THE Minnesota PREP COACH

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Vice President Nominee Kerry Sutherland

Kerry Sutherland is our nominee for our next Vice President of the MSHSCA. The Vice President will serve a four-year term with the third year serving as President. The term of office will begin at the 2022 summer meeting to be held in Minneapolis. Voting will take place online at www.mshsca.org. An email reminder will be sent to members when voting opens. Kerry's bio is listed below.

I grew up in Waterloo, Iowa. As a kid, I played several sports, football, basketball, track, and baseball. I loved the experience I had with my friends and coaches. From a young age, these relationships played a big role in positively shaping my life. Lessons such as teamwork, attention to detail, commitment, and care for others, are a few of the things I hold most dearly and what guide my coaching decisions today. After High School, I went on to study and play football at the University of Northern Iowa. I had an amazing educational, athletic and social experience developing lifelong friendships and life lessons. I majored in Marketing and Public Relations.

I have coached for over 35 years, having the opportunity to work with student-athletes at all levels. I bring a very diverse coaching and mentoring experience, serving youth from all walks of life. I started coaching youth sports in the Apple Valley, Burnsville, Eagan area, where I raised my family of six boys and one girl. My kids participated in many sports and activities from football, volleyball, basketball, wrestling, soccer, cross country, lacrosse, track, speech, and debate. I have coached kids from North Minneapolis, Edina, Litchfield, Rogers, Shakopee, St Paul, Northfield, and St Michael, just to name a few.

I started my high school coaching career at St. Bernard's High School in St. Paul, MN. During the six years I was there, we had three conference championships and three state tournament appearances. The first time we went to the state tournament marked the first appearance in the school's 103 year history.

I took a few years off from coaching after my children graduated high school; I wanted to be available to support the four of them through their college careers. Once their collegiate careers were well underway, I was again available to dedicate my time, energy, and passion to coaching high school athletes. An opportunity to coach at Hopkins High School came up, and I immediately jumped on it. I've now been there for nine seasons, and during that time, we've achieved several conference championships, four state tournament appearances, and two state championships.

As a basketball coach, I've had several state tournament appearances, a couple of state titles, and numerous conference titles. I've had many athletes go on and play at the college division I, II, and III levels, as well as NBA, and many who play abroad. But the most significant and meaningful achievements are the many young men and women that I have had the pleasure to inspire to be the best that they can be on and off the courts and fields.

I believe my diverse experience and track record of excellence in mentorship, leadership, and coaching is more important now than at any

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The Minnesota PREP COACH

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2021-2022 MSHSCA DELEGATES

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mabel-Canton)	Gordy Klomps (retired)	Jessica Just (Lakeville South)	Doug Davis (Northfield)
2A	Rick Bruns (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	Marc Bachman (Saint Peter)
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	John Seipp (Trinity School)	
4A	Chris Larid (Heritage)	Robert Economy(Eagle Ridge Aca)	Tim Herman (Heritage)	Jim Baker (Retired)
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl /Bill Baumann (Royalton)	Chris Kircher /Tim Triplett
6A	Tavia Bachmann (Frazee)	Kyle Haberman (Lake Park-Audubon)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnomen-Waubun)	Lon Boike (Crookston)	Terry Sadler (Warroad)	Lisa Hanson (East Grand Forks)
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Apple Valley)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Gary Prantner (Eden Prairie)
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	Larry McKenzie (Minneapolis North)
6AA	Juno Nayagam (Benilde-St. Marg)	David Boone (Edina)	Kerry Sutherland (Hopkins)	Curt Cardinal (Park Center)
7AA	Mark Solberg (Cambridge)			Greg Apahn (Grand Rapids)
8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)
SPORTS MEDICINE		Tom Sharp (Eastview)		

2021-2022 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER ASSOC POSITIONS
AD	Matt Mattson (Champlin Park))	Jeff Boran (WEM)	Mike Beck (Stillwater) (Exec Direc)	Dan Johnson (Hopkins)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)		Kelli Waalk (Osseo) (Treas)
Baseball	Ryan Holmgren (Elk River)	Dean Schwirtz (Glencoe-Silver Lake)	Craig Anderson (Pine Island)	Rick Zollner (Pipstpne) (Sec/Treas)
Boys Basketball	Neil Steffes (Fertile-Beltrami)	Omar McMillan (Richfield)(Past Pres)	Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Leah Dasovich (Minnetonka)	Brad Strand (Past Pres)	Carl Pierson (Waconia) (Exec Direc)	Scott Bergman (Sauk Centre) (Clinic)
Cross Country	Brandon Heebink (Wayzata)	Jeff Morris (Perham)	Mary Schifsky (Sec) (Roseville)	Dave Chatelaine (Owatonna) (Treas)
Dance	Molly Carlson (Westonka)	Brittany Rehling (Roseville)	Kelsey Schnackenberg (Membership)	Katie Harmeyer-(Treas)
Football	Jeff Williams (Owatonna)	Matt Mahoney (Fairmont))	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Secretary/Treas)
Golf	Ben Jurgens (Fergus Falls)	Eric Tollefson (Moorhead) (Past President)		Steve Heslop (Academics)
Gymnastics	Joni Reitmeier (Worthington).	Toni Kleber (Moorhead)(Past Pres)	Shelly Eklund (Eagan)-Sec	LeeAnn Steen-Gymnastics Delegate
Boys Hockey	Michael Taylor (Apple Valley)	Dustin Vogelsang (East Ridge)	Mike MacMillan (Ramsey) (Exec Direc)	
Girls Hockey	Claire Goldsmith (Mound-Westonka)		Tim Morris (Lakeville South)	Robert Sherry (Two Rivers)
Boys Lacrosse	Jon Junker (Chanhassen)	Rob Horn (Benilde)	Darin Nelson (Sec)	Lance Kuehn (Rosemount) (Treas)
Girls Lacrosse	Ana Bowlsby (Benilde-St. Margarets)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Patrick Crandall (Lakeville South) (Treas)
Alpine Skiing	Nate Springer (Eden Prairie)	Jason Nickleson (Visitation)	Bob Boldus (Lakeville North)	
Nordic Skiing	Michael Meehlhause (Trek North)	Rob Lageson(St. Paul Central)	Jason Mork (Winona/Cotter)	Richard Heilman (Lakeville North)
Robotics	Alex Jurek (Becker)			
Soccer	Ben LeVahn (Maple Grove)	Aaron Percy (Mpls Washburn)	Keith Randa (Apple Valley)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Jason Baune (Becker)		Shelly Hotzler (JCC) (Exec Sec)	Shelly Hotzler (Jackson CC) (Treas)
Strength	Mike Breyen (Elk River High School)	Jessica Gust (St. Louis Park)	Alex Greenway (Tracy-Milroy-Balaton)	
Boys Swimming	Brian Luke (Stillwater)		Todd Walsh (Bloomington-Kennedy)	Kate Steineman (Cretin-DH) (Treas)
Girls Swimming	Kelly Boston (Eden Prairie)	Meghan Kemna (Visitation)	Todd Walsh (Bloomington-Kennedy	Katie Haycraft (Prior Lake) (Treas)
Synch. Swimming	Kathy Henderson(Stillwater)		Lauren Kranig (Richfield) (Secretary)	Katy Bohnsack (Prior Lake) (Treas)
Tennis	Robb DeCorsey (Glencoe-Silver Lake)	Les Zellmann (St. James) (Past Pres)	Dave Wareham (Totino-Grace) (Exec. Sec)	
Track	Aaron Berndt (Wayzata)	Meghan Orgeman (Alexandria)	Scott Christensen (Stillwater)	Dave Gunderson (Hall of Fame)
Volleyball	Darin Swanson (Litchfield)	John Yunker (Champlin Park)	Janet Golden-Landquist (Nevis)	Kim Duis (Concordia) (Treasure)
Wrestling	Eric Swensen (Wayzata)	Shawn Fredreixon (Shafer)	Kip Lynk (Dassel) (Exec Direc)	

President's Message

By: Barry Wohler

The Winter Sports Season is wrapping up. Congratulations to all the sports and participants whose seasons have ended and best of luck to the sports that are entering their section and state tournaments. We are fortunate to have had our sports somewhat back to normal this year. It has been great to have fans in the stands again and for the athletes to be able to participate mask free. So many of our athletes have learned and experienced valuable lessons through athletics. I also believe players, coaches and parents have gained a new appreciation for how important these activities are to our social well being. Congratulations to all of the coaches, AD's, and the MSHSL for providing these experiences. Spring sports are coming upon us and soon we will be outside enjoying the beautiful spring weather, hopefully, sooner than later. The past couple years have been challenging for all sports. Congratulations to you all for providing the best experiences possible for our student athletes.

We have our executive board and delegate meetings coming up at the end of March. It will be great to see everyone and catch up. I am looking forward to watching the state tournament participants for the winter sports, fighting an occasional snowstorm I'm sure. Let's finish this school year strong and give our athletes the best experience possible!

MSHSL BOARD OF DIRECTORS REPORT:

MARCH MADNESS

By: Dawn Engebretson
MSHSL Board Representative
Girls' Sports

March Madness is a great time to be a sports fan in Minnesota, you can attend state tournaments every weekend beginning in mid-February. For spring coaches, March Madness also brings the excitement of starting a new spring season. It is a thrilling time for high school sports. It is also a busy time for the high school league. Associate directors and staff workers are busy preparing twelve tournaments in seven weeks. As a board member, it is an opportunity to present medals and trophies to state tournament teams and individuals.

The February board meeting covered a wide range of topics, here are some highlights. The board approved the hiring of two associate directors, one to fill a position that was vacated and never filled during the pandemic. The other to replace Lisa Lissimore, who is retiring this spring. The board also approved the Ad-Hoc recommendations for Bylaw 110 (years of eligibility). This language more closely aligns with the national standard of four years of eligibility beginning in 9th grade. It also addresses 7th and 8th graders who participate on varsity teams. This recommendation will move to the Representative Assembly for a vote in May.

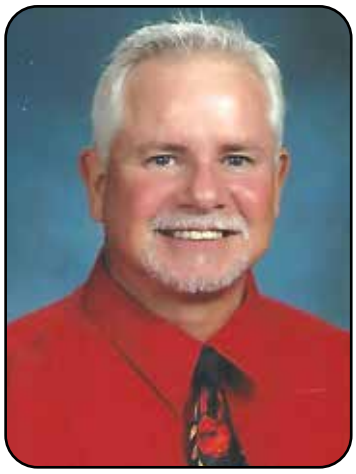
In the March workshop we were informed of various activity proposals. (These proposals are more detailed in their entirety, but here is a quick summary.)

- Boys Volleyball has approval on 9 administrative regions and is moving on to the Rep Assembly for vote in May.
- Wrestling has a proposal for girls only events and lengthening the state meet to allow full wrestle backs.
- Alpine Skiing wants to incorporate a team tie breaking policy, add a video review at the state meet, and to use USA order for run number two.
- Basketball proposal wants to allow for the shot clock to be used for the 22-23 season (as long as all conference schools have shot clocks) and to re-seed the final 16 teams at class 4A to ensure the best 8 teams qualify for state.
- Dance would like to add a qualifying meet between section and state to ensure the best teams qualify and to eliminate the proportionate number of teams qualifying per section and change it to three per section. Dance would also like to see a seeding for the order of performances of the final dance.

Recently there have been examples of poor behaviors related to high school activities. Whether events are race related, or coach/player behavior during a game. We can do better. The high school league combined with multiple associations including both secondary and elementary principal's association, school board association, and the activities administrator association, to issue a memorandum stating "It is essential that every effort be made, and action is taken to ensure that all students have a safe environment in which to learn and participate in activities". As coaches, I believe we play a key role in this. We have a wonderful opportunity to work with our players and help them grow and learn. We are leaders and others look to us for guidance on behavior.

As you cheer for your favorite team during March Madness, please remember to express your love for the game with pride and respect.

Reflections by Ringer



By: Rick Ringeisen, MSHSCA Executive Director

Minnesota Coaches Receive National Recognition

I have great news to share with you. The National High School Athletic Coaches Association recently announced that thirteen Minnesota coaches are finalists for receiving the National Coach/AD of the Year Awards! The following coaches/AD are the Minnesota NHSACA National Coach/AD of the Year Award finalists.

Mark Solberg	Athletic Director	Cambridge-Isanti High School
Mark Downey	Baseball	Mounds View High School
Jerry Egermount	Boys Assistant	Owatonna High School
Dave Galovich	Boys Basketball	Crosby-Ironton High School
Gary Sloan	Football	Grand Meadow High School
Meghan Kemna	Girls Assistant	Convent of the Visitation School
Sara Hatleli	Girls Track & Field	Rosemount High School
Stave Randgaard	Golf	Lake City
Shelly Hotzler	Softball	Jackson County High School
Marcus Onsum	Special Sports	Robbinsdale Armstrong High School
Rory Fairbanks	Swimming & Diving	Hutchinson
Les Zellmann	Tennis	St. James High School
Dan Westby	Volleyball	Marshall High School

The Coach of the Year Awards will be presented at the 2022 NHSACA Annual Coaches' Convention in Altoona, Iowa, at the Coach of the Year Banquet Wednesday, June 22, 2022.

The National High School Athletic Coaches Association also announced that Zigurd Kauls from Mounds View High School and Floyd Smaller Jr. from St. Paul Central High School will be inducted into the NHSACA National High School Coaching Hall of Fame! Their induction will occur at the 2022 NHSACA Annual Coaches' Convention in Altoona, Iowa, at the Hall of Fame Banquet on Tuesday, June 21, 2022.

The following link will take you to the Prep Coach biography of Zigurds "Ziggy" Kauls when he was inducted into the MSHSCA Hall of Fame in 2014. Prep Coach September 2014 Zigurds Kaul's Hall of Fame biography is on page 25.

The following link will take you to the Prep Coach biography of Floyd Smaller, Jr., when he was inducted into the MSHSCA Hall of Fame in 2021. Prep Coach September 2021 Floyd Smaller, Jr's Hall of Fame biography is on page 28.

I recommend that if you know any of the above coaches who are being honored that you send them a card, email, or call them to congratulate them for being recognized as one of the most outstanding coaches in the United States!

"Coaches have to watch for what they don't want to see… and listen for what they don't want to hear".

- John Madden, NFL Hall of Fame Coach

After the passing of the great John Madden, who became an American coaching icon to anyone who has watched professional football, I spent some time researching and reminiscing about John Madden's career and contributions. Coaches like John Madden leave lasting legacies. There are many reasons to remember John Madden; however, it wasn't until he passed that the true measure of how he transformed the fan experience and popularized football, making it the giant it is today. His explanations and enthusiasm captured new fans and educated them simultaneously, much the same way all of you have impacted the sports you coach in your community. When I came across John Madden's quote, "Coaches have to watch for what they don't want to see… and listen for what they don't want to hear", it stunned me. As much as things have changed in recent years, some things about coaching stay the same. One of the most challenging things about being a coach is being aware of and dealing with the things we don't want to see or hear.

Coaches are the first to realize that the little things add up and make a difference when it is crunch time. As coaches, we must do more than teach our sport and develop our player's skills. Coaches are significant role models and play an important role in developing their athletes to become quality individuals, learning to respect others, be a good sport, win with class and lose with dignity. That is a tall order, and there will be back steps along the way. That means coaches must be ever vigilant, watching and listening for what we don't want to see and hear. That vigilance applies to every aspect of players' performance and behavior. I suspect that every coach reading this knows of a time when you were aware of an issue, and you were able to manage the situation successfully, getting the necessary support. I am also sure you remember a time when you were surprised, and things went sideways. That is when you need to reach out and get assistance. We constantly encourage our athletes to ask for help, and as coaches, we also must realize when to ask for help. When I was growing up, there were only a few rules. The most important rule was "no surprises." The short explanation is that we were all expected to come home and explain things right away to avoid surprises. I make sure all my teams know they are to follow the same rule.

Coaching and learning go together. My first exposure to

Reflections... continued on page 19

Delegates Corner

Jennifer Roisum

And just like that it is March. With March comes the changing of the seasons. Not just the end of a long, cold, snowy Minnesota winter, but also the end to another winter Minnesota State High School League season. March sees the crowning of new state champions and the excitement of a fresh spring season of activities to come. I personally love March. The sun feels warmer, the snow starts to melt, and the renewed energy of the spring competitive season. March is a great month. The prospect of getting outside to watch baseball/softball or run around the track makes everyone a little happier. To see the golf athletes come back to school with a little sun tan means spring is here. This spring season has extra excitement as the last two seasons have been cut short. The MSHSCA holds their annual spring delegate meeting at the end of March. It is always a nice time to get together and hear the sport associations talk about their past or upcoming seasons. The presidents and delegates of the associations do a wonderful job promoting their activities. On a final note, remember to enjoy this spring. It doesn't matter if you are finishing a season, just starting one, or thinking about the fall. Spring is a time for renewal and remembering why we coach. The relationships that are created between your student athletes are the heart of why we coach. Only a few teams take home that state title. The impact we as coaches can have happens on every team, not just the champions. Have a wonderful March everyone!

MnIAAA CORNER

Matthew Matson, President MNIAAA
Champlin Park High School

It is truly remarkable how time flies by when you pause and begin to look back. It is hard to believe it has been more than 2 years since the entire MNIAAA body has gotten together in St. Cloud for our annual spring conference. Recently, about 30 Minnesota AD's gathered in person in Denver at the National Conference. It was such a great learning experience and a chance to gain renewed energy for our positions. Your AD's are looking forward to spending time with each other from March 28th-30th in St. Cloud.

As we pause to reflect on what the last 2 years have been like. We are living in a pandemic, learning in a pandemic, and still taking care of our local school's activities day in and day out. Kudos to you, the coaches, and your amazing passion for your communities. Without each and every one of you, your school teams, and your leadership as coaches would not be on display each day and night.

Not enough community members will take the time to thank you, or ask how you are doing, but please know your AD's are here for you! We aren't officially done yet with Covid, but please continue to learn, plan and lead to make sure your students are giving a fair shake to compete and learn lifelong skills that activities continue to teach. You continue to make a difference each day!

Thank you again, for all that you do!

SUTHERLAND ... continued from page 1

time in our recent history. Communities have become more diverse, and the ones that lack diversity still compete in a very diverse arena.

Our coaches need the support and leadership that will help them meet the needs of our ever-changing sports and community landscape.

I have committed my life to service. Having the opportunity to serve our member coaches would be a tremendous honor, one that I would engage with the same passion, energy, and love I have done on the bench, in practice, and in the daily lives of many athletes.

I am excited to run for Vice President of the MSHSCA and would be honored to serve if elected.

Kerry Sutherland
Director, Life Time, St Louis Park
Inclusion Council Member |
Empowering ALL Team Members
Chair/National Community Relations

"No excuses,
No explanations.
You don't win on emotion.
You win on execution."

- Tony Dungy

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HALL OF FAME BANQUET

Bernie Schumacher-HOF Coordinator

Dear Members;

The MSHSCA Hall of Fame Banquet is scheduled for Oct. 8, 2022 from 4:30pm-9:30pm at the Sheraton Mpls West-Ridgedale.

The banquet is a special night where coaches and officials across the state can recognize those who have given many years of their time, have been successful in bringing home State Titles to their schools, increased recognition of their sport, and been an active member of the MSHSCA throughout the years.

This past year we were able to hold our banquet after canceling in 2020 due to Covid. Over 300 coaches were recognized and honored. People were thrilled to be back together again. At our banquets each year, HOF individuals are inducted, along with a George Haun Award, Steve Kerzie Award, awards for DSA-Officials and DSA-Asst. Coaches. 25 Year Members are recognized along with Championship Coaches, Coaches of the Year and Assistant Coaches of the Year. We look forward to a full capacity crowd again this year.

The MSHSCA Board of Directors will be selecting the HOF winners and other individuals for the special awards given each year at their annual June meeting. Nomination forms for HOF, DSA-Officials and DSA-Asst Coaches are available online at the mshsca.org website and also are in this publication. Deadline to be considered for this year's HOF Banquet is June 1st. Those who have submitted applications in the past that are over 5 years old and you want your coach to be put back in the pool of nominations, please submit a new updated application. Take the time to fill things out completely and thoroughly to make your candidate stand out.

Please mark Oct. 8th on your calendar. The banquet is open to all coaches, family members, friends, and past athletes. It is a great night where we all get to come together to support and recognize a dedicated, hardworking group of individuals.

Ticket information will be available through the award winners, and also by contacting Bernie Schumacher at 218-732-0204 or via email. See below. Ticket information and order forms will be available to all award winners beginning in August. Deadline date to purchase tickets will be September 15th, 2022.

If you have any questions, please feel free to contact me.

Bernie Schumacher-HOF Coordinator bschumacher@mshsca.org

Coverage

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.

Insurance Carrier

HDI Global Specialty (A Rated)

Policy Period

August 1, 2021 – August 1, 2022

Limits of Liability

$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

Additional Coverages

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

Exclusions

- The use of automobiles, buses, watercraft and aircraft
- Property of others in the care, custody, and control of the insured.
- This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

Camps

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

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

Member Benefit

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.

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

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

Certificate Request

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

Questions

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

MEMBERSHIP CORNER

Joyce Ringeisen
Assistant to the Director

Happy Spring! If you have not already joined the MSHSCA this year, do so now. Once things get busy again it is easy to forget to join. The MSHSCA Membership is a year-long membership that runs from August 1 to July 31, regardless of when you join. There are many benefits to joining. Two of the most popular benefits are that you can use your MSHSCA membership card as a pass to attend high school and many college games, and the 2 million dollar liability insurance that also covers you while teaching. See the list of colleges in this Prep Coach that accept our membership card for admission to games. Some restrictions apply.

MSHSCA Membership cards are now Digital!

As of March 2022 we have registered over 5800 members for the 21-22 Membership Year

As of July 1, 2021, the MSHSCA changed to a digital membership card system. Members will no longer receive their annual membership cards in the mail. Instead, MSHSCA members will receive emails with links to download and print their MSHSCA membership cards.

This change makes it very important that the email you sign in to your account is active because that is the email address that your insurance and membership links will be sent to.

This is exciting news because the change brings many advantages for the MSHSCA and its members. The advantages are as follows:

- Faster service for MSHSCA members
- MSHSCA members will be able to carry an MSHSCA card digitally on their phones.
- MSHSCA members will also be able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.
- MSHSCA members will have the option to add their picture to their MSHSCA membership card. This will add an additional level of security to the MSHSCA membership system.
- The MSHSCA will save thousands of dollars in card printing costs, envelopes, and postage.

When you join for the 2021-2022 membership year, you will receive two emails.

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

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: mshsca21.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: mshsca21.cordonco.com

This is a major change in the MSHSCA. We have been told by the programmer that when major changes like this are made,

MEMBERSHIP CORNER... continued on page 9

MEMBERSHIP CORNER ...

continued from page 8

to expect glitches. Please be patient this year as we update and move to the digital MSHSCA membership system.

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 within 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.

Here are some of the most often asked questions and issues we run into with our members:

1) Where do I sign up for my MSHSCA membership? If you are reading the online Prep Coach, click on the following link to join the MSHSCA: MSHSCA Join Now. If you are reading a hard copy of the Prep Coach go to: www.mshsca.org. Then click on the "Members" located in the menu bar at the top of the page. Then click on "Join Now", scroll down and click on the green bar. Once the registration page opens you will be prompted through the registration process. Once you have finished entering your payment, scroll down to the bottom of the page and click the "Finish" button in the lower right corner. If you do not click on the "Finish" button, your registration will not be completed.

2) When does the MSHSCA membership start and finish each year? The MSHSCA membership year runs from August 1st to July 31st, and covers fall, winter, spring seasons, plus the summer waiver period. Ideally, coaches should sign up at the beginning of the membership/school year so that you get a full year's worth of liability coverage and benefits. You should also remember that some sport associations have deadlines for you to join for your athletes to be eligible for postseason awards.

3) What do I do if I forget my username or password? Use the "forgot password" portion of our system It is important though after you request your password that you look in your spam folder, as we are finding the password replies end up in spam folders. This option will not work if your email address has changed from the email address you used to join last year. If your email address has changed contact Rick Ringeisen at ringer@mshsca.org. He will send you your MSHSCA login information.

4) How do I join the MSHSCA if my email address has changed? Your old email address will continue to be your username for logging into your MSHSCA member profile until you change your email address in your profile. The MSHSCA online membership system doesn't care if your email address works or not. Think of your email as an ID (username). The one most important thing to remember is that you must go into the system with the last email and password that you signed up for your membership with the previous year. The MSHSCA online membership system will not allow you to edit and update your MSHSCA member profile until after you have joined for the year. The easiest way to update your email and any other information in your MSHSCA member profile is to log out after you have joined and log in a second time to make the edits.

5) Is it important that I update my MSHSCA member profile? Yes, it is very important. If your email address is not updated you will not receive your MSHSCA digital membership links (membership card and insurance information). The MSHSCA will also not be able to reach you when you have been nominated or will be receiving coaching awards. How you type your name, address, etc. in your profile is how it will come out on your membership card. So type carefully and accurately.

6) Do head coaches and assistant coaches register differently? If you are a head coach when you get to the page where you select the sports you coach you must check the "Yes" box below the sport you selected and to the right of the question, **Head Coach?**. If you don't check the box the system will consider you an assistant coach. That will prevent your athletes from qualifying for postseason awards. Sports Associations rely on you to register correctly when recognizing coaches and athletes for postseason awards. Coaches sometimes notice when they get the membership cards that they did not register as an assistant coach when they should have registered as a head coach. If that happens coaches should contact Rick Ringeisen at ringer@mshsca.org for 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.

Solution:

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

Log in to https://mshsca21.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.

Corner Kicks

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

We are in the state tournament month and many of you are busy coaching other sports. We wish each of you the best of luck in your endeavors.

We welcome Aaron Percy (Washburn Boys Soccer) as our new President and Tracy Griess (Andover Girls Soccer) as our new President Elect. We want to thank Ben LeVahn (Maple Grove Girls) for his leadership over the past two years. He has guided us through the transition to three class soccer. Additional thanks are extended to Steve Hendrickson (Trinity At River Ridge Boys) who has served as our Past President. Thanks to the three above for your leadership

The first year of the three classes for soccer has been remarkably successful and we continue to work through changes that are needed. As always, we need coaches as Section Reps and other jobs within our association.

Our March Executive Board meeting has been moved to March 15th. There are numerous items on the Board Agenda. Items include the State Tournament and All-State Banquet for next fall. The Clinic under the direction of Greg Juba (Park Girls Retired) is also looking at options. A Spring Advisory meeting with the MSHSL has not been scheduled at the time of this column. In addition, there is an ongoing discussion about All-State awards. It seems like there are some minor housekeeping things that need to be clarified.

It is that time of the year when we can announce National Award winners. First up are the girls. Thanks to Stacy Paleen (Park Girls Co-Coach) for her work and communicating the winners. They are:

State Coach of the Year

Large Public School	Mike Huber	Stillwater Area
Small Public-School	Sue and Mike Pawlyshyn	St. Anthony Village
Private/Parochial	Scott Helling-Christy	Benilde-St Margaret's

All-Central Region Players

Lauren Ahles	Midfielder	Sr	Centennial
Cat Duffy-Shaw	Midfielder	Sr	Academy of Holy Angels
McKenna Lehman	Midfielder	Sr	Lakeville North
Sophia Barjesteh	Midfielder	Sr	Woodbury
Jordan Hecht	Goalkeeper	Jr	Rosemount
Izzy Engle	Midfielder	So	Edina
Kendall Stadden	Forward	Jr	Blaine
Alma Beaton	Midfielder	Sr	St. Louis Park
Ava Wagener	Midfielder	Sr	Benilde-St. Margaret's

All-Americans

Maddie Dahilen	Forward	Sr	Edina
Marisa Bonilla	Forward	Sr	Stillwater
Paige Kalal	Midfielder	Sr	Champlin Park

Congratulations go out to these coaches and players.

We move on to the boy's awards. James See (Academy of Holy Angels-Boys) is the USC Boy's Liaison and provided the following awards to Minnesota Soccer coaches and players.

State Coach of the Year

Large Public School	Tim Jennings	Rochester Mayo
Small Public-School	Derek Engler	Orono
Private/Parochial School	James See	Academy of Holy Angels

All Great Lakes

Andrew Dewitt	Attacker	Sr	Orono
Morgan Olson	Midfielder	Jr	Benilde-St. Margaret's
Jake Herbert	Defender	Sr	Minnetonka
Ralph Smits	Midfielder	Sr	Breck School

All-American

Miles Akhigbe	Defender	Sr	Wayzata
Carter Hermanson	Attacker	Sr	Academy of Holy Angels

Congrats to these award winners.

We continue with awards and the next is the Mike Warter Awards. These thousand-dollar scholarships are given by the MSHSSCA to honor the memory of Warter, an Eagan girls coach. It has been 23 years since the MSHSSCA voted to honor a girl and boy soccer player with this award. The first recipients were in 2000. The MSHSSCA has awarded $41,000 since the inception of the award. Three of those years we only had one recipient. Art Seplak (Bloomington Kennedy-girls retired) is the Chair of the Committee giving out the Warter scholarships. Seplak announced the following two winners.

The winner of the Girls Scholarship was Lindsey Redepenning from Elk River High School. She was a four-year player, Elk River's ExCel winner, Community Ed Soccer coach, a National Honor Society officer, and is a volunteer with Juvenile Diabetes Research. Lindsey has signed a letter of intent to play soccer at UW-Stout.

Nathaniel Lee from East Ridge High School is our Boys Scholarship winner. He played soccer for three years on varsity, Sanneh Foundation volunteer, MSHSSCA All-State first-team player, Global Health Outreach volunteer to the Dominican Republic, and Korean Culture Camp counselor. Nathaniel has not yet decided where to go next year but has been accepted at Drake, Wheaton, and Loyola of Chicago.

We offer our congratulations to these two outstanding Minnesota High School soccer players. Notice both winners go to schools with the initials ERHS. Thanks for that tip, Art.

Greg Juba (Park Girls Retired) our outstanding Clinic Director has announced the dates for the 2022 MSHSSCA

Corner Kicks... continued on page 11

Corner Kicks... continued from page 10

Annual Fall Clinic. The Clinic opens with a Thursday, August 11th meeting and continues the next day, August 12th. The registration form will be in the June issue of the Prep Coach.

I like to end on a positive note and news from Art Seplak about Dave Halgren. Dave was the longtime Executive Director of the MSHSSCA and a long-time Elk River Soccer Coach and Science teacher. Dave had heart surgery at Mayo and received six aortic stents in a seven-hour long operation. He is now home and recovering. Dave stated. "I am on the road to recovery at home. Thank you all for your positive thoughts and prayers. They mean a lot to me, Judy, and the kids." Our best wishes to a speedy recovery Dave.

Great news about Dave. It seems like a good way the end the column is to remind you that you have the best job in the world. That job is working with young people and soccer athletes. You are the best role model in the world. Take care, stay safe and spring is around the corner.

"Today, do what others won't, so tomorrow you can accomplish what others can't."

- Simone Biles, Gymnast

Clearing Hurdles

By: Aaron Berndt, Wayzata High School
President, MN Track & Field Coaches Association
aaron.berndt@wayzataschools.org

As the snow continues to melt and we start to see glimpses of our running, jumping, and throwing facilities, we know the 2022 track & field season is upon us! I extend my best wishes to all coaches and athletes for this upcoming season. It always seems to go by in such a blur once the season gets underway.

A big thank you to all the coaches that attended another successful coaches' clinic this past January. It was well attended both in person and through the online option by hundreds of coaches from all over Minnesota and surrounding states. A special thank you to our clinic directors, Dave Wieber and Johnny Josephson, for organizing and putting on the clinic. Also, Meghan Orgeman and Mark Alcorn for spearheading the online format that was used this year too. Also, thank you to all our speakers in our clinic sessions. The success of this clinic has been built on the many coaches who have stepped up to the podium to lead a session. This was our final year at the Hilton DoubleTree in Bloomington. Next year's clinic should be the best yet as we move into more space along the downtown Saint Paul riverfront to the InterContinental Saint Paul. We are really looking forward to the new venue.

A highlight of the clinic is the Hall of Fame and Coach of the Year presentations. This year's Hall of Fame inductees were Ross Fleming, Mounds View, Mary Elgner, Rosemount, and Verdon Hasleiet from Elgin-Millville. Our head coaches of the year were Aaron Thauwald of Grand Meadow (Class A Girls), Matt Northrop (Class A Boys), Sara Hateli of Rosemount (Class AA Girls), and Jay Hateli of Rosemount (Class AA Boys). Our assistant coaches of the year were Jim Hubka from Grand Meadow (Class A) and John Maresh from Prior Lake (Class AA).

For the 2022 season, we will be adding additional coach of the year awards with the transition to three classes. We are also looking forward to awarding the "Program of the Year" in conjunction with the cross country coaches association. Similar to the NCAA program of the year, we will be taking three seasons to determine the "program of the year" for each class and each gender. The way it works is that all schools that qualify for the MSHSL State XC meet, the True Team State meet and scores in the MSHSL State Track and Field meet are eligible. We will add up their team places in those meets with the lowest number in each class and gender being awarded the Program of the Year. This award will be presented at the coach's clinic with our other awards.

This season will see much change with our three class structure going into effect. The details for the MSHSL meet will be released to all coaches soon, including the qualifying standards. It has been going very well working with the MSHSL in setting the parameters for this new season. The Class AAA session will be on Thursday and Saturday, Class AA will be Friday and Saturday, and Class A will be on Thursday and Friday of the state meet with sessions starting at 9:00 am and 4:00 pm.

This year also marks the 50th year of the MSHSL girls State Championship. Our Women4Women coaches committee has come up with several fantastic ways to celebrate this milestone. There will be a number of recognition and stories presented as we lead up to the MSHSL meet and all Championship meet weekend.

I encourage everyone who has not yet joined the Minnesota Track and Field Coaches Association to please do so. The benefits for you and your team are many.

Again, I wish everybody a great start – and end – to the season. The championship season will be here in what seems like the blink of an eye!

Swim Strokes

By: Brian Luke

As I write this article the season is chugging along and seems on a course for a normal and successful finish. The MSHSHL state meet is scheduled for March 3-5. We are planning a normal meet format and awards ceremony. Last year the state meet was a time final with split sessions. There was no awards ceremony. That created, in my opinion, a very anti-climatic end for the athletes. I am looking forward to the "normalcy" of the upcoming meet.

The state coaches association hosted the True Team Section and State meets in January. This year marks the 18th year for the True Team meets. They have been a great success and have enhanced our sport. The true team state meet highlights fast swimming and great diving. The state meet is always a very competitive and exciting meet. In my opinion, it is the best meet of the year.

True Team state top 3 finishing teams:

Class A:	1st:	Breck/Blake
	2nd:	St. Thomas Academy
	3rd:	Northfield
Class AA:	1st:	Minnetonka
	2nd:	Wayzata
	3rd:	Edina

Jen Marshall is putting together our All-State banquet. It is currently scheduled for April 29. Chris Aarseth is planning a clinic for the coaches. It is scheduled for April 29-30. Last year the banquet was virtual and there was no clinic. We are looking forward to having these activities back on the live in-person schedule.

Swimming and diving's MSHSL state meet director, Lisa Lissimore, is retiring this spring. Lisa has been directing the state meet for many years. She has been a great leader and has helped make our state meet better for all involved. She has been open to new ideas and has always listened to the coaches. She will be missed by the swimming and diving community. We wish her the best in her retirement.

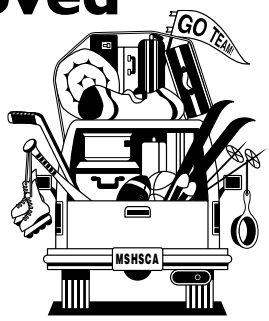
"Don't be afraid to give up the good and go for the great."

- Steve Prefontaine

"It's not whether you get knocked down; it's whether you get up."

- Vince Lombardi

Have You Moved or Changed Your Email?

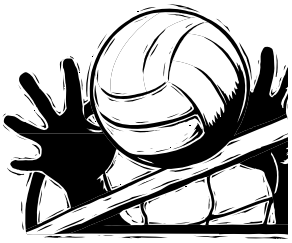


If you have moved recently, it is important that you log onto your MSHSCA profile and edit your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

Life and Retired Members: If you have moved and are receiving Prep Coach in the mail, it is important that

you notify us of your new mailing address. You can send your mailing information to my email at : ringer@mshsca.org or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535



Dig This

By: Darin Swenson
Litchfield High School

As I write this latest article, I am sitting in my basement on a snow day. I thought we were heading into Spring and would be ready to put this bitter winter behind us. However, Mother Nature has other plans and we will need to adjust. This has been one of the keywords for the last two years: adjust. The past two seasons have thrown a ton of curveballs at us and we have all needed to adjust. I want to commend all of you for leading your programs through these tough times and we are excited to look ahead with optimism and enthusiasm.

I want to start off by congratulating our state Coaches of the Year. These coaches have all done a tremendous job in leading their programs to amazing heights and have been incredibly successful in growing the game of volleyball in our state.

Coach of the Year
Class A - Rolly Rudzitis, Legacy Christian Academy
Class AA - Kathleen Rustad, Hawley
Class AAA - Dan Westby, Marshall
Class AAAA - Scott Jackson, Wayzata

Assistant Coach of the Year
Class A - Dana Peterson, Minneota
Class AA - Jenna Anderson, Pequot Lakes
Class AAA - Alex Boddy, Marshall
Class AAAA - Amber Fugleberg, Moorhead

So, let's get our mind off the snow and start looking ahead to the sunshine. The MNVBCA is excited to announce that we are going to have a Summer Clinic on July 27th and 28th. We are working on finalizing a location, but the dates are set, so be sure to put them on your summer calendar. We are working extremely hard to make this clinic one of the best we have put on in the 40+ years of the MNVBCA. The clinic will be two days packed with speakers, demonstrations, and volleyball fanatics. It will be great to get back together with all of you and I am looking forward to this event with great anticipation! So, please go to www.mnvbca.org and register for the clinic now. We hope to see you there!

Our organization functions because of the hard work of members of the MNVBCA that step up to become members of the Board of Control. Each section is represented by a member coach from their section. The section reps are elected on a rotating basis and then serve for a four year term. This year we are electing representatives for Sections 3 and 4 in all classes. If you are interested in serving in a greater capacity in the MNVBCA, please consider running for a place on the Board of Control for the MNVBCA. You can contact me directly to inquire about this opportunity. You can find my contact information at www.mnvbca.org.

If you enjoy Winter, enjoy the days that remain. If you are looking forward to Spring, the wait won't be too long. Either way, Summer is on the way and that means that the volleyball season will be here before we know it. I don't know about you, but I can't wait!

MEMBERSHIP REPORT 2021-2022

March 5, 2022

Types of Membership	Final 2020-2021	March 2020-2021	March 2021-2022
Active Class A & AA	6217	5634	6014
College Associates	697	697	1218
Other Associates	29	29	43
Active Life	332	315	314
Retired Life	1401	1417	1480
Honorary	4	5	5
TOTAL	**7926**	**6626**	**8726**

Breakdown of membership by sports association
(2020-2021 totals in parenthesis)

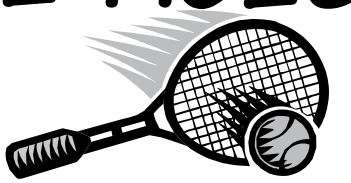
Adapted Athletics (31) 41
Alpine Skiing (48) 58
Athletic Directors (109) 93
Baseball (486) 390
Boys Basketball (582) 625
Girls Basketball (602) 619
Cross Country (425) 436
Dance (277) 290
Gymnastics (150) 197
Nordic Skiing (97) 106
Girls Swimming (228) 247
Boys Swimming (180) 193
Girls Hockey (148) 173
Boys Hockey (194) 168
Hockey Retired (4) 2
Boys Lacrosse (66) 25
Girls Lacrosse (92) 56
Football (1044) 1069
Football Retired (6) 5
Robotics (58) 64
Golf (boys & girls) (321) 228
Soccer (boys & girls) (443) 453
Softball (423) 289
Synchronized Swimming (15) 6
Girls Tennis (210) 201
Boys Tennis (168) 133
Track & Field (740) 687
Volleyball (546) 552
Wrestling (165) 177
Strength (0) 38

Sports associations that collect their own dues and join the MSHSCA are Cheer (10) 6, Clay Target (6) 9, and Badminton (6) 5.

Trophies Plus - Sponsor of Coaches Caring

SERVICE ACES

By: Robert DeCorsey
MTCA PRESIDENT



Spring is here and that means it's the boys time to shine on the courts. It's hard to believe that time is already here. The late February days usually mean tennis clinic time, but once again COVID derailed our best plans. We look forward to a big clinic in 2023! For many coaches the clinic was a springboard for the upcoming boys' season, but as coaches we always adjust and fire on! I am wishing everyone a great start to the season and hope for clear skies and clear courts.

News from this winter: The advisory board put together and delivered a survey to our coaches.

The survey asked 4 questions:

1. Currently the classA team state tournament, for both boys and girls are not seeded. How strongly do you agree/disagree that it should be seeded?

Results:

Strongly/Somewhat Agrees Combined	54.43786982
Strongly/Somewhat Disagrees Combined	19.52662722

26% Neutral.

2. Currently coaches are only allowed to coach between odd games/sets. How strongly do you agree/disagree that "in-game" coaching should be allowed? (Collegiate coaching model) Feelings on this are about dead split.

Strongly Agree / Somewhat Agree	45
Strongly Disagree / Somewhat Disagree	44

Coaching is for the kids, and what other sport are we not allowed to coach during game play?

3. Of the two 7-point match formats below, which would you prefer the Minnesota State High School league use going forward?

PERCENTAGES

3 Singles, 4 Doubles ... 11 players	42.01183432
4 Singles, 3 Doubles (current format) ... 10 players	57.98816568

4. What is your level of agreement/disagreement with the following statement: The Minnesota State High School League should move to a 3 tier format (Class A, Class AA and Class AAA) for team and individual play.

Strongly Agree / Somewhat Agree	82%
Strongly Disagree / Somewhat Disagree	18%

The last question, #4, is a big one. We have put together an ad hoc committee to study/examine a 3-class proposal… more news to come on this.

The season is changing and the boys will be swinging into their season quickly! I wish all of you the best of luck and good bounces this spring!

If you have any questions or ideas on any of the survey questions, or anything else you think would enhance our player's tennis experience in Minnesota, feel free to contact me. rdecorsey@gsl.k12.mn.us or rdecorsey@gslpanthers.net

Thank you and have a great spring,

UNDER THE BAR

By: Jess Gust
Vice-President MSCA

Curious about what other MN strength coaches are up to? So far in 2022, we've had coaches present at the Big Time Strength Clinic, the Lakes Area Strength Clinic and the NHSSCA MN State Clinic. Coming up, you can catch our coaches presenting at the MFCA Clinic and the NHSSCA Mid America Clinic. Here are a few topics that our coaches are sharing:

- A Blueprint to Build a Unified Strength and Conditioning Program From Scratch (Alex Greenway, Tracy-Milroy-Balaton)
- RPR Training (Lucas Hegland, St Michael-Albertville)
- Strengthening the Herd: Elk River S&C (Mike Breyen, Elk River)
- The Journey and Lessons Learned From Private Sector to High School (Zach Nauert, Mound-Westonka)
- So you won the lottery...now what? 10 Questions to Ask When Designing a New Weight Room (Jessica Gust, St Louis Park)
- The Art and Service of Coaching (Ryan Johnson, Wayzata)
- A Farmington Smorgasbord (Scott Meier, Farmington)
- Charger Warrior Challenge: Using the Army Combat Fitness Test in S&C and PE (Amanda Berg, Dassel-Cokato)

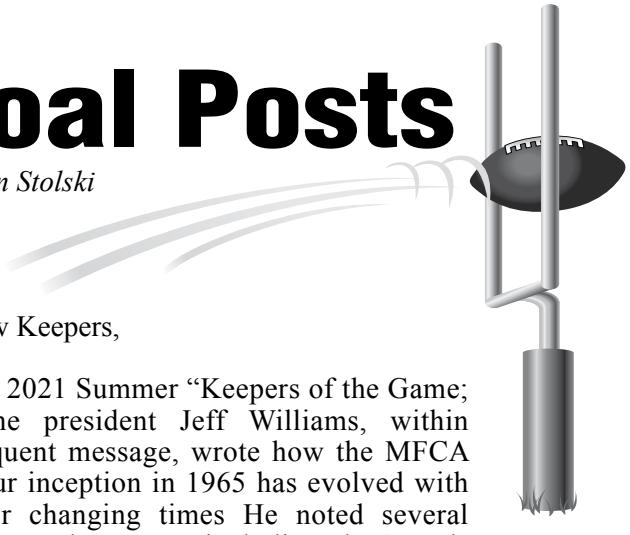
If you have any questions for these coaches, please don't hesitate to reach out to chat. Most of us are easy to find on social media. We're always available to talk shop! We'd also love to see you out and about at an upcoming clinic.

FOLLOW US ON twitter @mshsca

find us on facebook follow us twitter @MSHSCA

Goal Posts

By: Ron Stolski



Fellow Keepers,

In the 2021 Summer "Keepers of the Game; magazine president Jeff Williams, within his eloquent message, wrote how the MFCA since our inception in 1965 has evolved with the ever changing times He noted several initiatives and programs including, the Awards banquet, the Recruiting Fair and Combine, Scholarships, Mr. Football, The All-Star Showcase,and the MFCA Clinic. There is more, but you get the point. He wrote as well 'it is a great organization with great people doing great work"

President Williams hit it right on the proverbial head. From past and present officers to the many committee chairs, to sub-region reps, volunteers, etc,, there are so many people doing great work. They are GIVING BACK. Two examples come to mind. Some years ago, many really, among this writer's duties was to try to acquire sponsors to provide financial assistance to the association to help fund the many initiatives, and others, that Jeff alluded to. While visiting with a major company, the request was made to become a sponsor. A number of reasons as to the benefits of sponsorship were presented, to which the company rep said ``Why should we, we have 80% of the market now". Well, he had me. So my response was, "How about GIVING BACK?" Well, they didn't then, but they do now and are one of our gold sponsors. A story for another time.

Here is another example. The MFCA clinic is coming up shortly. There are others to be sure, but this one is yours and ours. If you have attended in the past, you know it is a first-class clinic. If you have not, I urge you to come and be a part of a great experience. Some years back, one of our guest speakers, Texas' 6A state championship Coach Hal Wasson (if you listened to him you remember the wonderful 12 million I'll take three dollar story) pulled me aside and said, "Coach, because we won the state title I have spoken at 18 clinics this year. This is the best ONE I have been to and, beyond the incredible organization and hospitality, I want to tell you why. The Minnesota coaches socialize, yes, but they attend the sessions and they listen to what we have to share. They are special!" Another example of how we, and you can Give Back.

Please visit our website to get information on football and the complete details on the clinic. As always, we try to be creative and add new and interesting sessions and recognitions. A few new hi-lights include a state champions reception, a Gopher Alumni reception for coaches who are U of M grads, recognition for two new national award recipients, EastView HS for Team Academic, and Minneota assistant Matt Myrvik for the Broyles Award for HS assistant coaches. Other Awards include the Cal Courage Award to Trevor Solem, Minnewaska Area, Tom Mahoney Man of the Year (posthumously) to Darell ' Bozo ' Wincek, and the Partnership Award to Field Turf. In addition, there is a reps meeting, business meeting, retired Coaches, Don Swanson Kick-off, etc, etc.

We are a proud fraternity! We are the Keepers of a great game. If you and your staff have not yet registered, THERE IS STILL TIME! Please attend! Come learn, socialize, and pay tribute to your colleagues. We are all looking forward to sharing our special huddle again!

Mat Chatter

By: Eric Swenson

We are only a few weeks away from the state series and a return to the Xcel Energy Center! The advisory board met with Jason Nickleby, our wrestling director from the MSHSL, to discuss the exciting conclusion to the 2021 -22 season. Some highlights include:

The women's state series will begin on Saturday, February 19th, with two regional tournaments. All women wrestlers from Sections 1-4 will compete at Hastings High School, while wrestlers from Sections 5 - 8 will compete at St. Cloud Tech. The top two place winners from each weight class will advance to the Xcel Energy Center on March 5th for the state final four brackets. Minnesota will use the 12 weight classes proposed by the NFHS (100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235).

The MSHSL, advisory committee, and state tournament committee will be discussing the implementation of allowing wrestlers to warm up on the mats at the Xcel Energy Center prior to the start of the sessions. There will be a planning meeting with coaches prior to the state tournament to discuss expectations and cleaning protocols. The advisory committee is very excited about the opportunity for our athletes to warm up on the mats they will compete on. We are grateful to the MSHSL and Mr. Nickleby for understanding the need to make this change.

Finally, the MSHSL has posted an update to our current headgear policy. "Effective immediately, ear guards with school logos, mascots, school names, wrestler's weight, or the wrestler's name are legal for use for the remainder of the 2021-2022 season. We realize the frustration that many of you had with this rule and we shared that frustration in many respects. We are hopeful that the NFHS can clear up the language in this rule so that we can move forward with focusing on the outstanding wrestling athletes and their accomplishments."

Enjoy the rest of the regular season and good luck!

Trophies Plus - Sponsor of Coaches Caring

GIRLS HOCKEY "SNAP SHOTS"

By: Tim Morris,
Executive Director, MGHCA
www.MGHCA.com Execdirector.MGHCA@outlook.com

Coaches Association Membership

This past season the MGHCA had 173 coaches registered with the MSHSCA for girls hockey. This is the most coaches registered through the MSHSCA since the girls' hockey coaches had opted to go with the parent coaches association for membership. Thank you to all of the coaches who became members this season. As a reminder, your membership, including insurance is good until July 31, 2022. As soon as the 2022-23 membership link is available we will forward it to all of our head coaches who can then distribute it to their coaching staff around the state.

State Tournament Champions

Class A – Warroad HS, Head Coach - David Marvin
Class AA – Andover HS, Head Coach – Melissa Volk

Section Assistant Coaches of the Year

1A	Ed Pomerson	Albert Lea HS
2A	Dave Swanberg	Minnesota River
3A	Ellen Wenninger	Luverne HS
4A	None	None
5A	Jim Kurtz	Mound Westonka
6A	Todd Hershner	Fergus Falls HS
7A	David Esse	Cloquet/Esko/Carlton
8A	Bob Huot	Thief River Falls HS
1AA	Dana Rasmussen	Dodge Cty
2AA	Andrea Peterson	Prior Lake HS
3AA	Bob Sherry	Burnsville HS
4AA	Mark Domschot	White Bear Lake
5AA	Ross Reemts	Rogers HS
6AA	None	None
7AA	Michael Morris	Blaine HS
8AA	Greg Salvevold	Moorhead HS

Section Head Coaches of the Year

1A	Troy Holtz	Austin HS
2A	Leah Janssen	Waconia HS
3A	Kristin Faber	New Ulm HS
4A	Tom Patnode	Simley HS
5A	Sean Fish	Orono HS
6A	Charles Deutsch	Northern Lakes
7A	Courtney Olin	Cloquet/Esko/Carlton
8A	Brett Johnson	Thief River Falls HS
1AA	Tim Morris	Lakeville South HS
2AA	Erin Hunt	Shakopee HS
3AA	Chris Lepper	Burnsville HS
4AA	Paige Janke	Gentry Academy
5AA	Jim Koltes	Maple Grove HS
6AA	Matt Cook	Armstrong/Cooper
7AA	Melissa Volk	Andover HS
8AA	Ryan Kraft	Moorhead HS

MGHCA Coaches of the Year

Class A Assistant COY – Jim Kurtz, Mound Westonka HS
Class A Head COY – Sean Fish, Orono HS
Class AA Assistant COY – Bob Sherry, Burnsville HS
Class AA Head COY – Tim Morris, Lakeville South HS

Brano Stankovsky Award Recipient

Claire Goldsmith, Mound Westonka HS

Individual Academic All-State

This season the MGHCA awarded Academic All-State honors to 187 seniors who had a cumulative GPA of 3.80 or higher. Each awardee receives a certificate from the Coaches Association for their accomplishment.

2021-22 TEAM ACADEMIC WINNERS

1AA- Lakeville South - 3.952
2AA- Minnetonka- 3.957
3AA- Burnsville - 3.947
4AA- Stillwater - 3.856
5AA- Irondale - 3.927
6AA- Edina - 3.909
7AA- Anoka - 3.956
8AA- Moorhead – 3.921
State AA Champ – Minnetonka 3.957
1A- Albert Lea – 3.90
2A- Hutchinson- 3.90
3A- Luverne – 2.972
4A- Simley - 3.920
5A- Pine City - 3.896
6A- Willmar - 3.870
7A- Proctor/Hermantown - 3.948
8A- Detroit Lakes - 3.989
State Class A Champ – Detroit Lakes 3.989

"Just Play.
Have Fun.
Enjoy the Game."

- Michael Jordan

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CHIP SHOTS

By: Ben Jurgens
President MSHSCA

Welcome to spring or something like that!

I hope this letter finds you all in a good place and excited for another amazing year!

Much of this letter is the same as our winter addition, as we still have the same issues

we had back then so I will let you read through this again and ask yourself, is there anything I can do to help the situation. It would be greatly appreciated!

This is just a reminder for golf coaches to get signed up for the Minnesota State High School Coaches Association prior to the spring season of 2022. Along with the membership comes some benefits and you can obviously look at those yourself but the most important perk is your players get recognized for state awards. Membership - Minnesota State High School Coaches ...

Going forward iWanamaker will be our means of calculating All State results, team and individual rankings, and anything else score related. Coaches it is crucial that you use this system throughout the regular season if you wish for your players to be recognized at the end of the season. This is MSHSL policy and will not be changing anytime soon from what I understand.

Unfortunately, we had the following last season miss state awards due to coaches not being a member of the MSHSCA. Class A Girls had 3 golfers miss out on awards and recognition. Class A Boys had 4 golfers miss out. Class AA Girls had 4 golfers miss out, Class AA Boys had 3 golfers miss out. Class AAA Girls had no girls miss out on being recognized but Class AAA Boys had 7 players miss out on receiving state awards and recognition. So it really comes down to what we want for our students/athletes and your involvement with the coaches association makes a difference.

There was a misunderstanding at the end of last season in regards to All State certificates and getting them sent out to the coaches so they could relay them to the players. I have almost fixed the situation and they should be mailed out within the next week or so. Once again, I apologize for the mistake.

Lastly, Class A and AA still need a Banquet room. If anyone has any ideas feel free to email me as it has been quite difficult to find a space big enough to host 500 people. In addition, we are also in need of a host and emcee for the banquet. If we do not have a volunteer(s) there will not be a Class A or AA banquet for the 2022 State Golf Tournament! In no way is this meant to be a threatening or negative statement, it is just the reality of the situation.

Thank you all for the time and effort in making high school golf the best experience possible for our students/athletes. They may not always say it but it means the world to our kids as they create memories that will last a lifetime.

QUICK STICKS

By: Ana Bowlsby

The season will be here on April 4th. We are proud to continue growing the sport of lacrosse. We currently have 92 teams playing this season! Please check your emails for our annual meeting that will occur over zoom.

Here are some important dates:

- Please have your entire staff, if possible, join the coaches association no later than April 15th.
- All American nominations are due: Saturday, May 7th, by the end of the day.
- All Section nominations and meetings MUST be had by May 28th prior to the section rep meeting at BSM on May 30th
- The All State game will be at Benilde-St. Margaret's on Tuesday, June 21st, with a youth clinic hosted beforehand. We want to continue to grow the game!

Good luck this season!
Have a good one.

ICE CHIPS

By: Greg Anzelcc

With the season winding down it's time to recognize accomplishments and celebrate another great year! Coaches are submitting nominations for section coaches and assistants of the year. We are also accepting Hall of Fame nominations. Additionally, HP 16 & 17 nominations are being submitted for those player development programs. We are also excited to announce that the MN Wild will recognize the four 2021 HOF inductees and four award winners during the Wild-Canucks game on Thursday, April 21!

2021 Hall of Fame Inductees
Paul Moen, South St Paul
Steve Wasko, Two Harbors
Sheldon Weston, Monticello/ Sauk Rapids
Steve Houge, St Paul Johnson

2021 Award Recipients
Cliff Thompson Award: Russ Welch
Oscar Almquist Award: John Russo
Dave Peterson Award: Jon Ammerman
Bruce Johnson Award: Mark Manney

Trophies Plus - Sponsor of Coaches Caring

NHSACA

DISCOUNTS AND BENEFITS

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

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

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

www.hscoachesbenefits.org/

Diamond Cuts

By: Jason Baune
President Minnesota Fastpitch Coaches Assoc.

It's time to start counting the days until our season starts on March 14th. As we've all learned, things can change quickly, but at this point, we are looking forward to a more "normal" season with a typical season and state tournament dates and formats.

I'd like to remind coaches that our association website (www.mshsca.org/ fastpitchsoftball) has numerous valuable resources. The website lists a number of important deadlines, including those for Academic All-State, All-Star Series, and All State. Please remember that you must be a member of the coaches association for your athletes to be eligible for these awards. Beyond awards, membership has many other benefits, including a two million dollar liability policy. Please encourage all of the coaches on your staff to become a member!

Our executive council, advisory board, and section representatives are currently hard at work to ensure a successful spring season. This includes planning our All-Star Series, Hall of Fame Banquet, and Border Battle. Our advisory board recently met with our MSHSL representative and has provided input on our state tournament format. Section representatives are meeting on Saturday, March 5th. After that meeting, they will be reaching out to the coaches in their respective sections to get feedback on potential policy and rule changes.

I'm happy to say that we've had many coaches step up to fill vacancies as section representatives and on our advisory board. However, we still have a couple of vacancies on our executive council. If you'd like to play a bigger role in our association and serve as treasurer or president-elect, please reach out to Dawn Engebretson, Mike Schumacher, or myself. In order to have a strong coaches association, we need knowledgeable, dedicated coaches to fill these roles.

While it was disappointing to have to cancel our coaches clinic in February, we are happy that our partnership with the Minnesota Twins is still strong. They are once again helping to sponsor our Senior All-Star Series and we are looking forward to more opportunities to work together to grow softball in Minnesota.

As we head towards the first day of practice, I leave you with this quote from legendary coach John Wooden. "In the end, it's about the teaching, and what I always loved about coaching was the practices. Not the games, not the tournaments, not the alumni stuff, but teaching the players during practice was what coaching was all about to me." I hope that each of you is able to make the most of each day and have a successful season!

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REFLECTIONS BY RINGER ...

continued from page 4

coaching was watching sports on television. Football was my favorite sport to watch. During the games, the camera would often show the coaches. Vikings coach Bud Grant would stand stoically wearing a ball cap with his arms folded regardless of the success or failure on the field. He held an intense gaze paying attention to the things that only the best coaches could observe. Seeing that taught me that coaches must be observant to be effective. The biggest rivals of the Vikings at the time were the Dallas Cowboys. Tom Landry, the Cowboys coach, would also carefully observe and occasionally show emotion. Tom wearing his trademark fedora hat, also held his game plan in his hands. Coaches today in almost every sport and level understand the importance of having a game plan and carrying it with them during games.

Professional coaches know they are constantly being watched and could be on camera at any moment during a game. There has been an evolution at the prep level from 8mm film to video, and now streaming. Coaches at all levels are now on camera. Surveillance cameras and video doorbells are becoming more and more common. Cameras are everywhere and, in many cases, constantly recording. In addition, every person with a smartphone can take a video and post it on social media in seconds. We must all keep this in mind at all times. Think of all the games that have been streamed the past two years. Those game recordings are available to be to viewed online at any time.

John Madden's quote, "Coaches have to watch for what they don't want to see… and listen for what they don't want to hear", applies today as much as when he said it. Any time you are in public, you could be on camera. Be the coach and person you want the world to see. The time you spend with your athletes is often the best part of their day. Your care and mentoring will make them realize what they are capable of accomplishing. Thank you for dedicating yourself to being a coach, mentor, servant leader, and a positive force giving back to others.

"No matter what life throws at you, or how unfair you think it is, never give up. Pick yourself up and go on."

- Megan Rapinoe, Soccer Player

women coaches symposium

WCS

350+ Coaches
All Levels,
All Sports,
All Women Speakers.

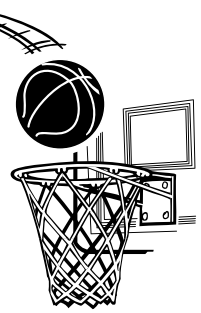
APRIL 22, 2022

THE TUCKER WOMEN COACHES SYMPOSIUM IS BACK IN-PERSON AT HUNTINGTON BANK STADIUM

WCS.UMN.EDU

The Women Coaches Symposium (WCS), established in 2014, provides high-quality educational programming and professional development for women coaches. This full-day women-focused event serves as an avenue for networking and provides space to build community among women coaches. Women coaches of all sports and all levels are welcome. The WCS is a LGBTQI2S+ inclusive, safe space. While the WCS is a women-focused event, we welcome male allies who support women.

BANK SHOTS



By: Neil Steffes

Tournament time is upon us. Best of luck to all the teams as you begin your run to the State Tournament. It is the best time of year for fans, players, and coaches. Enjoy the experience with your players and fans. The State Tournament will begin on Tuesday, March 22nd, and conclude Saturday, March 26th. First round games will be played on Tuesday at the Target Center and Williams Arena with the remaining days of Championship round play all at Williams Arena. A full consolation round at Concordia- St. Paul- University will take place as well.

The MBCA All-Star Series will be held on April 9th at East Ridge High School. Forty of the top seniors in the state have been selected to participate in the game. The 2022 McDonald Award Finalists will be recognized and the 2022 recipient announced in a between games ceremony. Thanks to Rich Decker, Tom Critchley, and the selection committee for all their work in making the event happen.

The 2022 MBCA DI June Showcase is slated for June 17-18 at East Ridge High School. This is a great event for athletes to showcase their skills and talent to Division I and II college coaches.

In other exciting news, the MSHSL Board of Directors passed a proposal to adopt a shot clock for the state of Minnesota. The vote for a 35 second shot clock was unanimous. Minnesota is the 13th state association to adopt a shot clock. Implementation of the shot clock will be required in the 2023-2024 season for Boys and Girls basketball. A current proposal submitted would expand the current use of the shot clock policy to allow in 2022-23 Conference play upon Conference approval. League Staff will assist member schools in preparation for the implementation of the shot clock provision.

On behalf of the MBCA, I want to thank all officials for their dedicated work throughout the season. The job of officiating is a difficult task and can be thankless in many different ways. Officials deserve a big thank you for all that they do.

I would also like to thank Lisa Lassimore for her 34 years of service as Associate Director of the Minnesota State High School League. Lisa has had a positive impact on the lives of thousands of Minnesota students, athletes, and families across the state. We wish Lisa the best of luck in her retirement.

Congratulations to Crosby-Ironton's Dave Galovich for being selected as a finalist for the National High School Coaches Association Boys Basketball Coach of the Year. The recipient of the Award will be named at the NHSCA annual meeting in June.

Congratulations to Mpls. North Coach Larry McKenzie on being named for induction into the MSHSL Hall of Fame. Induction ceremonies will be on April 24, 2022.

The MBCA extends congratulations to Coaches Ziggy Kauls- Mounds View; Larry McKenzie- Mpls. North; and Barry Wohler (athlete)- Orono for being selected for induction into the Minnesota Basketball Hall of Fame. Induction ceremonies will be on April 7, 2022.

Lastly, I want to thank all coaches who will be retiring at the end of the season, your impact on young people's lives has been immense and they are better people for everything you have done.

I also want to thank all the people that serve in various ways to help the MBCA including all of our section reps and officers for the work they do. I especially want to thank Tom Critchley for all the tireless work that he does as the Executive Director of the MBCA.

2022 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
March 28 - 30, 2022	MNIAAA AD Conference	Rivers Edge Convention Center, St. Cloud
March 31, - April 2, 2022	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 29 & 30, 2022	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park
July 27 & 28, 2022	Volleyball- dswenson@isd465.org	Location TBD

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

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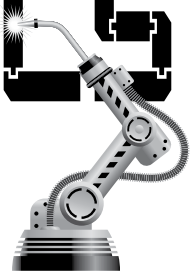
ROBOTICS



By: Olaf Netteberg

Live action is back in the world of Robotics! 110 teams competed in Duluth at the Lake Superior Regional (57) and the Northern Lights Regional (53) March 3-5. These events were the first of the competitive season after 8 weeks of studying this year's game, strategizing, designing, prototyping, and building competition ready robots. FIRST robotics hasn't held live events in 2 years and teams were very excited to come together and compete.

Team 1732- Hilltopers from Milwaukee, WI, Team 2052- KnighKrawler from New Brighton, Mn, and Team 2531- Robohawks from Chaska, Mn won the Lake Superior Regional. Winning the Northern Lights Regional were Team 5172- Gators from Greenbush, Mn, Team 5913- Patriotics from Pequot Lakes, Mn, and Team 2502- Talon Robotics from Eden Prairie, MN

In addition to competing for an invitation to the FIRST Championship in Houston, TX, teams were competing to earn points toward qualifying for the MSHSL State Tournament in May.

Minnesota teams will continue to compete over the upcoming weeks in and out of our state. The University of Minnesota will be hosting the Minnesota 10,000 Lakes Regional sponsored by Medtronic, and the North Star Regional April 6-9. Teams will also be competing in neighboring states and throughout the nation. For more information, visit www.firstinspires.org

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2021-2022

PAST PRESIDENT	**B/G Soccer**	**B Swimming**	**Baseball**
Tom Critchley Jr.	**G Swimming**	**Wrestling**	**B Hockey**
	Robotics		
PRESIDENT	**Football**	**G Basketball**	**G/B Golf**
Barry Wohler	**Adapted Athletics**	**Gymnastics**	**G Hockey**
PRESIDENT ELECT	**B/G Cross Country**	**Nordic Skiing**	**B Tennis**
Jennifer Roisum	**G Tennis**	**Alpine Skiing**	**B/G Track**
VICE PRESIDENT	**Volleyball**	**Synch. Swimming**	**Softball**
Jen Marshall	**B/G Lacrosse**	**B Basketball**	**Dance**

Girls Sports — **Becky Leuer**
Inclusion & Diversity — **Larry McKenzie**

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

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2020-2021 school year.

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

- **St. Mary's University**
- **University of Northwestern, St. Paul**
- **College of Saint Benedict**
- **Anoka-Ramsey Community College**
- **Martin Luther College**
- **Gustavus (Tom Brown AD)**
- **Concordia College**
- **Bethany Lutheran College**
- **Minnesota State Community & Technical College Fergus Falls**
- **Minnesota State University, Mankato**
- **Macalester College**
- **University of Minnesota Duluth**
- **Hibbing Community College**
- **University of Minnesota Crookston**
- **Central Lakes College**
- **St. Cloud Technical & Community College**
- **Minnesota State University Moorhead**
- **St. Cloud State University**
- **Carlton College**
- **Bemidji State University**
- **St. Catherine University**
- **University of Minnesota Morris**
- **Bethel University**
- **St. Olaf**
- **Hamline University**
- **MN West Community & Tech College**
- **The College of St. Scholastica**
- **Concordia University, St. Paul**
- **Ridgewater College**
- **Southwest Minnesota State University**
- **Rochester Community & Technical College**
- **St John's University**
- **Minnesota West Community & Technical College**

Another example of the MSHSCA at work for the membership!

*1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D.at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. No admission to mens D1 hockey at BSU, St. Cloud State.
6. BSU - D2 - reg. season only.
7. Concordia Moorhead not usabale at MIAC and NCAA post season games.

MINNESOTA FOOTBALL COACHES ASSOCIATION CLINIC
March 31-April 2, 2022
at the *DOUBLETREE by HILTON PARK PLACE HOTEL*, Minneapolis, MN
An Outstanding Football Clinic for Outstanding Football Coaches

CLINIC ATTRACTIONS

THURSDAY SPECIALS

Don Swanson Kick-Off Social 9:00-11:11 PM – Atrium

Sponsor's Reception 9:15-10:00 PM – Rm 1409

FRIDAY SPECIALS

FCA Luncheon
11:45-12:45 PM – Room 4

Retired Coaches Reception
3:30- 5:00 PM Spring Room

State Champions Reception
6-7 PM Room 1409

Gopher Alumni Coaches
12:00 noon Rm 1409

Fleck BBQ
6:00-7:00 PM

MFCA SOCIAL
½ hour after final speaker

SPECIAL AWARDS – PRIZES – REFRESHMENTS

SPECIAL AWARDS

CAL STOLL AWARD: *Trevor Solem, Minnewaska Area*

TOM MAHONEY MAN OF THE YEAR: *Darrell 'Bozo' Wincek (posthumously)*

RON STOLSKI PARTNERSHIP AWARD: *Field Turf*

SPECIAL THANKS!!

The Clinic Staff wish to thank all sponsors, speakers, and exhibitors

FANTASTIC DOOR PRIZES & GIVE –AWAYS!!

CONTACT INFORMATION

- ***Doubletree Park Place Hotel – 952-542-8600***
- ***Ron Stolski - (218) 820-4742***

www.mnfootballcoaches.com

"The Keepers of the Game"

2021-22 Winter State Championship Teams

SPORT	SCHOOL	COACH
ALPINE SKIING		
Girls	Minnetonka	David Gartner
Boys	Minnetonka	David Gartner
NORDIC SKIING		
Girls	St. Paul Highland Park	Brad Moening
Boys	Minneapolis Southwest	Leslie Hale
GYMNASTICS		
Class A True Team	Watertown-Mayer/ Mound-Westonka	Steve Hangartner
Class A MSHSL	Watertown-Mayer/ Mound-Westonka	Steve Hangartner
Class AA MSHSL	Wayzata	Carly Holden
GIRLS HOCKEY		
Class A	Warroad High School	David Marvin
Class AA	Andover High School	Melissa Volk
DANCE-High Kick		
Class A	St. Cloud Cathedral	Marissa Haakonson
Class AA	Austin	Kayla Sellers
Class AAA	Eastview	Jenny Raiche

SPORT	SCHOOL	COACH
DANCE-Jazz		
Class A	St. Cloud Cathedral	Marissa Haakonson
Class AA	Benilde-St. Margaret's	Elizabeth Goulet
Class AAA	Eastview	Jenny Raiche
WRESTLING		
Class A	Jackson County Central High School	Nathan Hanson
Class AA	Simley High School	Will Short
Class AAA	St. Michael-Albertville H.S.	Josh Joriman
BOYS SWIMMING MSHSL		
Class A	Breck/Blake	Brian Wright Michelle Carlson
Class AA	Edina	Scott Johnson
BOYS SWIMMING TRUE TEAM		
Class A	Breck/Blake	Brian Wright Michelle Carlson
Class AA	Minnetonka	John Bradley

COACHES CARING PROGRAM

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

You can nominate a coach for a $200.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at ringer@mshsca.org

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

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

Trophies Plus is now helping to sponsor the Coaches Caring Program to help keep it sustainable.

WINTER ACADEMIC AWARDS

GIRLS BASKETBALL

Gold

Adrian High School
Albert Lea Area Schools
Barnesville High School
Becker
Belgrade Brooten Elrosa
Belle Plaine
Bemidji
Bethlehem Academy
Blooming Prairie
Buffalo High School
Buffalo Lake Hector Stewart
Byron High School
Canby High School
Central High School Norwood Young America
Central Minnesota Christian
Chanhassen Girls Basketball
Chaska
Chatfield
Chisago Lakes High School
Cloquet Senior High
Como Park
Cretin-Derham Hall
Cromwell-Wright
Crookston
Dover-Eyota
East Grand Forks
Eden Prairie HS
Eden Valley Watkins
Edina
Farmington High School
Fillmore Central
Foley
Frazee High School
Gibbon-Fairfax-Winthrop
Goodhue
Goodridge-Grygla
Grand Meadow
Greenbush/Middle RIver
Hancock
Hill City/Northland
Janesville Waldorf Pemberton
Kasson-Mantorville H.S.
Kenyon-Wanamingo
Kerkhoven-Murdock-Sunburg
KITTSON COUNTY CENTRAL
La Crescent-Hokah
Lac Qui Parle Valley High School
Lake City High School
Lake Park Audubon
Lester Prairie
Lewiston-Altura High School
Litchfield Senior High School
Mankato Loyola H.S.
Mankato West High School
Maple River
Mayer Lutheran
Minneapolis Southwest
Minnesota Valley Lutheran High School
Minnewaska
Monticello
Mora
Morris Area Chokio Alberta
Murray County Central
Nashwauk-Keewatin
New London-Spicer
New Prague High School
New Ulm Cathedral
New York Mills
Northfield High School
Osakis High School
Owatonna High School
Park Christian
Perham
Pine City
Pine Island Public Schools
Red Lake Falls
Red Rock Central
Red Wing
Rochester Lourdes
Sartell-St. Stephen
Sleepy Eye St. Mary's
South St. Paul
Southwest Christian
Springfield Public School
St. Cloud Cathedral
St. Croix Lutheran Academy
St. Paul Academy and Summit
St. Peter
Stewartville Tigers
Swanville
Thief River Falls
Totino-Grace High School
Tracy Milroy Balaton
Underwood
Verndale
Wabasha-Kellogg
Waconia High School
Wadena-Deer Creek
Warren-Alvarado-Oslo
Waseca
Watertown-Mayer High School
Wayzata High School
West Central Area
Willmar
Winona High School

Silver

Academy of Holy Angels
Ada-Borup West High School
Albany High School
Alden-Conger/Glenville-Emmons
Ashby Public School
Austin
Battle Lake HS
Benson High School
Bertha-Hewitt
Brainerd High School
BROWERVILLE HIGH SCHOOL
Caledonia
CAMBRIDGE-ISANTI HIGH SCHOOL
Cannon Falls High School
Cedar Mountain
Centennial High School
Champlin Park
Chisholm
Clearbrook-Gonvick High School
Climax-Fisher
Coon Rapids
Detroit Lakes High School
Dilworth Glyndon Felton
Eagan High School
Elk River
Esko
Eveleth-Gilbert
Fairmont
Fergus Falls High School
Glencoe-Silver Lake
Grand Rapids High School
Greenway
Hastings High School
Hawley
Hayfield
Henning
Heritage Christian Academy
Heron Lake-Okabena/Fulda
Hill-Murray
Hills-Beaver Creek
Hinckley-Finlayson High School
Hopkins
Houston High School
Hutchinson High School
Jackson County Central
Jordan High School
Kimball
Lakeview
Lakeville North
Legacy Christian Academy
Long Prairie-Grey Eagle
Mabel-Canton
Mankato East
Maple Grove
Maple Lake High School
Medford
Mesabi East
Mound Westonka High School
Nicollet Public School
North Branch Area High School
Northern Freeze
NRHEG Public Schools
Orono
Park High School
Pelican Rapids
Pequot Lakes
Pillager Public School
Princeton
Proctor
Randolph
Robbinsdale Armstrong
Rochester John Marshall
Rogers High school
Roseau
Rosemount
Rothsay
Royalton
Sauk Rapids-Rice High School
Schaeffer Academy
Sebeka
Simley
Spring Lake Park
St James Area High School
St. Cloud Tech HS
St. Michael - Albertville
Stephen Argyle Central
Stillwater
Triton
Two Rivers High School
United South Central
Visitation High School
Westbrook-Walnut Grove
Win-E-Mac
Zumbrota-Mazeppa

NORDIC - BOYS

Gold

Benilde-St. Margaret's School
Blaine High School
Brainerd
Champlin Park High School
Chan-Chaska StormHawks
Cloquet-Esko-Carlton
Coon Rapids High School
Duluth East
Edina High School
Fergus Falls High School
Heritage Christian Academy Nordic
Holy Family Catholic High School
Hopkins High School
Irondale
Lakeville North High School

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WINTER ACADEMIC AWARDS

Maple Grove Senior High School
Marshall School
Math & Science Academy
Mesabi East Area Nordic
Minnehaha Academy
Mound Westonka High School
Mounds View
Robbinsdale Armstrong
Roseville Area High School
Saint John's Preparatory School
Saint Paul Highland Park
Saint Thomas Academy
Sartell/Cathedral
Simley High School
Southwest Minneapolis
Spring Lake Park/St Anthony Nordic
St. Paul Central High School
Stillwater Area High School
Washburn High School
Winona/Cotter

Silver
Bemidji High School
Bloomington Jefferson
Ely Memorial High School
Little Falls
Minnetonka High School
Northfield
Orono High School
White Bear Lake Area Schools

NORDIC - GIRLS

Gold
Bemidji High School
Blaine High School
Bloomington Jefferson
Brainerd
Champlin Park High School
Chan-Chaska StormHawks
Cloquet-Esko-Carlton
Coon Rapids High School
Detroit Lakes
Duluth East
Edina High School
Ely Memorial High School
Fergus Falls High School
Grand Rapids High School
Holy Family Catholic High School
Hopkins High School
Irondale
Lakeville North High School
Little Falls
Maple Grove Senior High School
Marshall School
Math & Science Academy
Mesabi East Area Nordic
Minnehaha Academy
Minnetonka High School
Mound Westonka High School
Mounds View
Northfield
Robbinsdale Armstrong
Roseville Area High School
Saint Paul Academy
Saint Paul Highland Park
Sartell/Cathedral
Simley High School
Spring Lake Park/St Anthony Nordic
St. Paul Central High School
Stillwater Area High School
Tartan High School
TrekNorth High School
Washburn High School
White Bear Lake Area Schools
Willmar
Winona/Cotter

Silver
Benilde-St. Margaret's School
Heritage Christian Academy Nordic
Orono High School

MSHSCA Scholarship

The MSHSCA grants ten (10) $1000 scholarships to children or grandchildren of current or lifetime members of the Minnesota State High School Coaches Association.

You will need the following items to complete this application:

1. Official High School Transcript
2. A one-page letter outlining the role athletics has played in your life
3. ACT and or SAT Scores
4. GPA
5. A letter of recommendation from one of your high school coaches.
6. A senior photo in digital format that can be used for publicity purposes if you are selected to receive a scholarship.

All materials must be submitted by 11:59 PM on March 28.

Questions can be directed to Jen Marshall
MSHSCA Scholarship Committee
jmarshall@isd192.org

CLICK HERE TO COMPLETE YOUR SCHOLARSHIP APPLICATION

MSHSCA Scholarship information is also posted at MSHSCA.org

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DUGOUT CHATTER

By: Ryan Holmgren – Elk River
President MSHSBCA

Membership

As we get ready for another season of high school baseball in Minnesota, the anticipation is high for the snow to melt and the sounds and smells of the game that we love to return. The MSHSBCA has been working hard to grow and make changes to ensure the quality of game and the experience for our players and coaches remains at a high level. With that being said, I would like to take a quick moment here to remind all baseball coaches in the state, from all levels at our high school programs, that membership to our organization has many benefits and will also see more benefits in the future. Along with the ability to recognize your players for their accomplishments with post season awards, you also receive protection under our partnership organization, the Minnesota State High School Coaches Association (MSHSCA). On top of that, we are always looking to find and offer benefits for baseball coaches through our organization as well. The Twins have been and continue to be a great partner with us. They have been very generous to baseball coaches who are members of our organization in the past and will continue to do that, hopefully even more in the future.

If you have already taken care of registering and paying your dues, thank you! If you still need to do that, there is plenty of time. Head coaches, please encourage all your assistants to join as well. Information on registration can always be found at https://www.mshsca.org/membership

Scholarships

Once again, the MSHSBCA is granting $500 scholarships to senior baseball players in the state at the end of the season. We are proud to give back to our deserving student athletes and hope to continue this long-standing tradition. Coaches, you can encourage your players to apply and they can find all the info needed on our website, www.mshsbca.org

Junior Showcase

Our annual junior class showcase will once again be held the Thursday before the Gopher Classic Legion tournament in July. This year the date will be Thursday, July 7th. Players need to be nominated by their coach. Coaches, again please follow the outline and steps for nominating your top juniors in your program. Be sure to double check deadline dates and nomination requirements. We love giving these players a chance to showcase their talents in front of a large number of college scouts, all at once time. The Junior showcase is run by Tink Larson and with the help of the MSHSBCA, these players are given a chance to be seen that many other states provide for juniors in their respective states. Again, go to our website to find the details needed.

All-Star Series

Once again, we will be hosting the Play Ball MN! All Star series at the end of the high school season. Our All-Star series honors and recognizes our top senior ball players in the state for their accomplishments throughout their high school careers. The dates for the series this year are Thursday June 23rd – Saturday June 25th. Once again, all games will be held at beautiful Chaska Athletic Park. There will also be a banquet, brought to you by Cambria and Canterbury Park, held at the Canterbury Events Center on Thursday night, June 23rd at 7pm.

As always, we ask that coaches nominate deserving seniors who can attend all three days of the series, are in good standing with the MSHSL and that they do so by the deadline. This year, the nomination deadline is Friday, May 20 at 11:59pm. Selection Sunday for all 6 teams will be on Sunday May 22nd.

Finally

A big topic that your advisory board has been working with in recent months is reviewing the information and feedback relating to our annual Coaches Clinic that was held this past November. We take your feedback very seriously and after many discussions, ideas and breakdowns of information, we are hoping to announce some big plans regarding the future of our annual clinic very soon!

With that, we wish you nothing but luck in the upcoming 2022 season! Here's hoping your players all stay healthy and the experiences you provide them as student athletes are all positive and provide growth for them as young men and for you as coaches and leaders! Thank you for all you do to promote high school baseball in Minnesota and for everything you put into the lives of other people's kids!

"If you're bored with life - you don't get up every morning with a burning desire to do things -- you don't have enough goals."

- Lou Holtz

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MSHSCA CODE OF ETHICS

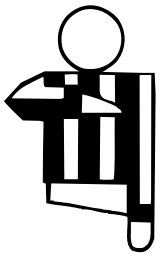
As a professional educator, I will:

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect the integrity and personality of each individual athlete.
3. Encourage the highest standards of conduct and scholastic achievement.
4. Seek to inculcate good health habits including the establishment of sound training rules.
5. Fulfill responsibilities to provide health services and an environment free of safety hazards.
6. Exemplify the highest moral character, behavior and leadership.
7. Provide ethical relationships among coaches.
8. Encourage a respect for all athletics and their values.
9. Abide by the rules of the game in letter and spirit.
10. Respect the integrity and judgment of sport officials.
11. Display modesty in victory and graciousness in defeat.
12. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

The code of ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate assembly.

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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

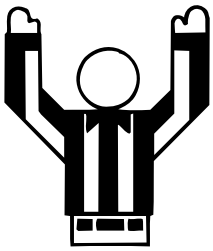


A few years ago, the MSHSCA, in an effort to restore sportsmanship, as it should be, to the stands of high school sporting events, created an Officials Distinguished Service Award.

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

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

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



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

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

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

Mike Peterson
458 3rd St SW • Perham, MN 56573

OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (_____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

_____

Other information to support this nominee: _____

_____

Nominating Person _____

Address _____

_____

Phone (_____) _____

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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: Bernie Schumacher 16332 Deer View Road
Park Rapids, MN 56470 Email: bschumacher@mshsca.org

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:_____

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SPECIAL MEETINGS OF IMPORTANCE

March 24, 2022	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 25, 2022	MSHSCA Winter Delegates Meeting	Mancini's in St. Paul
March 28-30, 2022	MNIAA-ADs Conference	Doublewood St. Cloud
June 26-27th, 2022	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
Sept. 9, 2022	HOF Meeting	Minneapolis Marriott West
Sept.10, 2022	MSHSCA Fall Delegates Meeting	Minneapolis Marriott West
Oct. 7, 2022	HOF Coordinator/Exec Direc Meeting	Sheraton Minneapolis West, Minnetonka
Oct. 8, 2022	MSHSCA Hall of Fame Banquet	Sheraton Minneapolis West, Minnetonka
Jan. 12-15, 2023	NOCAD National Convention	Savannah, GA
March 23, 2023	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 24, 2023	MSHSCA Winter Delegates Meeting	Mancini's in St. Paul

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Minnesota State High School Coaches Association

Assistant Coach Distinguished Service Award

Criteria:

- The individual should have been a high school Assistant Coach for at least 20 years.
- As of 2020-21 season, nominees must be a member of the association. Anyone who has retired previous to the 2020-21 season may still be eligible regardless of their membership status.
- Nominations may be made by individual coaches, or sport associations.

Nominee:

Name _____

Address_____

City _____ State _____ Zip _____

Phone _____

Member of the association _____ yes _____no

Please include the following information in your email or attached to a separate piece of paper if mailing:

School(s), years and which sports that the nominee has served as an assistant coach.

Additional bio information that supports the nominee for the Assistant Coach Distinguished Service Award.

Nominating Person _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Completed applications to: Thomas.Sharp@district 196.org or **mail form to**
Tom Sharp 13969 Duluth Court Apple Valley, MN 55124

MEMBERSHIP PERKS

MSHSCA

- **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

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

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

RICK RINGEISEN, MSHSCA
20085 Italy Ave.
Lakeville, MN 55044

2022

WOMEN COACHES SYMPOSIUM

APRIL 22, 2022

THE TUCKER WOMEN COACHES SYMPOSIUM
IS BACK IN-PERSON AT HUNTINGTON BANK STADIUM

Join us for high-quality educational programming and professional development for women coaches. This full-day women-focused event serves as an avenue for networking and provides space to build community among women coaches. Women coaches of all sports and all levels are welcome. The WCS is a LGBTQI2S+ inclusive, safe space. While the WCS is a women-focused event, we welcome male allies who support women.

women coaches symposium WCS

REGISTER AT **WCS.UMN.EDU**