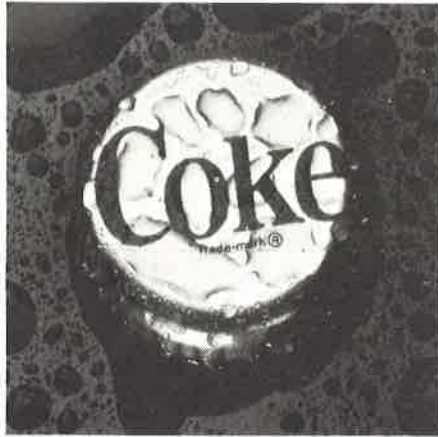


1982
FOOTBALL

Annual Publication of The
Minnesota State Football Coaches Association



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ANNUAL

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Presidents Message:

This year as in past years, our Football Coaches Association has made strides in developing and improving football in the state of Minnesota. This coming fall our State Football Championship Games will be played in the Metrodome in downtown Minneapolis. Tentative plans are for a nine man game to be played in the morning followed by Class B and C in the afternoon and Class A and AA in the evening. Efforts are now being made to have a band extravaganza on Friday preceding the State Championship Games.

In order to promote football in the state of Minnesota, and to assure the continued success of our state football playofs, we would like all coaches to take an active role this fall. We are asking that all coaches in the state of Minnesota try to set up transportation for their high school players and at least one bus for adults to attend the final championship game at the Metrodome. We feel that this is a key to the success of our continued use of the Metrodome. We feel that this is a key to the success of our continued use of the Metrodome for the coming football playoffs. Reserve Saturday, November 20th as a day when you can enjoy the fellowship of other coaches at the state championship games. A special section has been set aside for us. Hope to see you there.

I would like to invite every football coach in the state of Minnesota to attend our state meeting to be held at the Normandy Hotel, the first Saturday in December starting at 10:00 o'clock in the morning. Put this down on your calendar and make an effort to attend. Get involved. If your conference representative isn't getting information out to you and not attending meetings, we will replace him with people

who are willing to serve and to take an active part in our organization.

We are all involved in the budget cutbacks and the limitations placed on our football programs. Not only from the coaching staffs but also from our teaching staffs. The lack of teaching positions has certainly created a problem filling the coaching vacancies throughout the state. The day is gone when we can secure all of our coaching positions from our teaching staff. We have to go out into the community and hire the best people available to assure that our programs continue to grow and maintain a level that they have in the past. This is going to involve more leadership and involvement on the part of you, the coaches, throughout the state. I know we can meet this challenge and continue to provide the best possible program for the high school football youth of Minnesota.

Next year when Ron Stolski takes over as president he will find that he has a great organization to work with. Individuals that have developed our Football Coaches Association into the greatest association in the state are numerous. Let's all cooperate with Ron as he leads us to another successful year in our association. Hats off to Jerry Peterson, our Secretary-Treasurer, for another fine job at his post. The small dues increase is very nominal considering the benefits and inflation that is taking place over the past year.

I would like to thank everyone in our association who has cooperated with me to make this a very enjoyable year. It is indeed a pleasure to serve as your president and to work with some of the greatest men in the state of Minnesota.



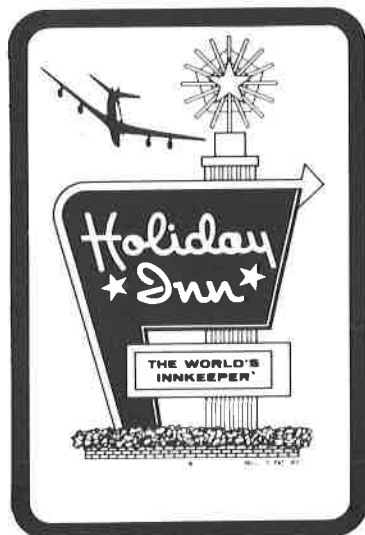
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Installing A Simplified Multiple-Formation Offense

JOHN GROSS, HEAD FOOTBALL COACH
MEDFORD HIGH SCHOOL

About the Author

John Gross graduated from Hayfield High School in 1960. He played football and basketball at the College of St. Thomas, receiving his Bachelor of Science degree in 1964. Gross also earned a Master of Science degree from Mankato State University in 1971.

In sixteen seasons as a head football coach at two different schools, he has an overall record of 89 wins and 52 losses. He coached for three years at Faribault Bethlehem Academy before moving to Medford High School in 1968, where his record over the past thirteen years is 77-40. His Medford teams have won three Gopher Conference titles, finished second on three other occasions, and won the 1981 Minnesota State Class "C" Championship with a perfect 13-0 record. The Minnesota State Football



Coaches Association recently honored him as the 1981 State Class-C "Coach of the Year." John Gross has also been named as head coach for the Outstate team in the 1982 High School All-Star Football Game to be played on July 31.

The unique multiple-offensive system we have developed at Medford High School is the sum total of nearly 20 years of experience with a number of successful styles of attack. We believe in executing a limited number of basic football plays disguised by a variety of different balanced and unbalanced line formations; thereby enabling us to best utilize the individual talents of the players we have to work with in any given season. We like to place even greater pressure upon our opponents by often shifting from one formation to another, utilizing motion, or including both of these tactics on the same play. By doing this, we can force the defensive team to adjust to as many as three entirely different looks in as little as 15 seconds before the ball is snapped. We feel this makes us very difficult to scout from one week to the next, is fun for our players and fans, and forces our opponents to spend a lot of valuable practice time attempting to install their defensive game plan. Failure to quickly recognize and make the proper adjustments to any of our multiple-formations, often neutralizes the quickness and natural aggressiveness of the better defensive teams we play. We are convinced that having this dimension in our offense,

challenges the defensive team with the greatest number of recognition, adjustment, containment, and coverage problems under what are often the most difficult and trying conditions for high school football players.

The primary purpose of this article is to share with you some of the methods and coaching points we use to insure simplicity, and at the same time, teach this multiple-formation system to our players within the limitations of our smaller coaching staff and amount of practice time we have available. We start out in pre-season practice by installing each of our basic plays from the "Full House-I-Formation" and as soon as we feel our players have mastered their initial responsibilities, we gradually begin to introduce variations of the I-Formation set you see in Figure 1.

When we call any of our running plays, we describe the ball-carrier, play-action, and point-of-attack, such as "TAILBACK — DIVE — RIGHT!" If we have not designated any particular formation by adding a specific descriptive word on to the front of the actual play call, our players immediately know that this is the set we are going to be in when the ball is snapped. We do not flip-flop on our five interior linemen, so one of our ends, a running back, or different combinations of these players will vary from their basic position in order to establish our multiple-formations.

(It is important to mention at this point that both of our tackles and the center always make a descriptive blocking call on each play, which permits our linemen to adjust the basic blocking scheme at the point-of-attack anywhere between the ends. This blocking system enables our team to utilize almost any of our basic plays against virtually any kind of defensive alignment, regardless of the particular formation we happen to be in when the ball is snapped. The unique flexible call-blocking system we have also developed at Medford is probably another article in itself, but if anyone happens to be interested in this phase of our multiple-offense who has not heard me explain it at several area clinics, feel free to contact me for more detailed information).

Approximately 90 percent of the time, we use a specific descriptive word in front of the actual play call, to change the Swingback from his basic position immediately behind the Quarterback. For example, "POWER" (TAILBACK — DIVE — RIGHT) tells him to line up behind our tackle on the same side as our Tight-End. We give our Flex-End the "flexibility" of staying in his basic position opposite the Tight-End of splitting himself wide in order to confuse possible scouting tendencies. Thus, the word "POWER" gives us a Power-I-Formation strong to our Tight-End as

you can see in Figure 2.

To place our Swingback on the other side, we use the "OVER" call. You will soon notice that any word beginning in an "O" (with one exception, to be explained later), directs the Swingback to the side opposite our Tight-End. Therefore, the call "OVER" (TAILBACK—DIVE—RIGHT) would give us the same basic play once again, but now from a Power-I with the Swingback behind the weakside tackle as shown in Figure 3.

"WING" tells him to line up in the wingback position on the Tight-End side as shown in Figure 4. Once again, our Flex-End may choose to stay in tight or to split himself wide, depending upon the defensive alignment or play call.

Our "OPEN" formation is shown in Figure 5. Since it is a word beginning in "O", the Swingback knows he is to align as a wingback outside the tackle on the side opposite our Tight-End, while the Flex-End normally splits out wide on this call. The call, "OPEN" (TAILBACK—DIVE—RIGHT) changes nothing except the position of our Swingback.

The term "PRO" makes our Swingback a wide flanker outside the Tight-End and the Flex-End a split receiver on the other side. This results in the Pro-I formation in Figure 6.

We like to use the "OUTSIDE" formation when we want to get our two best outside pass receivers on the same side of the field or to spread out the defense. The call, "OUTSIDE" (TAILBACK—DIVE—RIGHT) sends the Swingback out as a flanker inside our Flex-End, who is also split wide as you see in Figure 7. We can still use the same basic play call as before from this set, but with an entirely different look.

We sometimes use the "SLOT" formation against an eight-man defensive front. Figure 8 shows how the Tight-End steps off the line into the backfield and the Swingback now becomes the end up on the line of scrimmage. We do this in order to force the defense to adjust their basic front, especially at the off-tackle hole, but our blocking assignments do not change at all.

Depending upon our personnel, we might choose to use the "DOUBLE-SLOT" formation shown in Figure 9. This is the same "SLOT" set for the Swingback and Tight-End, but "DOUBLE" tells the Flex-End to vary

his split and the Tailback to become the slotback on the side opposite that of the Tight-End and Swingback.

The Swingback is usually one of our better all-around football players, so we try to make use of his blocking ability as a second Tight-End in our "FLANKER" set. By the same token, our Flex-End is often smaller and we are able to utilize him as a flanker-back on the same side as our Tight-End which is shown in Figure 10. The Swingback knows this is the only call he goes opposite the Tight-End which does not start with the letter "O".

These are the ten basic formations we have used successfully over the years at Medford. We may or may not use all of them in any one year, depending largely upon our personnel. The most important thing in executing this kind of attack is to determine which sets enable you to utilize your better players and then try to "feature" those phases of your offensive arsenal. This will often change from week-to-week as you carefully analyze the scouting report on your upcoming opponent and formulate your offensive game plan. Select those formations that will force your opponent to make different adjustments in their basic defense, then limit your preparation to executing your basic plays from those sets.

We will now show how simply adding a few more descriptive words can easily provide our team with a complete multiple-offense. For example, "X" in front of the word describing a basic formation, means our ends and backs are to flip-flop. Thus, "X-PRO" (TAILBACK — DIVE — RIGHT) would be executed from the Pro-I formation shown in Figure 11.

We use basic colors of the American flag to change the normal-I positions of the Fullback and Tailback. By then combining one of these three simple colors with any of our ten basic formations, you can readily see the potential we have for creating a wide variety of different offensive sets. "RED" moves the Fullback behind the tackle on the same side as our Tight-End and the Tailback up into the Fullback's normal position. (We like to use the Fullback in this position in order to utilize his size and usually better blocking ability on the Tight-End side, but it is also certainly possible to have the Tailback assume this position, if you prefer that instead). Thus, "RED—W-



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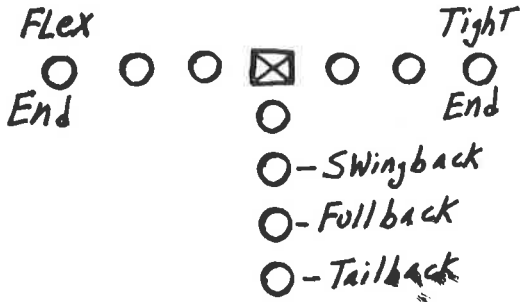


FIGURE 1. ("BASIC-I")

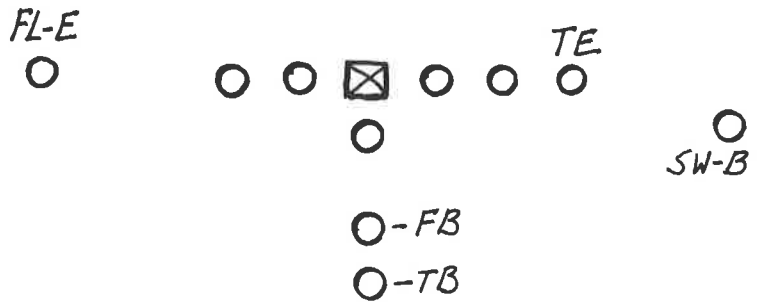


FIGURE 6. ("PRO")

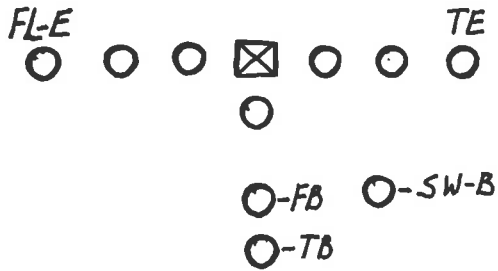


FIGURE 2. ("POWER")

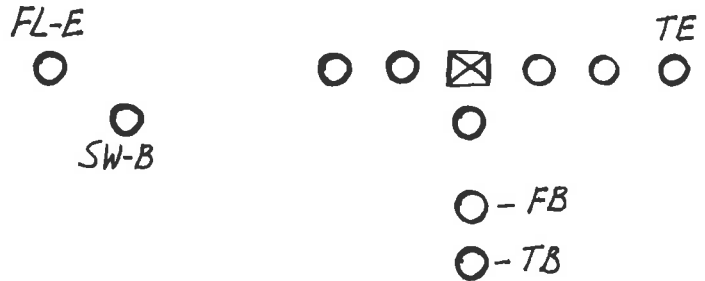


FIGURE 7. ("OUTSIDE")

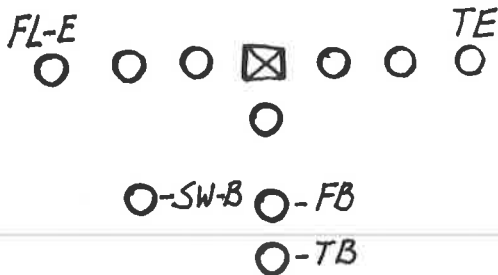


FIGURE 3. ("OVER")

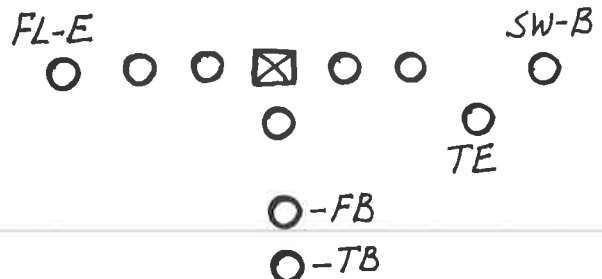


FIGURE 8. ("SLOT")

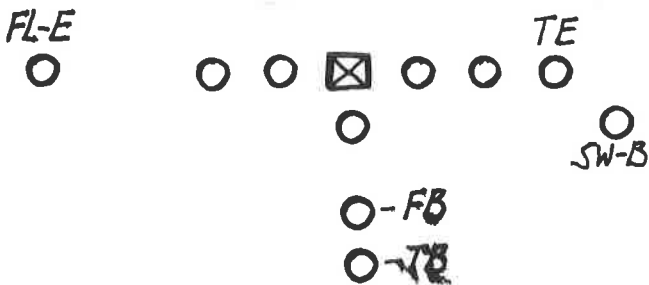


FIGURE 4. ("WING")

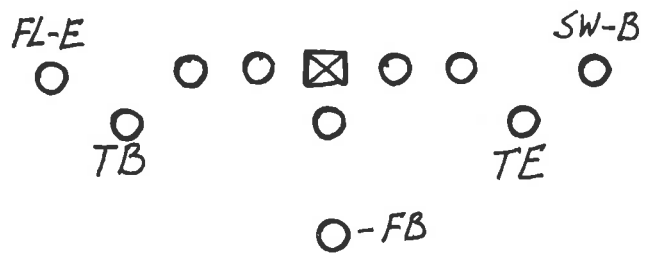


FIGURE 9. ("DOUBLE-SLOT")

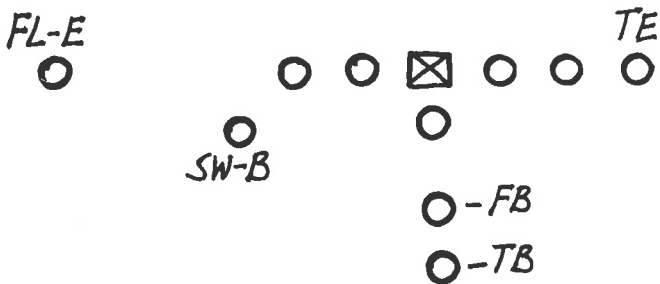


FIGURE 5. ("OPEN")

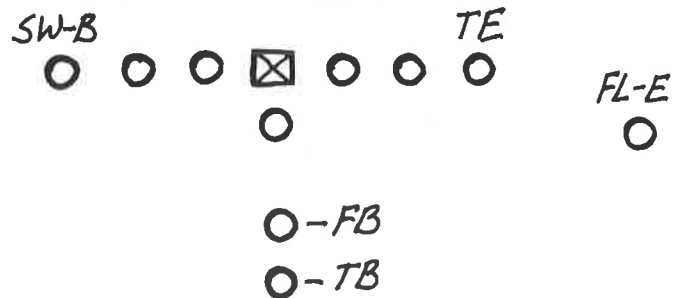


FIGURE 10. ("FLANKER")

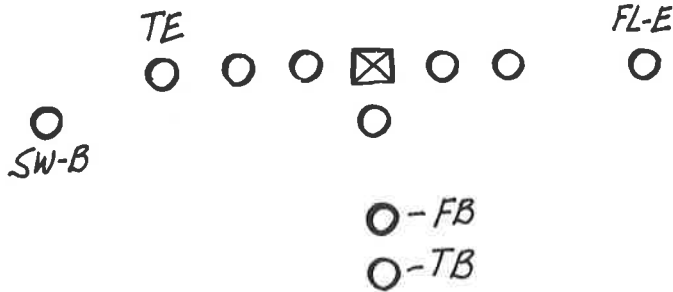


FIGURE 11. ("X-PRO")

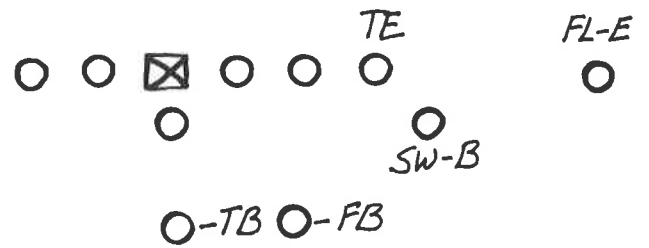


FIGURE 16. ("LOADED-RED-WING")

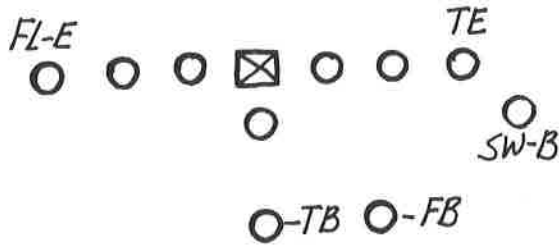


FIGURE 12. ("RED-WING")

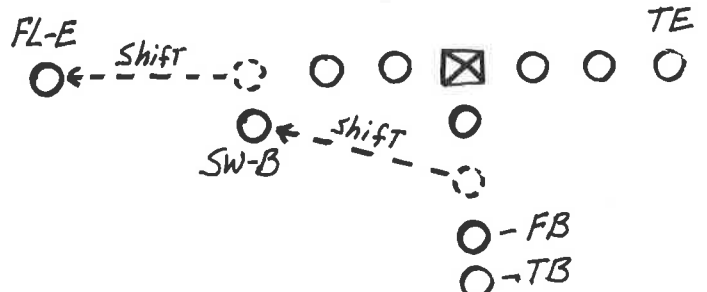


FIGURE 17. ("SHIFT-TO-OPEN")

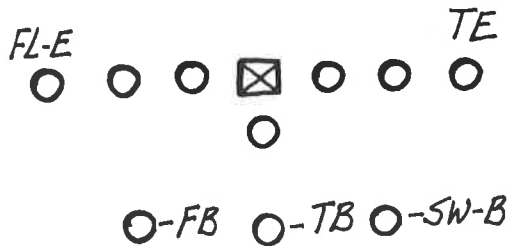


FIGURE 13. ("BLUE-POWER")

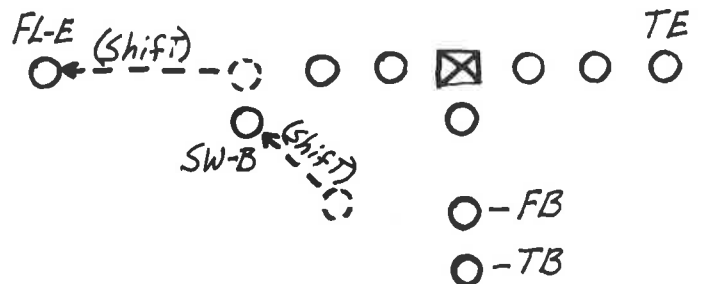


FIGURE 18. ("SHIFT-FROM-OVER-TO-OPEN")

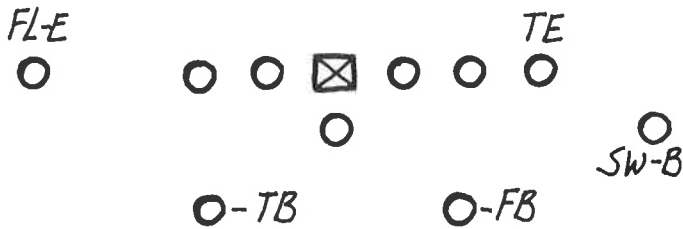


FIGURE 14. ("WHITE-PRO")

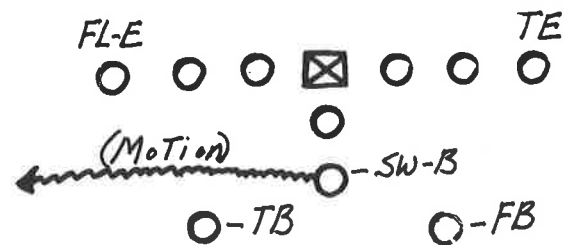


FIGURE 19. ("WHITE"-----"WEST")

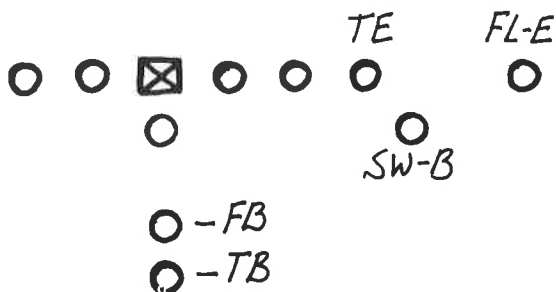


FIGURE 15. ("LOADED-WING")

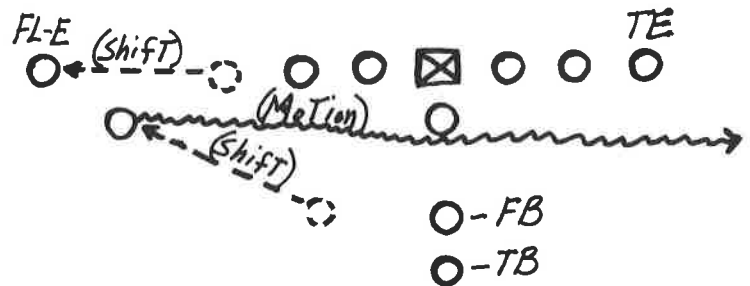


FIGURE 20. ("SHIFT-FROM-OVER-TO-OUTSIDE"-----"EAST")

ING" (TAILBACK—DIVE—RIGHT) would be used from the strong-wing set you see in Figure 12.

"BLUE" places the Fullback behind the tackle on the side opposite our Tight-end, while the Tailback once again assumes the Fullback's normal position. Figure 13 shows how "BLUE—POWER" (TAILBACK—DIVE—RIGHT) could be run from a regular straight-t formation.

We use the "WHITE" call to move the Fullback and Tailback into a split-back alignment. Figure 14 shows the Fullback on the Tight-End side and the Tailback to the Flex-End side in what we call a "WHITE—PRO" formation.

We establish unbalanced line formations by including the word "LOADED," which tells the Flex-End to line up over on the same side as our Tight-End. "LOADED—WING" (TAILBACK—DIVE—RIGHT) calls for the same basic play, but now from the unbalanced-I formation to the right shown in Figure 15. Likewise, "LOADED—RED—WING"

(TAILBACK—DIVE—RIGHT) is the exact play executed from the alignment you see in Figure 16.

We never want our opponents to know for sure whether we plan to go on a quick-count, shift from one formation to another, send someone in motion, or combine the last two of these on the same play. If we want to shift from the basic-full-I set, our call in the huddle would be, "SHIFT-TO-OPEN" (TAILBACK—DIVE—RIGHT), with the result as you see in Figure 17. We don't often do this, but if we had said, "SHIFT-FROM-OVER-TO-OPEN" (TAILBACK—DIVE—RIGHT), we would have started from the formation shown in Figure 18.

We can also put the Swingback in motion to his right by adding the term "EAST" to the end of the actual play call. "WEST" tells him to go in motion to his left. Likewise, the Tailback immediately knows he is to leave in motion right whenever he hears "NORTH" on the end of the play call, "SOUTH" sends him to his left. For example, "WHITE" (TAILBACK—DIVE—RIGHT) "WEST" sends the Swingback in motion to his left from out of the wishbone-formation shown in Figure 19.

Finally, Figure 20 shows how we could put all the different components of this system together on one call, such as "SHIFT-FROM-OVER-TO-OUTSIDE" (TAILBACK—DIVE—RIGHT) "EAST" using the same basic running play as we have throughout this article.

Even though this may seem like a lot of different things for your players to learn, it is really very simple to understand and execute when you incorporate a step-by-step sequence in presenting it to your players. You will find that individual players can quickly associate the descriptive words which apply to their own position with where they line up in each of the formations. However, we never go faster than our players are able to learn each phase of the complete system. In addition, we rarely attempt to use all of the different aspects covered in this article in any one football season. We are convinced that the simple, flexible, and multiple system of offense presented in this article, together with a dedicated, hard-working group of young men, made it possible for Medford High School to win a state championship in 1981.

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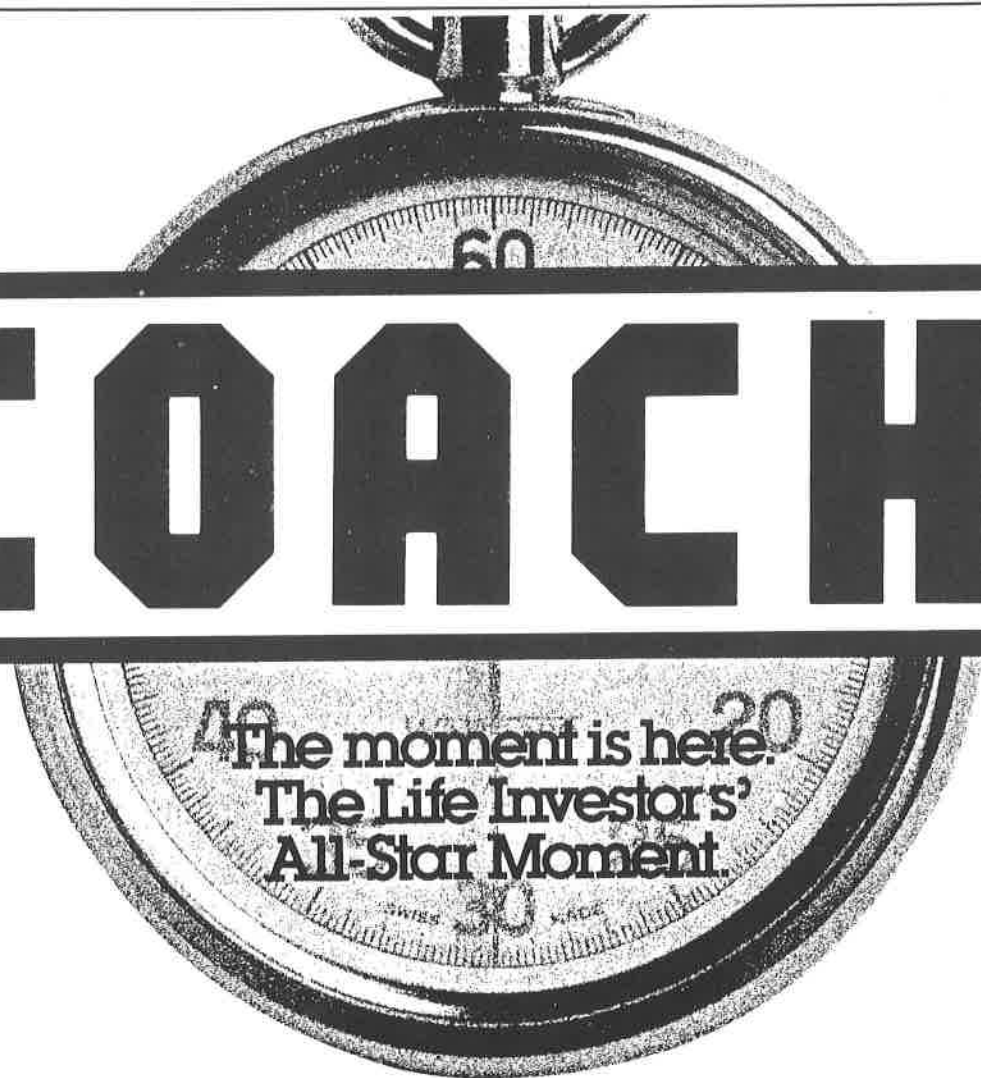
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In-Season Weight Training For Football

DAVID MAIN, COACH, GAYLORD HIGH SCHOOL

First of all I would like to say that we don't pretend to be an exception, or have all the answers when it comes to weight training. Anything we know or have done in the area of weight training has been through the reading of books and articles, and through attending weight training clinics held by leading authorities such as Bob Rohde, U of M.; Bud Bjornarra, Apple Valley; Jeff Everson, U of Wisc.; and Dr. Greg Shepard and Rick Anderson, both of Bigger, Faster, Stronger.

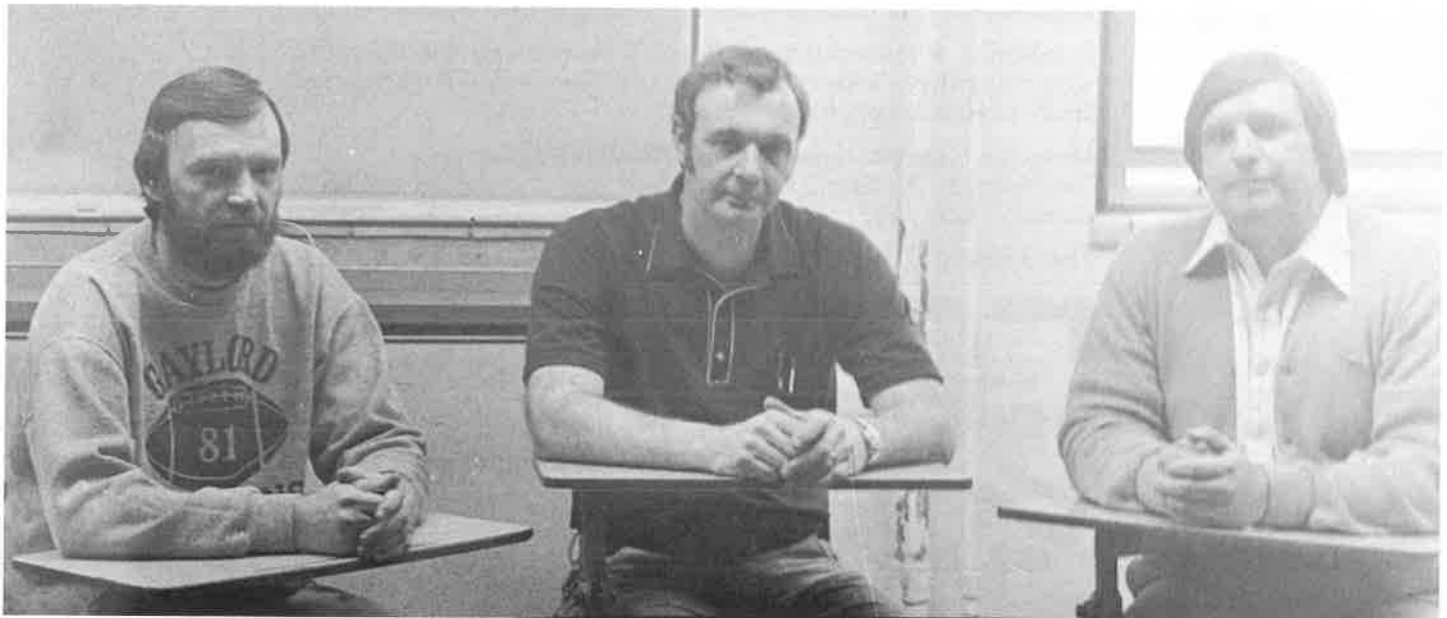
At Gaylord we started a complete in-season weight training program three years ago during the 1979 season. Fortunately that year, we went 13-0 and won

the Class B championship. This really helped make believers out of our players. Our weight program for the first year included hardly any free weights, simply because we did not have very many. The first year we used a six station weight machine, a leg extension-curl machine, some standard weights the players brought in, and an Iso-kinetic Quadriceps machine. The second year we added four hundred pounds of olympic weights and two bars to go along with our other equipment. After the 1980 season we decided to not only up-grade our in-season program, but also to totally revamp the off-season program. The first thing we did was to have a fund raiser so we could purchase more olympic weights. The next step was to build our own weight equipment. We used scrap materials and volunteer labor, so the cost to the school was almost nothing. By February of 1981 we were ready to really get at it. By this time we had built up 1500 pounds of olympic weights, six olympic bars, four bench presses, two squat racks, one incline press, various weight belts, weight storage racks and other miscellaneous equipment to go along with the equipment we started with. Our in-season and off-season programs now include almost all free weights.

Our in-season program starts with the very first practice of fall conditioning week. For the first two weeks of practice, before school starts, we lift three times a week on Monday, Wednesday and Friday. The first week we practice twice a day, 8:00 A.M. and 6:00 P.M. for an hour and a half each. After the morning practice on Monday our seniors and juniors go to the weight room for their 80% workout (chart no. 1). Now in order to do a percentage of maximum workout, you must max your players. This should be done once a

About the Author

1958 graduate of Westbrook High School, 1965 graduate of Mankato State College. Coached at Jeffers, Minn. 1965 to 1967 and Gibbon Minn. 1968 to 1971 before moving to Gaylord in 1972 as assistant coach. Became head coach at Gaylord in 1973. In the nine years there, Gaylord has won seven conference championships was the 1973 Class C Champions, 1975 and 1979 Class B Champions and state playoff entry in 1978 and 1981. Record at Gaylord 84-10, while over all record is 99-31. Assistant coaches for that same period at Gaylord have been Mike Quist, line coach and defensive coach. Al Iverson, linebackers and receiver coach. Biggest honor was being selected as head coach of the Out State team for the first Metro-Outside All Star Game in 1980.



Gaylord coaching staff; Left to right—Al Iverson, David Main, Mike Quist.

month during off-season, and ideally the last max should be done the week before football practice begins. The sophomores and freshmen will remain on the field and do their sprint workout. After the evening practice on Monday the sophomores and freshmen go to the weight room for their 80% workout, while the seniors and juniors run their sprints. On Wednesday and Friday we repeat the same rotation, but now we do a 70% workout for both days. We try to break down the squad into two groups of about 20 to 24 players. Usually it takes about 30 to 45 minutes to complete a workout. This time factor will vary depending on the amount of equipment you have and the number of players in each session. To save time, we give each player his own individual workout sheet, which he must fill in with his own max for each of the lifts and also the corresponding percentage of those max's (chart no. 2). To save more time, the players are placed in small groups of four according to their strength. Also, each small group is lettered and a set rotation of certain groups doing a certain exercise or lift is followed (chart no. 3). Another reason we like groups of four is because we have three spotters for each lift.

The second week of practice which is the first week of pads, our routine is much the same as the first week. The only change is that now we have two hour practices and our weight sessions are split into first and second offense, and third and fourth offense. Because of the added time spent in the weight room, we release the two weight groups 15 minutes early on the days they lift. Two coaches will stay on the field, while two coaches will be in the weight room for supervision.

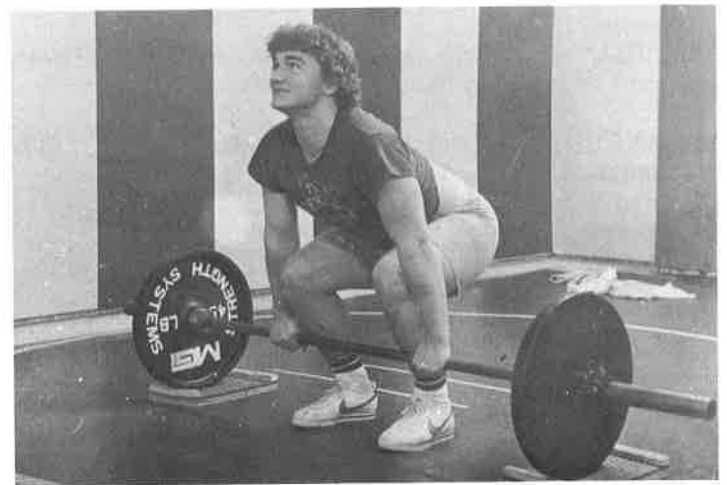
Going into the third week of practice, we are now getting ready for the first game of the year. We now cut down our in-season program to twice a week and we continue this routine for the rest of the year (chart no. 1). On Monday the first and second offense will do a 80% workout. On Tuesday the third and fourth offense will do their 80% workout. On Tuesday the third and fourth offense will do their 80% maximum workout. This rotation works out well for us, because we usually have J.V. games on Monday. On Wednesday we cut down the workout to a 70% max, because now we are getting closer to game day. The third and fourth offense will do their 70% workout on Thursday. This group can lift the day before a game, because they are almost always freshman and

sophomores that are on the third and fourth offense and usually don't play that much.

In closing I would like to say that our 1981 team is a perfect example of what an in-season program tied into your off season program can do for your team. We were losing 19 of 22 starters off the 1980 team. Our returning players were smaller and less experienced than any other team we have had here. But by the end of July, we knew we were going to have a good team. First of all, we were stronger at 18 of the 22 starting positions. All 5 of the starting offensive linemen, plus both full backs and both tailbacks, could squat 300 pounds or more. On defense we had only two players



Two views of starting positions for the power clean. Narrow stance and grip, knees and shoulders in front of bar, flat back, and head up.



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who could not squat over 300, bench press over 200 or clean over 180 pounds. Our team went 9-0, won the conference championship, and had only three touch downs scored on them during the regular season. We made the playoffs, but were beaten 16-14 in overtime by a very fine Clarkfield team. This, all from a team who was picked to finish third or fourth in the conference by pre-season polls.

Finally, let me say that we have a similar in-season program set up for wrestling, basketball, track, and baseball. I am happy to say that we have the cooperation of all these coaches and this is most important.

(Chart No. 1)

GAYLORD HIGH SCHOOL

**INSEASON WEIGHT TRAINING FOR FOOTBALL
MONDAY—First and Second Offense (80% workout)**

1. BENCH PRESS

- a. warm up 50% of max. x 10 reps.
- b. workout 60% of max. x 8 reps.
- c. workout 80% of max. x 4 reps.
- d. workout 90% of max. x 2 reps.

2. SQUAT

- a. warm up 50% of max. x 10 reps.
- b. workout 60% of max. x 8 reps.
- c. workout 70% of max. x 6 reps.
- d. workout 80% of max. x 2 reps.

3. LEG CURL

- a. workout 80% of max. x 12 reps.

4. CLEANS

- a. warmup 60% of max. x 8 reps.
- b. workout 70% of max. x 6 reps.
- c. workout 80% ov max. x 4 reps.

TUESDAY— Third and Fourth Offense (same workout as monday for one and two)

WEDNESDAY—First and Second Offense (70% workout)

1. BENCH PRESS

- a. warm up 50% of max. x 8 reps.
- b. workout 60% of max. x 6 reps.
- c. workout 70% of max. x 4 reps.

2. SQUAT

- a. warm up 50% of max. x 8 reps.
- b. workout 60% of max. x 6 reps.
- c. workout 70% of max. x 4 reps.

3. LEG CURL

- a. workout 70% of max. x 4 reps.

4. CLEANS

- a. warm up 50% of max. x 7 reps.
- b. workout 60% of max. x 5 reps.
- c. workout 70% of max. x 3 reps.

5. POST WORKOUT STRETCHING

THURSDAY—Third and Fourth Offense (same workout as Wednesday)

**INSEASON WEIGHT TRAINING FOR FOOTBALL
(Chart No. 2)**

Name _____

**FIRST WORKOUT
(MON. OR TUESDAY) 80%**

	50%	60%	70%	80%	90%
1. BENCH PRESS (max.) 50% x 10, 60% x 8 80% x 4, 90% x 2			X		
2. SQUAT (max.) 50% x 10, 60% x 8 70% x 6; 80% x 2					X
3. POWER CLEAN (max.) 60% x 8, 70% x 6 80% x 4					X
4. LEG CURL (max.) 80% x 12	X				

OTHER EXERCISES YOU MUST DO!

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- B. SIT UPS: 2 SETS OF 50
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- B. IPS (TRICEPS)
- C. ARM CURLS (BICEPS)
- D. INCLINE PRESS (PICTORAL MINORS)

**SECOND WORK OUT
(WED. OR THUR.)**

	50%	60%	70%
1. BENCH PRESS (max.) 50% x 8, 60% x 6 70% x 4			
2. SQUAT (max.) 50% x 8, 60% x 6 70% x 4			
3. POWER CLEAN (max.) 50% x 7, 60% x 5 70% x 3			
4. LEG CURL (max.) 70% x 12			

Seconds Offense second week.

Group A 1. _____ 2. _____ 3. _____ 4. _____

Group B 1. _____ 2. _____ 3. _____ 4. _____

C

D

E, F, Etc. if needed

Freshman and Sophomores first week, Third and Fourth off. second week.

Group G 1. _____ 2. _____ 3. _____ 4. _____

H

I

J

K, L, Etc. if needed

III. Rotation of Weight Groups to Different Stations

Group A 1-2-3-4-5

Group B 1-2-3-4-5

Group C 1-2-3-4-5

Group D 1-2-3-4-5

Group E 1-2-3-4-5

Groups G-K Same Rotation



A weight group of four on the bench press. Notice the position of the three spotters for safety.

(Chart No. 3)
**INDIVIDUAL WEIGHT GROUPS FOR
INSEASON WEIGHT TRAINING**

I. Stations for weight groups

- 1. Sit ups and neck iso's.
- 2. Squats
- 3. Bench Press
- 4. Power Cleans
- 5. Leg Curl

**II. Small weight training groups - four in a group.
Juniors and Seniors first week, First and**



Leg curl workout on the leg extension-curl machine.



Doing parallel squats on a squat rack with safety bar. One principal and two auxiliary spotters are being used.

Building A Program

JOE HARVEY, COACH, NEVIS HIGH SCHOOL

About the Author

Joe Harvey serves as both head football coach and head baseball coach at Nevis High School and is a fourth-grade teacher in the system. The 28-year-old Harvey is a graduate of Benilde High School at St. Louis Park and earned his bachelor's degree at Bemidji State University.



Quarterback, Paul Schroder, Coach Joe Harvey, and Tightend, Basil Meyer after Nevis's 30-8 win over Tower-Soudan in the 1981 State 9-man Quarter Finals.

To start out with, I will give a little background about myself and the Nevis football past. I am a 1972 high school graduate of Benilde High School, St. Louis Park, MN, and a 1978 graduate of Bemidji State University, Bemidji, MN. I am 28 years old. Nevis is the first teaching assignment and head football job which I received four years ago. When I first came, the football team had lost 19 games in a row and by some very lopsided scores. During my first two years, I was to have back-to-back 0-9 seasons and drop the first two games of the 1980 season. We were riding a 39-game losing streak. Then the third game of 1980 season was won 30-0. We were then to go on and win five of our last 7 games to finish the season 5-4. I was to say the least, "very happy to have a winning season"—the first one at Nevis since the fall of 1974

when they went 5-4. Just like losing, winning can also get to be a disease. We play 9-man football and I did lose six players but had a strong, dedicated bunch returning. Some holes did need to be filled. Those holes were filled in the 1981 season and we won the Heartland Six Football Title with a perfect 9-0 record. It was the school's first football crown in 20 years. We then advanced by beating Hoffman-Kensington (the



Coach Joe Harvey and Assistant Coach Marty Avelsgaard go over blocking assignments before the Hill City game.

defending state champs) and Tower-Soudan in the state tournament before losing to Argyle in the semifinals. So after 4 years, we have had a most complete turn-around in our football program.

First of all, I would like to start out talking about motivation. The reason for this is that any time you come into a program that is losing, that's the place to start.

I feel that there are six phases in building a program. They are discipline, team work, attitude, conditioning, leadership, academics, and as a coach "giving it all you've got."

In discipline, you have to set standards for players to abide by or else they will get by with the same old stuff. At first when I came to Nevis, I had a crop of juniors and seniors who told me how they were going to run the team. I quickly went to the process of elimination. At the end of the season, we were playing most freshmen and sophomores; but I did notice that the younger bunch liked my way of thinking and scores were a little more respectable.

In a small rural school like ours where the enrollment is 78, it is very hard to hold two-a-day workouts. If you can't get everybody at both sessions, I figure you're not getting much accomplished. So we go once a day starting at 4:00 in the evening during conditioning and 3:00 when the contact starts. During the last three seasons by enforcing the rule that "you must be at practice or hand in your uniform," the kids that wanted to really win respect you for this.

Also there are a lot of little things that are important such as when somebody talks, everybody listens; shaking hands after games with opposing players; and no fighting! Also never put up with anyone handing out cheap shots. Some of these little points mentioned are very common around a football team that is not winning. I am in no way a dictator and my players tell you I'm very easy to talk to and get along with; but I suggest that you make rules and stick to them.

Next there is teamwork. On a losing ball club, everybody wants to be the star. You hear players say in the huddle, "Give me the ball; I'll score the touchdown." Or "I led the team in tackles last game, it wasn't my fault we got beat 48-0." These are just a couple of sayings that losers seem to come up with.

You have to try to convince your players that the only way you are going to win is when each and every player decides to play together. They have to forget that they don't like the guy playing next to them. They have to forget who scores the touchdown just so it's scored. They have to encourage one another when a play doesn't go as planned instead of pointing fingers.

Another thing I want to see out of my juniors and seniors is their help with the underclassmen and the people on the junior varsity level. I want these kids to admire the upperclassmen. Some of these so called "graduation day" exercises I hear about like "pick any underclassman you want and hit him" drill is strictly for the birds. Also stress to the ball club that everyone is part of the team. That each person should be honored to wear his uniform. I try to make sure everyone in the upper grades has a job during some phase of the game, whether it is offense, defense, punting, kickoffs, or any sort of special team. It is their job to carry it out to the best of their ability or it might cost us a game.

One last detail I would like to talk about is awards after games. Everything is done according to team work. We hand out paws for our helmets. If the offense scores, all the people on the offense get a paw, no single person is awarded. The same goes for defense. Each quarter that we hold the opponent scoreless, the people on defense get a paw. The same is done on special teams.

Probably the next thing you must instill in your players is attitude, and this can be the hardest thing of all. The first year I was at Nevis, there was no way we were going to win a game because so few really cared. They were players who played just for the sake of doing something. When opposing teams came onto the field they would be intimidated by just looking at them.

I started at a very elementary level with their attitude. I told them "the other team puts their uniforms on the same way you do." Or "The bigger they are, the harder they fall." Incidentally with attitude we used to get really intimidated with another team's size. The first team at Nevis that I coached was the biggest and we went 0-9. Last year's team was the smallest I've had and we went 11-1. So I'll tell you if you get kids with their heads on right,

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size does not mean anything. In fact, I'll take a small, quick team over a big slow team any day. These comments are from my past experiences I guess.

Also when you talk about attitude, it does not pertain to just on the football field. It is held over in the classroom, at home, at other schools, and at community functions. You must teach your players to be able to handle themselves in public. They must also be able to know the difference and not to be cocky but be confident. Be proud of yourself and the team but be humble.

One last thing is that over the last couple of years I have tried to teach the kids to take every team the same way, like it will be the toughest game of the year. One slip might cause you the championship.

Conditioning is the next subject to talk about. I stress that we condition all year round. The first thing I would like to talk about is a weight program. Every football team needs one! It not only helps you in football, but in your other sports as well. When I first started at Nevis, we didn't have a weight room or a weight program. Well, in my second year, our principal, who was also my assistant coach, and I found a room off the stage. It was filled with old play and stage materials. It was about 25x35. We then got permission to clean it out and proceeded to build our weight room. The walls are painted green and gold, our school colors. We had carpet donated to put over the cement floor. At present there are two benches, 450 pounds of Olympic weights, 300 pounds of plastic weights, a leaper machine, a curling bench, exercise bike, 6 bars, 2 curling bars, a pull-up bar, a sit-up bench and an FM radio.

A lot of our players really feel it is a home because it is built with donations, their time and sweat, and I truly believe it has helped make us a better football team. I keep it open during the summer and we have other times when players may come in and use it.

Also, I truly believe if you condition and your players are conditioned, you will not have injuries. We have not had a major injury the last two years. In fact, the only one I can think of in the last three years is a broken wrist. Before we ever start exercising, hitting, conditioning or whatever, we spend about 20 minutes stretching. This really helps save on the muscle pulls.

Our first week of conditioning I feel is one of the most important. We have an 11 station circuit set up also with a 10 station weight lifting circuit. It is divided up into three groups with a coach at each group. I really find out after those five days who is going to play football because the survivors will.

I really think by convincing your kids you must condition harder than anyone else is the only way to get to the top. And I've noticed in the last two years if we are tied or in front by half time, we have ended up winning the game.

Our offseason program goes something like this:

Monday, Wednesday and Friday — lift weights for the upper body.

Tuesday, Thursday, and Saturday — lift weights for the legs and do sprints and running.

Sunday — day off.

The leadership part of building a program is very important. When I first started my captains were terrible. They should have been captains of a motorcycle gang instead of a football team. Then I had a boy move in from Portage, Indiana. He was super gungho on football. Besides that he was a dedicated, average student the girls all liked him, he was pleasant, humble, and very easy to get along with. He believed in what I was talking about and really helped me sell the program to other people. He was the start of a string of excellent captains I've had for the last three years. And I'm very satisfied with my next year's captains.

I always let the team pick its own captains and I keep my nose out of it. So far it has worked well enough and I have approved of all of them.

Also, when I'm talking about leadership, a captain is just one part of it. Each player should set a goal in his mind of what he can do to be a leader. One last thing I would like to add about leadership and responsibility is that I let the kids choose who they want to put up for All-Conference. There is one catch! We must have a winning season. I feel that if they can have a winning season, they can select who they feel deserves to be put up for All-Conference. This also makes it a little easier answering questions like "Why didn't you put my son up?"

I don't think any high school coach wants an athlete using football as a way of bribing his way through

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school. Most schools in the Minnesota educational system offer enough courses and help that if a student puts forth enough effort they should be able to get a diploma. If they can't, they should not be out for football anyway. I really feel strongly about my ballplayers getting C or better grades. If they do their work and obtain these grades, it is a lot easier for them to have their minds on football when school dismisses.

If they do not want to put forth the effort to do school work, they had better not cry to me if they find themselves ineligible. "But I give my kids great credit!" We have not had one football player in the last three years find himself ineligible during the season and also each one has graduated from high school.

Last season when we went 5-4, I had 13 of my 18 players from grades 10-12 make the honor roll. On this year's 11-1 squad, we had a slight slip but not too bad. Eleven players made the honor roll out of 20 in grades 10-12.

The last point I am going to talk about is the effort you put in as a coach. There were two things I had to install in my head four years ago. They were patience and be willing to give more than 100 percent.

The first year I coached, we were out of the ball game by the second quarter. This told me it was going to be a long haul. Maybe even a couple of years. So I was realistic and convinced myself that overnight success was out of the question. It was hard but the players and I did not get discouraged and it all paid off. And as a coach when you install your offense, defense and philosophy of the game it takes time for the players to adjust.

Another thing I told my plyers is "don't hold revenges in life but make sure you don't forget what those teams did to you." Your time will come if you put forth the effort. I think that feeling is just competitive nature, a person must have to play team sports.

I take the kids up to the University of North Dakota Football Camp every July. It is an excellent camp conducted by Pat Behrns and his staff.

We also have a pancake breakfast every winter. We have raised money for a whirlpool which every athlete, no matter what sport, can use. The year before the kids raised enough money to buy their own game jerseys with their names on the back. This year's money is going for the kids to buy football

teeshirts.

Also we had a speaker at our football banquet at the end of the season. The kids really enjoyed this! There are also a lot of other things we've done and these are some ideas I've tossed out.

The last thing is that I consider myself a player's coach. We have a very open atmosphere and I have them address me as "coach" or my nickname "Harv." I also am very willing to give a high-five now and then. I listen to all suggestions and even ask for them. My captains and I always talk over our game plans on how to attack another team. I am also very willing to admit when I have made a mistake. You have to because they are going to make mistakes too. And if you get beat, remember "it's you and the team." I feel I'm as responsible as anyone.

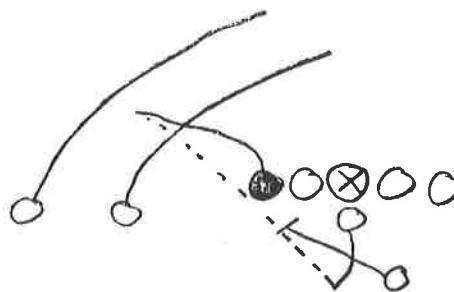
In our offense and defense, we will switch from year to year according to the personnel we have. You better be willing to switch every now and then or you are not going to fool anyone.

Remember, if the kids see you working hard they are going to work hard no matter how much you know. Desire often times can outshine ability and work is still the name of the game.

Thank you.

OFFENSE

Over the last four years, we have tried to build a balanced offense. We feel in order to win we must have a running and passing attack. This year we passed for 1316 yards and rushed for 1843 yards. We run a lot of various formations. Here are a couple of pass formations we use.



Here, we use a split-double left play action. A three-man pass-pattern with the split-double clearing out for the tight-end.

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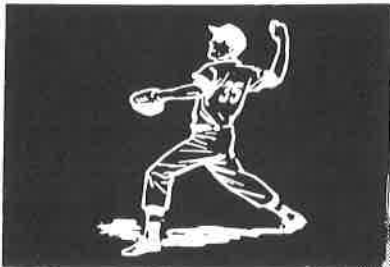
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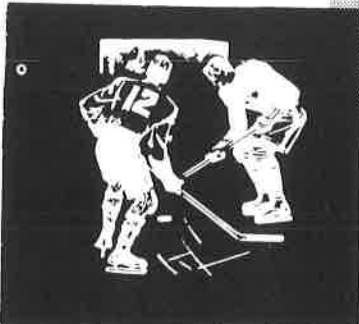


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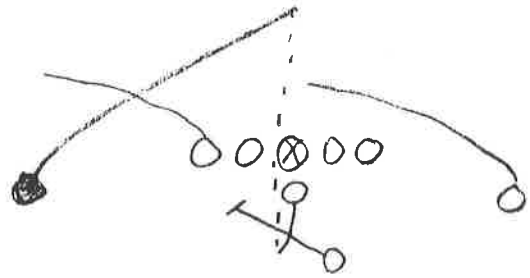
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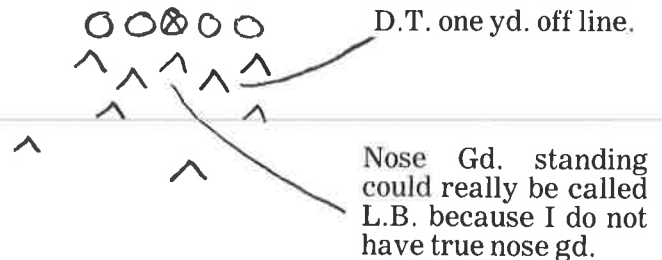
Here, we have a wide out on both sides. It is a play-action pattern with our QB hitting whoever is open.

All our offense and defense is designed according to talent I have on hand. That's why as a coach you better be able to re-adjust year to year.

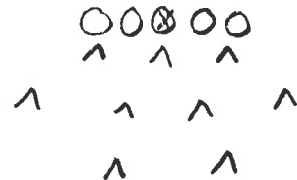
DEFENSE

We run multiple-set defenses using our defenses according to who we are playing and the situations we are in. We incorporate a 5-flix, 4-4, 3-4. It is a reading defense with a blitz coming on only obvious passing downs. In 9-man football I try to build my defense around my linebackers.

5-flix



3-4



4-4



Note: On our 4-4, we will play an odd front and also give you a lot of different looks with our linebackers.

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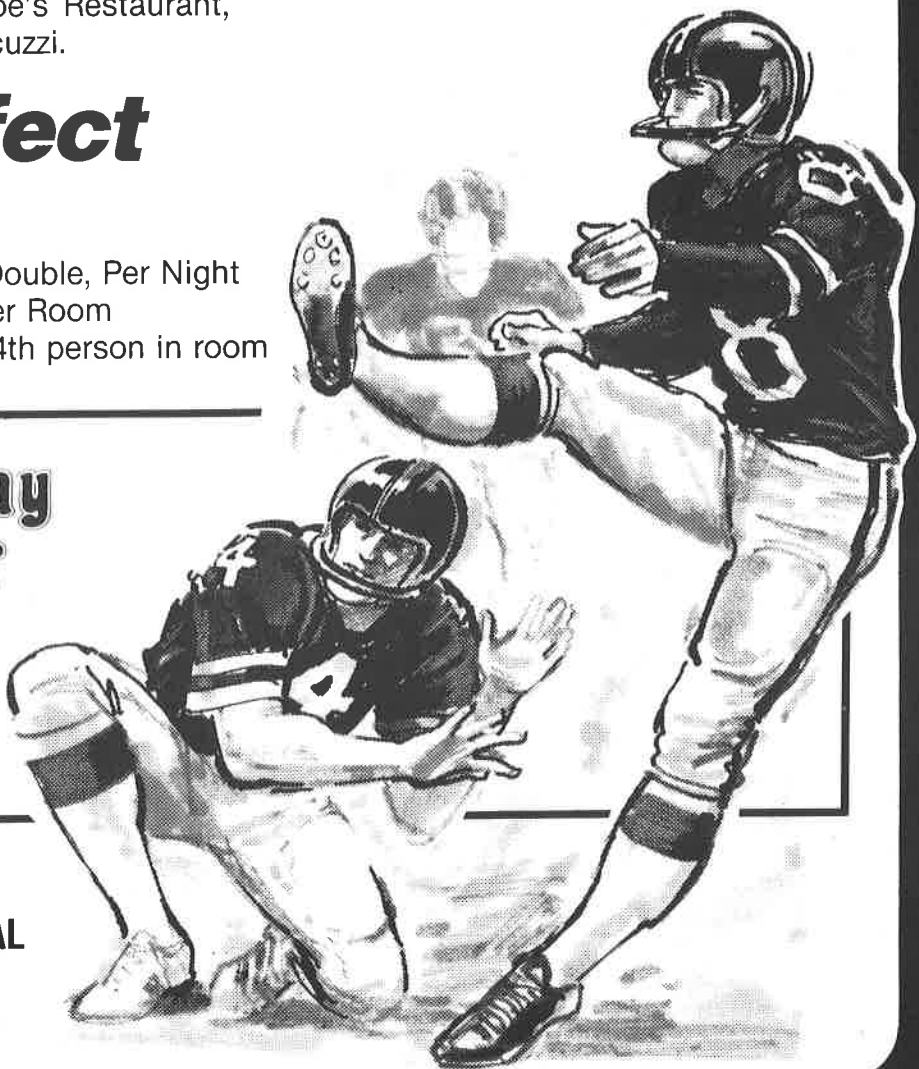
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Developing The Offensive Line

Dan Kostick Head Football Coach
Moorhead Senior High School

About the Author

I graduated from Buhl High School in 1969. I attended Mesabi Junior College and played in the Aztec Bowl in Mexico City. Transferred to Moorhead State playing on the 1971 NIC Champion Football team. Worked one year, 1973, as defensive line coach at Moorhead State. I have taught and coached in Moorhead for the past seven years. Four years as ninth grade coach at South Junior High, one year as head sophomore coach, on year as varsity assistant, and one year as head coach.

Being a newcomer to the head coaching ranks, I haven't had a long time to develop a complete philosophy or total understanding in all areas of high school football. I



received the Head Football job at Moorhead High School less than three weeks before the season started. I have to give a large amount of credit for the success we enjoyed to my assistants. I have worked with the offensive line since I came to Moorhead, so I feel most qualified to discuss this area.

I would like to review some of the methods and techniques that we have found helpful in developing a sound offensive line. Moorhead traditionally has not been blessed with big athletes. For this reason, we feel that it is very crucial that we try to physically develop the young men in our system. To prepare our athletes to compete on the High School level, we feel it is very important that they participate in our weight training program. Over the past seven years, we have put \$5,000 into a weight room upstairs of the city's Sport Center. This past winter we raised another \$2,000 to enclose our weight room and complete our facility. Not one dime of this money came from the school district. It was raised by our athletes and coaches. Without this facility it would have been difficult for Moorhead to reach the level of success we desired.

Getting back to developing the offensive line, most of us have to work with what we already have. Moving up each year with this past team, I was able to see what areas we were weak in. Because of our limited size, we have to rely on our strength and quickness. I made sure that our linemen were weight training year round. We try to sell our linemen that it's the most important position on the team for which they will receive the least recognition.

A selected offense will dictate the blocking techniques to be used. It will also determine the most advantageous stance the offensive player should assume. At Moorhead High School, we run an offense that asks our lineman to pull, reach, drop back, and drive straight ahead. I do not believe that one stance can be best used by all linemen. Individual physical deviations, such as height and length of arms, should be taken into consideration. We stress some basic fundamentals that we are convinced are the basis for a good offensive line stance.

1. Feet are placed hip-width apart with a heel-toe relationship. Toes are pointed slightly in with heels raised.
2. Knees should be in line with the ankles. Hips, back, and shoulders should be on the same plane with the neck bulled.
3. The down hand should have the lineman up on his fingertips. The opposite hand placed on the side of the leg with the elbow along side of the knee and hand clenched.
4. Weight should be distributed equally between the feet, with slight to moderate weight being placed on the down hand.

A correct stance will promote a balanced position during the interval between staring and contact. If a player doesn't start from a good position, then some advantage is being sacrificed immediately.

Stance and starts are something that we will work on continually during the season. Because we will platoon some of our lineman, offense is emphasized on morning drills pre-fall. When the season begins, we will spend time on offense Monday and Wednesday. Monday's practice will begin with films of the last game. We split our team into linemen in one room, and backs, receivers and tight ends in another. After studying film, we will cover the scouting report and go over our practice schedule for the week. We structure our practices so that after stretching we will have a short specialty period followed by breakdown into individual groups. This will give our linemen approximately 20-30 minutes daily on line technique, drills, and assignments.

I use the first five minutes for some form of agility and conditioning. The drills I use depend on what areas we are behind in. If it is quickness, then we will do a lot of rope work and agility. If we have difficulty blocking, I will have them use the blaster, heavy bag, and air bags. We then move over to our chutes. We always line up by positions. Two-by-ten-inch boards are placed inside each chute. The boards extend about eight feet. We will line up by position in a three-point stance, ready to go on command. I believe in teaching a progressive system in blocking. We start with one step, followed by two, and then to the point of

driving the bag. I also follow this system in teaching our linemen to reach and pull. Because we see a lot of slanting defenses, more time is spent on our footwork. I want our linemen to step right first when going right and stepping left when going left. Early in the season, we rely mostly on air bags and stand up dummies, but as we progress in techniques, remaining linemen serve as the defensive men. We have many different drills to develop our technique, but we have two that they really enjoy. One is our board drill. We take one of our boards from our chutes and place one offensive and one defensive lineman on it. They line up a normal distance, feet straddled, and on command the offensive man will try to drive the defensive man back to the end of the board. The defensive man will try to throw the offensive man off the board. The other drill we use a lot is the one punch drill. We take the first line in the chutes and place defensive men on the outside to deliver a forearm or hand shiver. On command the line will fire out and drive the defensive men back. We also use the drill when pulling and reaching. Each line has to execute all blocks or they will repeat the drill. This brings together each of our units, and makes for some spirited competition.

The remaining time of our breakdown is spent on assignments. We always spend this time going against dummies and air bags. Mondays we review our mistakes from the last game, and add any new blocking schemes we might need for the next game. We try to cover as much of the scouting report inside as we can. This will allow us to spend more time on execution. When our tight ends leave for pass hull, we finish off our breakdown by working on our pass protection. We now block against the defensive line and linebackers. We won't make any new offensive or defensive adjustments after Tuesday.

The last part of our practice is spent together. I will keep my top three linemen at each position. The first line will work together for fifteen minutes, then we rotate. I like to have my tackles and guards alternate sides during the course of practice. The center will alternate with a guard or tackle depending on which is the better snapper. I do this, so when game time comes, if we find a weak side, we can put our best people over there. Also, if we have an injury, it won't be a drastic change for the alternate. I want to make sure all assignments are covered, and each play we have is worked on.

Our conditioning at the end of practice depends on

the scheme we worked on in practice. Offensive days I will take the linemen by themselves. I try to give them conditioning as it relates to game situations. During their sprints, we will reach, pull, and drive straight ahead. Occasionally we use air bags, most mostly this is against air. We try and limit this period to only five minutes.

Our practices will conclude with last year's game films or weights depending on the night. If we don't feel the film is valuable the line will review assignments.

On game day all linemen will meet before the game. If we're at home, all blocking schemes will be up on the board during the week so we will just review. On the road, depending on the length of the trip, we will review in the bus or at the visiting school. We try to prepare our athletes both on and off the field to prevent mistakes on game day.

I feel very honored to have had the chance to write this article, and I hope in some way this article will help other coaches.



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"FRANK"

BOB JACKSON,
RIVER VALLEY CONF. REPRESENTATIVE

What are some of the goals of athletics in our schools? To develop character, citizenship, leadership, sportsmanship; to promote healthful competition among peers; to provide advanced training for athletically gifted students. Often coaches and athletic boosters alike give lip service to the above mentioned values of athletics in our society. This past season our football players and coaches had the opportunity to reacquaint themselves with these often-mentioned values.

A young man by the name of Frank Scrabeck joined our team. Frank was, like many other students, out for football for the first time. He was highly interested, eager to do well, motivated by praise and confused with playbooks and equipment. One major difference was that Frank is educationally mentally retarded. Thus Frank cannot read, is lacking in fine and gross motor skills, and has some difficulty with speech.

Although he has limitations, Frank participated in all our drills from sprints and distance running, agility as well as contact drills. Frank found drills difficult to follow at first but after a period of time he could understand the routine and keep up with other players. Frank is not physically talented enough to master most techniques but it was amazing to view his progress. If we could somehow qualitatively measure his rate of improvement over the season, it would rival that of our best athlete. It is a struggle for Frank to master most activities, especially when they are first introduced. This is why it was so heartwarming to seek Frank gain confidence as he achieved some level of success. Possibly Frank's best feeling came when a fellow team mate congratulated him with a "high five" for a job well done.

Our players accepted Frank from day one. Not once was Frank teased, put down or ignored. Much of Frank's acceptance can be attributed to outstanding leadership from our senior players. It is very encouraging to see before a big game, your captains and



Frank Scrabeck
Mabel-Canton
Football Player



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All-Conference player helping Frank clip his shoulder pads and buckle his pants. Seldom did a practice go by without at least one or two players helping Frank in some area of our practice. Mainstreaming and peer tutoring have become a part of our football program. Not only has Frank benefited from football, but other players have gained greatly from their experiences with Frank. I am sure that they have now much better awareness and empathy for those less fortunate than themselves.

Although Frank improved his physical condition, stamina, speed and knowledge of football, his greatest accomplishment was in the socialization process. Both Frank's teacher and parents readily comment on how football has been a valuable tool in Frank's social development. Sheldon Wiger, Frank's teacher, has stated that "being a part of the Mabel-Canton football team has done more for Frank's self-image and self-confidence than school alone could ever have done."

Frank is aware of his learning limitations and desires to be treated like other teenagers. He likes the rock group 'Kiss', pizza and girls much the same as his team mates do. His participation in football gave him that important feeling of belonging, especially to a group, in which many regular students lack the desire to participate. If you want to see a young man full of pride, you should see Frank on game days wearing his jersey to school!

Frank is a foster child who has the benefit of living with very caring parents. Frank's parents encourage him to participate in student activities as they happily drive into town each evening to take Frank home

after practice. Frank's mother believes football also has been excellent for him. Previous to this time, Frank was lacking in confidence; he shied away from people and hesitated to speak to anyone. Now he carries himself upright and proudly wants to talk to people and is not bothered by his speech complications. We, as a coaching staff, are very happy to have the opportunity to help all students, especially one as appreciative as Frank.

Frank played in all our junior varsity games and nine quarters of varsity contests. We all know Frank will never be a starter or even contribute greatly to a winning effort. But if we actually believe athletics have other values in our school than winning games, then schools and coaches must take the time and effort to provide all students the opportunity to be a part of the team.

One lesson we coaches learned from Frank is the importance teen-agers place on being acknowledged in a positive manner. One sign of peer acceptance for Frank was if other students said "good-bye" to him at the end of each day. We felt if being acknowledged daily is important to Frank, why wouldn't it be important to other students? Our coaches made a valiant effort each day to say something positive to each player we coached. What role this played in our success we do not know, but Mabel-Canton won nine games, lost two and were quarter-finalists in the Class "C" State Play-Off. We do not know if we will be as successful in the win column next year but we are sure Frank will profit from his football experience next season as he did this season.

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Ten Years Of The St. Peter Radar Defense

BY COACH FRANK FREDLUND
ST. PETER HIGH SCHOOL

It has been ten years that St. Peter has used the radar defense. Although our South Central Conference is very familiar with the radar, we still get many inquiries about the defense from all over the Mid-west. We feel the defense has played a major role in our football program success. It is interesting to see some of the radar's basic concepts now being utilized in the flex defense, three man lines with different combination of line backers and defensive backs. The purpose of this article is to give some of the background of St. Peter using the defense, its success, and a few of the basic concepts which make up the defense.

In 1971 the St. Peter Saints coaching staff under head coach Lyle Eidsness (now Head coach of Augustana College, Sioux Falls) put in the radar defense. Coach Eidsness had picked the defense up at a coaching clinic in Iowa. The defense was originally developed by Jules Yakopovich of Kenmore, New York. After a thorough evaluation of our player personnel the defenses basic concepts appeared to fit. We had at that time several good football players but could not match up size or strengthwise on the defense line of scrimmage in our conference. In 1970 we were getting blown away in every game giving up a school record of 281 points. Looking at our personnel it appeared logical that we were not going to stop anybody by controlling the line of scrimmage. The concepts of reading the initial move of the blocker and avoid being blocked in pursuit of the ball carrier seemed to fit — our player's talents and so the defense was adopted.

When the decision was made to use the radar, a

total commitment was made to implement it right down through the 7th grade. Because of the uniqueness of the defense, there was much trial by error methods of teaching the defense. While the radar's basic concepts were explained in the book, the methods and drills of teaching the reading techniques were not. The first few years were mainly spent on organizing new drills to teach the stance, reads and the basic responsibilities of each player regarding pursuit angles cover the run and pass.

Looking back at the early use of the defense I can assure you there was much doubt and skepticism by the fans seeing eleven players all standing up on defense in a two-point stance. This feeling was not held by the players for they immediately loved playing defense. A major benefit realized using the defense, which was not an early objective, was the great amount of interest it generated. Young men of 145 pounds and less could now see they had a chance to play on the defensive line regardless of size. With the added numbers St. Peter was able to start platooning most of their players in 1974. Since that time St. Peter has averaged four or less players going both ways which we believe helped our numbers grow along with some great team success. A point of emphasis on our scheme of platooning which has worked well for us, is that we usually put our biggest, rangy kids on the offensive line, and our smaller, quicker kids playing the radar.

After the first four years using the radar, our varsity record was 20 wins and 16 losses. Whether the radar was the reason for a winning record it would be hard to say, but what it really did was to install a new



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Blocking for the Sprint Pass

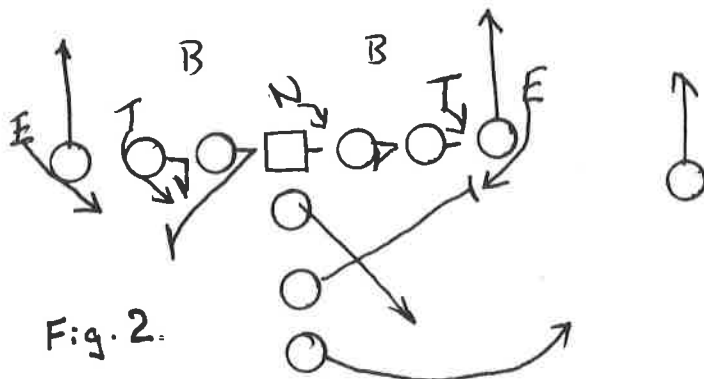
TOM BELL, COACH, MONTGOMERY-LONSDALE HIGH SCHOOL

Tom Bell, who has served as head football coach for six years at Montgomery-Lonsdale High School, has directed the school to two Minnesota River Conference championships in that time and his 1981 squad finished 9-2 and reached the Minnesota State High School League Class B quarter-finals before losing to Granite Falls. A native of Litchfield, he earned his degree at Moorhead State University and served as assistant coach at Montgomery-Lonsdale for five year before becoming the school's head grid mentor.



area (fig. 1)

2. If no one comes into your area, sink to the backside and help out (fig. 2)



The fullback probably has the most important block if we are to get the ball off. His responsibilities are:

1. to block outside area to the play side
2. if no one comes, to help out to the inside

In most instances, we should be able to block a five or six man rush without too many problems. (Fig. 3 & 4)

Pass blocking on the high school level is not always an easy task for offensive lineman. With the many different defensive fronts that we face from week to week and the limited preparation time, we must come up with something that is able to handle a number of different defensive schemes but yet, simple.

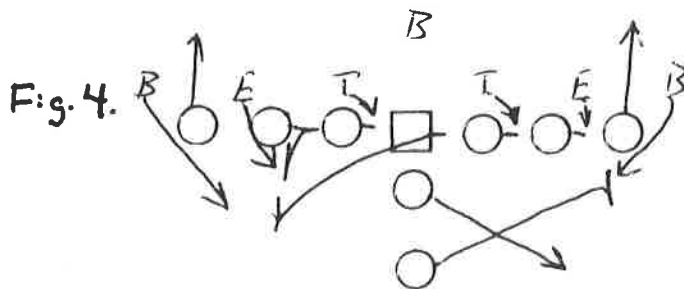
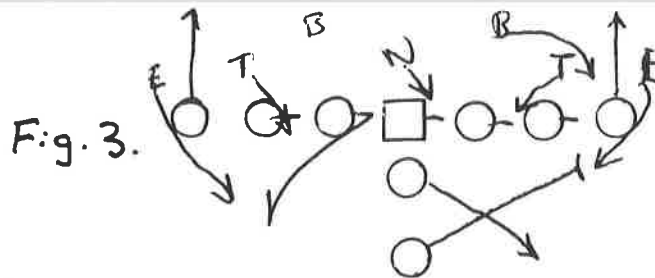
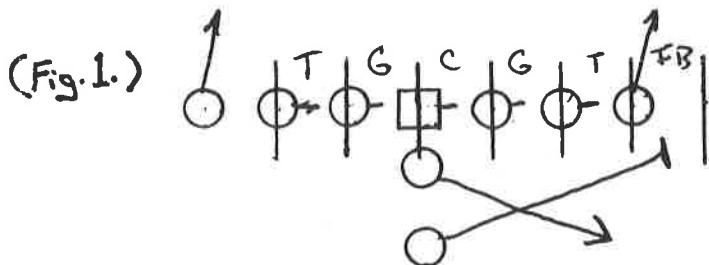
The sprint pass is our primary method of moving the ball through the air. On occasion we use play action or drop back action, depending upon the given situation. We feel that the sprint pass game has definite advantages.

1. Short easy routes
2. High completion percentage
3. Quick release of QB makes defensive zone drops more difficult
4. Good ball control and defense
5. The constant threat of the companion play - the sprint draw

The two basic offensive sets that we use are the "Slot" and Double tight end" with the "I" formation.

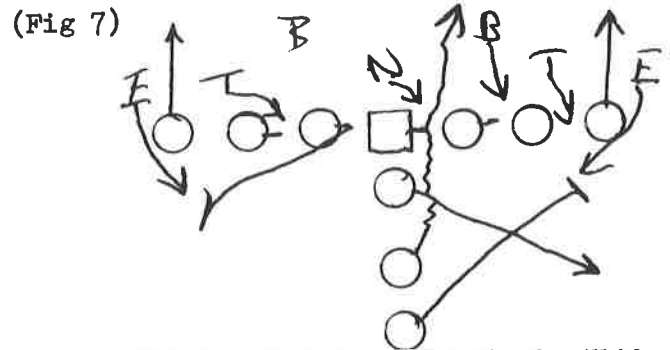
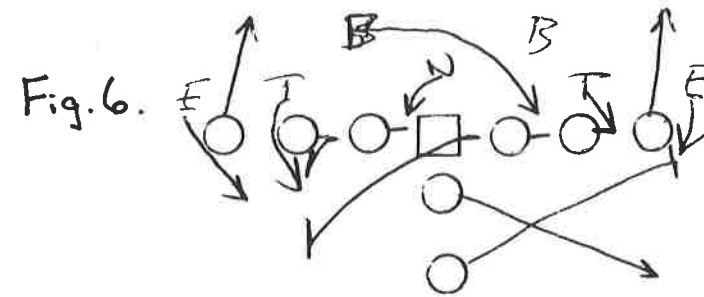
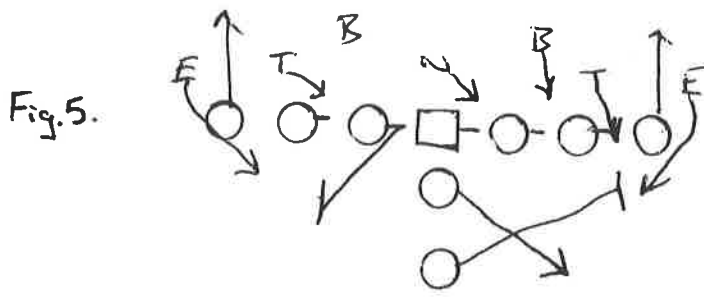
The method of blocking that we have found to be the most effective and yet simple, is area blocking to the play side. The offensive linemen have two basic rules:

1. To step laterally 12" to the play side and block

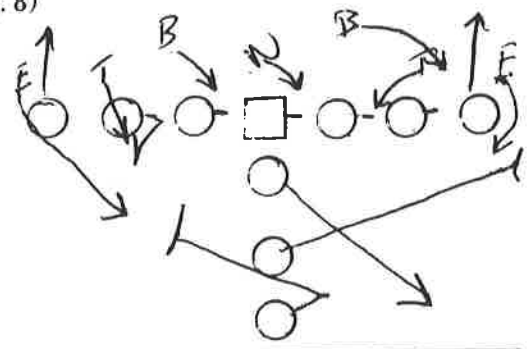


Defensive stunts of one form or another should not bother us if everyone is stepping laterally to their areas (Fig. 5 & 6)

A rush of seven or eight men can give us trouble since we are outnumbered. If we are faced with that situation, hopefully the quarterback will recognize the



If this audible is called, then the tailback will block the outside area. If we are faced with a seven or eight man rush throughout the game, then the tailback will stay in to help block. His responsibility is to take one step to the play side, let the quarterback go by, then pick up the blitzing linebacker or threaten defensive linemen. (Fig. 8)



situation at the line of scrimmage and audible into a quick dump pass to the tight end or audible with the fullback filling a vacated spot created by a blitzing linebacker. (Fig. 7)

North Dakota State University Bison Football



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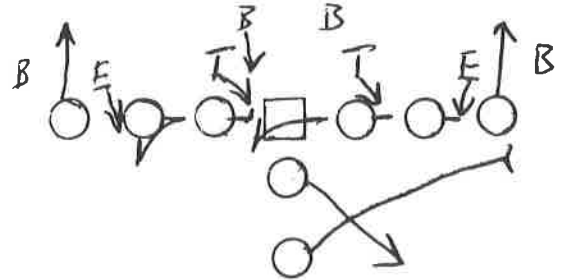


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 - Todd Lecy, Granite Falls
 - Howard Holmen, Columbia Heights
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Supposedly the weakness of this type of blocking is the rush by the backside defensive end when all of-

fensive linemen are occupied with their areas and cannot sink backside to pick him up. In the three years that we have used this type of blocking, I cannot remember ever being stopped by the backside end. The reason being, the quick release of the ball by the quarterback. The quarterback releasing the ball at either a three step drop on short routes or a five step drop on longer routes. This does not give the backside end much time to get there. We do have problems with two defenders going through the same area. (Fig. 9)



This is usually done with a defensive lineman and linebacker going through either the playside or backside guard-center gap. To compensate for this, we try to stress the importance of plugging up as much of the area to block as possible by taking a good lateral step. It is also very important for the unthreatened offensive lineman to read his area and sink to the backside to help out when needed. In many instances, he will pick up the extra man in the stunt.

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Minimizing Kicking Errors

JIM MADER, COACH, ALBANY HIGH SCHOOL

About the Author

Jim Mader began his coaching career at Jackson High School. He was an assistant coach for Wes Wistrom at Jackson for five years and served as head coach for three years before moving to Albany.

Jim has been the head football coach at Albany High School for two years. His record at Albany is 19 wins and 4 losses with two Central Gopher Conference Championships and two appearances in the Class A State Tournament.

Jim is a graduate of Moorhead State University.



Albany Coaching Staff - Left to Right: Bill Krogman - sophomore and JV Coach and in charge of scouting, Ron Juell - Varsity Line Coach. Jim Mader - Head Coach

Many of us look at football as a game of errors, and the team making the fewest errors is usually the winner. I feel this is especially true of errors connected with the kicking game. Probably more games are lost due to kicking than are won because kicking is an area in which a big error is many times responsible for losing the game. To be ready for complications on game night, thorough preparation is needed well in advance. The chances for those big game losing errors can be minimized by: 1) Emphasizing the kicking game, 2) Coaching the team attitude toward kicking, 3) Simulate in practice what your players will see in a game, 4) Scouting your opponents thoroughly.

We take the kicking game very seriously at Albany. So serious that about one third of each practice is spent on some aspect of kicking. It is **EMPHASIZED** as an intricate part of the game and considered an extension of offense and defense. Kicking is emphasized as an opportunity to acquire and control field position. In no other aspect of the game can field position be obtained in 30 to 40 yard chunks as it can by kicking with proper execution.

We make a point to coach kicking game **ATTITUDE**. Players will respond only when coaches sell them that this phase of the game is of vital importance. They must believe that their winning or losing will depend on their attitude toward any of the following points: 1) Good or bad coverage on punts and kickoffs, 2) Good or bad field position as a result of a punt, 3) Punt or kickoff return success, 4) Blocked punts, extra points, or field goals, 5) Bad snaps, 6) Missed field goals or extra points. Our football team must have the attitude that they will have a better kicking game than anyone they play.

Your ability to simulate on the practice field what you are going to encounter on game night leads to the success of your kicking game. Merely kicking the ball around is not enough. It is fundamental to the game that you must simulate, as close as possible, the actual situations that your players will face under game pressures. We use eleven on eleven, situation



Albany's talented Junior place kicker Scott Neutzling (73) kicks a 21 yd. field goal from the hold of Senior Craig Uphoff (11) against Delano in the Class A State play off. Albany won 35-13.

football to simulate game situations. By this I mean we actually play the game of football during practice. Centers snap under pressure, punters and place kickers kick under pressure, and return specialists catch the ball under pressure. For example, I have had centers who could consistently snap a "frozen rope" right on target when off by himself. As soon as he was under pressure of game like conditions, the snap went anywhere besides on target. If the kid can't perform in practice under pressure, he sure won't in a

game when the outcome means a win or loss for the team. The same principle is true for punters and place kickers. If they can't perform under pressure in practice situations, they surely wouldn't consistently perform in a game. Errors like taking too many steps, poor timing, poor concentration, and poor techniques will show up during game-like conditions in practice rather than in the game itself.

We like to work on the kicking game in five to ten minute blocks of time during practice. For example, punt returns are practiced during the defensive team work (usually the 1st Team Defense is the punt return or punt block unit). The sophomore unit will be the punting team with the varsity punter kicking. The 1st and 2nd team defenses take turns executing returns against the sophomore team. This allows the coaches to watch the return develop. We watch for rule infractions, someone loafing, poor kicking fundamentals, or missed assignments. Besides getting a lot of repetitions, usually successful, we get many kids involved. No matter what phase of the kicking game that is being presented, the same organization is employed.

A very important part of minimizing kicking errors is tied in with what we learn from scouting our opponent. Our scouts do an excellent job of bringing back information about our opponents. We use the following checklist to organize scouting information.

1. Punt Returns
 - A. Who must we hold up to get a return?
 - B. How well do they cover?
 - C. How long does the punter take to get rid of the ball? (time him)
 - D. Can we block the punt? (where)
 - E. How is the center's snap?
 - F. Does the center or punter rattle under pressure?
2. Punt
 - A. What type of return do they use?
 - B. Who not to punt to?
 - C. Special return or reverse
 - D. How well do they pressure the punter?
 - E. Will a FAKE PUNT WORK? Pass-Run-Option
3. Kick Off Coverage
 - A. Return used (any special play or reverse).
 - B. Who not to kick to?
 - C. Kick high and long (or grounder to disrupt a good return).

4. Kick Off
 - A. Return to use (vs. coverage).
 - B. Height and length of kick off.
 - C. Unusual type of kick.
5. Extra Point & Field Goal
 - A. Type of rush used.
 - B. Who must we block? (jersey number)
 - C. Do they rush on rhythm or on movement?
 - D. Are they open for a fake? (pass or run).
6. Extra Point & Field Goal Block
 - A. Can we block it - where?
 - B. How is the center snap?
 - C. Do they do anything special?

The following kicking game checklist has been a very useful tool in organizing practice and exposing our players to fundamental reminders that help to eliminate game losing errors. I picked this up from Jackie Sherrill at a clinic a few years ago. I use this checklist in practice as a constant reminder of key points concerning the kicking game. It is laminated and carried with me at all times.

KICKING GAME REMINDER CHECK LIST

1. PUNTERS
 - A. Time punter and snap.
 - B. Time ball in air.
 - C. Practice punting out of bounds.
 - D. Poocher - ball rolls dead inside 20.
 - E. Punt snap (work on) low - high - to both sides.
 - F. Punt from end zone (practice). Don't step on end line.
 - G. What to do on a bad snap - on 3rd down - on 4th down
 - H. When to take a safety on a bad snap.
 - I. What to do versus a ten man rush.
 - J. Fake punt - option, pass, reverse.
2. PUNT RECEIVERS
 - A. Handling punts - read punter's follow through - pick ball up as it leaves punter's foot - read the back end of the ball.
 - B. Don't let the ball hit the ground - average 17 yards roll.
 - C. Handling a sliced punt - If you can't handle it, get away from it.
 - D. Up backs will handle short punts - align wide enough to catch sliced punts.
 - E. Fair catch rule (all facets).

Nybo's

Dining Room ★ Bar ★ Bowling

Red Wing, Minnesota

- F. Don't touch ball at the end of the game or half time when we don't want to handle punts.
- G. Versus Quick Kick - automatic return to our bench.
- H. Standing on 10 yd. line and punt going over your head - simulate fair catch - go through receiving motions - be an actor. This may cause the punt coverage to pull up and allow the ball to go in the end zone.
- I Practice catching punts with defenders distracting you.
3. **PUNT RETURNS**
- A. Work returns as a team to force punter to kick on rhythm, set up blocks, check assignments.
- B. Average 10 yards a return - goal.
4. **ONSIDE KICK**
- A. Best after we have gained field position on a kick off from an ensuing 1 yard penalty.
- B. Practice onside kick.
5. **FIVE DON'TS OF KICKING GAME**
- A. Don't be offside.
- B. Don't rough kicker.
- C. Don't clip.
- D. Don't block below the waist.
- E. Don't let ball hit the ground.

Keeping track of special teams can be very confusing. We use the following Army Scholastic Coach Aid (Fig. 1) as a means to organize the personell. A

copy is posted and one is on the practice field. It has been a good organization tool for us. On game night it can be especially helpful to keep things organized and running smoothly.



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Something To Hang Your Hat On

ROGER LIEPELT, COACH, WAYZATA HIGH SCHOOL

About the Author

Sixteen years of head coaching and one year as an assistant. I started at West Concord for 6 years, to Owatonna as an assistant for one, then to Worthington for 5 years and finally to Wayzata where I have coached for the past 5 years. A major sense of accomplishment in coaching comes from winning championships at each of the schools where I have been head coach.

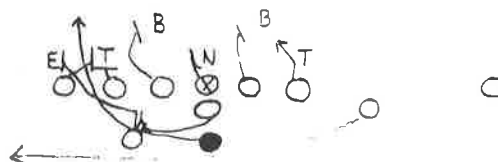
This year the Wayzata Football Trojans did something that had not been done for thirty years - they won a Lake Conference Championship. For me personally, it was a very gratifying and humbling experience and one that confirmed my beliefs in the value of athletics and my theory of the game. I wish that every coach could sometime have the privilege of feeling the unity of human beings: coaches, athletes, student body and community that focused on our team. Perhaps the reason for the terrific elation experienced was due to the fact that this season followed a year that was the most trying of my career. We had suffered through our second straight losing season. We were having troubles offensively and everyone, especially myself, was questioning whether we were on the right track or whether we were floating around like a sailboat without a sail. Our big problem seemed to be our inability to win the close games. We were playing everyone tough and our kids were working hard, but we just couldn't quite turn the corner. Maybe we needed change? Many people in the community probably thought we did—a change of coaches.

Volumes could be written about the merits of sticking to a basic offense at any level of competition. Often times new innovations seem to be a panacea for all of our problems and coaches will jump on the bandwagon and become devotees to the wishbone, the veer, the run and shoot or whatever is the current talk of the clinics.

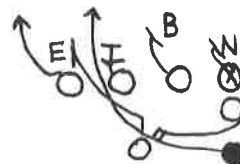
As I reflected on Wayzata's problems, I knew that there was no easy cure-all. As I looked at the programs that I most admired, they were programs that had stability. They did not jump from offense to offense. Our offense was a combination of the split T and wing T. If we had good athletes and prepared them properly, we would win. We were sound in theory.

At Wayzata, we base our offense around our belly play. I should first mention that we flip-flop our line and that our best offensive lineman is our quick side tackle over whom we run this play. What we try to do

is put this individual over the weakest defensive tackle. If he can handle him one on one we are in business. We let him make calls on the line to adjust the blocking scheme to the defense. We will start most games by double teaming the defensive tackle and kicking out the defensive end with our running back. (Ill. No. 1)

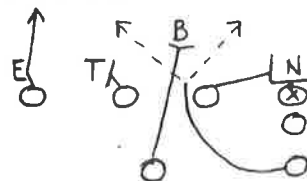


If our tackle can neutralize their defensive tackle with a base block we would progress according to the blocking scheme in illustration No. 2. This is particularly effective if defensive end is reading as it will set him up for the block of our running back. (Ill. No. 2)

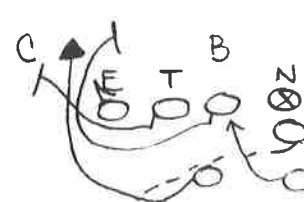


We find that most teams have a plan for stopping this play and make adjustments in their defensive scheme. Usually these adjustments involve either the defensive end or tackle. This opens up other plays for us. If the defense widens the tackle to cover the belly hole we will run our power play inside of him. (Ill. No. 3) If the defensive end plays tight to help the inside we will either quick pitch (Ill. No. 4) or run the belly pitch. (Ill. No. 5)

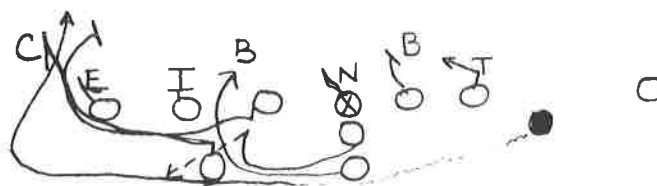
(Ill. No. 3)



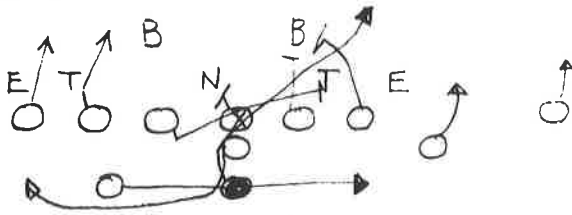
(Ill. No. 4)



(Ill. No. 5)

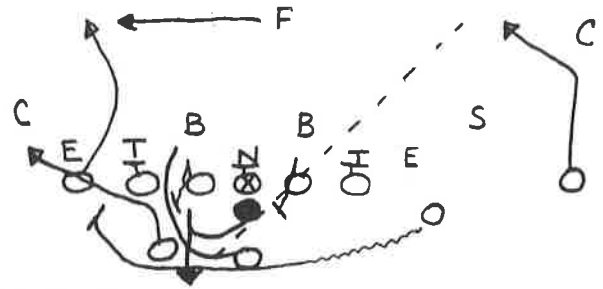
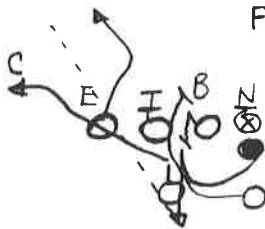


The next keys in exploiting our running game would be the nose guard. Many teams will try to offset him in order to free up a linebacker. When we see this we would like to counter with our trap play to the power side. (Ill. No. 6)
(Ill. No. 6)



Our next adjustments would involve our passing attack, because some teams will play tough up front and rotate a weak side corner to help support against our outside running plays. When we see this we will go for six points with our belly pass. Our key will be the free safety as he is the only one who can stop our tight end on a flag route. (Ill. No. 7) If he cheats over we will pull up and hit our wide receiver on a post. (Ill. No. 8)

(Ill. No. 7)



(Ill. No. 8)

The belly play has been great to us. Young men who come up through our system relate to it. Young fullbacks dream of making the first team because they know they will rank among the leading rushers in the conference. Our junior high kids can identify it immediately and also know where they will best fit in to our offensive scheme. Our offensive kids have confidence that no matter what our opponents do we will counter with a play to exploit them. It gives them great pride to see our fullback run off tackle. It has also been educational for our community. They know what to expect and are more intelligent as spectators.

Most important the belly play has become a focal point for our entire football staff. We all understand it and what we can do with it. We can more intelligently educate our athletes because we can anticipate problems before they happen and during the games we collectively can make crucial adjustments.

University of North Dakota

Fighting Sioux FOOTBALL



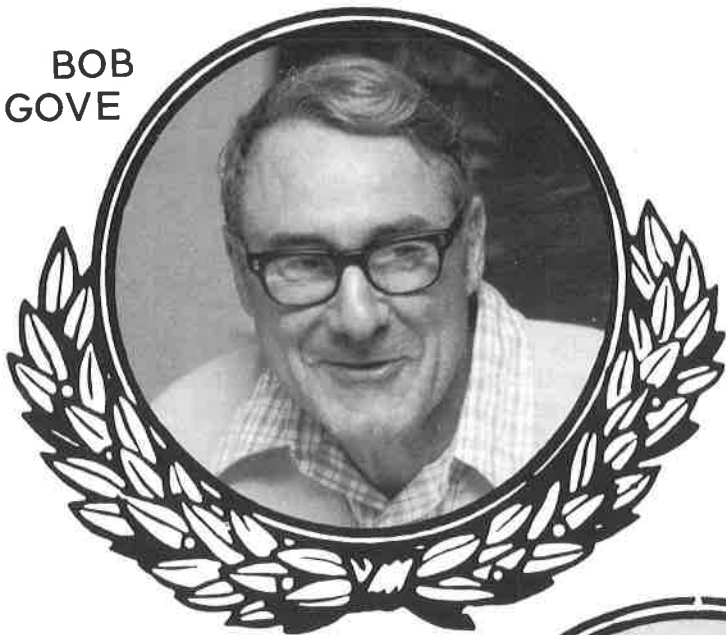
Pat Behrns
Head Football Coach



U.N.D. QUICK FACTS

- LOCATION: Grand Forks, ND 58201, population 50,000
- CONFERENCE: North Central (NCC)
- ENROLLMENT: 11,000
- AFFILIATION: NCAA Division II
- NICKNAME: "The Fighting Sioux"
- COLORS: Green, white, and silver
- STADIUM: Memorial (15,000 capacity)
- ATHLETIC DIRECTOR: Dr. Carl R. Miller
- HEAD FOOTBALL COACH: Pat Behrns
- OFFENSIVE COORDINATOR: Erv Mondt
- DEFENSIVE COORDINATOR: Terry Noland
- DEFENSIVE LINE COACH: Don Stoner
- LINEBACKER COACH: John Miklesh
- OFFENSIVE BACKFIELD COACH: Rob Bollinger
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- 3 FIRST TEAM ALL-AMERICANS IN 3 YEARS
- 3 NCCA POST-GRADUATE SCHOLARSHIP AWARD RECIPIENTS IN THE PAST 4 YEARS

BOB
GOVE



WALLY
HITT



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GARY OLSON



DON NYLAND



DALE SCHOLL

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 Lefty Ranweiler

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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

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 Adrian Christenson
 Jake Christiansen
 Walter Hertz
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Les Knuti
 Bud Grant
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 Butzie Maetzold
 George "Butch" Nash
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 William F. Broekmeier
 Fred Vant Hull

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 Chuck Elias
 Ralph Anderson
 Jerry Dahlberg
 Bruce Smith
 Marv Helling

1974

Odis Lagrand
 Jerry Ekstein
 Kenneth "Red" Wilson
 Edor Nelson
 Doc Watson

1975

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

1976

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 Jim Pederson
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 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 Vucinocivch

1979

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

1980

Lou Barle
 Irv Nerdahl
 Glenn Redmann
 Clayton Tonnemaker

1981

Bob Gove
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 Don Nyland
 Dale Scholl



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STATE OF MINNESOTA

*'Football Hall of Fame'***GARY OLSON**

Prep Sports Editor, St. Paul Dispatch-Pioneer Press — Selected in the Citation division. He has been with the St. Paul paper since 1970, specializing in covering high school sports. He is a native of Albert Lea, Minnesota and graduated from Mankato State University in 1966. His "Prep Athlete of the Week" feature in the Dispatch has proved to be very popular throughout the metropolitan area and he also picks an all-metro grid squad. In the words of one local coach, "Gary Olson has been a real champion for high school sports and football in particular in the metropolitan area."

**DALE SCHOLL**

Athletic Director and Junior High Principal, Redwood Falls Public Schools, in the High School division. Dale Scholl graduated from Gustavus in 1949 after lettering four times in football and earning 4 additional letters in three other sports. His coaching career included stops at Butterfield (1949-50), the U.S. Army (1950-52), Cambridge (1952-53) and Montgomery (1953-55). Scholl came to Redwood in 1955 and compiled a football coaching record of 82-49-8 with 4 Southwest Conference championships. He was voted Minnesota Athletic Director of the Year in 1980.

**WALLY HITT**

Principal, Winona Senior High School and long-time football coach at Dodge Center, in the High School division. Wally compiled a record of 106-32-5 in eighteen seasons at Dodge Center. He also coached at Byron for one year. Hitt's teams won nine conference gride titles with his 1952 and 1962 squads being particularly outstanding. The 1952 team was undefeated, unscored-upon and only one opponent crossed midfield. Hitt's 1962 Dodge Center team allowed only one touchdown all season. Hitt's former players have been equally as successful off the field as eighteen of them have acquired Ph.D's.

**DON NYLUND**

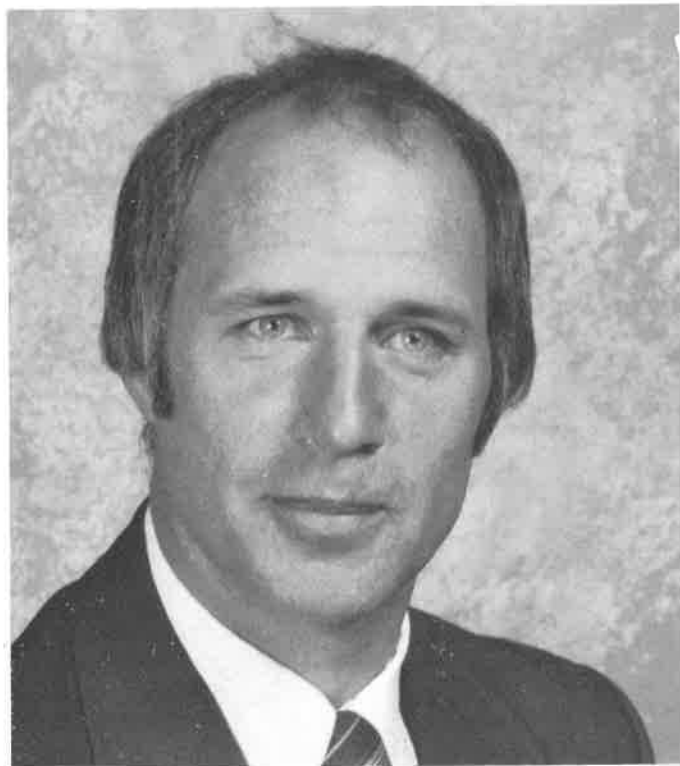
Teacher, St. Cloud Tech Senior High School, in the High School division. A native of Cook, Mn. and Luther College grad, Nylund spent 4 years at Elbow Lake before assuming the Tech football coaching position in 1955. Nylund compiled a 123-55-11 record in his 22 years of high school football coaching. His Tech squads were unbeaten three seasons and the Tigers were consistently ranked in the state's Top Ten during the decade of the 1960s. Nylund turned out many fine players, most notably Keith Fahnhorst of the Super Bowl champion San Francisco 49ers.

**BOB GOVE**

Teacher, Mound-Westonka Senior High School, in the High School division. A native of Red Wing and graduate of Gustavus-Adolphus where he captained the undefeated Gustie team of 1945, Gove spent his six years in coaching at Appleton where he had a 30-17 record. He then went to Mound where he coached for 15 seasons with a record of 86-86-2. Gove's Mohawk teams were constantly pitted against much larger schools in the late 50s and 1960s, generally considered the "heydays" of the Lake Conference. He won the Lake title in 1962 and finished second on two other occasions.



Class Coaches of the Year



CLASS A— David Nigon, Totino Grace

Head football coach at Totino Grace since 1971, David Nigon has directed the school to an overall 85-25 record during that time, five appearances in the Minnesota State High School League playoffs and two Class A championships (1977 and 1978).

Those type of credentials have helped Nigon receive honors as the Class A Coach of the year in the Minnesota State High School Football Coaches Association.

Nigon earned his bachelor's degree in English and speech at St. Mary's College in 1968 and joined Totino Grace as an English instructor that fall. He served as a teacher from 1968-71 and then became assistant principal in 1971, a position he still holds. He also was varsity assistant football coach from 1968-70 as Totino's head track coach.

Totino Grace has been an entrant in the state playoffs in 1974-76-77-78-81 under Nigon's direction and, when winning back-to-back Class A titles in 1977-78, reeled off 24 straight victories.

Nigon, who holds a master's degree from St. Thomas College, is a past member of the St. Mary's College National Alumni board and the State Department of Education committee on teacher ethics. He currently serves on the Archdiocese of Minneapolis and St. Paul Secondary School Advisory Council and is a member of the Human Growth Advisory Council for the Minnesota High School All-Star Football Game.

CLASS AA— Bob Sadek, Rosemount

Bob Sadek, who directed Rosemount High School to the Minnesota State High School Class AA football championship in his third year at the helm, took over the helm at the school following a long career in the college coaching ranks.

Named Minnesota's Class AA Coach of the Year, Sadek directed his team to an 11-1 overall record last fall that included a 40-14 victory over Moorhead in the state championship game at Parade Stadium in Minneapolis.

Sadek's coaching career was launched in 1966 when he served as assistant football mentor at Bemidji State and then he was assistant football coach and head baseball and hockey coach at Macalester College in St. Paul from 1967-72.

After one year as assistant football coach at Normandale Community College in the Twin Cities, Sadek moved on to Northern Michigan University in the same role and the school won the NCAA Division II football title in 1975 and was a semi-finalist the next year.

Hamline University in St. Paul was Sadek's next stop—he was head grid coach there in 1977—and then in 1978 he was an assistant at New Mexico State when that school won the Missouri Valley Conference championship.

He took over as head football and baseball coach at Rosemount in 1979 and his teams, in addition to winning one state title, captured the Missota Conference championship in 1980 and 1981.



CLASS B— Gary Roebuck, Holdingford

Gary Roebuck's Holdingford Huskers reached the pinnacle of Minnesota State High School football in 1981 after several years of just coming close and that has earned Roebuck the Minnesota State Class B Football Coach of the Year honor.

Roebuck's Huskers rolled to a 39-0 victory over Pine Island for the Class B championship last fall just one week after storming from behind to tumble defending champion Mahnomen in a key semi-final game.

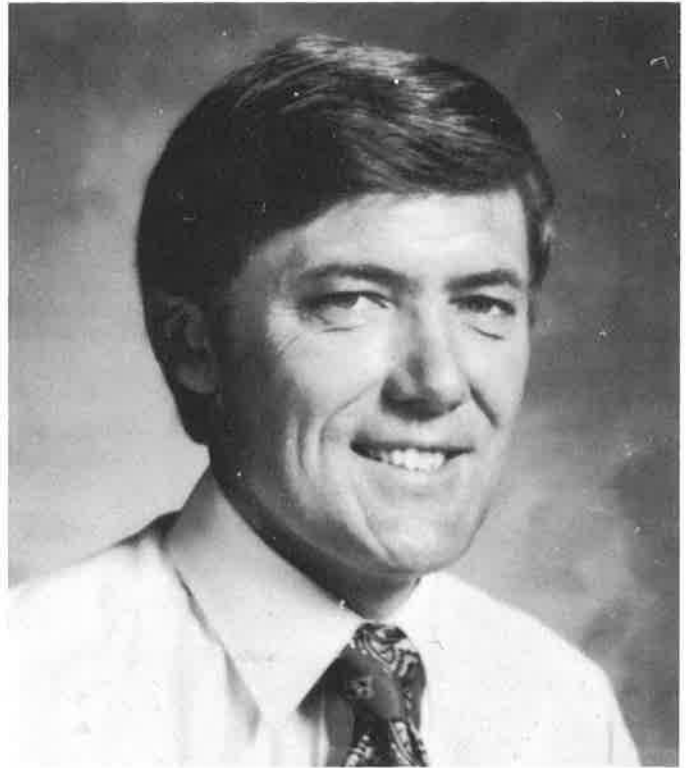
The Huskers finished 12-0 overall in winning the championship after finishing as runner-up in 1973 and losing in the semi-finals in 1979-80.

In his 13 years at Holdingford, Roebuck has directed the Huskers to a 96-33-1 record and his teams have been 87-16 over the past 10 years. In 18 years of coaching—13 at Holdingford and five at Fessenden (N.D.) High School—Roebuck's record is 111-50-2. His teams have won three Central Minnesota Conference titles, two Great River Conference crowns and have been in the state playoffs five times.

Roebuck was elected district coach of the year in 1973, has been conference coach of the year the last three years and was a member of the coaching staff for the 1981 Minnesota High School All-Star Football Game.

A graduate of Minot (N.D.) State College, Roebuck earned his master's degree from St. Cloud State University. He is president-elect of the Minnesota State High School Coaches Association and was Region Five Athletic Director of the Year in 1982.

He and his wife, Jane, have two children—Jeff, 16, and Renee, 12.



CLASS C— John Gross, Medford

The honor of Minnesota State High School Class C Football Coach of the Year has been earned by John F. Gross, head grid mentor at Medford High School, whose team won the State Class C championship last fall with a thrilling 33-28 victory over Clarkfield in the finals.

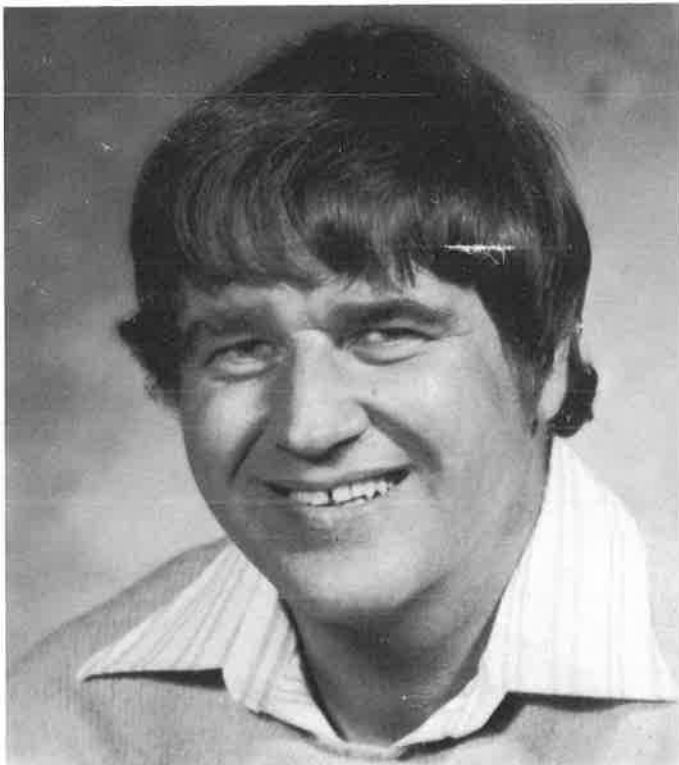
Gross, who has been at Medford since 1968, has an overall record of 89-52 at Medford and Bethlehem Academy, where he served for three years before assuming his present position.

His Medford teams have won Gopher Conference championships three times (1970-77-81), finished undefeated in 1970 and again in 1981 and finished as conference runners-up in 1971-73-80.

A graduate of Hayfield High School, where he was a three-sport letterman, he earned a bachelor of science degree at the College of St. Thomas in St. Paul and also lettered in football and basketball. He later received a master's degree at Mankato State University.

Besides being the 1981 Class C Coach of the Year, Gross previously earned honors as District Four Coach of the Year in 1975-77 and was Gopher Conference Coach of the Year last fall. He has been named head coach for the Outstate Team in the 1982 Minnesota High School All-Star Football Game.

Gross is a member of the Minnesota State High School Football Coaches Association and served as District Four delegate from 1975-79. He also belongs to the Minnesota High School Coaches Association (he served as district delegate from 1978-80) and is a member of the American Football Coaches Association.





CLASS NINE-MAN
Conrad Lubarski, Argyle

Minnesota's Nine-Man Football Coach of the Year for 1981-82 is Conrad Lubarski, who guided the Argyle High School squad to a perfect 13-0 season enroute to the Nine-Man State Championship with a victory over Starbuck.

Lubarski, who teaches at St. Rose Catholic Elementary at Argyle, is a 30 year old native of Argyle, graduate of the University of North Dakota, and has five years of football coaching experience. all of these years have been as head coach at Argyle where his record is 35-14.

Lubarski, a member of the 1982 Minnesota All-Star Football Game coaching staff, has been named Top of the State Conference Coach of the Year in 1980 and in 1981.

The Argyle Eagles also won the conference title in 1980.

Lubarski and his wife (Merece) have two sons — Nathan and Nolan.

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Standing By In Sports

by Ralph Anderson

OFFICIALS of the Minnesota State High School League (MSHSL)—the sponsoring organization for Minnesota's high school football playoffs—are especially excited about the finals for the 11th annual playoffs scheduled Saturday, Nov. 20, 1982.

The reason for the added interest by the MSHSL is that contract negotiations have been completed to play all five championship games at the new 'Hubert H. Humphrey Metrodome in downtown Minneapolis.

In the past, the finals have been played at various sites throughout the state of Minnesota. Marv Helling, associate executive director of the MSHSL and a former football coach himself (Detroit Lakes and Minneapolis Washburn high schools and the University of North Dakota), calls this "a 10-year dream come true for our football coaches who have always wanted to have all five championship games in an indoors stadium."

The Nov. 20 program will begin with the Class Nine-Man title game at 10 a.m., followed by the Class C finals at 12:30, the Class B championship at 3, the Class A title class at 5:30 and will culminate with the Class AA showdown at 8:30 p.m.

A massed band concert will be staged between the Class A and Class AA finals and Helling says that some 2,000 musicians will take part in that concert.

MSHSL officials are hoping for a sellout and have established ticket prices at \$9 for adults and \$4 for students for the entire day's program. Helling said the response by the public to the five-game one-day playoff program has been especially pleasing and added that a priority list will be established for those wishing tickets.

RESULTS in the 1981 football playoff finals of the MSHSL were as follows:

Class AA—Rosemount's Irish rallied from a 7-6 third-period deficit to roll past Moorhead 40-14 at Minneapolis Parade Stadium as junior quarterback Brett Sadek ran for one touchdown and passed for two more and as Mark Tousignant also scored twice.

Class A—Trailing 14-11 at the half, St. Peter got a touchdown on a five-yard run in the fourth period by Paul Maynard and defeated Hermantown 18-14.

Class B—Holdingford's Huskers, who defeated defending champion Mahanomen in the semi-finals, blitzed Pine Island 39-0 in the championship game as fullback Dan Stich scored three touchdowns and as Brian Reis made two. Together, the two Holdingford backs gained 454 yards by rushing.

Class C—Medford took a 19-0 lead in the first half over Clarkfield and then had to stave off a Clarkfield rally to post a 33-28 victory in a game of several big plays. Quarterback

Brian Wolfe passed for two Medford touchdowns.

Class Nine-Man—Jay LaBine scored on a 55-yard kickoff return and a 75-yard punt return and his cousin—Mike LaBine—ran a kickoff back 77 yards for a touchdown to lead Argyle to a 31-19 victory over Starbuck.

Three of the 1981 champions—Rosemount, Medford and Argyle—made their first playoff appearances last fall. St. Peter was in the playoffs for the fourth time and previously had one championship (1976) and one runner-up finish (1975). Holdingford was in the playoffs for the fifth time and previously had been a runner-up once, that in 1973 when the Huskers were a Class C school.

SPEAKING of the MSHSL football playoffs, a Minnesota High School football coach—Mike Belseth of Breckenridge—has devised a playoff format he would like to see the MSHSL adopt.

The present plan matches conference champions, but a



Marv
Helling



Mike
Belseth

school would not have to be a conference member (some state schools are not in football conferences) to be involved in the playoffs in the Belseth Plan.

Features of the playoff proposal advanced by Belseth are as follows:

1—Each team in Minnesota would advance to the playoffs, with the ninth week of the season to be the opening round.

2—The state would be divided into eight classes—six for 11-man and two for 9-man—with no more than 64 teams in each class and with each class divided into eight sections.

3—The criteria for setting up sections would be enrollment and geographical location.

"We feel this is the answer to most schools' scheduling problems and also to all the juggling going on among conferences," Belseth said about his plan. "This would let each conference stand as it exists and have the ninth game for each school be a survival (tournament) game."

CONFERENCE dissolutions and reshuffling continue to be a big part of the high school scene in Minnesota.

The 1981-82 school year, for instance, marked the final one for the Northwest Conference, a Class A circuit for football, and leaves five schools—Bemidji, Crookston, East

Grand Forks, Fergus Falls and Thief River Falls—without a conference affiliation.

The conference did not operate as a conference for football last fall, but did in other sports. At a meeting held in December it was decided that the league would disband in all sports after 1981-82.

"Football is the only sport that goes by conferences and we came out of that better this year as an independent than we ever did in the conference," said Larry Selk, athletic director at East Grand Forks. (Selk referred to the fact that East Grand Forks qualified for the state playoffs as an independent and then lost to Hermantown, which reached the Class A finals before losing to St. Peter).

"The Northwest was formed originally just as a football conference," Selk continued. "The other sports were gradually added and when the football part of it was disbanded, all the schools started looking to either join new conferences or go independent."

One of the schools left without a conference with the Northwest break-up—Fergus Falls—is being wooed by the Central Lakes Conference, which will lose one of its members after the 1982-82 school year.

Cambridge, one of the eight charter members of the Central Lakes, is leaving the league to re-join the Rum River Conference beginning with the 1983-84 school year and that will leave an opening in the league. Central Lakes officials have given Fergus Falls until July 1, 1982, to respond to the invitation to join.

Other schools in the Central Lakes Conference are St. Cloud Tech, St. Cloud Apollo, Willmar, Alexandria, Brainerd, Little Falls and Elk River.

Fergus Falls has been a member of three different conferences in the last 35 years and all have folded. The school was in the Minn-Kota and Resort Region circuits before joining the Northwest Conference.

While Fergus Falls has an opportunity to join the Central Lakes Conference, the possibility of conference affiliation appears bleak for the remaining four Northwest Conference schools left without a league following this year's breakup.

Crookston, East Grand Forks and Thief River Falls all would welcome a chance to join the six-school Mid-State Conference, but the Mid-State involves all sports for boys and girls and the travel would pose a major problem with those three schools as members.

Selk, the East Grand Forks athletic director, told Greg DeVillers of the Grand Forks Herald that he feels "it's time for the MSHSL to step in" and set up conferences. The MSHSL, however, has declined to force conference realignment, although MSHSL officials have said they would help "every school to get into a conference."

Another school in Northwestern Minnesota that is without a conference—and has been without a conference for 15 years—is Moorhead, but the Spuds have done well as an independent, qualifying for the state playoffs three times. Moorhead finished runner-up in Minneapolis Washburn in 1972, lost to Rosemount in the 1981 Class AA championship game and also made the playoffs in 1974.

ONE NEW CLASS C conference was formed and two Class C conferences were reorganized in an effort to help schools that were without conferences at a meeting earlier this year at Alexandria.

Schools in the newly-formed conference are Royalton, Belgrade, Osakis, Parkers Prairie, Brandon-Evansville and Elbow Lake-Wendell-Barrett.

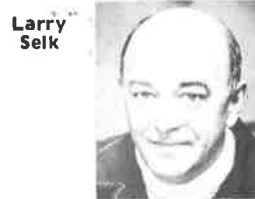
That new league includes schools that were in five different conferences last fall and both Brandon-Evansville and Elbow Lake-Wendell-Barrett also will be eligible for the playoffs this fall. Elbow Lake-Wendell-Barrett won the Little Eight Conference nine-man title in 1981, but the school was not allowed to participate in the state playoffs since the combined enrollment of the school systems was too large.

The Park Region and Prairie conference also have been revamped with the Park Region to be made up of Battle Lake, Henning, Bertha-Hewitt, New York Mills, Sebeka and Menagha and the Prairie to be made up of Swanville, Upsala, Brooten, Browerville, Eagle Bend, Clarissa, Grey Eagle and Verndale.

"I was very happy with the Park Region the way it was (Verndale and Parkers Prairie were formerly included), but we did this to help out the independent schools," said



Tony Thiel



Larry Selk

Coach Tony Thiel of the Battle Lake football team. Thiel's Battlers have been among the most successful schools since the playoffs started, winning Class C crowns in 1974 and 1977 and finishing runner-up in 1978.

Revision also has hit the nine-man Agassiz Valley Conference, which has been a 12-school circuit but will be a nine-school league divided into two divisions (as follows) for 1982:

South Division—Lake Park, Audubon, Hillcrest Academy of Fergus Falls, Underwood.

North Division—Ulen-Hitterdal, Rothsay, Gary, Twin Valley, Halstad-Hendrum-Climax (H-H-C).

Neil Hendrickson, principal and athletic director at Ulen-Hitterdal High School, is president of that conference and the secretary-treasurer is Gordy Nichols of Ulen-Hitterdal.

ONE OF the best-known football coaches in north-central Minnesota—Wadena's John Conzemius—retired after the 1981 season, thus completing a 31-year career as Wadena's head grid mentor.

A graduate of Breckenridge High School and Moorhead State University, Conzemius took over as Wadena's head grid mentor in the fall of 1951 and directed the school to 145-118 record in that time. His teams won three Mid-State Conference championships, finished undefeated once and Conzemius was honored at various times as District 24 Football Coach of the Year and Region Six Coach of the Year.

Conzemius also served as Wadena's head track coach for several years, was assistant basketball coach and for many years was one of the state's top basketball officials, working the Minnesota State High School Basketball Tournament numerous times.

More than 200 persons turned out for a John Conzemius

"roast" at Wadena in mid-April and Conzemius was presented a new set of golf clubs and a membership to the Wadena Country Club as a gift.



John
Conzemius

Dave
Uhlir



Named Conzemius' successor at Wadena has been Roger Day, a graduate of Park Rapids High School and St. Olaf college, who has served as an assistant on the Wadena staff for the past two seasons.

"I've wanted to be a head coach for a long time and this promises to be quite a challenge," Day said upon being appointed.

He feels one thing that will help him is his familiarity with the Mid-State Conference, of which Wadena is a member. He played his prep football at Park Rapids (also in the Mid-State) and he has continued the conference association as an assistant coach. Day was a fine all-around athlete in high school, winning all-conference honors in football and baseball and also being named to the baseball all-state team.

AMONG schools seeking new head football coaches as this issue of 1982 Football went to press were Staples and Waubun. Doug Willet resigned his position at Staples and left the school system following his team's final game last fall, while Dave Uhlir has resigned the grid coaching position at Waubun, although he will remain on the school faculty. Officials at both schools indicate that replacements for the departed coaches will come from within the ranks of the present staff.

LARRY LARSON, director of information/publications for the MSHSL, has announced that the official paid attendance for the 35 games played in the five classes of the championship series of the 10th annual MSHSL football playoffs held during a three-week period last November was a record 74,155.

The record eclipses the old mark of 73,169 set in 1978.

Total attendance in 1981 was up 13,983 from the 1980 figure of 60,172, with the increase being the first in the four-year history of the 35-game format which was inaugurated in the fall of 1978. In 1977, the playoffs had a 31-game format and there was a 15-game format the first five years of the playoffs.

During the first years (1972-76), attendance ranged from a low of 30,103 to a high of 46,735. The lone year the event had 31 games in 1977 some 65,612 turned out for the playoffs and attendance always exceeded 60,000 from 1978-81.

ANOTHER area in the state in which there will be conference revamping for football in 1982 is northeastern Minnesota where the Northern Lakes Conference will be reduced to include Grand Rapids, Hibbing, Duluth Denfeld, Duluth East, Duluth Central and possibly Superior, Wis.

Cloquet, Duluth Cathedral and Duluth Morgan Park will drop into the Class A Seaway Conference to join Hermantown, Proctor, Silver Bay and Two Harbors, formerly

in the Sea-Range circuit.

Iron Range members of the Sea-Range Conference will form their own league to include International Falls, Aurora-Hoyt Lakes, Virginia, Coleraine and Eveleth.

A 24-MEMBER team featuring a small, fast backfield and a large fast line comprises the 1981 Minnesota Associated Press all-state high school honor squad.

Players chosen were as follows:

OFFENSE: QB—Jim Rubbelke, St. Paul Johnson; RB—Pete Lieble, Mahnomon; Brian Reis, Holdingford, and Chul Schwanke, Hutchinson; TE—Ron Renner, Grand Rapids; WR—Geoff Michel, Minnetonka; Line—Kevin Blackmer, Minneapolis Central; Mike Praus, Wayzata; Rick Spaeth, Mahnomon; Rick Moss, St. Francis; Lawrence Hart, Park-Cottage-Grove; K—Tony Zajac, White Bear Mariner.

DEFENSE: Line—Lee Topic, Spring Lake Park; Ivan Zubar, Richfield; Tim Carter, Minneapolis Washburn; John Ziegler, Minnetonka, and Eric Johnson, Edina; LB—Greg Chandler, Grand Rapids; Eric Dornfeld, Stillwater, and Jeff Gigstad, Alexandria; B—Steve Justice Austin; Tod DeBates, Stewartville, and Brian Watson, Goodhue; P—Dave Steveken, St. Thomas Adacemy.

All three offensive backs, while not very big, had impressive career statistics.

Liebl totalled 5,732 yards rushing, receiving and returning kicks in a 3½ year career, scored 42 touchdowns and



Pete
Liebl



Larry
Larson

helped his team win one Minnesota Class B title (in 1980).

Reis, who led Holdingford to the 1981 Class B state title, ran for 1,913 yards and averaged 12.3 yards per carry last fall, while Schwanke amassed 2,684 yards and 36 touchdowns over a three-year varsity career.

ARGYLE, which won the Class Nine-Man state title last fall, was represented by three players on the 1981 Minnesota Nine-man all-state team and Conrad Lubarski, who coached Argyle to the state title, also was named Coach of the Year for the team that finished 13-0.

Players picked to the all-state nine-man team are as follows:

OFFENSE: QB—Bill Rutledge, Starbuck; HB—Mike Labine, Argyle; David Marshall, Westbrook, and Ken Ralidak, Toivola-Meadowlands; E—Tim Werner, Belview, and Percy Unterecht, Northome; C—Paul Fulling, Hillcrest Academy of Fergus Falls; G—Dave Hofland, Chokio-Alberta, and John Smith, Mount St. Benedict of Crookston; Return specialist—Dean Erickson, Chokio-Albert.

DEFENSE: LB—Mike Roggenbuck, Lake Benton; David Bergeron, Argyle; Joel Huber, Hendricks, and Robert Payne, Hancock; NG—Robert Hapka, Argyle; T—Al Schauer, Hoffman-Kensington, and Kevin Balsey, Franklin-Morton; CB—Paul Schroeder, Nevis, and Bob Hager, Starbuck; P-K—Chad Frederick, Villard.

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Tom Mahoney Teams Win 200th Victory



Tom
Mahoney

Tom Mahoney, head football coach at Fairmont High School, received a coaching milestone last fall when he achieved his 200th coaching victory.

The head grid mentor at Fairmont for 26 years, Mahoney holds the distinction of being the winningest active coach in the state and is zeroing in on the all-time state record of 212-83-8 achieved by the late Kenneth "Red" Wilson, who served at Fosston, Little Falls and Bemidji in a career that spanned 38 years as a head football coach.

A University of Minnesota griddier from 1946-49, Mahoney coached five seasons at Lake City (achieving a 33-8-2 record) before moving to Fairmont. Mahoney's Fairmont teams were undefeated from 1967-69 and have won the South Central Conference championship six times. Mahoney said his team had some momentous victories over Jackson during the three-year undefeated stretch, but claims his most memorable victory was the 7-6 triumph

Lake City registered over Stewartville in his first game as a head football coach.

The South Central Conference, of which Fairmont is a member, was launched as a six-school league—Fairmont, Blue Earth, New Ulm, St. James, St. Peter and Waseca. Hutchinson and Glencoe were admitted in 1959, but departed 15 years later to join the Suburban-West Conference and then Wells was admitted in 1975.

"Because of Tom Mahoney's excellence as a football coach, the South Central Conference has upgraded itself to play highly competitive, aggressive and exciting football," says Frank Fredlund, head football coach at conference rival St. Peter. "We not only owe Tom thanks for the contribution he has made to our conference, but also for the leadership role which has had a great impact on football throughout the state of Minnesota."

Active High School Head Coaches 100 Victory Club

		W	L	T	Years of Coaching				
Tom Mahoney	Fairmont	201	69	8	31	George Thole	Stillwater	119-24-2	15
Bruce Frank	LeSueur	192	91	10	34	Harold Pierce	Bricelyn	117-40-1	17
John Hanson	Osseo	179	74	13	30	Don Stueve	Fergus Falls	116-68-1	21
George Larson	Cambridge	174	36	6	24	Grady Rostberg	Hutchinson	114-53-2	18
Stav Lanzkes	Edina	165	34	1	21	Ron Stolski	Brainerd	112-55-5	20
Dick Rezanka	Pine River	161	82	8	31	Ken Baumann	Mahnomen	111-19-2	13
John Drews	Roch. J. Marshall	160	45	6	22	Gary Roebuck	Holdingsford	111-60-2	18
Les Drechsel	Crookston	158	53	9	25	Neal Hofland	Chokio-Alberta	110-11-2	13
Jim Roforth	Lake City	154	52	3	25	Earl DeBates	Stewartville	108-35-0	16
Ron Raveling	Columbia Neights	149	91	8	28	Chuck Karger	Wabasha-Kellogg	108-40-6	19
Joe Meyer	Roch Lourdes	146	64	4	25	Jim Simser	New Richland-Hartand	107-28-1	14
Andy Nelson	Lake Benton	146	70	2	26	Elmer Menzge	Luverne	106-79-2	21
Billy Beck	Appleton	138	73	6	24	Gerry Brown	St. Thomas Academy	106-15-1	13
Bob O'Neill	Fridley	137	84	4	29	Roy Henderson	Belle Plaine	105-72-3	19
Jim Gustafson	Albert Lea	136	60	3	24	Andy McCarty	Park Rapids	104-87-1	22
Bob Youso	Moose Lake	136	58	3	23	John Bunkers	Fulda	103-58-4	20
Vern Steinmetz	Chaska	129	74	2	23				
Roy Hokkanen	Cook	128	72	0	31				
Rol Bromberg	Cloquet	126	73	4	27				
Dick Walker	Richfield	124	36	4	18				
Bob Peterson	Esko	123	30	1	17				
Al Siegle	Pelican Rapids	123	78	8	23				
George Wemeier	Mpls. Washburn	121	27	2	16				
Tony Thiel	Battle Lake	120	41	1	17				
Bruno Waldner	Bloomington-Jefferson	120	64	5	21				
Dale Vaughn	Shakopee	120	80	8	25				

Those Coaches Approaching 100-Victory Status

Dave Main	Gaylord	99-31-0	13
John Davies	Crosby-Ironton	97-81-0	20
Jerry Sonnek	Blackduck	97-37-3	16
Jerry Peterson	Owatonna	96-63-2	18
Ralph Pucci	Roch Mayo	94-61-1	17
Chuck Sundeen	Winthrop	92-47-0	11

Sauk Centre Wins West Central Title

The Sauk Centre Mainstreeters swept to the West Central Conference Championship with a 7-0 record. The Streeters were led by the conference's MVP-Don Kleinschmidt, a 6', 200 pound fullback and linebacker. Dirk Foster, a 6'2", 200 pound tackle was picked as the Conference's Outstanding Lineman.

Sauk Centre, over the last two years, has compiled a 15-4 record.

Montevideo, led by running back Paul Wellman, and Benson with their fine back, Jon Hawley, tied for

2nd place in the Conference with 5-2 records.

A newcomer in the League, New London-Spicer, finished in 4th place with a 4-3 record. NLS is the team to watch in the future, because of their sophomore All-Conference QB, John Vraa, who led the League in passing.

Glenwood, Morris, Paynesville, and Long Prairie played some good ball during the year while finishing in the 2nd division.

Central Minnesota Conference

John Muir, CMC Representative

The Central Minnesota Conference was founded in 1979 in an attempt to provide competition among schools of similar size in a closer proximity. All schools in the CMC are located within a 30 mile radius of St. Cloud. Becker, Big Lake, Holdingford, Sartell and St. John's were members of the Great River Conference, Maple Lake and Kimball were the Wright County Conference, and Eden Valley-Watkins is from the West Lake Conference.

We feel that we are a very competitive Class B Conference and our Conference Champions have had

good success in the play offs including this year's Class B Champions, Holdingford. The rest of the Conference showed good balance as many games were decided by close scores.

Brian Reis, a superb running back from Holdingford who gained over 2,000 yards this season, was selected as the Outstanding Back in the Conference. Al Dingman, a 6'3", 225 pound tackle from Sartell, was selected as our Outstanding Lineman. Both of these players were selected to the Outstate All Star squad.

Sea Range Conference

Gary Bowman, Hermantown High School

The Sea Range Conference of northeastern Minnesota ended its fourth year of competition. The 1981 season showed the same balance from the top to bottom as in the previous three years. Hermantown claimed the title with a victory over Greenway.

Hermantown won their first 5 games before losing to Proctor 14-6. The Hawks rebounded by winning the next two games to capture the title with a 7-1 record. Proctor finished the season with a 6-2 record in the league and 6-3 overall.

Hermantown went on to represent the conference in the state playoffs. The hawks advanced to the finals before losing to St. Peter 18-14. The Hermantown Hawks ended with an overall record of 11-2.

The Sea Range Conference will no longer exist under a new realignment plan being put into effect for the 1982-83 season. This conference had been called one of the best Class A football conferences in the state. The Sea Range conference was an extremely competitive league in its four years with many outstanding players and coaches. The composite standings over the years will show the balance of this league.

	Wins	Losses	Titles
International Falls	21	11	1980*
Proctor	21	11	
Two Harbors	20	12	1979
Silver Bay	16	16	1978
Hermantown	15	17	1980* 1981
Greenway	14	18	
Aurora-Hoyt Lakes	13	19	
Virginia	10	22	
Eveleth	10	22	

The new alignment will break down as follows:

Cloquet	Greenway
Two Harbors	Aurora-Hoyt Lakes
Duluth Cathedral	Virginia
Hermantown	Eveleth
Silver Bay	International Falls
Proctor	
Morgan Park (if open)	

There will be cross scheduling between the two groups. Hopefully, the two new leagues will have the same balance, competitiveness, and caliber of play as the Sea Range Conference.

Morton-Franklin are 9-man Mini Conference Champs

Tom Jacobson, Morton-Franklin Coach

The Morton-Franklin Indians won the Mini Conference Nine-Man football championship. This was the first year of a cooperatively sponsored team by the Morton and Franklin Schools. The Indians finished the regular season with a 9-0 record. The Indians then lost a qualifying game to Winsted Holy Trinity of the Circle Eight Conference by a score of 32-14.

The Indians, under first year head coach Tom Jacobson, had a fine balance of passing and running. Junior quarterback Brian Pendleton led the passing attack which gained, 1,262 yards. The Indians completed 102 of 201 passes (50.7%) and averaged 126.2 yards per game passing. Neal Prahl with 31 and Rick

Lothert with 26 were the leading receivers.

The M-F Indians rushing attack gained 100.7 yards per game. The leading rusher was Greg Hennen with 663 yards for an average of 4.3 Hennen also led the scoring with ten touchdowns. The M-F offense averaged 22.4 points per game.

The M-F defense was anchored by Nine-Man all-stater, Kevin Balsley. Balsley totaled 143 tackles including eight sacks. Balsley also knocked down five passes. The defense gave up 11.2 points per game, but came up with shutouts over the second and third place teams in the conference. The Indians had 19 interceptions and 11 fumble recoveries.

Minnesota River Conference

Roy Henderson, Belle Plains High School

The 1981 Football race found Montgomery Lonsdale winning the title. The Redbirds were undefeated going into the final game with Le Center but fell to the Wildcats to even the season at 8 and 1. Belle Plaine and Le Center finished tied for 2nd place.

In the playoffs the Montgomery squad defeated Atwater and then lost to Granite Falls.

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Coaching Staff (left to right): Kneeling, Jack Osberg, Paul Grauer, Paul Nies and Dave Enge; Standing, Head Coach Al Kloppen, Doug Nelson, Joe Rowan, Ed Saugestad and Don Andrews.

Al Kloppen, Head Coach

Kloppen came to Augsburg in 1976 from Augustana College in Rock Island, IL. He received a B.A. degree from Augustana College in Sioux Falls, SD and a M.A. degree in physical education from the University of South Dakota, Vermillion. He was named 1977 MIAC "Coach of the Year".

Jack Osberg, Defensive Coordinator

Osberg is in his 11th year with the Auggies. He is a 1962 Augsburg graduate where he twice won All-Conference honors in football and lettered in wrestling. Osberg was head coach at Wayzata High School before coming to Augsburg. He still teaches at Wayzata and in 1979 he was inducted into the Augsburg Athletic Hall of Fame.

Paul Grauer, Offensive Coordinator

Grauer begins his second year as assistant coach at Augsburg after serving as head football coach at Concordia/St. Paul where his team compiled a 5-4 record and was co-champion of the Twin River Collegiate Conference. He was also offensive coordinator at Augustana in Sioux Falls. Grauer also coaches track for Augsburg.

Dave Enge, Defensive Secondary Coach

Enge is with the Auggies for a second year. A 1976 graduate of Hamline University, Enge taught at Graceville, MN for three years. He served as defensive coordinator for a year and head football coach for two years. At Graceville, his team compiled an 8-1 record for second place in the Pheasant Conference.

Ed Saugestad, Offensive Line Coach

Saugestad joined the Auggie coaching staff after graduating from Augsburg in 1959 and has held a variety of responsibilities in the football program. He has a M.A. degree from the University of Minnesota. In 1978, Saugestad coached the Augsburg hockey team to its first national championship. Saugestad's hockey teams have four straight MIAC Titles. He was inducted into the Augsburg Athletic Hall of Fame in 1978.

Joe Rowan, Defensive Line Coach

Rowan is coaching the defensive tackles for the Auggies this season. A transfer from Inver Hills Community College, Rowan is currently a full-time student at Augsburg. Prior to resuming his career as a student, he coached for many years in the Catholic Junior High School system in St. Paul.

Paul Nies, Defensive Secondary Coach

Nies was a tri-captain on the 1979 Augsburg football and baseball teams. He played defensive back in football and left field in baseball. He will assist Coach Enge with the defensive backs.

Don Andrews, Offensive Line Coach

Andrews has worked with the Burnsville Youth Program in both football and baseball. He will assist Coach Saugestad with the offensive line.

Doug Nelson, Trainer/Acting Athletic Director

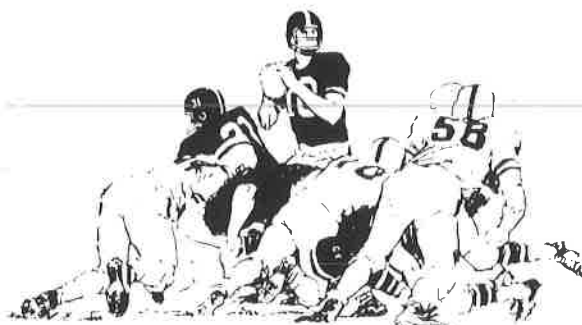
Nelson is a 1976 graduate of Augsburg and has worked with the athletic department since that time. He has served as an assistant coach and junior varsity coach for the baseball team since 1976 in addition to his duties as trainer for the Auggies. Nelson is trainer for both the men's and women's programs and serves as the equipment manager for the men's teams. He received a M.A. degree last December from St. Thomas in Athletic Administration.



Nevis Fullback Bucky Lindow (77), Guard Kevin Roehl (50) Center Chong Johnson (59) leading the way for Quarterback Paul Schroeder (11).



Albany All Conference Linebackers Shawn Shaver (42) and Jeff Kastanek (43) put the pressure on St. Cloud Cathedral's Quarterback. Albany won the game 17-0 — one of six shut-outs during the season. Number 7 for Cathedral is Terry Primus.



PREP SPORTS REPORT

Covering 10
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conferences and
the Big Nine

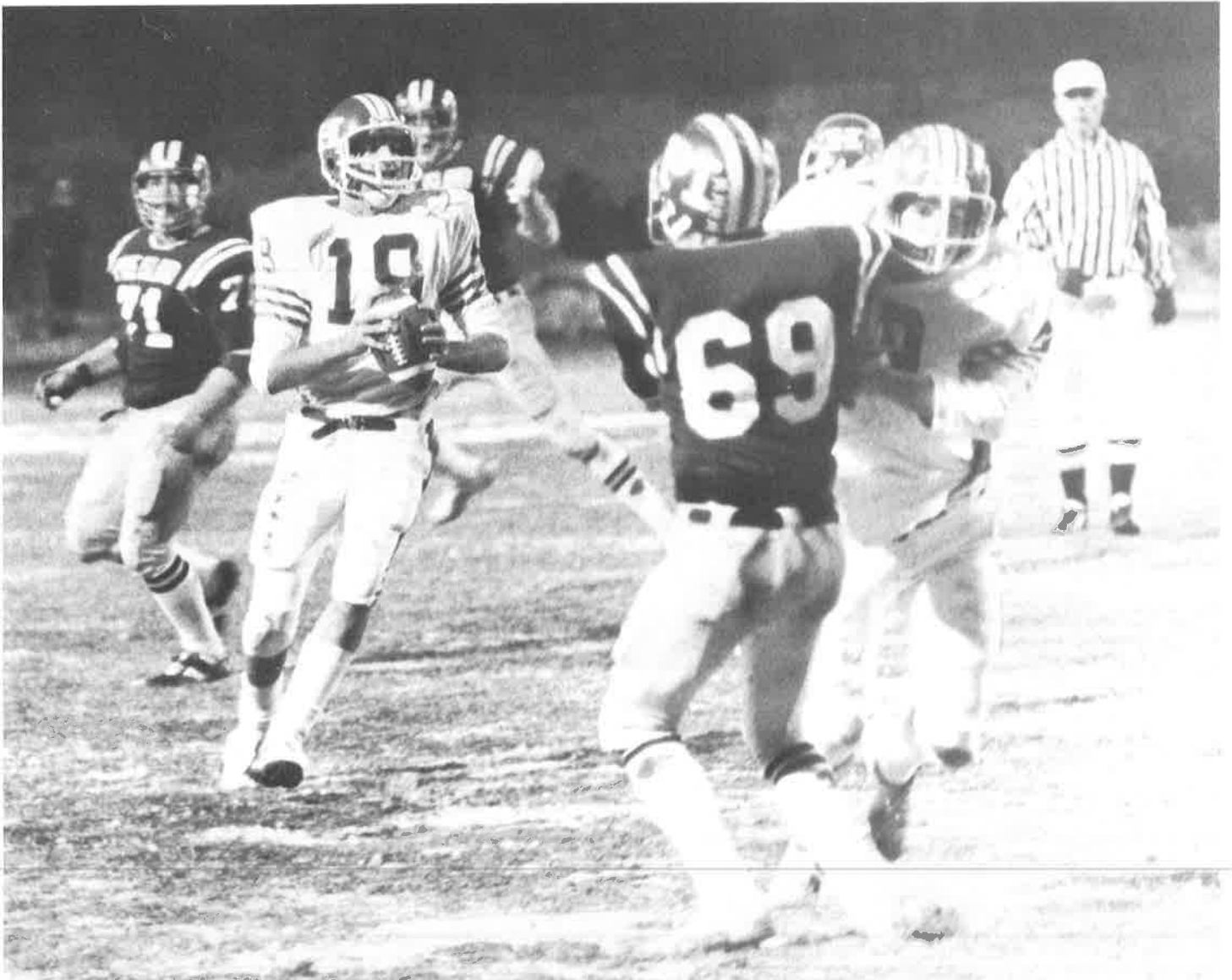
Prep Sports Report is published monthly, 10 times per school year from September through June. Subscriptions are sold during fund-raising drives in August by participating high schools.



Hermantown (in the dark) against International Falls in a Key Sea Range Conference game. Hermantown won 24-0 on their way to capturing the title.



Austin Packers D. Hagan, 63; M. Aase, 73; J. Hermes, 85; and T. Haney, 82 subdue Albert Lea Runner in Big Nine Conference game.



Holdingford quarterback Dale Mehr is preparing to pass in the class B championship game at Pine Island. Brian Danzl is providing protection against Kevin Kindert (69) of Pine Island. Jim Roberts (71) is in pursuit.



All-State running back Brian Reis of Holdingford turns on his speed in the Class B championship game at Pine Island. Reis gained 189 yards for the night, concluding the season with 220 yards.

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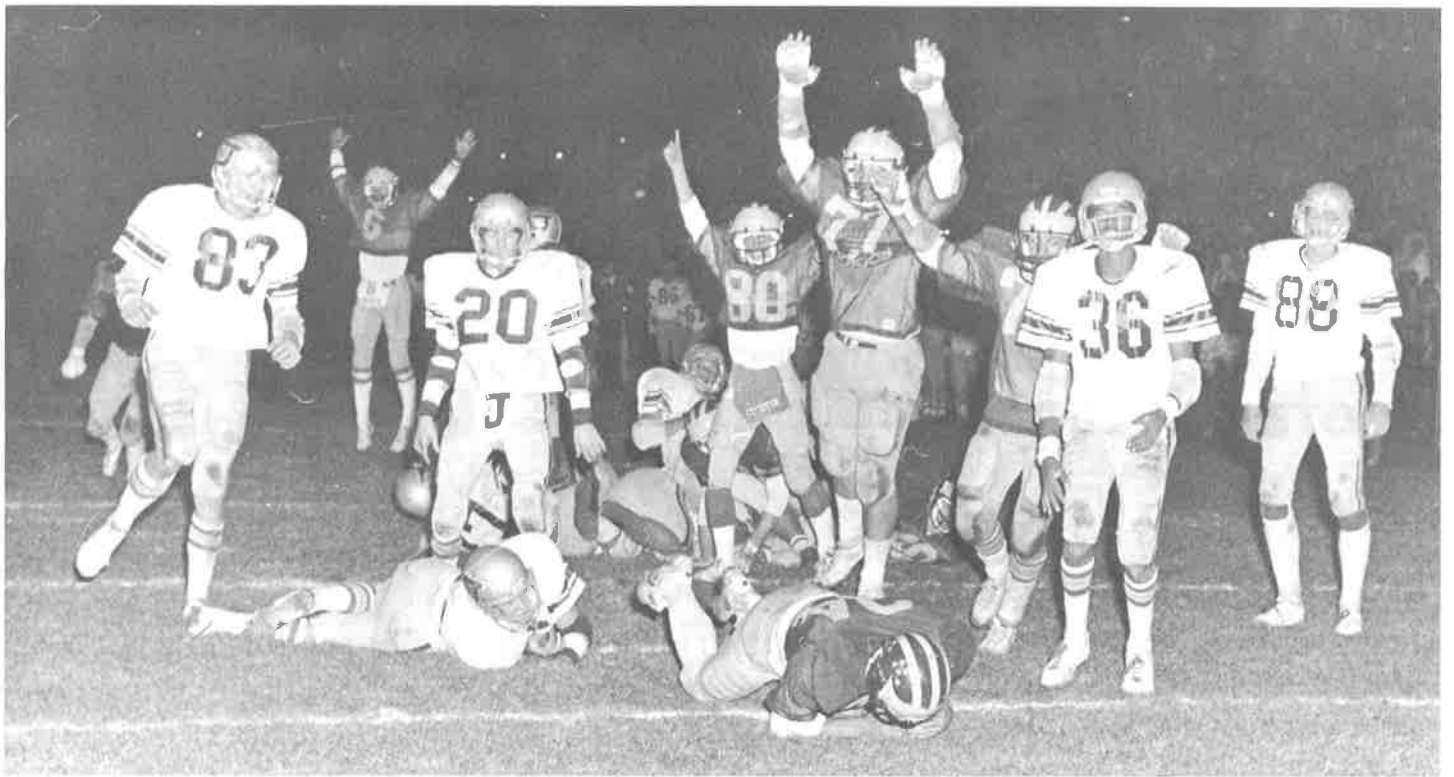
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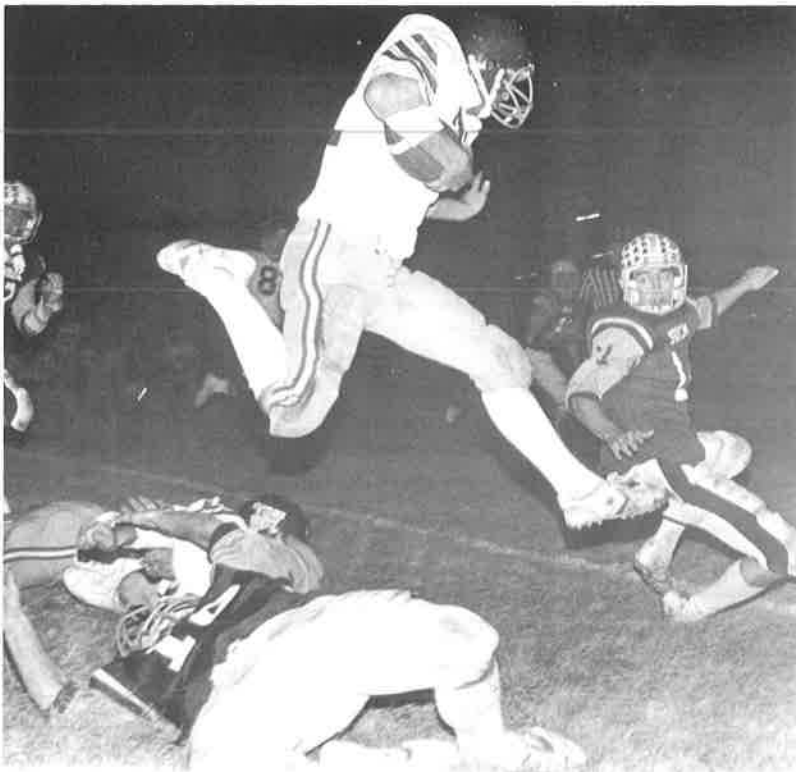
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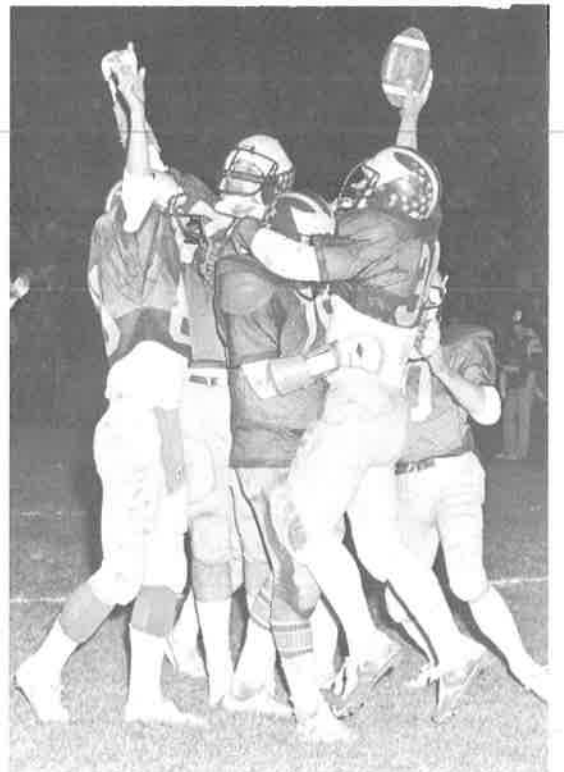
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Irish players signal touchdown as Mark Tousignant caps a 94 yard drive against St. Paul Johnson. Action took place in the semi-finals at Parade Stadium where Rosemount emerged with a 34 to 14 victory.

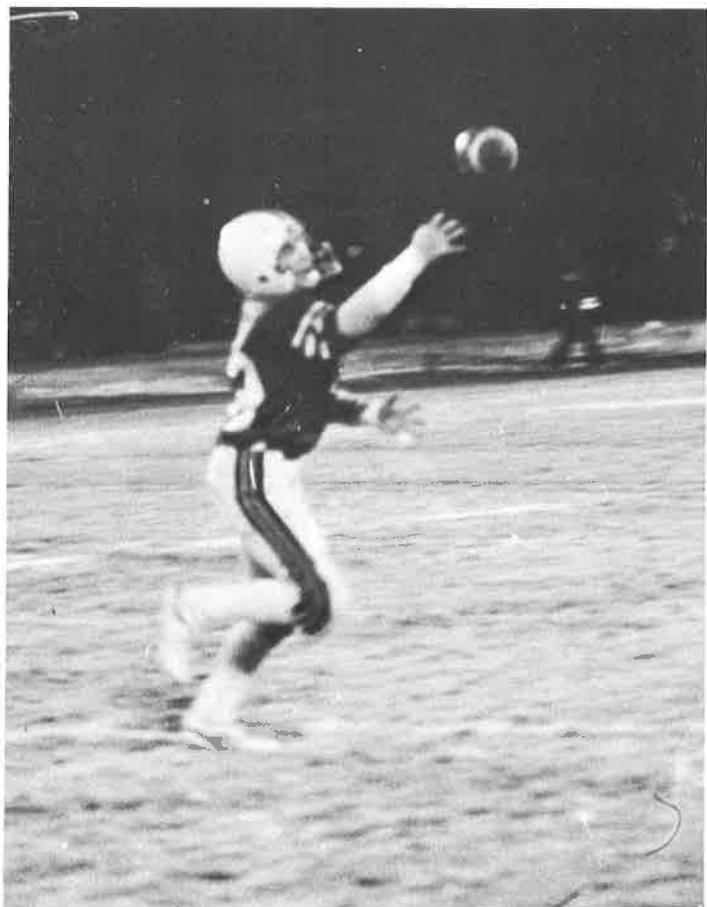


Westbrook's Dave Marshall hurdled through the air for a gain in his team's Class Nine-Man playoff game against Starbuck as this photo was taken. Starbuck players shown include Bob Hagert (11), Scott Knutson (18) and Todd Guggisberg (57). Starbuck won the semi-final clash between the schools and then lost to Argyle in the Class Nine-Man finals.



Fullback Mark Tousignant of Rosemount is congratulated by his teammates after running 65 yards for a score against Washburn in their playoff game at Parade Stadium.

Brad Braun All Conference QB from St. Peter sweeps the left end with Grant Sletten No. 50 of Wells in pursuit. Game won by St. Peter 30 to 22 in the South Central Conference.



St. Peter's split end Lee Pell stretches for a pass which he caught for a 4th and 8, 1st down play in the State Championship game.

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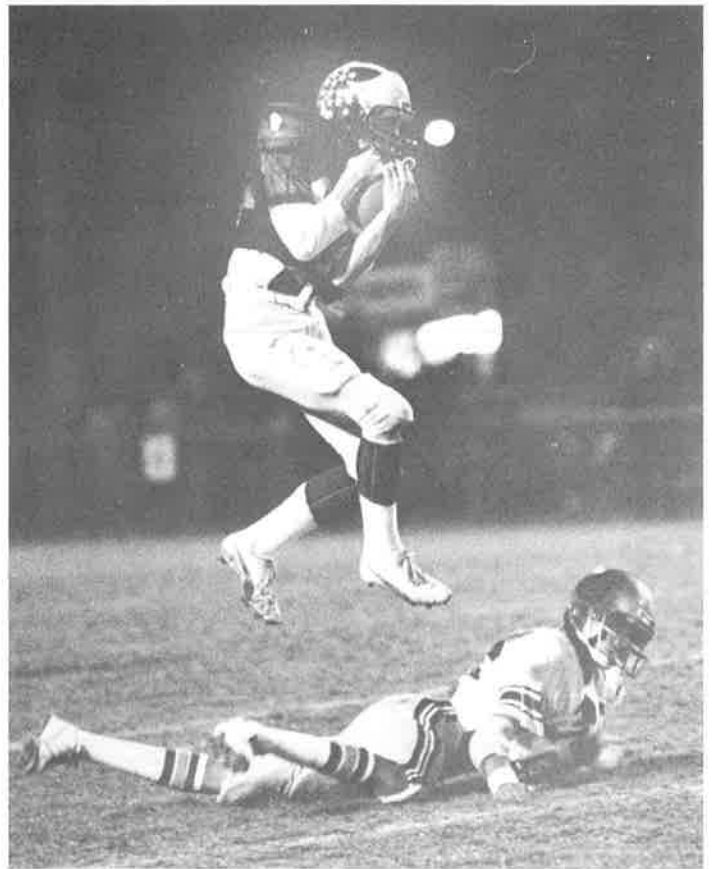
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Rosemount Quarterback Brett Sadek scrambles to elude the grasp of an Apple Valley Defender. An All-State selection in 1981, Sadek will return to lead the Irish in defense of their Minnesota and State Championships.



Wide Receiver Rich Barnes earned All-State honors for the Irish with catches like this one against St. Paul Johnson. The catch was good for a first down at Rosemount's 38 yard line.

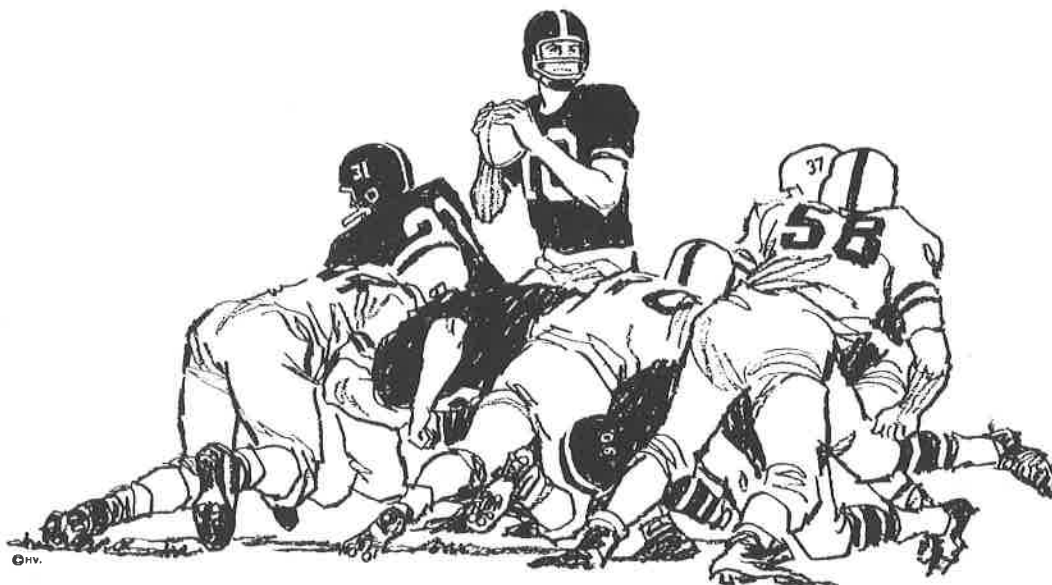


Paul Austinson (22), a 155-pound junior fullback, was on his way to a 40-yard touchdown run as this photo was taken during his team's 28-16 Agassiz Valley Conference football victory over the Audubon Zephyrs. Official Greg Potvin of Detroit Lakes is in the middle of the picture, along with Terry Kohler (20) of Audubon and Randy Zimmerman (83) of Ulen-Hitterdal. Austinson gained 122 yards rushing to be one of his team's sparkplugs in the victory.

1982

COACH OF THE YEAR

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The Minnesota High School Football Coaches Association would like to thank Bob Roy and the Champion Clinic for its support of the Association through its contribution of \$1 for every clinic manual sold at the Champion Clinic. Over the years Bob has voluntarily given the Football Association thousands of dollars without seeking publicity.

We hope that the Football Coaches of Minnesota will continue to support the Champion Clinic and the purpose of the clinic manuals. In doing so you are supporting your Association.



Co-captain Todd Jorgenson (right) of Detroit Lakes gathered in a pass from Quarterback Dan Douglas as Perham's Russ Winkels (23) defended during Detroit Lakes' 14-7 football win over Perham last fall. Detroit Lakes went on to win the Mid-State Conference championship and then lost to Breckenridge in a Minnesota State High School League playoff qualifying game. Jorgenson, 6-5 wide receiver for the Lakers, caught 38 passes for 630 yards and three touchdowns to be one of his team's leading offensive threats.

Argyle High School's Mike LaBine, an all-state Class Nine-Man performer, vaulted over Starbuck's Scott Knutson (18) during the Nine-Man championship game, won 31-19 by Argyle. Coming up behind is Robert Hapka (72) of Argyle, another all-state player. LaBine scored a touchdown and ran for a two-point conversion and Hapka intercepted a pass and scored another TD for winning Argyle in the championship game.



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Paul Froseth, Sauk Centre returns a punt for 57 yards against Benson. Froseth averaged 14.2 yards per punt return for the year.



Don Kleinschmidt, Sauk Centre, the leading rusher and scorer in the West Central Conference, turns up into a hole created by all-conference center Tim Klaphake (79) and all-conference tackle Dirk Foster (78).



Dave Odegard (27) of Sauk Centre goes against a Benson high school defensive player.



Steve Schneider (88), Sauk Centre takes a pass in front of a Long Prairie defender. Schneider was an all-conference tight end and defensive end for the Mainstreters. He is also all-conference basketball player and a baseball player.



Tailback Mike LaBine (44) of the Nine-Man Champion Argyle Eagles gained 1295 yards and scored 212 points in a perfect 13-0 season. This one was against Nevis in the semi-finals.

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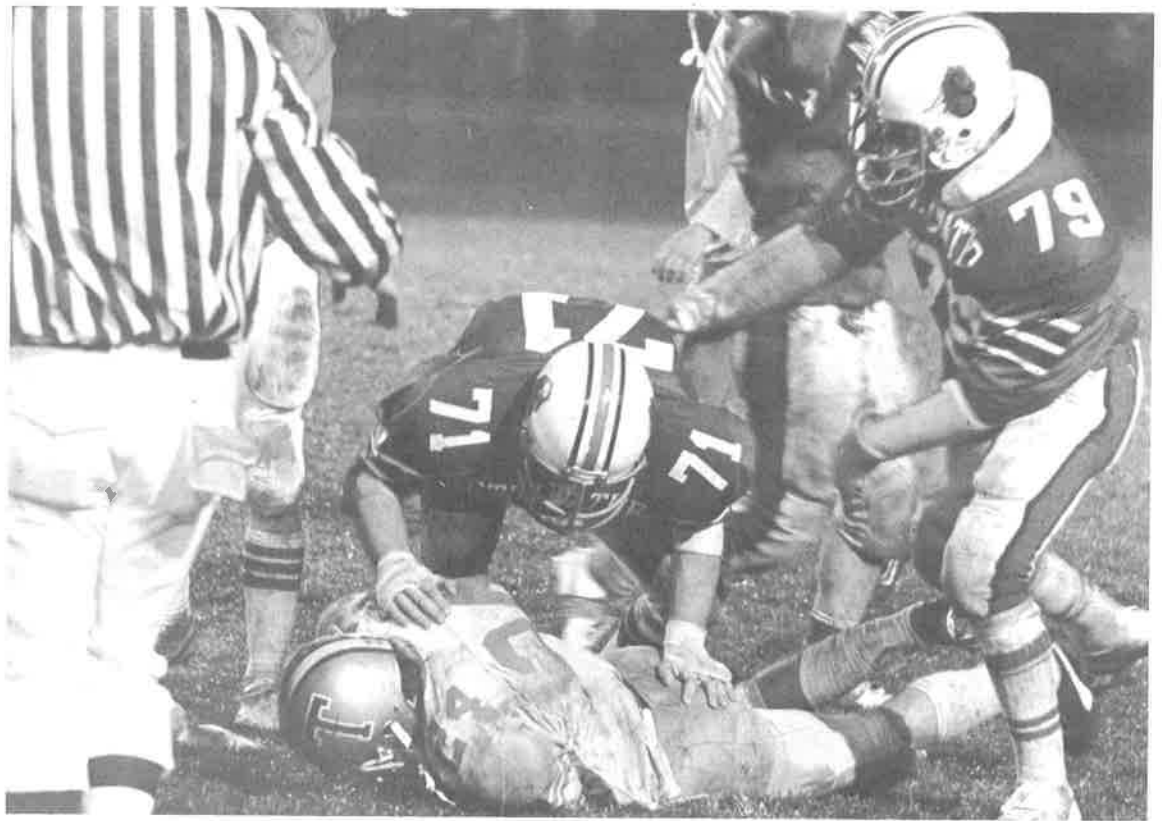
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Bryan Boucher (71) and Eric Rusch (79), Stillwater, converge on Tartan's Marty Sonnak. Ponies won the game during a 7-2 season.



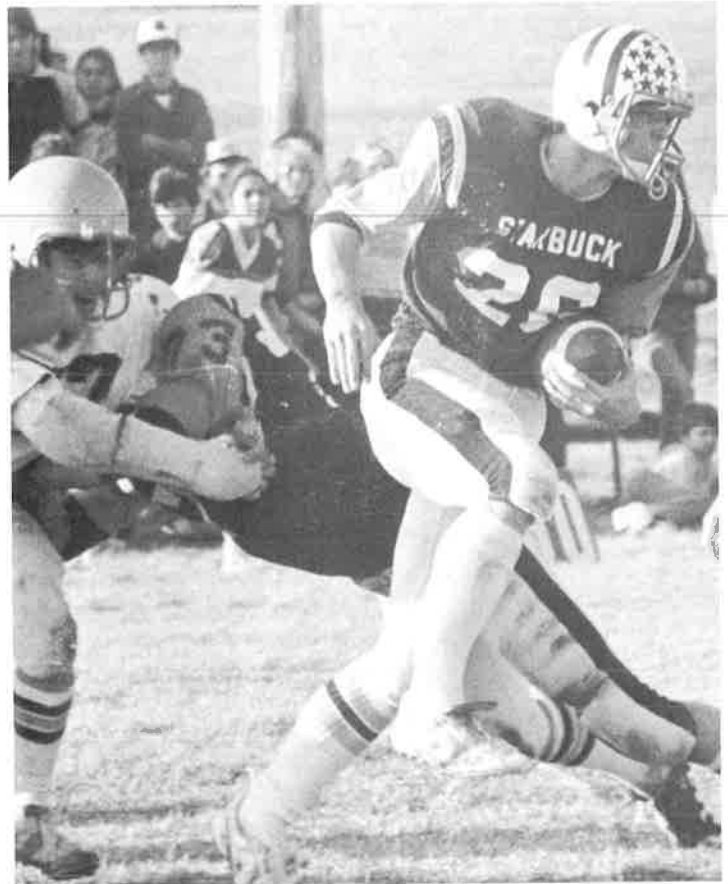
Sophomore quarterback Eric Thole, Stillwater, Breaks away from White Bear Lakes Scot Wilson during a Pony victory.



Dan Stich, Holdingford quarterback, being pursued by Pine Island's outstanding linebacker Mike Braaten. Stich led all ballcarriers with 248 yards and scored three touchdowns in Holdingford's 39-0 victory.



Running Back Pat O'Brien of Rosemount throws a stiff arm enroute to a long gain in Missota Conference action against Apple Valley. O'Brien and the Irish went on to beat their arch-rival 31 to 0.



Starbuck's Greg Toivonen (26) reeled off a big gain during his team's Class Nine-Man quarter-final football win over Winsted Holy Trinity as this photo was taken. Toivonen, who was an all-conference player, scored 100 points during the season as Starbuck rolled to a 12-1 overall record and finished runner-up in its playoff division.

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Ready to pass is Morton-Franklin's No. 15 Brian Pendleton providing protection is No. 34 Greg Hennen against Paul Gimmetstad of the Belview Blue Jays. M-F defeated Belview in Beleview 16-12.



Greg Hennen (No. 34) runs a sweep for Morton-Franklin. Pulling for Morton-Franklin is Ed Gaasch who is blocking No. 12 Tim Piechowski of the Raymond Hornets. MF won the game at Raymond by a score of 21-14.

Jon Egesdal (No. 30) Gaylord Tailback, sweeps left end for good yardage in the Sleepy Eye game behind the blocking of Tom Webster (No. 45). Gaylord won 33-0 to end the regular season 9-0.



Tom Webster (No. 45) Gaylord fullback, scores on a counter from 10 yards. Final score: Gaylord 14, Winthrop 0.

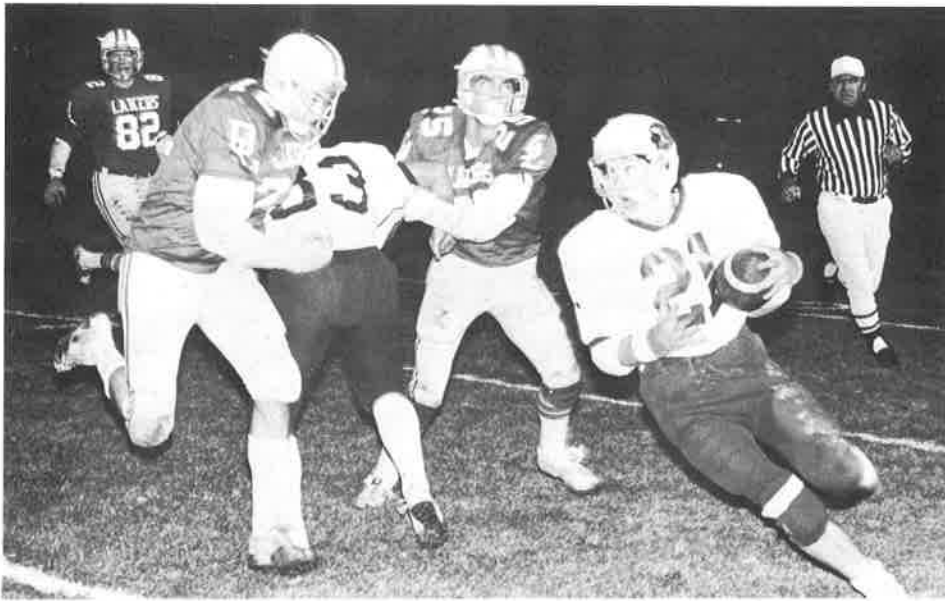
Shakopee-Sauk Centre playoff game — Gary Schleper, all state end from Shakopee (84) catching the pass. Ted Schmitz (51) of Sauk Centre. The fog in the background is for real.



Mabel-Canton's Hubie Hegtvedt (No. 1) pitches to Halfback Joe Zafft (No. 33) on option behind the block of Tim Kimball (No. 90). Randolph's Jeff Becker (No. 66) and Troy Ryan (No. 26) come up on defense. MC defeated Randolph, 26-20 in the River Valley-Centennial interconference playoff.



Hubie Hegtvedt (No. 48) of Mabel-Canton is on his way to a 68 yard touchdown run against Spring Grove. Leading the way for Hubie is junior tackle Tim Vick (No. 62). In hot pursuit of Hegtvedt is Spring Grove Standout Linebacker Russ Bjerke (No. 42). Both teams entered the contest unbeaten, with Mabel-Canton winning 24-12.



Tough defense was a key factor for Detroit Lakes as the Lakers blanked Staples 14-0 in the game that decided the 1981 Mid-State Conference football championship and here two Lakers — Doug Imholte and Jim Matter — close in on speedy Tailback Troy Marden of Staples. The hard-charging Detroit Lakes defense held Marden to only 41 yards by rushing.

Barry Nelson (35), senior runningback for the Lake Park Parkers, is shown here making good yardage as an unidentified teammate prepares to block Fisher's Brian Sorenson (22). Also looking for a block is Lake Park quarterback Randy Ennen (12). Nelson and Ennen each scored a touchdown and Ennen passed to Darrel Pederson for a two-point conversion as the Parkers posted a 14-0 Agassiz Valley Conference win over Fisher in the game.



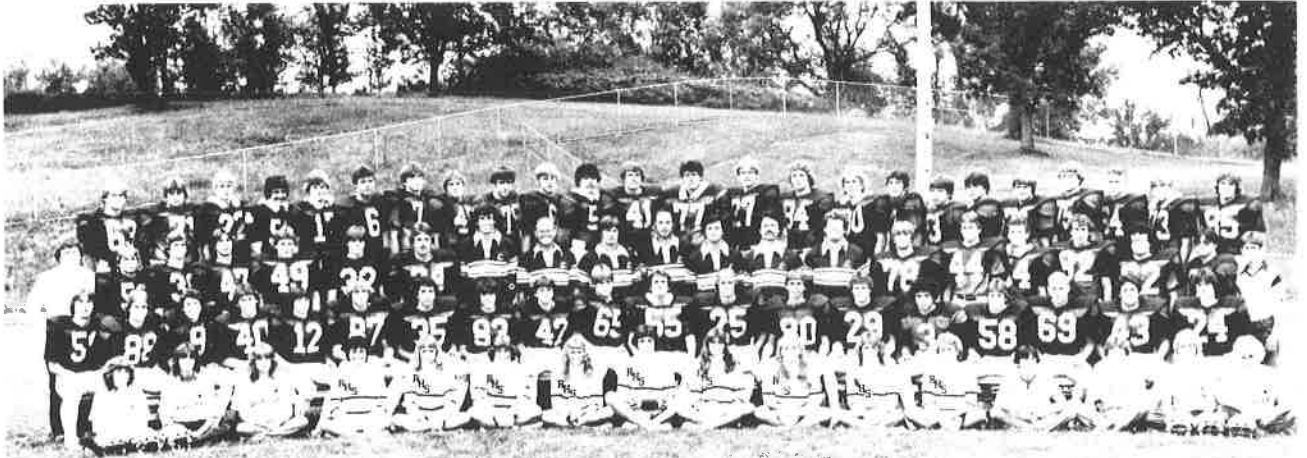
Austin Packer Rod Tweet (No. 81) catching one of seven pass receptions against Rochester John Marshall in Big Nine Conference game.



Argyle players express excitement and triumph after receiving the State Nine-Man Championship trophy. Argyle ended the season 13-0.

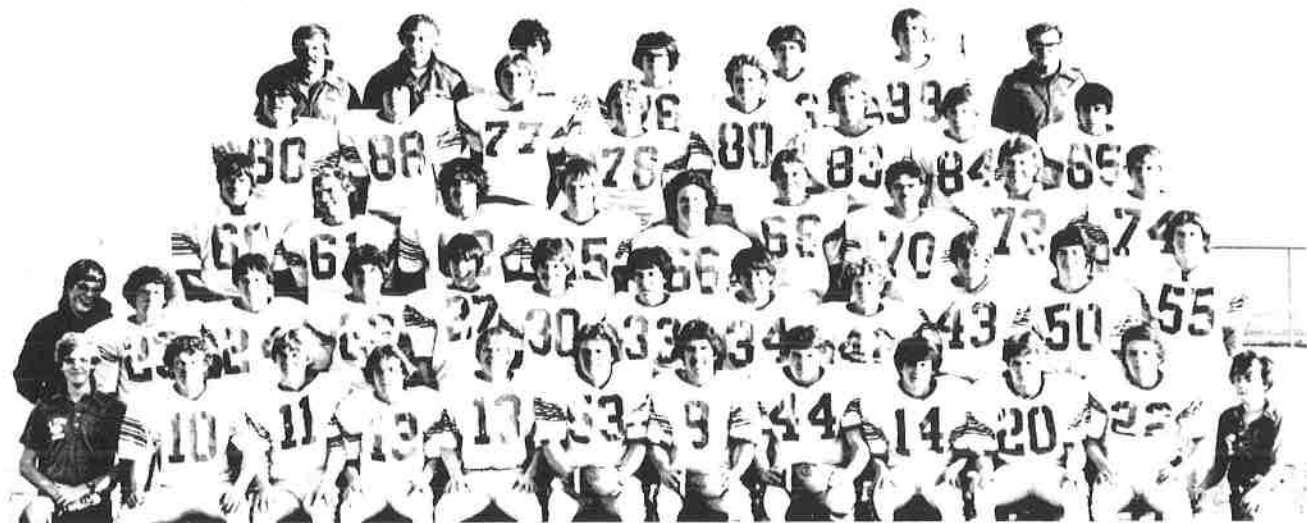
1981 STATE FOOTBALL CHAMPS

ROSEMOUNT (Missota Conference)



Front Row left to right: Kim Wolke, Claudia Butler, Lynette Bignoness, Cathy Dunn, Jenny Kvam, Kathy Ryan, Wendy Gudim, Nancy Holford, Sherry Wessel, Mary Muyres, Tresa Handorff, Diane Schultz, Keith Joyce, Mike Powers, Tracy Husbands, John Nelson. Second Row: Jerry Nelson, Dennis Johnson, Mike Goehring, Chad Gearey, Dan Nasal, Jeff Eul, Tom Gustafson, Bob Olson, Lance White, Dan Meyer, Scott Haeg, Scott Ratzlaff, Rich Barnes, Jim Isaak, Marc Hortelius, Dennis Wardinski, Don Novack, Wynne Wenzel, Jeff Garbrecht. Third Row: Brad Maxwell, Dave Nelson, John Deutsch, Jeff Glewwe, Randy Baasie, Pat O'Brien, Mark Tousignant, Coach Craig Menozzi, Coach Jack Rowan, Coach Doug Anderson, Head Coach Bob Sadek, Coach Pat Bailey, Coach John Jaques, Coach Scott Larson, Jeff Rohr, Joel Murray, Stu Anderson, Dave Allison, Jim Agerter, Todd Lundell, Trainer Mark Baisley. Fourth Row: Gary Kedziora, Chuck Fischer, Robb Barnes, Randy Lindemuth, Doug Pavek, Brett Sadek, Clark T. Fossand, Bob Galle, Bill Corrigan, Don Leake, Chris Saelens, Mike Bickerstaff, Erik Fors, Kevin Stevens, Andy Clarkson, Eric Vraa, Jeff Dunlap, Zac Wortman, Mike Anderson, Don Anderson, Lindy Hager.

ST. PETER (South Central Conference)



Front Row left to right: Mgr. Mark Peterson, Marty Davis, John Jannie, Lee Pell, Tom Frey, Jeff Volk, Brad Braun, Mike Schmidt, Dan Chouanard, Paul Maynard, Mitch Davis, Mgr. Herbie Brown. Second Row: Mgr. Kevin Connor, Dennis Blaschko, Jeff Wellner, John Cahill, Matt Barnes, Mick Sawyer, Chris Burg, Jim Sullivan, Dan Randolph, Jeff Wilde, Mike Smith, Duane Hillesheim. Third Row: Brad Reese, Mike Karlsrud, Ed Smith, Tom Kruger, Paul Amos, Paul Luehr, Tom Johnson, Barry Vogel, Mark Hobday. Fourth Row: Jerry Conlon, Tom Olander, Scott Annexstad, Darren Eck, Duane Fahning, Jody Brooks, Scott Rausch, James Carter. Fifth Row: Asst. Coach Dennis Booren, Asst. Coach Jeff Olson, Terry Rasmussen, Bill Kaveney, Robert Wettergren, Sam Martin, Head Coach Frank Fredlund.

HOLDINGFORD (Central Minnesota Conference)

B



Front Row left to right: Steve Stoermann, Gary Wentland, Mike Opatz, Dan Fiedler, Tim Kolstad, Scott Lange, omit, Terry Posch, Tim Brown, Frank Wohletz, Frank Stewart, Dan Kobylinski, Steve Bieniek, Eric Fiedler. Second Row: Chad Woidyla, Gene Ostendorf, Sam Pierskalla, Harvey Wenderski, Irv Pierskalla, Jeff Roebuck, Todd Brown, Dale Langner, omit, Pete Caspers, Randy Piechowski, Dave Lane, Ken Fedor. Third Row: Chuck Doucet, Kevin Caspers, Jeff Stoermann, Steve Barrett, Brian Young, Rodney Ebnet, Coach Roebuck, Coach Bruns, Coach Pierskalla, Dan Koehn, Scott Radtke, Mark Nentl, Dan Stich. Fourth Row: Ron Lehner, Bill Shank, Lee Odden, Ron Pierskalla, Allan Reis, Steve Danzl, Scott Volkers, Bill Ertl, Greg Konsor, Jim Ertl, Mark Petron, Steve Malikowski. Fifth Row: Dan Bieniek, Dean Sowada, Dan Gill, Brian Danzl, Scott Yurczyk, Dan Dickhausen, Leon Opatz, Ron Fiedler, Brian Reis, Dale Mehr, Dan Sobieck.

MEDFORD (Gopher Conference)



C

Front Row left to right: Tim Kalien, Mike Horak, Karl Harfman, Ed Olsen, Mark Pofahl, Doug Johnson, Jodi Adank, Phil Liverseed, Rob Rowe, David Slifka, Steve Svenby. Second Row: Joe Bauer, Mgr., John Beckstrom, Doug Borwege, Bruce Davis, Scott Paukert, Brian Wolfe, Mike Von Ruden, Mark Voegele, Brian Keller, Pat Smith, Jay Merritt, John Kniefel, Dan Maas. Third Row: Kev Edel, Mgr., Kelly Slifka, Mgr., Mark Neuhaus, Ross Olsen, John Mikel, Todd Butterfield, Scott Adank, Alan Maas, Rich Hager, Joel Earls, Neil Wolf, Dan Gasner, Jim Gillen, Jim Thomas, Asst. Coach Jim Fehrman. Fourth Row: Head Coach John Gross, Kent Harfman, Mgr., Bob Thomas, Darin Pitan, Dean Elzen, Mike Neuhaus, Doug Von Ruden, Bill Gillen, Dan Hurst, Tim Smith, Mark Smith, Dan Winter, Charles Larson, Josh Mork, Asst. Coach Jim Slifka.

ARGYLE (Top of State Conference)



9
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A
N

STATE FOOTBALL PLAYOFF RESULTS

Class "AA"

Quarterfinals

Wayzata-24, Alexandria-7
Moorhead-21, Irondale-16
St. Paul Johnson-18, Edina-13
Rosemount-37, Minneapolis Washburn-9

Semifinals

Moorhead-24, Wayzata-7
Rosemount-34, St. Paul Johnson-14

Finals

Rosemount-40, Moorhead-14

CLASS "A"

Quarterfinals

Hermantown-31, Breckenridge-30
Albany-14, Shakopee-0
Totino-Grace-14, St. Francis-10
St. Peter-23, Stewartville-16

Semifinals

Hermantown-23, Albany-21
St. Peter-14, Totino-Grace-6

Finals

St. Peter-18, Hermantown-14

CLASS "B"

Quarterfinals

Mahnomen-63, Chisholm-14
Holdingford-41, Pierz-0
Granite Falls-25, Montgomery-Lonsdale-20
Pine Island-14, Lewiston-12

Semifinals

Holdingford-21, Mahnomen-14
Pine Island-28, Granite Falls-14

Finals

Holdingford-39, Pine Island-0

CLASS "C"

Quarterfinals

Fertile-Beltrami-16, Verndale-8
Clarkfield-12, Breck-6
Medford-10, Henderson-0
Chatfield-27, Mabel-Canton-0

Semifinals

Clarkfield-12, Fertile-Beltrami 7
Medford-17, Chatfield-8

Finals

Medford-33, Clarkfield-28

CLASS "NINE-MAN"

Quarterfinals

Argyle-32, Hillcrest Lutheran Academy
(Fergus Falls)-14
Nevis-30, Tower-Soudan-8
Starbuck-56, Winsted Holy Trinity-14
Westbrook-36, Bricelyn-14

Semifinals

Argyle-36, Nevis-6
Starbuck-59, Westbrook-16

Finals

Argyle-31, Starbuck-19

1981 Football Advisory Committee



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STATE FOOTBALL PLAYOFF CHAMPIONSHIP GAMES (1972-1981)

1972			
Class	Champions	Runners-up	Score
AA	Mpls. Washburn	Moorhead	26-6
A	Burnsville	Sauk Centre	46-19
B	Mountain Iron	Cokato-Dassel	54-6
C	Gaylord	Preston	26-6
9-Man	Rothsay	Cotton	64-12

1973			
Class	Champions	Runners-up	Score
AA	Rochester John Marshall	St. Paul Harding	25-0
A	Eveleth	Willmar	28-18
B	New Prague	Appleton	13-7
C	Gaylord	Holdingford	29-6
9-Man	Lake Benton	Brandon	50-12

1974			
Class	Champions	Runners-up	Score
AA	Rochester John Marshall	Bloomington Jefferson	41-19
A	Alexandria	Chaska	26-7
B	New Prague	Caledonia	41-12
C	Battle Lake	Bird Island	34-26 (2 ot)
9-Man	Lake Benton	Fisher	36-6

1975			
Class	Champions	Runners-up	Score
AA	Stillwater	Richfield	20-17
A	St. Thomas Academy	St. Peter	21-14
B	Gaylord	Onamia	14-13
C	Esko	Karlstad	62-0
9-Man	Ruthton	Audubon	42-20

1976			
Class	Champions	Runners-up	Score
AA	White Bear Lake	Cloquet	14-13 (ot)
A	St. Peter	Mora	56-12
B	Caledonia	Sartell	38-7
C	New Richland- Hartland	Bird Island	21-19
9-Man	Deer Creek	Fergus Falls	57-14
		Hillcrest Luth.	

1977			
Class	Champions	Runners-up	Score
AA	Mpls. Washburn	Stillwater	13-0
A	Fridley Grace	Cold Spring Rocori	36-12
B	Granite Falls	Stewartville	44-6
C	Battle Lake	Henderson	22-20 (ot)
9-Man	Deer Creek	Fergus Falls Hillcrest Luth.	20-0

1978			
Class	Champions	Runners-up	Score
AA	Edina West	Fridley	21-0
A	Fridley Grace	Apple Valley	17-14
B	New Richland- Hartland	Barnesville	48-8
C	Alden-Conger	Battle Lake	15-14
9-Man	Hoffman	Albrook	44-28

1979			
Class	Champions	Runners-up	Score
AA	Columbia Heights	Richfield	8-3
A	Rochester Lourdes	Apple Valley	22-6
B	Gaylord	Mahnomen	15-6
C	Bird Island- Lake Lillian	Harmony	34-6
9-Man	Russell	Toivola- Meadowlands	17-14

1980			
Class	Champions	Runners-up	Score
AA	Burnsville	Cambridge	23-6
A	Crookston	Pipstone	32-6
B	Mahnomen	Austin Pacelli	34-0
C	Bird Island- Lake Lillian	Mountain Lake	20-7
9-Man	Hoffman-Kensington	Toivola- Meadowlands	18-14

1981			
Class	Champions	Runners-up	Score
AA	Rosemount	Moorhead	40-14
A	St. Peter	Hermantown	18-14
B	Holdingford	Pine Island	39-0
C	Medford	Chatfield	17-8
9-Man	Argyle	Starbuck	31-19



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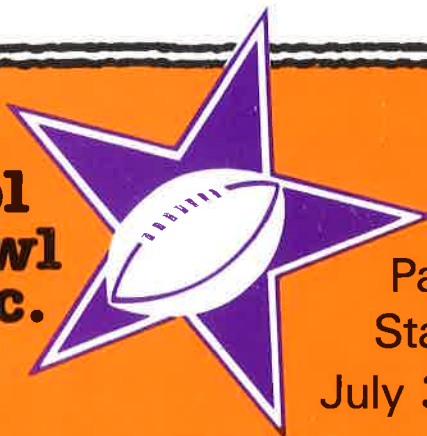
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TO THE MEMBERS OF THE MINNESOTA
HIGH SCHOOL FOOTBALL COACHES ASSOCIATION:

As a Coaches Association member, you should be proud of the support so many coaches have provided to the All Star game during the last three years. Coaches have been involved with advertising and ticket sales, player selection, coaching and administration.

This kind of commitment is necessary to continue the All Star game, an integral part of the football scene in Minnesota. We all want to see amateur football prosper and benefit those who are involved with it. By supporting the game you can help accomplish this objective.

The Coaches Association co-sponsors the game with the High School All Star Bowl of Minnesota, Inc. Proceeds from the game go to the Human Growth Foundation, a non-profit organization which funds medical research and informational programs to help children affected by significant physical growth failure.

The 1982 game will be played at Parade Stadium beginning at 8 p.m. Saturday, July 31. We urge you to do your very best to support the game.

Sincerely,

T. R. Pressler
President
Human Growth Foundation

Ron Scott
Game Manager

