULATIONS MINNESOTA 2025 NATIONAL COACHES HALL OF FAME INDUCTEES

Craig Anderson
Pine Island
Baseball Coach

Walt Weaver
Apple Valley
Volleyball Coach

NHSACA 2025 NATIONAL COACH OF THE YEAR TOP 8 FINALISTS

CONGRATULATIONS MINNESOTA NHSACA NATIONAL TOP 8 COACH OF THE YEAR FINALISTS

Minnesota led the nation with 15 National Coach of the Year Finalists in 19 Categories!

<u>Sport/AD</u>	<u>Coach</u>	<u>School</u>
Athletic Director	Brent Schimek	Deer River
Baseball	Bruce Woitas	Sleepy Eye
Basketball - Boys	Larry McKenzie	Minneapolis North
Basketball - Girls	Brian Cosgriff	Minnetonka
Cross-Country - Boys	Howie Cook	Lake City
Cross-Country - Girls	Matt Gabrielson	Edina
Golf	Rob Nelson	Holy Family
Soccer	Crissy Makela	Mankato West
Softball	Don Krusemark	Mankato
Football	Jeff Williams	Owatonna
Swimming & Diving	Rick Ringeisen	Lakeville South
Special Sports	Bonnie Fuller-Kask	Duluth East
Track & Field - Boys	Ross Fleming	Mounds View
Track & Field - Girls	Meghan Orgeman	Alexandria
Volleyball	John Dzubay	Stewartville

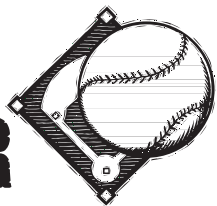
NHSACA 2025 NATIONAL COACH OF THE YEAR

CONGRATULATIONS MINNESOTA NHSACA NATIONAL COACHES OF THE YEAR!

Minnesota led the Nation with 4 National Coaches of the Year!

<u>Position</u>	<u>Coach</u>	<u>School</u>
Basketball - Boys	Larry McKenzie	Minneapolis North
Basketball - Girls	Brian Cosgriff	Minnetonka
Swimming & Diving	Rick Ringeisen	Lakeville South
Track & Field - Boys	Ross Fleming	Mounds View

DUGOUT CHATTER



By: By: Troy Urdahl – President, MSHSBCA

“Baseball is more than a game. It’s like life played out on a field.” —Juliana Hatfield

Scorching Heat, Extra-Inning Drama at 2025 Twins Community Fund All-Star Series

While last year’s All-Star Series was a weather battle, this year the challenge was the blazing heat—bwut that didn’t stop the 2025 Twins Community Fund All-Star Series from delivering fireworks.

In front of great crowds and under sweltering skies, the South Team rallied late, blasting a three-run home run to force extras and eventually take down the North in dramatic fashion.

2025 All-Star Awards:

- Dale Welter MVP Award: *Hunter VaDeer – Lyle-Pacelli*
- Todd Oakes Pitching Award: *Owen Marsolek – Duluth Marshall*
- Golden Glove Award: *Patrick Binnibose – Rockford High School*

Hats off to all of our All-Stars, coaches, families, supporters, and the good people at Chaska Athletic Park. And once again, a huge thank-you to Don Gawreluk for organizing an event that continues to be a highlight of Minnesota high school baseball.

2026 MSHSBCA Hall of Fame Class Announced

We are honored to welcome the 2026 MSHSBCA Hall of Fame Class, a group of coaches who have left their mark through servant leadership and lifetime commitment to student-athletes.

They will be recognized at the Twins game on Sunday, September 21, and formally inducted at our annual clinic on January 17, 2026, at Target Field.

- Paul Jenkins – Eagle Valley
- Jerry Miller – Belle Plaine
- Jerome Nemanich – Sartell
- Tim Profinzino – Chisholm
- Graydon “Soup” Stromme – Duluth Morgan Park
- Bob Turner – St. Paul Como Park
- Jon Wroge – Norwood Young America

Thank you for your decades of dedication to the growth of baseball in Minnesota!

Added Game Proposal Heads to MSHSL Board This October

One of the biggest developments this year has been that our added game proposal is gaining strong traction. After receiving 84% support from MSHSL member baseball schools, the proposal will be presented to the MSHSL Board of Directors in October.

If approved, the bylaw change could take effect in spring 2026, allowing:

- **Two weekend tournaments** (outside the postseason) each to count as one event
- **Friday–Saturday tourneys count as one playing date** (up to 3 games total)
- **No change to the 20-event maximum**, now with more flexibility and two of those “events” being weekend games in a format that works for you and your opponents ... double-headers, round-robins, single games each day, a traditional tournament, etc. Teams can play up to 24 games under this proposal, if they choose to.

This mirrors successful policies already in place for volleyball and wrestling, providing coaches across Minnesota with additional tools to build depth, reward players, and offer more players meaningful game opportunities.

We ask coaches and ADs to continue voicing support as the proposal moves forward.

Other upcoming changes to look forward to are the implementation of a double first base (officially takes place in 2027) to increase player safety and a bench-jockeying proposal to limit some of the gamesmanship occurring when the pitcher is delivering the baseball.

Winter Clinic & National NHSBCA Opportunities

Mark your calendars! The MSHSBCA Winter Coaches Clinic is returning to Target Field, January 16–17, 2026. Sessions will be highly practical, built around transformational coaching principles, and open to all levels of experience.

Interested in taking your coaching to the national stage?

The NHSBCA Clinic will be held in Fort Myers, Florida, from December 4–6, 2025. Mike Parker (Stillwater) and Kevin McDermott (Woodbury) are slated to present!

Congratulations to Al Amdahl, longtime head baseball coach at Albany, on his recent election as Vice President of the Minnesota State High School Coaches Association! We’re proud to have one of our own serving in this impactful statewide role.

Thank you for pouring into this great game. There’s no such thing as a small moment in coaching—every interaction is a chance to build confidence, character, and connection.

SERVICE ACES

By: By Aaron Rothenberger,
MTCA President



Happy Fall, everyone. I hope those who are girls’ tennis coaches are enjoying the 2025 season! Here are the recent news and announcements for Fall 2025.

Boys Tennis Coaches of the Year

It is my honor to recognize the 2025 Boys Tennis Coaches of the Year. For head coaches: AA - Jeff Prondzinski (Wayzata) and A - Jace Friedlieb (Rock Ridge). The assistant coaches: AA - Jeff Fedor (Blaine) and A - Darin Swenson (Litchfield). We commend all four of these individuals for their hard work and dedication to their program and players.

In Match Coaching

Is in full swing (pun intended)! So far, coaches have provided positive feedback. Make sure you have received the rules and regulations for court coaching. Executive Secretary Les Zellmann did share with all coaches via email in August.

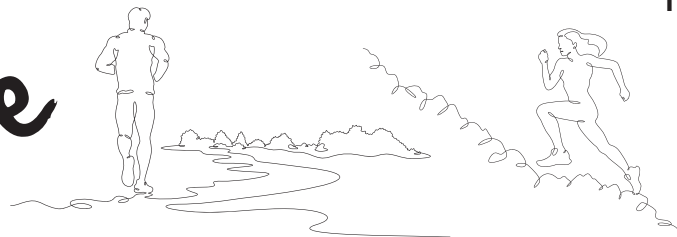
Three Class Girls’ Tennis

This is the first season with three classes of girls’ tennis (AAA, AA, and A). This is definitely long overdue, and many coaches are pleased to see the addition of a AAA class! We are looking forward to the state team and individual tournaments in October.

Best of luck to all the girls’ tennis coaches and their teams this fall!

Over Hill and Dale

By: Jeff Dickman, Rockford High School
President, MN Cross Country Coaches Association



In the song “Summer Wind” performed most famously by Frank Sinatra, there’s a lyric that says “Like painted kites, those days and nights, they went flyin’ by,” and it certainly seemed to in 2025! By the time we hit Labor Day week and the formal beginning of classes for everyone in the state, we’ve already notched over a quarter of the season and entered what is the shortest In-School Calendar season of the year. As “Old Blue Eyes” crooned, they certainly went flyin’ by.

I hope that summer was a recharging, building, and growth opportunity for you as coaches and for your athletes. Some of your athletes may be soaring after a strong Spring track and field season, some may be coming back from injury, others completely new to the sport, but no matter what our athlete’s circumstances we as coaches get to work on putting all of the pieces of the puzzle together for our programs, teams, and student-athletes as they win, learn, and grow.

In one of his daily newsletters, professional track and field coach Stu McMillan shared his thoughts about the journey we take as coaches and how we develop our coaching craft. McMillan writes, “Enjoying your work—or your craft, your training, your coaching—isn’t something that just happens. It’s not a feeling that appears once the stars align or the circumstances are perfect. Loving what you do is an active choice. It’s a commitment to engage fully, even when it’s

difficult, even when it’s repetitive, even when progress feels slow.” I hope through the ups and downs, long days, and juggling of work/family/team, we all have the ability to make those active choices as leaders and coaches to make a difference in the lives of our student-athletes. Being a consistent presence for positivity and excellence makes such a difference in young people and the communities we serve.

Finally, the Advisory Board would like to recognize our two inductees into the Cross Country Hall of Fame for 2025, Chris Harder of Rosemount and Jeff Morris of Perham. Both Chris and Jeff have had distinguished careers in different ways and geographies, but both have had a tremendous impact on their schools, programs, and the athletes they have coached. It was terrific to hear both of them share thoughts about their distinctive journeys at our Hall of Fame induction ceremony this past July, and we are grateful as coaches for the impact they have had on cross country in the state of Minnesota. Any coach from any sport would do well to hear how Rosemount and Perham Cross Country have built programs, leaders, and a model for sustainable success beyond the final points scored at the end of a meet.

Best of luck this fall. Have a great season, and continue to build your culture, programs, and athletes as they reach for their dreams in 2025..

Annual MSHSCA Awards Banquet

SHERATON
MINNEAPOLIS
WEST,
MINNETONKA

OCTOBER 11,
2025

MSHSCA HALL OF FAME CLASS of 2025

Franz Boelter, Bethlehem Academy & Northfield High School
Dwight Lundeen, Becker High School
Greg Juba, Park High School
Jim Mader, Albany High School
Rick Uttech, Granada-Huntley-East Chain High School

ASSISTANT COACHES DISTINGUISHED SERVICE AWARD

Diane Anderson, Fosston High School
Dianne Johns, Mankato West High School
Kirk Shellum, Richfield High School

OFFICIALS’ DISTINGUISHED SERVICE AWARD

Sam Bailey, Rochester Dan Zetah, Long Prairie
Nedda Zetah, Long Prairie

GEORGE HAUN LEADERSHIP AWARD

Art Seplak, Bloomington Kennedy High School

STEVE KERZIE DELEGATE SERVICE AWARD

Tom Lawrence, Foley

MSHSCA HONORARY LIFE MEMBERSHIP

John Millea, MSHSL

CHAMPIONSHIP/COACH OF THE YEAR AWARDS

CHAMPIONSHIP COACHES AWARDS

COACH OF THE YEAR & ASSISTANT COACH OF THE YEAR AWARDS

PRESENTATION OF 25-YEAR LIFE MEMBERSHIP COACHES

MSHSCA PAST PRESIDENT AWARD

Recipient: Kerry Sutherland, Hopkins

DSA ASSISTANT COACH & OFFICIAL AWARDS

Diane Anderson - DSA Assistant Coach

Diane Anderson graduated from Fosston High School in 1973. She started as an assistant volleyball coach in Fosston in 1978, working with Head Coach Berniece Carlin. In 1980, Kim Roysland, Berniece's daughter, took over the head volleyball coaching position. For the next 25 years, Kim and Diane coached the Fosston Greyhounds.



Diane Anderson

Diane was a vital asset in building a very successful volleyball program throughout her years of service. The extra time and effort that Daine put into teaching young ladies volleyball skills, coaching extra practices, and working with youth programs was invaluable. These efforts contributed to the success of the Fosston High School volleyball teams winning many championships and titles. Her dedication meant the world to her teams and Kim.

Diane was very prominent in many of the Fosston High School athletic programs throughout her years of service until her retirement. Her commitment to all student-athletes was always encouraging, positive, and helpful, and in the students' best interest. Besides being the assistant coach for volleyball, she also served as an assistant for several girls' sports throughout her career, as well as Assistant Athletic Director.

Diane was an assistant volleyball coach for 27 years. She coached junior high volleyball for two years. She was an assistant girls' basketball coach for 7 years, an assistant girls' track coach for 3 years, and an assistant girls' golf coach for one year. Diane was an assistant Athletic Director for 13 years. She lives in Lengby, MN, a small town east of Fosston, with her husband of 51 years. They have two children, Barrett and Brenna, and eight grandchildren.

Dianne Johns - DSA Assistant Coach

Dianne Johns graduated from Harmony High School in Harmony, MN (now Fillmore Central) in 1984.

She participated in volleyball, basketball, and golf during her high school years. She then attended Mankato State University (now MSU-Mankato), where she competed in basketball and golf. She achieved All-American status twice as a member of the Mavericks golf team. She was also a member of the 1985-86 women's basketball team that was the first women's basketball team in Maverick history to win the North Central Conference title and first to make an appearance in Division II post-season play. The 1985-86 Women's Basketball team was also inducted into the MSU Hall of Fame in 2007.



Dianne Johns

She graduated from MSU with teaching degrees in Physical Education and DAPE, as well as minors in Corporate Fitness and Coaching. In 1989, after graduating from MSU, Dianne got a job teaching Physical Education in the ISD77-Mankato school district. She has been teaching Kindergarten through 5th-grade Physical Education at Franklin Elementary School for 36 years. Dianne has spent her entire career coaching at Mankato West High School in Mankato, MN. During her coaching career she has coached basketball, softball, volleyball, and golf. Her longest tenures have been in basketball (33 years) and softball (27 years). She earned the MSHSCA Section Assistant Coach of the year (basketball and softball) a few times throughout her career.

When Dianne is not coaching, she is still giving back to the student athletes through volleyball officiating. She has been a volleyball official for 23 years.

Sam Bailey - DSA Official

Born and raised in Winona, Minnesota, Sam graduated from both Winona Senior High and Winona State University. After graduating from college in 1971, Sam joined the teaching staff at John Adams Jr. High in Rochester, Minnesota, where he taught Life and Physical Science. Sam taught at John Adams until 1990, when he transferred to Mayo High School to teach Biology until his retirement in 2011.



Sam Bailey

Sam's passion for athletics began as a fifth grader on the Winona YMCA swim team. In Junior and Senior high school, Sam tried basketball and enjoyed track, but discovered that swimming was his true sport. Sam's college swimming and track careers were short-lived. In 1971, Evar Silvernagle hired Sam as assistant swim coach to head coach Dick Thatcher, and he worked with Mayo Boys until taking the Mayo Girls Head

Coaching job in 1976. Sam retired from coaching swimming in 1997 after 25 seasons. Sam is still very connected to Rochester swimming, as he meet managed the 1AA Boys section swim meet from 1985-2022 and the Girls 1AA Section meet from 1999-2021. Sam has also meet managed most of the Big 9 Conference and Section 1A meets held in Rochester since 2013. Officiating swimming & track meets is another sport connection for Sam, and he has received a "40 years of service" plaque from the MSHSL. Over the course of 18 years, Sam ran a Red Cross-approved swimming lesson business at his home, teaching over 750 children to swim. For the last 28 years, Sam has served as the Mayo High School Game Manager, an assistant to the Athletic Director, with duties including hiring game workers, setting up ticket boxes, managing events, and organizing equipment. Sam continues his commitment to Rochester Athletics by driving a team or fan bus, grooming the "turf" field, delivering a concession trailer, or volunteering wherever help is needed.

DSA ASSISTANT COACH & OFFICIAL AWARDS

Kirk Shellum - DSA Assistant Coach

Kirk Shellum has spent almost all of his adult life coaching various sports and playing sports in addition to full-time employment. Over the last 10 years before retirement, I traveled extensively around North America, Europe, and the Middle East.

Kirk has an extensive background in coaching sports. He coached Women's Slow Pitch Softball St. Paul City League from 1979 to 1982. Richfield Little League Baseball for 3 years. 1991-1994

Richfield Community Girls Slow Pitch Softball for 6 years (Won 3rd Place ASA State Tournament & several weekend tournaments). 1995-2000. He assistant-coached Richfield Hockey Mites, Squirts, Peepees & Bantams. 1993-2000. Kirk has been Assistant Coaching the Richfield Alpine Ski Team for 25 years. They have had 3 participants qualify for the State Race within that time. When budget cuts threatened to end the RHS Ski Team, he declined my stipend to ensure the program would continue.

Kirk grew up in St. Paul in a family of 5 boys. He played hockey, baseball, football, basketball, Judo, ballet, and swimming. As a young Judo player, he won the state tournament in his weight class for 2 years running. His family moved from St. Paul to Elko, MN, in 1970, where he attended Lakeville High School. There, he met Mr. Gene Prescher (Teacher) and many students who petitioned to start the first swim team. With very little experience, I became the Team's Diver.



Kirk Shellum

In 1976, he was introduced to downhill skiing. He fell in love with the sport, which has become one of his passions. In the early 1990s, he joined an adult recreational racing league called The Ski Challenge. He started racing 3 days per week and took the sport very seriously. He is still participating in the Ski Challenge, and is currently a NASTAR Platinum racer finishing in the top 35 in the nation in his age group, 65-70.

In 1999, Kirk's 7th-grade son started ski racing on the Richfield High School team. In the first season, he helped out on the hill, performing duties such as carrying gates, doing course cleanup, and generally helping where needed. In the second season, he started Assistant Coaching under the direction of Maria Kimmes, the Head Coach. Maria and Kirk have developed a great coaching partnership and currently ski on the same adult team. Maria is an excellent racer, finishing in the top 5 females in league events.

Over the years, they have had many accomplished skiers and some who have only skied once or twice in their lives. As a small team, they welcome skiers of all levels. Some of these students come to us without ski equipment, which is very expensive. Every year, they do their best to find racing equipment donations from members of their adult ski leagues so these students can participate. Beginner students are coached from the Bunny Hill to the Race Course, and by the end of the season, they become Racers. One of the great rewards of coaching is in providing all the students with self-confidence and a life-long skill.

Kirk enjoys coaching his grandchildren in swimming and diving in the backyard pool. As a 69-year-old, his goals are to continue coaching, skiing, golfing, riding motorcycles, and lifting weights as long as his body permits.

Dan and Nedda Zetah - DSA Officials

Dan and Nedda Zetah are grateful to the Lord for blessing them with 42 years of marriage and the joy of raising their daughter, Makayla. They have spent most of their lives in the Long Prairie area—Dan working as an elementary teacher and Activities Director, and Nedda as a high school math teacher. Both have a strong passion for sports officiating, which they've embraced not just as a hobby but as a meaningful way to serve their community.

Together, they have spent 35 years officiating basketball at every level—from youth leagues to college games—and 15 years officiating a variety of other sports, including football, volleyball, softball, and baseball. Their journey began at the youth Albany tournament, where they've remained actively

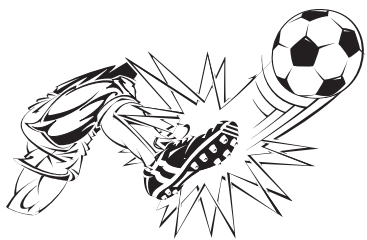


Dan and Nedda Zetah

involved for over three decades. Throughout the years, they've also been selected to officiate premier events like the MSHSL State Tournaments, the Pacesetter Sweet 16 and the Top 100 Tournament, and the Border Battle in Duluth.

For Dan and Nedda, officiating is about more than enforcing rules—it's about creating a positive experience for athletes and upholding the integrity of the game. They've developed strong connections with coaches, players, and fans, and are committed to ensuring each game is fair and competitive. Over time, they've earned the respect of generations—many parents now recall Dan and Nedda officiating their games and are thrilled to see them now officiating their children's games as well. Their guiding philosophy is simple yet impactful: Do your best, show respect, and have fun.

One of the milestones in their journey came when they became the first husband-and-wife duo to officiate at the MSHSL State Girls Basketball Tournament. In 2023, Nedda reached a personal achievement by officiating the Class A Girls Championship Game. Dan has also played an important role behind the scenes, serving as a trusted assistant for 15 years. In 2024, their inspiring story was featured by Boyd Huppert on Land of 10,000 Stories, bringing their dedication and legacy to a broader audience.



CORNER KICKS

By: Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer



I will begin this column with two different subjects, but they somehow seem related—two questions to start. First, what has over 125 years of soccer experience? Second, what do 500 and 739 have in common?

The first is the number of years(estimated) these three people have been involved in Minnesota High School Soccer. Three people are being honored for their contributions.

The first of these is Crissy Makela (Mankato West Girls' Retired) for being one of the eight finalists for the National Coach of the Year award, sponsored by the National High School Athletic Coaches Association. The second person being honored is Art Seplak(Bloomington Kennedy Girls Retired) and is being awarded the George Haun Leadership Award by the Minnesota State High School Coaches Association. The third member of those being honored is Greg Juba (Park of Cottage Grove Girls Retired), who is being inducted into the Minnesota State High School League's Hall of Fame. Our sincere congratulations to these three for being honored, and thanks from the Soccer Coaches Association for your contributions on behalf of High School Soccer.

The second set of numbers is from two of the most iconic high school coaches in the state of Minnesota. Not only were they related, but they went to the same high school. If you guessed the last name of these two as Kauls, you are correct. In the last two months, Quido Kauls (Minnehaha Soccer coach) and Ziggy Kauls (Mounds View Boys Basketball) have passed away.

Both men came to the United States after World War II as refugees from Latvia.

Quido was instrumental in starting soccer at the high school level in Minnesota. His 500 wins are number 2 on the list for winning coaches in Minnesota high school soccer. He was a great gentleman and was always willing to talk to young coaches about soccer. Ask any coach or his ex-players, and you realize what an impact Kauls had on our game.

The second of the two is Ziggy. Again, a gentleman who shared his knowledge of basketball with anyone who wanted to talk. Even Coach K at Duke would call him to talk about the sport. He was my neighbor and friend.

Two cousins who came to Minnesota as children have had a profound impact on high school sports and the lives of young athletes.

We extend our sympathies to both of the families and are thankful for the time we were able to spend with them.

The 35th Annual Soccer Coaches Clinic was a half-day clinic

at Blaine. Thanks again to Greg Juba(Park Girls Retired), our Clinic Director, for another job well done.

On Thursday, we had Phil Archer from the MSHSL go over key rule changes and points of emphasis from the League. New rules were covered about uniforms, the new 10-minute Pre-contest timeout, and how co-coaches need to designate a "head" coach for the game. We are working to decrease the number of coaches who receive ejections from games. Alumni games are prohibited according to MSHSL regulations. Also covered was the Competitive Section Assignments. It is set at 64, 64, and then the rest before appeals. It would seem the next change in assignments will have some bigger changes and new lines drawn.

The keynote speaker was Head Augsburg Men's Coach Greg Holker. He delivered an engaging and interactive presentation on how to create a top-level program, with an emphasis on personal and player development.

During our Friday field sessions, coaches were able to view MN United players demonstrate activities using their methodology. Additionally, fantastic sessions were presented by Craig Lange, along with Head Women's Soccer Coach Michael Prunty. We would like to thank the players from Blaine High School (girls and boys), Forest Lake High School (boys), and Spring Lake Park High School (girls) for providing demonstrators for the training session.

I will include membership information, as I am unsure if you will receive this edition before October 1. Your membership must be completed online at www.mshsca.org by Wednesday, October 1st, to be eligible for all MSHSSCA awards. Your complete staff should join, and it is a small fee. The second most important benefit of the organization is the insurance coverage you receive. To clarify further, you must be a member of the association for your players to be considered for the All-State teams, Academic Awards, and Coaching Awards.

The 2025 State Tournament and All-State Nominees Ceremony will take place on Sunday, October 19th, at Roy Wilkins Auditorium in St. Paul. Similar to last year, the MSHSSCA will hold separate Girls' and Boys' Ceremonies. As we get closer to the date, more information will be announced. This includes ticket pricing and T-shirt purchase information. Please ensure you communicate this date to your team, as it is the weekend of MEA. Questions can be asked and answered by using the website MNHSSoccerCeremony@gmail.com to help you with items you need answered.

You should consider joining the United Coaches Association. It offers great value, and the MSHSSCA needs more coaches to join. The more members we have from Minnesota, the more opportunities we have to have more of our players win national honors.

The state tournament information is posted on the website. Quarter finals are on Thursday, October 21st, 22nd, and 23rd. Quarter-final sites will also be posted on the website. The State Tournament dates are Tuesday, October 28th, Wednesday, October 29th, and Friday, October 31st. Third-place games will be played on Wednesday, October 29th, and Thursday, October 30th, at the West St. Paul Regional Athletics Center.

CORNER KICKS... continued on page 28

find us on

facebook



follow us

twitter

@MSHSCA

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 25th. 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 2025 inductees are:

- Shawn Naas – Mountain Lake
- Rich Newman – Barnum
- Robert “Bob” Schueller – Russell-Tyler-Ruthton; Browerville
- Mike Roysland – Win-E-Mac; Fosston
- Luke Winans – Mountain Iron-Buhl

The induction ceremonies will be held at the MBCA Hall of Fame Ceremony on Saturday, October 25, 2025, 2:00 p.m., at the Hyatt Regency Hotel in Minneapolis. Ticket information will be available on the MBCA website: <http://www.mshsca.org/boysbasketball>

Shawn Naas's coaching career began as an Assistant Coach at Mountain Lake in 1991. After a two-year stint as an assistant coach, Shawn assumed the reins of the boys basketball program in 1993 and led it for the next 31 years; retiring at the conclusion of the 2023-24 season. Coach Naas' 31 years at the helm also included aligning the communities of Butterfield, Odin, and Comfrey with Mountain Lake as cooperative partners. Teams under his tutelage earned three Red Rock conference titles and finished as Conference runners-up 10 times. Shawn is a member of the 500 wins club with an overall record of 507-293, including ten 20 plus win seasons. In addition to coaching basketball, Coach Naas also served as an Assistant and Head Coach for baseball, 21 years, and softball, 11 years. He continues to serve as the Mountain Lake High School Activities Director. Rich Newman returned to his high school alma mater Barnum as a teacher and assistant coach in 1990. After 9 years as an assistant coach, he became the Head Boys Basketball Coach in 1999 and the 2025-26 season will be his 27th season at the helm of the Bombers program. During his head coaching tenure at Barnum, the Bombers have won three Conference titles and a Section 7A title with a 4th place State Tournament appearance in 2007. Under his guidance, the Bombers have earned 7 Section runner-up finishes. Rich is a member of the 500 wins club with an overall record of 537-207 entering the 2025-26 season. Coach Newman has been named Conference Coach of the Year five times and Section 7A/7AA Coach of the Year twice. Rich has served as a Section Representative on the MBCA Executive Board and coached in the MBCA All Star Series. In addition to his leadership on the basketball court, Coach Newman also served as an Assistant Football Coach for 20 years and Head Track and Field Coach for 12 years.

Mike Roysland spent the first 22 years of his 27 year high school coaching career as the Head Basketball Coach at Win-E-Mac High School. Coach Roysland led the Patriots to three Pine to Prairie Conference titles and a 1999-2000 Section 8A championship with a Class A State runner-up finish. In 2001, he returned to his hometown of Fosston where he taught and coached from 2001-2006. After leading the Greyhounds Boys basketball program for six years, he accepted a position as the Head Women's Coach at UM-Crookston where he spent the next

17 years coaching the Golden Eagles Women's teams. During his High School coaching career Coach Roysland had an overall record of 360- 237 and when including his college record he would be a member of the 500 wins Club. He was recognized by his peers with Conference and Section Coach of the Year honors. Mike also served 13 years as Volleyball Coach at Win-E-Mac where he earned multiple Section and State Coach of the Year honors while leading the Patriot netters to 6 State Tournament appearances, including a State Championship and 2 runner-up finishes. Coach Roysland served as an MBCA Clinician and as a Section Representative on the MBCA Executive Board.

Robert “Bob” Schueller started his basketball coaching journey by serving as an Assistant Coach for multiple sports at St. Cloud Apollo and Fertile-Beltrami and one year as the Head Boys Basketball Coach at Wheaton-Herman-Norcross. In 1999 he returned to his high school alma mater, Russell-Tyler-Ruthton, as an assistant Coach and after one year accepted the head coaching position. Coach Schueller spent four years at RTR leading the Knights to a 2004 Class A State title. In 2004, he accepted a teaching/coaching position at Browerville where he has served as Head Boys Basketball Coach for the past 21 years. Under Coach Schueller's tutelage and leadership the Tigers have earned five Prairie Conference titles and two Section 5A crowns with State Tournament appearances. Bob has been recognized by his peers as Section Coach of the Year four times and 2016 Minnesota State Class A Coach of the Year. He enters the 2025-26 season with an overall career record of 438-244. Coach Schueller also serves as an Assistant Coach in volleyball and baseball. In addition to his coaching prowess, Bob has served on the MBCA Executive Board as a Section rep, MBCA President, coached in the MBCA All Star

Series and is the current President of the Minnesota State High School Coaches Association.

Luke Winans became the Head Boys Basketball coach at Mountain Iron-Buhl, his high alma mater, in 1993 and led the Rangers basketball program for the next 25 seasons, retiring from coaching in 2017. Luke started his coaching career as a coach in the Toivola-Meadowlands program coaching Girls Basketball, Boys and Girls Track, and serving as Athletic Director. Under his tutelage on the hardwood, the Rangers won two Arrowhead Conference championships and three Section titles with State Tournament appearances in 2000, 2005, and 2016. In addition to their three Section titles, MI-B teams also earned Section 7A runner-up finishes four times. Coach Winans was recognized by his peers as Section Coach of the Year three times and is a member of the Mountain Iron-Buhl Basketball Hall of Fame. He retired with an overall record of 379-262. In addition to coaching Boys Basketball, Luke has coached junior high football, 10 years, plus has and continues, to serve as MI-B Athletic Director for 31 years.

**PAST PRESIDENT
AWARD**

Terry Sutherland





By: *Tiffany Sandhurst - New Prague*
MADT Board of Directors - President

On August 4th, the Minnesota Association of Dance Teams (MADT) hosted a membership Zoom call with over 70 coaches in attendance. MADT presented summer updates, including upcoming dates, introductions to the board of directors, and an activity advisory, among other items. These slides and updates were also presented during Summer Camps, which many teams attended. They also had Becky Blissenbach from JAM (Judges Association of Minnesota Dance Teams) on the call to help deliver information on rules changes for the upcoming season. Rule changes included items on uniforms, music, and routine usage, as well as content and choreography. All of these changes are outlined on page 2 of the 2025-2026 MSHSL Dance Team Rules Book.

MADT also kicked off their 25-26 Mentorship Circle Series on August 17th with an engaging discussion focused on supporting coaches and preparing for the busy upcoming season. Key topics included strategies for parent engagement and communication, uniform and music planning, practice and competition scheduling, balancing dancer commitments alongside mandatory practice expectations. Coaches also expressed interest in creating a mentorship circle specifically for JV and B-Squad coaches. The group will reconvene in September to continue conversations around tryouts, choreography, and building strong team culture. If you have an interest in specific topics to be added to future monthly mentorship calls, please email us.

Future Mentorship Circle Dates & Topics

3rd Sunday of each Month

September 21: Preparing for Tryouts & Choreography, Formations, Team Culture, Goal Setting

October 19: Preparing for November, First Performances, Potential Cuts, Keeping Spirits Up

November 16: Preparing for Winter Break, Holiday Schedules, Making Cuts

December 21: Preparing for Sections, Tapering, Hit Peak as a Team, Routine Analysis

January 18: Ending your season, Section Pump Up, Advancing and Not Advancing to State

February 15: Preparing for End-of-Season Banquets, Wrapping Up Your Season

March 15: Taking Time for YOURSELF, Handling Feedback from Coaches, Athletes, Parents

April 19: Gearing up for Next Season, Summer Planning

May 17: Fall Dance Team, Summer Practice Strategies/Ideas

If you were unable to join either of these meetings, there is a link to the recordings on the members-only page of our website: www.madtcoaches.com

Mark Your Calendars

Fall Membership Meeting - Saturday, October 4th, 9:00 Am - 12:00 Pm @ Farmington High School. Check-In Begins At 8:30 Am.

October 4th: Student Convention @ Farmington H.s.

October 6th - 18th: Choreography Weeks

October 13th: Mshsl Dance Team Rules Module Opens

October 20th: Season Start Date

October 25th-26th: Miss Dance Team @ Eastview H.s.

October 29th: Mshsl Rules Modules Due

January 30th-February 6th: Section Tournaments

February 13th & 14th: State Tournaments

March 7th Or 14th: All-State TBD - ***Still Looking For A Metro Host Site*

MADT Student Convention 2025

Farmington High School | Saturday, October 4th

<https://www.madtcoaches.com/student-convention>

We're excited to invite you and your athletes to the 2025 MADT Student Convention, a one-day event designed to inspire, educate, and prepare dancers for their best season yet! This convention is the ideal way to kick off the fall training season. Dancers will gain hands-on technique, classroom knowledge, and pro-level performance experience while connecting with peers across Minnesota.

Movement classes include: Jazz Technique, Kick Technique, Contemporary, College Pom, Balance/Strength/Core, Hip Hop... and more! Classroom Sessions: From a Judges' Perspective, Choreography Layering, and Confidence in Dancers. Then dancers get to experience a Lunch & Learn with With Luv by Lindsey. This is a unique chance for athletes to recharge while learning about goal-setting, confidence, and preparing for the season. Lastly, dancers round out the convention day with a high energy Master Class with Jacie Scott, the Head Coach of the Minnesota Vikings Cheerleaders (and former LSU Tiger Girl, Dallas Cowboy Cheerleader & Radio City Rockette).

NEW THIS YEAR: MADT Solo Showcase

Encourage your athletes to step into the spotlight! Whether they're preparing for Miss Dance Team Minnesota, looking toward college recruitment, or simply want stage experience, this showcase provides personalized audio feedback from a panel of college athletes, studio owners, and coaches. **(Solo Showcase Limited to 50 spots).**

Schedule of the Day:

- 8:30-9:00 AM – Registration
- 9:00-9:20 AM – Welcome & Warm Up
- 9:20-10:20 AM – Class 1
- 10:30-11:30 AM – Class 2
- 11:40 AM-12:40 PM – Lunch & Learn with Luv
- 12:45-1:45 PM – Master Class with Jacie Scott
- 1:45-2:00 PM – Prizes & Photos
- 2:00-4:30 PM – Solo Showcase

Please share this opportunity with your athletes and encourage them to register early. Space is limited, and Solo Showcase spots will sell out quickly. We look forward to seeing your program represented this fall!

Trophies Plus - Sponsor of Coaches Caring



ICE CHIPS

By: Dustin Vogelgesang

By Legacy Hockey staff

Moorhead's Jon Ammerman, in Class 2A, and Hibbing/Chisholm's Aaron Jamnick, in Class 1A, were named the state's coaches of the year on Saturday by the Minnesota Hockey Coaches Association.

Ammerman, in his 12th season leading the Spuds, guided Moorhead to a 28-2-1 record this season that included a 7-6 victory against Stillwater on Saturday in the

state Class 2A championship game. The state title is the first in the program's history.

Jamnick, in his first year at Hibbing/Chisholm, led the Blue Jackets to a 20-11-0 record and fourth-place finish in the state Class 1A tournament.

"First off, I want to congratulate both Jon and Aaron, along with their respective teams, on the success they enjoyed this season," said Aaron Wilbur,

founder of The Coaches Site, sponsor of the award. "Furthermore, my pride in supporting this award and recognition of these coaches is enhanced by the opportunity to take in the state tournament in-person.

"The collective skill and talent on display by these players is remarkable and a direct reflection of the passion and commitment of Jon, Aaron, their peers leading High School programs across

the State, along with all the youth coaches in Minnesota."

Greg Pogreba and Steve Houge of St. Paul Johnson in Class 2A, and Scott Cloud of Northfield and Cory Ward of Proctor in Class 1A, were named Assistant Coaches of the Year.

Coaches of the year and assistant coaches of the year were also named in all eight Class 1A and 2A sections by the MHCA.

Mat Chatter

By: Matt Hennen



With most summer wrestling in the rearview mirror, Fall is always an interesting time for me as a wrestling coach. Students are casually coming back to school for fall practices and open houses. Athletes are dropping in to say hi and just talk shop. And all the while, for a lot of wrestlers and even some coaches, focus has turned to football. I love football, and I've always said that wrestlers make the best football players because "we love the fight". But, for me, my hope is always just that none of our wrestlers get hurt during the season. So, with that said, I want to open by wishing everyone a happy, AND SAFE, football season.

Another fun thing about fall is that last year's seniors head off to college and begin captains' practices. It's always fun when they come back to reaffirm that most of what we told them was true. But it's also fun to pick

their brains a little, too, and learn what is being emphasized or experimented with at the college level. Often, it's about pre-season nutrition and sports psychology, among other things, that typical high school athletes don't typically focus on.

It's also fun to find your way to a college campus to watch a practice, or wrestle-offs, or an intersquad dual, or for a coaching clinic; The U of MN always hosts theirs the last week or so of October. I highly recommend attending.

You can also dive into the training and technique video side of things to explore variations, adaptations, and new takes on the stuff we've always coached. It never ceases to amaze me how much fundamentals matter. Yet, different wording in your demonstration or different levels of strength, range,

flexibility, etc., can open the door to new variations of techniques that have been around forever. If you follow any YouTube channels or wrestling-specific platforms, there is just a lot out there right now to add to your tool kit and maybe even incorporate into your season's practice schedules.

I recall former MN Gopher Head Coach J Robinson once said at a clinic that "Complacency kills success". In other words, don't become stagnant in how you coach. Keep pushing the envelope, or others will catch up to you. This is a good time of year to keep that advice in mind and consider adding something new to your plans. For some who've been around the sport a long time, it's kind of revitalizing.

On a more celebratory note, for anyone who followed the U17 and U20 world championships, I'd be remiss not to recognize Apple Valley standout Cassandra Gonzales as a U17 World Freestyle participant, former Simley wrestler Soren Hezog as a U20 Greco World participant, and Max McNelly, a graduate of Waconia High School and

current MN Gopher, as a U20 Freestyle World Champion... Congratulations to all three of you! You make MN Wrestling proud.

I'd also be negligent not to put in a plug for our officials. Like most activities right now, wrestling is in desperate need of help in finding officials. There are many former wrestlers and even former coaches who know and understand the sport and want to be involved, but can't necessarily commit to anything full-time. Officiating is a great avenue for those people. If you know anyone who might be a good fit, please direct them to your ADs, who can put them in contact with the right people.

And, as always, there is still plenty of wrestling out there to follow via various platforms, especially with the Senior World Championships taking place Sept. 13-21 in Zagreb, Croatia, and U23 Worlds Oct. 20-26 in Serbia. With DVR and streaming options available, tell your captains to set fantasy football aside for a week and gather your team to host a USA Wrestling watch party. They can do fantasy wrestling, too, by the way.

Have a great fall!!!

find us on facebook



follow us twitter

@MSHSCA

HALL OF FAME

FRANZ BOELTER

Franz Boelter has been a Minnesota high school coach for 44 years. A 1970 graduate of Windom High School, he played football, basketball, and baseball. In his senior year, WHS teams earned the All-Sports Championship in the Southwest Conference, and that spring, he pitched a no-hitter in the region finals to help his team reach the state tournament, which at the time was a one-class tourney. After graduating from high school, Boelter headed to the University of Minnesota, where he was able to be a member of the baseball program for 2 1/2 years before injuries ended his career. He graduated in 1974 with a BS in Recreation, Park Administration, and Community Education, although he really wanted to teach and coach. The itch to do that sent him back to school at Mankato State University at a time when his wife, Cindy, was completing her nursing degree. They were the live-in custodians at Campus Lutheran Chapel. Cindy also worked as a nurse's aid, and Franz drove the campus bus between the upper and lower campus. He was also fortunate to be asked by MSU men's basketball coach Butch Raymond to be the junior varsity coach in 1977-78, an opportunity that launched his coaching career.



Franz's high school basketball coach and baseball coach, who was the most important mentor in his life, recommended him to Butch. Upon graduating from MSU in the spring of 1978, Franz and Cindy moved to Medford, MN, where Franz began his high school teaching and coaching career and Cindy started her nursing career at nearby District One Hospital in Faribault. Franz taught English and Social Studies, as well as behind-the-wheel driving, and served as the head boys' basketball coach, assistant volleyball coach, and occasionally assistant baseball coach during their six years there. During that time, his teams won two Gopher Conference championships and reached the District Finals three consecutive years. Cindy's employment at District One made their next move easy, as Franz began his career at Bethlehem Academy in Faribault in the fall of 1984. He was again the head boys' basketball coach, the assistant volleyball coach for two years, and an occasional B-squad baseball coach. After being out of volleyball for six years, he returned as the head coach in the fall of 1992. The Boelter children all ended up playing for Franz, Grant, and Brett in basketball and a little baseball, and Bethany in volleyball. In 30 years as the head BA hoops coach, his teams won 14 Gopher Conference titles, eight district/sub-section championships, and four section championships, as well as a State Runner-Up, a State Third place, and set a Gopher Conference record with 45 consecutive wins. His final record was 613-290, and

he was inducted into the MBCA Hall of Fame in 2012. He was also on the executive board of the MBCA and served a year as the president. He was the head volleyball coach for 26 years, and as the program grew, the Cardinals went to the State Tournament 13 times in 16 years. They were State Champions in 2003, 2005, 2007, and 2009, and runners-up in 2002, 2004, 2006, and 2008. That run of eight consecutive years in the Championship match is still a state record. They also took second in 2014, won a championship in 2015, and took third place in 2017, his last year at the helm. Their 12 state championship appearances are second all-time. Along the way, they also won 137 consecutive Gopher Conference matches and 18 consecutive Gopher Conference championships. His final head coaching record was 603-165, and he was inducted into the MNVBCA Hall of Fame in 2007.

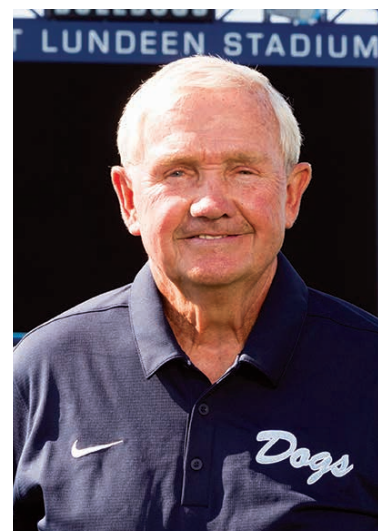
Since leaving Bethlehem Academy, Boelter has served as the varsity volleyball assistant at New Prague for 2 years, two years in the same position at Northfield, and coached the 15-1's team at Northern Lights for a year. He was inducted into the Faribault Sports Hall of Fame in 2019 and the National High School Athletic Coaches Hall of Fame in 2021. "The highlights of my coaching career are all centered on the wonderful relationships with players, great assistant coaches, so many supportive parents, the incredible Minnesota volleyball and basketball coaching communities, so many great officials, and, first and foremost, the unbelievable support of my wife, Cindy.

Just imagine the sacrifices that she has made and the countless games she has attended. I'm so grateful for her, my three children, my daughters-in-law, and my grandkids. God has truly blessed us in so many ways. I also want to thank all of the coaches that I had the privilege of coaching against. I learned something from so many of you. I'm especially appreciative of the best coaches from the best schools in the state, regardless of class, who were willing to put us on their schedule. That helped us tremendously. Finally, I'm so appreciative of the MSHSCA for this honor.

Thank you all!"

DWIGHT LUNDEEN

Dwight graduated from Cokato High School in 1965 and graduated from St. Cloud State University in 1969. He started his teaching career in Becker, Minnesota. Over the next 55 years, Dwight was a teacher, coach, and activities director. He retired from his position as Activities Director in 2006, but has continued to coach football. For many years, he has been involved with the Fellowship of Christian



HALL OF FAME

Athletes.

Dwight started the Becker High School football program in 1970 as a 22-year-old head coach. In 1970, Becker was a very small school with about 30 students in each grade. In the first year of football at Becker, there were 17 boys out for football in grades 7-12. This fall, Dwight is starting his 56th year as the head coach. He is the only head football coach Becker has had. Class sizes are now 200-250 students, with 230+ playing football in grades 7-12. In his 55 years of coaching, his record is: 412 wins, 162 losses, 3 ties. Dwight is the winningest 11-man football coach in Minnesota. He has won four State Championships, 20 Section Championships, 22 Conference Championships, and made nine Prep Bowl appearances.

Dwight was the President of MFCA in 1992 and was inducted into four different Halls of Fame in MN. He was the Power of Influence Award winner in 2009, MN Football Coaches -2009, MN Vikings Coach of the Year -2012, 2024 - Activities Directors -2014, MN Football Coach of the Year -2014, MN High School League -2015, MNFCA Man of the Year -2015, National Coaches Association-2019, National Power of Influence Award-2023

Dwight married his high school sweetheart, Pam, and has three adult children - Mike, Matt, and Kristin - all of them teachers. They are blessed with seven grandchildren. As a family, they enjoy spending time at their cabin. Pam and Dwight have enjoyed traveling to a variety of special places. He remains very active, enjoying golf and pickleball. "I am thankful for each opportunity."

JAMES MADER

Jim is a 1963 graduate of Mound High School, where he played guard and outside linebacker on a Lake Conference Championship football team in 1962. He feels it was a life-changing event that set a path to his coaching career. Jim attended Moorhead State and was a four-year starter at nose guard and middle linebacker. He was elected team captain for his senior year. Jim graduated in 1969 with a B.A. in Health, Physical Education, and Coaching. He later went to Mankato State to get certification in Special Education and Adaptive Physical Education.

Jim started his teaching career in Jackson, MN, where he taught Social Studies and Special Education. He served as an assistant football coach, while also assisting in baseball, track, and wrestling at various times; however, he primarily focused on football. Jim was named the head football coach at Jackson High School from 1977 through 1979. In 1980, he



assumed the head football duties in Albany Area Schools and taught Special Education and Adaptive Physical Education. In 1990, Jim was named Athletic Director, along with coaching football. His football coaching record at Albany is 222 wins and 46 losses, and his overall record stands at 230-65. During his football coaching career, Jim coached eighteen conference championships, fifteen section championships, fifteen state tournament teams, one state runner-up, and two state championships in 1989 and 1997. Jim listed a highlight when he coached his son on the 1997 championship team. After his retirement in 2003, Jim coached football at Saint John's University for fifteen years. This was a golden opportunity to coach alongside the legendary coaches John Gagliardi and Gary Fasching. He worked closely with the offensive line and has fond memories of coaching many great athletes. In addition to coaching at SJU, Jim coached semi-professional football in Hohnems, Austria, for three seasons. This allowed for extensive travel throughout Europe and the opportunity to meet many memorable personalities and athletes.

Jim has received eighteen conference and section Coaches of the Year awards. In 1997, he was named Football Class AAA Coach of the Year, and in 1990, he was selected Minnesota Football Coach of the Year. Jim has received numerous honors, including being voted Jackson Teacher of the Year in 1980. He is a lifetime member of the MSHSCA, Moorhead State University Athletic Hall of Fame, Minnesota Football Coaches Hall of Fame, and the Albany Area Schools Hall of Fame.

As Athletic Director, Jim was involved with many MSHSL committees. He is also an active member of his community, serving on various boards and committees.

Jim has been supported in his career by his wife of 55 years, Carol, as well as their two children and three grandchildren. He enjoys relaxing activities such as reading, fishing, and golfing, along with daily trips to the gym.

Jim would like to thank the MSHSCA for the recognition and award, and a special thank you to Todd Kuhn and the Albany coaches for the Hall of Fame nomination.

RICK UTTECH

Rick Uttech started his career coaching boys' basketball in Pisek, North Dakota. After a two-year stint, he landed the head girls' basketball, head volleyball, and head boys and girls track position in East Chain. Several school sport mergers occurred during his career: first with Granada-Huntley, then Truman, and finally Martin Luther. Coach Uttech was able to take his teams to five state girls' basketball



HALL OF FAME

tournaments - in 1980, 1982, 2004, 2006, and 2017 - finishing as runner-up in both 1982 and 2006. He retired in 2017 with a record of 525-327. During his 39 years as head girls' basketball coach, his teams were district/sub-section champions twelve times, as well as conference champions eight times. As part of his coaching career, Rick was also the coach for cross country, golf, and volleyball. In addition, he coached track for 25+ years. In 2009 he received the Breaking Barriers Award. He was selected as section Coach of the Year five times, as well as MSHSCA Coach of the Year in 2003. In 2001, Coach Uttech was inducted into the MGBCA Hall of Fame. For over 15 years, he served as coordinator of the MGBCA Hall of Fame. Rick served as president of the MGBCA and was a section representative for 25+ years. Coach Uttech also served on committees for the girls' basketball All-Star series for ten years and was part of the selection process for both Miss Basketball from 2009 to 2022 and the state all-tournament teams for over ten years. Being chosen as a coach for the Girls All-Star Series was a special honor for him.

GREG JUBA

Greg graduated from Cooper High School in 1976, where he lettered and participated in basketball. He attended the University of Saint John's in Collegeville, MN, graduating in 1980 with a Bachelor of Arts degree in Mathematics, a minor in Secondary Education, and a Coaching Certificate.

Greg began his teaching and coaching career at Park Junior High School in the South Washington School District 833. After two years, the district changed its system and brought the ninth graders up to Park High School. Greg received a math teaching position and moved to the high school. For 35 years in the Park Math Department, he taught Algebra, FST, AP Statistics, Pre-Calculus, and International Baccalaureate (IB) classes to students in grades 9-12. Greg served on several committees at Park High School, including Site Team, FOCUS, and sat on numerous interviews for principals, activity directors, math teachers, and coaches. He developed student recognition programs, the Park Math Student of the Week and the Park Athlete of the Week. He assisted in creating the Park High School Coaches Association, which implemented the Annual Spring Athletic Awards Ceremony for student-athletes. A fun highlight for Greg was developing and hosting a community-based cable show called "The Trail of the Pack." He received one of the first District 833 Educational All-Star Awards in 1996, and the South Washington County Bulletin recognized him as one of their "People Who Make a Difference" in 2002.



Greg was instrumental in establishing and developing the Park High School Hall of Fame, where he organized fundraising events, including the Annual Golf & Bocce Ball Tournaments and the Annual "Rise-Up" Scholarship Breakfast. The Park Hall of Fame gives out two \$2000 scholarships for senior athletes each spring, having given out a total of \$19,000 in scholarships since its inception.

In 1982, Greg was hired as the first soccer coach for the Co-op of Park/Woodbury Girls Soccer Program, which lasted four years. The first year, the team had one win, the second year four wins, the third year 9 wins with a 9-9-1 record, and the last year of the Co-op ended with a 15-5-2 record, with a trip to the State Tournament. After Woodbury High School began its girls' soccer program, Greg stayed coaching girls' soccer at Park High School for 33 years. He ended his coaching career with an overall record of 429-172-49. His teams accumulated a record of going to the State Tournament in 1985, 1986 (Semi-finalist), 1988 (Semi-Finalist), 1989 (Runners-Up), 1990 (State Champions), and 1992 (Semi-finalist). His teams were Conference Champions from 1989 to 1992 and in 1995. They were Conference Runners-Up in 1985-1988, 1994, 1996, 2005-2008, and 2011-2012. Greg was selected Section Coach of the Year in 1988, 1989, 1991, 1992, 2002, and 2014. He was privileged to collaborate with many special coaches who had similar philosophies and was surrounded by wonderful student athletes each year who worked hard to get better. One of Greg's highlights during his soccer coaching career was developing a tradition of hiring former alumni players to be assistant coaches.

During his time coaching and after retirement, Greg was very involved with the Minnesota State High School Soccer Coaches Association by fulfilling the following positions: Executive Board Member (1991-present), established & is the Coordinator of the Annual Soccer Clinic (1991-present), Liaison to the MSHSL (1992-present), Committee Chairperson of the MSHSL All-Tournament Team (1993-present), member of the Soccer Advisory Committee (1991-present), Coordinator of Corporate Sponsorship (1991-present), Committee Member to select players for All-State Teams (1994-2014), Committee Member to select Mr. & Ms. Soccer Award (1996-2014). Greg was selected as the State Coach of the Year in 1989, 2002, and 2014. In 1997, he was inducted into the MSHSSCA Hall of Fame. Greg was also involved in the National Soccer Association by fulfilling the following positions: Coordinator to the MSHSSCA (1990-2015) and Coordinator of Minnesota for the All-American and Mid-West Regional Player Awards. He was selected Mid-West Regional Coach of the Year in 1996, 2000, 2002, and 2014. In 2002, Greg was chosen by the MSHSCA to receive the George Haun Award.

At Park High School, Greg was an Assistant Boys Varsity Basketball Coach for 34 years (1980-2014). In that span, they won ten conference titles. In 1996, he was voted Assistant Coach of the Year by the Minnesota Basketball Coaches Association. He established an annual boys' summer basketball clinic, serving grades 3-12 (1981-2014), and a yearly boys &

HALL OF FAME

girls' junior summer basketball clinic, serving grades K-2 (1999-2014). Greg was the Varsity Jump coach in Track & Field for ten years (1981-1991), and in 1988, the team was both the MSHSL and True Team State Girls Track & Field Champions. Greg was the Head Girls Golf Coach for twenty-five years (1992-2015). Greg also helped the varsity football program for 35 years as the Official Timer at home games and Assistant Statistician for away games. Overall, Greg coached a total of 104 Varsity seasons for Park High School.

Greg participated in other coaching activities within the community. He was a traveling coach for the Cottage Grove Athletic Association, overseeing girls' soccer, boys' basketball, and boys' baseball. He coached AAU basketball for Minnesota Heat and East Metro Wave for 4 years and coached at Saint John's University Boys Basketball Camps for 16 summers.

Greg has been involved with the Minnesota High School League as a helper at the Girls' and Boys' State Soccer Tournament since 1992, the Tournament Manager for Section 3AA/3AAA Girls' and Boys' since 2002, and the Boys' State Basketball Tournament Official Timer since 1992. He was the Official Starter (2015-2018) and Assistant Official Scorer (2005-2014) for the Section 3AA/3AAA Girls & Boys Golf Tournament. For Region 3AA, Greg served one term on the Representative Assembly and served one term on the Region Committee. He was the Field Judge for Girls and Boys Long & Triple Jump for Section 3AA (1991-2008).

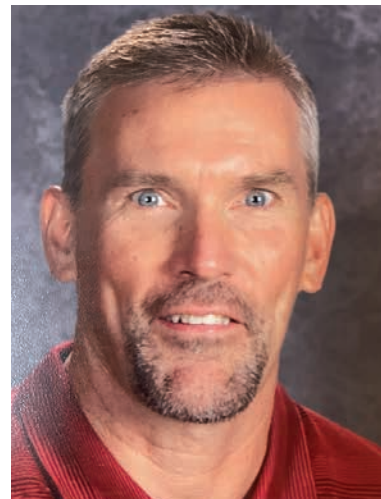
Greg has enjoyed his coaching and teaching career with endless experiences and memories that he will cherish forever. During his journey, he made many long-lasting friends. Within the MSHSSCA: Dave Halgren, Art Seplak, Keith Randa, Bill Vance, and Berry Arrowsmith. Within the MSHSL: Skip Peltier, Jody Redman, Phil Archer, and Amie Ince. A special shout-out to Skip Peltier, who forced him to start and coach the Park/Woodbury Girls Soccer Program back in 1982. Within Park High School coaching staff: Butch Moening, Tim Walton, J Schwartz, Walter Newcomb, and Stacy Paleen.

Greg has always put his family first. He married Julie back in 1985, has three children--Thomas (Kristen), Timothy (Allison), and Anthony (Shelby), and three grandchildren--Josie (3), Boden (1), and a baby girl (due in November). A highlight of his coaching career was the privilege of coaching all three boys when they played on the varsity basketball team. Since his retirement in 2015, he has been enjoying time with family, especially with grandkids, fishing, and hunting. Greg is "Living the Dream" and wants to remind people to "DO GOOD!"

STEVE KERZIE AWARD - TOM LAWRENCE

Tom was born in Eveleth, Minnesota, and graduated from Eveleth High School in 1977. He played HS football for his dad, Dick Lawrence (MSHSCA HOF). Tom then went on to play college football at UMD for Jim Malosky. These two men were his role models and lifelong mentors.

Following graduation, he was fortunate enough to work with Darien DeRocher in Foley, coaching football, basketball, track and field, and cross-country, as well as teaching Elementary PE and DAPE. Darien became a 3rd huge influence in his life. After it was all said and done, Tom spent 41 years teaching and coaching in Foley. He still resides in Foley along with his wife, Peggy. They have two adult children: Charlie, a professional runner based in Boulder, CO, and Abby, a third grade teacher in Hastings. Now that he is retired, Tom can spend more time hunting, fishing, and travelling.



GEORGE HAUN AWARD - ART SEPLAK

Art Seplak grew up on the northwest side of Chicago, in Edison Park. He graduated from Chicago Taft High School. While in high school, the sophomore basketball coach encouraged him to join the team, but just before practice began, he had appendicitis, and the recovery from the surgery prevented him from playing that season. Not participating as a sophomore eliminated his chances for the upper-class levels (Taft was one of the smallest Chicago High Schools, but it had an enrollment of about 4000), so his high school and college athletic careers were limited to intramurals.

He attended St. Olaf College, where he was involved in student activities, chairing the college's annual Winter Celebration, and was selected for Blue Key Honor Society. Entering St. Olaf, he thought Chemistry and Math would be his majors, but soon discovered he didn't like the lab work, and he graduated with a degree in English and Education.

He was hired as an 8th grade English teacher for the first staff to open Bloomington's Hubert Olson Junior High in 1967. Coaches



"Don't be afraid to give up the good and go for the great."

- Steve Prefontaine

HALL OF FAME

for all sports were needed, and he volunteered to coach boys' cross country and track and field. The junior high program in cross country only lasted for about six years before it was eliminated and absorbed into the high school program due to budgetary concerns. Still, his junior high teams had great success, twice winning the Lake Conference season-ending championship.

In 1978, when Title IX was passed, and additional coaches were needed for girls' teams, Art became the junior high girls' soccer coach. Little League and Pony League Baseball and Park District football were the only organized youth activities in Chicago, so opportunities to play soccer when he was growing up were basically non-existent; However, he knew a bit about the game from watching adult ethnic league play both indoors and outdoors in Chicago. His dad was an immigrant from what was then Czechoslovakia, and the family would attend games to cheer on the Slovaks.

Bloomington Schools moved the 9th graders to the high schools in 1980, and Art decided to switch grade levels and moved to Jefferson High. He was the 9th grade girls' soccer coach for one year, and then he became the sophomore coach and varsity assistant. Jefferson's girls' program was one of the elite girls' programs in Minnesota at the time and won the first-ever MSHSL tournament championship, along with one other and several section championships. His sophomore teams were also very successful, boasting a winning record of approximately 80%. Burnsville, however, was the sophomore team's Achilles heel, and there were no wins against them.

In 1990, he was approached about becoming the Varsity Girls' Coach at Jefferson's district and cross-town rival, Kennedy. His son and both of his daughters were in the Kennedy program, and he made the switch while still teaching at Jefferson. In his first season, Kennedy won the section championship in a shootout. His overall record as a head coach was 134-108-22; most of the years when soccer was a one class sport, and Kennedy's conference and section was one of the most competitive in the state. His Kennedy teams were section finalists two other times, and semi-finalists 7 times. His 1997 team was undefeated and untied in the regular season, but suffered a shootout loss to Jefferson in the section semi-final game. That 1997 Kennedy Girls' Soccer team was the Lake South Champions. It was the only Kennedy team in either boys' or girls' sports to win a Conference Championship in the decade of the '90s. Art retired from active coaching in 2002.

Seplak was Section Coach of the Year in 1992, 1995, 1997, and 2002. He was Class AA State Coach of the Year in 1997 and a Finalist for National Large School Coach of the Year as well. He was inducted into the Minnesota State High School Soccer Coaches Association (MSHSSCA) Hall of Fame in 2003 and the Kennedy High School Hall of Fame in 2018.

He has been heavily involved in the MSHSSCA. He has served as a Section Rep, and as Treasurer and Executive Board Member and Annual Clinic Registrar since 1991. He has chaired the MSHSSCA's

Warter Senior Award since its inception in 1993, awarding over \$50,000 to deserving Seniors. Additionally, he has served on MNHSL Soccer Tournament All-Tournament selection committees and has been heavily involved in the annual end-of-season Soccer Celebration and Senior Classic.

Professionally, Art taught English in Bloomington for 45 years: 17 at Olson Junior High.

(Bloomington moved 9th graders BACK to Olson for five more years), and 28 at Jefferson High School. He served as English Department Chair at both schools. In 1986, he won the Bloomington Education Foundation award for Overall Excellence, and the Jefferson staff selected him as a candidate for Minnesota Teacher of the Year in 2008. He retired from Bloomington in 2012 and was the first-ever classroom teacher to receive a 45-year service award from Bloomington Schools.

Along with his wife, Jan, he officiated Bloomington High School hockey for both Jefferson and Kennedy Boys' and Girls' teams for 25 years as Timer & Scorer/Announcer/Penalty Box Attendant. He also worked as a Timer/Announcer for high school soccer and lacrosse games.

Community-wise, he coached soccer, basketball, volleyball, and softball in the community BAA program while his kids were on teams, and he coached U-12, U-14, and U-16 MYSA summer traveling teams for both his girls. He was the coaches' rep on the Bloomington Youth Soccer Exec board for about 8 years. He coached MYSA U-19 girls' teams for H.S. grads and returning college players for 4 years, and 2 of the teams won end-of-season tourney championships.

He and his wife, Jan, have been married for 57 years and have lived in Bloomington the entire time. They have three children: Jeff, Allison, and Katie, and nine grandchildren. They volunteered for over 25 years cooking for Loaves and Fishes in Minneapolis and are currently involved in activities supporting Our Savior's Shelter in Minneapolis, and ELCA's Latino Mission church, Tapestry, in Richfield.

Art says, "This lengthy involvement with high school sports, and especially in the MSHSSCA, has been a privilege. It has been wonderful to share these years with extremely dedicated coaches who strive to make high school sports the best possible experience for athletes. Dave Halgren, Greg Juba, Keith Randa, Ron Kruschwitz, Berry Arrowsmith, and many others are as much a part of this recognition as my part in it.

I can't wrap this up without high praise for the hundreds of players I was fortunate to work with, and the strong support of their parents. In addition to their great athletic skills and dedication to their sport, my players were superb student-athletes. In my years of varsity coaching, it wasn't unusual to have almost the entire team in the upper 25% of their graduating class, and many in the top 10%. I'm also proud of the number of girls who began playing with us in 9th grade, and remained in the program through their senior year, as well as those who continued playing at all three levels of college soccer."

CORNER KICKS

... continued from page 20

A reminder that all of the information you need is site MSNSSCA.org. We are grateful for the time that Berry

Arrowsmith (Blaine Boys) dedicates to maintaining the website. Thanks, Berry, for all the work you do.

The BSN Senior Classic will be played on Wednesday, November 5th, at the Minnesota Health

East Fairview Sports Center in Woodbury. Two girls' and two boys' teams will be selected from the All-State teams to play in the game. The girls will play at 6 pm, and the boys will follow at 8 pm. Coaches make sure you

can attend the game to watch your athlete compete.

That will do it for this edition. Have a great season, and remember, you have the best job in the world working with student athletes.

MEMBERSHIP PERKS

S
H
S
C
A

• **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)

• **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)
Call Patrick Riley - 952-367-5082 (upon availability)

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

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

SPRING ACADEMIC AWARDS

GOLF - BOYS

GOLD

Albany H.S.
Alden-Conger H.S.
Brainerd H.S.
Breck School
Byron H.S.
Crosby-Ironton H.S.
Dawson-Boyd H.S.
Detroit Lakes H.S.
East Ridge H. S.
Eden Prairie H.S.
Fertile-Beltrami H.S.
Frazee H.S.
Heritage Christian Academy
Holy Family Catholic H.S.
International Falls H.S.
Kasson-Mantorville H.S.
Lakes International Language Academy
Legacy Christian Academy
Maple Grove H.S.
Melrose Area H.S.
Minnesota Valley Lutheran
Mountain Lake H.S.
New Ulm Area Catholic Schools
Pillager H.S.
Plainview-Elgin-Millville H.S.
Rosemount H.S.
Roseville Area H.S.
Russell-Tyler-Ruthton H.S.
Saint Croix Lutheran H.S.
Saint Peter H.S.
Sartell H.S.
Shakopee H.S.
Two Harbors H.S.
Walker-Hackensack-Akeley H.S.
West Central Area School

SILVER

Academy of Holy Angels
Anoka H.S.
Bloomington Jefferson H.S.
Canby H.S.
Chanhassen HS
Cloquet H.S.
Concordia Academy-Roseville
Cretin-Derham Hall H.S.
Eagan H.S.
Hawley H.S.
Hibbing H.S.
Jackson County Central H.S.
Lac qui Parle Valley H.S.
Lakeview H.S.
Lanesboro H.S.
MACCRAY H.S.
Madelia H.S.
Mahnommen H.S.

Milaca H.S.
Morris Area School
Northfield H.S.
Park Christian H.S.
Park H.S.
Perham H.S.
Pipestone Area H.S.
Proctor H.S.
Renville County West H.S.
Rogers H.S.
Saint Paul Johnson H.S.
Saint Thomas Academy
Southland H.S.
Spring Lake Park H.S.
Triton H.S.
Wayzata H.S.
Westbrook-Walnut Grove
White Bear Lake
Zimmerman H.S.
Zumbrota-Mazeppa H.S.

GOLF - GIRLS

GOLD

Alden-Conger H.S.
Alexandria H.S.
Annandale H.S.
Apple Valley H.S.
Austin H.S.
Barnesville H.S.
Bemidji H.S.
Bloomington Jefferson H.S.
Blue Earth Area H.S.
Brainerd H.S.
Caledonia H.S.
Cambridge-Isanti H.S.
Canby H.S.
Chisago Lakes Area H.S.
Concordia Academy-Roseville
Dassel-Cokato H.S.
Dawson-Boyd H.S.
Delano H.S.
Detroit Lakes H.S.
Eagan H.S.
East Ridge H.S.
Eastview H.S.
Edina H.S.
Elk River H.S.
Fergus Falls H.S.
Fertile-Beltrami H.S.
Fillmore Central H.S.
Foley H.S.
Frazee H.S.
Hawley H.S.
Heritage Christian Academy
Hill-Murray School
Houston H.S.
Hutchinson H.S.
Kittson Central H.S.
Lac qui Parle Valley H.S.
Lake City H.S.

Lakeville South H.S.
Legacy Christian Academy
LeSueur-Henderson H.S.
Litchfield H.S.
Mahnommen H.S.
Mahtomedi H.S.
Maple Grove H.S.
Marshall H.S.
Mayer Lutheran H.S.
Melrose Area H.S.
Menahga H.S.
Minnesota Valley Lutheran
Minnetonka H.S.
Minnewaska Area H.S.
Monticello H.S.
Moorhead H.S.
Mora H.S.
Mound-Westonka H.S.
Mountain Lake H.S.
Murray County Central H.S.
New Life Academy of

Woodbury
New Ulm Area Catholic Schools
Northeast Range
Northfield H.S.
Owatonna H.S.
Park Christian H.S.
Park Rapids Area H.S.
Pelican Rapids H.S.
Pequot Lakes H.S.
Perham H.S.
Pierz H.S.
Pillager H.S.
Pine River-Backus H.S.
Plainview-Elgin-Millville H.S.
Prior Lake H.S.
Proctor H.S.
Providence Academy
Rochester Century
Rochester John Marshall
Rochester Mayo H.S.
Roseau H.S.
Rosemount H.S.
Russell-Tyler-Ruthton H.S.
Saint Anthony Village H.S.
Saint Cloud Cathedral H.S.
Saint Croix Lutheran H.S.
Saint Louis Park H.S.
Saint Michael-Albertville H.S.
Saint Peter H.S.
Sartell H.S.
Sauk Rapids-Rice H.S.
Sleepy Eye H.S.
Southland H.S.
Springfield H.S.
Stillwater Area H.S.
Thief River Falls H.S.
Totino-Grace H.S.
Tri-City United HS
United South Central H.S.

Wayzata H.S.
West Central Area School
White Bear Lake
Willmar H.S.
Woodbury H.S.
Zumbrota-Mazeppa H.S.

SILVER

Academy of Holy Angels
Badger School Dist.
Byron H.S.
East Grand Forks H.S.
Farmington H.S.
Hibbing H.S.
Lanesboro H.S.
Milaca H.S.
Roseville Area H.S.
United South Central H.S.
Warroad H.S.

LACROSSE - GIRLS

GOLD

Anoka
Bloomington Jefferson
Buffalo
Chanhassen
Chaska
Chisago Lakes
Duluth Marshall Girls Lacrosse
Eastview-Eagan
Eden Prairie
Elk River/Zimmerman
Grand Rapids/Greenway
Hill Murray
Hopkins
Lakeville South
Maple Grove
Minnetonka
Moorhead
Mounds View
Park of Cottage Grove
Prior Lake
Rosemount
Simley
Spring Lake Park/Coon Rapids
St. Louis Park
St. Paul Academy and Summit School
Wayzata

SILVER

Breck
Edina
Forest Lake
STMA

SPRING ACADEMIC AWARDS

TRACK-BOYS

GOLD

Albert Lea
Alexandria
Annandale
Belle Plaine
Bemidji
Bloomington Kennedy
Border West
Brainerd
Buffalo
Cambridge-Isanti
Chanhassen Storm
Chatfield
Concordia Academy
Dassel-Cokato
DeLaSalle High School
Eagle Ridge Academy
East Grand Forks
Eastview
Eden Prairie
Edina
EVWK
Hastings
Hermantown
Holy Family Catholic
Irondale
Janesville- Waldorf- Pemberton
Jordan High School
Kasson-Mantorville
Lakeville North
LCWM-Nicollet
LFCMC
Mankato East
Mankato Loyola-Cleveland-MCA
Mankato West
Maple River
Mesabi East
Minnesota Valley Lutheran/New Ulm Cathedral
Minnewaska Area
Montevideo
Monticello High School
Mounds View
Northfield High School
Northwest Nighthawks
(Fieldhaven Academy Host)
Owatonna
Park Christian
Pelican Rapids
Pequot Lakes
Pillager
Pine City
Pine Island
Plainview-Elgin-Millville
Princeton High School
Proctor
Rochester Mayo
Rockford High School

Rocori High School
Roseville
Rushford Peterson Houston
Saint Cloud Apollo
Sauk Centre
Sauk Rapids-Rice
Shakopee
Simley High School
South Saint Paul Packers!
Southwest Christian High School
St. Charles
St. Charles
St. Paul Academy
St. Paul Highland Park
STMA
Tri-City United
Two Harbors
United South Central / Alden
Conger
West Lutheran High School
West Marshall
Worthington
Zumbrota-Mazeppa

SILVER

Ashby / Brandon-Evansville
Academy of Holy Angels
Avail Academy
Benson-KMS
Cannon Falls
Crosby-Ironton
Dover-Eyota
Frazee
Hancock Owls
Lac Qui Parle Valley/Dawson-Boyd
Long Prairie-Grey Eagle
Maple Lake
New Prague
Osakis
Parkers Prairie
Rush City High School
Sibley East
Wabasha-Kellogg
Winona

TRACK-GIRLS

GOLD

Ashby / Brandon-Evansville
Academy of Holy Angels
Albert Lea
Alexandria
Andover High School
Annandale
Austin High School
Avail Academy
Barnesville
Belle Plaine
Bemidji
Benson-KMS

Bertha-Hewitt / Verndale
Bloomington Jefferson High School
Border West Track & Field
Braham
Brainerd
Buffalo
Byron
Canby
Chanhassen
Chatfield
Concordia Academy
Crosby-Ironton
Dassel-Cokato
DeLaSalle High School
Dilworth-Glyndon-Felton
Dover-Eyota
Duluth Marshall School
Eagan High School
Eagle Ridge Academy
East Grand Forks
Eastview High School
Eden Valley-Watkins/Kimball
Edina High School
Esko
Farmington
Foley
Frazee
Hancock Owls
Hastings
Holy Family Catholic
International Falls
Janesville-Waldorf-Pemberton
Kasson-Mantorville
Lac Qui Parle Valley/Dawson-Boyd
Lakeville North
Lakeville South
Lanesboro/Fillmore-Central/
Mabel-Canton
LCWM-Nicollet
Long Prairie-Grey Eagle
Mankato East
Mankato Loyola-Cleveland-MCA
Maple Lake
Maple River
Mesabi East
Minnesota Valley Lutheran/New Ulm Cathedral
Minnetonka
Minnewaska Track & Field
Montevideo
Mounds View
Nevis
North Branch
Northfield
Northome/Kelliher/Blackduck
Northwest Nighthawks
(Fieldhaven Academy Host)
NRHEG
Osakis

Park Christian
Parkers Prairie
Pelican Rapids
Pequot Lakes
Pillager
Pine City
Pine Island
Plainview Elgin Millville
Princeton High School
Prior Lake
Proctor
Richfield
Rochester Century
Rochester Mayo
Rockford High School
Rocori
Rosemount High School
Roseville Area
Rush City High School
Rushford- Peterson / Houston
Saint Charles
Sauk Centre
Sauk Rapids-Rice
Shakopee
Sibley East
Simley High School
South St. Paul
Southwest Christian High School
St. Clair
St. Croix Lutheran Academy
St. Paul Highland Park
St. Peter High School
Stewartville High School
Tri City United
Two Harbors
United North Central
United South Central / Alden
Conger
Wabasha-Kellogg
Wayzata Track & Field
West Lutheran High School
West Marshall Fusion
Winona
Worthington
Zumbrota-Mazeppa

SILVER

Becker
Cannon Falls
Crookston High School
Deer River/Northland/Hill City
Morris Area / Chokio Alberta
STMA
Win-E-Mac

2025 SCHOLARSHIP THANK YOU NOTES



WILL ALBERS

Dear MSHSCA,

Thank you, MSHSA, for awarding me this scholarship. I am very honored to be awarded this prestigious scholarship. Going forward, I will be attending UMD in the fall to major in Chemical Engineering. This will help me greatly, and I am very thankful for that. Thanks again for awarding me the Darien & Mary DeRocher Scholarship.

Sincerely,
Will Albers



KATY COMSTOCK

Dear MSHSCA,

I am thankful and honored to have been a recipient of the Class of 2025 Scholarship. I will be using the scholarship to further my education at Bemidji State University, where I will also be playing hockey! Thank you again for selecting me!

Sincerely,
Katy Comstock



OLIVIA CORDES

To the MSHSCA,

I am honored and deeply grateful to be selected as the recipient of the Kathy Frederickson Scholarship. Thank you for your generous support and for recognizing my efforts in and out of the classroom. This scholarship will have a meaningful impact as I begin my engineering studies at Bethel University. It not only helps ease the financial burden of college but also allows me to stay focused on academics, continue my athletic journey in golf, and stay actively involved in campus life. Opportunities like this are truly a blessing, and I recognize organizations like the MSHSCA that make it possible for students like me to pursue dreams and goals confidently. Receiving this scholarship also holds personal significance. It validates the hard work I've dedicated myself to academics, athletics, and service throughout high school, and it motivates me to carry those values with me into college and beyond. I'm excited to continue growing, learning, and giving back in every way I can. Thank you again for your support and belief in my potential. I will carry this honor with me as a reminder of what's possible with dedication—and the generosity of others. With sincere appreciation,

Sincerely,
Olivia Cordes



SAM GRAUNKE

Dear MSHSCA Members,

I am honored to be selected as a recipient of the John and Mary Erickson Scholarship. I would like to extend a big thank you to the MSHSL Scholarship Committee for their support of my academic endeavors. This will allow me to pursue my educational and personal goals without having to worry as much about the financial burden that college can bring. I truly appreciate the opportunity this award has given me and the belief you have placed in me and my future. Thank you again for this award and for investing in my future.

Sincerely,
Sam Graunke



JAYLIN LILLQUIST

Dear MSHSCA,

I am deeply honored to have been selected as the recipient of the Velma Teichroew Scholarship. This recognition means a great deal to me, and I am deeply grateful for your generosity and support.

The legacy of Velma Teichroew and her efforts to expand opportunities for girls in sports inspires me to pursue my dreams with determination and gratitude. This scholarship will play a vital role in helping me achieve my educational and athletic goals as I begin my college journey.

Thank you again for this amazing opportunity. I look forward to making the most of this support and contributing positively to my community in the future.

Sincerely,
Jaylin Lillquist

find us on **facebook**



follow us

twitter

@MSHSCA

2025 SCHOLARSHIP THANK YOU NOTES



COLE MUNSTERTEIGER

Dear MSHSCA Members,

I am extremely honored and grateful to be selected to receive the MSHSCA Past Presidents Scholarship. This gift of money will go a long way towards helping me achieve my academic and athletic goals at Southwest Minnesota State University, where I will be attending and wrestling. With this money, I will have more time to focus on academics and athletics as I strive towards being the best version of myself possible.

Thank you!

Cole Munstersteiger



LAUREN QUEENSLAND

Dear MSHSCA,

Thank you to the Minnesota State High School Coaches Association for awarding me the Betsy Fairness Scholarship. I really appreciate the opportunity to receive this scholarship; it means a lot to me. With this gift of money, I will put it towards my college education, where I will be attending Gustavus Adolphus College, majoring in business, while also playing on the Women's Basketball team. In addition, I would also like to thank my Coaches for helping me accomplish all of my goals in high school sports. I would not have been able to do it without them.

Charles Schlichtmann



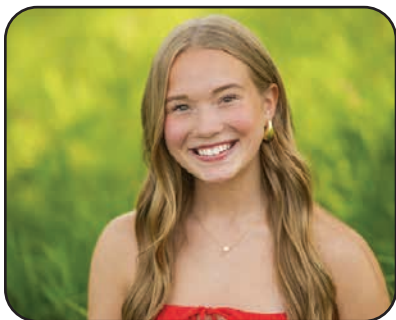
CHARLIE SCHLICHTMANN

Dear MSHSCA Members,

Thank you, MSHSCA, for selecting me as a recipient of the Past Presidents Scholarship. The money awarded will help me with my education at Lawrence University and is very much appreciated. Thank you for taking the time to review my application, and I look forward to sending you my first semester transcript.

Sincerely,

Charlie Schlichtmann



MORGAN TURN

Dear MSHSCA Members,

I am honored and deeply thankful to the Minnesota State Coaches Association for awarding me this scholarship. Your support means more than words can express, and it serves as a meaningful reminder of the value of hard work, leadership, and dedication, both on and off the court. This scholarship will help me take the next step toward my academic and career goals, and I'm truly grateful for the encouragement it represents. Thank you for believing in students like me.

Sincerely,

Morgan Turn



TYLER WAGNER

Dear MSHSCA,

Thank you for considering me and awarding me the Steve Kerzie scholarship. It is an extra special award for me and my family, as Steve Kerzie is my great-grandfather. He lived to be 97 years old, and I was able to get to know him well, and he even made it to a bunch of my sporting events. I loved listening to his stories, and he has such a positive impact on everyone. Thank you again for awarding me the Steve Kerzie scholarship.

Sincerely,

Tyler Wagner

2024-2025 CHAMPIONSHIP COACHES

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
GIRLS TRUE TEAM SWIMMING Class A Class AA	Mark Seguin JB Bradley	Orono Minnetonka	ADAPTED FLOOR HOCKEY Pi Adapted Floor Hockey Ci	Todd Person Jeremy Kalal	Brainerd New Prague/ Tcu/ Lsh/ Belle Plaine/Jordan
GIRLS TENNIS Class A Class AA	Jeff Demaray	Rochester Mayo	GIRLS BASKETBALL Class A Class AA Class AAA Class AAAA	Becca Holland Conner Goetz Tim Ellefson Tara Starks	West Central Area Providence Academy Benilde-St. Margaret's Hopkins
GIRLS SOCCER Class A Class AA Class AAA	Paul Cronin David Wald Tony Peszneker	Providence Academy Mahtomedi Wayzata	BOYS BASKETBALL Class A Class AA Class AAA Class AAAA	Cory Larson Cory Schlager Forrest Witt Bryan Schnettler	Dawson-Boyd Albany Alexandria Area Wayzata
BOYS SOCCER Class A Class AA Class AAA	Max Lipset James See Josue Boutouli	St. Paul Academy and Summit School Academy of Holy Angels Eagan	ADAPTED BOWLING Pi ADAPTED BOWLING Ci ADAPTED BOWLING ASD		
GIRLS CROSS COUNTRY Class A Class AA Class AAA	Mike Costello Brad Moening Kalsey Beach	Cotter/Hope St. Paul Highland Park Wayzata	ROBOTICS (3 School Alliance) ROBOTICS (4 School Alliance)	Alex Jurrk	Becker
BOYS CROSS COUNTRY Class A Class AA Class AAA	Benton Kodet Brian Leibfried Jamie Kirkpatrick	Redwood Valley Marshall Edina	ADAPTED SOFTBALL Ci ADAPTED SOFTBALL Pi	Scott Oxley Brett Kosidowski	Dakota United Hawks Dakota United Hawks
VOLLEYBALL Class A Class AA Class AAA Class AAAA	Joelle Grimsley Kathleen Rustad Mary Byrne Stephen Willingham	Mayer Lutheran Hawley Alexandria Lakeville South	BOYS TENNIS Class A Class AA	Jeff Prondzinski	Wayzata
GIRLS SWIMMING MSHSL Class A Class AA	Mark Seguin JB Bradley	Orono Minnetonka	SOFTBALL Class A Class AA Class AAA Class AAAA	Todd (TJ) Schmidtke Todd Dingmann Derek Sauer Bryan Woodley	United South Central St. Cloud Cathedral Rocori Champlin Park
ADAPTED SOCCER Pi ADAPTED SOCCER Ci	Greg Smith Brett Kosidowski	Minneapolis South Dakota United Hawks	BOYS VOLLEYBALL One Class	Steph Chapek	Eden Prairie
FOOTBALL 9 Man 1A 2A 3A 4A 5A 6A	Brian Nelson Chad Johnston Tom Schuller Garrett Mueller Dwight Lundeen Steve Hamilton Adam Spurrell	Fertile-Beltrami Minneota Jackson County Central Stewartville Becker Elk River Maple Grove	GIRLS GOLF Class A Class AA Class AAA	Cory Larson Dustin Martin Sara Martinson	Dawson-Boyd Detroit Lakes Minnetonka
GYMNASTICS Class A True Team	Evan Moe	Owatonna	BOYS GOLF Class A Class AA Class AAA	Carrie Johnson Vern Schnathorst Bob Kinne	Walker-Hackensack- Akeley Detroit Lakes Cretin-Derham Hall
GYMNASTICS co-head coach Class A MSHSL Class A MSHSL Class AA MSHSL	Steve Zamzo Leesa Lindgaard Evan Moe	Detroit Lakes Detroit Lakes Owatonna	GIRLS TRUE TEAM TRACK Class A Class AA Class AAAA	Russ Barclay Jeff Portugue Ilicia Pierskalla	St. Charles St. Peter Wayzata
WRESTLING Class A Class AA Class AA Class AAA	Josh Joriman	St. Michael-Albertville	BOYS TRUE TEAM TRACK Class A Class AA Class AAA	Thomas Reigstad Aaron Meyer Ben Straka	Cotter/Hope Stewartville Stillwater
BOYS HOCKEY Class A Class AA	Tyler Palmiscno Jon Ammerman	East Grand Forks Moorhead	GIRLS TRACK & FIELD MSHSL Class A Class AA Class AAA	Samuel Schruin Meghan Orgeman Alicia Pierskalla	Janesville Waldorf Pemberton Alexandria Wayzata
BOYS SWIMMING MSHSL Class A Class AA	John Barnes Scott Johnson	Saint Thomas Academy Edina	BOYS TRACK AND FIELD MSHSL Class A Class AA Class AAA	Tessa Heiling Paul Schmidt Jason Koch	Redwood Valley Becker Hastings
BOYS SWIMMING TRUE TEAM Class A Class A Class AA/John Bradley	Brian Wright Michelle Carlson Minnetonka	Breck/Blake Breck/Blake	BASEBALL Class A Class AA Class AAA Class AAAA	Mike Gullingsrud Dan Drazan Robert Garry Buzz Hannahan	Red Lake County Pine Island Mahtomedi Cretin-Derham Hall

2024-2025 COACH OF THE YEAR

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
GIRLS SOCCER Class A Class AA Class AAA	Kris Fremo Katie (Pearce) Passero Steve Polkowski	Southwest Christian Winona Duluth East	GIRLS BASKETBALL Class A Class AA Class AAA Class AAAA	Becca Holland Connor Goetz Dan Westby Mark Cook	West Central Schools Providence Academy Marshall Maple Grove
BOYS SOCCER Class A School Class AA Class AAA	Max Lipser Jason Senne Berry Arrowsmith	St. Paul Academy & Summit Princeton Blaine	BOYS HOCKEY Class A Class AA	Aaron Jamnick Jon Ammerman	Hibbing Moorhead
GIRLS CROSS COUNTRY Class A Class AA Class AAA	Kyle Blomgren Bryn Saunders John Fick	Mt. Lake-Comfrey De La Salle Forest Lake	BOYS BASKETBALL Class A Class AA Class AAA Class AAAA Class AAAA	Steve Phillion Derek Webb Barry Wohler Mark Klingsporn Jerry Kline Jr.	Red Lake Falls Montevideo Orono Tartan Cretin-Derham Hall
BOYS CROSS COUNTRY Class A Class AA Class AAA	Benton Kodet Brian Leibfried Brian Bailey	Redwood Valley Marshall Roseville	WRESTLING Class A ROBOTICS One Class One Class	Matt Mauseth Aaron Nepstad Ryan Lindsay	Chatfield Rochester Schools Northeast Range Schools
GIRLS SWIMMING & DIVING Class A Class AA	Mark Seguin Dan Anderson	Orono Brainerd	BOYS LACROSSE GIRLS LACROSSE	Mitch Grengs Scott Leonard	Farmington Park of Cottage Grove
FOOTBALL 9 Man 1A 2A 3A 4A 5A 6A Overall	Brian Nelson Chad Johnston Drew Potter Garrett Mueller Terry Bahlmann Steve Hamilton Adam Spurrell Steve Hamilton	Fertile-Beltrami Minneota Staples-Motley Stewartville Marshall Elk River Maple Grove Elk River	BOYS TENNIS Class A Class AA	Jace Friedlieb Jeff Prondzinski	Rock Ridge Wayzata
VOLLEYBALL Class A Class AA Class AAA Class AAAA	Joelle Grimsley Kathleen Rustad Mary Byrne Stephen Willingham	Mayer Lutheran Hawley Alexandria Lakeville South	SOFTBALL Class A Class AA Class AAA Class AAAA	Todd (TJ) Schmidtke Todd Dingmann Derek Sauer Bryan Woodley	United South Central St. Cloud Cathedral Rocori Champlin Park
GIRLS TENNIS Class A Class AA	Matt Draeger Lynn Larson	Litchfield Bloomington Jefferson	GIRLS GOLF Class A Class AA Class AAA	Cory Larson Dustin Martin Sara Martinson	Dawson-Boyd Detroit Lakes Minnetonka
BOYS ALPINE SKIING One Class	Nelson Carlson	St. Thomas Academy	BOYS GOLF Class A Class AA Class AAA	Carrie Johnson Vern Schnathorst Bob Kinne	Walker-Hackensack-Akeley Detroit Lakes Cretin-Derham Hall
GIRLS ALPINE SKIING One Class Central	Matt Brunkow	Alexandria/FF/Weaton/W.	BASEBALL Class A Class AA Class AAA Class AAAA	Mike Gullingsrud Dan Drazan Robert Garry Buzz Hannahan	Red Lake County Pine Island Mahtomedi Cretin-Derham Hall
BOYS NORDIC SKIING One Class	Andrew Hansen	Wayzata	GIRLS TRACK & FIELD Class A Class AA Class AAA	Jennifer Johnsrud Meghan Orgeman Alicia Pierskalla	Minnewaska Alexandria Wayzata
GIRLS NORDIC SKIING One Class	Josh Scharnberg	Fergus Falls	BOYS TRACK & FIELD Class A Class AA Class AAA	Eric Klein Paul Schmidt Ben Straka	St. Charles Becker Stillwater
GYMNASTICS Class A Class AA	Katie Masog Jessica Lofrano Larson	Melrose Brainerd	BOYS VOLLEYBALL One Class	Ryan Dehnel	Eastview
GIRLS HOCKEY Class A Class AA	Jeremy Gunderson Jon Holmes	Dodge County Farmington	ADAPTIVE PI One Class	Todd Person	Brainerd
DANCE Class A Class AA Class AAA Class AAA	Carly Wagner Olivia Brion Cindy Clough Kelly McCarney	LQPV-DB Monticello Brainerd Sartell	ADAPTIVE CI One Class	Jeremy Kalal	New Prague
BOYS SWIMMING & DIVING Class A Class AA	Doug Davis Scott Koke	Northfield Irondale	SYNCHRONIZED SWIMMING	Toni Anderson Faith Cornish	Eden Prairie Eden Prairie

Trophies Plus - Sponsor of Coaches Caring

2024-2025 ASSISTANT COACH OF THE YEAR

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
GIRLS SOCCER Class A Class AA Class AAA	Heidi Larkin Victor Alvarez Andy Lissick	Southwest Christian Columbia Heights Prior Lake	BOYS HOCKEY Class A Class A Class AA Class AA	Cory Ward	Proctor
BOYS SOCCER Class A Class AA Class AAA	John Stemper Nicky Vazques Andrew Burkart	St. Cloud Cathedral Northfield Blaine	BOYS BASKETBALL Not selected by class	Kyle Auge Eric Bronaugh Frank Gardner Richard Guse Jaylon Holmes Ryan Moscho Barry Strand Jamie Wright	Mound-Westonka Cretin-Derham Hall Richfield Waseca Cherry Melrose Kimball Mora
FOOTBALL	Phil Trowbridge	Barnesville			
CROSS COUNTRY Class A Class AA Class AAA	Mary Mohrbacher Brian Fendrich	Warroad Rosemount	WRESTLING		
GIRLS SWIMMING & DIVING BOYS & GIRLS ASSISTANT BOYS & GIRLS ASSISTANT	Tracy Torgerson Doug Bloom	New Prague Elk River	BOYS LACROSSE	Christian Kelso, CW (Christopher) Wolfe	Eden Prairie Owatonna
VOLLEYBALL Class A Class AA Class AAA Class AAAA	Nicole Martin Natalie Sandifer Natalie Sandifer	Hawley Lakeville South Lakeville South	GIRLS LACROSSE	Ashlyn Jelinek	Stillwater
GIRLS TENNIS Class A Class AA	Taylor Knutson Jody Cullen	Montevideo Blaine	BOYS TENNIS Class A Class AA	Darin Swenson Jeff Fedor	Litchfield Blaine
BOYS ALPINE SKIING	Plamen Dimitrov	Cook County	BASEBALL Class AA Class AAAA	Tom Zbacnik Eric Gassman	Esko Lakeville North
GIRLS ALPINE SKIING	Andrew Rangen	Brainerd	TRACK & FIELD Class A Central/Alden-Conger Class AA Class AAA	Kara Christianson Brad Johnson Stacey Nelson	United South Fairmont Cambridge-Isanti
BOYS NORDIC SKIING	Ethan Youso	Brainerd	SYNCHRONIZED SWIMMING	Caroline Bergh	Wayzata
GIRLS NORDIC SKIING	Pete Hoyem	Stillwater	GIRLS GOLF Class A Class AA Class AAA	Anna Moser	Detroit Lakes
GYMNASTICS Class A Class AA	Sheena Meillier Doug Amundsen	Becker New Prague	BOYS GOLF Class A Class AA Class AAA	Jeremy Medina Jay Peterson	Walker-Hackensack- Akeley Detroit Lakes
GIRLS HOCKEY Class A Class AA	Callie Hoff Dan Schabacker	North Shore Woodbury	SOFTBALL Class A Class AA Class AAA Class AAAA	Margo Latusek Bill Buckentine Joanna Boos Kaitlin Hill	United South Central St. Cloud Cathedral Rocori Champlin Park
DANCE Class A Class AA Class AAA	Bailey Eakins Rachel Doran Ali Geraets	Holdingford Totino-Grace Brainerd	BOYS VOLLEYBALL One class		
GIRLS BASKETBALL Class A Class AA Class AAA Class AAAA	Mark Forbish Steph Bot	Providence Academy Marshall	ADAPTED PI	Jacqueline Wincek	Minneapolis
			ADAPTED CI	Jeff Anderson	

JOHN MILLEA
... continued from page 9

Forest Lake, Silver Lake, Heron Lake, Howard Lake, Lake City, Lake Crystal, Lake of the Woods, Lake Park, Lakeview, Lakeville, Moose Lake, Mountain Lake, Pequot Lakes, Prior Lake, Red Lake, Spring Lake Park and White Bear Lake. He hasn't been to every school in Minnesota, but he sure gave it everything he had.

In driving hundreds of thousands of miles across a state filled with wildlife, he has only collided with one deer. And he has eaten some of the world's greatest concession-stand burgers

and hot dogs and slices of pizza and bags of popcorn, along with lots and lots of pretzels and cheese.

John and his wife Beth were high school sweethearts, and they remain sweethearts after more than 43 years of marriage. They have three children and two grandchildren. Their sons John Jr. and Joe live in northern California and their daughter Allison is a teacher in the Twin Cities. All are graduates of Rosemount High School.

After his lengthy journalism career, highlighted by decades of joy writing about high school sports in Minnesota, John retired with a full heart.

COACHING TURNOVER

... continued from page 1

coaching has become a demanding job. "There's a lot of nights, a lot of weekends, a lot of expectations," he said. "You know, you're dealing with a lot of parents with different opinions about how you're doing your job."

Hanson noted high school coaching generally doesn't pay well. Head coaches get a stipend worth about \$4,500-\$7,500. Morris estimated that if you divide the stipend by the hours worked, "you're probably making less than 10 bucks an hour."

That's not much money, especially considering the pressure coaches are under.

"Coaches are dealing with players and parents that have unrealistic expectations of where they fit in, how good they are, the playing time that should be afforded them,"

Morris said. "In many cases, the athletic directors struggle to back their coaches ... if parents don't get their way, they go to the school boards or the superintendents or the principals."

Activities directors numbers of note

Minnesota has plenty of athletic director turnover, too.

Of the 492 schools in the state with an AD position, 17% had AD openings two years ago, 14% last year and 12% this year.

Dan Johnson, executive director of the Minnesota Interscholastic Activities Administrators Association (MNIAAA), said 29 of the state's 59 incoming AD's this year are new to the position.

"Already this year, we've had two or three that have quit since the first day of fall practice," Johnson said.

Meanwhile, Goodhue boys basketball coach Matt Halv-

erson, also a science teacher at the school, said he's "extremely nervous" about the country's teacher shortage.

"If you start getting fewer teachers, now you start getting fewer coaches and less quality teachers and coaches," he said.

When coaches leave a team, continuity suffers. Ringeisen notes that over the past five years, the average state championship winning coach had coached for at least 20 years.

But programs can't gain that stability when they're constantly replacing coaches.

Since the COVID-19 pandemic, there have been decreasing numbers of coaches who double as teachers. Many new coaches come from the private sector. Ringeisen is grateful to have them aboard to fill open positions but sees a drawback, too.

"When you had teachers that were coaching, they

were coaching two and three sports, and they were doing it for decades, so you had constancy," Ringeisen said. "When we bring people in from the private sector, their interest is not as long-term."

Sometimes it's difficult keeping the players around, too, at a time when more are transferring to other schools. Wiese said she finds herself thinking about how to keep players from transferring away from her Eden Prairie squad.

She said in recent years she's wondered, "'Gosh, if I'm not playing that kid, is she going to transfer?'"

"Ten years ago, that would never cross my mind," she added. "Believe me, I'm not using it to make any of my playing time decisions or personnel decisions, but it certainly pops into my mind."



The 2025 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 24th, and Saturday, October 25th, at the Minneapolis Hyatt Regency Hotel. Sessions will include large group and on the court presentations.

The MBCA Fall Clinic is open to Coaches at all levels – Youth, High School, Community College, and College. One does not have to be a member to attend. The MBCA also extends a welcome to Coaches from our neighboring states and beyond.

As of 9-07-2025, the clinic will feature the following speakers:

Rick Byrd – Belmont University
Paul Sather – University of North Dakota (tentative)
Quincy Henderson – St. Cloud State University
John Tauer – St. Thomas University
Mike Maker – St. Thomas University
Pat McKenzie – St. John's University
Jerry Kline Jr. – Cretin - Derham Hall
Cory Schlagel - Albany

As additional speakers are confirmed, updated information, including the agenda schedule and topics, will be posted on the MBCA website, <http://www.mshsca.org/boysbasketball>, and via Twitter- @MN_BCA.

The annual Awards Luncheon will include the presentation of coaching awards, including: 2024-25 Section Coaches of the Year, 2024-25 Assistant Coaches of the Year, 2024-25 State Coaches of the Year, coaching milestone awards, and achievement awards. 2025 MBCA Hall of Fame inductees (Shawn Naas, Rich Newman, Robert "Bob" Schueller, Mike Roysland, and Luke Winans) and 2025 Hall of Honor recipients will be introduced and recognized.

Friday's luncheon and the Friday evening Coaches social will be complimentary for all clinic registrants.

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 a complimentary gift and distribution of Spalding, Exhibitor, and MBCA door prizes to those in attendance.

The cost of the Fall Clinic is \$130 for the first 3 Coaches and \$115 for each additional Coach beyond three if registered prior to October 14th. **Cost after October 14th and at the door will be \$145.** Registration forms, including online registration, are available online at: [MBCA 2025 Fall Clinic Registration Link](https://www.mshsca.org/2025-Fall-Clinic-Registration-Link)

The Hyatt Regency is providing a clinic special for coaches' rooms.

These rooms should be booked prior to October 2nd.

Early bookings are encouraged. Register online by using the following link:

<https://www.hyatt.com/en-US/group-booking/MSPRM/G-MNB5>

This will qualify you for the special group rate and help the MBCA meet a predetermined quota for rooms.

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

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.

Minnesota State High School Coaches Association HALL OF FAME NOMINATING FORM



SEND NOMINATIONS TO: Jen Marshall, 5131 193rd Street West,
Farmington, MN55024 Email: jen21marshall@gmail.com

Name _____ Phone _____

Address: _____ City _____ Zip _____

Phone Number: _____ Email: _____

Birth Date _____ Marital Status _____ Deceased _____

Spouse's Name _____ Children's names and ages _____

Nominating Person or Group _____

Rationale for Nomination _____

Personal History: Hometown _____

College/s _____ Year _____

College Honors: _____

Coaching History: (Sports, schools & years) _____

Coaching 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: _____

Nominated by: _____ Date _____

Phone: _____ Email: _____

PREP COACH CONTRIBUTOR QUARTERLY DEADLINES
September 1st | December 1st | March 1st | June 15th



[Redacted]

[Redacted]

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.

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.

[Redacted]

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.

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2025 – August 1, 2026

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

[Redacted]

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

\$1,000,000	Each Occurrence
\$2,000,000	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

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

[Redacted]

[Redacted]

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

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

[Redacted]

[Redacted]

- ❖ 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.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.



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

Greg Joly gjoly@loomislapann.com
Lori George lgeorge@loomislapann.com
Karen Boller 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.



Coaches Assistance Program

Athlete suicide is very real and on the rise

Coaches are excitedly preparing for a new school year and season of their desired sport. It is important for coaches to prepare yourself to serve student-athletes' mental health as well as their physical well-being. Coaches, I would encourage you to spend a few minutes and view the video "Suicide Prevention for Student-Athletes." It will be time well invested.



SUICIDE PREVENTION FOR STUDENT-ATHLETES A TRAINING FOR COACHES AND ATHLETIC PERSONNEL

Coaches are in a unique position to have a lasting impact on the young people that they encounter on a daily basis. In this presentation, we will delve into the problem of suicide within student athletes, the unique pressures that they face, and hear from several experts on the subject.

coachesassistanceprogram.com/training-camp/