

Minnesota

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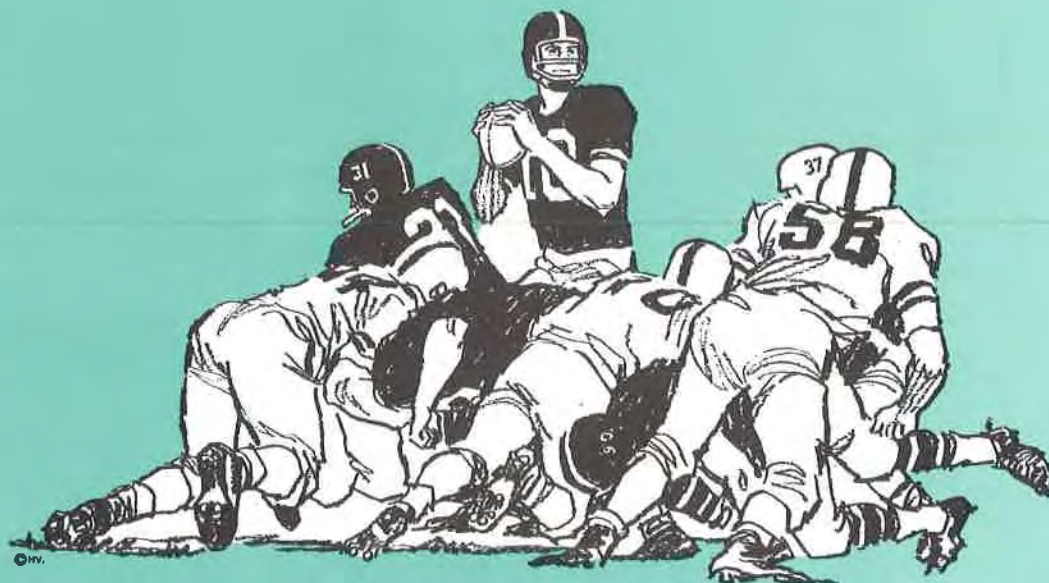
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FOOTBALL '90

Annual Publication of the Minnesota
State Football Coaches Association

COACH OF THE YEAR FOOTBALL CLINIC



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1990 MINNESOTA FOOTBALL

ANNUAL

Minnesota State Football Coaches Assn.

900 Johnson St., Fairmont, MN 56031

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

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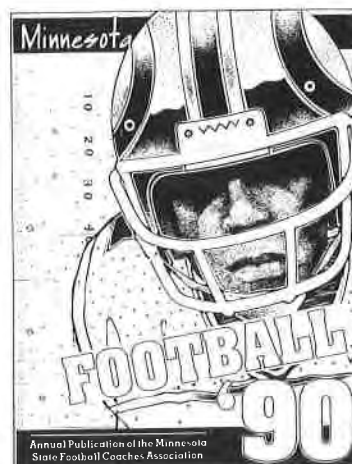
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FOOTBALL INDEX

MSHSCA Dues Application Form.....	2
President's Message.....	3
Flip That Coin.....	4
The Short Passing Game.....	7
The Ranger 3 Step Passing Game.....	9
Secondary Blitzing.....	12
Adjusting At The L.O.S.....	14
Small Things Make The Difference.....	16
The First Week of Conditioning at Mayo High School.....	18
Pre-Season Preparation.....	20
Coach of the Year Award.....	21
Coaches of the Year.....	22
Assistant Coach of the Year.....	23
1990 Hall of Fame Inductees.....	24
Football - A Preparation For Life.....	28
Academic All State Football Concept.....	29
Academic All State Guidelines and Procedures.....	29
Academic All State Football Application.....	30
The Butch Nash Award.....	32
North Suburban Conference.....	34
Twin Cities Suburban Conference.....	36
Gopher Conference.....	37
MHSFCA Charter Retired Life Numbers.....	38
Sea Range Conference.....	39
Wright County Conference.....	39
Great River Conference.....	40
Central Lakes Conference.....	40
Tri-Valley Conference.....	41
North Star Conference.....	41
Polar Conference.....	42
West Central Conference North.....	42
Mid State Conference.....	43
212 Conference.....	44
Southern Minny Conference.....	46
South Central Conference.....	47
Three Rivers Conference.....	48
Tri-Metro Conference.....	49
Valley Plains Conference.....	50
Heartland Conference.....	50
Minnesota River Conference.....	51
Standing By In Sports.....	52
1990 Football Playoff Format Section Assignments.....	57
State Football Playoff Championship Games.....	60
Playoff Champions.....	61
Active HS Head Football Coaches 100 Victory Club.....	64



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PRESIDENT'S MESSAGE

During the past few years, your State High School Football Coaches Association has served as the catalyst for many positive changes in Minnesota High School Football. At times you may wonder what you get for your association dues; other than this publication. Let me assure you that your hard-earned money is being used to further the causes of high school football in Minnesota. Let me cite one example. Last summer a survey was mailed out to all the head football coaches in the state by the football coaches association. The survey asked for your input on going to six classes and also on playing the semifinals in the Dome. To make a long story short, as a final result of that survey, the semi-finals will be played at the Metrodome in 1990 and 1991. Hopefully, with sufficient fan support, the semis will stay in the Dome for years to come.

A few other changes that have occurred because of the football coaches association include sectional play-offs, a five class system, the high school football all-star game, the Butch Nash award for assistant coaches, the annual football forum, the football hall of fame and wall of fame, increased number of players on play-off teams, the football newsletter, *1st and 10*, and the academic all-state team. Awards are also purchased for all conference coaches of the year, sectional coaches of the year, class coaches of the year, Butch Nash award winners, and the Football Hall of Fame recipients. In order for the football coaches association to remain a viable force, your membership is needed!

Congratulations are in order for: Jim Mader, Min-

nesota High School Football Coach of the Year; Ron Stolski and his crew for making *1st and 10* a reality; Don Swanson and Jim Dotseth for finding Coplin as the sponsor for the All-Star game; and finally to Jerry Peterson for his leadership this past year.

Representatives on the football advisory board to the MSHSL for this coming year are as follows: Jerry Peterson — AA, Jim Mader — A, Con Natvig — C, Buz Rumrill — 9 man, and Dave Brokke — B. Please contact your class representative if you have questions or concerns pertaining to MSHSL matters.

Conference representatives will meet on Thursday, November 15, at the Radisson University. You should keep your conference representative posted on how you feel on football issues. Your conference representative should attend the meetings and report back to conference schools as to what takes place.

The football forum met on April 27 to set up sections for next year. While there is always a certain amount of turf protection, by and large, the sectional secretaries do a good job of setting up sections which make the most sense geographically. If you have concerns about how you were placed, talk to your sectional secretary. Remember, sections are redone each spring.

The best to each of you this coming season! We'll see you at the next clinic!

Sincerely,
Dave Brokke
President, MHSFCA
Granite Falls—Clarkfield High School

"Flip That Coin"

By Mike Younggren
Watertown-Mayer High School

About The Author



Mike is presently the Head Football Coach and Athletic Director at Watertown-Mayer High School. Inheriting a solid football tradition at Watertown-Mayer and maintaining it by leading them to the playoffs in each of his three years there.

Previously Mike was the Defensive Coordinator for the U-W River Falls Falcons helping direct them to three consecutive conference titles. He has been a head coach in Wisconsin and an assistant at Stillwater High School, and at Macalester College.

All of us seek new ideas and try to implement them to improve or innovate our own programs. This article reveals some situational information that was bred into me as both a player and coach during my years at the University of Wisconsin-River Falls,

under the reign of former head coach Mike Farley. Most of what I know I learned from others, as is the case here. I hope this article will inspire or provide you with something you can utilize in your programs to make the greatest game on earth even better.

Each of us has experienced or observed football games where avoidable mental mistakes have determined the outcome. From the coin flip decision through substitution problems, clock control (staying in bounds, or getting out of bounds), two-minute offense, sideline control, 4-minute offense, taking a safety, kicking strategy schemes, etc., etc., coaches and players are bombarded with critical reactions under tremendous time pressure. The same way one would practice a good off-tackle play to insure its success, the situations that occur in the critical moments of a game must be practiced.

At Watertown-Mayer, practice the day prior to each game lasts approximately 90 minutes. It is this time that emphasizes attention, concentration, and intensity... we call it our "game script" practice. Game script practice focuses on correctly executed details that bring your team to game readiness.

After flex and warmup (15 minutes), the team meets on the sideline of the game field in their appropriate sideline control positions. Facing the field, (under ideal conditions) we have the offense on the left, the specialists and special teams players in the middle, and defense on the right. The head coach takes about two minutes to appropriately motivate the team toward the upcoming game, and to re-emphasize the importance of the kicking game, and of the "game script" that follows his remarks.

The remaining time is used to complete the "game script" designed with that week's opponent in mind. The following describes a suggested script:

Ball Position	Hash	Activity	Coach In Charge
50	M	Coin flip; discuss options/advantages-disadvantage situation	
-40	L	1st kick off team (L to L) vs. scout team return (wedge); (KO from left to left against a wedge return)	Head Coach Def. Coach
-25	M	1st offense vs. Air; (Offense runs a selected script play)	Off. Coach
-30	R	1st punt team vs. 1st punt block; (show rush only!)	Def. Coach
+30	M	1st defense vs. air; def. coach gives the def. call, explains opponent's alignment and simulates opponent's quarterback cadence, on time, etc.	Def. Coach
-30	L	1st punt (subs) vs. scout team opponent's 14 man rush; (scout team provides opponent's punt block attempt using extra players to overemphasize the punt and coverage)	Off. Coach
+40	R	1st offense vs. air (injuries); offense runs a selected script play using substitutes for players whose names were called out by coach as being injured	Off. Coach
+30	M	Field goal vs. 1st block (show); (Field goal team vs. 1st def. block attempt) show only	Off. & Def.

Ball Position	Hash	Activity	Coach In Charge
+30	M	Poocher vs. 1st D poocher return; (1st punt attempts a poocher and return team returns or makes fake fair catch)	Off. & Def.
-40	R	1st KO (R to R) vs. 1st return (left); kickoff right to right against the 1st team return left	Def. Coach
+40	L	Scout O punt vs. 1st D punt block; (Scout team simulates opponent's punt formation vs. Def. punt clock scheme)	Def. Coach
-30	R	2nd O vs. air; (2nd off. teams runs a selected script) play vs. the air	Off. Coach
+3	M	Extra point vs. 2nd def. block (show); extra point team attempt vs. 2nd def. block (show only)	Off. Coach
-30	R	2nd def. vs. 1st punt fake; 2nd def. attempts out own return/block attempt vs. our own punt fake attempt	Off. Coach
+20	M	2nd def. intercepts pass vs. QB only; (D coach gives the def. call, explains opponent's alignment and simulates QB one time intentionally throwing an interception to be returned for a TD)	Def. Coach
+3	M	1st O goes for 2 vs. air; (offense runs a selected script play vs. the air for a 2-point attempt after the interception for a TD)	Off. Coach
+45	R	15 yd. penalty - 1st KO onsiders vs. air; (assuming the opponent was assessed a 15 yd. penalty on the kick off, the KO team practices their onside attempts vs. the air)	Def. Coach
+30	L	1st FG vs. Scout def. rush-fake FG; (Fake FG attempt vs. the scout opponent's def.)	Off. Coach
50	L	1st O vs. 1st D - quick punt-freeze-silent; (3 parts; 1st off. with no lineup changes, jumps into a punt formation and punts, then a long count at L.O.S. from a regular formation trying to draw the def. off-side snap it only if someone jumps and third team off. runs a silent quarterback sneak.)	Off./Def.
-40	R	1st O vs. Scout team - quick kick all blitz; 1st off. executes a quick kick vs. an all out blitz by scout opponent def.	Off. Coach
-40	M	X punt vs. scout O rush; (complete punt team substitution made of special def. personnel vs. scout off. bringing an all out rush)	Off. Coach
-1	M	1st punt vs. scout D-tight punt, 1st punt team punts from own end zone vs. scout opponent rush	Off. Coach
-10	L	1st punt vs scout D - takes a safety; (punter takes the snap and holds the ball, runs across end zone to use up time, and steps out the back before getting tackled)	Off. Coach
-20	M	1st KO vs. 1st ret. - KO after a safety; (following the safety the KO team kicks off from their own 20, either punt or kickoff)	Off./Def.
-40	R	Hand team vs. kicker only; (specially selected people make up an onsiders return team, kicker onsiders the kick)	Off. Coach
+40	M	1st D vs. Tricks; (Off. will run 2 or 3 selected trick vs the defense)	Def. Coach

We close our game script with five key offensive and defensive TIME situations. Each of these situations was brought about by an actual game loss caused by an inappropriate response in a critical situation! You develop your own list! Where have you screwed up in the past? Wouldn't it have been better to prepare your team in advance for that situation???

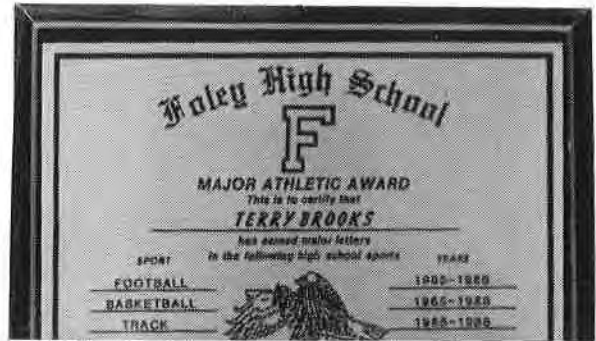
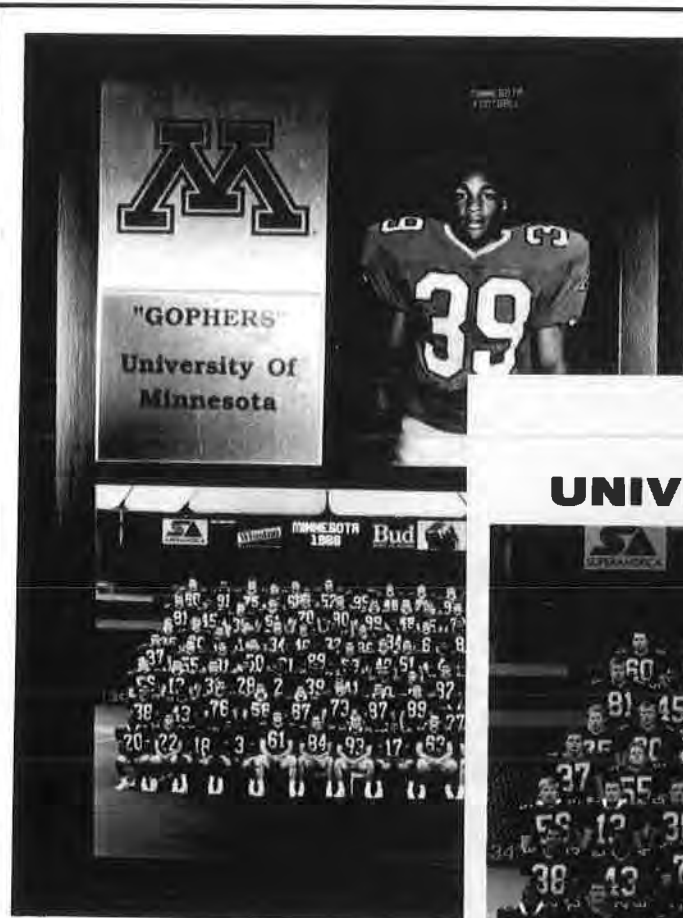
Time Situations

Ball Position	Hash	Activity	Coach In Charge
+25	L	1st O vs. Scout D - 16 seconds left in the half; (Off. will either pass for a TD or throw incomplete to kill clock for a field goal - the pass is a specifically selected script play vs. an all out blitz by the opponent's def.)	Off. Coach
+17	M	Scout O vs 1st D - 1:30 left, defense ahead by 1 point; off. will run 2-3 selected script plays to get within field goal range or score)	Def. Coach
-30	L	1st O vs. 1st D - 2 min. offense; (the 1st offense runs their 2 minute game offense against our own defensive schemes for 4 plays)	Off./Def.
-30	R	1st O vs. Air - last 3 plays, 25 seconds left; (1st O runs their last desperation type play vs. air to score and utilize time)	Off. Coach
-25	M	1st O vs. 2nd D - 4 min. offense; (the offense will run selected script plays to get a first down, protect their lead and not turn the ball over, the defense tries to deny them - tackle the ball.)	Off./Def.

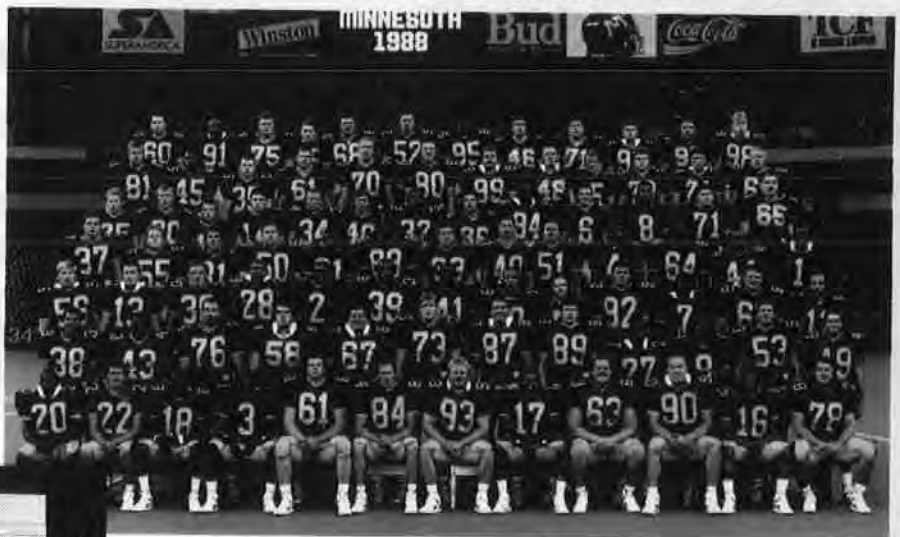
After completion of the game script, the last 15 minutes of practice is devoted to the offense and defense separately going through their game plans.

After a final word of motivation and preparation by the head coach, the team feels that they are prepared for any game situation that can occur, whether it be taking a safety, or staying in bounds.

FLIP THAT COIN — WE'RE READY!



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The Short Passing Game

By Jon Bakken

About The Author



This is my third year at Waterville-Elysian as the head football coach. I have also been head football coach at Onamia High School in Onamia. I have been assistant football coach at Waterville-Elysian, Spring Lake Park, Esko and Fort Dodge, Iowa. I have also coached track, baseball and wrestling. My record as a head coach is 39-16. Waterville-Elysian in the past six years has won the conference five years, section four years, played in the semi-final twice and won the state Class C championship in 1989.

My topic will cover the short passing game and how we at Waterville-Elysian (W-E) prepare our athletes each week for this aspect of the game. There are four main areas of discussion; the quarterback, receiving, the pattern and the mesh between the three.

W-E believes the individuals that will make good quarterbacks must have the following qualities. First have an adequate arm, intelligent and be a leader around his teammates.

We work the quarterback on his steps, release and read. There are many different styles on passing the ball. W-E evaluates each quarterback on their style of throwing and try to improve that style of throw. There are many more details which I do not plan on going into in this article. The steps are first at 12:00, second is a step over and the third is the set-up (Fig. 1). W-E quarterbacks pre-read before the snap then reads one defensive back on the first and second step and throws on the third step.

The five patterns we work on our short passing game are the look-in, hook, slide, out and the fade. Before running our patterns we set our wide receivers with the foot closest to the center forward and a two point stance.

The look-in is three drive steps toward the outer leg of the defender then drive at 45 degrees toward the center of the field (fig. 2)

The hook is a 10 to 12 yard drive directly up-field with a gathering of yourself the last three yards and a look to the inside (Fig. 3)

The slide is best from the slot position, the first step is the most important with a 45 degree step toward the sideline, then continuing in that direction for about seven yards, then looking toward his own goal line shoulder to receive the ball (Fig. 4).

The out is a three step drive directly up field, with the fourth step a crossover at 45 degrees toward the sideline and continuing toward the sideline looking toward your own goal line for the ball (Fig. 5).

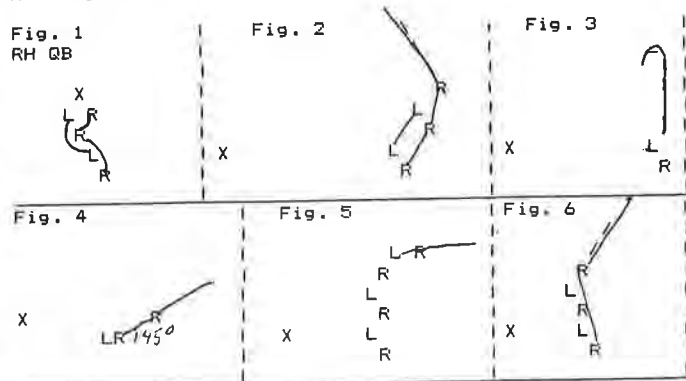
The fade is a three step drive toward the inner leg of the defender and then continue toward the flag looking toward the center of the field for the ball (Fig. 6).

Putting these patterns together between quarterback and receiver takes many, many repetitions to perfect the timing between all involved.

W-E each week has the following routine in working to perfect this timing. Each Monday W-E uses 30 minutes on our short passing game, spending six minutes on each pattern. Using two quarterbacks each throw three minutes right and three minutes left per each pattern. Tuesday and Wednesday passing practice is done after the regular practice usually working on one or two of the patterns (breaking it down into separate components). Thursday short passing game is used intensely when working our two-minute offense down the field.

Our medium and long passing game is worked on during Monday and Thursday. W-E believes to make the overall passing game good you first need to have a strong short passing game.

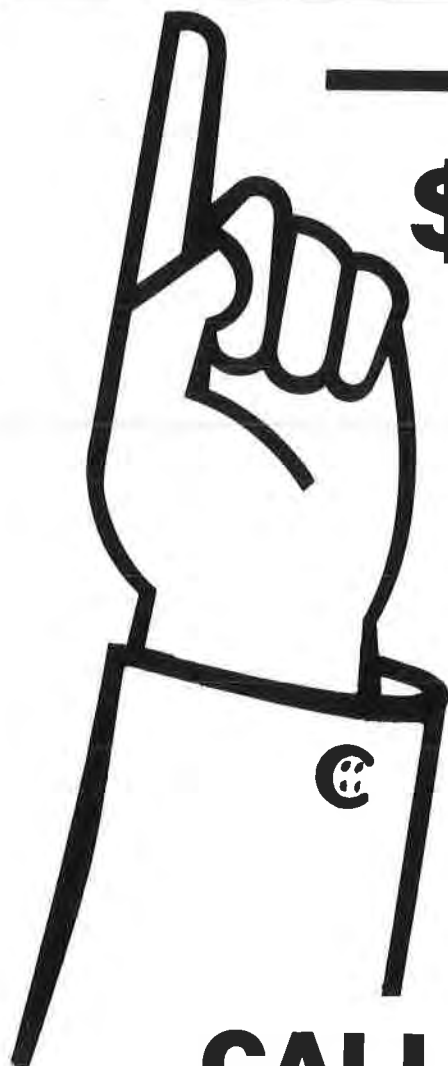
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R = Right foot



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The Ranger 3 Step Passing Game

By Mark Redemske

About The Author



Mark Redemske is a 1982 graduate from Concordia College and received his masters degree from Winona State University in 1988. He was the head coach at Clarissa High School for 2 years and an assistant coach at Litchfield High School for 1 year before going to Winona State University as a graduate assistant. Redemske has been the head coach at Crosby-Ironton High School for the past 3 years. His coaching staff includes: Craig Johnson, Jim Christenson, Neil Tesdahl, Joe Simons, Jerry Lee and Dennis Molesky.

Crosby-Ironton has been a small Class A school on the Cuyuna Range in the north central part of the state. We will be competing at the Class B level during the 1990 season. We compete in the Mid-State Conference with Aitkin, Detroit Lakes, Park Rapids, Staples/Motley, and Wadena.

The athletes in our school have worked very hard during practice as well as in the weight room, but we have not been blessed with great size at C-I. We felt that we needed a way to offset the size disadvantage at the line of scrimmage and use the catching ability of our wide receivers. After reading about and listening to speakers talk about the 90 series, I became interested in the 3 step passing game. The trouble was that I seldom understood most of the information in those articles and lectures. In an attempt to come up with a usable form of the 90 series for the high school level, we gathered information from where ever we could get it. The bulk of it came from the playbook of Myron Smith, the former head football coach at Winona State University. The information in this article is by no means original, but rather borrowed from a number of sources.

The first hurdle we had to jump was to get over the fear of putting the ball in the air. As the old saying about passing goes, "Three things can happen, and two of them are bad." As we gained more confidence in the 90 series this problem took care of itself. Our of-

fensive coordinator, Craig Johnson, is largely responsible for this. He had the courage to throw the 90 series in various situations from the onset. Now I feel comfortable throwing a pass from our 90 series on any down and from any place on the field.

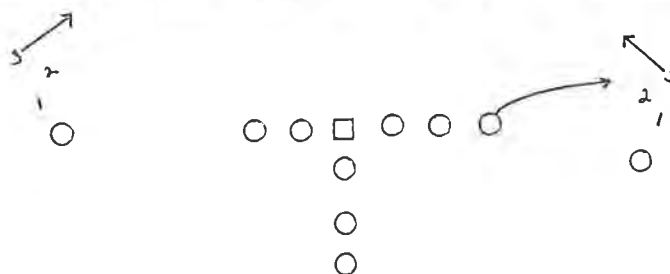
Because we all realize that you need good athletes to be successful, another concern we had with putting in the 90 series was the size and ability of our quarterbacks. Our quarterback was 5'7" and had average arm strength. He was a good thinker on the field which helped us throw for 1421 yards. The blocking technique of the linemen helps make up for a lack of the quarterbacks height. Likewise, arm strength doesn't seem to be as important as releasing the ball on time.

Our 90 series is broken down into 4 patterns: The slant, hitch, out, and fade. These terms refer to the patterns that our wide receivers run. The depth of each pattern is determined by a specified number of steps. Our wide receivers start from a 2 point stance with the outside foot back. Their first step is always with the outside foot. As the wide receiver comes off the line of scrimmage he will drive at the cornerback's outside hip in an attempt to get him to widen and/or turn his hips. Then he counts off the specified number of steps and makes his cut.

Our tight end runs a dump for the hitch and out. He simple releases to the inside, finds a hole between the linebackers, and looks for the ball. For the slant the tight end runs a flat pattern about 5 yards deep. Either of the tight end patterns can be run for the fade. The pattern usually depends whether the fade was called in the huddle or if the quarterback and wide receiver are making a sight adjustment at the line.

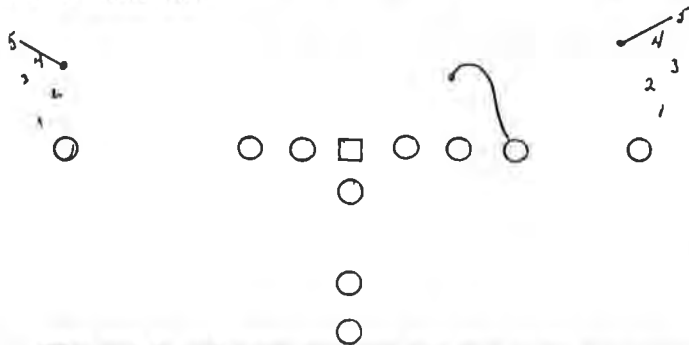
We have not done a lot of coaching our quarterbacks on the 3 step drop. We have basically let them drop back in the fashion that they feel most comfortable with. Most of our right handed quarterbacks open their hips, cross over, and set when throwing to their right and back pedal when throwing to their left. We feel that the key for the quarterback is to get back fast and release the ball immediately.

The slant is a 3 step pattern for the wide receivers. The wide receiver must be conscious of his split. If his split is too short the defender responsible for the flat has a good opportunity to either intercept the ball or knock it down. The receiver drives at the



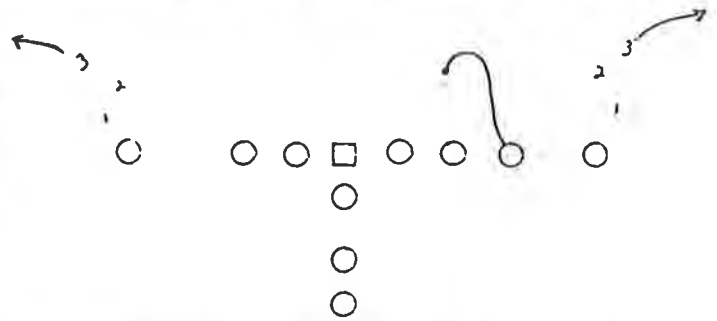
cornerback's outside hip and plants his outside foot on the third step. He then makes a 45 degree cut into the middle of the field with his hands ready to catch the ball. We tell the quarterback to throw the ball fast, but not hard. A slant pass thrown too hard will be dropped by the receiver more times than not.

The hitch is a 5 step pattern for the wide receivers. Again the split needs to be sufficient enough to keep the flat defender out of the pattern. After driving at the cornerback's outside hip, the wide receiver will plant his outside foot on the fifth step and drive back to the quarterback. The receivers must remember to have their hands ready to catch the ball as they come out of their cut.



The out is a 3 step pattern for the wide receivers. After driving at the cornerback's hip, the wide receiver makes a speed cut on his third step. This makes the cut rounded rather than the more traditional style of running an out where the receiver works back to the line of scrimmage. We found two

advantages to running the speed cut. Most importantly, it is an easier throw for the quarterback because he doesn't have to lead a moving receiver. We simply tell him to throw the ball at the receiver's upfield ear. Secondly, the receiver gets more yardage on the pattern with no greater chance of an interception.



Our final pattern is the fade. This is a pattern we use against corners that are playing our other three patterns tough. This may include a hard corner or a cornerback that has moved up tighter but still has a deep zone. On the fade the wide receiver wants to get separation from the cornerback on his second step and continue downfield.

Although we consider the fade a deep pattern, the ball should hit the receiver about 17 or 18 yards downfield.

This is a touch pass for the quarterback. He must get set up and throw immediately with enough arc on the ball to get it over the cornerback, yet keeping it

1989 STATE FOOTBALL PLAYOFF RESULTS

CLASS "AA"

Quarter-finals

St. Thomas Academy—41
Rosemount—10

Burnsville—34
Elk River—0

Stillwater—27
Moorhead—7

Osseo—21
Minneapolis Edison—14

Semi-finals

Burnsville—48
St. Thomas Academy—8

Stillwater—38
Osseo—21

Finals

Burnsville—21
Stillwater—7

CLASS "A"

Quarter-finals

New Prague—20
St. Peter—16

Albany—46
Fairmont—0

Fridley—16
Staples-Motley—0

Totino Grace—29
International Falls/Indus—28

Semi-finals

Albany—33
New Prague—6

Totino Grace—14
Fridley—0

Finals

Albany—41
Totino Grace—32

CLASS "B"

Quarter-finals

Rushford/Peterson—43
Morris Area—41

Gibbon-Fairfax-Winthrop—30
Jackson—13

Perham—10
De La Salle, Mpls.—7

Deer River—42
Peirz—14

Semi-finals

Gibbon-Fairfax-Winthrop—35
Rushford/Peterson—0

Perham—10
Deer River—7

Finals

Gibbon-Fairfax-Winthrop—27
Perham—15

CLASS "C"

Quarter-finals

Minneota—42
Harmony—26

Waterville-Elysian—42
Medford—12

Ogilvie—23
Dilworth—22

Mahnomen—29
Becker—9

Semi-finals

Waterville-Elysian—43
Minneota—14

Mahnomen—20
Ogilvie—7

Waterville-Elysian—14
Mahnomen—7

CLASS "9-MAN"

Quarter-finals

St. Clair—34
Holy Trinity, Winsted—6

Hills-Beaver creek—20
Wheaton—14

Grygla-Gatzke/Goodridge—42
Verndale—20

Albrook, Saginaw—30
Win-E-Mac, McIntosh—6

Semi-finals

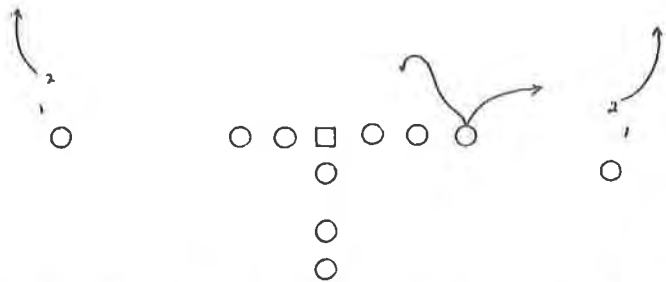
St. Clair—14
Hills-Beaver Creek—0

Albrook, Saginaw—21
Grygla-Gatzke/Goodridge—6

Finals

St. Clair—47
Albrook, Saginaw—12

low enough so the free safety cannot make a play.



As with most passing plays the success of the 90 series begins with the offensive line's ability to protect the quarterback. However, the offensive linemen do not have to protect the quarterback for a great deal of time in the 90 series, because the quarterback is setting up and throwing very quickly. Therefore, defensive linemen and shooting linebackers have little time to use the various pass rush techniques they are taught.

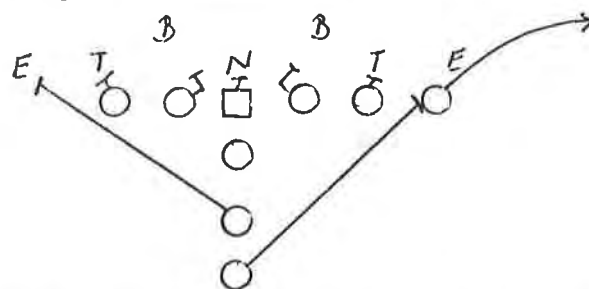
We have a couple of concerns in our 90 series pass protection schemes even with the short drop and quick release. First, we feel it is important that we do not give a rusher a short route to the quarterback. Therefore we want to take away the inside path. Secondly, we want to keep all of the rushers as far away from the quarterback as possible with their hands down. To do this we teach our offensive linemen fire out aggressively and cut block the defenders they are responsible for.

Any pass protection scheme will work as long as it eliminates defensive penetration inside. Our basic pass protection is geared for an odd front (usually a 5-2). The offensive linemen cut the defensive lineman over them by driving their outside shoulder through the defender's inside thigh pad. If a linebacker steps

up onto the line, we treat him as a lineman. If the linebacker stays back off the line, our guards use a technique we call "pinch & eyeball". The jab at a 45 degree angle with their inside foot (pinch) and prepare to help the center with the noseguard. At the same time they look at the linebacker (eyeball) to see if he is shooting. If the linebacker is shooting, the guard fires out and meets him while protecting his inside.

Against an even front we use a zone scheme in which each offensive lineman is responsible for an inside area. This scheme allows a stronger rush from the outside, but is solid inside.

The running backs' job is to block the first defender outside the tackles' blocks. Against an odd front they usually block the defensive ends. As far as the actual block is concerned, the backs have only two things to remember: do not allow the defender to take the inside path to the quarterback and meet the defender as close to the line of scrimmage as possible to keep him out of the quarterback's face.



Obviously, good athletes and a strong running game are needed as well as a passing game to make an offense go. The 90 series has been an easy, effective, and fun series that seems to have helped our running game as well as our passing game.



Tailback Nate Wood breaks loose during Stillwater's 38-21 State AA Semi-final win over Osseo at Parade Stadium.

Secondary Blitzing

By Craig Anderson
Dilworth High School

About The Author



Craig is a native of Battle Lake, MN where he played under the legendary Tony Thiel. He graduated in 1971 and received his BS degree from Moorhead State University in 1976. He moved to Dilworth in 1980 as the head football coach and has held that position ever since.

During the early 1980s at Dilworth, our coaching staff was never committed to a certain type of defense. We ran some 4-4 and 6-2 defense, and one year we went with a 5-3. All had the same secondary coverage of a 3 deep zone. We felt that we needed one sound defense and after watching Dave Olson's nationally ranked 5-2 attacking defense at Moorhead State University, we decided to establish that same defense as ours.

Since implementing that defense in 1984, we have produced a record of 48-17 with three conference titles and two sectional championships. This defense has not only made our linemen and linebackers aggressive, but it has instilled great enthusiasm in our secondary for making big plays at the line of scrimmage.

For this article I will show four of the main secondary blitzes that have been very effective for us.

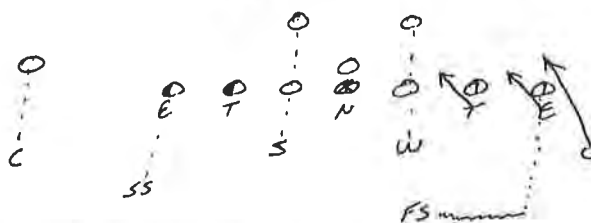
The 5-2 defense is designed to cover gap responsibility, the diagram below shows the lettering of each gap.



I. Weak Corner Blitz (Sec. Man)

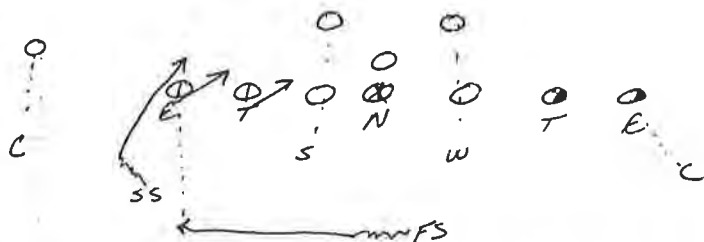
This blitz attacks the offense from their weakside. It is designed to put pressure from the outside in. All defensive players on the strong side play normal. The attack will start with the DT eagling to B gap, DE eagles to C gap. Both LBs play normal and lock M-to-M with the RBs. The weak corner will blitz and cover

D gap. The secondary will be man with the FS sliding over to cover the corners TE.



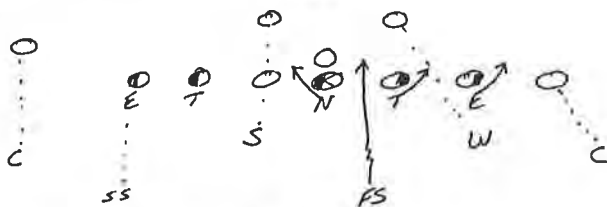
II. Strong Safety Blitz (Sec. Man)

This blitz attacks the offense from the strong side. It puts pressure from the outside in. As was mentioned in the corner blitz, the SS blitz is just the opposite, all weak defensive players remain normal. The attack starts with the strong DT and DE eagling. Both LBs play normal and lock on M-to-M with the RBs. The SS will blitz and cover D gap. The secondary will play man with the FS sliding over to cover the SS's man.



III. Free Safety Inside Blitz (Sec. Man)

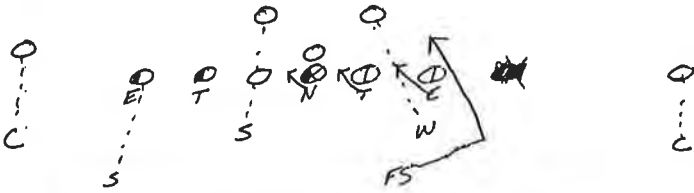
The objective of this blitz is to put pressure up the middle of the offense by out numbering their blockers. Most of the strong side defenders remain normal except the NG who slides to strongside as will the weak DT and DE. The attack starts as the NG slants strong to A gap and DT & DE eagle to the outside. The strong LB will play normal, but the weak LB will move directly behind the DE and cover the weak RB. The FS will blitz and cover the weak A gap area. Both corners and SS will stay M-to-M.



IV. Free Safety Outside Blitz (Sec. Man)

This is an excellent blitz vs. a pro set. The blitz is designed to attack from the outside in. Like the defensive alignment of the FS inside blitz, the outside blitz is the same. The attack starts as the NG slants to the strongside A gap. The weak DT & DE will eagle to the inside. The SLB plays normal, with the WLB sliding

over the DE and covering the weak RB. The FS will blitz and cover weak C gap. Corners and SS will play man.



We try to stress 3 important points to our players when blitzing:

- 1) Try not to show your blitz to the offense.
- 2) Time your blitz, hit the line of scrimmage on the snap count.
- 3) Always stay under control, break down.

1990 All-Star Football Teams

1990 METRO ALL STAR FOOTBALL TEAM

Pos.	Name	School
WR	Dave Cecchini	Jefferson
DB	Christian Norton	Mound Westonka
QB	Scott Eckers	St. Louis Park
DB	John McMorro	South St. Paul
QB	Rob St. Sauver	Johnson
WR	T. R. McDonald	Totino Grace
DB	Brent Johnson	Anoka
DL	Joe Toth	Forest Lake
DB	Pat Schuster	Concordia Academy
RB	Dave Wittmer	Orono
WR	John O'Neill	St. Bernard's
WR	Cory Lynch	Henry Sibley
LB	Jim Rufsholm	Coon Rapids
RB	Parnell Charles	St. Agnes
RB	Mark Montgomery	St. Thomas Academy
RB	Marc Quitmeyer	Park Center
LB	Joel Sharratt	Kennedy
WR	Aaron Cox	White Bear Lake
LB	Bryan O'Keefe	Edison
DB	Eric Luster	Hill/Murray
DB	Jeremy LaDouceur	North
TE	Chris Bridgman	Brack
OL	Jeff McCullough	Chaska
OL	Todd Grevious	Hopkins
OC	Karl Olson	Anoka
LB	Brian Carey	Hastings
LB	Mike Mooney	Blaine
DL	Marc Ruegamer	Eden Prairie
LB	Erik Hendrikson	Burnsville
DL	Joe Mauricio	Mounds View
OL	Rob Herrmann	Osseo
DL	Alonzo Chess	Central
OL	Dave Vertin	Wayzata
DL	Tom Oertel	Stillwater
DL	Jay Wallin	Roseville
OL	Dane VanHulzen	Fridley
OL	Jason Slavik	Stillwater
LB	Corey Gustafson	Holy Angels
DB	Dris Kamla	Edina
TE	Eric Dalen	Minnetonka
DL	William Wangerin	Kennedy
TE	Todd Ratzlaff	Rosemount

1990 METRO COACHES

Head Coach—Gary Engen, Mounds View
 Assistants—Bob Encolani, St. Agnes
 Rich Kallok, Cretin/Derham Hall
 Merrill Pavlovich, Delano
 Jerry Foley, Stillwater
 Manager—Jim Wiberg, Mounds View

1990 OUTSTATE ALL STAR FOOTBALL TEAM

Pos.	Name	School
RB	Robby Ott	Deer River
DB	Tyrone Nelson	Lakeville
DB	Matt Parris	Esko
QB	Charlie Nelson	Perham
QB	Ed Rundell	St. Peter
RB	Brad Loeffler	St. Clair
DB	Eddie Simes	Grand Meadow
RB	Ethan Allen	St. Peter
DB	Todd Vanek	Brainerd
LB	Doug Rath	Byron
RB	Jeff Deming	GWF
LB	Brian Bussmann	Melrose
RB	Dan Seymour	New Prague
RB	Eric Skow	North Branch
DB	Darryl Goebel	Albany
SE	Dan Dahl	Cottonwood
RB	Brian Hamlin	Moorhead
LB	Randy Mortenson	Madison
LB	Eric Nyquist	Albert Lea
LB	Aaron Erickson	Hills/Beaver Creek
OL	Todd Schmitz	Staples/Motley
OL	Kory Olson	Becker
OC	Dan Olson	Cambridge
OL	Eric Russek	Delano
NG	Shane Joos	Hancock
DL	Shayne Maker	Chosen Valley/Chatfield
DL	Bryce Bogenholm	Moose Lake
DL	Jason Mahlman	Mayo
OC	Brian Kohorst	St. Cloud Cathedral
OL	Pat O'Brien	International Falls
DL	Richard Scherger	Hayfield/Dodge Center
OL	Joe Page	Austin
OL	Chad Meyer	Lakeville
OL	Curt Peterson	Owatonna
SE	Tony Glenz	Crosby/Ironton
DE	Brian Schultz	Wheaton
SE	Corey Neid	Waterville/Elysian
DE	Chad Pundsack	Albany
DE	Dave Murphy	Fairmont
TE	Andy Napgezok	Willmar
DE	Andy Kratochvil	New Prague
LB	Tim DeVlaeminck	Minneota

1990 OUTSTATE COACHES

Head Coach—Stuart Nordquist, International Falls
 Assistants—Dean Rasmussen, St. Clair
 Chuck Sundeen, Gibbon/Fairfax/Winthrop
 Jerry Reker, Grand Meadow
 Jim Fehrman, Medford
 Manager—Shawn Brown, International Falls

Adjusting At The L.O.S.

By Steve Fedie

About The Author

Steve is a native of Mondovi, Wisconsin and attended UW-Stout where he played football for four years. His first teaching job (1974) was in Mayville, WI where he served as varsity assistant for two years. He moved to Orono High School in 1976.

In 1980, he was named head coach, replacing Ike Pesonen. In the last five years, they have been in the state tournament twice and have compiled a 42-12 record. Four members of the coaching staff have been together for the entire ten years. Starting in 1990, Steve will be the Athletic Director at Orono.

How many times have we all had thoughts of how one or two plays made the difference in a ball game, turning the tide and momentum to give one team an advantage? The ability to stay out of long yardage situations on offense and the knack of making first downs in short yardage situations keeps you in control of the ball and of the game. However, with film exchanges and games on cable TV, opponents defenses have a better look at offensive sets and what tendencies will be in different situations. In addition, teams put in defensive wrinkles to stop particular plays. As coaches, we sit around at clinics diagramming plays and defenses to stop the plays. These strategy sessions always end with whoever has the chalk last. If we apply that to a game situation, if the offense has the chalk right up until the ball is snapped it will be more successful.

Years ago the QB called most of the offensive plays—now the coaches call the signals from the sideline and relay them via messenger or hand signals. The offensive coordinator needs to make the calls as soon as possible after the previous play ends, then watch anxiously as the defense aligns versus the offensive set. Are they stacked against the play we have called? Do they have a weak spot somewhere? Does he end up saying "I wish we had _____ called!!" He needs the chalk!

In an attempt to maintain an edge on the defense, we have incorporated several twists into our offense at Orono: 1) Disguise the offensive set with movement; 2) Use a systematic method of calling audibles.

In order to keep the defense off guard, we will shift often from one set to another by simply telling our backs where they have to be when the ball is snapped. The rules are simple: all backs must be set for one second before the ball is snapped. Before the final set, they can line up anywhere they want! We simply call this "DALLAS" movement after the shifting of the Dallas Cowboys. The advantage is that the defense can't look at a set and remind each other of the plays they need to look for out of a certain set. They might

adjust to our "I" formation with a slide, but play our wing-t differently. As we move, they are adjusting and not in a comfortable, get ready type of set. Our backs may shift from the "I" to the wing-t and back again before the ball is snapped.

I have to admit that this idea wasn't the coaches but came from our players about four years ago. Now our backs do it the first week of practice as soon as we get our alignments down. Once the backs learn where to line up and that they must be set a second, they take care of the rest and become creative in their shifting. This is one time we want them to emulate what they see on TV! We have experienced very few motion penalties, but at times have seen the defense move several times before the ball is snapped. Another advantage is that we can see how teams will defend a certain set before actually running out of that set by lining up, checking the defense, then shifting to another set. As a change, we still run plays on the first sound without shifting to keep the defense honest.

Inevitably, the defense will line up in a manner that makes it impossible for you to gain yardage with the play called in the huddle. It may be a blitz situation, a change in a shade by a defensive lineman, or a change in the defensive backfield. A simple audible system will put the QB back in the game with the "chalk" in his hands, allowing you to take advantage of certain defensive alignments and reducing zero yardage plays. At Orono, we use a three step approach to calling audibles, depending on the ability and experience of the QB and the capabilities of our entire offense.

STEP ONE: Audible out of a play if the defense is stacked.

STEP TWO: Audible into a play if the defense misaligns or is weak at a certain spot.

STEP THREE: Audible into a play if we have an outstanding player open vs. a coverage.

AUDIBLE OUT OF PLAY

Each situation requires a different read by the QB. Situation one is the easiest. The QB simply looks at the hole/area of the play called (he must look both ways so the defense doesn't key on him). If he reads a blitzing LB or if the defense shades that hole, he changes the play. He may change to the mirror play to the other side or to an inside play if an outside play was called.

If the team you play employs multiple defenses, you have some plays that work great against one defense and lousy against another defense. This needs to be communicated to the QB and practiced during the week by scripting your scout defense to line up in the "no-no" defense so the QB can recognize it and practice the call. We start this on Monday during our scouting report time — if there is a certain play we don't want to run against a defense, we tell the QB and we tell him what play to audible into. This prevents indecision on the part of the QB because it is really the

coaches decision on what play to audible into. This is also a good way to adjust at halftime — take the opponents best defensive set, pick your best play against it, and use it as an audible the second half.

AUDIBLE INTO A PLAY — DEFENSIVE MISTAKE

Some of the best gainers come from the defense's mistakes. Several years ago we played Shakopee and our inside tackles and LB lined up wrong in our 4-4 defense, leaving a gap uncovered. The Shakopee QB ran a sneak for a 19 yard TD — he took advantage of our mistake. I'm sure you have watched on the sidelines and have seen a big gap in the defense and wished you would run there. You must give your QB practice — have your defense misalign on purpose so the QB can look for spots to attack. During the first and second week of practice, have the QB call "listen to me" in the huddle, go up to the LOS and make the call after looking over the defense. You know the saying — "Don't expect players to do anything you haven't coached them to do." To do this, the QB must be alert each time he comes up to the line. We have found that the earlier we incorporate audibles into our system, the more effective we are in the season.

AUDIBLE INTO A PLAY — TAKE ADVANTAGE OF YOUR STRENGTH

If you have a good receiver or a good running back, you want that individual to get his hands on the football, particularly if the defense lines up in a set that makes it highly probable that the play will be successful. For example, if you have a good wide receiver that is getting double covered most of the time, but the defense chooses to single cover him in a certain situation, take advantage of it by calling a route (quick out, slant, fly) for him. If the defense chooses to play it tight and you have a good running back — call the sweep. If, because you have a good halfback, the defense stacks more to the outside, call the audible to the fullback up the middle. Using this approach to audibles requires more communication between the coach and the QB. What are your strengths and how can you use them? Does your opponent line up in certain defenses that you can take advantage of with your offensive weapons?

You, as a coach, need to decide how much freedom you want to give your QB. Last year we had a senior QB that did this well and called between five and ten audibles a game with great success in taking advantage of some skilled players — we had a receiver and running back. The year before we didn't have the good receivers and we didn't incorporate this aspect of the audible system into our game plan. One year we had a great QB that kept calling a pass audible on the one yard line because our good receiver was getting single coverage! This aspect of the audible game is the part that changes the most from season to season and even during the season. Early in the year we are still finding out what we can do well and we don't audible in this way.

How many plays to you need for audibles? We try to

keep the options down — no more than four running plays and a like number of pass options. We use a number tree in our regular pass offense and use the same number to call our audibles. All the audibles are plays that are already in our offense — none of them are complex plays. Most of the calls remain constant for the season, but we may add an audible for a particular game.

In order to have an effective audible game, you must practice it. Start in the first week of practice with your basic audibles. The QB must understand what you want him to call and when you want him to call it. Expect him to make some mistakes, just as you and I do when we call the plays from the sideline, but don't chew his butt out or he won't be too anxious to call any audibles! Each week, inform your players on your scouting report what audibles you may run against your opponents defensive sets. Spend some extra time with your QB on Monday talking over your offensive strategy for the week. Hold onto that chalk a little longer!

Our audible system is far less complex than that of many teams, but it works for us. The package is very basic and it does what we want it to do. I want to thank Jim Simser for asking me to write an article for this magazine — it is an honor!



Matt Sorenson, Waterville-Elysian's star fullback, is stopped after a short gain by Jason Rud (87), and Dave Ketcham of New Richland-Ellendale. The 30-20 victory for the Buccaneers in the final regular season game was a springboard to the Class C State Championship.

Small Things Make The Big Difference

About The Author



Head Coach Dean Rasmussen (left) and Assistant Coach Glen O'Conner.

I graduated from Eden Prairie High School in 1964. I earned 10 athletic letters (4 in baseball, 3 in basketball and 3 in football with all conference honor). I attended Worthington Junior College for 2 years and earned 2 letters in basketball. I graduated from Mankato State in 1969 with a Bachelor of Science degree in Health and Physical Education. I served in the U.S. Air Force and played football overseas in Japan for 2 years. I've been at St. Clair for 16 years, with 7 years as assistant coach and 9 years as head coach. My career won/lost record is 64-28 as head coach. During that time, I've been selected conference coach of the year 3 times (1982, 1988, 1989) and state 9 man coach of the year once (1989). We have won 1 state title, 2 section championships, 2 section runnerups, 2 conference championships and 3 conference runnerup honors. This was our first year in 9 man competition and our record was 14-0.

I've been thinking about what topic I was writing about for quite some time. Most coaches have strong philosophies about what they do in their programs, but I have some things that I would like to share with you that I call "the small things that make the big difference." They are not major blockbuster rules and regulations, but they are what we believe in, here at St. Clair.

I'd like to make one point clear before I start. You have to have the good student/athletes, hard workers, and dedicated players or no one's ideas are suc-

cessful. I arrive at school at 8:00 a.m. and almost every morning find my players lifting weights. The same is true when I leave school for the day. We have four requirements our player dedicate themselves to and they are:

1. Participate in a winter sport (basketball or wrestling).
2. Participate in a spring sport (track or golf).
3. Lift weights.
4. Work hard in the classroom.

I've been fortunate at St. Clair to have good people surround me. Administration, assistant coaches, parents, student/athletes, and fans who care about our program.

I only coach football and its a year 'round process for me. People say, 'I eat, drink and sleep football.' I guess I do because its very important to me and everyone knows it. I expect my players to think football is important and I portray that idea. In my office is a large desk calendar and as soon as football is over for one season, I start marking the number of days before the next season starts. I'm often asked by my players and other students how many days until football practice starts. I feel it's important to attend clinics and read materials on other coaches ideas. When I go to clinics, I enjoy talking to coaches about specific aspects of the game, I feel I need to improve.

My administration allowed me to set up a television and VHS player in my office. We video tape all our games, so when our players have a study hall they watch the previous game and also tapes on the team we're getting ready to play from past years. I buy the tapes myself and keep them. Of course the players have to be doing well in the classroom or that teacher can deny them the privilege. I've been head coach for nine years and I have every game during that period.

It's surprising how much everyone thinks you know when a state championship is won. I've been doing basically the same things over the years, but I was fortunate to have the right mixture and everything fell together perfectly. A friend of mine coaches in a nearby town and had a 9-1 season. The following year his team had a 2-7 record and everyone was surprised at how much he forgot in one year.

My coaches are tremendous. During the first three weeks of practice, we have two sessions daily for two hours. Aerobics coach Deloris Smestad puts the team through a vigorous workout for an hour at each practice. I'm a firm believer her workouts have helped our flexibility and cut down our serious injuries. My assistant is Glen O'Connor. He teaches in Cleveland, has a son that plays for Cleveland, and is our offensive coordinator. Glen is an excellent coach and an excellent friend. Doug McClure does an outstanding job with our Junior High Team.

Finally, I'd like to share with you two parts of our

playbook. I call it the "Better Person Program" and our basic rules and regulations. Again, the "small things make the big difference."

Better Person Program

1. Enjoy life. Remember life is great!
2. Don't ever think you are worthless - God doesn't make junk.
3. Respect your parents - along with others.
4. Feel thankful for what you have - make the best of it instead of feeling sorry for yourself and things you don't have.
5. You control the situation - don't let the situation control you.
6. You get out of life what you put into it - no more, no less.
7. Sometimes your best friend is your worst enemy.
8. Life is too short to worry about your mistakes—admit them and evaluate them, do your best to correct them and move on.
9. Don't be afraid of work - accept it as a challenge.
10. Think to solve instead of complain.
11. Help others instead of blaming others.
12. Be self-disciplined instead of having to be disciplined.
13. Be able to take criticism instead of hating criticism.
14. Yell for instead of at a teammate.
15. Have inner ambition instead of outer exhibition.
16. Give belief instead of grief.
17. Work for improvement instead of against it.
18. Stand up to your mistakes instead of hiding from them.
19. Be an instructor or teammate instead of a destructor.
20. Say 'thank you' to a compliment instead of 'I know'.

Rules and Regulations

1. Smoking and drinking are covered in the Minnesota State High School League Bulletin.
2. No swearing. No saying words that sound like swear words. I've invited parents and the community to watch our practices.
3. No hair will hang below the back of the helmet. No hair will show in the face while the helmet is on. If hair is that long, get it cut! Side burns will not be below the lobe of the ear. No facial hair. No wearing earrings or jewelry.
4. Be to practice on time!
5. Allow extra time to get ready for practice if you need to be taped.
6. Treat everyone as you want to be treated yourself.
7. You know what is right and wrong, so use common sense and act accordingly.
8. Detention is not an excuse for missing practice. It will be treated as skipping practice.
9. Helmets will be worn at all times when on the practice field unless you are told to take them off by the coaches.
10. If you have to miss practice due to a valid excuse (field work, doctors appointment, family emergency,

etc.) contact one of the coaches.

11. Don't hassle the managers. Their responsibilities are as important as yours.

12. Make sure your locker is locked at all times when you are not there. Do not bring large amounts of money or valuables with you. If so, give it to one of the coaches for safe guarding.

13. Keep the locker room clean at all times. Pick up tape and throw it in the trash can!

14. Football shoes will not be worn anywhere in the school. Put shoes on outside the school before practice and after practice remove and clean the bottoms before entering the school.

15. We will practice on the old football field. Do not cross the new field on the way out to practice.

16. Attendance will be taken at all practices. If you want to play, be at practice.

17. If it is raining or has rained we will practice in the gym or meet in a classroom to cover the playbook.

18. Concerning the practice packs, we will wear the gray shorts/t-shirts at the morning practice and the gray shorts and red schimmel jerseys at the afternoon practice. When we put the pads on, we will wear the red schimmel jerseys over the shoulder pads. If you don't want to buy them from school, you must have gray shorts, t-shirt, and a red jersey from somewhere else. Remember, there can be no writing or design on these except the school logo. We're a team, so let's look and dress like a team.

Football is a team game and everything you do affects the team. Remember to always have pride and confidence in whatever you do. All we ask is that everyone play to the best of their ability, hustle at all times, keep a positive attitude and enjoy playing football!

I want to thank the Minnesota State High School Football Coaches Association for selecting me as a coach for the outstate team in the all-star football game. Winning the 1989 nine-man state football championship and being selected to the All-Star game are the highlights of my career.



Blaine's All State Linebacker Mike Mooney makes a tackle during Blaine's 33-8 victory over St. Paul Central.

The First Week of Conditioning at Mayo High School

By Ralph Pucci, Head Football Coach

Here is the schedule for our first week of practice at Mayo High School.

Monday, 9 a.m. — We meet with our coaching staff on Monday morning of the opening day. At that time we discuss practice plans for the week, go over our testing program and county fair, conditioning programs, discuss equipment issue organization, emergency medical procedures, and go over the practice plans for the period of double sessions.

Monday, 2 p.m. — At two o'clock p.m. on the first day we meet with our varsity squad and I cover all administrative details. We cover training rules, how to fit a helmet, conditioning precautions, safety precautions, and issue all papers which must be taken home and signed by parents and athletes before they can participate. After this two hour meeting we issue headgears, mouthpieces and lockers. Coaches then meet on personnel afterwards to determine our depth charts.

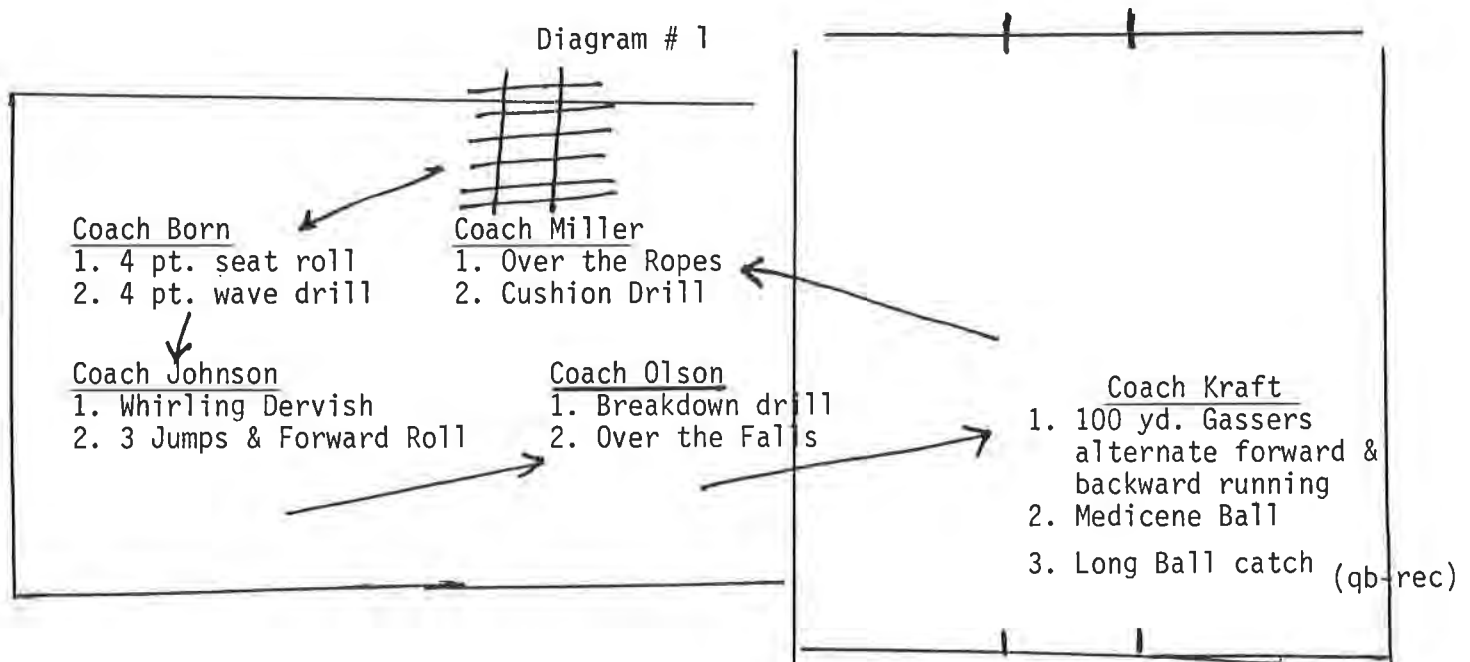
Tuesday 8-10 a.m. — Our first practice is on Tuesday morning. We test our athletes on the bench press, chin up, wall sit, sit ups, push ups, and the mile run. We have an incentive system for each test. If an athlete can earn 7 points for the physical testing, he qualifies for watermelon at the completion of double sessions. After the testing program we cover huddle, play calling, formations, starting count, audibles, line up and splits, and our hole numbering system. After that I keep our punters and snappers out for some practice.

Tuesday 4-6 p.m. — Fifteen minutes before practice we work on our qb-center exchange and qb arm warmup drills every day.

We install our stretching and warm up routine at this practice. We also install our county fair conditioning program for the remainder of the week. We spend about five minutes at each station in the county fair, and then each group sprints to the next station. If they don't sprint the coach makes the group return and again sprint to him. The emphasis of the first day is to do the drill correctly. After Day #1 the emphasis is to do it right with great effort and quickness. The organization of the county fair is shown in diagram #1. The names of the drills pretty much indicate the type of conditioning that is taking place. Each group is divided by positions (centers, guards, tackles), (qbs and receivers), (halfbacks & fullbacks), (10th grade linemen), and (10th grade backs and ends). Each group gets 2 repetitions per drill. A manager can keep time and blow a whistle when it's time to move to a new station.

After the county fair on the afternoon practice we test all of our athletes in ten forty yard dashes. I learned of this test from an article in Scholastic Coach magazine years ago. It takes about an hour to test everyone, but we feel that it is worthwhile. We run four athletes at a time. We have two coaches at each end of the testing area 40 yards apart. Each coach times 2 boys. We have the athletes who are waiting record the times on a time card. The object of the test

Diagram # 1



is to run ten 40 yard dashes with about a 15 second rest between each one, (just long enough to turn around and walk back to the starting line and get set for the next one). We divide the average of the first 2 sprints by the average of the last 8 sprints. A well conditioned athlete will score about .93 or better. The ultimate conditioning goal is able to run all your sprints within .3 of a second of your fastest sprint. This test gives you a pretty good idea of who is in shape.

After practice on Tuesday P.M. we'll work on our extra point kicking, holding and snapping.

Wednesday A.M. — 7:45 - QB/Center exchange; 8:00 - Warm Up and County Fair; 9:00 - Install offense and work on spread punt, Keep ex. pt. kickers, holders, and snappers out for extra work.

Wednesday P.M. — 3:45 - QB arm warm up and QB/center exchange; 4:00 - Warm Up routine; 4:20-5:00 - Raymond Berry Sprints; 5:00-6:00 - Install offense and work on extra pt. and field goal; 6:00 - Keep quick kickers out for extra work.

Here is a word of explanation about the Raymond Berry sprints. This conditioning program was developed by Raymond Berry in the early days of his pro career. You can get the program from his book on receiving, ("Tips From Raymond Berry", P.O. Box 285, Paris, Texas 75460). It is also the best book on receiving that I have ever read. We divide our squad into 2 teams. One team rests, and can drink water, while one team runs a series and then the two teams switch places. The QB takes a snap from center and the whole team which is lined up in one line across the field sprints a designated distance. A team is penalized 5 yards on the next play if one player jumps off-sides or does not sprint all the way or walks back to the starting line. It is a good drill for conditioning and for discipline. Diagram No. 2 shows what the workout looks like.

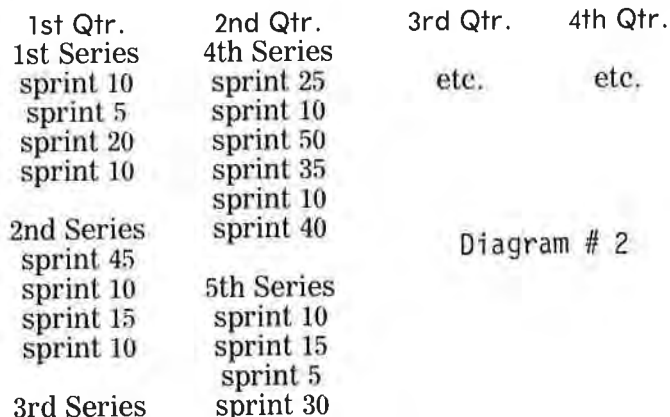


Diagram # 2

Thurs. A.M. — 7:45 - QB arm warm up and QB/center exchange; 8:00 - Warm up and county fair; 9:00 - Install offense and work on quick kick; Keep kickoff and kickoff receivers out after practice.

Thurs. P.M. — 3:45 - QB arm warm up and QB/center exchange; 4:00-5:00 - Warm up and Ray Berry sprints; 5:00-6:00 - Install offense and practice kickoff and kickoff return.

Friday A.M. — 7:45 - QB arm warm up and QB/center exchange; 8:00 - Warm up and county fair; 9:00-10:00 - Install Basic Defense Package, Huddle, stance, alignment, key, responsibility; Secondary may stay out longer to work on Hub; All onside kickers stay out for extra work.

Friday P.M. — 3:45 - QB drills and QB/center exchange; 4:00-5:00 - Warm up and Ray Berry sprints; 5:00-6:00 - Installation of offense; work on onside kickoff.

Saturday A.M. — 7:30-8:30 - Equipment issue; 8:30-9:00 - Team pictures; 9:00-9:30 - Total Offense Review; 9:30-10:00 - Total Kick Game Review.

We think that this is an excellent conditioning and learning week for us. Hopefully you will gain an idea or two which will help your program. Feel free to contact me for any details.



Moose Lake-Willow River junior running back Dan Peterson sweeps right end for 20 of his 1460 yards for the season. Peterson led

the Rebels to a 9-1 record earning Coach Bob Youso his 200th career victory.

PRE—SEASON PREPARATION

By Doug Ekmark
Head Football Coach
Park High School, Cottage Grove, MN

First of all, it is an honor to represent Park High School with this article for the Coaches Association.

Let me begin by saying "Preparation is the key to success." We owe it to our program, our players, and ourselves to be highly organized when the season begins. Whether you are a head coach, and responsible for the total program or an assistant preparing for your position group you must have a plan to follow.

At Park High School, our planning begins at the conclusion of the previous season. We meet as coaches to evaluate the season and determine the direction for next season; based on the abilities of the players returning and on trying to improve any weaknesses. We talk about any changes we may want to make in philosophy, offense, defense, and kicking game. We try to evaluate everything we are doing. We then have the winter months to gather information to formulate the plan for the upcoming season. Like all coaches, we attend clinics, talk to other coaches, and visit college campuses during Spring ball, all in an effort to learn. These outings also provide quality time to talk football.

By the end of the school year, we have decided what we are going to do in the fall. The staff meets once or twice in April or May, depending upon when our schedules allow us to get together. Like most high schools, our football coaches also coach other sports or are involved in other activities within the school.

During the summer months, our players are preparing themselves physically by lifting weights, running and attending camps. The head coach is preparing practice plans for the start of the season. Plans are made for each practice from the start of conditioning to our first game. All practices must be organized thoroughly to make effective use of time. One thing we all have in common is the same amount of time to prepare. Considerations must be made for

all phases of the game. It could be a costly mistake to neglect or not spend enough time on a particular phase. Plans must be made for practice organization, offense, defense, kicking game, conditioning, strength training, and the mental aspects of the game. These plans are put on paper and presented to the coaching staff at our pre-season meetings. We meet for two days (Thursday and Friday) prior to the start of practice. At this time each coach gets a copy of the plans and his individual responsibilities. Our meetings are organized with each coach receiving an agenda. We go through the agenda and cover everything prior to the start of practice. We want our coaches organized and ready to coach when we hit the field. Being highly organized helps to create a positive tempo on the practice field and gives the squad confidence in the coaching staff. There is nothing worse than having both coaches and players standing around on the practice field trying to decide what to do.

Our position coaches are responsible for their groups at practice. They must decide what fundamentals and techniques they teach and when and how often they teach them. They have the freedom to coach their position within certain guidelines. At Park, we have a plan that we follow when it comes to how we teach football. It is as follows:

COACHING STAFF — APPROACH TO TEACHING

1. Execution is what is important!
2. It's not what you know that counts - it's what you teach your players.
3. Analyze each players job (techniques) in a game and spend a proportionate amount of time on those skills.
4. Expectations do influence performance. Set specific objectives or goals for practices and games. They must be realistic based on present level of ability or performance.
5. It is vital that players experience immediate feedback for their efforts and that there be a high probability for success in each learning phase. Set up your practices accordingly.



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6. Use Positive Reinforcement — catch them “doing it right” and then reinforce it!
7. Keep each drill short in order to avoid boredom and to avoid the approach to the learning plateau.

MEETINGS

1. Teach concepts on the board - all assignments taught in meetings.
2. Use film whenever possible to illustrate.
3. Practice techniques - not assignments - don't waste practice time talking.
4. Critique by using film whenever possible.
5. Go thru your practice breakdown and set objectives for practice in your meeting.

ON THE FIELD (PRACTICE)

1. Hit - every practice (technique for rolling hips on contact).
2. Be prepared for your drills - equipment needs.
3. Stress fundamentals.

4. Be technique conscious. Be a stickler on detail -Do it right!
5. Do not gab on field - coach.
6. Do not curse.
7. Hustle - Coach on the run.
8. Coach with enthusiasm! Enthusiasm breeds enthusiasm.
9. Breed confidence into your players.
10. Don't argue or discuss problems on the field.

POST PRACTICE


1. If you have pushed a player hard in practice - get to him after practice.
2. Talk to your people - provide immediate feedback - use video if possible.

In closing, we hope that some of our ideas may be helpful. If we can be of assistance to you and your program, please call us.

Coach of the Year Award

- 1965/ Bill Severin, Grand Meadow, Region I
 1966 Stan Canakes, Edina, Region V
 1967 Tom Mahoney, Fairmont, Region II
 1968 Jerry Sullivan, Minneapolis Roosevelt, Region V
 1969 Art Hass, Austin, Region I
 1970 Gary Gustafson, North St. Paul, Region IV
 1971 George Larson, Cambridge, Region IV
 1972 George Wemeier, Minneapolis Washburn, Region V
 1973 Dick Lawrence, Eveleth, Region VII
 1974 John Drews, Rochester John Marshall, Region I
 1975 Bob Swanson, Mountain Iron, Region VII
 1976 Lyle Eidsness, St. Peter, Region II
 1977 Paul Benson, Granite Falls, Region III
 1978 Jim Simser, New Richland-Hartland, Region I
 1979 Ron Raveling, Columbia Heights, Class AA
 1980 L. E. Drechsel, Crookston, Class A
 1981 Gary Roebuck, Holdingford, Class B
 1982 George Thole, Stillwater, Class AA
 1983 Ron Scott, Coon Rapids, Class AA
 1984 Grady Rostberg, Hutchinson, Class A.
 1985 Norm Johnson, Mpls. Roosevelt, Class AA
 1986 George Larson, Cambridge, Class A
 1987 Dave Brokke, Granite Falls, Class B

- 1988 Gehardt Meidt, Minneota, Class C
 1989 Jim Mader, Albany, Class A



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Coaches of the Year...

Dick Hanson
Burnsville
Class AA Coach of the Year



Jim Mader
Albany
Class A Coach of the Year
Minnesota Coach of the Year



Chuck Sundeen
Gibbon/Fairfax/Winthrop
Class B Coach of the Year



Jon Bakken
Waterville—Elysian
Class C Coach of the Year



Dean Rasmussen
St. Clair
9-Man Coach of the Year

Paul Gasner of Totino-Grace Named Assistant Football Coach of the Year For The 1989 Season



Nineteen year veteran Assistant Coach Paul Gasner of Totino-Grace High School has been named Assistant Football Coach of the Year by the Minnesota State High School Coaches Association. Coach Gasner holds a Specialist Degree in Administration from the University of Minnesota. His professional duties outside of coaching center around directing the Department of Student Guidance Services at Totino-Grace.

Coach Gasner is Offensive Coordinator for the Eagles. He also coaches the Defensive Secondary and assists in the kicking game. During the time Paul has been coaching at Totino-Grace the team has 152 wins, 48 losses, 10 conference championships, 4 section championships, and 8 state tournament championships, and finished second in 1989. Paul is a former Butch Nash award winner, and has coached as an All Star Staff Member. Coach Gasner is the first recipient of this award. The award will be given annually by the Coaches Association.

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MINNESOTA HIGH SCHOOL FOOTBALL
COACHES ASSOCIATION

1990 "Hall of Fame" Inductees

Football Hall of Fame Annual Banquet



Dick Rezanka

A native of Chicago, Dick Rezanka graduated from the University of Illinois in 1950. He taught social studies and served as head coach in both football and baseball for 30 years at Pine River High School. From 1951-1981, his football teams won 161 games, lost 68, and tied 8. Included in his enviable coaching record were eight conference championships and four undefeated seasons. A member of the Minnesota State High School Coaches Association's "Twenty-Five Year Club," Dick was honored by his peers six times as Conference Coach of the Year and was named District 24 Coach of the Year on two other occasions. At the time of his retirement in 1981, Dick Rezanka was the fifth winningest football coach in the State of Minnesota.



Bob O'Neill

A graduate of St. Paul Johnson High School, Bob served with the U.S. Navy in the Pacific during World War II. He earned his Bachelor of Science degree from the University of Minnesota in 1951 and spent the first three years of his career as the head coach in football, basketball, and baseball at Welcome, Minnesota, followed by the next six at University High School in Minneapolis. Bob O'Neill became the head football coach at Fridley High School in 1961, where his teams over the next 25 years won 123 games, lost 86, and tied 2. An honored member of the Fridley School District "Hall of Fame", he retired from teaching and coaching in 1987 with an overall career record of 163 wins, 100 losses, and 4 ties.



Roland Bromberg

A great all-around athlete at Fergus Falls High School since 1958 where football teams under his direction won eight conference championships. His 1976 team lost in overtime by a score of 14-13 in the class "AA" state championship game and his 1983 football team reached the state quarterfinals. When he hung up his football coaching whistle in 1984, Rollie had achieved an overall record of 148 wins, 82 losses, and 4 ties. A past president of the Minnesota State High School Football Coaches Association, he has also officiated in both the girls and boys state basketball tournaments. An honored member of the Bemidji State University "Hall of Fame", Rollie Bromberg is presently serving as Athletic Director at Cloquet High School.



Tom Mahoney

The all-time winningest high school football coach in Minnesota graduated from Minneapolis Edison High School in 1945. He played center for the legendary University of Minnesota football coach Bernie Bierman before embarking on his 39 year coaching career at Lake City High School in 1951 where his

teams won 33 games, lost 8 and tied 2. Tom Mahoney has been at Fairmont since 1956 achieving an enviable record of 223 wins, 88 losses, and 6 ties over the past 34 seasons.

In addition to his truly outstanding career of 256 wins, 94 losses, and 8 ties, Tom Mahoney is the epitome of dedication to young people and the coaching profession. He is a past president of both the State High School Football Coaches Association and the parent organization, the Minnesota State High School Coaches Association and has served on numerous State High School League Committees and Councils. He is an honorary life member of the American Football Coaches Association. He has coached 16 All-State high school players and has seen three of his former players go on to coach football in Division I schools.

Tom Mahoney also worked many years as an outstanding basketball and football official at both the high school and college level. This past year Tom was honored by the Minnesota State High School Coaches Association as the recipient of their prestigious "George Haun Memorial Award" given annually to the person who most exemplifies dedication and service to the coaching profession in Minnesota.



Gary Gustafson

A native of Windom, Gary Gustafson saw military service in Korea and Germany before graduating from Gustavus Adolphus College in 1957 where he participated in both football and track. He spent one year at Montevideo before moving to North St. Paul High School where he was involved in the football program for 28 seasons as well as track for 15. His football teams won three conference championships, including the 1970 Polars which finished undefeated and untied and earned for Gary the honor as "Minnesota High School Football Coach of Year." A past president of the Minnesota High School Football Coaches Association, Gary Gustafson continues to actively serve the football coaching profession as an official team host at Prep Bowl and as one of the Staff members at the annual "Coach of the Year" Football Clinic.



Al Siegle

As a senior at Dawson County High School in Glendive, Montana, Al Siegle played on the runner-up team in the 1950 Montana State Class "A" Football Championship Game. He went on to play four years of football at Concordia College in Moorhead before beginning his coaching career at Bertha-Hewitt where his football team won the conference championship in 1959; the first ever in the history of school. He took over the reigns as head football coach at Pelican Rapids in 1964 where his teams won four conference championships and reached the State Quarterfinal Game in 1977. A past president of the Minnesota State High School Coaches Association, Al retired from coaching football at the end of 1985 season compiling an overall record of 143 wins, 87 losses, and 4 ties. Al Siegle is currently serving as Athletic Director and Administrative Assistant in the Pelican Rapids school system.

"HALL OF FAME"*Sponsored By**Minnesota High School Football Coaches Association***— Previous Winners —****1965**

Bernie Bierman
 Frank Cleve
 Bernie Cole
 Jake Christiansen
 Vern Morrison
 Bronko Nagurski
 Ted Peterson
 Lew Swearingen

1966

Bert Baston
 Lester S. Barnard
 Red Hastings
 John Gagliardi
 Lefty Ranweiler

1967

Francis "Pug" Lund
 Louis Todnem
 Paul Giel
 Cliff Morlan
 Joe Markley

1968

Lee Brockmeyer
 Sid Hartman
 Charles "Bud" Wilkinson
 Elmer Wigen

1969

C. P. Blakeslee
 Dick Bradley
 Ray Christenson
 Jim Byrne
 Lloyd Hollingsworth
 Pete Guzy

1970

Ed Widseth
 Adrian Christenson
 Jake Christiansen
 Walter Hertz
 Frank O'Rourke
 Les Knuti
 Bud Grant
 Wendell Vlasin

1971

Manny Marget
 Butzie Maetzold
 George "Butch" Nash
 Harol M. "Snooks" Sullivan

1972

Dick Wildung
 Jim Lee
 Jerry Krueger
 William F. Broekmeier
 Fred Vant Hull

1973

Earl Teas
 Chuck Elias
 Ralph Anderson
 Jerry Dahlberg
 Bruce Smith
 Marv Helling

1974

Oats LeGrand
 Jerry Ekstein
 Kenneth "Red" Wilson
 Edor Nelson
 Doc Watson

1975

Art Haas
 Les Nell
 Bob Collison
 Russ Helleckson
 Dick Mahar
 Bernie Lusk

1976

Kermit Anderson
 Will Gullickson
 Dwaine Hoberg
 Jack Malevich
 Jim Pederson
 George Roscoe
 Murray Warmath

1977

Frank "Butch" Larson
 Herschel H. Lysaker
 Art Avis
 Jim Carrington
 Lee Krough
 Jim McLaughlin
 Leo Sebastian

1978

Chuck Dixon
 Chauncey Martin
 Ted Meinhover
 Roy "Chip" Rasmussen
 George Reedy
 Marti Rossini
 John Vucinovich

1979

Bruce Bakke
 Herman Frickey
 Bill Hanson
 LeRoy McMahan
 Dick Mulkern
 Harry Newby
 Milt Osterberg
 Bob Schrank
 Steve Silianoff
 Lloyd Stein

1980

Bruce Bennett
 Neal Davis
 James Gustafson
 James Molnar
 Norm Wagner
 Jim Wallace

1981

Lou Barle
 Irv Nerdahl
 Glenn Redmann
 Clayton Tonnemaker

1982

Bob Gove
 Wally Hitt
 Gary Olson
 Don Nyland
 Dale Scholl

1983

Stan Nelson
 Joe Mrkonich
 Jim Gotta

1984

Dick Lawrence
 Tom Briere
 Jim Henkes

1985

Don Swanson
 Bob Roy
 Bruce Frank
 Don Riley
 Giffy O'Dell

1986

Chuck Halsted
 Ralph Hagberg
 Pete Herges
 Ike Pesonen
 Cliff Senne

1987

Terry Egerdahl
 Lauren "Huns" Hagge
 Donald "Bill" McMoore
 Jerry Sullivan
 Angelo Taddie

1988

Herbert Claffy
 Mac Dahl
 Art Fredrickson
 Ralph Peterson
 Ron Raveling
 Cal Stoll

1989

John Drugg
 Don Fox
 Jim Griffin
 Bill Severin
 Harvey Shew
 Tony Thiel

1990

Roland Bromberg
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 Tom Mahoney
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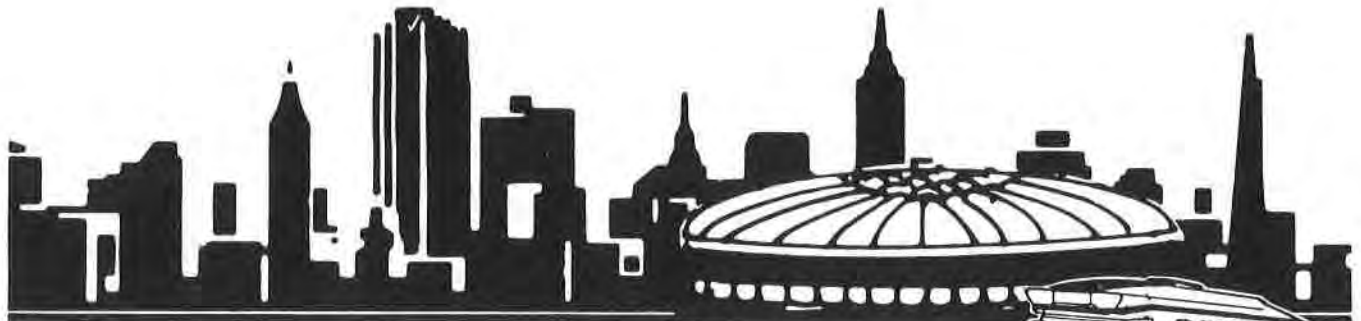
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"RIDE IN STYLE TO THE DOME AND OTHER DOWNTOWN ATTRACTIONS"

FOOTBALL... A Preparation for Life

By Bob Roy

President (1966-1967)
Minnesota High School Football
Coaches Association

Football Coaches Hall of Fame
1985

*Reprinted from 1967 "Minnesota Football"
with permission from author*

The game of football is an integral part of our educational system and rightly so. Benefits of this exciting sport may be somewhat intangible, but they are indeed prevalent, and extremely valuable.

A football program in a school is open to everyone. No boy is ever cut from the activity as long as he makes the sacrifices required of a football player. Every boy who participates has the opportunity to gain stature whether physically able or not. Even the students who are unable to play benefit from the game, because football helps develop a quality of loyalty that is a real preparation for life.

Yes, football is often called the game of life. As life has its hurdles that we all must conquer, so does football. There are many times when things don't go well in practice or a game, and an individual's morale is weakened. Not for long, however; the next game and the next day present a new hurdle, a new challenge, another chance.

We've all heard of the team losing badly one week and the next week battling to victory against a formidable foe. The businessman is not successful in every venture. The good one will continue to bounce back and make his sale the next day or the next week. Football, and sports in general, teach this quality of perseverance.

Many parents have prevented their youngsters from participating in football because of the chance of injuries. Serious injuries seldom occur. With the many new types of protective equipment, the modern football player is like a knight in his armor. The student that runs around after school in his hot rod with his arm around his girl friend has a much greater chance of being seriously injured. This isn't to say that there aren't injuries. Coaches do not want a player to play who is injured. The player with minor bumps and bruises, however, is expected to do the job. Learning to play with a little pain is an experience that more individuals should have. It is one way to develop mental toughness. Our hospitals are

full of people who lacked the mental strength to cope with their environment. Football helps to develop mental strength, which leads to a more wholesome and worthwhile life.

Many parents feel that football and sports in general are too time consuming and will be detrimental to their child's grades. It has been proven time and time again that the boys out for a sport have a higher grade average than the average student. The valuable thing that the athlete learns is wise use of his time. He doesn't have to "fool around" at the corner "hang out." After practice he has to plan his study time. The boy that learns to use his time wisely has an added plus in the game of life.

Football is brotherhood in practice. The Negro and the White, the Jew and the Christian, can work together for a common goal. Educators can stress the need for human relations, but on the football field and in the pep fest it is practiced, wholesome living, getting along, working together, sacrificing, respecting the rights of others, and learning leadership are all attributes developed through the game of football.

Some people say too much stress is put on winning. This is the American way of life. If we don't teach winning, we must teach losing. Having a philosophy that includes doing our best to achieve a goal is necessary in any occupation. Show me a salesman that doesn't try to win and I'll show you a failure. Our society and our nation need winners—need persons who will give their all to achieve a goal. Our ill-fated astronauts were of this type and the goal for which they gave their lives will someday be attained.

One of the greatest qualities developed on the football field is leadership. Nowhere else can this be developed in such a meaningful way. When the going is tough and the athlete is tired, when the time's running out and the team has to make a goal line stand, leadership is needed. The defense, working together, rises to the occasion by holding the line, or else they falter. Then they come back: Weary, lungs gasping for air, battling through to the last play, hoping to score. It would be easy to quit, but the leader battles on.

I think the sign of the athletic field at West Point significantly points out the value of athletics. It reads, "ON THESE FRIENDLY FIELDS OF STRIFE ARE FOUGHT THE BATTLES THAT IN FUTURE YEARS ON OTHER FAR OFF FIELDS WILL BRING THE FRUITS OF VICTORY."

Leadership, wise use of time, mental toughness, winning, sacrifice, and democracy in action are just a few of the things mentioned above. Others, such as sportsmanship, social contracts, and physical fitness, are also real contributions of football. Football is a necessary part of our educational system. The benefits of the sport are many and the rewards to the dedicated athlete are great. Football and education go hand in hand. Surely football is an integral part of the educational system, a true American sport, played in an American way.

Academic All State Football Team Concept

Guidelines and Procedures:

- 1) Choose one champion in each class.
- 2) Use 60% of the tournament team number to decide the team G.P.A.

AA - 31
A - 27
B - 23
C - 22
9-man - 16

Note: Each players name and G.P.A. must be listed.

- 3) In addition, 3 extra players G.P.A.'s will be listed for tie breakers, using them in order.
- 4) The 4.00 grading system will be used. Other systems must be converted and 4.00 will be the highest possible grade. Grades should be rounded off to 2 decimal places.

- 5) Grading Period: The grades used will be the cumulative grade for each student-athlete beginning with grade nine. No summer school or current fall grades will be used.
- 6) Who is eligible? Only teams with a head coach who is a current member of the Minnesota High School Football Coaches Association.
- 7) Teams should be submitted to Class Reps by October 1st, and champions submitted to Committee Chairman by November 1st.

Academic All State Team Committee

Class AA	Mike Barnes, Park Center
Class A	Lloyd Peterson, Marshall
Class B	Jerry Wallskog, Le Center
Class C	Con Natvig, Swansville (Chairman)
9-Man	Rick Sutton, Cottonwood

Minnesota Academic All-State Football Player Guidelines and Procedures

A review of the Minnesota State Football Coaches Association's basic requirement for the team are:

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:

9-man	= 11
Class C	= 12
Class B	= 13
Class A	= 14
Class AA	= 15
- 6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.
- 7) The Coach submitting the player application must be a member of the Minnesota State Football Coaches Association.

Guidelines and Procedures:

- 1) All applications should be typed or printed with correct names and data.
- 2) The selection Committee must have a good summary of not only the player's academic record, but the player's football accomplishments.
- 3) If the 1st quarter grades are not out for the applicant's senior year, his 1st quarter senior subjects must be listed.
- 4) All applications must be sent to your Class Academic Team Representative. If you have any problems, contact your Class Representative first. Please check the time deadlines on the application form.

REMEMBER: This is your State's FOOTBALL COACHES ASSOCIATION'S endeavor.

The 1990 Class Representatives are the following:

9-Man	Keith Swanson, Hoffman-Kensington
Class C	Con Natvig, Swansville
Class B	Bob Peterson, Esko
Class A	Dennis Nigon, Rochester Lourdes
Class AA	Paul Miller, Apple Valley
Academic Teams Chairman	Frank Fredlund, St. Peter

Academic All State Football Team Application

School _____ Class _____

Address _____ Phone _____

Head Coach _____

The following number of candidates may be listed for each class: AA - 31, A - 27, B - 23, C - 22, 9-man - 16; 3 extra players should be listed also for the purpose of tie breakers. The 4.00 grading system to 2 decimals will be used, so other systems must be converted. 4.00 is the highest grade used. The grades must be from the past full year; fall, winter and spring of 1989-90.

Applications must be in to each Class Representative by October 1st. A team champion will be chosen in each class.

Players Name	G.P.A.	Players Name	G.P.A.
1) _____	_____	18) _____	_____
2) _____	_____	19) _____	_____
3) _____	_____	20) _____	_____
4) _____	_____	21) _____	_____
5) _____	_____	22) _____	_____
6) _____	_____	23) _____	_____
7) _____	_____	24) _____	_____
8) _____	_____	25) _____	_____
9) _____	_____	26) _____	_____
10) _____	_____	27) _____	_____
11) _____	_____	28) _____	_____
12) _____	_____	29) _____	_____
13) _____	_____	30) _____	_____
14) _____	_____	31) _____	_____
15) _____	_____	32) _____	_____
16) _____	_____	33) _____	_____
17) _____	_____	34) _____	_____

Composite

Signature of verifying School Official

Academic All State Football Application

Sponsored by: The Minnesota State Football Coaches Association

Name of Applicant _____ Grade _____

Birthday _____ month _____ day _____ year _____ Height _____ Weight _____

School _____ Coach _____

Circle Class — 9 C B A AA

Academic Information

Grade 10 Subjects

Grade 11 Subjects

1st Quarter Senior Subjects

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ |
| 5. _____ | 5. _____ | 5. _____ |
| 6. _____ | 6. _____ | 6. _____ |
| 7. _____ | 7. _____ | 7. _____ |

GPA: _____

GPA: _____

GPA: _____

Use a 4.0 Scale for GPA

Pursuant to the provision of PL 93-380 (Family Educational Rights and Privacy Act of 1974) I hereby grant permission to release a copy of my academic record and GPA average for use by the Minnesota Football Coaches Association in selecting the Academic All State Team.

Signature of Parent or Student Applicant if 18 years or older.

PLAYER INFORMATION

Coaches: Please use the following format to submit data for your applicant.

School Background Information:

- 1) List academic honors.
- 2) List other school activities and leadership role in school.
- 3) List other sports with varsity participation.

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense, defense, kicking game)
- 2) List all football honors—previous and this season.
- 3) Statistics (list stats from this season and career totals. Mention any school or conference records. Mention if a lineman has any team stats that may be pertinent to the team's success.

4) Coaches Comment: Please submit a short letter to the Academic Team Selection Committee describing your player in terms of ability, performance, potential, character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Saturday, November 10.
- 2) Class selection committees must have teams picked by Saturday, November 17 and sent to the Academic Chairman.
- 3) Class Representatives must notify all team selections by Wednesday, November 21.

THE BUTCH NASH AWARD



To the many of us who know him, Butch Nash is the epitome of the ideal assistant coach:

Total loyalty to his school and the head coach.

Hard working - beyond measure.

Integrity in dealing with athletes and especially high school coaches.

Particularly competent in his coaching specialty - defensive ends.

Unique ability to relate to and be supportive of the athlete - their love for Butch is virtually legendary.

Lastly, the many many years of dedicated service to his university.

It is these much admired qualities that have

motivated the Minnesota High School Football Coaches Association to institute an annual award to be given to those high school assistant coaches who approach the greatness of Butch Nash.

The requirements for selection as a recipient of the Butch Nash award are:

1) An active assistant football coach at the high school level.

2) Although not strictly limited to varsity level coaches, the Executive Committee set a requirement of being an assistant who is a "front liner" - in the limelight, under the gun, recipient of praise or criticism approaching the level of that endured by the head coach.

3) Certainly, a few younger coaches can meet these requirements, BUT in all candor, years of service to a program will influence the selection committee's choices.

The recipients of the Butch Nash award for 1989-90 are:

1. Ron Beachy, Staples-Motley
2. Richard Bird, Bloomington Jefferson
3. Bill Braum, Ely
4. Don Kuiper, Worthington
5. John Pererick, Mahnomon
6. Marv Peters, Rochester Lourdes
7. Roger Stelljes, Park Center
8. Gary VonHoltum, Janesville

*Head coaches are urged to nominate outstanding assistant coaches for future consideration by the selection committee.



Ron Beachy
Staples-Motley
Butch Nash Award



Roger Stelljes
Park Center
Butch Nash Award



Bill Braum
Ely
Butch Nash Award



Don Kuiper
Worthington
Butch Nash Award



Richard Bird
Bloomington Jefferson
Butch Nash Award



Marv Peters
Rochester Lourdes
Butch Nash Award



John Peterick
Mahnomen
Butch Nash Award



Gary Von Holtum
Janesville
Butch Nash Award

NORTH SUBURBAN CONFERENCE

By Bob Jackson — Conference Representative

The 1989 football season provided much excitement for the teams involved in the North Suburban Conference. The North Suburban Conference, made up of Columbia Heights, Elk River, Fridley, Irondale, Mounds View, St. Francis, Spring Lake Park, and Totino Grace, proved to be one of the top football conferences in Minnesota.

The current NSC was realigned in 1987. Moving to the newly formed Twin City Suburban Conference were Anoka, Coon Rapids, Blaine, Forest Lake, and Roseville. Totino Grace and St. Francis joined the six remaining schools to form the "new" North Suburban Conference.

The NSC is comprised of 5 "AA" schools and 3 "A" schools. Enrollments range from Fridley with 619 students to Mounds View with enrollment of 1,429. For the 1990 football season, the NSC will expand from 8 teams to 10 teams. Buffalo, from the Suburban West Conference, and Centennial, from the Tri-Metro, will become the newest members of the league.

In its three year history, the NSC has proven to be one of the most balanced conferences in the state. Five teams have won or tied for the conference cham-

pionship in the three year history of the current league. In '87, Irondale and Elk River tied for the championship. Spring Lake Park won the championship outright in 1988. The '89 season saw Mounds View and Totino Grace tie for the championship. The NSC has been very competitive — top to bottom — with no team having gone through the conference schedule undefeated.

The '89 season saw three teams from the NSC make the state tournament. Totino Grace won Section 3-A, losing to state champ Albany 41-32 in the Class A championship. Fridley won Section 5-A before losing to Totino Grace, 17-0, in the Class A semifinals. Elk River won Section 8-AA before losing to state champion, Burnsville, in the Class AA quarterfinals.

Leading the conference in total offense was Fridley with 2,597 yards. Fridley lead the league in rushing with 2,269 yards followed by Spring Lake Park. Elk River led the league in passing with 1,454 yards followed by Irondale. Junior Paul Sczepanski of Fridley led the league in rushing with 1,439 yards. Senior Chris Gulstad of Elk River was the league's leading passer—completing 47 percent of his passes



1989 State Class A semi-final game—Totino Grace Joe Lamere (51), Jay Bohlinger (75) and Jon Gasik (45) converge on Matt Croon (14) of Fridley in the Class A semi-finals.



Senior QB Matt Vana of Totino Grace runs the option vs. St. Francis.



Spring Lake Park's junior running back Pat Schusted turns up against a North Suburban foe.



Quarterback Greg Berge of Spring Lake Park pitches the ball on the option vs. Irondale.

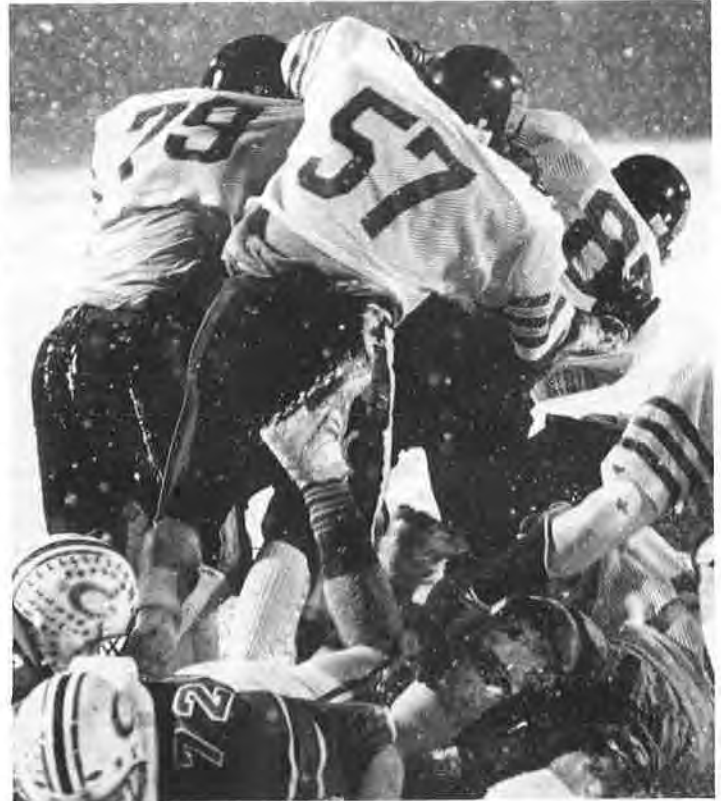
for 1,439 yards. Aaron Osterman of Elk River led the league in receiving with 29 receptions for 596 yards. Senior John Rademacher of Mounds View led the league in scoring with 80 points.

Mounds View led the league defensively — allowing only 170 yards per game, followed by Fridley. The Mustangs led in rushing defense — yielding only 856 yards on the ground. Elk River led the league in pass defense yielding only 371 yards in the air.


Gary Engen and staff of Mounds View were selected as the coaching staff of the year. Gary will also be the head coach of the Metro team in the All-Star football game. Representing the NSC in the All-Star game are: Elk River quarterback Chris Gulstad, Totino Grace wide receiver T.R. McDonald, Mounds View defensive lineman Joe Mauricio, and Fridley offensive lineman Dane VanHulzen.



T.R. McDonald of Totino-Grace vs. Albany in the Class A championship game.



Fridley's goal line stand in the snow for the Section 5A championship vs. Cambridge.



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It takes a little more to make a Champion™

TWIN CITIES SUBURBAN CONFERENCE

The Twin Cities Suburban Conference once again proved to be one of the most exciting and competitive football conferences in Minnesota. The Twin Cities Suburban Conference is made up of Anoka, Blaine, Coon Rapids, Forest Lake, Hill-Murray, Roseville, Stillwater, and White Bear Lake. Blaine and Anoka tied for the conference championship with records of

206 points.

Blaine led the league in defense for the second year in a row. Blaine allowed the least points by yielding only 73. Blaine led the conference in rushing defense and total defense by yielding 825 yards and 1,530 yards respectively. White Bear Lake had the league's stingiest pass defense yielding only 468 yards.

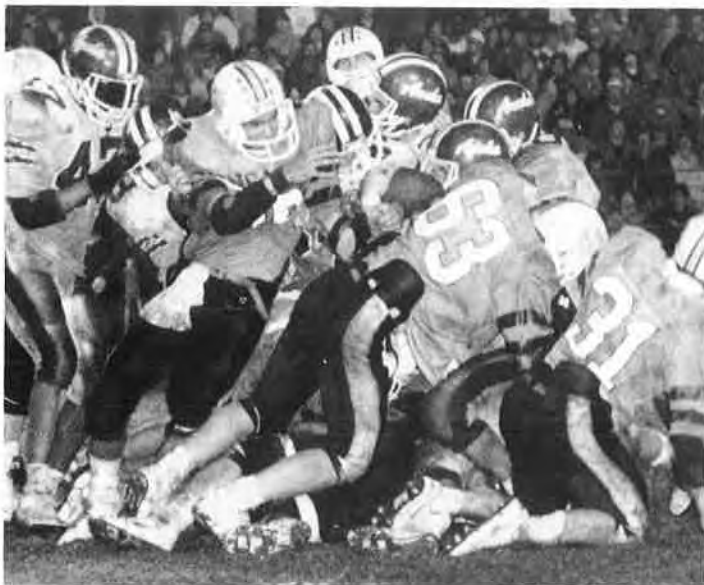
The Twin Cities Suburban also showcased many great individuals during the 1989 season. All-State running back Chuck Rios of Roseville provided many of the offensive fireworks during '89. Rios led the



Stillwater's Jim Lohmann (23), Cory Arkell (53) and Scot Johnson (55) play 'D' at the Unidome. Ponies defeated Cedar Falls, Iowa, 19-16.

7 wins and 1 loss.

Leading the conference in total offense was Blaine, gaining 2,487 yards. Stillwater, behind a strong offensive line, led the league in yards rushing with 2,015. White Bear Lake, behind the strong arm of Jason Christenson and the league's leading receiver in Aaron Cox, finished the season as the top passing team. Anoka led the league in scoring by amassing



Blaine gains some tough yards against Anoka in the Bengals 10-7 section IV semi-final victory. Blaine finished with a record of 9-2.



Jim Lohmann hauls in a 66 yard TD pass as Stillwater defeated Moorhead 27-7 in State Class AA quarter-final.

league in rushing with 1,132 yards on 241 carries. The versatile running back also led the conference in scoring with 13 touchdowns. Brent Johnson, from Anoka, led the league in interceptions with 7. Jason Slavik,



Stillwater's Jon Klett (41) tries to stop Burnsville's Eric Edmond in Prep Bowl VIII. Braves defeated the Ponies 21-7 for class AA championship.

the 6'4", 250 lb. tackle from Stillwater, earned All-State honors for his play in the offensive line. Mike Mooney, from Blaine, earned All-State honors for his outstanding play at linebacker.

All eight Twin Cities Suburban Conference teams qualified for the playoffs. Blaine was defeated in the Section IV final by Osseo by a score of 21 to 13. Stillwater again won the Section II title and made it to Prep Bowl 8, but was defeated by Burnsville by a score of 21 to 0.

DeWayne Johnson, Anoka, was selected as the Conference Coach of the Year. Chuck Rios from Roseville, was voted the league's Most Valuable Of-

fensive Player and Mike Mooney from Blaine, was voted the conference's Most Valuable Defensive Player.

Congratulations to the eight conference players who were selected to play in the 1990 Minnesota All-Star football game in August. The conference players selected include Chuck Rios (RB) from Roseville, Aaron Cox (WR) from White Bear Lake, Jason Slavik (OT) from Stillwater, Karl Olson (C) and Brent Johnson (DB) from Anoka, Mike Mooney (LB) from Blaine, Eric Luster (DB) from Hill-Murray, and Joe Toth (NG) from Forest Lake.

GOPHER CONFERENCE

The 1989 Gopher Conference had Co-Champions; both Champions also earned spots in the State Tournament: Medford was Section 2C Champion, and Waterville-Elysian was the State Class C Champion as well as the Champion of Section 3C.

During the conference season, Waterville-Elysian had several standout players. Included among them were Tauston Taylor, who averages 7.9 yards per carry and Matt Sorenson, who carried 100 times for 570 yards. An important factor in the Buccaneer offense was Corey Neid, who led the Gopher Conference in receiving and scoring. Trent Morris, Brent Hering and Troy Larson were key linemen in the offensive attack, as well as important in a defense that allowed only 179 yards per game.

Co Champion, Medford was led offensively by Steve Davis, who threw for 12 touchdowns with 51% accuracy. His top receivers were Allen Pofahl, with 22 catches for 325 yards and Ryan Lee with 15 catches for 205 yards. The Tiger's top rusher was Matt Drewitz with 724 yards. Medford boasted the top defense in the Gopher Conference, led by Dave Amberg and Rodney Staska.

New Richland-Hartland/Ellendale-Geneva was one of the teams tied for third place. Brian Brekke, who rushed for 889 yards and Tyler Peterson who threw for 336 yards, were among the offensive leaders. The Panthers defense was anchored by Mitch Thompson and Dave Ketcham.

In the tie for third place of the Gopher, Janesville/Waldorf-Pemberton presented a defense which allowed less than 200 yards per game. They were led by Russel Peterson and Corey Kapaun on the line, and Chris Mihm in the secondary. Offensively, the Bulldogs had the leading rusher in the conference in Josh Melchior who gained 938 yards in 115 carries.

Blooming Prairie featured Jason Vorlicek, who had 81 tackles in conference action, and Ben Hill, who was the Blossoms top rusher with 477 yards during the conference season.

Greg Severtson had 85 tackles to top the Glenville-Emmons Wolverines, while Shannon Froendt carried the ball 108 times for 606 yards and led the conference in punting with an average of 40.8 per punt.

Alden-Conger/Freeborn had Ron Redman, who was

the top in the Gopher Conference with 106 tackles; while Faribault Bethlehem Academy/Shattuck-St. Mary's was led by Jon Chappius both offensively and defensively.

In 1990, the Gopher Conference will again be a rugged group of competitors. Defending their State Championship, Waterville-Elysian will be paired with Morristown, Janesville/Waldorf-Pemberton, New Richland/Ellendale, Medford and Blooming Prairie will each return experienced squads, while Glenville-Emmons, Alden-Conger/Freeborn and BA/SSM will need some breaks, but could play a role in deciding who will be the 1990 Gopher Conference Champion.



Junior HB Paul Clayton of Janesville-Waldorf-Pemberton picks up tough yardage against Jackson in Section 2B action. Jackson won the game and went on to the sectional championship.

RETIRED LIFE MEMBERSHIP

What's new in the MHSFCA? Lifetime membership in the MHSFCA for retired football coaches is what's new! Thanks to the efforts of Ron Raveling and Bob Roy we now offer an opportunity for retired football coaches to remain involved in association matters.

Membership is open to retired football coaches (both assistant and head) who are life members or who have been long time football coaches. A one-time fee of \$25.00 will bring all benefits of association membership. PASS THE WORD! Contact Jim Simser, 900 Johnson St., Fairmont, MN 56031.

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Ron Scott — Coon Rapids
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Al Siegle — Pelican Rapids
Steve Silianoff — So. St. Paul
Tom Smith — New Richland-Hartland
Lloyd Stussy — Wells-Easton
Don Swanson — Minneapolis Henry
Tony Thiel — Battle Lake
Dale Vaughan — Shakopee
Bob Wilkowski — Perham
William Wilson — Fairmont

SEA-RANGE CONFERENCE

1989 FINAL STANDINGS

Team	Wins	Losses
Proctor	8	1
Hibbing	7	2
International Falls	7	2
Two Harbors	6	3
Virginia	6	3
Hermantown	4	5
Cloquet	2	7
Eveleth/Gilbert	2	7
Greenway	2	7
Mesabi East	1	8

Section 7A Playoffs

1st Round — International Falls defeated Hibbing

Proctor defeated Two Harbors

Final — International Falls defeated Proctor
for Section 7A Championship



Proctor's Ed Savo catches a 24 yard touchdown pass with 17 seconds remaining to defeat Two Harbors 20-14 in Section 7A Semifinals. Defending for Two Harbors is Tom Nelson.

—Photo courtesy of Proctor Journal

WRIGHT COUNTY CONFERENCE

DELANO RUNS TO WRIGHT COUNTY CONFERENCE TITLE IN '89

Complemented by a stingy defense allowing only 39 points, the Delano Tigers amassed 2,185 rushing yards enroute to their undisputed conference championship. The Tigers finished with a 6-1 conference record. Their only loss came at the hands of St. Michael-Albertville, the eventual Section 5B runner-up. Delano ended their season in a tough playoff loss to Chaska.

The WCC leading rusher was junior Mike Jaunich, Delano with 729 yards. Other leading rushers for the WCC Champs were Jeremy Gabrelcik with 632 yards, and Todd Wegman with 427 yards.

Junior Mike Jaunich of Delano was also the conference scoring leader with 79 points, followed closely by another junior running back, Matt Nyquist of Dassel-Cokato with 76 points.

Conference passing leader was Chad Gagnon of Howard Lake-Waverly, completing 61 of 122 passes for 855 yards.

In 1989 the Wright County Conference provided plenty of post season playoff action as six of the eight member schools qualified. The WCC is a split class conference with 4 Class A, and 4 Class B schools. Two A schools and all 4 B schools qualified in four different sections. Delano and Dassel-Cokato entered the A playoffs. St. Michael-Albertville, Watertown-Mayer, Rockford, and Howard Lake-Waverly entered the Class B playoffs. The Knights of St. Michael-

Albertville advance the farthest, losing out in the Section 5B championship game.

WCC Coach of the Year —
Merrill Pavlovich, Delano

WCC Most Valuable Lineman —
Eric Russek, Delano

WCC Co-Most Valuable Back —
Matt Nyquist, Dassel-Cokato
Todd Wegman, Delano

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Often we take for granted the magazines and journals which reach us as professional publications. The dues which we pay in this organization do not come close to paying for the publication of this magazine. This magazine is made possible therefore by the close support and cooperation of the organizations who advertise. Support those advertisers and when you see them, thank them for their help and support.

GREAT RIVER CONFERENCE

Coach Gene Stritesky's Ogilvie Lions won their third straight Great River Conference title. The Lions were 5-0 in the conference. They clinched the title in the final game with a 21-12 victory over conference runner-up Mille Lacs. The Lions advanced to the semi-finals in the state Class C playoffs.

Senior Nate Lewandoski of Mille Lacs lead the conference in two categories: scoring and rushing. Lewandoski averaged 95.8 yards per game and scored 38 points in five games. Hinckley-Finlayson Brad Hopkins was the leading passer in the conference. He averaged 108.9 yards per game and completed 53 percent of his passes. Tim Schoenrock also of Hinckley-

Finlayson was the leading receiver with 19 receptions for 303 yards. On the defensive side, Derek Panek of the East Central Eagles lead the league in solo tackles with 53 in 5 games.

FINAL STANDINGS

Team	Record	Overall
Ogilvie	5-0	7-1
Mille Lacs	4-1	4-4
Hinckley-Finlayson	3-2	3-5
Braham	2-3	3-4
East Central	1-4	3-5
Rush City	0-5	1-6

CENTRAL LAKES CONFERENCE

The 1989 football season provided many exciting moments for Central Lakes Conference fans. Once again, the tough Central Lakes proved to be a very balanced league. The Willmar Cardinals, behind a stingy defense and an explosive offense, won its third consecutive CLC championship with a 7-0 record. The St. Cloud Tech Tigers were runners up with a 6-1 record, followed by the Brainerd Warriors at 5-2.

Final statistics showed the competitiveness of the CLC. Willmar led the conference in total offense with 2,432 yards, followed by the Brainerd with 2,273 yards, and St. Cloud Tech with 2,031 yards. The Willmar Cardinals also led the CLC in rushing (1,924 yards) and in scoring (218 points). Following Willmar in rushing was Tech with 1,684 yards and Brainerd with 1,537 yards. The Warriors were second in scoring with 193 points, followed by Tech with 158 points. Rocori led the conference in passing with 837 yards, followed by Brainerd with 766 yards, and Alexandria with 734 yards.

Defensively, St. Cloud Tech led the league in total defense, giving up 1,206 yards, followed by Willmar (1,274 yards) and Rocori (1,473 yards). The Tigers also led in rushing defense (624 yards), followed by Willmar with 648 yards. Rocori was the leader in pass

defense yielding 465 yards. They were followed by Little Falls (538 yards) and Monticello (563 yards).

The 1989 season also featured many fine individual accomplishments. Rocori teammates led the conference in several categories: Jason Dold in rushing (636 yards); Jon Dold in receiving yardage (367) and receptions (28); Jay Schneider in passing yardage (824) and total yardage (844); and Terry Lutgen in tackles with 74. Willmar's Jason Rousseau led the league in scoring with 66 points.

1989 marked the first season that Monticello participated in the Central Lakes, once again making it an eight team conference. Deryl Ramey of Willmar was named CLC Coach of the Year.

FINAL STANDINGS

Willmar	7-0
St. Cloud Tech	6-1
Brainerd	5-2
Monticello	4-3
Little Falls	3-4
Rocori	2-5
St. Cloud Apollo	1-6
Alexandria	0-7



Willmar Coach Deryl Ramey talks to the defense during the Cardinals CLC Championship Game against St. Cloud Tech. Willmar won the contest 24-0.



Willmar QB Terry Luschen gives the ball to All-CLC HB Paul Warner during Willmar's 28-13 win over Brainerd in a key Central Lakes battle. Leading the play is All-CLC guard Todd Stanghelle (65) of Willmar.

TRI-VALLEY CONFERENCE

FINAL STANDINGS

	Conference	Season
Mayer Lutheran	5-0	9-1
St. Croix Lutheran	4-1	6-3
Concordia Academy	3-2	4-5
SPA	2-3	2-6
Brady	1-4	1-7
Mpls. Lutheran	0-5	1-7

Mayer Lutheran was forced to work hard to earn the conference championship in 1989. Both St. Croix Lutheran and Concordia pushed Mayer right into the closing seconds of each game. The Tri-Valley Conference will have a host of new teams on their schedules as each team will play 2 non-conference games with teams from the Great River Conference in the 1990 season.

Top prospects to keep an eye on for the 1990 football season are:

Craig Wachholz	6'8"	220	TE, DE
Mayer Lutheran			
Matt Rum	6'8"	235	TE, DE
Concordia Academy			
Nathan Tiarks	6'	215	NG
St. Croix Lutheran			
Dave Floysand	6'3"	170	QB, DE
Brady			
Brian Vogoe	6'1"	220	LB
SPA			
Steve Jensen	5'10"	165	RB, DB
Mayer Lutheran			

*Jensen was the 1989 Tri-Valley MVP

NORTH STAR CONFERENCE

The Deer River Warriors remained on top of the North Star Conference with an undefeated record. Led by All-State Robby Ott, Deer River outscored its conference opponents 169-28. The Walker Warriors finished second and had the misfortune of losing two key backs to injuries early in the season. Pine River, under new head coach, Barry Boevers, finished a respectable third while Blackduck, Northland-Remer, and Cass Lake rounded out the conference standings.

The 1990 season will see two additions to the North Star Conference. Pequot Lakes and Lake of the Woods-Baudette will join to make it an eight team organization.

Picking a favorite for next season might be tricky. Pine River returns some key skilled positions while Northland-Remer had an outstanding B squad last year.

FINAL STANDINGS

	Conference	Overall
Deer River	5-0	8-0
Walker	4-1	4-4
Pine River	3-2	5-3
Black Duck	2-3	2-6
Northland-Remer	1-4	2-6
Cass Lake	0-5	1-7



Deer River's Robby Ott kicks an extra point during the homecoming game against Pine River.



Junior fullback Heath Paulsen from Deer River races to the end zone while two Pine River defenders pursue.

POLAR CONFERENCE

The 1989 Polar League Conference was full of talent and aspirations for a championship. In fact, four teams were still in contention up until the last two weeks of the season. The newly expanded eight team league allowed no margin for error, as each team only played one non-conference game.

Going into the fifth week, Esko, Moose Lake/Willow River, and McGregor carried undefeated records, while Barnum had but a single loss. After winning a tough 7-3 game in Barnum, Esko went on to defeat McGregor 41-8. This set up what became known as the "game of the year" for small schools. Both Moose Lake/Willow River and Esko had perfect 7-0 records in addition to area and state rankings. After a seesaw battle, the Rebels prevailed 19-15. Esko avenged this defeat with a 13-9 victory in the Section 7 semifinals.

Congratulations to all the coaches and players for their hard work and dedication throughout the year. This year promises to be just as exciting!

**FINAL
STANDINGS**

Moose Lk./Willow Riv. Rebels	7-0
Esko Eskimos	6-1
Barnum Bombers	5-2
McGregor Mercuries	4-3
Carlton Bulldogs	2-5
Grand Marais Vikings	2-5
Silver Bay Mariners	2-5
Duluth Marshall Hilltoppers	0-7



Esko quarterback Jim Bergstedt broke through the line for a large gain in the Carlton game. The Eskimos outgained the Bulldogs 450 yards to 50 yards enroute to a 49-6 home victory.

WEST CENTRAL CONFERENCE NORTH

In its inaugural season, the West Central Conference North was dominated by eventual Class A State Champion Albany. Albany dominated the conference by gaining a record 2,431 total yards in winning 6 games. Albany also scored a record 254 points while giving up only 34. For his team's efforts, Coach Jim Mader of Albany was named West Central Conference North Coach of the Year.

Individually, conference statistics were also dominated by Albany players with 3 rushers in the top 10. The leading rusher in the conference was Kelly Skogrand of Montevideo with 619 yards in 6 games. The leading passer was Dave Wenner of St. Cloud Cathedral. The leading receiver was Keith Atkinson of Melrose with 27 receptions for 324 yards. The leading punter and scorer was Darryl Goebel of

Albany. The leading punt returner was Pete Schwieters of Melrose and the leading kickoff returner was Jason Ward of Montevideo. The leading pass interceptor was Jamie Dukowitz of St. Cloud Cathedral.

The West Central Conference Outstanding Back for 1989 was Erik Wimmer of Albany, the Outstanding Lineman was Chad Pundsack of Albany and the MVP was Brian Kohorst of St. Cloud Cathedral.

**FINAL
STANDINGS**

Albany	6-0
Melrose	5-1
St. Cloud Cathedral	4-2
Sartell	3-3
Litchfield	2-4
Montevideo	1-5
Sauk Centre	0-6



Albany's all-state running back Darryl Goebel (40) cuts to daylight in the Class A state championship game. Todd Rodenwald (81) sets up block as Keith Studer (12) leads Goebel up the sideline. Ryan Novak (34) and Mark Bogucki (43) for Totino Grace are in pursuit. Albany won the game 41-32.



Albany's Erik Wimmer, 6 ft. 170-lb. senior, side-steps a Totino Grace defender. Wimmer rushed for 156 yards in the championship game. In hot pursuit is Totino's fine junior LB Jon Gasik, 5' 11", 180 lb.

MID STATE CONFERENCE

The Staples/Motley Cardinals coached by Tom Honek, beat previously undefeated Crosby-Ironton 33-20 in the sixth week of the season to take a lead in conference play. The Cardinals finished their conference schedule undefeated to win the Mid State Conference Championship. S/M also made their second straight state tournament appearance by defeating East Grand Forks in the first round, Crookston in the semi-finals, and Crosby-Ironton again in the Section 8A Championship 20-14.

Several individual players earned additional honors. Junior runningback Pat Kenney from Park Rapids led the conference in scoring with 64 points in the 5 games. Todd Schmitz, a lineman from Staples/Motley, and Tony Glenz, a wide receiver from Crosby-Ironton were selected as members of the 1990 Outstate All Star Football Team. Shaun Roberts of Crosby-Ironton was named to the Class A Academic All State Team.

1989 Mid-State Conference Standings

School	Conf.	Pct.	Total Pts.	Oppon. Pts.	Overall Record
Staples/Motley	5-0	1.000	152	40	10-2
Crosby-Ironton	4-1	.800	142	66	9-2
Detroit Lakes	3-2	.600	117	81	4-5
Park Rapids	2-3	.400	134	111	3-5
Aitkin	1-4	.200	40	103	1-7
Wadena	0-5	.000	12	196	0-8



Tony Glenz, wide receiver from Crosby-Ironton, makes a diving catch along the sideline against Staples/Motley.

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212 CONFERENCE

In 1989, the 212 Conference consisted of the following teams: Atwater-Grove City, Buffalo Lake-Hector, Bird Island-Lake Lillian-Olivia, Danube-Renville-Sacred Heart, Granite Falls-Clarkfield, Kerkhoven-Murdock-Sunburg, and Maynard-Clara City-Raymond.

Originating in 1947, this conference at one time consisted only of teams located along Highway 212. The original members included Bird Island, Brownton, Buffalo Lake, Danube, Hector, Renville, and Sacred Heart. The "Gold Brick" also originated in 1947. The object of the brick was that it would be a traveling trophy and would go to the team which beat the last team with the brick. Granite Falls had held the brick since 1987 when they beat KMS, the 1986 — 212 champion. This year the brick returned to the KMS trophy case as they beat GFC 15-13 and went undefeated in the 212 conference. Conference leaders for the 212 Conference in 1989 were as follows:

Scoring—Jason Behm, AGC, 56 points; Rushing—Tim Wertish, BOLD, 108 carries, 835 yards; Passing—Erik Peterson, GFC, 41/83, 644 yards, 10 T.D.'s; Receiving—Josh Guertin, GFC, 18 catches, 322 yards; Kick-off Returns—Chad Gomarko, BOLD, 11 for 225 yards; Punt Returns—Brandon Almich, GFC, 9 returns, 177 yards; Interceptions—Gary Osterfeld, BOLD, 3; Fumble Recoveries, Brian Collins, KMS, 4; Sacks, Kevin Schwartz, GFC, 6; Tackles—Scott Wilts, KMS, 86.

FINAL STANDINGS

Gibbon-Fairfax-Winthrop	7-0	11-0
Sleepy Eye	5-2	7-3
New Ulm Cathedral	4-3	4-5
Gaylord	3-4	4-5
Sanborn-Lamberton-Wabasso	3-4	4-5
Springfield-Comfrey	2-5	2-6
Sleepy Eye St. Mary's	2-5	2-7
Minnesota Valley Lutheran	2-5	2-7



Granite Falls-Clarkfield's TE Kevin Schwartz (88) makes a one-handed grab to set up winning TD against Staples/Motley. GFC 25, SM 20.



Granite Falls-Clarkfield's Brandon Almich goes for extra yardage in 212 conference action. GFC 28, BOLD 13.



Granite Falls-Clarkfield's Tom Mann (43) powers for extra yardage against MacCray in 212 conference action. GFC 35, MacCray 7.

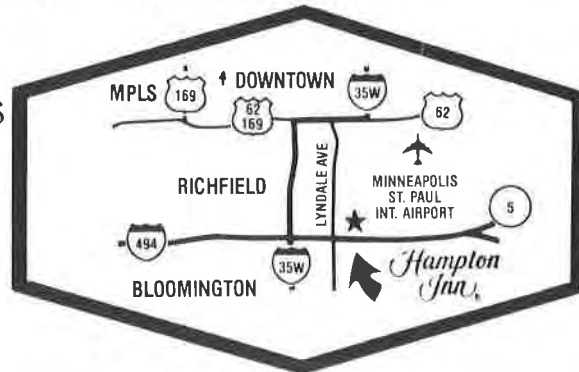


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SOUTHERN MINNY CONFERENCE

The 1989 Southern Minny Conference produced some exciting contests with a talent-laden St. Clair outfit emerging on top with an unblemished 9-0 record. The Indians edged challenger South Central 25-18 in the conference title tilt Oct. 13. SC finished with an 8-1 record. The remainder of the conference was quite balanced with Cleveland and Claremont tying for third with 5-3 marks, Granada-Huntley/East Chain/Martin Luther 4-5, Morrystown and Lyle each 3-5, Ceylon and Goodhue 3-6 and Randolph 0-9.

Four teams qualified for the Section I tournament — St. Clair, South Central, Claremont and Cleveland. Semi-final action found St. Clair defeating Cleveland 41-6 and South Central stopping Claremont 39-16. The Indians played an exceptional contest in defeating SC 31-6 in the championship contest of the Section.

The Indians represented the conference well with convincing victories over Winsted Holy Trinity, Hills-Beaver Creek and Albrook to emerge as the 1989 Nine-Man State Champions.

St. Clair's squad featured several outstanding performers and were led by a superior athlete in Brad Loeffler who amassed 1,887 yards on 289 carries with 29 TDs for the year. His 4½ season career totals were an amazing 5,237 yards on 1,104 carries with 79 TDs. He was also a stalwart player on the defensive side of the ledger with 123 tackles, eight interceptions and three fumble recoveries. Brad was selected as an all-state 9-man player; was on the A.P. all-state team and was the only nine-man player selected as an all-state halfback by the Minneapolis Tribune on their honor squad. Loeffler is also a two-time state wrestling champion in the 189-lb. class.

Other top performers for the Indians were twins Mike and Sean Bezdicek who were outstanding at the offensive and defensive end positions; Adam Carlson, Bill Miller, Bobby Volling, Jeff Juliar and Bret Lang. Mike Bezdicek was named an all-state 9-man lineman and Sean received honorable mention. Carlson was on



South Central junior Jon Goerish scampers around left end during his team's 39-16 win over Claremont in Section I semi-final action. Goerish finished the season with 1,003 yds. rushing (6.8 avg.), and led SC in scoring (150 pts.) and receiving (22-454) for the third straight year. The Warriors finished the season 9-2, their only losses to state champion St. Clair. SC will return 8 of 9 defensive starters and 6 of 9 offensive starters for next year.

the 9-man all-state team as a cornerback. Although the Indians lost nine quality seniors of their championship team, they return a solid nucleus for next year and will be tough to beat.

South Central was led by the running tandem of "G-Men" Jon Goerish and John Goette along with a solid offensive line. Goerish, a junior, rushed for 1,003 yards (6.8 avg.) and also led the team in receptions (22-454) and set a school scoring record with 150 points. Goette, a senior, rambled for 888 yards (6.1 avg.) and scored 58 points. Goerish, who has led SC in scoring and receiving the past three seasons, was named to the Fairmont Sentinel All-Area team and also received honorable mention status on the Mpls. Tribune's all-state team. Goette was selected to the Fairmont Sentinel All-Area squad. The Warriors also received solid support from lineman Ryan Iverson, a junior, who was named to the Fairmont Sentinel All-Area team; and Eric Lee, a junior defensive lineman who received honorable mention status on the Mpls. Tribune's all state team; along with a solid cast of team players. Other top players for SC were juniors Dave Halverson and Eric Trytten.

The Warriors will also return a veteran team next season with 8 or 9 defensive starters back and 6 of 9 offensive starters.

Other talented individuals in the conference who received post season honors included junior back Brad Walter of Lyle who received honorable mention in the Minneapolis Tribune's all-state team as a kick return specialist; Chad Lenz of Claremont and Dan Derner of Cleveland, who were named to the 9-man All-State academic team; and Rusty Bisek of Cleveland, who received honorable mention on the 9-man all-state unit.



Junior defensive lineman Eric Lee of South Central (71) stops a Ceylon runner in his track during a 36-10 conquest of Ceylon in Southern Minny action. Lee, an all-conference selection, received honorable mention on the Minneapolis Tribune's all-state team. He had 3 blocked kicks, led SC in tackles with 109, recorded 6 sacks and recovered 2 fumbles.

SOUTH CENTRAL CONFERENCE

By Frank Fredlund

The big news in the South Central is the changing of the guard at Fairmont with the retirement of Tom Mahoney. Coaches in the South Central Conference feel we have one of the top conferences around, not only in great competitive play from top to the bottom, but the way the games are administered with class and excellence. Much of this came about through the leadership of Tom Mahoney and the years of his influence. We will miss Tom and hope he enjoys a long, well earned retirement.

The St. Peter Saints won the South Central Conference Championship posting a 5-0 record in conference play. This was the fourth year the Saints have won or shared the title. Ethan Allen, St. Peter's speedy halfback missed the first 5 games due to a broken collarbone, but came back to help St. Peter win the conference and Section IV championships. During 7 games Ethan rushed for over 1,000 yards and scored

15 touchdowns. He signed a tender with Stanford. Fairmont's great athlete Dave Murphy signed with St. Cloud State.

Wells continues to be out of the 1990 South Central football schedule. It is hoped that they can pair with someone to bring their numbers up. Wells has some of the finest athletes around for their school size and it is hoped that they will be able to continue again soon in football.

After a year in Section IV play St. Peter was moved back into Section II for the playoffs. Waseca will stay with Section IV and Sibley East (Gaylord and Arlington) will play in Section II Class A. Blue Earth with all their pairing will now be called Blue Earth Area Schools. Watch out for Blue Earth, they have three All-Conference players returning.



Senior halfback Ethan Allen ran wild during the Saints 48-12 victory over Shakopee. Allen rushed for 162 yards and four touchdowns as the Saints simply outran the Shakopee defense.



St. Peter quarterback Ed Rundell was the recipient of heavy pressure from the Chaska defense during the Saints 27-14 Section 4A semifinal victory. Despite the pressure Rundell picked apart the Hawks' defense, completing 9 of 13 passes for 109 yards and two touchdowns.



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THREE RIVERS CONFERENCE

It took a perfect record to win the Three Rivers Conference. The Pine Island Panthers, at 7-0, did just that. The seasons final standings showed just how tough the conference was. Ironically, no team was able to defeat a team with a better record.

Previous member of the Wasioja Conference, Pine Island's introduction into the Three Rivers was anything but easy. Second place Chatfield welcomed the Panthers with a hard fought game early in the season. Although the Panthers did come out on top, it took a field goal in overtime to decide the contest.

As a result of the well balanced competition, the conference was well represented in the sectional playoffs. Dover-Eyota, Plainview, Elgin Millville, Chatfield, St. Charles, Spring Valley-Wyckoff, and Pine Island all enjoyed post season action. Pine Island was able to finish with Section 1-B runner-up honors.

Offensively and defensively, the conference's best were nothing short of spectacular. The leading defensive team effort was recorded by the Chatfield Gophers. They allowed an unbelievable 396 yards rushing and 344 yards passing in eight games. Conference Champion Pine Island had 1610 yards rushing and 611 yards passing.

The Three Rivers Conference will be represented in the Outstate-Metro All Star Game by Shayne Maker, a 6-4", 245 pound tackle from Chatfield.



Dover-Eyota in dark is shown in a 18-13 playoff win over Lanesboro.



Derek Shutz holds as Ryan Murray of Pine Island kicks the winning field goal for a 3-0 overtime victory against Chatfield.

FINAL STANDINGS

Team	Conference	Overall
Pine Island	7-0	9-1
Chatfield	6-1	7-2
St. Charles	5-2	6-3
Dover-Eyota	4-3	5-5
Spring Valley-Wyckoff	3-4	4-5
Plainview-Elgin		
Millville	2-5	2-7
Wabasha-Kellogg	1-6	2-6
Lewiston-Altura	0-7	0-8



Bill Monosmith of Pine Island picks up a short gain in the Panthers 12-7 loss to Rushford in the Section 1-B Championship Game.

TRI-METRO GOLD CONFERENCE

FARMINGTON REPEATS AS CHAMPION

For the second consecutive year, Earl Wetzel's Farmington Tigers captured the conference crown in the Tri-Metro Gold Conference. Once again the championship was determined in a late season meeting between Farmington and Orono which the Tigers won 20-6. All-conference selection Chad Alberts rushed for over 200 yards to key the victory. Farmington ranked 2nd in the final AP Poll of Class A schools while Orono was 10th.

Orono's Dave Wittmer was named Back of the Year and lead the conference in rushing (155 yds/g) and scoring (10.8 pts/g). Mahtomedi's John Brockberg averaged 142 yds/game and Brooklyn Center's Bryce Darnell threw for over 250 yds/game. Farmington's Tim Sjeba was named Linemen of the Year. St. Bernard's John O'Neill and Brooklyn Center's Charlie Campbell each had over 800 yards receiving for the season, while Orono's Mark Christianson had 750.

The 1989 season was the last for Centennial, which is moving to the North Suburban. Mound will join the Tri-Metro Gold for the 1990 season. Expect to see some points on the board with offensive threats Brockberg, Darnell, Campbell, Alberts, and Christianson heading the list of all-conference picks during this season.

Final Standings

	Conference	Overall
Farmington	5-0	9-1
Orono	4-1	9-2
Mahtomedi	3-2	7-4
St. Bernards	2-3	3-6
Brooklyn Center	1-4	3-6
Centennial	0-5	2-6

All-Conference Selections

Name	School	Year
Cael Sprute	Farmington	12
Tom Sejba	Farmington	12
Terry Rasmussen	Farmington	12
Paul Allard	Farmington	12
Chad Alberts	Farmington	11
Dave Wittmer	Orono	12
Doug Hawkinson	Orono	12
Mark Christianson	Orono	11
Pat Lacy	Orono	11
Tim Mitchell	Mahtomedi	12
Mark Wojcik	Mahtomedi	12
John Brockberg	Mahtomedi	11
John O'Neill	St. Bernards	12
Shawn O'Gary	St. Bernards	12
Bryce Darnell	B.C.	11
Charlie Campbell	B.C.	11
Travis Sandman	Centennial	12



Tri-Metro Gold Back of the Year Dave Wittmer, Orono, leading rusher/scorer in conference games.



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VALLEY PLAINS CONFERENCE SOUTH DIVISION

With the addition of four new members into the Valley Plains Conference, the league was divided into two divisions, Northern division and Southern division. The Southern half consisted of Dilworth, Glyndon-Felton, Hawley, Waubun and new comers Lake Park/Audubon and NC East (Twin Valley and Gary).

The conference was highlighted by another year of excellent football. Conference Champ Dilworth led the way by winning the Class C Section 6 Championship and entering into state competition only to lose to Section 7 Champ Ogilvie 23-22.

Five conference records were broken with James

Taves (G-F) rushing for 1134 yards and John Clark (Waubun) breaking two records in passing, with total yards of 1160 and throwing 15 touchdown passes. Dean Haugo (Waubun) set a season average kick return record of 37.2 yards. Dilworth established a new team record of 325 points scored in a season.

Most Valuable Back went to James Taves (Glyndon-Felton) and Jason Selzler (Dilworth) was named Most Valuable Lineman. Jason also received recognition as a member of this years Class C All State Academic Team. The conference also voted Craig Anderson (Dilworth) as Conference Coach of the Year.

HEARTLAND CONFERENCE

CONFERENCE STANDINGS

Verndale	4-0
Nevis	3-1
Backus	2-2
Pillager	1-3
Laporte	0-4

Co-Coaches of the Year: Paul Schroeder, Nevis
Mike Malen, Verndale

MVP: Jim Carlson, senior, QB-S, Verndale



All-State 9-Man QB Jim Carlson (8) throws the winning touchdown pass to Scott Seaton (84) in Verndale's 24 to 18 win over Nevis.

Carlson threw 4 touchdown passes in the game, leading Verndale to the Heartland Conference Championship.

MINNESOTA RIVER CONFERENCE

By Jerry Wallskog
Conference Representative

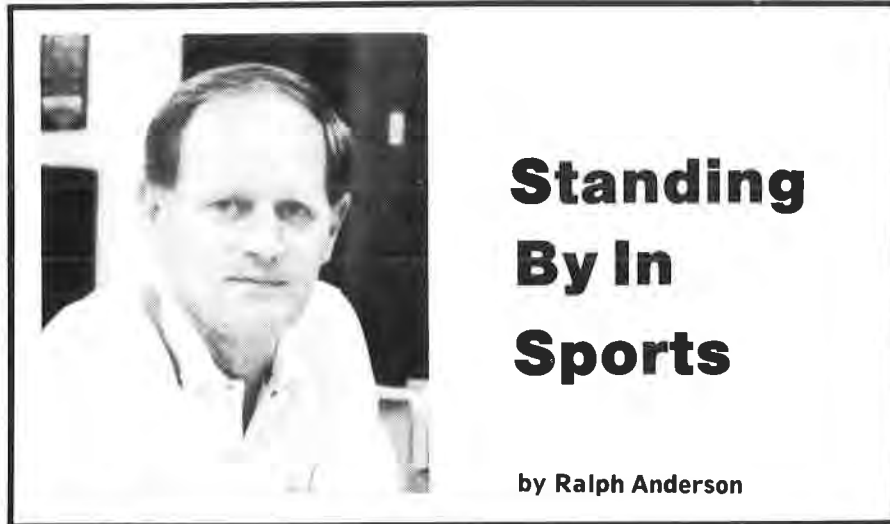
The teams of the MN River Conference again fared well in the Sectional Playoffs. The Wildcats of LeCenter, conference runners-up, again made it into the section 3C Championship game, only to lose 7-6 to a fine Medford team. Conference champs, Mankato Loyola, lost out to LeCenter in the semi-finals. Le Sueur, fourth in the conference, did an excellent job in section 2B, losing in the semi-finals to a Fairfax-Gibbon-Winthrop team, who eventually won it all.

The 1990 season is very much of a question mark with Arlington-Green Isle pairing with Gaylord, and Le Sueur pairing with Henderson. Both teams will certainly be helped and made stronger in these arrangements. The conference otherwise will be pretty much balanced with all schools having a good group of juniors returning for the 1990 season. 1989 champs

Mankato Loyola will again be a contender led by All-conference QB Dan Ward. Jordan, who is always in the thick of the battle, has a good group returning lead by all-conference end Mike Hanzel. Montgomery, who made it back into the sectional after a few down years, showed definite sparks of improvement, should be improved and ready to make their move up the standings. The LeCenter squad which will return with their entire offensive line, along with all-conference QB Peter Plut, should also be in the thick of things. Belle Plaine and Norwood-Young America have been down, but with open enrollment and one year's maturity, who knows, anyone is capable of winning the conference championship. Time will tell and we're all ready for a new season to begin.



LeCenter's Junior QB Peter Plut having a little difficulty getting this pass off vs. Medford in the Sectional Finals. For the game he was 18 for 24, and 231 yards.



Standing By In Sports

by Ralph Anderson

Coaching retirements in Minnesota this year include that of Tom Mahoney, who for a number of years has been the state's winningest active grid mentor.

Mahoney, who coached his first five years at Lake City High School, concluded 39 years of prep grid coaching with the end of the 1989 season, with the final 34 seasons being as head coach at Fairmont High School.

His Lake City/Fairmont teams compiled an overall 256-94-8 record and his 1989 club won nine of 12 games before losing in the quarter-final round of the Minnesota State High School League (MSHSL) playoffs.

A member of the Bernie Bierman-coached University of Minnesota football teams as a collegian, Mahoney took an active role in functions of the Minnesota High School Football Coaches Association, the MSHSL and the American Football Coaches Association.

He always regarded as one of his greatest coaching thrills directing his team to a victory in the first game he ever coached.

Mahoney was one of six persons installed in the Minnesota High School Football Coaches Association Hall of Fame this past March 31.

Named to replace Mahoney as head football coach and athletic director at Fairmont High School has been Jim Simser, formerly of New Richland-Hartland.

Simser, also one of the state's winningest active football coaches, has coached 22 seasons.

In addition to his duties as football coach and athletic director, Simser has served as secretary-treasurer of the Minnesota High School Football Coaches Association since 1987, when he was named to replace Don Larson, who resigned at Albert Lea to join the football coaching staff at North Dakota State University at Fargo.

Another veteran Minnesota high school coach resigning after the 1989 season was Stav Canakes of Edina High School.

His Edina and Edina West teams were 203-69-1 and captured 15 Lake Conference football championships during the 1961-89 period. Canakes-coached Edina teams won four mythical state football championships before the Minnesota State High School League (MSHSL) playoff system was launched in 1972 and, in 1978, he directed Edina West to the MSHSL Class AA grid crown.

Appointed as his successor at Edina has been Ron Kostletz.

Other coaching changes in the Lake Blue Conference find Jon Oelske replacing Ert Jones-Hermending at Robbinsdale Cooper and Al Walhutka succeeding John Coatta Jr. at St. Louis Park.

Two longtime athletic directors at schools in the Mid-State Conference, who were involved in football coaching prior to taking over the athletic director duties, have left their positions.

They are John Davies of Crosby-Ironton and Norm Card of Staples.

Davies, who was on the Crosby-Ironton staff for 33 years, has retired.



Tom Mahoney



Jim Simser



John Davies



Norm Card

A graduate of Aitkin High School and Bemidji State University, Davies joined the C-I staff in 1957 and was an assistant football coach under Ted Thompson.

He began an 18-year career as the Rangers' head

football coach in 1962 and his teams compiled an overall 95-77-1 record, which included 10 Mid-State Conference championships.

His 1973 team finished 10-0 and was regarded as one of the best teams in the state, but the Rangers did not qualify for the Minnesota State High School League (MSHSL) playoffs when a computer system was used to determine playoff participants.

Davies regards his appointment as head football coach at C-I High School as "a very exciting thing to have happen."

The retiring C-I athletic director said his retirement plans include fishing, hunting and travelling.

The Ranger football field was dedicated as John Davies Field in honor of Davies two years ago.

Norm Card, who served several seasons as an assistant football coach at Staples High School, has been granted a year's leave of absence from his duties of athletic director.

Card, who served as athletic director for 10 years, called his decision a "tough" one, but added that he "feels comfortable with it."

During Card's 10 years as athletic director (eight years when it was Staples High School and two years when it was Staples/Motley High School), the school system sent 45 teams into Minnesota State High School League (MSHSL) state tournament competition and won state titles in seven different athletic activities.

Card, in his request for leave, noted that there is a trend toward cutting back in many school systems and explained: "At this point, I feel it best for me to

try something different."

He went on to praise all members of the Staples and Staples/Motley coaching staffs as being "super" to work with.

A graduate of Grand Rapids High School, Card attended Itasca Junior College, received a bachelor's degree at Moorhead State and earned a master's degree at Bemidji State University. He served on the Staples staff for 26 years and became athletic director 10 years ago when he succeeded Earl Mergens.

* * * * *

One of the best known boys' basketball coaches in District 23/Region Six has taken on added duties for the 1990-91 school year.

He is Rex Haugen, veteran head boys' cage mentor at Pelican Rapids High School, who has been named head football coach at the school to succeed Virg Kollar.

Kollar, who served as an assistant to Al Siegle in the Pelican Rapids High School system from 1974-84, became the head coach in 1985 and served through the 1989 campaign.

Concerning his appointment as the school's head football coach, Haugen stated as follows: "The position interested me, I indicated (to the board) that I would like to be a candidate and I felt this was an opportunity to expand my coaching career. On top of that, I really like football."

A member of the Pelican Rapids staff since 1965-66, Haugen has served about 20 years as an assistant football coach at the school, both under Siegle and



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Serving as a head football coach is not new to Haugen, who was a head grid mentor at Page (N.D.) High School prior to moving to Pelican Rapids.

Haugen has turned out a number of outstanding high school basketball teams, with his Vikings winning the Minnesota Class A boys' championship in 1984 and taking runner-up laurels in the state Class A division seven years earlier.

Kollar, Haugen's predecessor as head football coach at Pelican Rapids, enjoyed his best season as the Vikings' head grid mentor in 1987 when the school posted an overall 9-2 record.

A former Minnesota high school football coach—Jerry Lano—posted his 100th career grid coaching victory during the 1989 season while at Dakota (Ill.) High School.

Lano's Dakota High School team defeated Stockton 26-6 to qualify for the Illinois Class AA playoffs in giving Lano the win. Lano, who completed 16 years of coaching last fall, served as head football coach at Underwood High School for 12 years before being succeeded by Phil Link at the start of the 1989 campaign.

Assuming the head football coaching position this fall at St. Cloud Apollo High School will be Pat Mullen, who has shared those duties for the past three years with Mike Carr.

Carr, meanwhile, will be moving to Annandale High School after being placed on unrequested leave by the St. Cloud School District.

William "Bill" White, formerly the head football coach at Westbrook High School, has been named to the staff of Monticello High School, where he succeeds



Rex Haugen



Virg Kollar



Al Siegle



Warren Keller

Mick Goudy as head football coach and replaces the retiring Dick Frie as the school's athletic director.

The Menahga School Board voted earlier this year to retain Randy Rasmussen as the school's head football coach despite the fact that Chuck Sagedahl, athletic director of the school, recommended that Rasmussen's duties as head football coach be terminated.

Rasmussen—who also serves as head baseball

coach, driver education instructor, community education director and is a full-time teacher—appeared before the board and stated that he wanted to continue in the football coaching capacity.

Tom Smith, a graduate of Brainerd High School, has been named the new head football coach at Pequot Lakes High School, succeeding James Bettcher, who will be the school's junior varsity grid mentor.

Rob Veith, who graduated the same year (1982) from Brainerd High School as Smith, will be Smith's assistant in football at Pequot Lakes.

The Minnesota State High School League (MSHSL), which sponsors the state football playoffs, made a major change in the playoff format earlier this year when its board of directors unanimously approved playing semi-final games in all five classes at the Hubert Humphrey Metrodome in Minneapolis.

In the past, only the championship games have been played at the Metrodome. The event was



Jerry Peterson



Bill White



Jerry Lano



Don Larson

designated as Prep Bowl I when first played there in 1982 and the 1990 championship games will be Prep Bowl IX.

Semi-final games are scheduled Friday and Saturday, Nov. 16-17, at the Metrodome this year and—for the first time ever—the Prep Bowl will be on a Friday (Friday, Nov. 23) since the University of Minnesota will be playing a home game on Saturday, Nov. 24, at the Metrodome.

Cost of moving the semi-final games to the Metrodome has been estimated at about \$73,000 by John Bartz of the MSHSL staff.

Jerry Peterson, head football coach at Owatonna High School and president of the High School Football Coaches Association during 1989-90, calls the move "Very definitely a step in the right direction."

One of Minnesota's most successful high school grid coaches—Warren Keller of Argyle—has stepped aside as the school's head football coach.

Keller has given up the football job, in which he will be replaced by former assistant Jim Guetter, but will retain his position as athletic director and head boys' basketball coach.

The head football coach at Argyle since 1984, Keller

directed the school to an overall 58-15 record, three sectional championships and to the Minnesota Class 9-Man football championship in 1986.

Prior to becoming head football coach, Keller served 16 years as an assistant and said he feels comfortable assuming the assistant's role once again.

* * * * *

Among the new Minnesota high school football pairings this fall will be that of Marshall County Central and Middle River. Serving as the team's head coach will be Eldon Sparby, who has coached at Middle River.

* * * * *

Dan Dehnicke, who became head football coach at Coon Rapids High School two years ago, has resigned that position to become the school's athletic director.

In his new role, Dehnicke succeeds Roger Carlson, the only athletic director the school has had since it opened in 1963. Carlson retired and was honored at a party shortly before the close of the 1989-90 school term.

Steve Lukens, formerly an assistant to Dehnicke, has been named the new head football coach at Coon Rapids High School.

* * * * *

After 21 years as head football coach at St. Thomas Academy, Gerry Brown has resigned the position, noting that "it's difficult for a dinosaur like me to make the changes people want me to."

Brown coached St. Thomas Academy to 13 conference championships, a Minnesota Class A state title in 1975 and a berth in the 1989 Class AA Football Tournament before the Cadets lost to eventual champion Burnsville.

During his career, Brown's coaching record was 173-34-1.

* * * * *

Prep Bowl VIII on Saturday, Nov. 25, 1989 at the Metrodome in Minneapolis found championships won by Burnsville with a 21-7 victory over Stillwater in Class AA, Albany with a 41-32 triumph over Totino-Grace in Class A, Gibbon-Fairfax-Winthrop with a 27-15 conquest of Perham in Class B, Waterville-Elysian with a 14-7 win over Mahnommen in Class C and St. Clair with a 47-12 conquest of AlBrook in Class 9-Man.

One of the day's top performances, however, was turned in by a member of a losing team.

Senior quarterback Charlie Nelson of Perham, who will attend the University of Minnesota, had a hand in both of the records.

Nelson returned the game's opening kickoff 91 yards for a touchdown to break the old record of an 87-yard return by Chris San Agustin of Apple Valley in

1984 and combined with Jon Toedter for a 90-yard touchdown scoring pass to break the former record of 80 yards set by Chris Weinke and Ted Johnson of Cretin-Derham Hall in 1988.

Other highlights by game were as follows:

CLASS AA—Jake Kothe caught a 26-yard touchdown pass and fired a 24-yard scoring pass to Dave Keenan for another score. Burnsville, finishing 13-1, thus avenged a 36-33 loss to Stillwater in the 1984 Class AA title game.

CLASS A—In the highest-scoring game of the day, Albany clinched the win with a 47-yard touchdown dash by Darryl Goebel with less than four minutes left. Albany finished 14-0 as it won its first-ever state championship.

CLASS B—Gibbon-Fairfax-Winthrop, making its third appearance in the Prep Bowl, rolled to its 14th



Charlie
Nelson



Jon
Toedter



Russ
Smith



Harvey
Shew

win without a loss on the season as Jeff Deming gained 154 yards by rushing and scored two touchdowns.

CLASS C—The closest game of Prep Bowl VIII found Tauston Taylor of Waterville-Elysian scoring with 2:49 left to give his team a 14-7 victory over Mahnommen. Each of the teams finished 13-1 for the season.

CLASS 9-MAN—St. Clair rode to the title behind Brad Loeffler, who tallied three touchdowns and passed for another as St. Clair completed a perfect 14-0 season.

* * * * *

Among prominent Minnesota high school football personalities who died in the past year were Harvey Shew, Ed Skalsky, Russell Smith and William "Bill" Finn.

Mr. Shew, who coached football at Little Falls and Brainerd and who was a former president of the Minnesota High School Football Coaches Association, died July 22, 1989, at the age of 70. He was a member of the Football Coaches Association Hall of Fame.

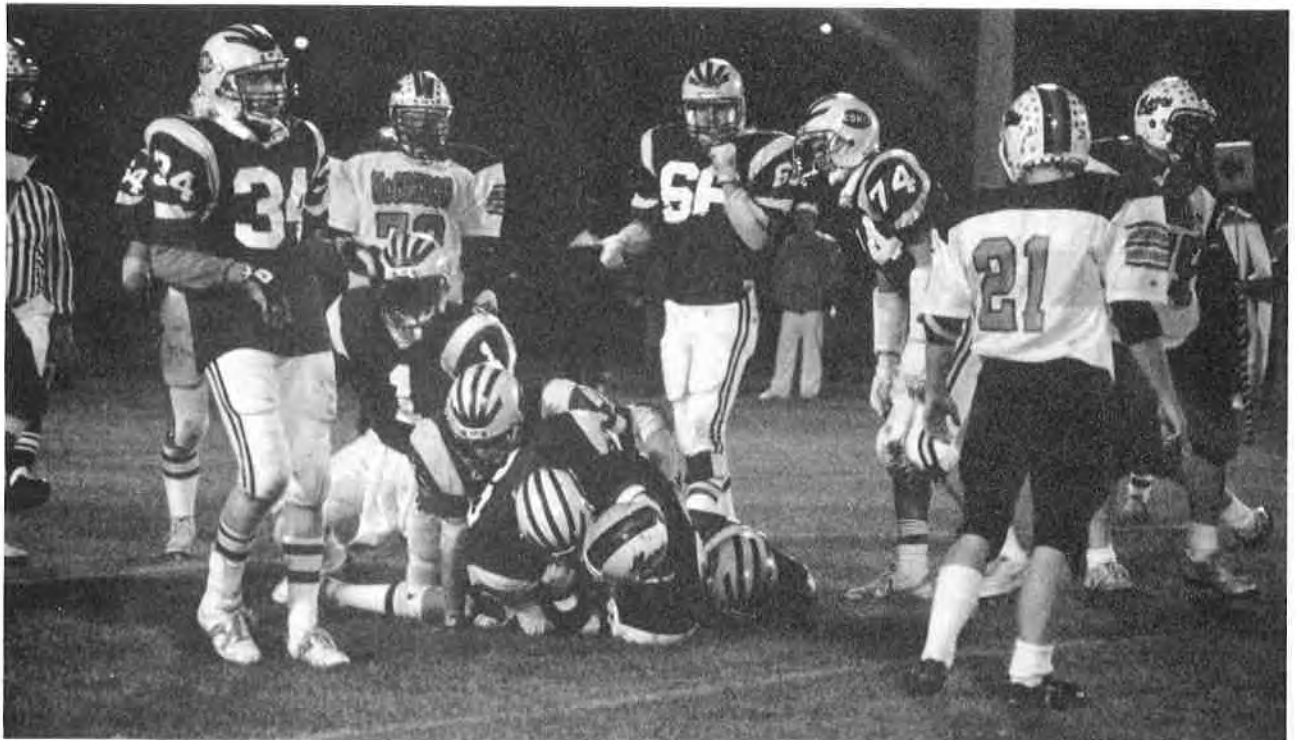
Mr. Skalsky, longtime assistant football coach at Battle Lake High School, died Oct. 19, 1989, just before the start of the grid playoffs. In his 23rd season at Battle Lake, he was 45 at the time of his death.

Mr. Smith, 65, retired athletic director at Thief River Falls and an all-around athlete at Hackensack High School and Bemidji State, died Feb. 1, 1990.

Mr. Finn, longtime Motley teacher and coach and a football player at Staples High School and Moorhead State University, died March 18, 1990, at the age of 59.



South Central's Ryan Iverson (55) puts tough pressure on Ceylon QB Thad Simpson during a 36-10 win over Ceylon in Southern Minny action. Iverson was named to the Fairmont Sentinel All-Area team and was also an all-conference selection. Iverson, a junior, had 87 tackles and 4 sacks during the year.



Esko's swarming OKSE (Esko spelled backwards) defense made another tackle against McGregor in a Polar League battle. Esko prevailed 41-8.

1990 FOOTBALL PLAYOFF FORMAT SECTION ASSIGNMENTS

CLASS AA FOOTBALL (64 Teams)

SECTION 1 (8)

Albert Lea
Austin/Austin Pacelli
Apple Valley
Faribault
Owatonna
Rochester John Marshall
Rochester Mayo
Winona

SECTION 2 (8)

Hastings
Henry Sibley
Hill Murray
Park (Cottage Grove)
Stillwater
Tartan
White Bear Lake
Woodbury

SECTION 3 (8)

Cretin-Derham Hall
Roseville Area
St. Paul Central
St. Paul Como Park
St. Paul Harding
St. Paul Highland Park
St. Paul Johnson
St. Thomas Academy

SECTION 4 (8)

Anoka
Blaine
Coon Rapids
Forest Lake
Irondale
Mounds View
Osseo
Park Center

SECTION 5 (8)

Minneapolis Edison
Minneapolis North
Minneapolis Patrick Henry
Minneapolis Roosevelt
Minneapolis South
Minneapolis Southwest
Minneapolis Washburn
St. Louis Park

SECTION 6 (8)

Bloomington Jefferson
Bloomington Kennedy
Burnsville
Eden Prairie
Edina
Hopkins
Richfield
Rosemount

SECTION 7 (8)

Bemidji
Brainerd
Cambridge
Duluth Denfeld
Duluth East
Grand Rapids
Moorhead
St. Francis

SECTION 8 (8)

Elk River
Minnetonka
Robbinsdale Armstrong
Robbinsdale Cooper
St. Cloud Apollo
St. Cloud Tech
Wayzata
Willmar

CLASS A FOOTBALL (87 Teams)

SECTION 1 (11)

Caledonia/Spring Grove
Eagan
LaCrescent
Lake City
Lakeville
New Prague
Northfield
Prior Lake
Red Wing
Simley
Stewartville

SECTION 2 (11)

Bl. Earth-Frost-Winn-Elm
Fairmont
Jasper/Pipestone
Mankato East
Mankato West
Marshall
New Ulm
Redwood Falls-Morton
Sibley East (Arl-Gr.Is.-
Gayl.)
St. Peter
Worthington

SECTION 3 (11)

Benilde-St. Margaret's
Farmington
Holy Angels Academy
Mahtomedi
Minnehaha Academy
North St. Paul
South St. Paul
Spring Lake Park
St. Bernards
St. Paul Humboldt
Totino Grace

SECTION 4 (11)

Buffalo
Chaska
Delano
Glencoe
Hutchinson
Monticello
Mound Westonka
Orono
Shakopee
Waconia
Waseca

SECTION 5 (11)

Centennial
Chisago Lakes
Columbia Heights
Foley
Fridley
Milaca
Mora
North Branch
Pine City
Princeton
Sauk Rapids

SECTION 6 (11)

Albany
Annandale
Dassel-Cokato
Glenwd./Starbuck/Villard
Lac Qui Parle Valley
Litchfield
Melrose
Montevideo
New London-Spicer
Rocori
Sartell

SECTION 7 (11)

Cloquet
Duluth Central
Eveleth-Gilbert
Greenway
Hermantown
Hibbing
Indus/International Falls
Mesabi East (Aurora-
Biwabik
Proctor
Two Harbors
Virginia

SECTION 8 (10)

Alexandria
Crookston
Detroit Lakes
East Grand Forks
Fergus Falls
Little Falls
Park Rapids
Staples
Thief River Falls
Wadena

CLASS B FOOTBALL (88 Teams)**SECTION 1 (11)**

Blooming Prairie
Byron
Elgin-Millville/Plainview
Hayfield
Lewiston
Pine Island
Rochester Lourdes
Spring Valley/Wykoff
St. Charles
Wabasha-Kellogg
Zumbrota-Mazeppa

SECTION 2 (11)

Heron Lk.-Okabena-
Lakefield
Jackson
Lk. Crystal-Welcome
Memorial
Luverne
Madelia/Truman
Maple River
Martin County West
Ellen-Geneva/New Rich-
Hart
St. James
Stord.-Jeffers/W. brook-
Wal. Gr.
Windom

SECTION 3 (11)

Beth Aca/Shattuck-
St. Mary's
Cannon Falls
Janesville-Waldorf-
Pemberton
Kasson-Mantorville
Kenyon-Wanamingo
Le Sueur-Henderson
Montgomery-Lonsdale
Morristown/Waterville-
Elysian
St. Agnes
St. Paul Academy
Triton (Claremont-Dodge
Ctr.-West Concord)

SECTION 4 (11)

Benson
Bird Island-Olivia-
Lake Lillian
Comfrey/Springfield
Dan.-Renv.-Sac. Heart/
Belview
Gibbon-Fairfax-Winthrop
Granite Falls-Clarkfield
McCray
Morris Area
Ortonville
Sanborn-Lamberton/
Wabasso
Tracy-Milroy

SECTION 5 (11)

Blake
Breck
Brooklyn Center
DeLaSalle
Howard Lake-Waverly
Jordan
Mayer Lutheran
Norwood-Young America
St. Anthony Village
St. Michael-Albertville
Watertown-Mayer

SECTION 6 (11)

Atwater-Grove City
Belgrade-Brooten-Elrosa
Big Lake
Eden Valley-Watkins
Holdingford
Long Prairie
Paynesville
Pierz
Rockford
Sauk Centre
St. Cloud Cathedral

SECTION 7 (11)

Aitkin
Braham
Chisholm
Deer River
East Central (Sandstone-
Ask)
Esko
Finlayson-Hinckley
Isle/Onamia
Moose Lake/Willow River
Mountain Iron-Buhl
Nashwauk-Keewatin

SECTION 8 (11)

Bagley
Barnesville
Breckenridge
Crosby-Ironton
Frazee-Vergas
Pelican Rapids
Perham
Pine River-Backus
Roseau
Walker-Hacken.-Akeley
Warroad

CLASS C FOOTBALL (87 Teams)**SECTION 1 (11)**

Chosen Valley
Dover-Eyota
Grand Meadow
Harmony
Houston
Lanesboro
Leroy-Ostrander
Mabel-Cant/N.
Winneshiek, IA
Preston-Fountain
Rushford-Peterson
Winona Cotter

SECTION 2 (10)

Alden-Conger-Freeborn
Emmons-Glenville
Gran.-H.E. Chain/Mart.
Luth
Le Center
Mankato Loyola
Medford
Minnesota Valley Lutheran
New Ulm Cathedral
Southland
Wells-Easton

SECTION 3 (10)

Archbishop Brady
Becker
Belle Plaine
Buffalo Lake-Hector
Concordia Academy
Kimball
Maple Lake
Minneapolis Lutheran
St. Croix Lutheran
St. John's Prep

SECTION 4 (11)

Butterfield-Odin/
Mount. Lk.
Canby
Cottonwood/Echo-Wood
Lake
Dawson-Boyd
Fulda
Ivanhoe-Hendricks
Minneota
Russell-Tyler-Ruthton
Slayton
Sleepy Eye
Sleepy Eye, St. Mary's

Class C Football (Continued)**SECTION 3 (11)**

Bertha-Hewitt
 Brandon/Evansville
 Browerville
 Deer Creek-Henning
 Eagle Valley
 Grey Eagle/Swanville
 Kerkhoven-Murdock-
 Sunburg
 Osakis
 Parkers Prairie
 Royalton
 Upsala

SECTION 6 (11)

Audubon-Lake Park
 Battle Lake
 Dilworth
 Gary/Twin Valley
 Glyndon-Felton
 Hawley
 Menagha
 New York Mills
 Pequot Lakes
 Sebeka
 Waubun

SECTION 7 (11)

Barnum
 Carlton
 Cook
 Duluth Marshall
 Ely
 Grand Marais
 McGregor
 Eagle Ctry. Chr./
 Northland
 Ogilvie
 Rush City
 Silver Bay

SECTION 8 (12)

Ada/Borup
 Badger/Greenbush
 Blackduck
 Cass Lake
 Clearbrook/Gonvick Trail
 Fertile-Beltrami
 Fosston
 Indus/Lake of the Woods
 Mahnomon
 Marsh Cty. Central/Mid
 River
 Red Lake Falls
 Warren

CLASS NINE MAN (69 Teams)**SECTION 1 (8)**

Ceylon
 Cleveland
 Goodhue
 Lyle
 MN Academy For Deaf
 Nicollet
 South Central
 St. Clair

SECTION 2 (8)

Adrian
 Balaton
 Bellingham
 Chandler-Edger.-Lk.
 Wilson
 Ellsworth
 Hills-Beaver Creek
 Lake Benton/Verdi
 Sioux Valley-Rd. Lk.-
 Brewster

SECTION 3 (8)

Brownton
 Cedar Mountain
 Cosmos
 Hancock
 Lester Prairie
 Silver Lake
 Stewart
 Winsted

SECTION 4 (9)

Ashby
 Beardsley-Valley
 Campb.-Tintah/
 Fairmount, ND
 Chokio-Alberta
 Clinton-Graceville
 Hancock
 Herman-Norcross
 West Central
 Wheaton

SECTION 5 (9)

Chief Bug-O-Nay-Ge-Shig
 Hill City
 Hillcrest Luth. Academy
 Laporte
 Nevis
 Pillager
 Rothsay
 Underwood
 Verndale

SECTION 6 (9)

Big Fork
 Climax/Fisher
 Kelliher/Northome
 Little Fork-Big Falls
 Norman County West
 Oklee/Plummer
 Red Lake
 Ulen-Hitterdal
 Win-E-Mac

SECTION 7 (10)

Albrook
 Babbitt-Embarrass
 Cherry
 Cotton/Toivola-
 Meadowlands
 Cromwell
 Floodwood
 Fond Du Lac
 Orr
 Tower-Soudan
 Wrenshall

SECTION 8 (8)

Argyle
 E. Grand Forks Sacred
 Heart
 Goodridge/Grygla
 Hallock/Kennedy
 Humboldt-St. Vinc./
 Lancaster
 Stephen
 Strandquist/Tri-County
 Valley North

STATE FOOTBALL PLAYOFF CHAMPIONSHIP GAMES (1972-1989)

1972				1981			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Mpls. Washburn	Moorhead	26-6	AA	Rosemount	Moorhead	40-14
A	Burnsville	Sauk Centre	46-19	A	St. Peter	Hermantown	18-14
B	Mountain Iron	Dassel-Cokato	54-6	B	Holdingsford	Pine Island	39-0
C	Gaylord	Preston	26-6	C	Medford	Clarkfield	33-28
9-Man	Rothsay	Cotton	64-12	9-Man	Argyle	Starbuck	31-19
1973				1982			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Rochester John Marshall	St. Paul Harding	25-0	AA	Stillwater	Owatonna	34-27
A	Eveleth	Willmar	28-18	A	Brooklyn Center	East Grand Forks	30-8
B	New Prague	Appleton	13-7	B	LeCenter	Mahnomen	12-6
C	Gaylord	Holdingsford	29-6	C	Truman	Belgrade	16-14
9-Man	Lake Benton	Brandon	50-12	9-Man	Westbrook	Fergus Falls Hillcrest Lutheran Academy	34-12
1974				1983			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Rochester John Marshall	Bloomington Jefferson	41-19	AA	Coon Rapids	Bloomington Jefferson	34-31
A	Alexandria	Chaska	26-7	A	Hutchinson	Park Rapids	36-14
B	New Prague	Caledonia	41-12	B	Jordan	Breckenridge	27-0
C	Battle Lake	Bird Island	34-26 (2 ot)	C	Southland (Adams)	Bird Island- Lake Lillian	28-0
9-Man	Lake Benton	Fisher	36-6	9-Man	Silver Lake	Norman County West/ Climax	27-12
1975				1984			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Stillwater	Richfield	20-17	AA	Stillwater	Burnsville	36-33
A	St. Thomas Academy	St. Peter	21-14	A	Hutchinson	Centennial	32-7
B	Gaylord	Onamia	14-13	B	Granite Falls	Breckenridge	13-7
C	Esko	Karlstad	62-0	C	Harmony	Glyndon-Felton	20-14
9-Man	Ruthton	Audubon	42-20	9-Man	Norman Co. West	Silver Lake	37-20
1976				1985			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	White Bear Lake	Cloquet	14-13 (ot)	AA	Burnsville	Apple Valley	27-21
A	St. Peter	Mora	56-12	A	New Prague	Mora	16-12
B	Caledonia	Sartell	38-7	B	Jackson	Mahnomen	26-20
C	New Richland-Hartland	Bird Island	21-19	C	Glyndon-Felton	Zumbrota	38-14
9-Man	Deer Creek	Fergus Falls Hillcrest Lutheran Academy	57-14	9-Man	Westbrook	Norman Co. West	45-18
1977				1986			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Minneapolis Washburn	Stillwater	13-0	AA	Apple Valley	Osseo	35-6
A	Fridley Grace	Cold Spring Rocori	36-12	A	Cambridge	Stewartville	24-0
B	Granite Falls	Stewartville	44-6	B	Watertown-Mayer	Granite Falls	29-6
C	Battle Lake	Henderson	22-20 (ot)	C	Minneota	Sherburn-Dunnell	52-19
9-Man	Deer Creek	Fergus Falls Hillcrest Lutheran Academy	20-0	9-Man	Argyle	Silver Lake	32-7
1978				1987			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Edina West	Fridley	21-0	AA	Moorhead	Winona	13-7
A	Fridley Grace	Apple Valley	17-14	A	Cambridge	Lakeville	28-14
B	New Richland-Hartland	Barnesville	48-8	B	Granite Falls	Ely	43-20
C	Alden-Conger	Battle Lake	15-14	C	Minneota	Grand Meadow	27-7
9-Man	Hoffman	Albrook	44-28	9-Man	Silver Lake	Verndale	30-14
1979				1988			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Columbia Heights	Richfield	8-3	AA	Blaine	Cretin-Derham Hall	25-24
A	Rochester Lourdes	Apple Valley	22-6	A	Lakeville	Staples-Motley	35-28
B	Gaylord	Mahnomen	15-6	B	Breckenridge	Morris	21-7
C	Bird Island-Lake Lillian	Harmony	34-6	C	Minneota	Rushford	42-28
9-Man	Russell	Toivola-Meadowlands	17-14	9-Man	Hallock	Stewart	35-24
1980				1989			
Class	Champions	Runners-up	Score	Class	Champions	Runners-up	Score
AA	Burnsville	Cambridge	23-6	AA	Burnsville	Stillwater	21-7
A	Crookston	Pipestone	32-6	A	Albany	Totino Grace	41-32
B	Mahnomen	Austin Pacelli	34-0	B	Gibbon-Fairfax- Winthrop	Perham	27-15
C	Bird Island-Lake Lillian	Mountain Lake	20-7	C	Waterville-Elysian	Mahnomen	14-7
9-Man	Hoffman-Kensington	Toivola-Meadowlands	18-14	9-Man	St. Clair	Albrook	47-12

BURNSVILLE

SECTION SIX CHAMPION



Row One (L-R): Ben Westby, Eric Edmond, Todd Krommenhoek, Eric Hendrikson, Dave Keenan, Bob Keeney, Eric Sovis, Jermaine Davis. **Row Two:** Josh Decker, Neil Kuster, Chad Behnken, Mike Kretz, Jeff Proshek, Jason Gephart, Jake Kothe, Brent Thielen, Ryan Jackson. **Row Three:** Kaylord Saunders, Jayson Green, Darren Anderson, Adam Naill, Tony Hampton, Bob Hayes, Bruce Hennen, Eric Kittleson, Darren Aschoff, Tom Michaud. **Row Four:** Laura Pederson, Jason Haugen, Chad Emond, Joe Carlson, Derek Hansen, Bill Thornton, Derek Knox, Mark Hazlett, Jay George, Tyrone Hubbard, Matt Osiecki, Mindy Sebring. **Row Five:** Chris Nord, Tom Domres, Troy Coolidge, Jerry Ferguson, Mark Redetzke, Scott Sampson, Brian Lund, Joe Thull, Ryan Lake, Chad Mutzinger, Amy Beierle. **Row Six:** Shane Bennett, Adam Hanson, Mike Aldrich, Steve Sampson, Robb Thorstenson, Jason Welch, Brian Lentz, Bill Echloff, Kyle Kutz, Clay Cochran, Scott Hosier, Dan Shinn, Cortney Fox. **Row Seven:** Dennis Johnson, Brett Leschinsky, David Leach, Jason Beierle, Eric DeShon, Mike Donley, Rob Olson, Chris Lange, Stephen Schmid, Jay Brett, Dave Quast, Marcellus Evans, Rick Smith. **Row Eight:** Jay Anderson, Bill Caris, Doug Boe, Dick Hanson, Katy Call, Ben Roufs, Mark Griffin, Mick Schol, Don Leake, Neal Jeppson.

ALBANY

SECTION SIX CHAMPION



Front Row kneeling: Adam Sand, Mike Kalthoff, Jerry Ostendorf, Darryl Trisko, Corey Scepaniak, Scott Gangl, Keith Studer, Ben Eynk, Gary Schmitz Manager. **Second Row:** Casey Junker, Curt Suchy, John Gilk, Bryan Smith, Jesse Johannes, Mark Weitalla, Duane Rausch, Coach Jim Mader. **Third Row:** Coach Mike Kleinschmidt, Keith Schloemer, Chris Kraus, Pete Carlson, Brennan Shay, Mark Witte, Allen Eynk, Derrick Lenz, Darryl Goebel, Coach Bill Krogman. **Fourth Row:** Coach Dave Schorn, Willie Seiler, Erik Schwegler, Ted Nett, Steve Buttweiler, Kevin Havard, Karl Greig, Adam Borgerding, Mark Lucken, Ken Kierzek, Neal Suchy. **Fifth Row:** Todd Gerads, Erik Wimmer, Chris Theis, Dustin Pflipsen, Todd Rodenwald, Brent Schmitt, Stan Glass, Daryl Dirkes, Andy Richter, Chad Pundsack, John Court, John Schellinger, Charlie Gail, Jason Zwilling.

A
A

A

GIBBON-FAIRFAX-WINTHROP

SECTION THREE CHAMPION

B



Row 1 (left to right): Mgr. Eric Klavetter, Mgr. Jessica Stresemann, Mgr. Sara Stresemann, Mgr. Gina Weldy. **Row 2 (left to right):** Eddie Mages, Clint Schmidt, Jeff Deming, John Buboltz, Jaymey Meyer, Brian Lamka, Matt Miller, Shad Evenson, Jon Deming, Jon Pautz, Chris Buerkle, Kori Klockman, Norman Hanson, Mark Bonderson, Matt Machaiek, Coach Jeff Zust. **Row 3 (left to right):** Coach Roger Jones, Karl Rieke, Rich Busse, Chad Woods, Curt Henderson, Tim Schweiss, Jason Haas, Jesse Forst, Chris Rose, Jerry Oman, Dan Lang, Ken Liebl, Jeff Rose, Matt Pettis, Todd Wendinger, Darin Ogren, Coach Mike O'Malley. **Row 4 (left to right):** Head Coach Chuck Sundeen, Mgr. Aaron Leske, Andy Lund, Travis Evenson, Scott Meyer, Chris Palmer, Greg Peichel, Roope Kilpenen, Cory Hanson, Jason Schiro, Shane Zellmann, Jeremy Brown, Paul Jones, Ross Nachreiner, Darrick Pagel, Ryan Spaude, Coach John Blong. **Row 5 (left to right):** Logan Schweiss, Jason Linsmeier, Mike Henningson, Joel Hotovec, Mike Schultz, Joe Weldy, Ryan Rubischko, Mike Wendinger, Jamie Pelzel, Kris Swenson, Collin Davis, Brad Wendinger, Brian Meyer, Jesse Matthews, Steve Tragner, John Schiro, Patrick Bartels. Not Pictured: Ward Adema

WATERVILLE-ELYSIAN

SECTION THREE CHAMPION

C



Front Row: Joel Rew, Mike Wesley, Joe Nusbaum, Matt Johnston, Noah Little, Sean Hohnstadt, Scott Radloff, Daniel Roemhildt, Jared Flynn, Danny Miller, Brandon Boyd, Matt Paczkowski, Chad Schmidtke. **Second Row:** Chris Gross, Eric Sutter, Eric Hruska, Jeremy Henninger, Brad Connors, Tony Dahle, Kris Rohl, Brent Atherton, Jason Roemhildt, Jacob Schoonover, Dennis Androli, Rich King, Joel LaFrance, Cory Connors. **Third Row:** Coach Jeff Wagner, Pat Morrow, Joey Walz, Chad Atherton, Scott Gregor, Mike Miller, Dave Gleason, Pat Culhane, Brett Christianson, John Reilly, Steve Ellingsworth, Barry Thurber, Matt Richardson, Matt Sorenson, Chad Dorenkemper, Coach Jon Bakken. **Fourth Row:** Coach Dave Wollin, Mike Morrow, Tauston Taylor, Darrell Roemhildt, Justin Selbrade, Corey Neid, Tom Little, Troy Larson, Trent Morris, Matt Grose, Brent Hering, Lee Edberg, John Krocak, Russ Morsching.

ST. CLAIR

SECTION ONE CHAMPION

9
M
A
N



Front Row: (left to right) Jeff Juliar, Brad Loeffler, Jason Shaw, Mike Bezdicek, Head Coach Dean Rasmussen, Dean Ruschmeyer, Adam Carlson, Sean Bezdicek, Bobby Volling, Jamie Roalson. **Second Row: (left to right)** Jeff Galston, Bret Lang, Jason Sillman, Jamie Johannsen, Bill Miller, Matt Miller, Doug Grams, Chad Fredrickson, Larry More, Manager Chris Cords. **Third Row: (left to right)** Steve Volkmann, Ryan Shaw, Bill Freitag, Shawn Kunz, Jim Vaughan, Ben Miller, Cory Sader, Chris Fossen, Larry Byrd. **Fourth Row: (left to right)** Manager Evan Goodrich, Manager, Ryan Foudray, Jason Femrite, Mark Frank, Jeremy Soday, Chad Frank, Brian Krueger, Andy Galston, Manager Jess Sillman, Manager Matt Galston. **Not Pictured:** Assistant Coach Glen O'Connor, Jess Wilder.



LeCenter Senior running back Tim Budin (40) showing his running style vs. Le Sueur in regular season action. Also shown is junior center John Spartz (52).

ACTIVE HIGH SCHOOL HEAD FOOTBALL COACHES 100 VICTORY CLUB
(Entering 1989 Season)

The Minnesota State High School League was unable to furnish us with the updated 100 victory club information this year. We will have to develop a procedure to obtain this information from individual coaches in the future.

Head Coach & School	Won-Lost-Tied Record	Years		Head Coach & School	Won-Lost-Tied Record	Years	
		Head	Coach			Head	Coach
1. Tom Mahoney, Fairmont	247-91-8	38	36. Mike Mahlen, Verndale	140-44-3	20
2. John Hansen, Osseo	242-91-13	..	37	37. Jerry Sonnek, Blackduck	140-65-3	23
3. George Larson, Cambridge	235-53-6	32	38. Con Naavig, Swanville/Grey Eagle	140-75-2	23
4. George Smith, Mahtomedi	233-104-11	39	39. Bruce Harding, East Central, Sandstone	137-74-2	22
5. Stav Canakes, Edina	196-63-1	27	40. Stuart Nordquist, International Falls/Indus	135-70-2	22
6. Les Dreschsel, Crookston	195-81-9	32	41. Roger Lipelt, Wayzata	133-81-1	24
7. Bob Youso, Moose Lake/Willow River	191-77-3	30	42. Dean Taylor, Sartell	132-71-0	22
8. Ken Maurer, St. Paul Harding	191-89-0	32	43. John Gross, Medford	130-81-0	24
9. Jim Korth, MankatoLoyola	191-102-11	34	44. Willie Rauen, Pine Island	129-96-2	25
10. Andy Nelson, Lake Benton/Verdi	190-96-2	30	45. Wayne Beisel, Lewiston-Altura	127-57-1	20
11. Grady Rostberg, Hutchinson	186-65-2	25	46. Ron Borchert, Balaton	125-106-0	27
12. George Thole, Stillwater	184-37-2	21	47. Dave Brokke, Granite Falls/Clarkfield	124-28-0	14
13. Burton "Buz" Rumrill, Silver Lake	177-84-3	27	48. Gary Trimble, Kimball	124-61-0	18
14. Billy Beck, Appleton-Milan	176-105-6	..	31	49. Ron Johnson, Clearbrook/Gonvick-Trail	123-55-0	20
15. Ken Bauman, Mahnomen	175-34-2	20	50. Dick Oliphant, Faribault	123-86-0	23
16. Jim Roforth, Osakis	171-71-3	29	51. Ralph Pucci, Rochester Mayo	122-93-1	24
17. Don Stueve, Fergus Falls	171-89-1	28	52. Frank Fredlund, St. Peter	120-54-1	18
18. Gerhard Miedt, Minnesota	167-53-0	23	53. Clark Bergloff, Mora	119-37-0	16
19. Dick Walker, Richfield	167-65-5	26	54. DeWayne Johnson, Anoka	118-69-2	20
20. Bob Peterson, Esko	165-57-2	23	55. Kenneth Belanger, Zumbrota-Mazeppa	118-90-2	23
21. Gerry Brown, St. Thomas Academy	164-30-1	20	56. Stan Olson, LeRoy-Ostrander	117-49-0	17
22. Ron Stolski, Brainerd	163-92-5	27	57. Ham Nelson, Pine City	117-136-4	29
23. Earl DeBates, Stewartville	159-46-2	23	58. Dave Beadle, Albrook	116-95-3	30
24. Jerry Wallskog, LeCenter	158-58-1	23	59. Dennis Baldus, Albert Lea	113-62-0	16
25. Frank Jaszewski, Preston-Fountain	156-105-6	..	32	60. Howard Emerson, Warren	112-51-1	19
26. Roy Hokkanen, Cotton	154-117-2	..	20	61. Dan Saarela, Mesabi East (Aurora-Hoyt Lakes-Biwabik)	111-100-0	28
27. David Main, Gaylord	151-48-0	20	62. Paul Miller, Apple Valley	110-39-0	15
28. Neal Hofland, Chokio-Alberta	149-39-2	19	63. Roger Goerish, South Central (Kiestler-Walters-Bricelyn)	109-79-1	20
29. Dick Hanson, Burnsville	149-51-2	21	64. Rich Jaeger, Montevideo	108-41-0	15
30. Jerry Peterson, Owatonna	146-77-2	25	65. Charles Sundlen, GFW (Gibbon-Fairfax-Winthrop)	107-55-0	17
31. Chuck Karger, Wabasha-Kellogg	145-73-6	25	66. Dale Svaren, Red Lake Co. Central (Oklee/Plummer)	106-70-1	19
32. Jim Simser, New Richland-Hartland/Ellendale-Geneva	144-59-1	21	67. David Montgomery, St. Paul Academy	105-66-2	19
33. Terry McLean, Elk River	142-64-0	26	68. Dick Strand, Southland, Adams	103-39-0	16
34. Bill Bailey, Starbuck	142-77-0	23	69. Deryl Ramey, Willmar	102-36-5	16
35. Dave Nigon, Totino Grace	141-45-0	18				



St. Clair's Brad Loeffler (left) turns the corner for good yardage with teammate Adam Carlson (21) providing some protection. Loeffler led St. Clair to the 9-man state title and gained 5,237 career yards rushing in his 4½ season career.



New Richland-Ellendale's Junior Cornerback Beau Spear returns a punt against Waterville-Elysian in Gopher Conference action.

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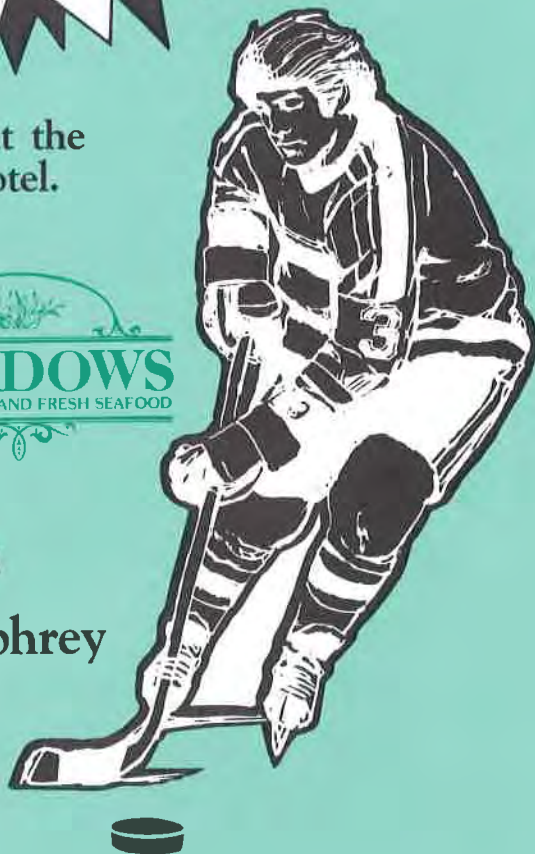
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ALL ★ STAR FOOTBALL GAME

7:30 P.M. SATURDAY, AUGUST 4
MIELKE FIELD, ROBBINSDALE

METRO ALL STARS

VS.

OUTSTATE ALL STARS

Head Coach

Gary Engen, Mounds View

Assistants

Bob Ercolani, St. Agnes

Rick Kallock, Cretin/Derham Hall

Merrill Pavlovich, Delano

Jerry Foley, Stillwater

Head Coach

Stuart Nordquist, International Falls

Assistants

Dean Rasmussen, St. Clair

Chuck Sundeen, Gibbon/Fairfax/Winthrop

Jerry Reker, Grand Meadow

Jim Fehrman, Medford

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Jim Dotseth
Game Manager



Tom Coplin
Coplin Physical Therapy

