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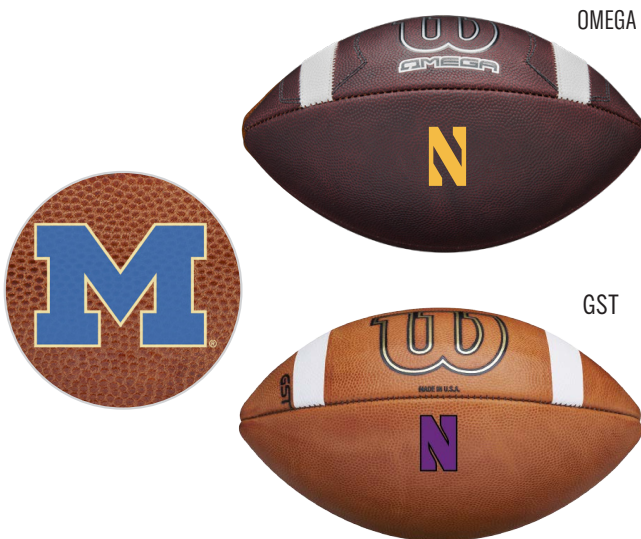


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Travis Gerrety [tgerrety@afreps.com](mailto:tgerrety@afreps.com)  
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Bill Hoag [bhoag@afreps.com](mailto:bhoag@afreps.com)  
Ed Gerrety [egerrety@afreps.com](mailto:egerrety@afreps.com)

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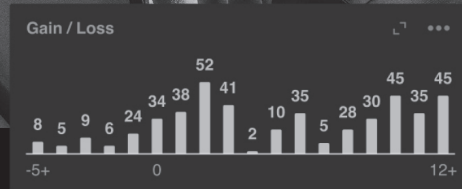
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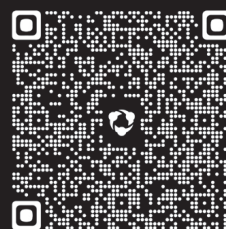
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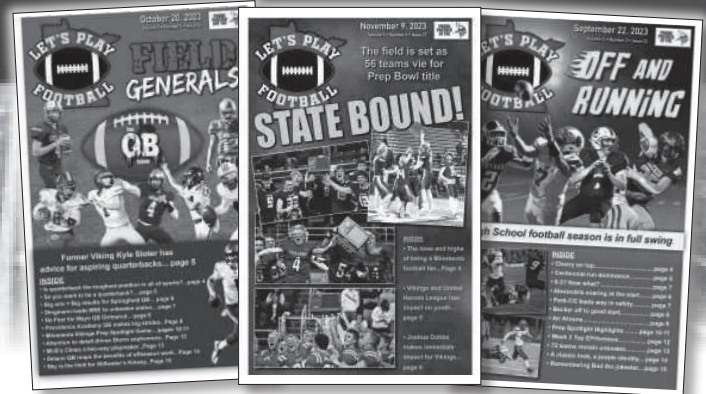
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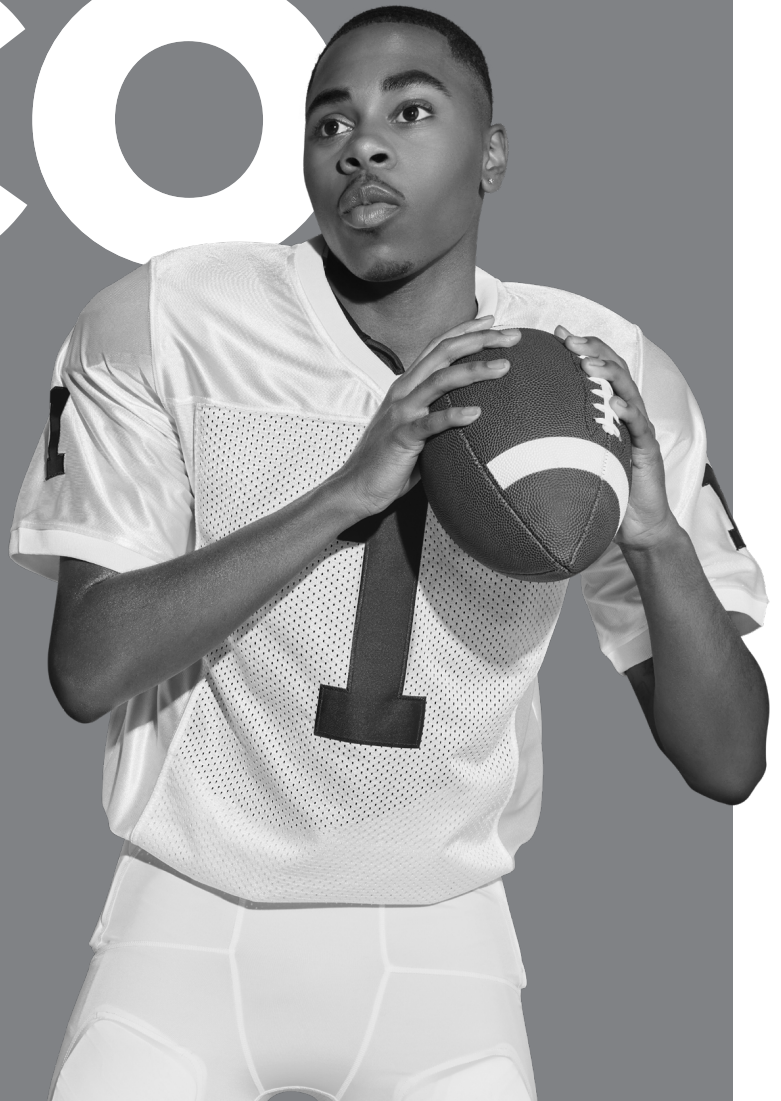
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INITIATIVE

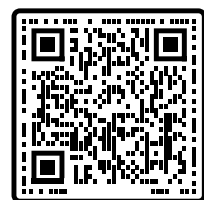
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FROM THE DESK OF

# RON STOLSKI, MFCA EXECUTIVE DIRECTOR



**RON STOLSKI**  
MFCA EXECUTIVE DIRECTOR

## KEEPERS 2024 COLUMN

During the rich history of the MFCA, our association has been blessed with outstanding leaders; men who have come from every corner of our state; every size school and every class from 9 man-6A. They have served as presidents, committee chairs, conference and sub-district reps, clinic and conference organizers, attendees, speakers, et al. The most recent Past presidents, Mat Mahoney (Fairmont) and Brent Schimek (Deer River), are excellent examples of members stepping up in a leadership role and doing a wonderful job. In this issue of our "Keepers Of The Game" magazine you will read a well written piece by current President Nick David (Westonka). In it, Nick eloquently reviews the value of football as our special game, relates how he became involved in the MFCA, how that has benefited his coaching and professional experience, and encourages all coaches to consider ways they may serve as well. In my role as Executive Director and serving with Nick for several years, I have had the opportunity to observe, experience and be impressed by his many and varied skills.

His message of inclusion prompts a review of our past, a comment of how the mantra 'THE KEEPERS' came to be, how our entire membership has opportunities to be involved at their level of choice, and when the MFCA experienced a reorganization that propelled us to be one of the most respected football coaches associations in the nation.

Although the association has existed since 1956 and significant initiatives, namely the renewal of the All-Star game, numerous playoff plans, class expansion, awards banquet, the recruiting fair were accomplished in the ensuing years, we were absent a formal leadership structure. The presidents, all able leaders, carried a heavy load during their one year term. With no intent to diminish the accomplishments of any of our past presidents, here are a few highlights.... In 2002, Dave Nelson, then the head coach at Blaine, formed the Recruiting fair, 2005, President Flint Motchenbacher, Detroit Lakes, created the Leadership structure and flow chart that included an Executive Director, Executive Committee, and the various committees that we have in place today. Flint also began our involvement in the AFCA Power of Influence Award, present annually to one high school coach in the nation. Minnesota is fortunate to have three recipients of this award. Ron Stolski, Dave Nelson and Dwight Lundeen. Continuing to move forward, in 2007 Wayne Petermeier, Browerville, introduced the sub-district list of responsibilities, in 2008, Shannon Gerrety, Blaine, submitted the MFCA Code of Ethics. President Jon Johnson, Litchfield, in 2009, revamped and wrote the MFCA Constitution and Bylaws, and leadership job descriptions that is the "template" we currently have. These are seminal moments in our history.

In January of 2006 this writer was invited to speak at the AFCA national convention, one that has annual attendance between eight and twelve

thousand coaches, mostly college but many high school as well. During the presentation, "Coaching; a journey not a destination", the final sentence included the phrase "We are the keepers of the greatest game we play..football." I do not claim it as "original". Perhaps I had read the phrase prior, possibly not. In any case we brought it home to the MFCA ( I have not seen it used by any other state associations). It is ours.

As mentioned previously, there are many opportunities to serve. We must realize, however, that your minutes, days, weeks and time are full of your own obligations to your teaching, coaching, school, community and FAMILY. You may not have the desire or time to volunteer or assume other responsibilities. If so, it is understandable. THERE ARE, HOWEVER, FOUR WAYS YOU CAN CONTRIBUTE TO THE SUCCESS OF THE MFCA. JOIN THE MFCA AND ENCOURAGE YOUR STAFF TO DO SO AS WELL, ATTEND THE KEEPERS CLINIC, SUPPORT OUR MFCA SPONSORS, AND PARTICIPATE IN TACKLE CANCER..An incredible, inspiring, gratifying STORY.

You are in it now... A suggestion; following a Friday practice, or game, ask the kids on your team to, over the week-end, to do something good for someone without telling the recipient they are doing it. You and the player might be surprised at what the results are, and the joy that is experienced by GIVING

BACK. Sidebar...don't ask them...someone will tell you!

Have a great season "Keeper" Go Get 'Em!

- Ron Stolski

# **PRESIDENT'S MESSAGE**

Minnesota Football Coaches,

I am honored and grateful to be writing this letter as the current President of the MFCA. Our association has had a long and productive existence, serving football coaches and in turn the schools and student-athletes that compete in our state since 1956. Much of my appreciation for this organization stems from a history of seeking to do everything the right way. High School Football comes in all shapes and sizes in Minnesota, and the MFCA gathers coaches from all corners of our state at all levels, positions, and ages, to develop, mentor, and honor them when deserving while constantly promoting our great game.

I truly believe that though football may not be the most important thing in life, it might be the most important unimportant thing in life. Without a doubt, football is the most powerful and impactful game on earth because quite frankly, it is the definition of inclusivity. Football is not a game that discriminates. Football is not a game where people are judged.

Football is a game that truly welcomes and needs people from all different shapes, sizes, colors, creeds, and backgrounds in order to be successful. In a world that grows increasingly selfish, Football is the ultimate TEAM sport.

Our coaching profession is a challenging one, but your work brings great pride to your schools and communities and you will develop qualities in your players such as discipline, teamwork, and grit that will guide them through their adult life.

In addition to being the hottest show in town on Friday nights, football teams can be, and oftentimes are, the catalyst for pride in our schools and communities. Young men across Minnesota from small schools to large schools have acquired much needed life lessons that they could only have learned through playing the great game of football.

Something I heard and has stuck with me over the years while attending my first MFCA Clinic in 2011 is that - You make a living by what you get, and you make a life by what you GIVE! The Minnesota Football Coaches Association is something I encourage all of you to get involved in. In 2015, in my third year as a head coach, I offered to be a Subdistrict Representative. To me, serving other football coaches was a worthy cause which allowed me to work with some of our state's best men. Anything I have given to the MFCA, I have received back tenfold. In 2019, I joined the Executive Committee where I have had the opportunity to serve in numerous roles since including being the Individual Academic All-State Chair, on the MFCA Clinic Committee, 2nd Vice-President, 1st Vice-President, and now currently serving as the MFCA President.

The Minnesota Football Coaches Association is OUR association and is something I encourage all of you to get involved in. The MFCA supports the MFCA Clinic, the All-Star Game, the Recruiting Fair, Mr. Football, Individual and Team Academic All-State Awards, Scholarships, Community Service, the Hall of Fame Banquet and much more! We know that the stalwarts who have made the MFCA organization great will continue to serve in various capacities, but they will not be here forever. Coaches not involved in the MFCA, especially those of you who are younger coaches, it is time to step up so we can continue our current work of the MFCA as we brace for future challenges and opportunities. Keepers of the Game: We need you, your time, your talent, your heart, and your service!

Finally, for my MFCA President's project, I am working on securing funding to install a video board in The Don Swanson Room at the DoubleTree Hotel. This video board will highlight our MFCA Hall of Fame Inductees, various Coaching Awards, Minnesota High School All-Star Football Game History, and our Prep Bowl / State Champions. I am hoping by updating The Don Swanson Room we can better connect our past, our present, and our future for years to come!

Always remember, football is the greatest team sport in the world and it is more than just a game. Our work is significant and must continue now and into the future. If I can ever be of any help to you or answer any questions, please don't hesitate to contact me. Coaches, thank you for being a Keeper of the Game and best of luck in 2024! I hope you win 'em all! Have a great summer!

**Nick David**  
President, MFCA  
Head Football Coach, Mound Westonka



# LETTER FROM P.J. FLECK

I hope this note finds you well and that you have had a wonderful and fulfilling summer. The season is right around the corner and soon there will be a crisp in the air and your team - and ours - will be making memories that will last a lifetime.

I want to thank you for the loyal support of our program and for the gracious hospitality you have shown our coaches and staff when we have been able to visit with you in your school or on Minnesota's campus.

Recruiting is the backbone of our program and one of our top priorities is making sure that the most elite players and people in the state of Minnesota are Gophers. We want them to grow up cheering for Minnesota, to play for the U and then to be proud alums for the rest of their lives. As a high school coach and mentor, you play a critical role in helping us maintain a program that all Minnesotans can proudly support.

Our culture has been, and always will be, about connecting people and there is no better way to do that than through sport. And there is no better sport than football.

The bonds that are formed through winter workouts and summer training camps, through heroics and even heartbreaks are unbreakable, and your position as a high school coach affords you the responsibility to be a caretaker of the game that we all love. I hope you take as much pride in coaching and guiding your young people as they do in putting on that jersey and representing their school every week.

When we talk about connecting people, we also talk about how that extends off the football field. Our players are in the community serving and giving and still setting record GPAs in the classroom. Everything matters in our program and when you do the right things off the field, on-field success follows.

I am excited for the upcoming 2024 season. We have a team that loves one another and is committed to being the best version of themselves. We still have a lot of work to do, but I am looking forward to watching this team compete.

I wish you and your programs a tremendous amount of success this season. Your role is a critical one at a pivotal point in a young person's life, and I know you will coach with respect, dignity and passion. Please also remember that you are not only preparing your team for challenges on the football field, but also for those challenging times that they will surely encounter later in life.

As always, please let me know if there is anything we can do to help you. You are always welcome at our facilities and practices. I hope to see all of you at one of our practices or at Huntington Bank Stadium for a game this season.

Row The Boat, Ski-U-Mah and Go Gophers!

A handwritten signature in black ink, appearing to read 'P.J. Fleck' with a stylized flourish at the end.

Head Coach P.J. Fleck

# MINNESOTA FOOTBALL COACHES ASSOCIATION



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Ron Stolski

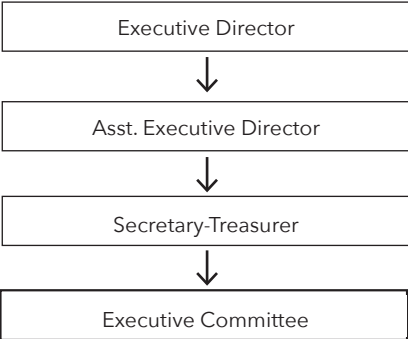


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COMMITTEE	CHAIR	PHONE	E-MAIL
1st Vice President.....	Bryan Strand .....	218-329-7609 .....	bstrand@barnesville.k12.mn.us
2nd Vice President.....	Ben Burk.....	612-250-3163 .....	ben.burk@isd194.org
Academic Individual.....	Nick David.....	952-491-8316 .....	davidn@westonka.k12.mn.us
Academic Team.....	Wayne Petermeier.....	320-766-4816 .....	ribsy@browerville.k12.mn.us
Advisory (MFCA President).....	Mat Mahoney.....	507-236-2671 .....	mmahoney@fairmont.k12.mn.us
All-Star Game .....	Dave Fritze .....	651-230-1007 .....	David.Fritze@district196.org
All-Star Game Hospitality.....	Bill Magnuson.....	320-253-4700 .....	bill.magnuson@isd47.org
All-Star Selection (South).....	Brian Vossen .....	612-875-8677 .....	brian.vossen@isd194.org
All-Star Selection (North).....	Bill Magnuson.....	320-253-4700 .....	bill.magnuson@isd47.org
Awards - Butch Nash/COY.....	Jim Dotseth.....	612-226-626 .....	dotsethj@comcast.net
Banquet.....	Dave Nelson .....	952-401-5948 .....	Dave.Nelson@minnetonka.k12.mn.us
Camp Outreach.....	Wayne Petermeier.....	320-766-4816 .....	ribsy@browerville.k12.mn.us
Community Service .....	Beau LaBore.....	651-768-5402 .....	laboreb@stillwater.k12.mn.us
Executive .....	Ron Stolski .....	218-820-4742 .....	stolski@yahoo.com
Hall of Fame Banquet.....	Paul Lemke .....	320-864-2432 .....	PLemke@gsl.k12.mn.us
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Historian .....	Dave Giles .....	651-274-9359 .....	dtkgiles@yahoo.com
Jerry Kill Power of Influence .....	Bubba Sullivan.....	507-663-0630 .....	bsullivan@northfieldschools.org
Membership .....	Marc Bachman.....	507-934-4210.....	mbachman@stpetersschools.org
MFC Clinic .....	Ron Stolski .....	218-820-4742 .....	stolski@yahoo.com
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Mr. Football.....	Clay Anderson .....	507-215-5559 .....	clay.anderson@kimball.k12.mn.us
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President .....	Nick David.....	507-412-9463 .....	davidn@westonka.k12.mn.us
Professional Development.....	Ron Stolski .....	218-820-4742 .....	stolski@yahoo.com
Publications .....	Terry Turek.....	612-242-4829 .....	tturek9@gmail.com
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Sec-Treasurer .....	Jim Dotseth.....	612-226-6260 .....	dotsethj@comcast.net
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**Dave Giles**  
 Historian

# **MFCA Code of Ethics**

## **PREAMBLE**

One of the distinguishing characteristics of a profession in education may be that its members are cognizant of, and perhaps dedicated to, rendering a service to humanity. As educators who choose to coach football, we must understand that the justification for football is that it provides educational and physical values for those who play the game, and the game essentially belongs to the players who choose to play it. The welfare of the game depends on how coaches live up to the spirit and letter of ethical conduct, and how coaches, as educators, model ethical conduct, and remain mindful of the trust and confidence placed in them by colleagues, players and the public.

## **PURPOSE**

This code of ethics has been developed to protect, promote, and preserve the best interests of the game and the coaching profession. Its primary purpose is to clarify and distinguish ethical and professional practices from those which are detrimental. Its secondary purpose is to emphasize the value of football as an experience that contributes to the overall education of the student-athlete and to stress proper functions in relation to schools, players and the public.

## **ARTICLE ONE | Responsibility To Players**

1. Coaches shall be aware of the tremendous influence they have on the education of the student-athlete; therefore, they shall never place the value of winning above the value of instilling the highest ideals of character and integrity.
2. Coaches shall follow or create and enforce a set of training rules for players that reflect the positive values of abstaining from drugs, alcohol and tobacco.
3. Coaches shall never place the value of winning over the safety and welfare of players.
4. Coaches shall not exert pressure on faculty members to give players special consideration.
5. Coaches shall show respect to all players by treating them with integrity and honesty in both verbal and nonverbal behavior, regardless of their role or contribution to the team.
6. Coaches are responsible for their players' actions on the field and must not permit them to perform with the intent of causing injury to opposing players.
7. Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players; they shall instruct players to play within the written rules and within the spirit of the game at all times.

## **ARTICLE TWO | Professional Behavior**

1. Coaches shall exemplify the highest moral character, behavior and leadership.
2. Coaches shall display modesty in victory and be gracious in defeat.
3. Coaches shall promote ethical relationships among fellow coaches.
4. Prior to, and following contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

## **ARTICLE THREE | Sportsmanship**

1. Coaches shall exhibit, model and teach good sportsmanship.
2. Coaches shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep clubs, booster groups, parents and administrators.

## **ARTICLE FOUR | Scouting**

It is considered ethical to scout opponents only during games and agreed upon scrimmages, and within the designated rules of the conference or section by-laws. The head coach is responsible for the actions of his scouts.

## **ARTICLE FIVE | Relationships With Game Officials**

Coaches shall respect the integrity and judgment of the game official. Coaches shall not indulge in conduct which would incite players or spectators against officials. Public criticism of officials is considered unethical.

# RULE CHANGES FOR 2024<sup>s</sup>

**1-5-1b(3):** Clarified Home Team Uniform Requirement For Each Player – The jerseys of the home team shall all be the same dark color(s) that clearly contrasts with white.

**2024 Editorial Changes** 1-3-1b; 1-3-1i(5); 1-5-1a(1); 1-5-1d(5)a; 1-5-2b; 1-5-3b(6); 1-5-3c(6); 2-8; 2-32-16b, f; 9-5-1g; 9-8-1j; 9-8-3 PENALTY; 10-3-1c NOTE; 10-4; 10-5; NFHS OFFICIAL FOOTBALL SIGNALS; PENALTY SUMMARY; INDEX.

## 2024 Points of Emphasis

1. Sportsmanship and Altercation Prevention and Protocol
2. Player Equipment and Enforcement
3. Formations

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Hockey



Mound Westonka  
High School



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# MFCA Members

Listed below are the dues-paying head coaches of the MFCA. These coaches are representative of the high school football teams in Minnesota. The association would like to remind all coaches to renew their membership for the upcoming year and to encourage their assistants to do the same.

The MFCA believes that it is realistic to have over 90% of all head coaches as members. Membership strengthens the association and allows for better representation for all teams and their concerns.

Remember, the MFCA is not just a "head coaches only" group, several teams have taken advantage of having assistants take a more active role in association meetings and it has improved participation and representation a great deal.

Please note that some coaches names may have been inadvertently omitted.

COACH	SCHOOL
Aakre, Harrison.....	Alexandria H.S.
Achterkirch, Marc.....	Owatonna H.S.
Adams , Charles .....	Minneapolis North Community H.S.
Adams, Jeff.....	Janesville-Waldorf-Pemberton H.S.
Aeling, Dakota.....	Henning H.S.
Ague, Kyle.....	Mound-Westonka H.S.
Ahrens, Hunter .....	Holdingsford H.S.
Ahrendt, Thomas.....	Nevis H.S.
Aker, Shawn .....	Montevideo H.S.
Albrecht , Robert.....	Deer River H.S.
Alger, Steve.....	Saint Peter H.S.
Allaire, Claud .....	Osseo H.S.
Allen, Scott.....	Saint James H.S.
Alto, Dan .....	Kelliher H.S.
Alvarado, Giovanni .....	Saint Clair H.S.
Amdahl, Alan .....	Albany H.S.
Amundson, Scott.....	Barnesville H.S..
Anderson , Douglas.....	Eagan H.S.
Anderson , Jim .....	Two Harbors H.S.
Anderson, Aron.....	Brainerd H.S.
Anderson, Ben.....	Annandale H.S.
Anderson, Brad .....	Retired Life Member
Anderson, Brody.....	Holdingsford H.S.
Anderson, Chad.....	Totino-Grace H.S.
Anderson, Clay.....	Kimball Area H.S.
Anderson, Jacob.....	Eden Valley-Watkins H.S.
Anderson, Jay.....	Totino-Grace H.S.
Anderson, Jesse.....	Saint Michael-Albertville H.S.
Anderson, Jon .....	Bloomington Kennedy H.S.

COACH	SCHOOL
Anderson, Keith.....	Milaca H.S.
Anderson, McKinley .....	Brainerd H.S.
Anderson, Ryan .....	Chisago Lakes Area H.S.
Anderson, William .....	Two Harbors H.S.
Angell, Trask .....	Andover H.S.
Antonutti, Scott.....	Esko H.S.
Arlie, Eric.....	Eagan H.S.
Armstrong, Travis .....	Blue Earth Area H.S.
Arnold, Brandon.....	Jordan H.S.
Arntson, Scott .....	Esko H.S.
Ashbaugh, Derek .....	Tracy-Milroy-Balaton H.S.
Atherton, Kyle.....	Cleveland H.S.
Aurich, Dean.....	Mayer Lutheran H.S.
Baartman, Darren.....	Russell-Tyler-Ruthton H.S.
Baasch, Mathias.....	Park Christian H.S.
Bade, Jesse .....	Saint Peter H.S.
Bahlmann, Terry .....	Marshall H.S.
Barber, Scott .....	Grand Meadow H.S.
Barker, Brandon .....	Worthington H.S.
Barker, Brandon .....	Warroad H.S.
Barnack, Tony .....	Tri-City United HS
Bartkey, Brett .....	Hinckley-Finlayson H.S.
Bartos, Joe .....	Little Falls H.S.
Bartosiewski, Ryan .....	Stillwater Area H.S.
Battaglia, Scott.....	Moose Lake H.S.
Bauer, Troy .....	Anoka H.S.
Baumann, Brad.....	Royalton H.S.
Baumann, Rick.....	Howard Lake-Waverly-Winsted H.S.
Beachy, Ryan.....	Perham H.S.

**COACH****SCHOOL**

Beckmann, James ..... Bethlehem Academy  
 Bedel, Cory ..... Hancock H.S.  
 Beehler, Michael ..... Saint Cloud Apollo H.S.  
 Beeskow, Brad ..... Forest Lake H.S.  
 Bendix, David ..... Minnesota Valley Lutheran  
 Bengtson, Hokan..... Becker H.S.  
 Benson, Johnny..... Marshall H.S.  
 Benson, Jon ..... Saint Cloud Tech H.S.  
 Bentson, James ..... Pillager H.S.  
 Bergeson, Bryant..... Dilworth-Glyndon-Felton H.S.  
 Berkner, Dan ..... Maple River H.S.  
 Bernards, Josh..... Byron H.S.  
 Bernau, James ..... Nicollet H.S.  
 Berndgen, Steven ..... Worthington H.S.  
 Bernstrom, Mark..... Lancaster H.S.  
 Betton, Ray ..... Shakopee H.S.  
 Beuning, Paul..... New London-Spicer H.S.  
 Biczkowski, Evan..... Blaine H.S.  
 Bircherm, Nick ..... Hawley H.S.  
 Birkholz, Adam ..... Howard Lake-Waverly-Winsted H.S.  
 Bjornjeld, Mark..... Lac qui Parle Valley H.S.  
 Blom, David ..... Atwater-Cosmos-Grove City H.S.  
 Bobbe, John ..... Andover H.S.  
 Bohaty, James ..... Moose Lake H.S.  
 Bolton, Michael ..... Long Prairie-Grey Eagle H.S.  
 Boomer, Kale ..... Brainerd H.S.  
 Boomgaarden, Scott..... Pipestone Area H.S.  
 Boonstra, Jeff..... New London-Spicer H.S.  
 Boos, Anthony ..... Blaine H.S.  
 Boraas, Erik ..... Montevideo H.S.  
 Boraas, Josh..... Zumbrota-Mazepa H.S.  
 Boran, Blake..... Blue Earth Area H.S.  
 Borich, Brandon ..... Rock Ridge High School  
 Borkenhagen, Brian ..... Truman H.S.  
 Borrell, Thomas ..... Orono H.S.  
 Bosshart, Dustin ..... Saint Clair H.S.  
 Bourquin, Jared..... Heron Lake/Okabena HS  
 Boyd, Tommy..... Saint Agnes H.S.  
 Braeger, Marc ..... Centennial H.S.  
 Bratsch, Carl..... Saint Peter H.S.  
 Breitbach, Ryan ..... Win-E-Mac H.S.  
 Brenden, Noah ..... Breckenridge H.S.  
 Brennan, Joe..... Annandale H.S.  
 Brevier, Eric..... New Prague H.S.

**COACH****SCHOOL**

Brevitz, Robert ..... Stillwater Area H.S.  
 Breyen, Mike ..... Elk River H.S.  
 Briant, Trent..... Blaine H.S.  
 Brinkman, Nate..... Mountain Lake H.S.  
 Brisk, Curtis..... Brainerd H.S.  
 Britten, Dante ..... Saint Anthony Village H.S.  
 Broberg, Paul ..... Rogers H.S.  
 Brookins, Bret ..... East Ridge H. S.  
 Brown, Joshua ..... Pillager H.S.  
 Brown, Hugh..... Blake School (The)  
 Brown, Lambert.....Wayzata H.S.  
 Brown, Zach ..... Plainview-Elgin-Millville H.S..  
 Brown, Zachary..... Sauk Rapids-Rice H.S.  
 Bruggers, Tom ..... Coon Rapids H.S.  
 Brunger, Bill ..... Saint Clair H.S.  
 Buboltz, James ..... Minnesota Valley Lutheran  
 Buckley, Wade ..... Eastview H.S.  
 Buerkle, Jeffrey.....Anoka H.S.  
 Buffetta, Brian ..... Mountain Iron-Buhl H.S.  
 Burgau, Tanner ..... Sebeka H.S.  
 Burger, Andrew ..... Pine City H.S.  
 Burger, Jeremy ..... Minnesota Valley Lutheran  
 Burggraff, Willson ..... Monticello H.S.  
 Burgstahler, Lawton ..... Park Christian H.S.  
 Burk, Ben ..... Lakeville South H.S.  
 Burmeister, Patrick ..... Mankato West H.S.  
 Buszta, Jeffrey..... Minneapolis South H.S.  
 Buysse, Matt..... Minneota H.S.  
 Byklum, Darrin..... Fisher H.S.  
 Byrd, Tracy.....Minneapolis Washburn H.S.  
 Carl, Brandon ..... Eagan H.S.  
 Carlson, David ..... Barnum H.S.  
 Carlson, Tim ..... Bloomington Jefferson H.S.  
 Carlson, William (Bill)..... Hutchinson H.S.  
 Carrier, Trevor ..... LeRoy-Ostrander H.S.  
 Carroll, John-Howard ..... Rochester Lourdes H.S.  
 Cassellius, John..... Winona H.S.  
 Cassens, Dustin ..... Saint Cloud Apollo H.S.  
 Casterton, Nick..... Jordan H.S.  
 Cerar, Frank..... Chisholm H.S.  
 Chrast, Jason ..... Glencoe-Silver Lake H.S.  
 Christensen, Jeremy ..... Minnewaska Area H.S.  
 Christensen, Jordan..... Breckenridge H.S.  
 Christensen, Tait..... Litchfield H.S.

## "THE KEEPERS OF THE GAME"

COACH	SCHOOL	COACH	SCHOOL
Christenson, Martin	Montevideo H.S.	Doering, Nathan	Minnesota Valley Luthera
Christianson, Chad	Hancock H.S.	Dokkebakken, Brady	Benson H.S.
Clare, Damon	Delano H.S.	Domschot, Mark	White Bear Lake Area H.S.
Clark Jr, John	Mahnomen H.S.	Donahue, Michael	Alexandria H.S.
Clark, Paul	Pillager H.S.	Donovan, Terry	La Crescent H.S.
Clauson, Mark	Owatonna H.S.	Drager, Dusty	Maple River H.S.
Coenen, Jerome	Owatonna H.S.	Drake, Elliott	Park H.S.
Coenen, Jerome	Chanhasen HS	Drkula, Tony	Saint Croix Lutheran H.S.
Coldagelli, Michael	New Prague H.S.	Dumonceaux, Duane	Forest Lake H.S.
Cole, Brent	Warroad H.S.	Duncanson, Gavin	Saint Michael-Albertville H.S.
Collins, Corey	Elk River H.S.	Dunham, Bradley	Ulen-Hitterdal H.S.
Collins, Matt	Tri-City United HS	Dunn, Paul	Albert Lea H.S.
Comer, Dale	Eagan H.S.	E Danzeisen, Lloyd	Rocori H.S.
Conway, Grant	Thief River Falls Lincoln HS	Ebner, Robby	Goodhue H.S.
Cook, Aaron	Win-E-Mac H.S.	Eckhardt, Cody	Saint Clair H.S.
Cook, Bryan	Mora H.S.	Edin, Lance	Verndale H.S.
Cornell, Keith	Saint Michael-Albertville H.S.	Eggermont, Jerry	Owatonna H.S.
Courneya, Jerid	Frazee H.S.	Elias, Jonathan	Eagan H.S.
Courneya, Nick	Win-E-Mac H.S.	Ellanson, Eric	Wabasso H.S.
Cousineau, Joe	Hill-Murray School	Ellefson, David	Hutchinson H.S.
Cox, Patrick	Pillager H.S.	Ellinghuysen, Joel	Lewiston-Altura H.S.
Crocker, Kyle	Brainerd H.S.	Ellingson, Daniel	Hills-Beaver Creek H.S.
Cross, Michael	Elk River H.S.	Ellingson, Michael	Albany H.S.
Crummy, Tom	Warren-Alvarado-Oslo H.S.	Empting, Michael	Alexandria H.S.
Cumberland, Kevin	Saint Clair H.S.	Emter, Ryan	Henning H.S.
Curry, Jonathon	Fulda H.S.	Engebretson, Taylor	Thief River Falls Lincoln HS
Dahl, Andy	Moose Lake H.S.	Enter, Jonathan	Saint Croix Lutheran H.S.
Dahl, Bryan	Chaska H.S.	Epema, Tim	Montevideo H.S.
Dahlstrom, David	Foley H.S.	Erdmann, Greg	Fulda H.S.
Dalager, Nate	Thief River Falls Lincoln H.S.	Erdmann, Jeff	Rosemount H.S.
Damm, Lucas	Yellow Medicine East H.S.	Erickson, Mark	Brainerd H.S.
David, Nick	Mound-Westonka H.S.	Erickson, Troy	Mora H.S.
Davis, Eric	Mankato East H.S.	Esch, Mark	Minnetonka H.S.
Dean, Marc	Lakeville South H.S.	Essler, Jared	Saint Michael-Albertville H.S.
Deibele, Cole	Monticello H.S.	Ettestad, Sethen	International Falls H.S.
Develice, Thomas	Andover H.S.	Ewald, Clint	Saint Louis Park H.S.
DeWulf, Mike	Nevis H.S.	Fabish, Mark	North Woods
Diediker, Matt	Tartan H.S.	Fairbanks, Michael	Deer River H.S.
Dierks, Jon	Mankato East H.S.	Faust, David	Farmington H.S.
Dietel, John	Monticello H.S.	Fay, Ryan	Princeton H.S.
Diggins (Jr), Michael	Centennial H.S.	Feeney, Kevin	Moorhead H.S.
Diggins, Mike	Centennial H.S.	Fehr, Brad	Morris Area School
Digiovanni, Jeremy	Walker-Hackensack-Akeley H.S.	Feierabend, Mitch	Brainerd H.S.
Dinnel, Michael	Pine River-Backus H.S.	Ferkinhoff, Ryan	Totino-Grace H.S.

**COACH****SCHOOL**

Ferraro, Sam .....Champlin Park H.S.  
 Ferrier, Aaron..... Redwood Valley H.S.  
 Fester, Jordan .....Belgrade-Brooten-Elrosa H.S.  
 Fettig, Shawn .....Belle Plaine H.S.  
 Fisher, Aaron..... Upsala H.S.  
 Flack, Benjamin .....Owatonna H.S.  
 Flann, Derek .....B O L D H.S.  
 Flaten, Dustin.....Ulen-Hitterdal H.S.  
 Fleege, Rick .....Saint Cloud Cathedral H.S.  
 Fleischman, Andrew .....Edgerton H.S.  
 Flynn, Jacob..... Goodhue H.S.  
 Foertsch, Casey ..... Underwood H.S.  
 Foley, Bob .....Montevideo H.S.  
 FOSTER, JASON..... Saint Louis Park H.S.  
 Frame, Rick..... Breck School  
 Franck, Larry..... Nevis H.S.  
 Francois, Rodney..... Minnetonka H.S.  
 Franz, Marc.....Rogers H.S.  
 Freed, Jason ..... Brainerd H.S.  
 Freitag, Mike .....Cedar Mountain H.S.  
 Frey, Adam..... Saint Croix Lutheran H.S.  
 Frie, Todd ..... Menahga H.S.  
 Frisell, Dave .....Belle Plaine H.S.  
 Frisell, Quinn.....Belle Plaine H.S.  
 Fritze, Daniel..... East Ridge H. S.  
 Fritze, Kent .....Park Rapids Area H.S.  
 Fritze, Michael ..... Eagan H.S.  
 Fritze, Thomas ..... Hastings H.S.  
 Fruechte, Carl .....Caledonia High School  
 Fry, Korey..... Hillcrest Lutheran Academy  
 Fryklund, Rick .....Park H.S.  
 Gabrielson, Jeff..... New London-Spicer H.S.  
 Galindo, Ryan ..... Minneapolis Washburn H.S.  
 Galle, JJ..... Southland H.S.  
 Gans, James..... Sauk Rapids-Rice H.S.  
 Gapinski, Aaron.....Swanville H.S.  
 Gardner, Anthony ..... Monticello H.S.  
 Garry, Robert .....Mahtomedi H.S.  
 Gast, Mike ..... Grygla High School  
 GEE, CARLOS ..... Eastview H.S.  
 Gegenheimer, Matt..... Prior Lake H.S.  
 Gerads, Adam .....Swanville H.S.  
 Geyen, Craig..... Monticello H.S.  
 Gibeau, Mark..... Greenway H.S.

**COACH****SCHOOL**

Giles, Dallas .....Belle Plaine H.S.  
 Gilmer, Jonathan..... Lakeville South H.S.  
 Gimbel, Chad ..... Blooming Prairie H.S.  
 Gindorff, Michael .....Crosby-Ironton H.S.  
 Girard, Stephen..... Saint Francis H.S.  
 Glasener, Vaughn.....Melrose Area H.S.  
 Gonnerman, Scott.....Morris Area School  
 Goodwin, Chris .....Norwood-Young America H.S.  
 Gornick, Jim.....Zimmerman H.S.  
 Goudy, Mick..... Monticello H.S.  
 Grabowska, Chris.....Fergus Falls H.S.  
 Grams, Steven ..... Mesabi East H.S.  
 Grandstrand, Jason ..... Grygla-Gatzke H.S.  
 Granning, Ty..... Alexandria H.S.  
 Grant, Michael ..... Roseville Area H.S.  
 Grant, Mike ..... Eden Prairie H.S.  
 Greeder, Seth ..... Saint Croix Lutheran H.S.  
 Greenway, Alex ..... Tracy-Milroy-Balaton H.S.  
 Greninger, Corey .....Milaca H.S.  
 Griffin, Mark ..... Eden Prairie H.S.  
 Gronner, Jeff..... Cromwell H.S.  
 Groomwald, Jackson .....Wayzata H.S.  
 Gross, Chris.....Foley H.S.  
 Gross, Dan .....B O L D H.S.  
 Grote, Chris.....Braham H.S.  
 Grove, Steve .....Willmar H.S.  
 Gruber, Brian ..... Minnewaska Area H.S.  
 Gullikson, Tony ..... Warren-Alvarado-Oslo H.S.  
 Gunderson, Jim.....Academy of Holy Angels  
 Gustafson , Rich..... Cannon Falls H.S.  
 Gustafson, Chad..... New London-Spicer H.S.  
 Gustafson, Stacey.....Ortonville H.S.  
 Haapajoki, Wade..... Brainerd H.S.  
 Habeck, Kurt ..... Eastview H.S.  
 Hackel, Russ .....Frazee H.S.  
 Hackett, Austin ..... Onamia H.S.  
 Hagge, KEVIN ..... Lake Crystal-Wellcome Memorial  
 Haggemiller, Hunter.....Parkers Prairie H.S.  
 Hahn, Brady ..... Cleveland H.S.  
 Hahn, Zachary.....Andover H.S.  
 Hain, Alex ..... Stewartville H.S.  
 Halder, Benjamin.....Byron H.S.  
 Hale, Tim .....Anoka H.S.  
 Halverson, Alan ..... Sibley East H.S.

## "THE KEEPERS OF THE GAME"

COACH	SCHOOL	COACH	SCHOOL
Halverson, Matt	Goodhue H.S.	Hickman, Cody	Morris Area School
Halvorson, Adam	Ogilvie H.S.	Hietala, Joseph	Duluth East H.S.
Halvorson, David	Ogilvie H.S.	Hill, Andrew	Woodbury H.S.
Hamer, Todd	Lakeville North H.S.	Hills, Alan	Aitkin H.S.
Hamilton, Steve	Elk River H.S.	Hinrichs, Russ	Alexandria H.S.
Hamlin, David	Spectrum H.S.	Hockinson, Randy	Kenyon-Wanamingo H.S.
Hamre, Erik	Win-E-Mac H.S.	Hodges, Ernest	Caledonia H.S.
Hansen, Carter	Russell-Tyler-Ruthton H.S.	Hoekstra, Robert	Big Lake H.S.
Hansen, Cooper	Eden Valley-Watkins H.S.	Hoemberg, Jared	Bertha-Hewitt H.S.
Hanson, Erik	Monticello H.S.	Hoffmann, Joe	Sleepy Eye H.S.
Hanson, Mark	Saint Francis H.S.	Hohn, Nick	Braham H.S.
Hanson, Scott	Lakeview H.S.	Holcomb, Donny	Rochester Mayo H.S.
Harig, Rick	Underwood H.S.	Holman, Dustin	White Bear Lake Area H.S.
Harris, J Mark	Stillwater Area H.S.	Holmes, Justin	Albert Lea H.S.
Harris, Marcus	Breck School	Homan, Brian	Pequot Lakes H.S.
Hartman, Chuck	Hutchinson H.S.	Homstad, Tyler	Hermantown H.S.
Hasson, Striker	Badger H.S.	Hooge, Jesse	Pillager H.S.
Haugen, Aaron	Hawley H.S.	Horn, Ben	Pillager H.S.
Hauswald, Jon	Dover-Eyota H.S.	Hosmer, Matthew	Barnum H.S.
Hebrink, Ryan	Renville County West H.S.	Houghton, Dan	Rockford H.S.
Heddan, Matthew	Roseau H.S.	Howard, Dennis	Pine City H.S.
Hedstrom, Cody	Minneapolis Edison H.S.	Howard, Willie	Robbinsdale Cooper H.S.
Heeren, Jonathan	Farmington H.S.	Howell, Scott	Saint Paul Central H.S.
Hefta, Reed	Detroit Lakes H.S.	Hruby, Nathan	Thief River Falls Lincoln HS
Heier, Christopher	Rothsay H.S.	Hudak, Pat	Farmington H.S.
Hein, Jesse	Perham H.S.	Hulke, Kevin	Minnesota Valley Lutheran
Heiser, Mark	Minneapolis Patrick Henry H. S.	Hungerholt, Cody	Houston H.S.
Heitzman, Michael	Willmar H.S.	Immerman, Cory	Waterville-Elysian-Morristown H.S.
Helget, Jeffery	Mankato West H.S.	Infanger, William	Osakis H.S.
Helget, Matt	Saint Clair H.S.	Jackman, Jim	Litchfield H.S.
Helland, Tyler	Lester Prairie H.S.	Jacobs, Jon	McGregor H.S.
Hemberger, Mark	Ulen-Hitterdal H.S.	Jankowski, Jason	Woodbury H.S.
Hemenway, Matt	Stillwater Area H.S.	Jeffrey, Matthew	Albert Lea H.S.
Henderson, Mark	Eagan H.S.	Jemmings, Dwane	Cedar Mountain H.S.
Hendrickson, Ryan	Underwood H.S.	Jenniges, Isaac	Red Rock Central H.S.
Hennen, Mike	Forest Lake H.S.	Jennissen, Neil	Cambridge-Isanti H.S.
Henson, Benjamin	Monticello H.S.	Jensen, Kyle	Orono H.S.
Hentges, Patrick	G-F-W H.S.	Jensen, Nic	Rochester Lourdes H.S.
Hentges, Scott	Sartell-Saint Stephen H.S.	Jeppesen, Bryce	Minneota H.S.
Herberg, James	Rocori H.S.	Jiskra, Adam	Park Christian H.S.
Hermanson, Erik	Cleveland H.S.	Johannes, Jerome	Medford H.S.
Hernandez, Tim	Saint Thomas Academy	John, William	Lakeville South H.S.
Herriges, Nicholas	Brainerd H.S.	Johnson Jr, Marvin	Elk River H.S.
Heryla, Peter	Columbia Heights H.S.	Johnson, Adam	Park Christian H.S.

**COACH****SCHOOL**

Johnson, Brad ..... Fairmont H.S.  
 Johnson, Chris.....Browerville H.S.  
 Johnson, Daniel .....North Branch H.S.  
 Johnson, Daniel ..... Brandon H.S.  
 Johnson, Eric .....Andover H.S.  
 Johnson, Eric .....Redwood Valley H.S.  
 Johnson, Gregory ..... Verndale H.S.  
 Johnson, Jeff ..... Chatfield H.S.  
 Johnson, Michael..... Renville County West H.S.  
 Johnson, Mike .....Parkers Prairie H.S.  
 Johnson, Mike ..... Edina H.S.  
 Johnson, Nathan ..... Proctor H.S.  
 Johnson, Nick..... Eagan H.S.  
 Johnson, Rob..... Pine River-Backus H.S.  
 Johnson, Thor..... Sebeka H.S.  
 Johnston, Chad ..... Minneota H.S.  
 Jones, Mack.....Chisago Lakes Area H.S.  
 Jones, Matt ..... Verndale H.S.  
 Joran, Joseph ..... Rosemount H.S.  
 Kahl, Kyle.....North Branch H.S.  
 Kaiser, Ward..... Silver Bay (Wm. Kelley) H.S.  
 Kalina, Kelly..... Detroit Lakes H.S.  
 Kappler, Christopher ..... Pillager H.S.  
 Kasowski, Ryan ..... East Grand Forks H.S.  
 Keeler, Mitchell.....Foley H.S.  
 Keenan, Nick.....Champlin Park H.S.  
 Kelley, Michael..... Randolph H.S.  
 Kemper, Joshua..... Waubun H.S.  
 Kenfield, Jason ..... Red Lake Falls H.S.  
 Kennedy, Zachary..... Pine Island H.S.  
 Kent, Terry ..... Lancaster H.S.  
 Kesler, Mike..... Rochester Lourdes H.S.  
 Kidd, Raymond..... Saint Anthony Village H.S.  
 Kigner, Ross ..... Forest Lake H.S.  
 Killerlain, Ben..... Park Christian H.S.  
 King, Brad ..... Caledonia H.S.  
 Kingery, Brian ..... B O L D H.S.  
 Kingsland, Thomas .....Braham H.S.  
 Kinnunen, Bill..... Grand Rapids H.S.  
 Kinsella, Joe..... Burnsville H.S.  
 Kinzer, James.....Saint Cloud Cathedral H.S.  
 Kipfer, Spenser ..... Mountain Lake H.S.  
 Kircher, Chris ..... Swanville H.S.  
 Kirk, Jordan..... Mountain Lake H.S.

**COACH****SCHOOL**

Kirk, Tim..... Mountain Lake H.S.  
 Kirkeby, Kevin ..... Rochester Mayo H.S.  
 Kish, Thomas.....Zimmerman H.S.  
 Kist, Turnar ..... Eastview H.S.  
 Kittelson, Cody ..... Wabasso H.S.  
 Kittelson, Matt..... Blooming Prairie H.S.  
 Klaphake, Benjamin.....Belgrade-Brooten-Elrosa H.S.  
 Klaphake, Phillip..... Sauk Rapids-Rice H.S.  
 Klein, Jay ..... Kimball Area H.S.  
 Kleinschmidt, Will ..... Rocori H.S.  
 Klima, Nathan ..... Martin County West  
 Klimek, Shawn ..... Nevis H.S.  
 KLINGBEIL, TIM ..... Wabasha-Kellogg H.S.  
 Klug, Nicholas ..... Upsala H.S.  
 Klusmann, Jason ..... Pine Island H.S.  
 Klyve, Mike..... Cloquet H.S.  
 Knakmuhs, Justin .....Westbrook-Walnut Grove H.S.  
 Knakmuhs, Nathan.....Westbrook-Walnut Grove H.S.  
 Knapp, Chad..... Brandon H.S.  
 Knudsen, Tim..... Maple Lake H.S.  
 Knutson, Kyle ..... Perham H.S.  
 Kobernusz, Kelly..... Holdingford H.S.  
 Koch, Jason..... Hastings H.S.  
 Kockelman, Nick..... Canby H.S.  
 Koehring , Gary ..... Hutchinson H.S.  
 Kohler , Danny ..... Waubun H.S.  
 Kokos, Brian ..... Blue Earth Area H.S.  
 Kolbinger, Mark..... Becker H.S.  
 Koll, Kris..... Menahga H.S.  
 KOLLING, MATT ..... Kingsland H.S.  
 Konietzko, Luke ..... Cloquet H.S.  
 Konold, Jon..... Willmar H.S.  
 Koopman, Ryan ..... Pipestone Area H.S.  
 Korte, Chad..... Eden Valley-Watkins H.S.  
 Kosek, Gary ..... Glencoe-Silver Lake H.S.  
 Kovach, Paul..... Eagan H.S.  
 Kovich, Robert ..... Lakeville North H.S.  
 Krantz, Wayne..... Eagan H.S.  
 Kriesel Jr, Blaine ..... Pequot Lakes H.S.  
 Kroulik, Casey ..... Clearbrook-Gonvick H.S.  
 Kruger, Marc ..... New Richland-H-E-G H.S.  
 Kruse, Dominic ..... Thief River Falls Lincoln HS  
 Kruse, Mark ..... Saint Croix Lutheran H.S.  
 Kruse, Ryan ..... Tracy-Milroy-Balaton H.S.

## "THE KEEPERS OF THE GAME"

COACH	SCHOOL	COACH	SCHOOL
Kucera, Brent	Sleepy Eye H.S.	Lockhart, Mark	New Prague H.S.
Kucera, David	Hutchinson H.S.	Lofald, Erik	Duluth Denfeld H.S.
Kuechenmeister, Randall	Blue Earth Area H.S.	Lofgren, LeRoy	Holy Family Catholic H.S.
Kuechle, Jeremy	Kimball Area H.S.	Loge, Kirk	Pequot Lakes H.S.
Kuhn, Todd	Albany H.S.	Lombardi, Jeremy	Pillager H.S.
Kuhnke, Shawn	Braham H.S.	Lombardi, Matt	Maple Grove H.S.
Kullmann, Noah	Eagan H.S.	Louzek, David	Moose Lake H.S.
Kvam, Darrin	East Central H.S.	Loven, Jay	Swanville H.S.
Kyvig, John	Andover H.S.	Lowe, Dan	Kingsland H.S.
LaBore, Beau	Stillwater Area H.S.	Loy, Zachary	Braham H.S.
LaBore, Michael	Stillwater Area H.S.	Lubarski, Nathan	Crookston H.S.
Ladd, Dave	Bloomington Jefferson H.S.	Luedtke, Ryan	Janesville-Waldorf-Pemberton H.S.
Lais, Gene	Worthington H.S.	Luhman, David	Eden Valley-Watkins H.S.
Lancaster, Andrew	Browerville H.S.	Lundeen, Dwight	Becker H.S.
Langer, Adam	Eden Valley-Watkins H.S.	Lundeen, Matt	Redwood Valley H.S.
Langer, Jason	Belgrade-Brooten-Elrosa H.S.	Lundeen, Mike	Becker H.S.
Lanners, Nicholas	Royalton H.S.	Lundgren, Brent	North Branch H.S.
LaPointe, Ryan	Elk River H.S.	Lupella, Michael	Pine River-Backus H.S.
Larsen, Joshua	Monticello H.S.	Lux, Dennis	New Ulm Cathedral H.S.
Larson, Bob	Mahnomen H.S.	Lyle, Jared	Minnewaska Area H.S.
Larson, Brandon	Eagan H.S.	Madigan, Mark	Simley H.S.
Larson, Cory	Dawson-Boyd H.S.	Magnuson, Bill	Pequot Lakes H.S.
Larson, Craig	Fertile-Beltrami H.S.	Magnusson, Tim	Thief River Falls H.S.
Larson, John	Warroad H.S.	Maher, Nathan	Monticello H.S.
Larsob, Reed	Grand Rapids H.S.	Mahlen, Michael	Verndale H.S.
Larson, Todd	Frazee H.S.	Mahon, Dominic	Tartan H.S.
Lassahn, David	Blooming Prairie H.S.	Mahoney, Matt	Fairmont H.S.
Lavender, Alan	Glencoe-Silver Lake H.S.	Malone, Paul	Rochester Century H.S.
Law, Michael	Blaine H.S.	Maly, Cole	Pipestone Area H.S.
Leake, Loren	Thief River Falls Lincoln HS	Manuel, James	Irondale H.S.
Ledahl, Jody	Cambridge-Isanti H.S.	Marcelo, Jason	Brainerd H.S.
Leintz, Andrew	Saint Cloud Cathedral H.S.	Mark, Jonathan	Park Christian H.S.
Leintz, Jon	Saint Cloud Cathedral H.S.	Market, Tony	Lakeville North H.S.
Leiran, Benjamin	Eagan H.S.	Marmon, Jack	Little Falls H.S.
Leither, Jamie	Rocori H.S.	Marquis, Ethan	Stephen-Argyle Central H.S.
LeMieur, Jonathan	Brainerd H.S.	Marquis, Everett	Fosston H.S.
Lemke, Paul	Glencoe-Silver Lake H.S.	Marsh, Jason	Cherry H.S.
Lenarz, Thomas	Cloquet H.S.	Martin, Jon	Saint Francis H.S.
Lian, Christopher	Thief River Falls Lincoln HS	Martinson, Josh	Fosston H.S.
Lidke, Levi	Braham H.S.	Mathiasen, Jordan	Saint Cloud Apollo H.S.
Lieser, Derek	New Ulm H.S.	Maxwell, Mitchell	Marshall H.S.
Linder, Tyler	Worthington H.S.	May, Michael	Mankato East H.S.
Lindsay, Kerry	Mankato West H.S.	McCready, Scott	Saint Charles H.S.
Litterer, Jackson	Buffalo H.S.	McEachran, John	Perham H.S.

**COACH****SCHOOL**

McElfresh, Logan..... Brainerd H.S.  
 McIntyre, Ryan ..... Two Harbors H.S.  
 McKittrick, Hayden..... Marshall H.S.  
 McMenemy, Sean ..... Benilde-St. Margaret's H. S.  
 McMoore, Terrell.....DeLaSalle H.S.  
 McMullen, Mike.....Saint Cloud Cathedral H.S.  
 McMullen, Steve..... Mahnomen H.S.  
 McNamara, Jacob..... Goodhue H.S.  
 McPherson, Joe.....Orono H.S.  
 McShane, Matthew ..... Hermantown H.S.  
 McWilliams, Ian .....North Branch H.S.  
 Meagher, Matt ..... Minnewaska Area H.S.  
 Meece, Evan ..... Underwood H.S.  
 Mensen, Chris..... Simley H.S.  
 Mensing, Garret ..... Saint Clair H.S.  
 Mensing, Michael.....Andover H.S.  
 Mensink, Chris..... Fillmore Central H.S.  
 Metzger, Rex ..... Hills-Beaver Creek H.S.  
 Meyer, Adam .....Springfield H.S.  
 Meyer, Chris..... Monticello H.S.  
 Meyer, David..... Detroit Lakes H.S.  
 Meyer, Joel ..... Rothsay H.S.  
 Meyer, Noel .....Sartell-Saint Stephen H.S.  
 Meyer, Rick.....Sauk Centre H.S.  
 Meyers, Daniel.....Cannon Falls H.S.  
 Meyers, Keith.....Cannon Falls H.S.  
 Michaels, Chad..... Concordia Academy-Roseville  
 Middagh, Thomas.....Saint Michael-Albertville H.S.  
 Midtaune, Scott ..... Marshall H.S.  
 Milani, Nicholas..... Chisholm H.S.  
 Miller, Codey ..... Spring Lake Park H.S.  
 Minkinen, Robert..... Barnum H.S.  
 Mitchell, Luke..... Holdingford H.S.  
 Moberg, Aaron ..... Mounds View H.S.  
 Moelter, Kurt .....Saint Peter H.S.  
 Moga, Dale ..... Houston H.S.  
 Mogensen, Glenn .....Farmington H.S.  
 Monroe, Joel ..... Alexandria H.S.  
 Montgomery, George ..... Delano H.S.  
 Montgomery, Stephen ..... Sibley East H.S.  
 Moore, Jeff..... Verndale H.S.  
 Moore, Kody .....Spring Grove H.S.  
 Moran, Mark ..... Zumbrota-Mazeppa H.S.  
 Morford, Jamie.....Royalton H.S.

**COACH****SCHOOL**

Moritko, Jeff.....Holy Family Catholic H.S.  
 Mortenson, Brandon..... Centennial H.S.  
 Mortenson, Jason .....Kimball Area H.S.  
 Mortimer, Todd..... Warren-Alvarado-Oslo H.S.  
 Moscho, Chris.....Belgrade-Brooten-Elrosa H.S.  
 Moses, Alexander .....Moorhead H.S.  
 Mueller, Garrett ..... Stewartville H.S.  
 Muetzel, David.....Mahtomedi H.S.  
 Muir, Seth .....Owatonna H.S.  
 Mullins, Mitchell ..... Caledonia H.S.  
 Mundle, Dale ..... Hermantown H.S.  
 Mundt, Tyler .....Norwood-Young America H.S.  
 Murphy, Craig..... Sleepy Eye H.S.  
 Myers, Jeff.....Browerville H.S.  
 Myrvik, Matt ..... Minneota H.S.  
 Naatz, Peder..... Hawley H.S.  
 Narum, Trevor..... Lake City H.S.  
 Neel, Brady ..... Alden-Conger H.S.  
 Negen, Jackson..... Robbinsdale Armstrong H.S.  
 Nelson II, Bradley ..... Atwater-Cosmos-Grove City H.S.  
 Nelson, Brandon .....Morris Area School  
 Nelson, Brian ..... Fertile-Beltrami H.S.  
 Nelson, Cullen.....Chanhassen HS  
 Nelson, Matt .....Kasson-Mantorville H.S.  
 Nelson, Thomas..... Two Harbors H.S.  
 Nelson, Troy ..... Brainerd H.S.  
 Neptune, Justin ..... Brainerd H.S.  
 Neseth, Brandon ..... Triton H.S.  
 Nesvig, Matt..... Hancock H.S.  
 Neumann, Rob ..... Minneapolis Patrick Henry H. S.  
 Nielsen, Rob ..... Detroit Lakes H.S.  
 Noll, Chuck ..... Melrose Area H.S.  
 Norby, Jake..... New Prague H.S.  
 Nordick, Jeremy ..... Park Rapids Area H.S.  
 Northrop, Matt..... Pine Island H.S.  
 Norton, Matthew ..... Saint Francis H.S.  
 Nowinsky, Lukas ..... Elk River H.S.  
 Nutt, Rob ..... Lake City H.S.  
 Oakland, Eric .....Saint Croix Lutheran H.S.  
 Oden, Michael.....Breck School  
 Odland, Brian .....Saint Peter H.S.  
 ODonnell, Michael..... Rush City H.S.  
 Oellien, Logan..... Holdingford H.S.  
 Oeltjen, Nicholas .....Cambridge-Isanti H.S.

## "THE KEEPERS OF THE GAME"

COACH	SCHOOL	COACH	SCHOOL
Ojanen, Jeffrey	Cloquet H.S.	Piper, Stephen	Albert Lea H.S.
Olinger, Daulton	Spring Lake Park H.S.	Plaisance, Don	New Prague H.S.
Olson, Brady	Grygla-Gatzke H.S.	Plombon, Paul	Sartell-Saint Stephen H.S.
Olson, Brent	Lewiston-Altura H.S.	Poncelet, Tony	Goodhue H.S.
Olson, Chad	Farmington H.S.	Pope, Kevin	Morris Area School
Olson, Chad	Wabasso H.S.	Posthumus, Kyle	Belle Plaine H.S.
Olson, Eric	Ottertail Central HS	Potthoff, Doug	Spring Lake Park H.S.
Olson, Rusty	Orono H.S.	Potts, Jason	Edina H.S.
Orth, Thomas	Two Rivers H.S.	Powell, Greg	Bigfork H.S.
Ostrom, Jeff	Bemidji H.S.	Prickett, Todd	Thief River Falls Lincoln HS
Oswald, Matthew	Mahtomedi H.S.	Pritzl, Isaiah	Eagan H.S.
Otterblad, Jamie	Silver Bay (Wm. Kelley) H.S.	Propson, Thomas	Edina H.S.
Otterness, Christopher	Kasson-Mantorville H.S.	Prudhomme, Kyle	Saint Croix Lutheran H.S.
Ounchith, Vichita	Warroad H.S.	Puhrmann, Michael	Stillwater Area H.S.
Owen, Derek	Brainerd H.S.	Pulford, Kristian	Richfield H.S.
Oye, Todd	Luverne H.S.	Quinlan, Tyler	Cannon Falls H.S.
Palke, Joe	Mounds View H.S.	Quinn, Collin	Blake School (The)
Palmer, Scott	Buffalo H.S.	Quiram, Tom	Osakis H.S.
Parzyck, Ian	Holy Family Catholic H.S.	Quist, Michael	Alexandria H.S.
Pastors, Tim	Totino-Grace H.S.	Raasch, Darin	Zumbrota-Mazepa H.S.
Patrek, Nolan	Saint Anthony Village H.S.	Rach, Lance	Perham H.S.
Patterson, Tony	Robbinsdale Cooper H.S.	Radniecki, Matt	New York Mills H.S.
Patrin, Timothy	Paynesville Area H.S.	Rajkovich, Michael	Chisholm H.S.
Paul, Eric	Moorhead H.S.	Rambow, Austin	Belgrade-Brooten-Elrosa H.S.
Paul, James	Wheaton H.S.	Ramos, Joven	Saint Clair H.S.
Pavlovich, Merrill	Delano H.S.	Rand, Michael	Park H.S.
Pedersen, Ben	Detroit Lakes H.S.	Rasmussen, John	Sauk Rapids-Rice H.S.
Pederson, Andrew	Fillmore Central H.S.	Rauk, Brent	Northfield H.S.
Pederson, Rob	Eden Valley-Watkins H.S.	Redman, Aaron	Mounds View H.S.
Perrault, Ed	West Central Area School	Reed, Charlie	Woodbury H.S.
Pervenanze, Larry	Chisholm H.S.	Reese, Justin	Fridley H.S.
Petermeier, Kyle	Wadena-Deer Creek H.S.	Reeves, Robert	Hill-Murray School
Petermeier, Wayne "Ribsy"	Browerville H.S.	Reinhardt, Matthew	Saint Charles H.S.
Peterson Sr., Paul	Pillager H.S.	Reiter, Dean	Faribault H.S.
Peterson, Matthew	Esko H.S.	Remick, Brian	Red Lake Falls H.S.
Peterson, PJ	Lake Park-Audubon	Remington, Michael	Lakeville South H.S.
Peterson, Sean	Delano H.S.	Reno, Tony	Dilworth-Glyndon-Felton H.S.
Petschke, Christian	Madelia H.S.	Reuter, Karl	Maple River H.S.
Pfeiffer, Aaron	Walker-Hackensack-Akeley H.S.	Riggott, Kyle	Rochester Century H.S.
Phillips, Andrew	Watertown-Mayer H.S.	Riley, Chris	Zimmerman H.S.
Pick, Scott	Mankato West H.S.	Riley, Will	Brainerd H.S.
Pieper, Jon	Farmington H.S.	Ring, Colby	Brainerd H.S.
Pierskalla, Andy	Monticello H.S.	Roberts, Burton	Woodbury H.S.
Pillsbury, Charles	Hermantown H.S.	Robertson, Brian	Perham H.S.

**COACH****SCHOOL**

Robinson, Troy..... Becker H.S.  
 Rocheleau, David..... Pierz H.S.  
 Rockwell, John..... Columbia Heights H.S.  
 Rodas, Brian..... Minneota H.S.  
 Rogers, Jason..... Underwood H.S.  
 Rogge, Dan..... Saint Croix Lutheran H.S.  
 Rooker, Tom..... Totino-Grace H.S.  
 Roorda, Alex..... Granada-Huntley-East Chain H.S.  
 Rosholt, John..... Watertown-Mayer H.S.  
 Ross, Carter..... Westbrook-Walnut Grove H.S.  
 Rostberg, Andrew..... Hutchinson H.S.  
 Roufs, Daryn..... Spring Lake Park H.S.  
 Roundtree, Elmore..... Eastview H.S.  
 Rousemiller, Chris..... Lakeville South H.S.  
 Rowe, Mike..... Maple Lake H.S.  
 Rude, Corey..... Hutchinson H.S.  
 Ruff, Derek..... Rocori H.S.  
 Rundell, Edwin..... Watertown-Mayer H.S.  
 Rupe, Brian..... Waseca H.S.  
 Rusin, Nick..... Coon Rapids H.S.  
 Sagedahl, Daren..... B O L D H.S.  
 Salmi, Darrell..... Stillwater Area High School  
 Salzer, David..... Minneapolis Edison H.S.  
 Sand, Ozzie..... Jordan H.S.  
 Sauter, Joshua..... Cannon Falls H.S.  
 Savolainen, Adam..... Saint Cloud Apollo H.S.  
 Scherer, Bradly..... Sartell-Saint Stephen H.S.  
 Schettler, Randy..... Adrian H.S.  
 Schiltz, Mitchel..... Pine Island H.S.  
 Schimek, Brent..... Deer River H.S.  
 Schindler, Mike..... Kimball Area H.S.  
 Schleeter, Harry..... Orono H.S.  
 Schlotfeldt, Richard..... Andover H.S.  
 Schmelzle, Scott..... Lakeville North H.S.  
 Schmidt, Mike..... Randolph H.S.  
 Schmidtke, TJ..... United South Central H.S.  
 Schmiedeberg, Donnie..... Lancaster H.S.  
 Schmitt, Ed..... Austin H.S.  
 Schnathorst, Vern..... Detroit Lakes H.S.  
 Schneider, Dave..... Eden Valley-Watkins H.S.  
 Schoenecker, Nicholas..... New Prague H.S.  
 Schoenfelder, Roger..... Blue Earth Area H.S.  
 Schreck, Anthony..... Roseville Area H.S.  
 Schroeder, Anthony..... Fisher H.S.

**COACH****SCHOOL**

Schroeder, Brent..... Caledonia H.S.  
 Schugel, Tim..... Eagan H.S.  
 Schuller, Nolan..... Jackson County Central H.S.  
 Schuller, Thomas..... Jackson County Central H.S.  
 Schultz, Bob..... Delano H.S.  
 Schumann, Alexander..... Belgrade-Brooten-Elrosa H.S.  
 Schwegel, Brandon..... Bagley H.S.  
 Scoblic, Joe..... Lester Prairie H.S.  
 Seiler, Mark..... Retired  
 Sele, Jake..... Fisher H.S.  
 Semann, Trevor..... Perham H.S.  
 Semmen, James..... Lanesboro H.S.  
 Semple, Adam..... Albert Lea H.S.  
 Seymour, Daniel..... New Prague H.S.  
 Shea, Corey..... Waconia H.S.  
 Sherwin, Kelly..... Eden Prairie H.S.  
 Shoemaker, Dave..... Wayzata H.S.  
 Short, Mack..... Simley H.S.  
 Shriver, Nick..... Big Lake H.S.  
 Sieben, Kyler..... Winona Cotter H.S.  
 Sieling, John..... Parkers Prairie H.S.  
 Simmons, Martin..... Eagan H.S.  
 Singewald, Brad..... Cannon Falls H.S.  
 Skadsem, Brian..... Virginia H.S.  
 Skala, Matthew..... Owatonna H.S.  
 Skala, Nate..... Owatonna H.S.  
 Sleeper, Luke..... Lakeville North H.S.  
 Slinden, Dan..... Eden Prairie H.S.  
 Smith, Gary..... Eagan H.S.  
 Smith, Jason..... Saint Cloud Tech H.S.  
 Smith, Justin..... Woodbury H.S.  
 Smith, Thomas..... Sebeka H.S.  
 Smude, Matt..... Blaine H.S.  
 Snider, Jeff..... Rochester Lourdes H.S.  
 Snider, Nathan..... Minnewaska Area H.S.  
 Snyder, Ryan..... Hancock H.S.  
 Soberg, Matt..... Pillager H.S.  
 Soderberg, Anthony..... Dilworth-Glyndon-Felton H.S.  
 Solberg, John..... Sauk Rapids-Rice H.S.  
 Solberg, Matt..... Proctor H.S.  
 Sommers, Kevin..... Menahga H.S.  
 Sorenson, Tyler..... Mankato West H.S.  
 Spahn, Greg..... Grand Rapids H.S.  
 Spreigl, Manuel..... South Saint Paul H.S.

## "THE KEEPERS OF THE GAME"

COACH	SCHOOL	COACH	SCHOOL
Springer, Jon	Cretin-Derham Hall H.S.	Svalen, Jason	Win-E-Mac H.S.
Spurrell, Adam	Maple Grove H.S.	Swann, Michael	Irondale H.S.
STACY, JOSHUA	Eagan H.S.	Swanson, Joel	Kasson-Mantorville H.S.
Stadum, Jeremy	Little Falls H.S.	Sweere, Stephen	Perham H.S.
Standger, Corey	Monticello H.S.	Sweet, JP	Lake of the Woods H.S.
Stanton, Josh	Goodhue H.S.	Syrstad, Bryan	Crosby-Ironton H.S.
Steer, Joshua	Fergus Falls H.S.	Taffe, Matt	Melrose Area H.S.
Steffes, Neil	Fertile-Beltrami H.S.	Taft, Granger	Stillwater Area H.S.
Stein, Kyle	Sauk Rapids-Rice H.S.	Talberg, Craig	Milaca H.S.
Steine, Travis	Winona H.S.	Teders, Eric	Waseca H.S.
Steinhoff, Ryan	Winona H.S.	Telecky, Jason	Monticello H.S.
Stejskal, Anthony	Grand Meadow H.S.	Tesdahl, Neil	Crosby-Ironton H.S.
Stender, Julius	Hillcrest Lutheran Academy	Theobald, William	Holy Family Catholic H.S.
STENE, KELLY	Fertile-Beltrami H.S.	THIELEN, JON	Eden Valley-Watkins H.S.
Stene, Zach	Warren-Alvarado-Oslo H.S.	Thielges, Randy	Royalton H.S.
Stephan, Josh	Minnetonka H.S.	Thode, Timothy	Hutchinson H.S.
Stephenson, Andrew	Roseville Area H.S.	Thompson, Derrick	Hayfield H.S.
Stevenson, Derek	Red Rock Central H.S.	Thompson, Nathan	Wayzata H.S.
Stewart, James	Big Lake H.S.	Thompson, Neil	Owatonna H.S.
Stewart, John	Spring Lake Park H.S.	Thompson, Sam	Saint Agnes H.S.
Stewart, Travis	Minnesota Valley Lutheran	Thorsten, Mark	Hermantown H.S.
Stier, Sam	Waterville-Elysian-Morristown H.S.	Tiedens, Scott	Shakopee H.S.
Stinson, Brent	Red Wing H.S.	Tinjum, Paul	Ada-Borup H.S.
Stockhaus, Ryan	Osseo H.S.	Todd, Andy	Fillmore Central H.S.
Stoffel, Mike	Saint Francis H.S.	Tollefsrud, Paul	Mabel-Canton H.S.
Stohs, Justin	Watertown-Mayer H.S.	Toops III, George "Skip"	Pierz H.S.
Stokke, Todd	Lewiston-Altura H.S.	Torson, Tracy	Saint Francis H.S.
Stoltz, Zach	Pine City H.S.	Townsend, Matthew	Columbia Heights H.S.
Stone, Jody	Shakopee H.S.	Traphagen, Zach	Minnewaska Area H.S.
Stork, Jake	Deer River H.S.	Trelstad, Jason	Shakopee H.S.
Strain, Dana	Hastings H.S.	Trewick, Mike	Saint Cloud Tech H.S.
Strand, Bryan	Barnesville H.S.	Tri, Adam	Eden Valley-Watkins H.S.
Strand, Michael	Barnesville H.S.	Tri, Ray	Eden Valley-Watkins H.S.
Strand, Nate	Barnesville H.S.	Tri, Ryan	Eden Valley-Watkins H.S.
Stumpf, John	Brainerd H.S.	Trowbridge, Philip	Barnesville H.S.
Style, David	Glencoe-Silver Lake H.S.	Tschimperle, Scott	Glencoe-Silver Lake H.S.
Suess, Bryan	Kasson-Mantorville H.S.	Tye, Eric	Milaca H.S.
Sukalski, Cody	Blue Earth Area H.S.	Usset, Peter	Apple Valley H.S.
Sullivan, Bob "Bubba"	Northfield H.S.	Valdivieso, Pedro	Princeton H.S.
Sullivan, Matthew	Lakeville North H.S.	VandeBerg, Eric	Eastview H.S.
Sundberg, Andrew	Grygla-Gatzke H.S.	VandenBosch, Jonathan	Saint Croix Lutheran H.S.
Sussner, Jayme	Chaska H.S.	VanVoorhis, Tom	Irondale H.S.
Sussner, Steve	Minneota H.S.	Varichak, Nicholas	Stillwater Area H.S.
Sutton, Rick	Farmington H.S.	Varpness, Vincent	Burnsville H.S.

**COACH****SCHOOL**

Vasey, Bryson..... Sebekia H.S.  
 Vedaa, Shad..... Park Christian H.S.  
 Vig, Tom ..... Lancaster H.S.  
 Vik, Dave .....Montevideo H.S.  
 Vik, Jon .....Rochester Century H.S.  
 Viss, Dylan.....Morris Area School  
 Visser, Todd..... Hinckley-Finlayson H.S.  
 Voigt, Jordan .....Norwood-Young America H.S.  
 Voigt, Mason.....Saint Cloud Cathedral H.S.  
 Voss, Justin .....North Branch H.S.  
 Vossen, Brian ..... Lakeville North H.S.  
 Wackman, William ..... Spring Lake Park H.S.  
 Wagner, Adam ..... Brandon H.S.  
 Wagner, Jim..... LeSueur-Henderson H.S.  
 Walch, Travis ..... Saint Thomas Academy  
 Waling, Cory ..... Lancaster H.S.  
 Walquist, Scott.....Princeton H.S.  
 Walsh, Steve ..... Cretin-Derham Hall H.S.  
 Walter, Matthew ..... Annandale H.S.  
 Walters , Dean .....Owatonna H.S.  
 Walters, Cole ..... Kenyon-Wanamingo H.S.  
 Ward, Nick .....Buffalo H.S.  
 Warren, Raymond .....Minneapolis Schools  
 Warren, Troy..... Hermantown H.S.  
 Weber, Jason..... Minnewaska Area H.S.  
 Weddle, Christopher ..... Bigfork H.S.  
 Weiers, Andrew .....Shakopee H.S.  
 Weikel, Ken .....Andover H.S.  
 Weiland, Jeffery.....Wayzata H.S.  
 Weinandt, Ryan .....Dassel-Cokato H.S.  
 Weiss, Bill .....Chisago Lakes Area H.S.  
 Weiss, Mike ..... Stillwater Area H.S.  
 Welle, Brandon.....Melrose Area H.S.  
 Welle, Jonathan..... Little Falls H.S.  
 Welle, Jordan.....Melrose Area H.S.  
 Wells, Dirk ..... Lakeville South H.S.  
 Wendland, Brad .....Waseca H.S.  
 Werk, Kevin .....Medford H.S.  
 Westby, Brian.....Dassel-Cokato H.S.  
 Westerlund, Stacy ..... Aitkin H.S.  
 Westerman, David ..... Littlefork-Big Falls H.S.  
 Westgaard, Joshua ..... Rockford H.S.  
 Wieck, Dean.....Edgerton H.S.  
 Wieland, Paul..... Stillwater Area H.S.

**COACH****SCHOOL**

Wieme, Jake ..... Kenyon-Wanamingo H.S.  
 Wilcek, James..... Mounds View H.S.  
 Wilder, Adam..... Mabel-Canton H.S.  
 Wilebski, John ..... Goodridge H.S.  
 Wilhelmi, Brandon .....Springfield H.S.  
 Willaert, Stephen..... Saint Clair H.S.  
 Wille, Brian..... Fairmont H.S.  
 Williams, David..... Elk River H.S.  
 Williams, Jeff.....Owatonna H.S.  
 Williamson, Adam.....Martin County West H.S.  
 Wilson, Jonathan..... Saint James H.S.  
 Wingert, Daren..... Plainview-Elgin-Millville H.S.  
 Wingfield, Sean .....Cannon Falls H.S.  
 Winkels, Mark ..... Austin H.S.  
 Witzman, Eric..... Duluth East H.S.  
 Wohler, Barry .....Orono H.S.  
 Voitalla, Adam ..... Owatonna H.S.  
 Voitalla, Mark..... Lakeville South H.S.  
 Wolf, Robert..... Concordia Academy-Roseville  
 Wood, Nathan ..... West Central Area School  
 Woodley, Bryan .....Champlin Park H.S.  
 Woods, Joseph .....Fosston H.S.  
 Worel, Ken.....Rogers H.S.  
 Wyandt, Shane ..... Farmington H.S.  
 Yaggie, Carson ..... Breckenridge H.S.  
 Yoney, Brandon .....Moorhead H.S.  
 Youngblom, Wade ..... Park Christian H.S.  
 Yule, Brent..... Northfield H.S.  
 Zagelmeyer, Michael ..... Hermantown H.S.  
 Zappa, Steven..... Owatonna H.S.  
 Zeitchick, David.....Saint Paul Highland Park  
 Ziebarth, Dave ..... Saint Thomas Academy  
 Ziemer, Todd.....Sauk Centre H.S.  
 Zigan, Andrew ..... Monticello H.S.  
 Zimmel, Chris..... Fertile-Beltrami H.S.  
 Zoucha, Joshua ..... Minneapolis Southwest H.S.  
 Zubich, Daniel ..... Mountain Iron-Buhl H.S.  
 Zupfer, Peter .....Ortonville H.S.  
 Zupke, Tim .....Mayer Lutheran H.S.  
 Zwart, Ron .....Edgerton H.S.

# MFCA RETIRED LIFE MEMBERSHIP

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Do you want to stay active in the MFCA? Life membership in the MFCA for retired coaches is the answer. We now offer an opportunity for retired coaches to remain involved in association matters. Membership is open to all retired coaches (both assistant and head) who are life members of the State Coaches Association or who have been long-time football coaches. A one-time fee of \$25.00 brings all the benefits of association membership. PASS THE WORD! Contact Jim Dotseth, 2220 Merrimac Lane No, 55447, dotsethj@comcast.net

Allaire, Claud	Heikkinen, Marv	Marton, William	Schneider, Gregg
Anderson, Lyle	Heise, James	Meidt, Gehard	Scott, Ron
Anderson, Robert P.	Helland, Ken	Menage, Elmer	Scott, Ron L.
Aurich, Dean	Henderson, Roy	Miller, Paul	Sedlock, Lenny
Bakken, Jon	Herges, Peter	Mork, Paul	Seipkes, Don
Barnett, Raymond	Herzog, Paul	Motschenbacher, Flint	Simser, Jim
Baumann, Kenneth	Hiebert, Del	Murphy, Tom	Skjei, Stan
Belanger, Kenneth	Hill, Ken O.	Nelson, Dave	Stein, Mark
Belseth, Mike	Hill, Steve	Nielsen, Rob	Steinhoff, Ryan
Bjornaraa, Bud	Hills, Greg	Nigon, David	Stolski, Ron
Brinkman, Dan	Hofland, Niel	Nigon, Denny	Stoterau, Dennis
Brokke, Dave	Hohn, Nick	Nohner, Mark	Strand, Dick
Buntje, Mark	Holzer, Michael	Nordquist, Stuart	Strand, Randy
Celt, Bob	Idstrom, Thomas	Ogorek, Terry	Stritesky, Gene
Copple Clayton	Jacobson, Kenneth	Todd Olson	Sullivan, Bob
Darnell, Doug	Jaeger, Rick	Olson, Stan C.	Sullivan, Bubba
Davies, John	Jerde, Jerry	Ott, Steve	Swanson, Keith
DeRocher, Darien	Johnson, Norm	Otterblad, Larry	Terry III, Rober
Domschot, Ronald	Kainz, Jason	Pavlovich, Merrill	Thiel, Anthony J.
Dotseth, Jim	Kallok, Richard	Peterick, John C	Thole, George
Draheim, Ed D.	Kalpin, Dennis	Petermeier, Ribsby	Thompson, John
Ekmark, Doug	Karlsogdt, Terry	Peters, Glen	Traurig, Leo
Elston, Del	Knutson, James	Peterson, Lloyd	Tri, Ray
Essler, Dan	Konrath, Fred	Quenette, William	Trimble, Gary
Engen, Gary	Kostich, Dan	Ramey, Deryl	Turek, Terry
Foley, Patrick	Kroulik, Ivan	Rauen, Willie	Tuvey, George E.
Fox, Don	Kroulik, Mark	Risbrudt, Richard	Uhlir, David
Fredlund, Frank	Lemke, Carl	Robinson, Ron	Vagle, Virg
Fritze, Dave	Lian, Christopher	Roff, Dan	Walker, Richard
Gasner, Paul	Litecky, Bernie	Roforth, Jim	Webert, Maurice
Gaudy, Mick	Lossow, Rodney	Rohman, Dan	Weibel, Shane
Gaughran, Dick	Lubarski, Conrad	Rosenow, Bruce	Willhite, Jack M.
Graham, Gary	Lundeen, Dwight	Rossini, Reno	Wilson, Bill
Halsted, Charles	Mader, James L	Rostberg, Grady	Wolfe, Ben
Hansen, John	Majeski, Bob	Scanlan, Mal	Zeman, Dick
Harrington, Nate	Manke, Rick,	Schmitz, John	

# MFCA SUB-DISTRICT REPRESENTATIVES

Listed below are the names of the MFCA sub-district delegates who represent their respective sub-districts to the Association. Please note any misprints, mistakes, or errors and address them to the MFCA Secretary, Jim Dotseth.

These are the coaches who are responsible for carrying information to and from sub-district on behalf of the

Association and MSHSL matters. They are a vital link in the entire process and the Association will only improve as these members are utilized to the fullest.

Sub-district representatives should have a "checklist" that will help organize MFCA duties. Please contact Jim Dotseth or visit the website [www.mnfootballcoaches.org](http://www.mnfootballcoaches.org) for a hard copy of the checklist.

SUB-DISTRICT	COACH	SCHOOL
Metro East	Beau LaBore	Stillwater
Metro Maroon	Trevor Tolly	Hopkins
Metro North	Jared Essler	St. Michael-Albertville
Metro South	Nick Johnson	Eagan
Metro West	Mark Esch	Minnetonka
Mid Northwest (White)	Dave Vik	Montevideo
Mid Northwest Central	Paul Cark	Pillager
Mid NW (3 Rivers Blue)	Adam Tri	Eden Valley-Watkins
Mid NW (Gopher Gold)	Chris Moscho	Belgrade-Brooten-Elrosa
Mid NW (HOL North)	Bryan Strand	Barnesville
Mid NW Valley Plains W	Brian Remick	Red Lake County
Mid Southeast East	Tim Klingbeil	Wabasha-Kellogg
Mid Southeast East	Tony Poncelet	Goodhue
Mid Southeast West	Joe Scoblic	Lester Prairie
Mid Southeast West	Marc Kruger	NR-H-E-G
Mid-Northwest (Red)	Anthony Soderberg	Dilworth-Glyndon-Felton
North North	Dave Westerman	Littlefork/Big Falls
North South	Shawn Klimek	Nevis
Northeast Blue	Dave Louzek	Moose Lake/Willow River
Northeast Red	Greg Spahn	Grand Rapids
Northeast Silver	Austin Hackett	Mille Lacs
Northeast White	Troy Erickson	Mora
Northstar East Gold	Matt Diediker	Tartan
Northstar East Maroon	Steve Walsh	Cretin-DH
Northstar North	Mike Empting	Alexandria
Northstar South Gold	Cullen Nelson	Chanhassen
Northstar South Maroon	Jon Vik	Rochester Century
Northstar Twin Cities	Josh Zoucha	MPLS Southwest
Northstar Twin Cities	Scott Howell	St. Paul Central
Northstar West	GoldShane Weibel	Cambridge-Isanti
Northstar West Gold	Tom Develice	Andover

SUB-DISTRICT	COACH	SCHOOL
Northstar West Maroon	Marc Franz	Rogers
Skyway Blue	Matt Townsend	Columbia Heights
Skyway Brass	Michael Beehler	St. Cloud Apollo
Skyway Bronze	Nick David	Mound Westonka
Skyway Copper	Andrew Phillips	Watertown Mayer
Skyway Gold	Manuel Spreigl	South St. Paul
Skyway Green	Jon Konold	Willmar
Skyway Maroon	Justin Reese	Fridley
Skyway Orange	Samuel Thompson	St. Agnus
Skyway Platinum	John Cassellius	Winona
Skyway Red	Kris Pulford	Richfield
Skyway Silver	Tom Kish	Zimmerman
Skyway Yellow	Jim Gunderson	Academy of Holy Angels
South Central Blue	Dusty Drager	Maple River
South Central Red	Brian Odland	St. Peter
South Central Silver	Tom Schuller	Jackson County Central
South Central White	Brad Wendland	Waseca
South West	Jeremy Robinson	Cedar Mountain
Southeast Red	Trevor Narum	Lake City
Southeast White	Brandon Neseth	Triton
Southwest North	Tony Smith	Lac qui Parle Valley
Southwest South	Scott Hanson	Lakeview
Southeast East	Trevor Carrier	LeRoy-Ostrander
West North	Aaron Cook	Win-E-Mac
West North	Casey Kroulik	Clearbrook-Gonvick
West South	Chad Christianson	Hancock



## Minnesota Football Coaches Association's Tackle Cancer Initiative

2012	\$120,661	2016	\$281,784	2020	\$45,872
2013	\$190,073	2017	\$311,475	2021	\$326,297
2014	\$230,170	2018	\$348,423	2022	\$473,024
2015	\$233,269	2019	\$366,990	2023	\$566,626

TOTAL: \$3,496,698

2024 GOAL: \$600,000

### TACKLE CANCER EVENT IDEAS

Collect donations at the gate before the game and at the concession stand during the game. Have PA Announcer remind fans during pre-game to make their donations.

Two Minute Challenge – during halftime, following half time activities, pass buckets down each row of your home and away stands. Put two minutes on scoreboard clock and have PA Announcer give directions and provide “play by play.”

Give each one of your players 3 Tackle Cancer Wristbands. Players seek a donation for each wristband.

Make up Tackle Cancer T-Shirts and sell to student body during the week.

Get your Student Council, NHS, DECA, and other groups involved.

Make a video with your team and show to student body during the week.

Reach out to the administration of your elementary and middle schools. A Coin Drive the week of your Tackle Cancer Game is easy and fun. Announce the winning classroom(s) at halftime of your Tackle Cancer Game.

Create a competition between your school and your Tackle Cancer Game opponent.

Involve your youth football teams – have parents pledge \$ for each point scored by that youth team during your Tackle Cancer Week.

Order a Tackle Cancer Football – have players sign it – raffle it off!

Reach out to businesses and restaurants in your community for Tackle Cancer partnerships.

### GOPHERS, VIKINGS, MIAC, NSIC

The MFCA would like to thank the Minnesota Vikings, the Minnesota Gophers and the programs in the MIAC, NSIC and UMAC for their support of Tackle Cancer.





## TACKLE CANCER

*Benefiting*

RANDY SHAVER CANCER RESEARCH  
AND COMMUNITY FUND

# GAME PLAN TACKLE CANCER



### Pick a Home Game Date



### Send Email With Participation Details To

[Randyshavermn@gmail.com](mailto:Randyshavermn@gmail.com)

(Include: school name/date of game/opponent) Details are posted on [randyshavercancerfund.org/events/tackle-cancer](http://randyshavercancerfund.org/events/tackle-cancer) webpage



### Set a Fundraising Goal



### Form a Tackle Cancer Committee

Involve people passionate about this cause – let them lead your team's Tackle Cancer campaign



### Use Your Imagination & Have Fun!

Involve other sports/youth football programs. Sell t-shirts, wristbands, socks. Advertise on your social media, use posters.



### Collect Donations

This can be done before the game, as a half-time event and/or the week leading up to the game.



### Submit Donation

Fill out the Tackle Cancer Donation Form included in this mailing. Please make checks out to the Randy Shaver Cancer Research and Community Fund (Not Tackle Cancer)



### Share Pictures Of Your Event On Social Media And Tag



RSCRCF



randyshavercancerfund



@RSCRCF



@MFCA\_NOW



@rshaver11

## BE A PART OF OUR WINNING TEAM

## "THE KEEPERS OF THE GAME"

Dear Coach,

The Minnesota Football Coaches Association hopes you will support the Randy Shaver Cancer Research and Community Fund by sponsoring a "Tackle Cancer Game" this fall! Please fill out the form below and include it when you mail in your check. Please send this information along with all monies raised (preferably one check through the school) within one week of your Tackle Cancer Game.

WE ARE PROUD TO BE A STRONG SUPPORTER OF THE RANDY SHAVER CANCER RESEARCH AND COMMUNITY FUND. WE APPRECIATE AND ARE GRATEFUL FOR THE DONATIONS RSCRCF MAKES TO FUND CANCER RESEARCH AND SUPPORT COMMUNITY BASED PROGRAMS ACROSS THE STATE WHICH BENEFIT OUR CANCER PATIENTS AND FAMILIES. IT IS IMPORTANT TO US THAT WE CONTINUE THIS RELATIONSHIP AND TAKE MEASURES TO PROTECT IT. ACCORDINGLY, YOU ARE ONLY AUTHORIZED TO USE THE NAME "TACKLE CANCER" FOR EVENTS AND FUNDRAISERS WHICH WILL DONATE 100% OF THE PROCEEDS TO THE RANDY SHAVER CANCER RESEARCH AND COMMUNITY FUND.

Make check out to the Randy Shaver Cancer Research and Community Fund NOT Tackle Cancer. Please contact me with questions. Have a great fall!

Dave Nelson  
dave.nelson@minnetonkaschools.org  
952-201-3156

School Name: \_\_\_\_\_ School Address: \_\_\_\_\_

Tackle Cancer Game Date: \_\_\_\_\_

Tackle Cancer Game Opponent: \_\_\_\_\_

Tackle Cancer Contact: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Total Amount Raised for Tackle Cancer: \_\_\_\_\_

Please send the above information along with the check from your school to our Fund Office at Randy Shaver Cancer Research and Community Fund, 12800 Whitewater Drive, Suite 100, Minnetonka, MN 55343.

### **DONATE ONLINE at [www.randyshavercancerfund.org](http://www.randyshavercancerfund.org)**

- Click on Donate at the top right of the screen.
- Scroll down and click the DONATE NOW Button.
- Look for Tackle Cancer under the Event Donations section and enter your donation amount.

Questions? Call Dave Nelson at 952-201-3156 or Heather Austin at 952-473-1778

# COACH TO COACH PROGRAM

The Coach to Coach program began with the 2006 football season. The program was developed by the MFCA Executive Committee and is designed to allow Minnesota high school football coaches to contact successful, retired coaches and get their insight on how to implement ideas on a variety of topics such as offense, defense, special teams, program building, and many more.

The Coach to Coach program lists some of the most successful and legendary coaches in Minnesota high school football history. Represented among these coaches are numerous state championship coaches, 200+ game winners, and many coaches who have thirty or more years of coaching football. The retired coaches listed are willing to give some of their best advice and information acquired over their long and successful careers. Member coaches are encouraged to utilize this program to improve their programs in any area.

COACH	ADDRESS	CITY/STATE	ZIP	PHONE NUMBER
Belanger, Ken	21875 Marek Road	Frederic, WI	54837	715-327-8726
Mike Belseth	1438 Andrews Avenue	Breckenridge	56520	218-643-2442
Celt, Bob	1963 Cherry Street	Red Wing	55066	651-388-5980
Darnell, Doug	6825 Dupont Avenue North	Brooklyn Center	55430	763-560-1702
Davies, John	22439 Beach Road	Deerwood	56444	218-546-6460
DeRocher, Darien	7101 Brown's Lane	Brainerd	56401	218-825-8466
Domschot, Ronald	105 Knut Street	Alexandria	56308	320-763-7140
Dotseth, Jim	1034 Anthony Way	Victoria	55386	612-226-6260
Fox, Don	1809 3rd Avenue Southwest	Austin	55912	507-433-3016
Gasner, Paul	51 142nd Avenue Northwest	Andover	55304	763-757-2340
Graham, Gary	11825 Bluegill Drive	Sauk Centre	56378	320-352-2881
Heikkinen, Marv	2806 Solway Road	Menahga	55733	218-628-1663
Herges, Pete	PO Box 66	Albany	56307	320-845-2981
Hill, Ken	1031 3 1/2 Avenue North	Sauk Rapids	56379	320-252-4035
Hofland, Neil	201 2nd Street West	Chokio	56221	320-324-7363
Jacobson, Kenneth	517 Park Street	Chatfield	55923	507-867-4759
Konrath, Fred	2227 Foxtail Court	Lino Lakes	55110	651-426-0752
Kostich, Dan	109 37th Avenue South	Moorhead	56560	218-233-1079
Lubarski, Conrad	909 Bradford PO Box 1	Argyle	56713	218-437-6354
Mader, Jim	PO Box 330	Albany	56307	320-845-2814
Manke, Rick	18135 Willow Springs	Detroit Lakes	56501	218-847-7106
Menage, Elmer	816 North Estey	Luverne	56156	507-283-2479
Mork, Paul	2166 Regent Drive	White Bear Lake	55110	651-429-6429
Nigon, David	2606 Rivers Bluff Lane	Anoka	55303	763-571-9116
Peterson, Lloyd	112 Ranch Avenue	Marshall	56258	507-532-5916
Robinson, Ron	415 South Range Road	Springfield	56087	507-723-4718
Roff, Dan	5470 Vinewood Lane	Plymouth	55441	763-550-1109
Rohman, Dan	405 3rd Street	Belview	56214	507-938-4274

## "THE KEEPERS OF THE GAME"

COACH	ADDRESS	CITY/STATE	ZIP	PHONE NUMBER
Scanlan, Mal.....	1938 Fairmont Avenue .....	St Paul.....	55105.....	651-699-7877
Schneider, Gregg.....	1391 Valley View Road.....	Chaska.....	55318.....	952-448-5667
Scott, Ron.....	12816 Jonquil Street NW .....	Coon Rapids.....	55448.....	612-546-3262
Simser, Jim.....	940 Liberty Lane .....	Fairmont.....	56031.....	507-235-8689
Strand, Richard.....	Box 316.....	Mayville, ND .....	58257.....	701-430-1562
Stoterau, Dennis.....	114 W Chestnut Street.....	Redwood Falls.....	56283.....	507-644-8063
Swanson, Keith.....	114 Dakota Avenue.....	Hoffman .....	56339.....	320-986-2697
Thole, George .....	2114 Fair Meadows Road.....	Stillwater .....	55082.....	651-439-5991
Traurig, Leo.....	812 South Payne Street.....	New Ulm .....	56073.....	507-354-8376
Walker, Richard.....	7420 Edinborough #6315 .....	Edina .....	55435.....	952-806-9922

## CAMP OUTREACH PROGRAM

What a great way for our association to give back to its own members that are part of this wonderful association. Nine schools took advantage this year. One of the biggest things we look for in choosing the schools that receive the camp scholarship award is that they do not have a booster club to help pay or offset the cost of their camp. A lot of the schools would not have half of their players show up if they had to pay a fee for the teams summer camp. This \$500.00 goes a long way in helping pay for coaches to come and work with our kids. Again, what a great way for the MFCA to give back, it shows that the association is truly there to help out its members. This is just another reason with a very long list as to why EVERY coach should become a member.

### Kyle Petermeier

Head Football Coach  
Wadena-Deer Creek H.S.  
600 Colfax Ave SW  
Wadena, MN, 56482  
kpetermeier@wdc2155.k12.mn.us

### Mike Mahlen

Head Football Coach  
Verndale High School  
411 SW Brown Street  
Verndale, MN, 56481  
mmahlen@yahoo.com

### Ryan Hendrickson

Head Football Coach  
Underwood H.S.  
100 Southern Ave. E.  
Underwood, MN, 56586-0248  
rhendrickson@underwood.k12.mn.us

### Wayne Petermeier

Head Football Coach  
Browerville-Eagle Valley H.S.  
620 Park Ave  
PO Box 185  
Browerville, MN, 56438  
ribsy@browerville.k12.mn.us

### Jay Loven

Head Football Coach  
5 Brentwood Circle  
Swanville, MN, 56382  
jay.loven27@gmail.com

### Kevin Pope

Head Football Coach  
Morris/CA Football  
201 S. Columbia Ave.  
Morris, MN, 56267  
kpope@morris.k12.mn.us

### Chris Moscho

Head Football Coach  
Belgrade-Brooten-Elrosa H.S.  
710 Washburn Avenue  
PO BOX : 339  
Belgrade, MN, 56312  
cmoscho@bbejaguars.org

### Mike Johnson

Head Football Coach  
411 S Otter Ave  
PO BOX 46  
Parkers Prairie, MN, 56361  
mjohnson@pp.k12.mn.us

# CAMP OUTREACH APPLICATION

## MINNESOTA FOOTBALL COACHES ASSOCIATION

Return to: Wayne Petermeier, P.O. Box 185 / 6th and Park Ave., Browerville, MN.56438

School Name \_\_\_\_\_

Class \_\_\_\_\_ Sub-District \_\_\_\_\_ Section \_\_\_\_\_

Head Coach \_\_\_\_\_

How many years have you been coaching? \_\_\_\_\_ As a Head Coach \_\_\_\_\_

How many coaches on your staff? \_\_\_\_\_

What are their names? \_\_\_\_\_

Your Phone Number \_\_\_\_\_ email \_\_\_\_\_

This camp is to help your program. You need to do the ground work on getting a staff to come to your school.

What coaching staff have you contacted to come to your school? \_\_\_\_\_

How many members of their staff will be working the camp ? \_\_\_\_\_

What is the travel distance round trip for the coaching staff ? \_\_\_\_\_

What would you like taught at the camp? \_\_\_\_\_

What age groups would be involved? \_\_\_\_\_

Would this be a CONTACT or NON-CONTACT camp? \_\_\_\_\_

**\*\*Please attach a letter outlining reasons why you feel your school should be chosen for this scholarship.**

Include why you want the staff you have chosen to come to your school and any other important information you feel is necessary.

# 2024 MFCA CLINIC

The 2024 MFCA Clinic took place at the Doubletree Hotel April 4th through the 6th. This year's clinic drew our largest audience ever with over 1600 participants! The event featured breakout and headline speakers, as well as several business and social events! Our speaker line-up included many regional high school and college speakers as well as top National high school speakers. National high school speakers included Grady Rowe and the staff from state finalist Bellville High School in Texas, staff from Westlake High School in Texas, as well as head coach Matt LeZotte from Richmond Hill High School in Georgia. Minnesota native Grady Guess from Wakulla High School in Florida rounded-up our national high school speakers. Thursday's evening program included a welcome message from MFCA Executive Director Ron Stolski as well as presentation of our partnership, Call Stoll, and assistant coach of the year awards. We also featured a message from Minnesota Vikings head coach Kevin O'Connell. Our Friday line-up included the Gopher Staff as well as the afternoon dedicated to featuring Minnesota State Champions and Finalists. In addition, our Friday schedule featured Wyoming head coach Jay Sawvel and culminated with our evening program featuring a salute to Randy Shaver, the Man of the Year Award, and Gopher head coach P.J. Fleck. In addition to speakers and presentations, the clinic included many socials and business meetings and culminated with University of Minnesota Gophers meetings and practice at Huntington Bank stadium.



**P.J. Fleck** addresses clinic



**PARTNER APPRECIATION AWARD 2023**  
Twin City Orthopedic's **Adam Buchalski** accepts the Participation Appreciation from MFCA staff member Dave Nigon.

**Nic McKissic-Luke**, Gopher RB coach, conducts a session



**CAL STOLL AWARD WINNERS 2023**  
Bill Infanger, Osakis; Kent Jeffery, Wabasha-Kellogg; Jon Wessel, Tartan; Greg Schwaegert, Montevideo; Dave Farlinger, LeRoy-Ostrander



**KFAN RADIO** Broadcasts from clinic



**MAN OF THE YEAR AWARD:**  
Gary Fasching

# NEW HEAD COACHES 2024

COACH	SCHOOL	E-MAIL	PHONE
BRAD ANDERSON	BENILDE ST MARGARET	COACHANDERSON@BSMSCHOOL.ORG	612-270-3658
NICK SHRIVER	BIG LAKE	N.SHRIVER@BIGLAKESCHOOLS.ORG	763-331-2173
MARCBACHMAN	BLOOMINGTON JEFFERSON	MBACHMAN@ISD271.ORG	507-931-2139
RODNEY PIERCE TYLER	BROOKLYN CENTER	RPIERCETYLER@BCCS286.ORG	214-998-5991
BEN GEISLER	CAMBRIDGE-ISANTI	GEISLER2@GMAIL.COM	651-734-5386
MIKE FREITAG (CO-COACH)	CEDAR MOUNTAIN	MFREITAG@CEDARMT.ORG	507-430-0069
ADAMKERKHOFF (CO-COACH)	CEDAR MOUNTAIN	KERKHOFFADAM@YAHOO.COM	507-430-1048
BLANE TETREALT	DULUTH EAST	DULUTHEASTFOOTBALLCOACH@GMAIL.COM	651-283-9221
CHAUNCY WILLIAMS-BAREFIELD	HOPKINS	COACHCHAUNCY@GMAIL.COM	612-262-3933
COLE WALTERS	KENYON-WANAMINGO	CWALTERS@KW.K12.MN.US	218-256-3610
JP SWEET	LAKE OF THE WOODS	JP_S@LAKEOFTHWOODSSCHOOL.ORG	218-395-0435
MICHAEL BOLTON	LONG PRAIRIE-GREY EAGLE	MBOLTON@LPGE.K12.MN.US	320-295-8373
ADAM SPURRELL	MAPLE GROVE	SPURRELLA@DISTRICT279.ORG	612-636-7637
MIKE ROWE (CO-COACH)	MAPLE LAKE	ROWEM@MAPLELAKE.K12.MN.US	612-244-8109
CHUCK HARTMAN (CO-COACH)	MAPLE LAKE	OACHCHARTMAN@GMAIL.COM	320-296-1252
TIM ZUPKE	MAYER LUTHERAN	TIM.ZUPKE@MAYERLUTHERAN.ORG	701.371.5578
ISAAC VESEL	MELROSE AREA	IVESEL@ISD740.ORG	218-591-4806
RODNEY LOSSOW	MPLS ROOSEVELT	RODNEY.LOSSOW@MPLS.K12.MN.US	612.387.7963
BRIAN WESTBY	NEW LONDON-SPICER	WESTBY@ISD345.ORG	320-295-2128
PATRICK MURPHY	ORTONVILLE	PATRICK.MURPHY@ORTONVILLE.K12.MN.US	507-438-0223
BEN POIDINGER	PACT CHARTER SCHOOL	B.POIDINGER@PACTCHARTER.ORG	763-913-0070
JOEL HINKE	RUSHFORD PETERSON	JOELHINKE@R-PSCHOOLS.COM	920-379-0486
TANNER BURGAU	SEBEKA	TBURGAU@G.SEBEKA.K12.MN.US	218-639-6797
SCOTT GANGL	SPECTRUM HIGH SCHOOL	SGANGL@SPECTRUMHIGHSCHOOL.ORG	763-218-9767
JUSTIN HELGET	ST.PETER	JHELGET@STPETERSCHOOLS.ORG	507-227-3423
JOE KEMP	WABASSO	JOE.KEMP@ISD640.ORG	507-828-6696
ERIC MELCHER	NORTHERN FREEZE	EMELCHER@MCCFREEZE.ORG	218-689-1824
TANNER BURGAU	SEBEKA	TBURGAU@G.SEBEKA.K12.MN.US	218-639-6797

sportsYou®

# SUB-DISTRICT REPS CHECKLIST

Please discuss the following at your Sub District Meeting: MFCA Website: [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com) Submission Forms for All of the Awards can be found at: <https://www.mnfootballcoaches.com/forms>

**ACADEMIC ALL-STATE:** <https://www.mnfootballcoaches.com/page/show/2273497-forms>

**Committee Chairs:**

Individual: Nick David    [davidn@westonka.k12.mn.us](mailto:davidn@westonka.k12.mn.us)    952-491-8303    Deadline: November 1st  
 Team: Wayne Petermeier    [ribsy@browerville.k12.mn.us](mailto:ribsy@browerville.k12.mn.us)    320-594-8105    Deadline: November 1st

**INDIVIDUAL - ACADEMIC ALL-STATE**

Class	Name	School	Fax Number
9M	Mike Mahlen	Verndale	218-445-5185
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Scott Gonnerman	Morris	320-589-3203
3A	Brian Odland	St. Peter	507-934-3783
4A	Andy Rostberg	Hutchinson	320-587-0955
5A	Corey Shea	Waconia	952-442-0679
6A	Mike Law	Blaine	763-506-6503

**TEAM - ACADEMIC ALL-STATE**

Class	Name	School	Fax Number
9M	Chad Christensen,	Hancock	320-392-5156
1A	Wayne Petermeier,	Browerville,	320-594-8105
2A	Jon Bakken,	Lakeville South,	507-362-4561
3A	Dave Rocheleau,	Pierz,	320-468-6577
4A	Terry Bahlmann,	Marshall,	507-537-6933
5A	Bubba Sullivan,	Northfield,	507-645-3455
6A	Bo Wasurick,	Northfield,	763-506-6203

<b>ALL STAR GAME:</b>	<a href="http://www.allstarfootball.org/">www.allstarfootball.org/</a> Nomination Form: <a href="http://www.mshsca.org/football/out-statenom.pdf">www.mshsca.org/football/out-statenom.pdf</a>	Director: Dave Fritze <a href="mailto:david.fritze@district196.org">david.fritze@district196.org</a>	Deadline: October 22nd
<b>BUTCH NASH AWARD / ASSISTANT COACH OF THE YEAR</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-forms">mnfootballcoaches.com/page/show/2273497-forms</a> (Assistant COY must be a previous Butch Nash Award winner)	Committee chair: Jim Dotseth <a href="mailto:dotsethj@comcast.net">dotsethj@comcast.net</a>	Deadline: January 1st
<b>CAREER RECORDS:</b>	<a href="http://mnfootballcoaches.com/page/show/2273575-all-time-60-wins">mnfootballcoaches.com/page/show/2273575-all-time-60-wins</a> Also, 200 wins; 50, 45, 40, 35, or 30 years of service.	Submit updates to Jim Dotseth <a href="mailto:dotsethj@comcast.net">dotsethj@comcast.net</a> . Also, 200/300 wins, 55, 50, 45, 40, 35, or 30 years of service.	
<b>COMMUNITY SERVICE AWARD:</b>	<a href="http://mnfootballcoaches.com/page/show/2278607-nomination-form">mnfootballcoaches.com/page/show/2278607-nomination-form</a>	Committee Chair: Beau LaBore, <a href="mailto:laboreb@stillwaterschools.org">laboreb@stillwaterschools.org</a>	Deadline: January 1st
<b>SUB-DISTRICT COACH OF THE YEAR:</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-forms">mnfootballcoaches.com/page/show/2273497-forms</a>	Awards Committee Chair: Jim Dotseth <a href="mailto:dotsethj@comcast.net">dotsethj@comcast.net</a>	Deadline: January 1st
<b>HALL OF FAME:</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-forms">mnfootballcoaches.com/page/show/2273497-forms</a>	Committee chairs: Lemke plemke@ <a href="mailto:gsl.k12.mn.us">gsl.k12.mn.us</a> and Tschimperle <a href="mailto:stschimperle@gsl.k12.mn.us">stschimperle@gsl.k12.mn.us</a>	Deadline: January 1st
<b>MEMBERSHIP:</b>	Marc Bachman: <a href="mailto:mbachman@stpetersschools.org">mbachman@stpetersschools.org</a> Application: <a href="http://www.mshsca.org/joinnow">http://www.mshsca.org/joinnow</a>		
<b>MENTOR PROGRAM:</b>	Ron Stolski, <a href="mailto:stolski@yahoo.com">stolski@yahoo.com</a>		
<b>MFC CLINIC REGISTRATION:</b>	March 30-April 1, 2023, at the Doubletree in St. Louis Park. THE MFCA clinic. Registration on the MFCA website begins in January <a href="https://www.mnfootballcoaches.com/page/show/2279758-mfca-clinic-information">https://www.mnfootballcoaches.com/page/show/2279758-mfca-clinic-information</a>		
<b>MR. FOOTBALL:</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-forms">mnfootballcoaches.com/page/show/2273497-forms</a>	Committee Chair: Clay Anderson, <a href="mailto:clay.anderson@kimball.k12.mn.us">clay.anderson@kimball.k12.mn.us</a>	Deadline: November 11th
<b>JERRY KILL POWER OF INFLUENCE:</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-form">mnfootballcoaches.com/page/show/2273497-form</a>	Committee chair: Bubba Sullivan, <a href="mailto:bubba.sullivan@nfld.k12.mn.us">bubba.sullivan@nfld.k12.mn.us</a>	Deadline: January 1st
<b>SCHOLARSHIP PROGRAM:</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-forms">mnfootballcoaches.com/page/show/2273497-forms</a>	Committee Chair: Ben Anderson <a href="mailto:banderson@hlww.k12.mn.us">banderson@hlww.k12.mn.us</a>	Deadline: March 11th
<b>SUMMER CAMPS:</b>	<a href="http://www.mshsca.org/football/mfcateamcamp.pdf">www.mshsca.org/football/mfcateamcamp.pdf</a>	Contact: Ribsby Petermeier, <a href="mailto:ribsy@browerville.k12.mn.us">ribsy@browerville.k12.mn.us</a>	Deadline: April 15th
<b>RECRUITING FAIR:</b>	<a href="http://mnfootballcoaches.com/page/show/2273497-forms">mnfootballcoaches.com/page/show/2273497-forms</a>	Committee Chair: Jeff Ferguson, <a href="mailto:ferguson@totinograce.org">ferguson@totinograce.org</a>	TBD

# 2023-2024 SUB-DISTRICT PLACEMENTS

## 9-North

Big Fork  
Bertha Hewitt  
Blackduck  
Carlton/Wrenshall  
Cass Lake Bena  
Cromwell-Floodwood  
Cherry  
HC/Northland  
Cook County  
Laporte  
Lake of the Woods  
McGregor  
Littlefork/Big Falls  
Nevis  
MIB  
Ogilvie  
North Woods  
Sebeka  
Northome/Kelliher  
Verndale

## 9-South

Alden-Conger/Glenville Emmons  
Buffalo Lake Hector Stewart -  
Grand Meadow  
Cedar Mountain  
Houston  
Edgerton  
Kingsland  
Granada Huntley-East Chain/Truman  
Lanesboro  
Heron Lake Okabena/Fulda  
LeRoy Ostrander  
Hills Beaver Creek  
Lyle Pacelli - No V in 2023/24  
Madelia  
Mabel-Canton  
Mountain Lake Area  
Southland  
New Ulm Cathedral  
Spring Grove  
Nicollet  
Red Rock Central  
Renville County West  
Westbrook Walnut Grove

## 9-West

Badger/GB-MR  
Border West  
Clearbrook-Gonvick  
Brandon-Evansville  
Fertile-Beltrami  
Hancock  
Fosston  
Hillcrest Lutheran Academy  
Goodridge/Grygia-Gatzke  
Ortonville  
Kittson Country Central  
Otter Tail Central  
NCE/UH  
Rothsay  
Northern Freeze  
Underwood  
Park Christian  
Stephen-Argyle Central  
Warren-Alvarado-Oslo  
Win-E-Mac

## Metro- South

Eagan  
Farmington  
Lakeville North  
Lakeville South  
Rosemount  
Rochester Mayo

## Metro- East

East Ridge  
Forest Lake  
Mounds View  
Stillwater  
White Bear Lake  
Woodbury

## Metro-West

Eden Prairie  
Edina  
Minnetonka  
Prior Lake  
Shakopee  
Wayzata

## Metro-Maroon

Buffalo  
Burnsville  
East View  
Hopkins  
Park High  
Roseville

## Metro-North

Anoka  
Blaine  
Centennial  
Champlin  
Coon Rapids  
Maple Grove  
Osseo  
STMA

## MID SOUTHEAST - West Division

Gibbon-Fairfax-Winthrop  
Waterville-Elysian-Morristown  
Lester Prairie  
Janesville-Waldorf Pemberton  
Mayer Lutheran  
United South Central  
Norwood Young America  
St. Clair/Loyola  
Cleveland  
New Richland-Hartland-Ellendale-Geneva  
Randolph  
Medford

## Mid Southeast - East Division

Wabasha-Kellogg  
Goodhue  
Fillmore Central  
Kenyon-Wanamingo  
Rushford-Peterson  
Hayfield  
Cotter  
Blooming Prairie  
Lewiston-Altura  
Bethlehem Academy

## MID-NORTHWEST- Gopher

West Central Area  
Belgrade-Brooten-Elrosa  
Browerville  
Upsala/Swanville  
Atwater-Cosmos - Grove City  
Benson  
Kerkhoven-Murdock-Sundberg  
Long Prairie-Grey Eagle

## MID-NORTHWEST- HOL

Crookston  
Roseau  
Park Rapids  
Barnesville  
Hawley  
Warroad

Pelican Rapids  
Frazee

## MID-NORTHWEST- Central

Breckenridge  
Pillager  
New York Mills  
Parkers Prairie  
Pine River Bakus  
Staples-Motley  
Walker-Hackensack-Akely  
Wadena-Deer Creek

## MID-NORTHWEST- Valley Plains

Ada-Borup-West  
Bagley  
Mahnommen-Waubun  
Polk County West  
Red Lake  
Red Lake County  
Menahga  
Lake Park-Audubon

## MID-NORTHWEST- White

Minnewaska  
Albany  
Howard Lake-Waverly-Winstead  
Melrose  
Montevideo  
Sauk Centre  
Pierz  
Rockford

## MID-NORTHWEST- Red

Fergus Falls  
Thief River Falls  
East Grand Forks  
Morris  
Little Falls  
Dilworth-Glyndon-Felton  
Detroit Lakes  
Perham

## MID-NORTHWEST- Three Rivers

Kimball  
Eden Valley Watkins  
Royalton  
St. Cloud Cathedral  
Holdingford  
Osakis  
Paynesville  
Maple Lake

## NORTHSTAR South - Maroon

New Prague  
Northfield  
Owatonna  
Rochester Century  
Rochester John Marshall

## NORTHSTAR South - Gold

Chanhassen  
Chaska  
Mankato East  
Mankato West  
Waconia

## NORTHSTAR North

Brainerd  
Moorhead  
Bemidji  
Alexandria  
St. Cloud Tech  
Sartell

# "THE KEEPERS OF THE GAME"

## **NORTHSTAR East - Gold**

Apple Valley  
Bloomington Jefferson  
Robbinsdale Cooper  
St. Louis Park  
Tartan

## **NORTHSTAR East - Maroon**

Armstrong  
Cretin Durham Hall  
Hastings  
Mahtomedi  
St. Thomas Academy

## **NORTHSTAR WEST - MAROON**

Irondale  
Monticello  
Park Center  
Rogers  
Spring Lake Park

## **NORTHSTAR WEST - GOLD**

Andover  
Cambridge-Isanti  
Elk River  
Sauk Rapids -Rice  
St. Francis

## **NORTHSTAR - TWIN CITIES**

Bloomington Kennedy  
Mpls. Southwest  
Mpls. Washburn  
St. Paul Central  
St. Paul Harding/Humboldt  
St. Paul Highland Park  
Two Rivers

## **NORTH EAST - RED**

Grand Rapids  
North Branch  
Cloquet  
Duluth East  
Hermantown  
Rock Ridge  
Denfeld

## **NORTH EAST - WHITE**

Pequot Lakes  
Mora  
Proctor  
Hibbing  
Esko  
Two Harbors/DM  
Pine City

## **NORTH EAST - SILVER**

Barnum  
Deer River  
Ely/NE Range  
Braham  
Chisholm  
Mille Lacs  
East Central  
South Ridge

## **NORTH EAST - BLUE**

GNK  
Aitkin  
Crosby Ironton  
Int Falls  
Rush City  
Hinckley Finlayson  
Mesabi East  
MLWR

## **SKYWAY - COPPER**

Dassel-Cokato  
Glencoe-Silver Lake  
Litchfield  
New London-Spicer  
Watertown-Mayer

## **SKYWAY - BRASS**

Annandale  
Foley  
Milaca  
Spectrum  
St Cloud Apollo

## **SKYWAY - PLATINUM**

Austin  
Byron  
Faribault  
Kasson-Mantorville  
Winona

## **SKYWAY - MAROON**

DeLaSalle  
Fridley  
Minneapolis North  
St. Anthony Village

## **SKYWAY - ORANGE**

Breck  
Concordia Academy  
Holy Family Catholic  
St. Agnes  
St. Croix Lutheran

## **SKYWAY - GREEN**

Willmar  
Hutchinson  
Becker  
Rocori

## **SKYWAY - BRONZE**

Delano  
Mound Westonka  
Orono  
Providence Academy

## **SKYWAY - SILVER**

Big Lake  
Chisago Lakes  
Princeton  
Zimmerman

## **SKYWAY - RED**

Minneapolis roosevelt  
Minneapolis South  
Minneapolis Patrick Henry  
St. Paul Como Park  
St. Paul Johnson  
Minneapolis Edison  
Richfield

## **SKYWAY - GOLD**

Hill-Murray  
North St. Paul  
Simley  
South St. Paul

## **SKYWAY - YELLOW**

Academy of the Holy Angels  
Benilde-St. Margaret's  
SMB  
Totino-Grace

## **SKYWAY - BLUE**

Brooklyn Center  
Columbia Heights  
Academy Force  
Venture Academy

## **SOUTH - CENTRAL RED**

Marshall  
New Ulm  
St. Peter  
Fairmont  
Worthington

## **SOUTH - CENTRAL WHITE**

TCU  
Jordan  
Belle Plaine  
Waseca  
Albert Lea

## **SOUTH - CENTRAL - SILVER**

MVL  
Redwood Valley  
JCC  
Pipestone  
Luverne

## **SOUTH - CENTRAL - BLUE**

Maple River  
Sibley East  
LSH  
LCWM  
Blue Earth

## **SOUTH - EAST - RED**

Stewartville  
Plainview-Elgin-Millville  
Lourdes  
Red Wing  
Pine Island  
Zumbrota-Mazepa  
Lake City

## **SOUTH - WEST - SOUTH**

Adrian  
Sleepy Eye  
Windom  
Martin County West  
St. James  
Springfield  
Wabasso  
Tracy-Milroy-Balaton  
Russel-Tyler-Ruthton  
Murray County Central

## **SOUTH -EAST - WHITE**

Caledonia  
LaCrescent  
Dover-Eyota  
St. Charles  
Chatfield  
Cannon Falls  
Triton

## **SOUTH-WEST - NORTH**

BOLD  
Canby  
Lac Qui Parle Valley  
Yellow Medicine East  
MACCRAY  
Dawson Boyd  
Lakeview  
Minneota

# COMPETITIVE SECTION ASSIGNMENTS

## 9 MAN

### SECTION 1

Grand Meadow High School  
Houston High School  
Kingsland High School  
Lanesboro High School  
LeRoy-Ostrander High School  
Mabel-Canton High School  
Southland High School  
Spring Grove High School

### SECTION 2

Buffalo Lake-Hector-Stewart High School  
Cedar Mountain High School  
New Ulm Cathedral High School  
Nicollet High School  
New Ulm Cathedral High School  
Renville County West High School  
Westbrook-Walnut Grove High School

### SECTION 3

Alden-Conger/Glenville-Emmons  
Edgerton High School  
Heron Lake-Okabena/Fulda High School  
Hills-Beaver Creek High School  
Lyle-Pacelli  
Madelia High School  
Mountain Lake High School/Mt. Lake  
Granada-Huntley-East Chain/Truman

### SECTION 4

Ottertail Central  
Brandon-Evansville High School  
Hancock High School  
Hillcrest Lutheran Academy  
Ortonville High School  
Rothsay High School  
Underwood High School  
Border West

### SECTION 5

Bertha-Hewitt High School  
Cromwell-Wright Area  
McGregor High School  
Nevis High School  
Ogilvie High School  
Sebeka High School  
Verndale High School  
Carlton/Wrenshall High School

### SECTION 6

Blackduck High School  
Cass Lake-Bena High School  
Clearbrook-Gonvick High School  
Fertile-Beltrami High School  
Fosston High School

Laporte High School  
Park Christian High School  
Norman County East/Ulen-Hitterdal High School

### SECTION 7

Bigfork High School  
Cherry High School  
Cook County High School  
Mountain Iron-Buhl High School  
North Woods High School  
Hill City/Northland High School  
Badger/Greenbush-Middle River High School  
Grygla-Gatzke High School/Goodridge High School  
Kittson County Central  
Lake of the Woods H.S./Indus High School/  
Rainy River  
Northern Freeze  
Stephen-Argyle Central High School  
Warren-Alvarado-Oslo High School  
Win-E-Mac High School

## Class A

### SECTION 1A

Bethlehem Academy  
Blooming Prairie High School  
Fillmore Central High School  
Goodhue High School  
Hayfield High School  
Kenyon-Wanamingo High School  
Rushford-Peterson High School  
Wabasha-Kellogg High School

### SECTION 2A

Cleveland High School/Immanuel Lutheran High School  
GFW High School  
Lester Prairie High School/Holy Trinity H.S.  
Mayer Lutheran High School  
St. James High School  
United South Central High School

### SECTION 3A

Adrian High School/Ellsworth High School  
Martin County West High School  
Murray County Central High School  
Russell-Tyler-Ruthon High School  
Sleepy Eye High School  
Springfield High School/Comfrey  
Tracy-Milroy-Balaton High School  
Wabasso High School

### SECTION 4A

Atwater-Cosmos-Grove City High School  
Belgrade-Brootten-Elrosa High School  
Benson High School

## CLASSIFICATION ENROLLMENTS

9 Man	150 and under
A	151-213
AA	214-328
AAA	329-597
AAAA	598-1046
AAAAA	1047-1751
AAAAAA	1752 and above

Browerville-Eagle Valley  
Long Prairie-Grey Eagle  
Upsala/Swanville

### SECTION 5A

B O L D High School  
Canby High School  
Dawson-Boyd High School  
Lac qui Parle Valley High School  
Lakeview High School  
MACCRAY High School  
Minneota High School  
Yellow Medicine East H.S.

### SECTION 6

Breckenridge High School  
Lake Park Audubon  
New York Mills High School  
Parkers Prairie High School  
Pine River-Backus High School  
Walker-Hackensack-Akeley H.S.

### SECTION 7A

Braham High School  
Chisholm High School  
Deer River High School  
East Central High School  
Ely High School  
Mille Lacs: Isle High School/Onamia H.S.  
North Central: Kelliher High School/Littlefork-  
Big Falls High School/Northome High School  
South Ridge High School

### SECTION 8A

Ada-Borup-West High School  
Bagley High School  
Polk County West: Fisher High School/Climax High School/Sacred Heart School  
Mahnommen High School/Waubun  
Red Lake Falls High School/Red Lake County Central  
Red Lake High School

# "THE KEEPERS OF THE GAME"

## Class AA

### SECTION 1AA

Caledonia High School  
Chatfield High School  
Cotter High School/Hope Lutheran  
Dover-Eyota High School  
Lewiston-Altura High School  
St. Charles High School

### SECTION 2AA

Blue Earth Area High School  
Janesville-Waldorf-Pemberton High School  
Medford High School  
New Richland-H-E-G H.S.  
St. Clair High School/Mankato Loyola  
Waterville-Elysian-Morristown H.S.  
Maple River High School

### SECTION 3AA

Jackson County Central High School  
Lake Crystal Wellcome Memorial  
LeSueur-Henderson High School Minnesota  
Valley Lutheran  
Pipestone Area High School  
Redwood Valley High School  
Sibley East High School  
Windom Area High School

### SECTION 4AA

Cannon Falls High School  
Maple Lake High School.  
Norwood-Young America High School  
Randolph High School  
Rush City High School  
St. Agnes High School

### SECTION 5AA

Eden Valley-Watkins High School  
Holdingford High School  
Kerkhoven-Murdock-Sunburg H. S.  
Kimball Area High School  
Paynesville Area High School  
Royalton High School

### SECTION 6AA

Menahga High School  
Osakis High School  
Pillager High School  
Staples-Motley High School  
Wadena-Deer Creek High School  
West Central Area School/Ashby

### SECTION 7AA

Aitkin High School  
Barnum High School  
Crosby-Ironton High School  
Greenway High School/Nashwauk-Keewatin  
High School  
Hinckley-Finlayson High School  
International Falls H.S.  
Mesabi East High School

Moose Lake High School/Willow River

### SECTION 8AA

Barnesville High School  
Crookston High School  
Frazee High School  
Hawley High School  
Park Rapids Area High School  
Pelican Rapids High School  
Roseau High School  
Warroad High School

## Class AAA

### SECTION 1AAA

La Crescent- Hokah High School  
Lake City High School  
Pine Island High School  
Plainview-Elgin-Millville High School  
Red Wing High School  
Rochester Lourdes High School  
Stewartville High School  
Zumbrota-Mazeppa High School

### SECTION 2AAA

Dassel-Cokato High School  
Glencoe-Silver Lake High School  
Howard Lake-Waverly-Winsted H.S.  
Litchfield High School  
Rockford High School  
Watertown-Mayer High School

### SECTION 3AAA

Albert Lea High School  
Belle Plaine High School  
Fairmont High School  
Jordan High School  
Luverne High School  
Tri-City United High School  
Waseca High School  
Worthington High School

### SECTION 4AAA

Breck School  
Brooklyn Center High School  
Concordia Academy  
Holy Family Catholic High School  
Minneapolis North Community High School  
Richfield High School  
St. Croix Lutheran Academy  
Twin Cities Charter

### SECTION 5AAA

Annandale High School  
Foley High School  
Milaca High School  
Pine City High School  
Spectrum High School  
St. Cloud Cathedral High School  
St. Cloud Apollo High School

Mora High School

### SECTION 6AAA

Albany High School  
Melrose Area High School  
Minnewaska Area H.S.  
Montevideo High School  
New London-Spicer High School  
Sauk Centre High School

### SECTION 7AAA

Esko High School  
Hibbing High School  
Pequot Lakes High School  
Pierz High School  
Proctor High School  
Two Harbors

### SECTION 8AAA

Dilworth-Glyndon-Felton High School  
East Grand Forks High School  
Fergus Falls High School  
Morris Area School/Chokio-Alberta High  
School  
Perham High School  
Thief River Falls High School

## Class AAAA

### SECTION 1AAAA

Austin High School  
Byron High School  
Faribault High School  
Kasson-Mantorville High School  
Winona High School

### SECTION 2AAAA

Hutchinson High School  
Marshall High School  
New Ulm High School  
St. Peter High School  
Willmar High School

### SECTION 3AAAA

Chisago Lakes High School  
Hill-Murray School  
North High School-North St. Paul  
Simley High School  
South Saint Paul High School  
St. Paul Como Park H.S.  
St. Paul Johnson High School

### SECTION 4AAAA

Columbia Heights High School  
Fridley High School  
Minneapolis Edison High School  
Minneapolis Patrick Henry High School  
St. Anthony Village High School  
Totino-Grace High School

**SECTION 5AAAA**

Academy of Holy Angels  
 Benilde-St. Margaret's School  
 SMB  
 DeLaSalle High School  
 Minneapolis Roosevelt High School  
 Minneapolis South High School

**SECTION 6**

Big Lake High School  
 Delano High School  
 Mound Westonka High School  
 Orono High School  
 Providence Academy  
 Zimmerman High School

**SECTION 7**

Cloquet High School  
 Duluth Denfeld High School  
 Grand Rapids High School  
 Hermantown High School  
 North Branch Area High School  
 Rock Ridge High School

**SECTION 8**

Becker High School  
 Detroit Lakes High School  
 Little Falls High School  
 Princeton High School  
 Rocori High School

**Class AAAAA****SECTION 1AAAAA**

New Prague High School  
 Northfield High School  
 Owatonna High School  
 Rochester Century High School  
 Rochester John Marshall

**SECTION 2AAAAA**

Chanhassen High School  
 Chaska High School  
 Mankato East High School  
 Mankato West High School  
 Waconia High School

**SECTION 3AAAAA**

Apple Valley High School  
 Bloomington Jefferson High School  
 Bloomington Kennedy High School  
 Hastings High School  
 Two Rivers High School  
 St. Thomas Academy

**SECTION 4AAAAA**

Cretin-Derham Hall High School  
 Mahtomedi High School  
 Academy Force  
 St. Paul Central High School  
 St. Paul Harding High School/St. Paul  
 Humboldt High School  
 St. Paul Highland Park  
 Tartan High School

**SECTION 5AAAAA**

Minneapolis Southwest High School  
 Minneapolis Washburn High School  
 Robbinsdale Armstrong High School  
 Robbinsdale Cooper High School  
 St. Louis Park High School

**SECTION 6AAAAA**

Irondale High School  
 Monticello High School  
 Park Center High School  
 Rogers High School  
 Spring Lake Park High School

**SECTION 7AAAAA**

Andover High School  
 Duluth East High School  
 Elk River High School  
 Sauk Rapids-Rice High School  
 St. Francis High School

**SECTION 8AAAAA**

Alexandria Area High School  
 Bemidji High School  
 Brainerd High School  
 Moorhead High School  
 Sartell High School  
 St. Cloud Tech High School/St. John's Prep

**Class AAAAAA****SECTION 3AAAAAA**

Burnsville High School  
 Eagan High School  
 Eastview High School  
 Farmington High School  
 Lakeville North High School  
 Lakeville South High School  
 Rochester Mayo High School  
 Rosemount High School

**SECTION 4AAAAAA**

East Ridge High School  
 Forest Lake High School  
 Mounds View High School  
 Park High School  
 Roseville Area High School  
 Stillwater Area High School  
 White Bear Lake Area High School  
 Woodbury High School

**SECTION 5AAAAAA**

Anoka High School  
 Blaine High School  
 Centennial High School  
 Champlin Park High School  
 Coon Rapids High School  
 Maple Grove High School  
 Osseo High School  
 St. Michael-Albertville High School

**SECTION 6AAAAAA**

Buffalo High School  
 Eden Prairie High School  
 Edina High School  
 Hopkins High School  
 Minnetonka High School  
 Prior Lake High School  
 Shakopee High School  
 Wayzata High School

# **COMMUNITY SERVICE AWARD**

## FOOTBALL IS MORE THAN JUST A GAME

Coaches can make a significant impact on their players, school, community, and world through the community service award by conducting a community service project.

### **MINNESOTA FOOTBALL COACHES ASSOCIATION COMMUNITY SERVICE AWARD GUIDE**

The Community Service Award began in 2008. The award encourages teams to display their student-athletes' service while portraying qualities of leadership, community, and giving to others. The intrinsic joys of giving - without the expectation of reward - can be instilled in our young men.

It is great to see teams seek this award. More importantly, it is great to see how teams contribute to our communities, state, country, and world. We are happy to share the good things that Minnesota programs, led by Minnesota coaches, do for their communities and our society. If your team performs a community service activity of any kind, please fill out the online form. The form is simple, but the message it will send can be resounding.

If your program has not conducted a community service activity, please consider one. No act is too small when it comes to giving back. Please view the work of recognized teams on the MFCA website. Moreover, consider the following community service ideas and organization:

Food shelf, Food drive, School mentoring, Elementary reading, DARE volunteers, Flood prep and relief, Hospitals/ hospice, Nursing homes, Public Safety Departments, Environmental projects, Community cleanup day, Walk/ Runs, Drug, alcohol, violence, abuse education, Blood drives, Adopt a member of a nursing home, Adopt a Highway, Animal Shelters/ zoos, Raise money for a charity, Compete with a rival to fundraise for charity, Youth football camps or leagues, Work food or soup lines, Serve area schools and parks, Contact your town hall for needs, Raise money for school supplies

Do not underestimate the difference that a community service experience can have on your community and team. More often than not, those who gain the most are the young men performing the service. If you need any assistance, please contact Beau LaBore, MFCA Community Service Committee Chair, at [laboreb@stillwaterschools.org](mailto:laboreb@stillwaterschools.org).

# BLOOMINGTON JEFFERSON TRADITION OF SUPPORTING OUR VETERANS

In 2010, the Bloomington Jefferson began a collection called "Raise 'Em Up" to support injured military personnel. The effort was worthy of the MFCA Community Service Award and has flourished as the Jaguars have raised over \$44,000 with funds officially benefiting the Wounded Warrior Project (WWP). The organization website expresses, "By donating, fundraising, or spreading the word, you can help warriors get back on track and become a positive force in their communities." The Jaguar program has expanded their efforts to honor our heroes.

"As a team we emphasize WE > ME," Head Football Coach Tim Carlson said. "Is there a better example of that than our veterans? Our vets are the ultimate example of giving for others. We often use the phrase "They watched out for us, so let's watch out for them."

Last spring, the players hosted bingo at the Minnesota Veteran Affairs Hospital. They called numbers, ran prizes to winners, and interacted with the veterans. "Our players were able to learn what these men and women sacrificed and put themselves through to keep us safe and protect our freedoms," said Carlson.

Prior to Memorial Day, the team loaded boxes of flags into five U-Hauls destined for Fort Snelling, the resting place for over 200,000 veterans. A revived tradition, every headstone would have a flag in 2023, with section 7 placed by the Jefferson players.



Section 7 holds special meaning to the program as it is the final resting place of former Jaguar and 9/11 hero, Thomas Burnett, Jr. For much of Burnett's life he was remembered as the quarterback who led the Jaguars to the 1980 State Championship Game. On 9/11, Burnett was one of several Flight 93 passengers who prevented hijackers from flying a plane into the White House or Capitol. The 44 passengers perished in a Pennsylvania field. Since, before each Jefferson game, the team meets at the Tom Burnett Memorial Rock overlooking the practice field. "The memorial commemorates his actions and reinforces commitment, sacrifice, leadership, and teamwork," stated Carlson. Burnett's actions exemplified selflessness, something the program intends to impart on its players on and off the football field.

Last summer, the program served as a water and snack stop for the annual WWP Minnesota Soldier Ride. The players served riders and on-duty St. Paul Police and Firefighters at the Como Fire Station.

According to the WWP, the Soldier Ride welcomes warriors free of charge and of various skill and fitness levels "to find solace, healing, and strength through movement. The experience opens doors to new opportunities and knowledge and helps to unleash their untapped potential."

## "THE KEEPERS OF THE GAME"

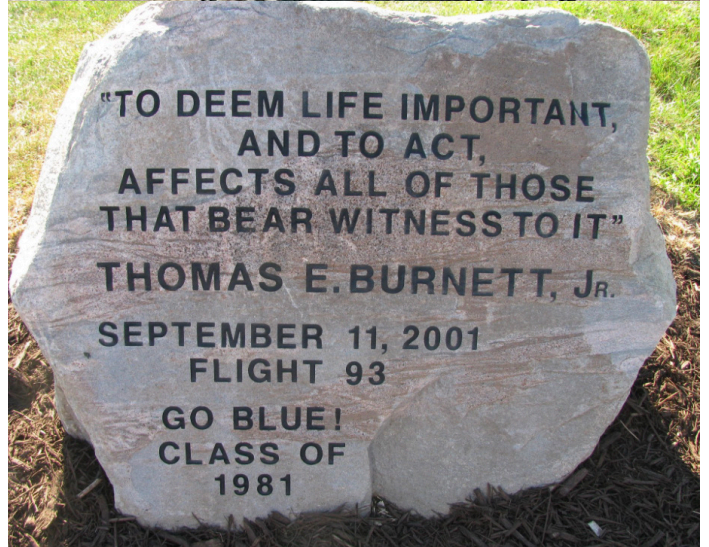
Tom Cocchiarella, Co-Founder of Wounded Warrior Project - Team Minnesota and a United States Air Force Veteran, was uplifted by the interactions between the players and the riders.

"What the warriors really valued was a civilian, especially a teenager engaging with them, talking with them, and giving them sincere thanks for their service and sacrifice," stated Cocchiarella. "I overheard one warrior reply - 'you are the kind of American that I made my sacrifice for, keep being a good citizen as that is the best way to thank me!'"

The effort continued into the fall where the community service began 14 seasons prior. The Jaguars once again raised money by selling t-shirts, collecting donations at a home game, and soliciting local businesses for the WWP.

Erika Hatch, a specialist and community fundraiser for WWP, revealed the impact the Jaguars make. "Bloomington Jefferson is supporting warriors by connecting them with programs and services that help them live healthier, active lifestyles," Hatch said. "Through physical fitness activities, nutrition classes, and wellness training provided by Wounded Warrior Project (WWP), wounded veterans can reduce stress and depression while being provided skills needed to live a healthy lifestyle, regardless of injury."

Wounded Warrior Project efforts, now hallmarked "Remember Our Heroes" week, will continue with a third head coach as Marc Bachman replaces the retiring Carlson. Service that not only impacts our veterans now, but according to Cocchiarella, can have a lasting impact into the future. "The team has been amazing, they give me great hope for the generation they represent."





## **MFCA INSPTS FOUNDATION SCHOLARSHIP WINNERS**

*The following students were selected as MFCA scholarship recipients. Each student will receive a \$500 scholarship from the Minnesota Football Coaches Association.*

**Mason Howard -w**"The game of football has taught me how to win with humility and how to lose with dignity. No matter the wins or losses, I still showed up for my team, coaches, and community. Even after a loss, waking up and going to youth flag football the next morning. At the end of the day you learn, no matter the wins or losses, it's about how you carry yourself and how you treat others around you and within your community. Thank you football."

### **Tait Christensen - Litchfield**

"The seniors on the team showed me that to be a successful football player, you need to work hard and truly enjoy the sport. This year, as an upperclassmen, I wanted to make sure our underclassmen learned this too. I would show up to practice excited, knowing that my enthusiasm would help encourage others, and make practices more enjoyable."

### **Elijah Hoelz - Brainerd**

"In football, no matter how big or small you are, if you're on the team then you're part of the brotherhood. Everyone on that team is like a brother to me, and it was a blast to be part of a team that special. Football is more than just a game; it is a family. That is how football has impacted my life."

### **Colin Elliott - Mounds View**

"Football has helped me grow into a leader on and off the field, and into the young man I am today. While playing all four years of high school football many friends, memories and highlights have taken place. Some of my best memories and best friends have developed because of football. The relationships I've grown with not only my teammates, but my coaches as well, will last a lifetime."

### **Peyton Amundson - Barnesville**

"Football also instilled in me the importance of teamwork. Football is a sport that is dependent on teamwork. On every play you need eleven players doing their job, one person messing up can ruin a whole play. No team can thrive if they only have one player doing everything. The importance of teamwork I've learned from football will extend beyond the game."

### **Tate Sheehan - BOLD**

"Each year I set my goals. Whether it was to earn a varsity letter as a freshman, start both ways as a sophomore, make the All-District team, or be a captain, I worked hard to achieve each goal. I learned that dedication to the sport and my goals was a year round effort, not just something that started when the season started. This applies to all aspects of my life. If you want something you have to work hard to attain it. Nothing is a given."

### **Jack Kruger - Eagan**

"My reason for playing football is that I wanted to serve everyone who counted on me. I wanted to serve the coaches who had believed in me for many years, I wanted to serve my teammates who were by my side every step of the way, I wanted to serve our fans who poured into wildcat stadium every friday to cheer us on, and I wanted to serve my entire Eagan community who paid attention to our team year after year."

### **Kolbe Severson - Crosby-Ironton**

"Football has changed and affected my life vastly in multiple facets of life. Firstly, football has taught me what it means to put work and dedication into something and how the hard work pays off. I learned throughout high school and the hard work I put in the weight room directly affected and improved my performance. Working hard during the offseason and the season has provided me with a perspective on the importance of working hard to achieve a goal."

### **Logan Kvarnlov - Warroad**

"I learned that it does not matter what is in front of you; putting in the hard work will pay off. Keep trying your best and improving, and life will reward you. Senior season of football will be my favorite season of high school. Challenges occur daily, but now I know hard work makes them less of a challenge. Football showed me who I am inside and that person no one can break."

### **Cullen Gregory - Willmar**

I always hear people say a football team is like a family and I couldn't agree more. Going to practice everyday was easy knowing that they were going to be there. I will always be

grateful that football gave me a second family and a bunch of brothers for life. I learned how to deal with adversity and be a bigger person. Life isn't always going to be a smooth road so I'm glad I got a taste of the bumpy road. This is how football has impacted my life for the better.

**Nick Walter - Annandale**

"I've given a lot to the sport of football, and it has given quite a bit in return. It has given me unforgettable memories from my first practice, to my first game, and to my first touchdown. I can't help but smile when I think of football, because of all the positivity that has come with it. Furthermore, football has not only given me friendships that I will never forget, but it has given me an unbreakable bond with each and everyone of my teammates. I grew very close with kids that I hardly knew before each football season. We all came together and became a part of a family, creating bonds that I will never forget."

**Kyle Nelson - Kason-Mantorville**

"One of the most important traits I have learned from the sport of football is discipline. This sense of discipline has spread through every aspect of my life. From adhering to strict training

regimens to prioritizing academics and time management, the sport taught me the importance of dedication and self-control. These lessons have been instrumental in my personal development, enabling me to set goals, stay focused, and succeed."

**Cole Filand - Saint Peter**

"Through football - I learned effective communication. These leadership lessons extended beyond the field. I gained confidence, stepping up in group activities at school, and collaborating with diverse individuals became second nature. Football not only fostered friendships but also shaped my character. I am the sum of touchdowns," tackles, and locker room pep talks. Today, I credit football for the confidence and leadership skills that define me along with the great friends I get to enjoy life with."

<b>SCHOLARSHIP NAME</b>	<b>HS ATHLETE</b>	<b>HIGH SCHOOL</b>
Don Swanson .....	Tait Christensen.....	Litchfield
Les Dreschsel.....	Elijah Hoelz .....	Brainerd
David Nigon .....	Colin Elliott .....	Mounds View
Al Siegle .....	Peyton Amundson.....	Barnesville
Andy Nelson .....	Tate Sheehan .....	BOLD
Steve Sillianoff.....	Jack Kruger.....	Eagan
Dave Hylla.....	Kolbe Severson .....	Crosby-Ironton
Bob Peterson .....	Logan Kvarnlov.....	Warroad
Dale Scholl.....	Cullen Gregory.....	Willmar
Warren Olson .....	Nick Walter .....	Annandale
Jim Gustafson.....	Kyle Nelson.....	Kason-Mantorville
John Gross.....	Cole Filand.....	Saint Peter
Jim Simser.....	Andrew Robran .....	Waseca
Ron Scott.....	Connor David Develice.....	Andover High School
Dick Walker.....	Charles Thomas Coenen.....	Chanhassen High School
Tom Mahoney .....	Mason Howard .....	Lanesboro

# **MINNESOTA**

## **FOOTBALL COACHES ASSOCIATION SCHOLARSHIP**

The Minnesota Football Coaches Association will award scholarships to students who are currently enrolled in a Minnesota High School and are members of their high school football team.

### **ELIGIBILITY**

- Following their high school senior football season
- A minimum grade point average of 3.0 (B) is required. The student's high school transcript must accompany the application.
- Student must write a 250 word essay that describes how the sport of football has impacted their life.
- Essay must be typed.
- Application must be accompanied by two letters of recommendation from high school faculty members familiar with the student's academic and extra-curricular achievements.
- Head Football Coach must be a member of the MFCA.

### **SUBMISSION OF APPLICATION**

Submit the application and all other material required to:

MFCA Football Scholarship  
Howard Lake-Waverly-Winsted H.S.  
Attn: Ben Anderson  
8700 Co Rd 6 SW  
Howard Lake, MN 55349

Applications must be postmarked by December 31st, 2024

Application will be judged on the following criteria

1. Academics
2. School/Community Involvement
3. Essay
4. Athletic Achievement
5. Letters of Recommendation

Notification and payment

The scholarship winner will be chosen by a committee of MFCA members and will be announced by Spring of recipient's high school senior year. The check will be mailed to the college during the recipient's college freshman year.

### **For Additional Information:**

Contact Ben Anderson  
8700 County Rd 6 SW, Howard Lake, MN 55349  
Tel. 320-260-2917  
banderson@hlww.k12.mn.us

# MINNESOTA

## FOOTBALL COACHES ASSOCIATION SCHOLARSHIP

Name: \_\_\_\_\_ School: \_\_\_\_\_

Permanent Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

School Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

SSN#: \_\_\_\_\_ Head Coach's Name: \_\_\_\_\_

Grade Point Average: \_\_\_\_\_ (on a 4.0 scale) ACT Composite Score: \_\_\_\_\_

Anticipated date of Graduation: \_\_\_\_\_ College Choice: \_\_\_\_\_

### Verification of Application

By signing below, the student confirms that the information provided is accurate and that the essay was written by that same student. The student also asserts to his/her intent to attend a university or college in the fall of 2021. The school official confirms that all the information above is accurate and up-to-date.

Student Signature \_\_\_\_\_

School Official: \_\_\_\_\_ Signature: \_\_\_\_\_

Title: \_\_\_\_\_ Phone: \_\_\_\_\_

### NOTE THESE ITEMS MUST BE RECEIVED WITH APPLICATION FORM:

- Official High School Transcript
- 250 Word Essay
- Two letters of Recommendation
- Activities Resume (including Athletic Achievement and School/Community Involvement)

# MR. FOOTBALL AWARD

Maxwell Woods, a running back / defensive back from Chanhassen High School was named Mr. Football for 2023 by the Minnesota Football Coaches Association (MFCA). The award was presented at the Mr. Football Banquet on Sunday December 10 at the Doubletree by Hilton Minneapolis Park Place Hotel in St. Louis Park.

First presented in 2004, the Mr. Football Award is an annual award recognizing Minnesota's best high school football player. The Mr. Football Award is co-sponsored by the Minnesota Football Coaches Association and the Minnesota Vikings.

The Chanhassen Storm are members of the Northstar District, South-Gold Sub-District and MSHSL Class 5A. Chanhassen is the 2023 Class 5A State Champion.

Maxwell Woods is the 20th player to receive the Mr. Football Award and the first from Chanhassen. His head coach was Cullen Nelson.

Here are Cullen Nelson's comments about Maxwell Woods:  
 "Maxwell Woods is the hardest worker I have ever coached and his drive to win is unmatched. He is an ambassador for our football program and school. He is the ultimate competitor and teammate. He isn't a stats guy; he is a team guy. He gets just as excited when his teammates score as when he does. I will never coach a player better than Maxwell Woods. He is the total package. Maxwell is committed to North Dakota State University to play running back next year."



**CANDIDATES IN NO PARTICULAR ORDER:** Jack Boyle, Chaska; TJ Chiabotti, North Woods; Connor Develice, Andover; Eli Gillman, Dassel-Cokato; Ryan Haley, Mankato West; Lucas Heyer, Hill-Murray; Kristen Hoskins, Alexandria Area; Derrick Jameson Jr., Maple Grove; Drew Kittelson, Blooming Prairie; Maxwell Woods (2023 winner), Chanhassen.



Maxwell Woods accepts 2023

## OTHER FINALISTS

- Jack Boyle ..... Chaska
- TJ Chiabotti.....North Woods
- Connor Develice .....Andover
- Eli Gillman.....Dassel-Cokato
- Ryan Haley ..... Mankato West
- Lucas Heyer .....Hill-Murray
- Kristen Hoskins.....Alexandria Area
- Derrick Jameson Jr. .... Maple Grove
- Drew Kittelson .....Blooming Prairie

## MR. FOOTBALL AWARD COMMITTEE

- Anderson, Clay (Chairman) .....Kimball
- Jim Dotseth.....MFCA
- Scott Gonnerman.....Morris Area
- Tim Kirk .....Mountain Laker
- Dwight Lundeen.....Becker
- Will Wackman.....Spring Lake Park
- Jon Martin ..... Breck
- Jared Essler..... St. Michael Albertville
- Rick Sutton .....Farmington
- Tom West ..... Minnesota Vikings
- Dave Nelson ..... Retired Coaches

# MR. FOOTBALL AWARD

An annual award recognizing Minnesota's best high school football player

SPONSORED BY: Minnesota Football Coaches Association and the Minnesota Vikings

## NOMINATION FORM

### AWARD CRITERIA

- The recipient must be a graduating senior
- The head coach of all nominees must be a current member of the MFCA
- Nominees cannot have any MSHSL Eligibility violations from grade 9-12
- Each player must have their nomination approved by their sub-district and the MFCA Sub-District Rep will pass the nominee on to the committee chair
- Sub-District Nominations
- Sub-Districts will choose the number of nominations that they make - no limitation in number; however, nominations must be made in keeping with the integrity of the award (it truly is an honor to be nominated), and must be approved by the coaches and put forward by the Sub-District Rep.

### SELECTION PROCESS

- **Sub-District Reps** e-mail Clay Anderson with nominees' name/school by **Date TBD**
- **Head Coach** must submit nomination forms to Clay Anderson by **Date TBD**
- Selection committee evaluates nominees and chooses 10 finalists on **Date TBD**
- Each finalist will have a committee member assigned as an evaluator
- The "Elite Ten" finalists will be required to submit two complete game films and a highlight film to the committee, preferably through HUDL
- Mr. Football Banquet will be held Sunday, **Date TBD** at the Doubletree Park Place

**Coaches are to e-mail, fax or mail the nomination materials to the committee chair:**

### MR. FOOTBALL COMMITTEE CHAIRMAN

#### **Clay Anderson, Kimball Area HS**

100 Highway, 55 West PO Box 368

Kimball, MN 5555353

clay.anderson@kimball.k12.mn.us

Work: 320-309-9304 Ext. 1311

Cell: 507-215-5559

### Mr. Football Committee

**Chairman Clay Anderson, Kimball Area;** Jim Dotseth MFCA; Scott Gonnerman, Morris Area; Tim Kirk, Mountain Laker; Dwight Lundeen, Becker; Will Wackman, Spring Lake Park; Jon Martin, Breck; Jared Essler, St. Michael Albertville; Rick Sutton, Farmington; Tom West, Minnesota Vikings; Dave Nelson, Retired Coaches.

**Download nomination form at: [www.mshsca.org/football/mrfb.pdf](http://www.mshsca.org/football/mrfb.pdf)**

# BEYOND THE GAME: CHARACTER DEVELOPMENT IN HIGH SCHOOL FOOTBALL PROGRAMS

by **Josh Bernards,**

Coach, Byron High School

There's quite a bit on the plate of a head coach in any high school activity, and football is no exception. Managing players, communication with staff and parents, equipment, uniforms, schedules and practice plans,

One thing Head Coach Ben Halder has done in Byron with our football program is to emphasize the importance of intentionally pouring into the mental, emotional, and character growth of our players. High school activities are about competition and camaraderie and our athletes learn numerous life lessons along the way, but in Byron we have found the value in deliberate weekly Character Development sessions the day before our game.

After the pregame walkthrough all the coaches and players head inside for our lesson for the day. Each coach on staff volunteers to lead a session and develops their own plan for the day. Each coach brings a unique perspective and mentality to each week, so the feel of our Character Development is different every time. Usually, coaches focus on a specific word or phrase they want to emphasize for the week. All of the sessions, however, link to the 4 Core Values of the Byron Football program, or our book for the year. This ties it all together, linking each individual Character session into a cohesive whole.

When Coach Halder was hired in Byron one of the first things he established when he arrived was 4 Core Values which have become the foundation of the program. Love, Trust, Commitment, and Best Effort are the ideals we stand for. Each has its own place and meaning in our program. The words themselves are not the driving force, but the actions and reactions that keep us all rowing in the same direction. Love can mean many things to many people, and we use it to bind us together. Love for your fellow player can mean encouraging them after a mistake, team cohesiveness, holding your teammates accountable in compromising situations, or simply collective Love for the game of football. It is the passion and the desire behind what we do. It is putting others first, and ourselves second - team above self.

To us, Trust often means relying on the player next to you to do his job every time. We talk about Trust frequently in regards to alignment and assignment in our program. We also use Trust

in regards to behavior, as a synonym for integrity or reliability. We Trust our players will be good citizens in the classroom and the community, we Trust they behave themselves on the nights and weekends, we Trust they are doing the things they say they will do. Dedication, responsibility, duty, faithfulness - these are all words we sum up using Commitment. Commitment to the cause. Commitment is showing up for lifting and speed sessions at 6 am."

"Commitment is hydrating properly all the time. Commitment is proper nutrition and sleep. Commitment is perhaps not doing all the things your friends are doing for the betterment of the team and the season. Commitment is hard for high schoolers with all the distractions and excuses available. Many are on the team, but few are committed.

Finally, Best Effort. This phrase means you do the best you can in all facets of your life. Best Effort on the game field is a non-negotiable, but there is so much more to life than game nights. We often link best effort to things outside football often, specifically social and character situations. Are you giving your best effort in everything you do? Are you treating all people well all the time? Are you working hard in school academically? Are you giving Best Effort in your relationships with your parents, your significant other, your friends? With Best Effort we learn about the power and importance of failure. Sometimes, Best Effort is not enough. Things will go poorly. Then, the talk turns to response - how do you react when your best is not enough?

These Core Values drive the things we do in the football program in Byron, how we talk to each other, and our actions on and off the field. In addition to these we also do a book study every year. We have 4 books we use on a rotating basis so that there is never a repeat book during a players time in the program.

Joshua Medcalf is the author of 3 books that are perfect for the high school competitor. Medcalf has written many others but we use Chop Wood, Carry Water, Win in the Dark, and Pound the Stone. The fourth book in our rotation is Twin Thieves by Steve Jones and Lucas Jadin. Each book is an excellent fit for us for a few main reasons.

One, they are short and to the point - 105, 173, 256, and 167

pages respectively. This allows us to start and finish each book during the course of a season without assigning dozens of pages per week and overwhelming our athletes. Each of the chapters in these books is also only a few pages long making them easily digestible in a single sitting, even for the most reading-averse athletes.

Two, these books are all written in an engaging novel form. Instead of being academic and dense they are easy-to-read and highly relatable. The main characters are young men striving for something they desire, and learning along the way from failure, mentors, and life lessons. The content is easy to understand and apply.

The third reason is probably the most important - each book teaches lessons using strategies and situations that players can apply to their own lives. Each book has chapters on mental strategies that players can apply to the competition field or their personal lives. These are interwoven in the story so our players can see what can happen with good mental preparation and provides coping mechanisms when challenges arise.

The best part about reading these books is what Coach Halder has set up with the seniors each year. All of the seniors are given the book for the following year in the spring so they have time to read it in its entirety during the summer leading up to their final year in the program. Each week of the season a few seniors stand up in front of their teammates and talk about a favorite concept, chapter, word or phrase from the book. It is awesome for them to stand in front of the team they are leading and talk about the things that matter most to them and communicate those ideas to their teammates. It is powerful stuff.

The role of character development in high school football can go far beyond wins and losses. As stewards of our players' growth and development, we coaches have the power to leave a lasting legacy that transcends the game. We can do our part to shape young athletes into principled individuals of high character who embody the values we espouse both on and off the field."

## **BIOGRAPHY**

Josh has been teaching and coaching in Byron since 2011. He has been on the varsity football staff since 2013, the last 6 serving in the role of Offensive Coordinator.

# CULTIVATING POSITIVE TEAM CULTURE: THE ALEXANDRIA FOOTBALL EXPERIENCE

## Mike Empting

Head Football Coach, Alexandria, MN

In the realm of sports, particularly football, the culture within a team often plays a defining role in its success. The Alexandria Cardinal Football team stands as an example of how positive team culture, rooted in values of faith, family, love, and integrity, can transform individual players into a cohesive unit striving for excellence both on and off the field.

### **Faith: Belief in Something Greater**

At the heart of Alexandria's football culture lies the value of faith. It's about the belief that something better is possible, even when the path forward may seem obscured. In football, this translates to the unwavering commitment to improvement, even in the face of setbacks. It's the resilience to keep pushing forward, trusting in the process and each other. It is believing in the direction the coaches are guiding the team and having the best interest of both the team and the individual player at heart.

### **Family: Bonding Beyond Blood**

The Alexandria football team is more than just a group of individuals brought together by a common sport. They are a family bound by a shared passion for football and a shared desire to see each other succeed. Here, players find support, camaraderie, and a sense of belonging. The team becomes their extended family, providing encouragement, guidance, and a network of relationships that extend far beyond the gridiron and permeates every aspect of the program. Cardinal football cultivates an unbreakable bond among its coaches, players, and parents. This bond transcends wins and losses, serving as the cornerstone of the program's success. The ability of the three components of players, coaches and parents to work as independent entities and also as one cohesive unit is one of the biggest keys to creating the familial synergy that helps create a special journey for the Cardinal football players.

### **Love: Sacrifice for the Team**

The third component that is central to the Alexandria Cardinal Football ethos is the notion of love and respect. Love, within the context of Alexandria's football culture, is the willingness to sacrifice personal gain for the betterment of the team. It's about selflessly giving one's time, effort, and energy to support teammates and coaches. Each player understands that their actions on and off the field impact the collective success of

the team, fostering a culture of unity and mutual respect and, therefore, displaying love for each other. Players embracing their role on the team even if it means playing a role that they may not have seen themselves in at the start of the season and players taking time in the summer to participate in team football activities and training activities are examples of how the players on the team demonstrate dedication and love for their team and teammates.

### **Integrity: Doing Right, Doing for Others**

The fourth component that forms the backbone of Alexandria's football ethos is integrity. It's about doing what is right, even when no one is watching, and acting in the best interest of the team. Players are held to high standards of honesty, accountability, and sportsmanship. Through integrity, the team builds trust and cohesion, ensuring that everyone operates with a shared sense of purpose and values.

### **The Triad of Success: Players, Coaches, and Parents**

The success of the Alexandria Cardinal Football program hinges on the collaboration and commitment of three integral components: players, coaches, and parents. Each plays a unique role in our preparation for each season and for fostering a positive team culture and providing players with the best possible experience.

Players are the heart of the team, embodying its values on and off the field. They must be dedicated, disciplined, and supportive of their teammates' growth and success. Players are encouraged to embrace their unique roles and contributions, fostering a sense of pride and fulfillment in their involvement with the program. As a result, players not only excel on the field but also develop lifelong bonds with their teammates, coaches, and parents.

Coaches serve as mentors and leaders, guiding players through challenges and empowering them to reach their full potential. Assistant coaches, in particular, play a crucial role in creating buy-in and reinforcing positive team culture. They are given the autonomy to lead authentically, fostering an environment where players feel valued and supported.

Parents are the foundation of the football family, offering unwavering support and encouragement to both players and

coaches. Their involvement fosters a sense of community and unity, strengthening the bonds within the team and enhancing the overall experience for everyone involved.

At Alexandria, the belief is that genuine team chemistry is the key to victory. By prioritizing relationships and fostering a culture of connectedness, the Cardinal football program creates an environment where players feel valued, supported, and motivated to give their all for the team. This sense of belonging and unity not only enhances performance on the field but also enriches the overall experience for everyone involved.

### **Life Lessons Beyond Football**

While the primary focus may be on football, the Alexandria Cardinal Football program aims to instill valuable life lessons in its players. Through the game, athletes learn essential traits such as courage, self-discipline, teamwork, and responsibility. These qualities transcend the football field, shaping players into confident, resilient individuals prepared to tackle life's challenges with integrity and determination.

In essence, Alexandria's football culture embodies the principles of faith, family, love, and integrity, creating a supportive environment where players can thrive both as athletes and as individuals. By nurturing a collaborative spirit among players, coaches, and parents and emphasizing the importance of character development, the Alexandria Cardinal Football program sets a precedent for excellence both on and off the field.

### **Setting Alexandria Cardinal Football Apart: The Power of Tradition and Legacy**

Cardinal football players who embrace our four core principles of faith, family, love and integrity are always welcome back "home". At Alexandria, we have a rich tradition of football family members returning and giving back to the program. Our current team has members whose brothers, uncles, fathers, and grandfathers all donned the Cardinal football uniform. Every season, a new Cardinal team takes the field with a rich football tradition behind them and each year a new team knows it is their turn to leave their legacy in that tradition. Players understand that they do not take the field alone. They are carried by the brotherhood that surrounds them and the brotherhood that has gone before them. By prioritizing relationships and fostering a familial atmosphere, the program not only cultivates success on the field but also creates a lasting legacy. This legacy is the Cardinal football way - where victories are measured not only by touchdowns scored but by the strength of the bonds forged within the football family.



## **BIOGRAPHY**

Mike Empting has taught Physical Education and Health in the Alexandria School District for the past 27 years. He has been the head football coach at Alexandria Area High School for the past 16 seasons. He was an assistant football coach in Alexandria for 11 years prior to that. He is a native of Dilworth, MN and attended Concordia College, Moorhead where he played football for 4 seasons. He has also coached track and field in Alexandria for the past 27 years. Prior to teaching and coaching in Alexandria, he taught and coached for three years in Battle Lake, MN. He has two children, Katelyn and Michael who are both through college and enjoying their respective professional careers.

# TONKA STRONG

By Taylor Moon

Head Strength and Conditioning Coach, Strength & Conditioning Program - Minnetonka High School

The athletic demands placed on student-athletes continue to evolve rapidly. In our Tonka Strong program at Minnetonka High School, we embrace innovative approaches to maximize potential. Our program aims to foster long-term development and cultivate a positive culture for our athletes through the integration of technology, data collection, and well-rounded training philosophies. Below, I break down the impact of velocity-based training (VBT), the principles of Tony Holler's "Feed The Cats" methodology, the significance of year-round and sprint-based training, the importance of holistic athlete development, and the establishment of a supportive and effective training environment.

## The Role of Technology: Velocity-Based Training

Velocity-based training (VBT) has revolutionized our training by providing precise feedback on our athlete's performance. Unlike traditional methods, VBT utilizes tools such as "linear position transducers" or a type of linear positioned sensor with attachable accelerometers to measure bar speed and movement velocity in real time. This provides us with a lens of a data-driven approach, allowing us to optimize load, volume, and intensity, ensuring that our athletes train at their optimal threshold to improve power, strength, and speed. The advantages of VBT are multifaceted. Firstly, it minimizes the risk of overtraining and injury by allowing our staff to individualize training sessions based on our athlete's current readiness, which fluctuates daily due to various factors such as fatigue and stress, especially in-season. Secondly, VBT enhances motivation and competitiveness among athletes by providing immediate feedback, fostering a more engaged and goal-oriented training environment. Lastly, it facilitates more precise progress tracking, allowing us as coaches to use the data as a reference point in adjusting training programs to ensure continuous improvement. VBT is not the end all be all and can be costly, however, it has helped us take our program to the next level.

## Data Collection: Feed The Cats

Our program as a whole follows a lot of principles from Tony Holler's "Feed The Cats" philosophy. Through the program he has popularized and created, we emphasize the importance of recording, ranking, and publishing our training data to create a competitive yet supportive training environment. "Record. Rank. Publish." This encourages our staff to continuously

track performance metrics and share them with athletes to create accountability and motivation. By making the data visible, our athletes are incentivized to consistently perform at their best, creating a culture of competition, excellence, and self-improvement. Our sprint sessions focus on speed and efficiency, designed to be intense but brief, focusing on maximizing output. We emphasize quality over quantity, ensuring that our athletes remain fresh and as injury-free as possible while continuously improving their performance.

## Year-Round Training: Sustained Development

Our emphasis on year-round training is critical for sustained athletic development throughout an athlete's time in our program. We encourage our kids to play multiple sports while continuing to train in-season. Simply put, we just don't want regression to occur at any point of the year. Scott Meier at Farmington High School coined the phrase "The Web of Strength". His analogy refers to a "spider web" where he states that "when all teams lift, all teams benefit" and that "when teams don't lift, the web weakens, impacting all others". The importance of building a "strong" community of athletes and teams has been one of my main goals as head coach. Training year-round also allows for basic periodization to occur, a structured approach that varies training intensity and volume to optimize performance at specific times of the year. This planning and structure can help our athletes peak during important competitions and recover adequately during less critical periods, balancing training stress with recovery to prevent overuse injuries.

## Sprint-Based Training: Prioritizing Force Before Form

We sprint every day, in some way. When we start working with our kids at an early age, we use a modified "idea" from sprint guru Tony Villani: force before form. Here we focus on the development of maximal force production. Not to say we don't work on technique, we highlight building the strength and power of an athlete before really honing on technique. If we can build strength, especially through the ankle, knee, and hip, we're going to be looking at some great progress over time.

## Long-Term Development: Youth Perspective

There's a big fancy phrase "Long-Term Athlete Development (LTAD) that gets thrown around, however, it is essential in our athletes' athletic progress. We take a holistic approach to training, from ground-based movements, small-sided games, and gymnastics movements, to base movement patterns. I'm not huge on "sports specialization" or "early specialization" as I believe it doesn't allow kids to be exposed to as many stimuli. We run Middle School training groups year-round and our numbers continue to increase, allowing us to hit the ground

TONKA STRONG

running once kids reach high school. A great quote by Coach Monte Sparkman sums up how we look at our kids long-term, “don’t burn the steak”. Having a well-rounded approach helps in developing a broad range of individual motor skills and athletic abilities, which are transferable across different sports and in life.

### **The Whole Athlete: Comprehensive Development**

Training young athletes to be well-rounded individuals extends beyond the walls of our weightroom. We focus on the whole athlete, trying to address mental resilience, teamwork, leadership, and healthy lifestyle choices. This comprehensive approach ensures that athletes are prepared not just for their sport, but for the challenges of life. By supporting the overall well-being of our athletes, we can help them achieve their full potential both on and off the field.

### **Standards & Culture: Consistent Effort and Positive Relationships**

Probably the most important piece of our program is the relationships with our athletes. Relationships play a crucial role in our training environment. We want to be the best part of our athletes’ day, by providing encouragement, support, and guidance. Not every day is sunshine and rainbows, some days are filled with tough love, but at the end of the day, we’re a family. We want to foster a culture of consistency and effort while also providing a place where students feel welcome and at home. We have clear standards and expectations for effort, discipline, and attitude. A positive training environment allows our athletes to strive for excellence and a sense of belonging and commitment.

### **Conclusion**

I heard a quote from a speaker that’s stuck with me for years, “make it big time where you’re at.” Every strength and conditioning program is different and what works for some may not work for others. Do the best you can with what you have, you are making a difference! At Tonka Strong we integrate technology, use innovative methods, and take a holistic approach to developing our athletes. By leveraging tools like velocity-based training, embracing data-driven strategies such as “Feed The Cats,” and prioritizing year-round and sprint-based training, we can optimize performance and foster the long-term development of our athletes. A focus on the whole athlete and the establishment of a positive, supportive culture further enhances the effectiveness of our program, ensuring that young athletes not only excel in their sport but also grow into well-rounded individuals.



Taylor Moon

## **BIOGRAPHY**

My name is Taylor Moon, I am an educator and strength coach with a passion for “being the best part of a student’s day.” I hold undergraduate degrees and teaching licensure in Special Education Developmental Cognitive Disabilities (DCD) and Special Education Learning Disabilities (LD) from Winona State University. Additionally, I have completed a Master of Arts in Special Education with teaching licensure in Emotional Behavior Disorders (EBD) from Concordia University, St. Paul. My professional journey in teaching and coaching career spans seven years. I began my career at East Ridge High School, where I spent two years. Following this, I joined Minnetonka High School, where I currently teach in the Special Education-DCD program and hold the position of Head Strength and Conditioning Coach. Outside of my school day, I enjoy spending time with my wife, Rachel Moon. Together, we enjoy going out for brunch, traveling, and spending time with our families

# WE ARE EAGAN

**by Chad Gage**

Director of Strength and Conditioning

## THE CHALLENGE

Building and sustaining a football program has its many highs and lows. The many challenges that we face on a daily basis can be looked at as an obstacle to overcome. It is through obstacles, challenges, and failures that we transform our programs into what they are today. The history of the Eagan Football program has definitely had its highs and lows of chasing wins. For years the Eagan Football Program has sat at the bottom of the rankings becoming the opposing team's best homecoming game. With an overall qrf ranking of 213 and 31 among large schools (when the staff took over), the challenge was real. For some, this was a great opportunity to embrace the challenge and watch the transformation of a program being built within the walls of Eagan High School. For most of us in sports we all share the common trait: the love for a good challenge. Rather than turning the other way, a great competitor takes things head on and thrives when things get tough. The Eagan Football program under Coach Johnson and his staff have always recognized the potential at Eagan High School if all the right pieces came together and worked together.

## BE GREAT WHERE YOUR FEET ARE

The journey begins by building the program from within the walls of Eagan. Coach Johnson needed to find the people that were committed to the long-term success of the program. The true transformation of this program begins by getting teachers on board to coach. He understood that he needed individuals that were committed to him and the current situation of the program. The program currently has over 17 teachers that are coaching or serving as academic advisors for our athletes. This presence in the hallways and the classrooms has produced a new sense of accountability towards the program. These relationships from the classroom have carried onto the field and have helped increase our participation in football. The

power of connection can take your program to the next level. Every coach on our staff brings a unique gift to our program. It ensures that each participant has at least one mentor that they could relate to. That supportive connection from the field to the classroom, and to the halls is a big factor in the changes we are seeing. We are now going into our 6th year, the core coaching staff is still intact. We have gone through some very tough conversations on how to improve each year, but it has never gotten us off track from the vision. The ability to work through those tough conversations shows the comradery, dedication and commitment of the coaching staff. We have seen a lot of growth and success in the last two years, but know that there are many more challenges that are ahead of us to take another step forward. The next step for us was creating buy-in from the athletes and community.

## CREATE BUY IN

The general perception of the Eagan Football Program in the hallways and the community was not good. One of our biggest challenges was to reshape this thinking. For a lot of us all the comments were a driving factor to work harder for this program and silence the critics. When you have the backing of



the community and the administrators it makes it much easier to get buy-in from your athletes. We are very fortunate to have a very supportive AD (Sandra Setter), and booster club, but we knew that any good program starts with the athletes'. The athletes needed to embrace commitment to be the change. They needed to understand that change is going to take time and showing perseverance through the hard times is going to be part of it. Asking a teen in an "instant gratification world" to be patient is a big challenge. Especially when the change might take years to happen. There were many conversations about developing the right mindset through leadership



## WE ARE EAGAN

committees, positional groups and one on one conversations. We were very fortunate to have kids, when we took over, who bought into this type of commitment and understood that they were working towards something bigger than the wins that they might never see during their time spent playing at Eagan. There was also a very strong effort to build trust and collaboration at the youth level. We wanted to make sure our language, technique, and practices shared a common identity. We are beginning to see how this alignment has empowered the athletes with a sense of confidence and determination when entering the high school program. The past two years have been very rewarding for us. We have seen changes in how we are looked at as a program. There is also a sense of a shared common goal in the community and the schools that feed into Eagan High School. While wins on the field play a role in the excitement and commitment, the true measure of success is in the values that have been taught. As we continue to change as a program, the journey towards sustained success is always at the forefront. We truly believe that a part of this lies in how we are training and preparing ourselves for future success. That all starts at an early age in the Eagan Trained Strength and Conditioning program.

## EAGAN TRAINED

In 2019, I was given the opportunity to be the Director of Strength and Conditioning at Eagan High School. Just like the football program, I had a vision on how I would see the program from my experience as a teacher and coach. I am not your traditional strength coach with all the abbreviations behind my name. Some of the things we do might be different from traditional weight rooms, but as we all know, you have to make it work for your kids and your environment. My journey has been shaped by rural life, experience, mentors, and a pursuit to learn from the best in the business. The foundation of Eagan Trained is based on my past summer wrestling programs (Red Shirt Training), collegiate days, and coaching. The systems and programs are anchored through the principles of Mike Boyle (CFSC Certifications), Cal Dietz (Triphasic Training), and Tony Holler (Feed the Cats). These methods are all tailored to meet the needs of all Eagan athletes in 6-12 grade with a tiered system of training. Seeking to be innovative, I drew insight from Jed Smith (Northern Iowa) in my early years about olympic lifts and programming through excel. When Eagan Trained started I leaned on Scott Meier (Farmington Strength) and Mark Hoover (Simplifaster/VBT) for implementation and design. With these ideas, from great coaches, we were able to create a program that gives athletes a common place to chase a similar goal. We are very fortunate to have a supportive booster club, and a football coaching staff along with assistant coach Brandon Carl leading the way when it comes to time spent with the athletes. On any given day you

will see off season and in season athletes using the room. They will be guided and supported through these programs by coaches that are invested in making something great at where they are at.

## GROUND ZERO

Just like our youth football programs I wanted to make sure that our youth athletes were stream lined with good habits, technique, and cues going into high school. We have a very unique advantage of having the middle school being attached to the high school at Eagan. The ground zero program introduces student athletes to the techniques of speed and strength training at Eagan Trained. This program is helping build athletic development and preparing students for more intense training at the high school level. The program is designed to run in the winter, spring, and summer seasons. Athletes get 8 weeks of training three days a week. Within these seasons there is a strength and speed focus. With speed our emphasis is on developing speed in multiple directions, deceleration and acceleration, and top end speed. We like to keep things as simple as possible in ground zero through jumping, sprinting, and competitive games as athletes work on their agility, coordination, and explosive power. The strength component of the ground zero program revolves around a 1x20 program. The focus is on movements such as, hinging, squatting, pulling, and pushing. Athletes will progress from bodyweight to dumbbells to bars. Mastering the core movements will help them progress through our other tiers. We place a high emphasis on safety, technique, and slow progressions. Using Mike Boyle's progression and regression chart as a guide, we can eventually progress the athlete to different adaptations and loads once they have mastered the technique and the benchmarks. In the ground zero program we move very slowly stressing the importance of these movements. The program's success is in its growth, with close to 100 athletes participating per season during the school year and over 200 during the summer.

## RECORD- RANK- PUBLISH

Incorporating Tony Holler's concept of Record-Rank-Publish has increased the competitive spirit at Eagan Trained. It has also taken our speed program to another level. The excitement of knowing where you started and finished has pushed athletes to reach different milestones through their high school career. We have embraced the concept of top end speed in MPH. I myself can remember how rankings were a big thing during the Presidential Awards in elementary school. Everyone got a sense of accomplishment after seeing where they rated and how they improved each year, and if you were good enough you got your name on the hallway record board. This concept has increased competition and continuous effort to improve on

your last time. By recording the 10 yard fly with lasers once a week and tracking each individual we have empowered each individual to improve on their performance from the week before. All data is put into spreadsheets that record times, averages, best time, and MPH. We took it a step further this year by measuring Truck Stick (Coach Mueller- Stewartville) which records the amount of force a person can create, which relates to blocking and tackling. We now have data rankings between our BIGS and SKILLS in the football program. Our non sprint sessions are also focused on creating athletes. Athletes engage in dynamic drills and explosive movements that they would encounter on the field of play. X Factor Days, created by Tony Holler, have a heavy focus on jumps, pogos, skips, and wickets. Almost anything can fall into a X Factor day as long as it's not conditioning. By focusing on skill and athleticism we



have seen a sense of purpose during the speed sessions. The whole system has made us a faster and more dynamic football team.

### KEEP IT SIMPLE

At Eagan Trained, our strength training philosophy is all about simplicity, functionality, and training like an athlete. The design of our room is streamlined to focus on multi joint movements. In our room you will find 13 racks (football boosters), 8 platforms and a huge open area that makes it possible for the coaches to see all corners of the room. Our training phases include work capacity, strength, power, and speed. We change the adaptation of the lifts every 2-3 weeks. We have integrated bits and pieces of Triphasic and VBT into all our programs. With the addition of Enodes and Ipads at every rack we have increased intent while lifting. The instant feedback and real time adjustments have been a big spark to our program. Our programming is based on a 4-day cycle using the PLT4M app for tracking, loads, reps and sets, and videos showing the lift. This is a step above from when I started using card stock and excel. In our programming you will find a mix of different explosives followed by two supersets. The supersets will

prioritize hip and knee movements, push and pull, rotations, and stability and mobility movements. We emphasize unilateral work and prefer front squats and over back squats for spinal health and focus on using the trap bar for deadlifts. Once again, these methods/programming all come from Mike Boyle- MBSC. We embrace doing hard things at Eagan Trained. On any given day athletes will get an individual or team challenge at the end of the workout that challenges them mentally and physically. We have found that FINISHERS, which came from my RED SHIRT training program, have helped instill confidence and perseverance in the athletes. They have also been very helpful in identifying the athletes that prioritize the team above themselves. So you might ask, "Is it working?" Ultimately, the success of our strength program is measured by the health and durability of our athletes. So far, we have been able to keep kids on the field competing and have reduced soft tissue injuries in the athletes that have been fully committed to Eagan Trained.

### WIN THE DAY

The journey of the Eagan Football and Eagan Trained is on a similar path when it comes to winning. I know mentioning those words at the forefront of any conversation or article seems to be the focus of the program. This is quite the opposite for our programs. The process of transforming something takes a one day at a time approach. We believe in winning each day. The little wins will eventually turn into greater achievement for our programs. We are winning in the category of right values, habits, and skills in our athletes. We can see the changes that are happening as a result of the countless hours we have put in. The participation and competition in the football program



keeps on increasing, and in the Eagan Trained program we have close to 600 athletes training in the summer. With the growth comes the need for more space. There are plans in the next couple of years for a new weight room, courts, and indoor lanes, which we are very excited about. As we continue to navigate the challenges in today's world, we stay committed to becoming the best program we can by being great where our feet are at, and winning the day by shaping athletes' lives and preparing them for success on and off the field.

### ONCE A WILDCAT ALWAYS A WILDCAT



## BIOGRAPHY

Chad Gage has 29 years of Teaching/Coaching and currently taught 8th grade Social Studies at Dakota Hills Middle School

He is the Director of Strength and Conditioning and the Director of Baseball

Operations . Gage graduated from Augustana University, Sioux Falls South Dakota. Ha has been Head Wrestling Coach for 16 years, has 29 years of Football Coaching, and 6 years Co-Off-Coordinator. He is married to wife Jenmand they have three kids Kaden, Ty, and Tate.

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# “WHAT WORKS FOR US”

**By Adam Tri**

Head Football Coach, Eden Valley Watkins High School

There are a lot of reasons for our success in the last handful of years and it comes down to the people involved. If the same is true for you, I encourage you to show appreciation and gratitude to the people who helped make it happen as I personally know that I maybe don't thank them nearly enough. We have been blessed with very talented and hardworking young players that have played football for Eden Valley-Watkins. These players buy into our system and our process and put in the work to be successful. They show up and give it their all and it is a huge reason we can win games. We also have great administrators at EV-W that allow me to do my job to the best of my ability and they support the team and I with their time and resources. My coaching staff is simply phenomenal. I put a lot on them every season and they handle their responsibilities well. They are flexible with changes and are so successful and talented at what they do. I, along with the team, are so thankful to have them as a part of our program. I'm also fortunate to play in a football district with other outstanding head coaches who challenge me every week to have my team prepared. I learn so much watching their team play and in conversations with them and for that I am grateful.

Another reason for success in our program is because of support from our parents. We would not be where we are without their contribution. They support every player on the team and encourage them to be the best players and people they can be. Finally, like every coach, I also have an amazing spouse and family that allows me to do this job and be away so much during the football season. I can't thank them enough for supporting me along the way.

I would like to start off by saying I am not the smartest coach in the state. There are so many coaches that are smarter than me which drives me to try to improve my knowledge every day to rise to their level. I've been fortunate enough to learn and borrow things from other great head coaches including my dad Ray Tri, James Herberg from Rocori, and Scott Strohmeier at Iowa Western to name a few. The following are some of the things we do here at Eden Valley-Watkins. As you read this maybe you can take 1 or 2 things back to your program and help grow and improve this game that we all love so much. Keep in mind we are a 2A school with class sizes of roughly 60 kids per grade.





### **Let them be kids in the summer**

When I first started in 2018, I wanted to do as much as possible with football in the summer. I wanted to do multiple 7 on 7 tournaments, have the maximum amount of practices, and do everything possible to have football “own” the summer for my athletes. This only caused frustrations for myself, other coaches, and players and they were being pushed and pulled in many directions. I needed to scale back as these kids were being swamped in the summer with things. They were holding jobs, doing summer workouts, playing baseball on multiple teams, playing basketball and other sports, and didn’t have time to just be a high school kid. I didn’t want kids to have to pick what they wanted. I needed to respect that sometimes the players that played football for me didn’t think of football as their favorite sport. It took me a while to realize that that is OK. I also learned that I needed to share my athletes with other coaches in the summer. Being a 2A school, our kids play multiple sports, which is something that all coaches at our school encourage. This means that not every player could show up for every football practice or event. For 7 on 7 we were putting in plays that we didn’t run during the regular season and some coverages we never ran during an actual

game. We now don’t do any 7 on 7 competitions and I only hold 6 practices out of the 11 that are allowed. These practices are short, no more than an hour long. We play as many games as possible during these summer practices to keep things fun. We also have a joint practice with Rocori to get our competitive juices flowing and to break up routine, but that’s it. The only thing I highly encourage now is to do our summer workout program. We want our players in shape and ready for the demands of the football season. I feel that although we may be behind a little bit to other teams that do a lot more in the summertime, I can make that up with highly efficient, focused practices. I can say with 100% confidence that my players are excited and ready for football once mid-August comes around. They are focused in practice and don’t just go through the motions on drills. They love to be out there playing a sport they haven’t played in 8 or 9 months.

Our community has never had tackle football below 7th grade. I know this is a complex issue and can be difficult to stop doing once it’s established. I get asked to start youth tackle football at least once a year minimum. As a school our size, we believe the benefits to wait and start tackle football until 7th grade

outweigh the drawbacks. Every year since, as long as we can remember, we have been able to field separate 7th and 8th grade football teams. We have also been able to field JV and C squad level teams consistently at the 9-12 level. In the last 20 plus years, our numbers in grades 9-12 have consistently been in the mid-fifties on up. We are able to get our kids playing in multiple games with lots of playing time. Our junior high coaches do an outstanding job and they know our kids are “behind” at the start of 7th grade when they play schools with youth tackle football. In our experience, by the end of the year our kids have caught up significantly with the demands of our game. Our K-6 graders attend football camp on some Saturday mornings in the Fall doing flag football and other drills with our varsity players. I believe football participation has peaked and to help keep up the high participation numbers, communities need to really look at this. It might not work for everyone, but it works for us.

### **Food nights**

Every coach now understands the importance of team building and team culture. We all do it in different ways. One of the ways we do this is weekly team dinners on Thursday nights. I’m very fortunate to have parents that take this on and take turns hosting the team for food nights. This is one of our components to creating a team and brotherhood that helps me maximize our team potential. It’s at these team meals where players bond with each other and show appreciation for each other. Finding something like this, where the whole team can participate, is so important for the success of our team.



## **BIOGRAPHY**

Adam graduated from Saint Johns University with an Bachelors of Arts in Elementary Education with an Social Studies Endorsement. He currently teaches at Eden Valley-Watkins Public Schools and has been Head Football Coach at Eden Valley-Watkins High School since 2018. He is married to wife Krista and they have three kids, Parker, Brinlee, and Kyler.

# POSITIVE IMPACT

How to use high school football to positively impact your school, your community, and beyond.

## By Dwight Lundeen

Becker High School Football Coach



I am convinced that every coach can use this wonderful game of football to impact players and so many more - not just during a football season but for a lifetime. I am starting my 55th year as head coach at Becker and I still love coaching football, watching college football on Saturdays, and supporting our Gophers and Vikings. I hope there is something in this article that you can use within your football program. Football is the #1 participation and spectator sport in Minnesota. Let's take advantage of this situation and positively impact as many as possible.

***“When you have confidence  
you can have a lot of fun. And  
when you have fun, you can do  
amazing things”  
- Joe Namath***

## PLAYERS

There are so many aspects to the game of football and as a coach I need to pay attention to all of them, but the one aspect that takes priority is the players. The relationships that are built with players often begin at a very young age. One of the most effective ways of connecting with students is through summer football camps for all ages. None of the camps are long or expensive but we have a great

turnout and a great time. One of my favorite camps is the one day quarterback camp for ages 7 - 12. Everyone wants to be quarterback and we have had as many as 50 boys attend. I always have varsity players help with the youth camps. It is a great opportunity for them to teach and encourage. Those same kids then come to Friday night games and cheer for those who have coached them.

As head coach I feel I am responsible for helping to build and maintain our youth football program. It is important that we have as many youth out as possible. In order to maintain this involvement I try to meet with all the players and coaches at each level to talk about our culture and our goals. To make them feel part of the program they are introduced at a home game, wearing their team jersey and walking out on the field. I am fortunate that many of the youth coaches are former Becker football players and they understand the culture we have created and the coaching system we use. I evaluate the success of our youth program by the number of players who return to play again the following year. Our youth program is characterized by “have fun” and “motivate through encouragement”. Once we get students involved with our football program we want to keep them involved. We work to create a culture that focuses on being players who interact with one another to create team. This culture is built and nurtured by: motivating through encouragement emphasizing team not judging your experience by playing time or stats enjoying the journey believing that the scoreboard doesn't define who we are creating a practice time (3:00-5:00) that is our “Happy Hour” playing 40 players in the first quarter starting 22 different players in each game

Creating a team doesn't just happen. We schedule many activities to build team. A few of the activities that have worked well are - a golf tournament the second Tuesday of two a days, a summer trip to my cabin for a 7 on 7 tournament and team games, shaved ice, an ice cream truck on one of the hottest days of practice, Gatorade presented to “player of the day”. At times motivational speakers have come to address the team. Many people have an inspiring story to tell.

There is one more aspect of player development that I cannot emphasize enough, quarterback. As head coach, I make quarterback development a top priority and spend most of my time on this critical position. I believe that if you are not good at quarterback it will

be very difficult to be a good team. Bud Grant said this about the importance of quarterback:

***“A good football coach needs a patient wife, a loyal dog, and a great quarterback--- but not necessarily in that order.”***

Our football culture creates a positive environment but that does not mean there are not challenging situations that require my attention. In all situations I will make decisions and judgements based on the three simple rules that govern Becker Football. They are simple but effective.

- 1. We will Trust each other.**
- 2. We will Never Mistreat each other.**
- 3. We will give our Best Effort each day.**

## SCHOOL

“Enjoy the satisfaction that comes from doing little things well.” I believe that football can be a vehicle for positively impacting a school district. Whether we are in a game, a practice, a classroom, or the school hallways we will have opportunities to make a difference. These opportunities are often just “little things”. One example of this is a program that allows high school students to be helpers in lower level classrooms. This works well in Becker because the schools are so close together. I encourage players to participate. During this school year our starting quarterback, Zach, was assigned to a fifth grade classroom. The classroom teacher shared with me that the time Zach came each week was a highlight for the students. The same could be said of others who connected with younger students.

I try to make each home game a special place to be. A variety of things have been done without requiring a lot of time or money. Some favorites are T-shirts being tossed into the crowd following each touchdown, an ice cream truck, grilled and specially seasoned porkchops.

Our football program gets tremendous support from our student body. Like many other schools, our students have a theme for each game night. They organize themselves, dress to reflect the theme, and cheer throughout the game. Cheering for the Dogs is encouraged, not cheering against the opponent .

We also strive to make “after the game” a special time. Win or lose, players and coaches stay of the field and everyone is welcome to come and visit. Kids enjoy getting autographs from their favorite players. Parents and students stay and talk about the game – sometimes giving coaching advise but most often giving encouragement.

Having teachers and other school staff show support for the football players is important. One thing that has been well received is having players choose one game where they will reach out to a staff person, asking them to wear their white (away) jersey at the next home game. Most staff members have felt honored to be recognized and I believe they may become stronger supporters of what we strive to do through the football program.

An important thing that has been observed by school administrators’ is the impact a football team can have on the school environment. It might be that a good football team can make the start of the school year go better for everyone. I am happy that we can have a part in making everyone proud of Becker. All of these are “little things” but together they are an important part of what makes Becker Football special.

## COMMUNITY

“Community is much more than belonging to something.It’s about doing something together that makes belonging matter.”

Becker football gets outstanding community support. We get large crowds at home and away. One of my favorite sites is seeing blankets placed on prime bleacher seats early Friday morning. Very Colorful! I don’t believe this kind of support just happens. It happens because over the years we have been intentional about recognizing various community groups including the police, the fire department, first responders, health care workers, and military veterans.

One of my responsibilities is to help with fundraising for our football booster club. Becker doesn’t have as many businesses as some communities but so many of them donate money to support our program. This has the added benefit of community members and businesses feeling some level of ownership of what we do. I want each one to feel appreciated.

Sometimes well established traditions can add to a sense of community. Two things we have done for a long time are pork chops and tshirts.

The pork chop tradition was started many years ago by a local pig farmer who was also the father of a Bulldog football player. He introduced us to a special pork chop seasoning that we continue to use today. We sell out almost every game – often by half time.

The tshirt tradition, which is sponsored by a booster, is fun for students and adults. At each home game tshirts are shot into the crowd after each Bulldog touchdown.

In recent years we have implemented a community service/ fundraising project. It has become a very important and impactful dimension to Becker football. Players get sponsors who donate money to the program as students perform various tasks. These tasks are determined as I contact the city and the school, asking for things we can do to help. Any family member can also request help

with projects. Things we have done include clean up jobs at the school, replacing divots at the golf course, weeding and preparing a community garden, moving items, picking up trash..... Each coach has a crew and a work assignment. At the end of our work assignment we meet at a local restaurant for pizza. My goal is to reinforce a life lesson about the importance of being involved in your community.

Recently I have heard people refer to the importance of the "front porch". I think this quotation defines what that really means

### **FRONT PORCH:**

*Where there is room for everyone  
and everyone is welcome.*

I like to think that Becker Football is a front porch for our wonderful community. We strive to represent all that is good in Becker. Perhaps that is why people, young and old, gather on Friday night to celebrate.

### **STATE**

Tackle Cancer has special meaning for me and my family. Every year we are excited to promote this impactful program. I am encouraged by all of the football coaches who sponsor Tackle Cancel fundraising games. Working together we are making a difference. The University of Minnesota and Mayo Clinic of Minnesota are two outstanding research and treatment facilities. Randy and Roseann Shaver work with coaches as we raise funds for this important program. It is impressive that for every dollar we spend - 93 cents goes to cancer research.

Becker schools are actively involved. We have had special Tackle Cancer jerseys and footballs, as well as Tackle Cancer wristbands - presenting them to cancer survivors and those continuing to fight . I have been impressed by the creative ways schools have hosted tackle cancer events. Let's find time to support this amazing program.

### **IN CLOSING**

I realize that every school and every community is unique. What works well in Becker may not work well in another location. However, if we keep the priorities in order we can make a difference wherever we are. I close with a special quotation that I think defines my years of coaching. I hope that it defines yours too.

***"To love what you do, and  
believe that it matters, What  
could be more fun."***



### **BIOGRAPHY**

Dwight Lundeen is beginning his 55th year as head football coach at Becker High School. He started the program at Becker in 1970 and has been the only head football coach the school has had. His record of 399 wins, 167 losses, and 3 ties places, which is second in the state of Minnesota for wins. Becker has not had a losing season in the last twenty years. While records and awards are appreciated, they don't define his coaching career. Lundeen wants his coaching career to be defined by his purpose - helping students become people of integrity.

# ALBANY FOOTBALL: A TRADITION OF EXCELLENCE AND COMMUNITY

**Mike Ellingson**

Head Coach, Albany High School



## INTRODUCTION:

Albany Football is a place where tradition, community, and the gridiron intersect. With enduring rich traditions, Albany exemplifies a close-knit community united by a passion for the game. The nuances that make Albany Football such a special and unique environment are explored in depth in this article.

## ALBANY TRADITION:

As soon as one steps onto Albany's Michael Field, the modest past that surrounds it is palpable. Our program has been pursuing excellence for decades, demonstrating the strength of determination and commitment. The intangible elements that characterize the Albany tradition—such as camaraderie, pride, and an unwavering spirit—are equally important as wins and losses.

## COACHES:

Three pillars that continue to have a positive effect and add stability to the program are Albany's previous head coaches. Only three former head coaches in existence since the inception of the school in 1954. These coaches' names are synonymous with leadership, dedication, and inspiration. For instance, Coach Herges, at 93 years old, serves as a reminder of the resilience and determination that define our program. Week after week, he arrives at practice in his trusty golf cart, demonstrating the enduring

legacy of Albany Football. Coach Mader, known for his exceptional communication skills and genuine relationships with players, lays the foundation for success both on and off the field. With decades of experience as a football technician, Coach Mader brings a wealth of knowledge and expertise to our program, guiding players to reach their full potential. Lastly, Coach Kleinschmidt, a motivational powerhouse, inspires greatness in every player with his ability to bring any story to life and meticulous attention to detail. These men have laid the groundwork for young men to excel on and off the field. These men are vital in keeping the tradition alive and the program's standards set high for future generations.

## PHILOSOPHIES:

At the core of Albany Football lies a set of guiding principles that shape everything we do - on the field, in the locker room, and within our community. We believe in putting the person over the player, in using football as a platform for positive change, and in measuring success not by individual accolades, but by the collective achievements of the team. That's why we are committed to giving back to our community through initiatives like volunteering with the Miracle League. Seeing a sea of purple jerseys each fall help with a softball game is always a highlight. We prioritize scoreboard victories over individual stats and believe that "Huskies hit hard", but not in practice. This mantra has been a part of our tradition for many decades. By delaying padded football until 7th grade, we prioritize safety and skill development while

keeping cherished traditions alive, ensuring that every player who dons the purple and white of Albany Football carries with them the legacy of those who came before.

## TRADITIONS:



In Albany Football, tradition isn't just something we talk about; it's something we live and breathe every day. Step into our locker room, and you'll find a sanctuary of silence, a space where players mentally prepare for games in the hushed stillness before the storm. Adorning the walls are team photos dating back to 1954, a visual reminder of the countless talented players who have left their mark on our program over the years. And then there's Iron Man Testing a tradition since the 80s that challenges players to excel in strength and agility, pushing themselves to their limits in pursuit of greatness. Albany Football is about more than just hard work; it's about coming together as a family. We have fun traditions like Watermelon Wednesdays, Mac and Bones, and playoff spaghetti feeds. We also celebrate wins with the singing of the school song on the sideline.

## COMMUNITY ENGAGEMENT:

Community is more than just a term at Albany Football; it's a way of life. Seniors throw spaghetti dinners every Thursday, creating relationships that go beyond the field and last a lifetime. More than just a meal, watermelon after practice gives players a chance to connect, laugh, and build relationships that will help them through the highs and lows of the season. Additionally, our community comes together during the playoffs, hosting spaghetti dinners at neighborhood eateries the evening before major games to prepare our bodies and souls for the fights that lie ahead. The most treasured custom of all is the junior high

inter-squad game known as The Pumpkin Bowl, which unites students in the seventh and eighth grades to cap off the season. The middle school band provides the music, and current high school athletes serve as referees. The Pumpkin Bowl gives participants a genuine bowl experience under the bright lights of Michael Field; it's more than just a game. Former Huskies football players returning to games fuel a cycle of community involvement and inspiration. Their presence fosters pride and camaraderie, actively engaging with current players and fans, and nurturing a culture of perseverance and dedication. This involvement ensures the ongoing legacy of excellence, inspiring future generations of Huskies athletes both on and off the field.

## CONCLUSION:

As a relatively new addition to the storied legacy of Albany Football, I'm honored to carry on the traditions that have shaped generations of champions. From the halls of our locker room to the roar of the crowd on game day, Albany Football is more than just a sport; it's a way of life. Together, we'll continue to build on the foundation of excellence, camaraderie, and community that define Albany Football, forging champions not just on the field, but in the game of life.

## BIOGRAPHY

Mike Ellingson is a 1999 graduate of Hinckley-Finlayson High School. He graduated from Concordia St. Paul in 2003 with a degree in Secondary Mathematics Education and again in 2022 with a master's in Educational Leadership. Mike has coached football in Minnesota for 21 years, 19 years at Triton, and 2 years at Albany, the last six years as a Head Coach. Mike was also previously a head baseball coach at Triton for nine years. Mike and his wife Ani have five children and reside in Albany.

# SPRINGFIELD FOOTBALL PILLARS

## Adam Meyer

Head Coach, Springfield High School

When asked to identify what we do well as a program it makes a coach reflect and think about what we do specifically that might be different than others. The truth is, nothing we do is transformational or something you can't find anywhere else. Nothing will ever replace talented kids and great support systems from parents, administration, school, and community (all of which we are grateful to have). What we may do a little differently is place value on certain aspects of our program over other. Like all coaches aiming to get every squeeze of potential out of our programs we attribute our success to doing "the little things" well. We want to provide every player with an experience they are proud of and can look back on proudly. Here are just a few things that stand out when looking at Springfield Football and what makes this program so special to be a part of:

### COACHING STAFF

A coaching staff can either make or break any program. In Springfield, we have emphasized surrounding our players with coaches who believe in the power of extracurriculars and building relationships with kids that will last outside of football.

We are blessed to have coaches who are role models for our players, connect with kids, see the potential in each player, and have fun every day. Every one of our coaches from the junior high level through varsity has been a leader in some aspect of athletics or the community. They understand the importance of teamwork and what it takes to be successful both on and off the field. We want our staff to represent our area and our player's interests well. We want to provide our players with coaches they can identify with and create relationships with during their time in our program. Our football coaching staff features former athletes who participated in football, basketball, baseball, wrestling, track and field, hockey, and cross country. These coaches also have passions outside of school, such as hunting and fishing, and are invested in the community. As we know, all players have different needs and interests. We believe it's vitally important for our players to feel valued on and off the field. Providing coaches with varying backgrounds and interests gives each player a chance to make a connection. Over the last six years, this has resulted in strong numbers in our program and great player retention.

### COMMUNICATION

One of the most important pillars of our program is communication. We place a great amount of emphasis on the value and importance of effective communication. We are in constant communication with one another and our communication is just as strong and important during the off-season as during the regular season. This allows us to support each other, our athletes, and other programs year-round.

Even more importantly, our staff is in constant communication with our players. During the season if you come to any of our practices you'll consistently see coaches talking with players. Sometimes it's coaching, sometimes it's just talking about something football-related, and other times it's about something completely non-football-related. On any given day, if you walk through our building, you will likely see one of our coaches catching a student in the hallway or at an event within our school community for a quick conversation (likewise at events, you can often hear our players hollering across the gym for on of our coaches). We aim to build relationships with our players that extend beyond the football field in hopes that our athletes feel comfortable talking to us about anything. We want them to know they always have support.

We are the most open and honest with our players regarding football-related topics. Every player on our team knows where they stand on the depth chart before games start. Every player on our team can tell you something they feel confident in on the football field or something they bring to the team as a player/person. Every person wants to feel valued in some way, we makes sure every player gets that feeling in one way or another. They can also tell you something they're working on to improve. Our coaches do an outstanding job of being honest and creating learning opportunities for our players without making them feel like they're letting us down or not performing up to the standard we push them for. The athletes respect this open line of communication and in return perform better.

### EVERY KID GETS COACHED

The idea of coaching every kid is hardly new, but this is one of our greatest strengths. For this to work, each player must understand that everyone will be coached at an individual level. Coaching will be tailored to each individual's strengths, experience level, goals, and learning styles. Every team out there has kids that love everything football-related, whether it's off-season training, practice, physicality, bus rides, cleaning up the field etc. Likewise, we have the kids that want to play football because it's fun and they love the atmosphere or just want to be a part of something. Those two players have such a wide range of needs. We could go through practice and hold them to the same standard and expectation and claim that we coach every kid, but as coaches, we understand that the needs are different, and so is the coaching. For example, we have had receivers in our program the last few years reach 1,000 yards and/or 14 TDs plus. We're coaching these players on a slight degree bend on a burst release off the line, pressing a certain hip of the defender, and chopping feet when we feel we have the defender off balance. The very next rep, we might have a freshman or a player who is new to playing receiver,

our main hope is that they know the route and understand the concept. Both players receive praise and reinforcement, but the variance of coaching is wide-ranging. We are fortunate we have a staff that can identify players' skill sets and knowledge and adapt to the needs of each player.

This sounds like we just let some players "survive" practice or allow some of our players to get away with not working as hard as the others. In reality, it's quite the opposite. The culture of our program expects every kid to give their best effort regardless of the activity or assignment. Just because one player is focused on a nuance of skill and the other is just learning the basics, the effort and focus is the same for both. We hope to reach every player at their level. We also make it a point throughout the season to provide examples on how our best, most experience players welcome coaching and want feedback. As we know, if our best players are asking for coaching and feedback, all players will expect and accept the same. In a perfect world, we lean on the culture we have created within our program to help each player gain the love of football, the work ethic to become great at what they do, and eventually, the knowledge to need more advanced coaching and training.

## SENIORS LEAD!

The last pillar I will discuss is crucial and that is senior leadership. Everything I've shared in this article prepares our athletes for their senior year and their senior year is something our athletes spend their entire career preparing for. This year allows our athletes to shine as they take on the most important leadership roles in the program. These seniors are a testament

to our coaching staff and the entire program on and off the field. They step up in ways that are unexpected and greatly appreciated. For example, if a player is late to practice or a meeting, I've been met by our seniors either asking what they can do to help fix the problem or telling me they already have taken care of the problem. Our seniors help decide who gets brought up to the varsity roster, have been study partners for younger players, help coach youth sports in our town, talk with our younger players in a productive way to re-direct habits/behaviors, and much more. Our seniors have been instrumental in off-season work as well. They are responsible for setting up off-season throwing sessions, captains practices, and recruiting their teammates to the weight room. As coaches and former athletes, we know how much more it means when a teammate reaches out versus a coach. As a result, our underclassmen idolize our senior group each year and as coaches, we are extremely proud. Every year we wonder how we could possibly replace our current seniors, and then the next wave steps up. We have been extremely blessed with great players and people who have come through our program. The challenge is continuing to build each class of players to reach the level of the ones before them, perhaps even exceeding it.

This is just a small snapshot of what we value in our program. We have been very blessed to have great coaches, players, family support, administration, and community support throughout the years and that can't be overlooked for any program. We work every day to push players to their potential on and off the field and have as much as fun as we can along the way.



## BIOGRAPHY

Adam Meyer has been the Head Football Coach of Springfield High School for the past 3 years (30-8 He was the Section 3A Coach of the Year in 2022, 2023. Springfield was the Class A Runner-up in 2022, 2023. He was the Springfield Offensive Coordinator from 2018-2020 (2 state tournament appearances) Meyer also coached 1 year at Owatonna High School and 2 years at Wayzata High School. He played Football at Hamline University from 2008-2011 (3 year starter at QB). Meyer resides in Springfield with my wife Maggie and 4 children- Easton, Isaac, Hallie, and Hannah.

## *Football Hall of Fame Annual Banquet*

# MINNESOTA STATE FOOTBALL COACHES COACH OF THE YEAR

## **CULLEN NELSON**

### CHANHASSEN HIGH SCHOOL

The Minnesota Football Coaches Association (MFCA) has announced that Cullen Nelson of Chanhassen is the 2023 Coach of the Year. The Coach of the Year Award was presented at the 60th Annual MFCA Hall of Fame Banquet on April 6, 2024 at the Doubletree Hotel Minneapolis Park Place in St. Louis Park, Minnesota.

Cullen Nelson is the first coach from Chanhassen to win the MFCA Coach of the Year Award. Cullen is the fifth Class 5A coach to win the MFCA Coach of the Year Award.

In the 2023 season, his Chanhassen Storm had a 13-0 record and won the Class 5A State Championship. The 2023 Class 5A State Championship was his first as a head coach.



## *Football Hall of Fame Annual Banquet*

# **MINNESOTA STATE FOOTBALL COACHES** ASSISTANT COACH OF THE YEAR

## **MIKE JOHNSON**

### **EDINA HIGH SCHOOL**

Mike Johnson is a 1980 graduate of Alan B. Shepard High School in Palos Heights, Illinois, a suburb southwest of Chicago. He came to Minnesota to attend Bethel University, where he played football as a linebacker and noseguard, starting two years, graduating in 1984. A committed teacher, Mike taught middle school and high school English for 35 years in Osseo Area Schools, retiring in 2020. He served in many teacher leadership roles and received recognition from administration, peers, and students. Mike served as the Gifted and Talented Education Coordinator at Brooklyn Jr High in Brooklyn Park in the early 1990's and was selected to be a member of the inaugural faculty at Maple Grove High School in 1996. At the end of that year, students elected him to be faculty speaker at Maple Grove's first commencement. He also served as Department Chair and many other roles for 14 years at Park Center High School. Mike was selected to be a full-time Instructional/Peer Coach in Osseo Schools for the last six years of his teaching career.

Mike just completed his seventh year as defensive coordinator at Edina, his fourth year with Coach Potts. At Edina, he has coached teams that have appeared in the state tournament twice and the state championship once. Before Edina, Mike served as the Defensive Coordinator at Osseo High School for eight years with head coach Derrin Lamker, an era in which Osseo had the winningest overall record in what was then the Northwest Suburban Conference. Osseo won three conference championships, appeared in the state tournament twice, and won the 2015 6A state championship.

Before Osseo, Mike served as the Defensive Coordinator at Park Center High School for five years with head coach Terry Westermann. Mike was a sophomore coach at Maple Grove High School from 1996 to 1999 under Craig Hansen. He also coached sophomore football at Park Center under Mike Barnes in 1987 and 1988.

Mike was defensive line coach at Bethel University from 1989 to 1995 under two MFCA Hall of Fame coaches, head coach Steve Johnson and defensive coordinator Mike Plinske. It was an era when Bethel transformed itself into a perennial contender in the MIAC.

Currently, in addition to coaching football, Mike continues to serve since retirement as a substitute teacher and works as a part-time editor. He lives in Brooklyn Park as an empty-nester with his spouse of 27 years, Anne, and has two adult daughters, Ellen and Bea.



*Football Hall of Fame Annual Banquet*

**MINNESOTA STATE FOOTBALL COACHES**

CLASS COACHES OF THE YEAR



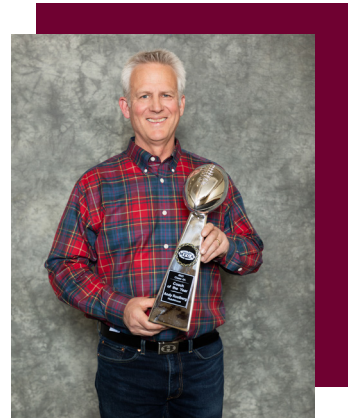
**1A CHRIS MOSCHO**



**2A ADAM TRI**



**3A GARRETT MUELLER**



**4A ANDY ROSTBERG**



**6A CULLEN NELSON**



**6A MIKE DIGGINS**



**9M SHAWN KLIMEK**

# Minnesota Section Coaches of the Year

## CLASS: 9M - SECTION COACH

- 1 Matt Kolling, Kingsland
- 2 Dwane Jemmings, Cedar Mountain
- 3 Rex Metzger, Hills-Beaver Creek
- 4 Eric Olson, Otter Tail Central
- 5 Shawn Klimek, Nevis
- 6 Brian Nelson, Fertile-Beltrami
- 7 Dan Zubich, Mountain Iron-Buhl
- 8 John Wilebski, Goodridge/Grygla/Gatzke

## CLASS: 1A - SECTION COACH

- 1 Chris Mensink, Fillmore Central
- 2 Dean Aurich, Mayer Lutheran
- 3 Adam Meyer, Springfield
- 4 Chris Moscho, Belgrade-Brooten-Elrosa
- 5 Chad Johnston, Minneota
- 6 Mike Johnson, Parkers Prairie
- 7 Shawn Kuhnke, Braham
- 8 John Clark Jr., Mahnomen/Waubun

## CLASS: 2A - SECTION COACH

- 1 Carl Fruechte, Caledonia
- 2 Dusty Drager, Maple River
- 3 Tom Schuller, Jackson County Central
- 4 Dan Meyers, Cannon Falls
- 5 Adam Tri, Eden Valley-Watkins
- 6 William Infanger, Osakis
- 7 Dave Louzek, Moose Lake-Willow River
- 8 Bryan Strand, Barnesville

## CLASS: 3A - SECTION COACH

- 1 Garrett Mueller, Stewartville
- 2 Ryan Weinandt, Dassel-Cokato
- 3 Brad Wendland, Waseca
- 4 Charles Adams III, Minneapolis North
- 5 Matt Walter, Annandale
- 6 Mike Ellingson, Albany Area
- 7 Scott Arntson, Esko
- 8 Anthony Soderberg, Dilworth-Glyndon-Felton

## CLASS: 4A - SECTION COACH

- 1 Ben Halder, Byron
- 2 Andy Rostberg, Hutchinson
- 3 Rob Reeves, Hill-Murray
- 4 Jay Anderson, Totino Grace
- 5 Sean McMenomy, Benilde-St. Margaret
- 6 Joe McPherson, Orono
- 7 Justin Voss, North Branch
- 8 James Herberg, Rocori

## CLASS: 5A - SECTION COACH

- 1 Jeff Williams, Owatonna
- 2 Cullen Nelson, Chanhassen
- 3 Travis Walch, St. Thomas Academy
- 4 Dave Muetzel, Mahtomedi
- 5 Jack Negen, Robbinsdale Armstrong
- 6 Mark Franz, Rogers
- 7 Tom Develice, Andover
- 8 Mike Empting, Alexandria Area

## CLASS: 6A - SECTION COACH

- 3 Brian Vossen, Lakeville North
- 3 Ben Burk, Lakeville South
- 3 Jeff Erdmann, Rosemount
- 4 Dan Fritze, East Ridge
- 4 Beau LaBore, Stillwater
- 5 Mike Diggins, Centennial
- 6 Mike Grant, Eden Prairie
- 6 Jason Potts, Edina

## 2023 Minnesota Sub-District Coaches of the Year

COACH	SUB-DISTRICT	SCHOOL	CLASS
Beau LaBore	Metro East	Stillwater	6A
Jackson Litterer	Metro Maroon	Buffalo	6A
Mike Diggins	Metro North	Centennial	6A
Nick Johnson	Metro South	Eagan	6A
Jason Potts	Metro West	Edina	6A
Paul Clark	Mid Northwest Central	Pillager	2A
Anthony Soderberg	Mid Northwest Red	Dilworth-Glyndon-Felton	3A
Mike Ellingson	Mid Northwest White	Albany	3A
Dan Houghton	Mid Northwest White	Rockford	3A
Ray Tri	Mid Northwest Three Rivers Blue	Eden Valley-Watkins	2A
Chris Moscho	Mid Northwest Gopher Gold	Belgrade-Brooten-Elrosa	1A
Bryan Strand	Mid Northwest Heart of Lakes North	Barnesville	2A
John Clark Jr.	Mid Northwest Valley Plains West	Mahnomen/Waubun	1A
James Beckman	Mid Southeast East	Bethlehem Academy	1A
Chris Goodwin	Mid Southeast West	Norwood-Young America	2A
Dustin Bosshart	Mid Southeast West	St. Clair/Loyola	2A
Robert Minkkinen	Northeast Silver	Barnum	2A
Dave Westermann	North North	Little Fork-Big Falls	9M
Shawn Klimek	North South	Nevis	9M
Dave Louzek	Northeast Blue	Moose Lake-Willow River	2A
Erik Lofald	Northeast Red	Duluth Denfeld	4A
Scott Arntson	Northeast White	Esko	3A
Tim Carlson	Northstar East Gold	Bloomington Jefferson	5A
Travis Walch	Northstar East Maroon	St. Thomas Academy	5A
Mike Empting	Northstar North	Alexandria Area	5A
Cullen Nelson	Northstar South Gold	Chanhassen	5A
Jeff Williams	Northstar South Maroon	Owatonna	5A
Tom Orth	Northstar Twin Cities	Two Rivers	5A
Tom Develice	Northstar West Gold	Andover	5A
Marc Franz	Northstar West Maroon	Rogers	5A
Matt Townsend	Skyway Blue	Columbia Heights	4A

## 2023 Minnesota Sub-District Coaches of the Year

COACH	SUB-DISTRICT	SCHOOL	CLASS
Matthew Walter	Skyway Brass	Annandale	3A
Joe McPherson	Skyway Bronze	Orono	4A
Jim Jackman	Skyway Copper	Litchfield	3A
Rob Reaves	Skyway Gold	Hill-Murray	4A
Dwight Lundeen	Skyway Green	Becker	4A
Charles Adams III	Minneapolis	North	3A
Sam Thompson	Skyway Orange	St. Agnes	2A
Joel Swanson	Skyway Platinum	Kasson-Mantorville	4A
Mark Heiser	Skyway Red	Patrick Henry	3A
Ryan Fay	Skyway Silver	Princeton	4A
Jay Anderson	Skyway Yellow	Totino Grace	4A
Dusty Drager	South Central Blue	Maple River	2A
Terry Bahlmann	South Central Red	Marshall	4A
Tom Schuller	South Central Silver	Jackson County Central	2A
Brad Wendland	South Central White	Waseca	3A
Rex Metzger	South West	Hills-Beaver Creek	9M
Mike Kesler	Southeast Red	Rochester Lourdes	3A
Carl Fruechte	Southeast White	Caledonia	2A
Chad Johnston	Southwest North	Minneota	1A
Randy Schettler	Southwest South	Adrian/Ellsworth	1A
Brent Kucera	Southwest South	Sleepy Eye United	1A
Trevor Carrier	South East	LeRoy-Ostrander	9M
John Wilebski	West North	Goodridge/Grygla/Gatzke	9M
Eric Olson	West South	Ottertail Central	9M



# HALL OF FAME INDUCTEES

SPONSORED BY THE MFCA



LEFT TO RIGHT: CARL FRUECHTE, WAYNE "RIBSY" PETERMEIER, MIKE KLEINSCHMIDT, DAN ESSLER, JEFF WILLIAMS, STEWERT GROSKREUTZ

## HALL OF FAME INDUCTEE

SPONSORED BY THE MFCA



## CARL FRUECHTE

Carl Fruechte is a 1984 graduate of Caledonia High School. He has been a Special Education Assistant and a coach in Caledonia since 1987. Carl has been coaching basketball since 1987 and football since 1988. During his coaching career, Carl has been a part of state championships in Boys Track (2011), Boys Basketball (1997), and Girls Basketball (2009). Carl has been the Head Football Coach from 1997 through 2009 and then again from 2016 to the present. During his time as coach, he has won 8 conference titles, 8 section championships and six state championships! Carl has been a part of 10 total football championships as head and assistant coach!

Carl has been a Conference Coach of the Year 8 times, a Section Coach of the Year 8 times, Minnesota Football Coaches Association Class Coach of the Year three times and the State Coach of the Year in 2008! He was also named the LaCrosse Tribune Coach of the Year five times and the Greater LaCrosse Sports Connection Coach of the Year in 2009.

Carl has been married to Becky for 35 years, and they have three children, Alecia, Isaac, and Maria, with eight grandchildren. He enjoys watching his 3 children play high school and college sports. Carl also enjoys biking and hiking with his wife and visits many Minnesota state parks. His favorite moments include winning some important games but the most pride comes from watching young boys become productive members of our society.

# HALL OF FAME INDUCTEE

SPONSORED BY THE MFCA



## DAN ESSLER

Dan Essler graduated from Brooten High School in 1981. He earned 4 letters in football, was captain his senior year, and voted team MVP and All-Conference. He went on to Fergus Falls Community College where played football and baseball for 2 years. Dan then went to Moorhead State University and graduated in 1986 with a degree in Physical Education.

Dan began coaching defensive backs at Willmar Community College in the fall of 1986. He then added assistant wrestling at Brooten and head boys track coach at Belgrade/Brooten over the next two years. In 1989, Dan moved to New London - Spicer to become the Defensive Coordinator for 11 seasons before becoming Head Football Coach in 2000, a position he held for the next 21 seasons. After the 3rd season, the Wildcats had a combined 3-21 record (.125 winning %). New London - Spicer then went 130-62 (.677) the next 18 seasons. NLS reached the Class AAA State Tournament 5 times during that stretch. They first made the semifinals in 2008, won the state championship in 2009, lost in the 1st round in 2012, before losing in the state finals in 2013 and 2014. The Wildcats have not had a losing season for 21 straight seasons. Dan was Section 6AAA Coach of The Year in 2008, 2009, 2012, 2013 and 2014. He was named the Class AAA Coach of The Year in 2009. He also coached the North team in the 2012 MN All-Star Game.

Dan was also head boys track coach for 24 Years and head girls track coach for 29 years. He retired from coaching and teaching in 2021. He has been a volunteer football coach at NLS the past 3 seasons where the Wildcats won the Class AAA title in 2022.

Dan would like to extend a special thanks to former Athletic Directors, Ron Dobbs and John Vraa in addition to assistant coaches Chad Gustafson, Jeff Boonstra, Jeff Gabrielson, Chad Powers, Paul Beuning, Jair Toedter, Rick McLain, Joey Dreier, Jeff Tufto, Taylor Dammermann, trainer Chris Heminover and former head coach, Lou Pirrotta for their many years of coaching. This group, NLS Grounds Crew, parents and former players made the success of the program possible over the years with their hard work and dedication. Dan and his wife Margaret have 2 children: Jake, a college scout with the Minnesota Vikings and Adam, business software sales for Oracle in Austin, Texas. The Essler's enjoy traveling and hanging out with family and friends.

## HALL OF FAME INDUCTEE

SPONSORED BY THE MFCA



### JEFF WILLIAMS

Jeff Williams is a 1983 graduate of Rochester John Marshall High School where he played Football and Baseball for the Rockets. He attended the University of Notre Dame, earning a Bachelor's Degree in Biology in 1987. After deciding to enter the teaching and coaching profession, he attended Winona State University, earning a Life Science-Teaching Degree in 1989. Jeff later earned his Master's Degree from the College of St. Scholastica in 2000.

While working on his teaching degree, Jeff served as the Varsity Defensive Backs Coach at Rochester John Marshall, working under his father "Snuffy" Williams. In 1989 Jeff was hired to teach Biology at Owatonna High School. He served as an Assistant Football and Baseball Coach, coached Legion Baseball, and supervised the Weight Room. In 1996, Jeff was named Head Baseball Coach at OHS, serving for one season. That spring, longtime Hall of Fame Football Coach Jerry Peterson stepped down. Jeff was named Head Football Coach and took over the Huskies in the Fall of 1996. As Head Football Coach at Owatonna, Jeff became the winningest coach in Big 9 Conference history, having amassed a record of 207-86. During that span, the Huskies have won 10 Conference titles and 10 Section Titles. In both 1998 and 2012, Owatonna finished as State Runner-Up. Owatonna won the State Championship in 2013, 2017, and 2018. Jeff has been named Conference Coach of the Year 9 times, Section Coach of the Year 10 times, and Class 5A Coach of the Year 3 times. Jeff served as the Head Coach of the Outstate Team that defeated the Metro 28-21 in the 2000 All Star Game. He joined his dad Snuffy as the only father and son to both defeat the Metro as Outstate Head Coaches. In 2013, Jeff was named State Coach of the Year by the Minnesota Football Coaches

Association. In 2018, he was named State Coach of the Year by the Minnesota Vikings, the Associated Press, and USA Today. Jeff finished as a Finalist for the NFL Don Shula National Football Coach of the Year in 2018.

In Jeff's estimation, the most rewarding aspect of serving as a coach is the relationships one builds with players, assistants, and coaches from competing schools. Football is the finest fraternity there is and many of these relationships will last a lifetime. Jeff is a long-time member of the All Star Game Selection Committee, has served on the Football Advisory Committee, and was MFCA President in 2021- 2022. Jeff and his wife Nancy, a School Social Worker at Owatonna High School, have been married 25 years and have two children, Matt and Nick. In their spare time, they enjoy traveling, especially to beach towns.

# HALL OF FAME INDUCTEE

SPONSORED BY THE MFCA



## MIKE KLEINSCHMIDT

Mike Kleinschmidt graduated from Sauk Centre High School in 1979. He earned 3 letters in football, was all-conference twice, and was a captain as a Senior. Mike went on to play football at the University of Minnesota-Morris from 1979-82. He was a graduate assistant coach at UMM in the fall of 1983 before graduating in 1984.

Mike began his teaching career at Arlington-Green Isle in 1984, where he was assistant football coach, and head boys track coach. In 1985, he moved to Albany and taught elementary school for 33 years. Mike coached for 37 years, which also included 13 seasons as head boys golf coach. Mike was an assistant football coach from 1985-2002. During that time, Albany won two State Championships: 1989 & 1997. In 1999, Mike was a Butch Nash Award recipient. In 2000, he was selected as Assistant Coach of the Year, and coached on the Outstate All Star Team staff. Mike was selected as the AFLAC National Assistant Coach of the Year in 2002.

Mike served as the head coach at Albany from 2003-2021. During his 19 seasons, he led the Huskies to four state tournament appearances (Prep Bowl runner-up 2005), five section titles, and nine conference championships. He compiled a record of 151-50. Mike was named the Class 3A Coach of the Year in 2020. He was the section coach of the year five times, conference coach of the year nine times, and in 2010, was named a Minnesota Vikings Coach of the Week. Mike also served on the MN Football Advisory Committee and as a conference/sub district rep during his career.

Mike and his wife Tamara have three children: Aaron (Brooke), Gina (Emil), and Will (Olivia), and five grandchildren: Cohen, Sawyer, Grayson, Kyler, & Vianna. During their free time, Mike and Tamara like to golf, travel, and enjoy life on the lake with family and friends.

## HALL OF FAME INDUCTEE

SPONSORED BY THE MFCA



**STEWART  
GROSKREUTZ**

Stuart Groskreutz is a 1991 graduate of Litchfield High School. Playing basketball and tennis under Hall-of-Fame coach John Carlson, Stuart played No. 1 doubles for a team that captured the school's first-ever state championship in 1989. He also played tennis and received Academic All-MIAC honors at Concordia College in Moorhead before earning a degree in English writing with minors in communications, and history/political science.

He gained valuable reporting and writing experience in college while working at the West Central Tribune in Willmar and the Forum in Fargo. After graduation, Stuart landed at another daily newspaper in Chippewa Falls, Wisconsin, where he spent a year before becoming its sports editor. He arrived at the Stillwater Gazette in 2000 and has covered the Stillwater Ponies for nearly a quarter-century. Stuart has been recognized with numerous awards for sports reporting, column writing, and photography by the Wisconsin Newspaper Association and the Minnesota Newspaper Association. He has also been named Sportswriter of the Year four times in the APG of ECM Better Newspaper Contest. Stuart was honored with the Distinguished Service Award for Outstanding Media Coverage from Special Olympics Minnesota in 2006. Stuart is married to Sarah and they reside in Stillwater, where he enjoys playing golf and spending time outdoors.

# HALL OF FAME INDUCTEE

SPONSORED BY THE MFCA



## WAYNE "RIBSY" PETERMEIER

Wayne "Ribsy" Petermeier is a 1983 graduate of Melrose High School in Melrose, Minnesota. Ribsy then went on to the University of Minnesota at Morris where he played football as a wide receiver, punter, and holder for the Cougars. He Graduated from UMM in 1988 with a degree in Elementary Education and coaching. After graduation he went back to Melrose where he taught and coached varsity football for the Dutchmen for 1 season. He then went on to teach third grade in Hayfield, Minnesota where he was an assistant varsity football coach for the Dodge Center/Hayfield C-Hawk football team where the C-Hawk's won the Wasioja Conference Championship. In 1990, his second year at Hayfield, he began the Hayfield football program. After the 1991 school year he took a job in Browerville, Minnesota where he was an elementary school teacher for twenty-seven years. The past thirteen years Ribsy has been the Athletic Director along with the past six years as the Dean of Students.

During his time in Browerville, he has been part of sixteen conference/district championships with nine of those as the head coach, twelve section championships with four of those as the head coach, and seven state semifinals with two of those as head coach. At the present time his record is 159-79 as the head coach at Browerville (Browerville-Eagle Valley). He has been part of 278 wins and 110 losses in his varsity coaching career. Ribsy is a nine-time conference/ district coach of the year and a four time section coach of the year. He also was the head girl's basketball coach for seven years

with a record of 83-68 and head fastpitch coach for twenty years with one state tournament appearance and a 210-116 record. Ribsy coached in the MFCA All-Star game in 2007 (which was and still is one of the greatest highlights and weeks of his coaching career), is a past president of the MFCA serving in 2007, is currently the MFCA Individual Academic Award Chairman, the Chair of the MFCA Camp outreach program, and is a past recipient of the Don Swanson Service award in 2011.

Being able to say that he has not missed a MFCA sponsored coaching clinic since 1988 is something he is very proud of. Ribsy is most proud to be able to say that his oldest son Brent is on the Varsity Football staff at St. Cloud Tech High School, his middle son Kyle is the Head Football coach at Wadena-Deer Creek High School, and his youngest son Nate was on his staff as the O-Line & D-Line coach at Browerville. "Being able to coach all three of our son's and watching their success is the highlight of my career." Ribsy has been married to Kris (Matti) for the past 31 years whom he met while in Hayfield. They have three children - Brent, Kyle, (Mackenzie), and Nate, (Marah). Ribsy also has one granddaughter Jaya who is 2 ½ years old.

I am also fortunate that Kris has been my biggest supporter for all these years. She has been—and continues to be—the backbone of our family. As football coaches ,we are all "Keepers of the Game." My wife, Kris, is the "Keeper of the Family."

# "HALL OF FAME" NOMINATION FORM

## MINNESOTA FOOTBALL COACHES ASSOCIATION

**CONTACT:**

Scott Tschimperle: tschis@gsl.k12.mn.us

Paul Lemke: lemkep@gsl.k12.mn.us

**DIRECTIONS:**

1. Please have nominee (if possible) complete this nomination form completely.
2. Please type or print neatly.
3. Please answer questions in all categories of the nomination form that are applicable.
4. Please include a picture (black and white preferred) of the nominee to be used for press purposes.
5. Nominations must be received by **Jan. 1st, 2025**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

PRESENT ADDRESS: \_\_\_\_\_

TELEPHONE (HOME): \_\_\_\_\_ (WORK): \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ MARRIED: \_\_\_\_\_ SINGLE: \_\_\_\_\_

SPOUSES NAME: \_\_\_\_\_ CHILDREN AND AGES: \_\_\_\_\_

---

**PRESENT EMPLOYMENT**

POSITION: \_\_\_\_\_

NOMINATED BY: \_\_\_\_\_

ADDRESS OF NOMINATOR: \_\_\_\_\_

NOMINATOR'S TELEPHONE (HOME): \_\_\_\_\_ (WORK) \_\_\_\_\_

Induction into the Football Coaches "Hall of Fame" is gained through one of three divisions. These divisions are:

- A. The high school division (Coaches)
- B. The college division (Coaches)
- C. The citation division (Writers, Announcers, Athletic Directors, Fans, etc.)

IN WHICH DIVISION IS THE INDIVIDUAL NAMED ABOVE NOMINATED? \_\_\_\_\_

NOMINEES HOBBIES: \_\_\_\_\_

NOMINEES TRAVELS: \_\_\_\_\_

# POWER OF INFLUENCE AWARD



**BEAU LABORE**  
STILLWATER  
HIGH SCHOOL

Beau LaBore is a 1997 graduate of South St. Paul High School where he was an all-state linebacker and played in the Metro's 27-26 victory over the Outstate in the All-Star Game. He attended St. John's University and played football under legendary coach John Gagliardi. LaBore was a two-time All-American linebacker for the Johnnies who lost to Mount Union 10-7 in the 2000 National Championship Game. LaBore earned a Social Science and Secondary Education Degree, followed by a Master's Degree in Teaching and Learning and a K-12 Principal License through St. Mary's University.

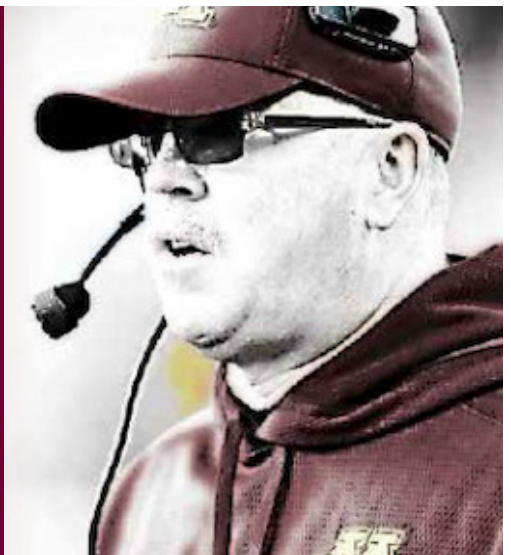
LaBore was an assistant coach at Minnetonka, Hastings, and South St. Paul before becoming head football coach at Woodbury High School in 2005. In 2009, LaBore was the defensive coordinator in a 54-13 Metro victory in the Minnesota High School All Star Game. He has been head coach at Stillwater Area since 2011. That same year, he was inducted into the South St. Paul High School Athletic Hall of Fame. The Ponies have won five sub-district championships and two section championships.

Through the Tackle Cancer Board, LaBore was awarded the Randy Shaver Cancer Research and Community Fund "Friendship Award" in 2015. LaBore is the MFCFA Community Service Award chair, serves on the Executive Director's Committee, and was President in 2019-2020. He earned the "Don Swanson" Award for exemplary service to the MFCFA in 2021. The second oldest of seven children, LaBore chose a career in education because several teachers and coaches had an indelible impact on his life. The Ponies coaching staff fosters a program that makes playing football fun, challenging, and more than just a game. Each year, the Ponies give hundreds of hours to youth football, nursing homes, Tackle Cancer, adaptive athletes, and the area food shelf. LaBore and his wife, Ashley, live in Stillwater and have a two-year-old daughter, Brooke.

**The Jerry Kill Power of Influence** honors a deserving high school head coach for his effect on his players, school and community.

The selected coach embodies the life-changing qualities of respect and inspiration, and has caused student-athletes and others to want to emulate their honesty, patience and modesty. Their positive influence is reflected in their community service, their mentoring and role modeling, and finally, measured by the lives he has touched and changed.

The MFCFA award recipient is then nominated for national Power of Influence Award, which is presented jointly by the American Football Coaches Association and the American Football Coaches Foundation.





**JERRY KILL POWER OF INFLUENCE AWARD NOMINATION**

**THE POWER OF INFLUENCE AWARD - MINNESOTA - NOMINATION FORM**

**Nominees Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/Zip Code:** \_\_\_\_\_

**Nominee: Member MSHSCA? Yes or No**

**Member MHSCHA? Yes or No**

**Class 9M, A, 2A, 3A, 4A, 5A, 6A**

**Subdistrict:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

**City/Zip Code** \_\_\_\_\_

**Briefly explain why you feel this coach is a good candidate for the Power of Influence Award**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Submitted by:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

Return Form: Bubba Sullivan - Northfield High School 1400 s. Division St., Northfield, MN 55057 - bsullivan@northfieldschools.org

# DON SWANSON AWARD



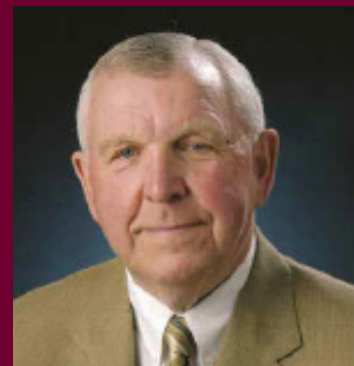
**CLAY  
ANDERSON,**  
KIMBALL HIGH SCHOOL

Clay Anderson is a 1982 graduate of Northfield High School. He earned a Bachelor of Arts degree in Exercise Studies from St. Olaf College in 1986 and his Masters in Education degree from St. Mary's University in 2008. Clay began his coaching career in Northfield as a junior high coach in 1987. From 1989-1996 he served as the defensive coordinator for Northfield High School.

Clay has had 26 seasons as a head coach: Le Center (1997-1999), Norwood Young America (2000-2004), Albert Lea (2005-2010), Benton Community, IA (2011-2013), Pipestone (2015-2019) and Kimball Area (2020-Present). Clay has coached in seven state championship football games: three as defensive coordinator at Northfield H.S. (1993, 1994, & 1996) and four as a head coach (1999 - Le Center), (2002 - NYA) and (2015 & 2017 - Pipestone). Clay has twice been selected as the Class "AA" Coach of the Year in Minnesota (2002 - NYA, 2017 - Pipestone). Clay has been a frequent clinic presenter in Minnesota, Wisconsin, and South Dakota. He has also been an activities director for 23 years. This past fall was Clay's 37th year in coaching. During that time, he has filled many roles within the MFCFA, including serving on the Executive Committee and being the chairmen of the Mr. Football committee from 2004-2011 & 2019-present. Clay also served on the Football Advisory Committee to the MSHSL, coached in the All-Star game in 2000 & 2011, and was the President of the MFCFA in 2006. Clay, currently the activities director and head football coach at Kimball Area H.S. is married to Melissa Radeke (Superintendent, Lester Prairie Schools) and resides in Dassel, Minnesota. Clay has one daughter, Kalah (Bryan) and one granddaughter, Lily. Clay also has three stepchildren, Hona (Kevin), Maddie (Luke) and Cooper (Catie) and five step-grandchildren: Soren, Kathryn, Elizabeth, Pax, and Margaret.

**The Don Swanson Award** represents exemplary service to the MFCFA. It is presented annually to a member of our association who personifies what the late Don Swanson exemplified: unconditional service to and for football in Minnesota. "swannie" was a respected teacher, coach, administrator and friend to all who knew him. His passing in 2009 left us all with a void.

He was a proud graduate of South High School and Gustdavirus Adolphus College and a lifelong educator in the city of Minneapolis. His work as part of the MFCFA clinic is legendary and he will never be replaced. In honoring "Swannie," we remember his sense of humor, his quick wit, his engaging charm, and, most importantly, his tireless efforts on behalf of students and coaches. He was one of our finest- true "Keeper of the Game."



# DISTINGUISHED SERVICE AWARD



## ROSEANN GIOVANATTO-SHAVER

THE RANDY SHAVER CANCER RESEARCH & COMMUNITY FUND

**Roseann Giovanatto-Shaver** is the Executive Director of the Randy Shaver Cancer Research and Community Fund (2024-present). Previously, Roseann was on the board of the Leukemia and Lymphoma Society and a sales rep for a local custom boutique clothing company.

Roseann was born and raised in Cleveland, Ohio, went to Olmsted Falls High School. She worked as the Assistant Manager of a 5-7-9 Clothing store before being hired by Northwest Airlines as a Flight Attendant. Roseann moved to Minnesota in the early 1980's. It's at that time she met and married Kare 11's Randy Shaver in 1986. They have 2 children Ryan (Heather) and Rob (Amber) Shaver and 2 grand children Bella Rose and Rocco Lee.

After volunteering for the Leukemia and Lymphoma Society MN Chapter and overseeing the Randy Shaver Celebrity Golf Classic from 1994-2003, Randy and Roseann created the Randy Shaver Cancer Research and Community Fund. In 2012, Coaches Dave Nelson, Beau Labore, Jon Bekken, Jeff Ferguson and Jeff Moritko met with Roseann and began a partnership model now known as "Tackle Cancer". Since 2012, Tackle Cancer has raised 3.5 million dollars and the Randy Shaver Cancer Research and Community Fund has raised over 13 million dollars to benefit Minnesota's Cancer Community by boasting a 6-9% administrative budget and allowing for 91-94 cents of every dollar raised to benefit cancer research, patient aid and new improved technology that all stays in the state of Minnesota. Research in the areas of breast cancer, pancreatic cancer, brain cancer, ovarian cancer, osteosarcoma and lymphoma have all benefitted from funds raised by the partnership between Tackle Cancer and the Randy Shaver Cancer Research and Community Fund. Additionally, community programs that fund kids with cancer camps, mobile cancer awareness to outstate communities and cancer preventative hoodies for volunteer firefighters are currently being funded. Roseann is humbled, privileged and honored to work to support and enhance the lives of Minnesota's Cancer Community in tandem with Tackle Cancer

# SERVICE AWARDS

## 30 YRS. OF SERVICE

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**PAUL  
LEMKE**

GLENCO-SILVER LAKE



NOT PICTURED:

JEFF MOORE,  
VERNDALE

BRIAN SCHONECK,  
MAPLE RIVER

## 35 YRS. OF SERVICE

---

NOT PICTURED:  
NEIL TESDAHL,  
CROSBY-IRONTON

## 40 YRS. OF SERVICE

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**PAUL  
LEMKE**

GLENCO-SILVER LAKE



## 200 WINS

---

**CHAD  
GIMBAL**

BLOOMING PRARIE



**RANDY  
KUECHENMSEISTER**

BLUE EARTH AREA



**JEFF  
WILLIAMS**

OWATONNA



# WINNINGEST ALL TIME HIGH SCHOOL COACHES 200 OR MORE WINS

Wins	Losses	Ties	Coach	School	Years	Win %
432	132	3	Mike Mahlen	Verndale	54	0.765
399	167	3	Dwight Lundeen	Becker	54	0.704
389	182	5	Ron Stolski-r	Brainerd	58	0.68
388	80	0	Mike Grant	Eden Prairie	41	0.829
315	158	0	Merrill Pavlovich-r	Delano	46	0.666
307	66	6	George Larson-r	Cambridge	40	0.818
304	150	0	Carl Lemke-r	St. Croix Lutheran	46	0.67
291	78	0	Steve Solem-r	BOLD	33	0.789
287	66	2	Ken Baumann-r	Mahnomen	32	0.811
285	69	2	George Thole-r	Stillwater	31	0.803
279	89	0	Jon Bakken-r	Waterville-Elysian-Morristown	33	0.758
279	151	0	Karl Deis-r	Mora	55	0.649
277	89	1	Grady Rostberg-r	Hutchinson	34	0.756
276	84	0	Leo Pohlkamp-r	Pierz	33	0.767
276	110	0	Terry Bahlmann	Marshall	40	0.715
275	133	2	Stuart Nordquist-r	International Falls	41	0.673
269	115	2	Jim Roforth-r	Osakis	45	0.699
267	124	0	Dave Nelson-r	Minnetonka	36	0.683
266	160	0	Don Seipkes-r	Ottertail Central/Henning	43	0.624
263	86	2	Neal Hofland-r	Chokio-Alberta	35	0.752
260	132	10	George Smith-r	Mahtomedi	43	0.659
259	102	9	Les Dreschel-r	Red Lake Falls/Crookston	40	0.712
259	105	13	John Hansen-r	Osseo	40	0.704
259	143	0	Larry Thompson-r	Lakeville South	38	0.644
256	94	8	Tom Mahoney-r	Fairmont	38	0.726
256	114	0	Dean Aurich	Mayer Lutheran	36	0.692
251	84	0	Don Henderson-r	Triton	31	0.749
246	137	0	Terry Karlsgodt-r	Atwater-Grove City- Cosmos	39	0.642
241	91	0	Dave Nigon-r	Totino Grace	31	0.726
238	112	0	Randy Strand-r	Adrian	33	0.68
236	79	0	Gerhard Meidt-r	Rothsay/Minneota/Big Lake	32	0.749
233	108	3	Buz Rumrill-r	Glencoe/Silver Lake	33	0.682
230	65	0	Jim Mader-r	Albany	26	0.78
230	84	0	Gary Sloan-r	Grand Meadow	29	0.732
230	138	1	Roger Lipelt-r	Wayzata/Providence	40	0.625
228	52	0	Andy Rostberg	Hutchinson	25	0.814
223	91	1	Jim Simser-r	Fairmont/New Richland-H	32	0.71
222	56	0	Dave Louzek	Moose Lk/Willow River	25	0.799
222	91	0	Stan Olson-r	LeRoy-Ostrander	30	0.709
221	97	0	Dave Brokke-r	Granite Falls/YME	31	0.695
220	74	0	Clark Bergloff-r	Mora	29	0.748
220	127	1	Don Stueve-r	Fergus Falls	37	0.634
217	139	0	Jeff Erdmann	Rosemount	34	0.61
216	46	0	John Clark Jr	Mahnomen/Waubun	23	0.824
216	130	6	Billy Beck-r	Lac Qui Parle Valley	39	0.622
214	41	0	Chad Johnston	Minneota	22	0.839
214	141	0	Bob Jackson-r	White Bear Lake/SLP	35	0.603
212	64	0	Gary Graham-r	Browerville	25	0.768
212	83	8	Kenneth "Red" Wilson	Bemidji	34	0.713
212	121	2	DeWayne Johnson-r	Anoka	33	0.636
211	54	0	Tom Schuller	Jackson County Central	24	0.796
210	134	0	Joe Scobic	Lester Prairie	34	0.61
209	91	0	Jerry Wallskog-r	LeCenter/BDRSH/Monty	31	0.697
208	134	0	Bubba Sullivan-r	Northfield	31	0.608
207	86	0	Jeff Williams	Owatonna	28	0.706

207	92	0	Terry Ogorek-r	Kittson County Central	30	0.692
207	109	2	Andy Nelson-r	Lake Benton/Verdi	34	0.654
206	89	0	Ron Johnson-r	Clearbrook/Gonvick Tr.	31	0.698
205	58	2	Dick Hanson-r	Burnsville	25	0.777
204	74	0	Chad Gimbel	Blooming Prairie	27	0.734
204	92	0	Terry Highum-r	Lanesboro	31	0.689
203	66	1	Stav Canakes-r	Edina	27	0.754
202	106	13	Bruce Frank-r	Le Sueur	37	0.65
202	120	2	Con Natvig-r	Swanville	33	0.627
202	147	0	Richard Risbrudt-r	Fergus Falls	35	0.579
200	65	0	Rich Kallok-r	Cretin-DH	22	0.755
200	77	3	Bob Youso-r	Moose Lake/Willow River	30	0.72
200	89	0	Ken Mauer-r	St. Paul Harding	32	0.692
200	111	0	Dean Taylor-r	Sartell/St. Cloud Cathedral	32	0.643
200	130	0	Randy Kuechenmeister	Blue Earth Area	33	0.606

## ALL TIME WINNINGEST HIGH SCHOOL COACHES BY WIN PERCENTAGE (10 or more years)

Wins	Losses	Ties	Coach	School	Years	Win
165	12	0	Mark Kroulik-r	Stephen-Argyle	15	93.22%
77	12	2	Bill Severin-r	Grand Meadow	11	85.71%
187	35	0	Jeff Ferguson-r	Totino Grace	18	84.23%
214	41	0	Chad Johnston	Minneota	22	83.92%
173	34	1	Gerry Brown-r	St. Thomas Academy	21	83.41%
88	17	2	Clifford Senne-r	Welcome	14	83.18%
388	80	0	Mike Grant	Eden Prairie	41	82.91%
194	40	0	Carl Fruechte	Caledonia	22	82.91%
104	22	0	Mike Scanlan-r	Cretin-Derham Hall	11	82.54%
216	46	0	John Clark Jr.	Mahnomen/Waubun	23	82.44%
156	34	0	Keith Bergstedt-r	Cromwell	16	82.11%
307	66	6	George Larson-r	Cambridge	40	81.79%
228	52	0	Andy Rostberg	Hutchinson	25	81.43%
287	66	2	Ken Baumann-r	Mahnomen	32	81.13%
141	29	10	Vern Morrison-r	St. Cloud Tech	20	81.11%
149	31	12	Red Hastings-r	Austin	20	80.73%
108	25	3	Dick Bakke-r	Monticello	15	80.51%
285	69	2	George Thole-r	Stillwater	31	80.34%
115	29	0	Wally Mahlmstrom-r	Mahtomedi	13	79.86%
222	56	0	Dave Louzek	Moose Lk/Willow River	25	79.86%
211	54	0	Tom Schuller	Jackson County Central	24	79.62%
131	33	2	George Wemeier-r	Minneapolis Washburn	18	79.52%
169	45	0	Bryan Strand	Barnesville	19	78.97%
291	78	0	Steve Solem-r	BOLD	33	78.86%
138	37	0	Mark Esch	Minnetonka	15	78.86%
83	22	1	Lauren "Huns" Hagge-r	Waseca	13	78.77%
192	52	0	Steve Ott-r	Deer River	22	78.69%
114	31	0	Charles Adams III	Minneapolis North	14	78.62%
117	32	0	Dave Ziebarth-r	St. Thomas Academy	13	78.52%
161	44	3	Jim Gotta-r	Moorhead	26	78.13%
230	65	0	Jim Mader-r	Albany	26	77.97%
205	58	2	Dick Hanson-r	Burnsville	25	77.74%
136	38	3	Robert Hage r	Hector	20	77.68%

# AWARDS

Wins	Losses	Ties	Coach	School	Years	Win %
110	33	0	Zach Hauser-r	Spring Grove	13	76.92%
163	49	0	Mike Kesler	Rochester Lourdes	19	76.89%
156	47	0	Brad Anderson-r	Wayzata	18	76.85%
212	64	0	Gary Graham-r	Browerville	25	76.81%
276	84	0	Leo Pohlkamp-r	Pierz	33	76.67%
432	132	3	Mike Mahlen	Verndale	54	76.46%
181	56	0	Rick Manke-r	Detroit Lakes	21	76.37%
168	51	3	Pete Herges-r	Albany	32	76.35%
100	79	0	Scott Hanson	Lakeview	18	76.34%
109	34	0	Rex Metzger	Hills Beaver Creek	14	76.22%
101	32	0	Neil Johnson-r	Wheaton	12	75.94%
279	89	0	Jon Bakken-r	Waterville-Elysian-Morristown	33	75.82%
277	89	1	Grady Rostberg-r	Hutchinson	34	75.61%
200	65	0	Rich Kallok-r	Cretin-DH	22	75.47%
85	25	8	Omer Sieben-r	Melrose	15	75.42%
203	66	1	Stav Canakes-r	Edina	27	75.37%
263	86	2	Neal Hofland-r	Chokio-Alberta	35	75.21%
176	56	6	John Drews-r	Rochester John Marshall	25	75.21%
151	50	0	Mike Kleinschmidt-r	Albany Area	19	75.12%
251	84	0	Don Henderson-r	Triton	317	4.93%
236	79	0	Gerhard Meidt-r	Rothsay/Minneota/Big Lake	32	74.92%
220	74	0	Clark Bergloff-r	Mora	29	74.83%
100	34	0	Paul Tinjum	Ada-Borup/Norman Co W	14	74.63%
125	42	2	Herm Frickey-r	Hibbing	28	74.56%
114	39	0	Brian Vossen	Lakeville North	14	74.51%
198	68	0	Jim Reinhardt-r	Rushford-Peteson	23	74.44%
162	54	7	Walter Hunting-r	Duluth Denfeld	32	74.22%
139	49	0	Flint Motschenbacher-r	Detroit Lakes	17	73.94%
116	41	0	James Miller-r	Rochester Mayo	15	73.89%
141	50	0	Tony Thiel-r	Battle Lake	21	73.82%
136	48	1	Harold "Gabby" Pierce-r	Bricelyn	22	73.78%
157	56	0	Jeff Gronner	Cromwell-Wright	19	73.71%
165	59	0	Mike Quist-r	Gaylord	21	73.66%
190	68	0	Ivan Kroulik-r	Kasson-Mantorville	24	73.64%
103	36	3	Norm Larsen-r	Mantorville/Preston/St. Paul Park	17	73.59%
204	74	0	Chad Gimbel	Blooming Prairie	27	73.38%
102	37	0	Matt Lombardi	Maple Grove	13	73.38%
159	58	0	Cory Larson	Dawson-Boyd	22	73.27%
230	84	0	Gary Sloan-r	Grand Meadow	29	73.25%
112	41	0	Dan Zubich	Mountain Iron-Buhl	15	73.20%
135	50	0	Mike Belseth-r	Breckenridge	17	72.97%
175	65	0	Bob Majeski-r	Hastings	21	72.92%
256	94	8	Tom Mahoney-r	Fairmont	38	72.63%
241	91	0	Dave Nigon-r	Totino Grace	31	72.59%
188	66	18	Bill Hansen-r	Willmar	33	72.43%
101	36	8	Frank Cleve-r	Minneapolis Henry	20	72.41%
123	47	0	Anthony Soderberg	Dilworth-Glyndon-Felton	16	72.35%
112	43	0	Derek Flann	BOLD	15	72.26%
164	63	0	Mike Boomer-r	Cook County	23	72.25%
183	67	11	Irv Nerdahl-r	Robbinsdale	32	72.22%
91	35	0	Mick Goudy-r	Monticello/Fertle-Beltrami	13	72.22%
200	77	3	Bob Youso-r	Moose Lake/Willow River	30	71.96%
180	69	4	Dick Walker-r	Richfield	21	71.94%
102	40	0	Mac Dahl-r	LaCrescent	16	71.83%
155	61	0	Kevin Feeney	Moorhead	25	71.76%
175	68	4	Chuck Halsted-r	Two Harbors	30	71.66%
144	57	0	Tony Thiel, Jr-r	Wheaton/Herman/Norcross	19	71.64%
111	44	0	Peter Haugen-r	Minneapolis Washburn	15	71.61%

169	67	0	Andrew Fleischman	Edgerton	21	71.61%
151	58	7	Angelo Taddie-r	Nashwauk-Keewatin	31	71.53%
113	45	0	Tyrone Wacker-r	Gaylord/Jackson	16	71.52%
276	110	0	Terry Bahlmann	Marshall	40	71.50%
212	83	8	Kenneth "Red" Wilson-r	Bemidji	34	71.29%
186	75	0	Dave Main-r	Sibley East/Gaylord	27	71.26%
259	102	9	Les Dreschel-r	Red Lake Falls/Crookston	40	71.22%
188	76	0	Peder Naatz	Hawley	24	71.21%
104	40	8	Art Hass-r	Austin	17	71.05%
120	49	0	Dan Kostich-r	Moorhead	16	71.01%
223	91	1	Jim Simser-r	Fairmont/New Richland-H	32	70.95%
222	91	0	Stan Olson-r	LeRoy-Ostrander	30	70.93%
68	28	0	Bryan Dahl	Chaska	10	70.83%
196	81	0	Dave Hylla-r	Proctor	27	70.76%
186	77	0	Mal Scanlon-r	Cretin/Johnson/Washington	27	70.72%
207	86	0	Jeff Williams	Owatonna	28	70.65%
167	68	5	Pat Waldner-r	Bloomington Jefferson	23	70.63%
259	105	13	John Hansen-r	Osseo	40	70.42%
399	167	3	Dwight Lundeen	Becker	54	70.39%
125	53	0	Mat Mahoney	Fairmont	17	70.22%
136	56	7	John Drugg-r	Wells	24	70.10%
113	47	5	Mario Lucia-r	Big Fork/Grand Rapids	20	70.00%

## ACTIVE HIGH SCHOOL COACHES WITH 60 OR MORE CAREER WINS

Wins	Losses	Ties	Coach	School	Years
432	132	3	Mike Mahlen	Verndale	55
399	167	3	Dwight Lundeen	Becker	54
388	80	0	Mike Grant	Eden Prairie	41
276	110	0	Terry Bahlmann	Marshall	40
256	114	0	Dean Aurich	Mayer Lutheran	36
228	52	0	Andy Rostberg	Hutchinson	25
222	56	0	Dave Louzek	Moose Lk/Willow River	25
217	139	0	Jeff Erdmann	Rosemount	34
216	46	0	John Clark Jr.	Mahnomen/Waubun	23
214	41	0	Chad Johnston	Minneota	22
211	54	0	Tom Schuller	Jackson County Central	25
210	134	0	Joe Scoblic	Lester Prairie	34
207	86	0	Jeff Williams	Owatonna	28
204	74	0	Chad Gimbel	Bloomington Prairie	27
200	130	0	Randy Kuechenmeister	Blue Earth Area	33
194	40	0	Carl Fruechte	Caledonia	22
194	97	0	Brian Nelson	Fertile-Beltrami	29
188	76	0	Peder Naatz	Hawley	24
184	113	0	Denny Lux	New Ulm Cathedral	29
171	158	0	Rick Sutton	Farmington	33

# AWARDS

Wins	Losses	Ties	Coach	School	Years
169	45	0	Bryan Strand	Barnesville	19
169	67	0	Andrew Fleischman	Edgerton	21
166	103	0	Steve Hamilton	Elk River	26
163	49	0	Mike Kesler	Rochester Lourdes	19
159	58	0	Cory Larson	Dawson-Boyd	22
159	80	0	Ribsy Petermeier	Browerville-Eagle Valley	23
158	110	0	Clay Anderson	Kimball Area	26
157	56	0	Jeff Gronner	Cromwell-Wright	20
155	61	0	Kevin Feeney	Moorhead	25
149	82	0	Todd Oye	Luverne	22
147	92	0	Joel Swanson	Kasson-Mantorville	25
146	114	0	Darrin Byklum	Polk County West	27
145	76	0	Brad Wendland	Waseca	22
138	37	0	Mark Esch	Minnnetonka	15
137	85	0	Tim Kirk	Mt. Lake Area	21
137	115	0	Brent Schimek	Deer River	26
136	71	0	Marc Franz	Rogers	21
135	112	0	Matt Lundeen	Redwood Valley	25
134	95	0	James Semmen	Lanesboro	22
132	114	0	Matt Walter	Annandale	24
132	116	0	Carter Ross	Westbrook Walnut Grove	26
131	129	0	Bill Magnuson	Pequot Lakes	27
129	59	0	Dave Muetzel	Mahtomedi	17
129	61	0	Jay Loven	Upsala/Swanville Area	20
126	101	0	Paul Dunn	Albert Lea	25
125	53	0	Mat Mahoney	Fairmont	17
124	61	0	Shawn Kuhnke	Braham	18
124	112	0	Jim Buboltz	Minnesota Valley Lutheran	24
123	47	0	Anthony Soderberg	Dilworth-Glyndon-Felton	16
123	106	0	Brian Remick	Red Lake County Central	24
122	101	0	Scott Howell	St. Paul Central	23
122	145	0	Matt Radniecki	New York Mills	29
119	62	0	Shawn Klimek	Nevis	18
119	66	0	Jeff Johnson	Chatfield	18
114	39	0	Brian Vossen	Lakeville North	14
114	103	0	Pat Hentges	Gibbon-Fairfax-Winthrop	23
113	31	0	Charles Adams III	Minneapolis North	14
112	41	0	Dan Zubich	Mountain Iron-Buhl	15
112	43	0	Derek Flann	BOLD	15
112	121	0	John Wilebski	Goodridge/Grygla-Gatzke	25
110	83	0	Andy Hill	Woodbury	19
109	34	0	Rex Metzger	Hills Beaver Creek	14
109	94	0	Ryan Weinandt	Dassel-Cokato	20

Wins	Losses	Ties	Coach	School	Years
109	96	0	Tony Gullickson	Warren-Alverado-Oslo	21
109	111	0	Tom Nelson	Two Harbors	23
107	130	0	Bob Wolf	Concordia Academy-Roseville	26
103	75	0	Matt Gegenheimer	Prior Lake	8
103	103	0	Jon Vik	Rochester Century	22
102	37	0	Matt Lombardi	Maple Grove	13
102	49	0	Davin Thompson	Rushford-Peterson	15
100	57	0	Cory Waling	Kittson County Central	15
100	79	0	Scott Hanson	Lakeview	18
100	82	0	Ray Betton	Shakopee	18
99	6	0	Paul Tinjum	Ada-Borup/Norman Co W	14
99	77	0	Sean McMenomy	Benilde-St. Margaret	17
99	84	0	Beau LaBore	Stillwater	19
95	41	0	Jared Essler	St. Michael-Albertville	19
94	61	0	Ethan Marquis	Stephen-Argyle	17
94	93	0	John Cassellius	Winona	19
93	77	0	David Halvorson	Ogilvie	18
93	80	0	Brent Olson	Lewiston-Altura	18
92	75	0	Chris Mensink	Fillmore Central	17
92	96	0	David Zeitchick	St. Paul Highland Park	20
90	60	0	Scott Arntson	Esko	14
89	47	0	Willie Howard (Co-coach)	Robbinsdale Cooper	14
89	79	0	Casey Kroulik	Clearbrook-Gonvick	19
88	44	0	Donny Holcomb	Rochester Mayo	12
86	47	0	Tony Poncelet	Goodhue	13
86	110	0	Joe Hietala	Duluth East	22
85	78	0	Mike Empting	Alexandria Area	16
84	63	0	Dustin Flaten	NCE/U-H	15
83	43	0	Jamie Morford	Royalton	13
82	65	0	Dustin Bosshart	St.Clair/Loyola	15
81	52	0	William Infanger	Osakis	14
81	56	0	Tom Kish	Zimmerman	14
80	55	0	Darren Baartman	Russell-Tyler-Ruthton	13
80	58	0	Mike Diggins	Centennial	14
79	42	0	Brent Kucera	Sleepy Eye United	12
78	43	0	Paul Clark	Pillager	12
75	71	0	Jon Konold	Willmar	15
74	109	0	Kirby Scull	St. Paul Como Park	20
73	88	0	Eric Davis	Mankato East	17
70	57	0	Lambert Brown	Wayzata	13
69	30	0	Tom Develice	Andover	10
69	79	0	Mike O'Donnell	Rush City	17
68	26	0	Justin Reese	Fridley	9

# AWARDS

Wins	Losses	Ties	Coach	School	Years
68	28	0	Bryan Dahl	Chaska	10
68	51	0	Luke Mitchell	Holdingford	12
68	66	0	Isaac Jenniges	Red Rock Central	14
68	67	0	Nick Kockelman	Canby	14
67	130	0	Brian Odland	St. Peter	22
66	33	0	Nick David	Mound Westonka	11
66	65	0	Tim Pattrin	Paynesville Area	13
65	10	0	JJ Helget	Mankato West	7
65	72	0	Chris Moscho	Belgrade-B-E	14
64	43	0	Ryan Galindo	Minneapolis Washburn	9
64	62	0	Mike Rowe	Maple Lake	12
64	70	0	Chad Christianson	Hancock	14
63	71	0	Ryan Hebrink	Renville County West	14
62	25	0	Adam Tri	Eden Valley-Watkins	9
61	20	0	Eric Olson	Otter Tail Central	8
61	45	0	Kevin Pope	Morris Area/C-A	11

# BUTCH NASH AWARD NOMINATION FORM

(Award for assistant football coaching at the high school level)

Candidates name in full \_\_\_\_\_

First

middle

last

Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

E-mail: \_\_\_\_\_ Home phone ( ) \_\_\_\_\_ Work phone ( ) \_\_\_\_\_

Birthdate \_\_\_\_\_ College attended \_\_\_\_\_ Year graduated \_\_\_\_\_

Candidate: Member MSHSCA? \_\_\_Yes; \_\_\_No. Member MFCA? \_\_\_Yes; \_\_\_No.

Head Coach: Member MSHSCA? \_\_\_Yes; \_\_\_No. Member MFCA? \_\_\_Yes; \_\_\_No.

Head Coach e-mail \_\_\_\_\_ Home ph: \_\_\_\_\_ Work ph: \_\_\_\_\_

Class: 9M; A; 2A; 3A; 4A; 5A; 6A Sub-district \_\_\_\_\_ School \_\_\_\_\_

**(please circle)**

School Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

Current football coaching assignment \_\_\_\_\_

Coaching background (Previous schools, years at the school, and any other significant information).

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Total number of years as high school assistant football coach (minimum 15 years) \_\_\_\_\_

List other background information that would help the committee in their selection (previous championships, awards, etc.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Submitted by: \_\_\_\_\_

Head Football Coach: \_\_\_\_\_

Return to: **Jim Dotseth, 034 Anthony Way, Victoria, MN 55386**

**Fax: 1-763-374-9059, Email: dotsethj@comcast.net**

# THE BUTCH NASH OUTSTANDING ASSISTANT COACHES AWARD



**The Butch Nash Award** is one of the most significant recognitions of the MFCA awards. Named in honor of the legendary Gopher Football assistant coach, George "Butch" Nash, the award recognizes those coaches who represent what is best in assistant coaches everywhere.

Butch was respected, honored and revered by all whose lives he touched: players, colleagues and public. During his extraordinary career as a Gopher assistant coach, he exemplified the endearing qualities of coaching competency, unconditional loyalty, integrity, many years of dedicated service, pride in his profession, and unrivaled passion for the Golden Gophers and the game he loved.

The MFCA is proud to recognize those coaches who have, over a career, demonstrated the qualities embodied in a true legend and one of the original 'Keepers of the Game.'

# BUTCH NASH AWARD RECIPIENTS



**ADAM  
LANGER**



**ADAM  
SPURREL**



**ANDY  
ZIGAN**



**CHAD  
OLSON**



**CHRIS  
OTTERNESS**



**ERIC  
TEDERS**



**MARK  
GRIFFIN**



**MATT  
KITTELSON**



**MATT  
SKALA**



**MIKE  
DeWULF**



**SHANE  
MINSKE**



**TIM  
FRITZE**



**TIM  
ZUPKE**



**TRAVIS  
ARMSTRONG**

# MINNESOTA HIGH SCHOOL FOOTBALL SUB-DISTRICT STANDINGS

Please note that there may have been changes to certain conferences. There may be mistakes due to "typos"/lack of information. Teams are listed in order of conference finish with regular season, and final season records.

## District - Metro (South) Standings

TEAM	CONF.	OA
Lakeville South	4-1	10-2
Lakeville North	4-1	9-2
Rosemount	3-2	6-5
Eagan	2-3	4-6
Rochester Mayo	1-4	4-6
Farmington	1-4	3-6

## District - Metro (North) Standings

TEAM	CONF.	OA
Centennial	6-1	12-1
Maple Grove	5-2	7-3
Anoka	5-2	6-3
St. Michael-Albertville	4-3	5-4
Blaine	3-4	3-6
Champlin Park	3-4	3-6
Coon Rapids	2-5	2-7
Osseo	0-7	0-9

## District - Metro (East) Standings

TEAM	CONF.	OA
Stillwater Area	5-0	8-3
Forest Lake	3-2	6-4
Woodbury	3-2	5-5
Mounds View	2-3	4-5
East Ridge	1-4	4-7
White Bear Lake	1-4	3-6

## District - Metro (West) Standings

TEAM	CONF.	OA
Eden Prairie	5-0	11-1
Mnettonka	4-1	7-3
Edina	2-3	9-4
Shakopee	2-3	6-4
Prior Lake	1-4	5-5
Wayzata	1-4	2-7

## District - Mid Northwest (Central) Standings

TEAM	CONF.	OA
Staples-Motley	6-1	8-2
Pillager	6-1	6-3
Parkers Prairie	5-2	9-3
Breckenridge	4-3	5-5

New York Mills	2-5	4-7
Wadena-Deer Creek	2-5	3-7
Pine River-Backus	2-5	2-7
Walker-Hackensack-Akeley	1-6	1-8

## District - Mid Northwest (Gopher-Gold) Standings

TEAM	CONF.	OA
Belgrade-Broten-Elrosa	7-0	11-1
Upsala/Swanville Area	6-1	8-2
Atwater-Cosmos-Grove City	4-3	6-4
Browerville-Eagle Valley	4-3	6-4
Kerkhoven-Murdock-Sunburg	4-3	5-4
West Central Area	2-5	3-6
Benson	1-6	1-8
Long Prairie-Grey Eagle	0-7	1-8

## District - Mid Northwest (HOL-North) Standings

TEAM	CONF.	OA
Barnesville	7-0	13-1
Pelican Rapids	6-1	9-2
Park Rapids Area	5-2	6-4
Warroad	3-4	4-5
Frazee	3-4	4-6
Hawley	3-4	3-6
Roseau	1-6	1-8
Crookston	0-7	0-9

## District - Mid Northwest (Red) Standings

TEAM	CONF.	OA
Dilworth-Glyndon-Felton	7-0	10-2
Detroit Lakes	6-1	7-2
Morris Area/Chokio-Alberta	4-3	7-4
East Grand Forks	3-4	5-5
Little Falls	3-4	4-5
Perham	3-4	4-5
Fergus Falls	1-6	2-7
Thief River Falls	1-6	2-7

## District - Mid Northwest (Three Rivers Blue) Standings

TEAM	CONF.	OA
Eden Valley-Watkins	7-0	13-0
Osakis	6-1	9-2

Kimball Area	5-2	6-3
Holdingford	4-3	7-4
St. Cloud Cathedral	3-4	4-6
Royalton	2-5	3-7
Paynesville Area	1-6	1-8
Maple Lake	0-7	0-9

## District - Mid Northwest (Valley Plains West) Standings

TEAM	CONF.	OA
Mahnomen/Waubun	7-0	11-1
Ada-Borup-West	6-1	8-2
Red Lake County	5-2	7-3
Polk County West	4-35-5	Lake
Park-Audubon	3-4	4-6
Bagley	2-5	2-7
Menahga	1-6	1-8
Red Lake	0-7	0-9

## District - Mid Northwest (White) Standings

TEAM	CONF.	OA
Rockford	6-1	8-2
Albany	6-1	8-3
Pierz	5-2	6-4
Montevideo	4-3	6-4
Howard Lake-Waverly-Winsted	3-4	3-6
Sauk Centre	2-5	3-7
Minnewaska Area	2-5	2-7
Melrose	0-7	0-9

## District - Mid Southeast (East) Standings

TEAM	CONF.	OA
Fillmore Central	8-0	11-1
Kenyon-Wanamingo	6-2	8-3
Bethlehem Academy	6-2	7-3
Goodhue	6-2	7-3
Blooming Prairie	5-3	5-4
Rushford-Peterson	4-4	4-5
Lewiston-Altura	3-5	4-6
Wabasha-Kellogg	1-7	1-8
Winona Cotter	1-7	1-8
Hayfield	0-8	0-9

## District - Mid Southeast (West) Standings

TEAM	CONF.	OA
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Norwood-Young America	8-0	8-1
Mayer Lutheran	6-2	8-3
Gibbon-Fairfax-Winthrop	6-2	7-3
Lester Prairie	6-2	7-3
St. Clair/Loyola	5-3	5-4
United South Central	4-4	5-5
New Richland-H-E-G	4-4	4-5
Randolph	3-5	4-6
Janesville-Waldorf-Pemberton	3-5	3-6
Waterville-Elysian-Morristown	2-6	3-6
Cleveland	1-7	1-8
Medford	0-8	0-9

**District - Northeast (Blue) Standings**

TEAM	CONF.	OA
Moose Lake-Willow River	7-0	10-2
Mesabi East	6-1	8-2
Aitkin	4-3	6-4
Crosby-Ironton	4-3	5-4
International Falls	4-3	5-4
Hinckley-Finlayson	2-5	3-6
Rush City	1-6	1-8
Greenway/Nashwauk-Keewatin	0-7	0-9

**District - Northeast (Red) Standings**

TEAM	CONF.	OA
North Branch	6-0	10-2
Duluth Denfeld	5-1	7-2
Hermantown	4-2	7-4
Grand Rapids	3-3	5-5
Cloquet	2-4	3-6
Rock Ridge	1-5	2-7
Duluth East	0-6	1-8

**District - Northeast (Silver) Standings**

TEAM	CONF.	OA
Barnum	7-0	10-1
Deer River	6-1	7-3
Braham	5-2	9-3
Mille Lacs	4-3	6-4
Chisholm	3-4	4-6
East Central	2-5	2-7
Ely	1-6	1-8
South Ridge	0-7	
0-9		

**District - Northeast (White) Standings**

TEAM	CONF.	OA
Esko	6-0	10-1
Pequot Lakes	5-1	8-2
Two Harbors	4-2	7-3
Mora	3-3	4-6

Proctor	2-4	2-7
Hibbing	1-5	1-8
Pine City	0-6	0-9

**District - Northstar (East-Gold) Standings**

TEAM	CONF.	OA
Bloomington Jefferson	4-0	8-2
Robbinsdale Cooper	3-1	7-3
Apple Valley	2-2	4-6
Tartan	1-3	3-7
St. Louis Park	0-4	2-8

**District - Northstar (East-Maroon) Standings**

TEAM	CONF.	OA
St. Thomas Academy	4-0	10-3
Robbinsdale Armstrong	3-1	8-3
Mahtomedi	2-2	6-5
Hastings	1-3	2-7
Cretin-Derham Hall	0-4	5-6

**District - Northstar (North) Standings**

TEAM	CONF.	OA
Alexandria	5-0	11-1
Brainerd	4-1	8-2
Moorhead	3-2	5-5
Bemidji	2-3	4-6
St. Cloud Tech	1-4	1-8
Sartell-St. Stephen	0-5	0-9

**District - Northstar (South-Gold) Standings**

TEAM	CONF.	OA
Chanhassen	4-0	13-0
Mankato West	3-1	8-2
Chaska	2-2	4-5
Waconia	1-3	4-6
Mankato East	0-4	3-6

**District - Northstar (South-Maroon) Standings**

TEAM	CONF.	OA
Owatonna	4-0	8-3
Northfield	3-1	6-4
New Prague	2-2	6-3
Rochester John Marshall	1-3	4-6
Rochester Century	0-4	1-8

**District - Northstar (Twin Cities) Standings**

Two Rivers	6-0	8-2
St. Paul Central	5-1	7-3
Minneapolis Washburn	4-2	4-5
Minneapolis Southwest	3-3	3-6

St. Paul Highland Park	2-4	3-6
Bloomington Kennedy	1-5	2-7
St. Paul Harding/Humboldt	0-6	0-9

**District - Northstar (West-Gold) Standings**

TEAM	CONF.	OA
Andover	4-0	10-2
Sauk Rapids-Rice	3-1	7-2
Elk River	2-2	4-7
Cambridge-Isanti	1-3	4-6
St. Francis	0-4	1-8

**District - Northstar (West-Maroon) Standings**

TEAM	CONF.	OA
Rogers	4-0	9-2
Monticello	2-2	5-5
Spring Lake Park	2-2	4-5
Park Center	1-3	4-6
Irondale	1-3	1-8

**District - Skyway (Blue) Standings**

TEAM	CONF.	OA
Columbia Heights	3-0	4-5
Brooklyn Center	2-1	4-5
Academy Force	1-2	1-8
Twin Cities Charter	0-3	0-8

**District - Skyway (Brass) Standings**

TEAM	CONF.	OA
Annandale	4-0	12-1
Foley	3-1	6-5
Milaca	2-2	3-6
St. Cloud Apollo	1-3	1-8
Spectrum	0-4	0-8

**District - Skyway (Bronze) Standings**

TEAM	CONF.	OA
Orono	3-0	9-2
Mound Westonka	2-1	7-2
Delano	1-2	6-5
Providence Academy	0-3	3-7

**District - Skyway (Copper) Standings**

TEAM	CONF.	OA
Litchfield	4-0	8-2
Dassel-Cokato	3-1	10-2
New London-Spicer	2-2	6-4
Glencoe-Silver Lake	1-3	3-7
Watertown-Mayer	0-4	3-6

# SUB-DISTRICT RECAPS

## District - Skyway (Gold) Standings

TEAM	CONF.	OA
Hill-Murray	3-0	8-3
Simley	2-1	6-4
South St. Paul	1-2	3-6
North St. Paul	0-3	2-7z

## District - Skyway (Green) Standings

TEAM	CONF.	OA
Becker	3-0	9-1
Rocori	2-1	10-3
Hutchinson	1-2	11-2
Willmar	0-3	2-7

## District - Skyway (Maroon) Standings

TEAM	CONF.	OA
Minneapolis North	3-0	9-2
Fridley	2-1	6-4
DeLaSalle	1-2	3-7
St. Anthony Village	0-3	4-7

## District - Skyway (Orange) Standings

TEAM	CONF.	OA
St. Agnes	4-0	9-1
Holy Family Catholic	3-1	7-4
Breck	2-2	4-6
Concordia Academy	1-3	3-6
St. Croix Lutheran	0-4	5-5

## District - Skyway (Platinum) Standings

TEAM	CONF.	OA
Kasson-Mantorville	4-0	8-2
Byron	3-1	10-2
Winona	2-2	3-6
Faribault	1-3	4-6
Austin	0-4	1-8

## District - Skyway (Red) Standings

TEAM	CONF.	OA
Minneapolis Henry	5-0	7-2
Richfield	4-1	4-5
St. Paul Johnson	3-1	6-4
St. Paul Como Park	2-2	4-5
Minneapolis South	2-3	3-6
Minneapolis Roosevelt	0-4	1-8
Minneapolis Edison	0-5	1-8

## District - Skyway (Silver) Standings

TEAM	CONF.	OA
Princeton	3-0	7-3

Zimmerman	2-1	3-6
Chisago Lakes Area	1-2	8-3
Big Lake	0-3	1-8

## District - Skyway (Yellow) Standings

TEAM	CONF.	OA
Totino-Grace	3-0	7-4
Holy Angels	2-1	4-6
Benilde-St. Margaret's	1-2	5-7
SMB	0-3	0-9

## District - South (Central-Blue) Standings

TEAM	CONF.	OA
Maple River	4-0	8-2
Blue Earth Area	3-1	4-6
Sibley East	2-2	2-7
LeSueur-Henderson	1-3	1-8
Lake Crystal-Wellcome Memorial	0-4	0-9

## District - South (Central-Red) Standings

TEAM	CONF.	OA
Marshall	4-0	7-3
Fairmont	3-1	9-2
New Ulm	2-2	6-4
Worthington	1-3	2-7
St. Peter	0-4	3-6

## District - South (Central-Silver) Standings

TEAM	CONF.	OA
Jackson County Central	4-0	12-1
Redwood Valley	2-2	7-4
Luverne	2-2	6-4
Pipestone Area	2-2	5-4
Minnesota Valley Lutheran	0-4	4-6

## District - South (Central-White) Standings

TEAM	CONF.	OA
Waseca	4-0	9-3
Jordan	3-1	6-4
Tri-City United	2-2	4-5
Albert Lea	1-3	1-8
Belle Plaine	0-4	1-8

## District - South (East-Red) Standings

TEAM	CONF.	OA
Stewartville	6-0	14-0
Rochester Lourdes	5-1	8-3
Lake City	3-3	4-6
Plainview-Elgin-Millville	3-3	3-6
Pine Island	2-4	2-7

Zumbrota-Mazeppa	2-4	2-7
Red Wing	0-6	1-8

## District - South (East-White) Standings

TEAM	CONF.	OA
Caledonia	6-0	10-1
Cannon Falls	4-2	10-3
Chatfield	4-2	7-3
Dover-Eyota	3-3	6-4
La Crescent-Hokah	2-4	3-7
Triton	1-5	6-6
St. Charles	1-5	3-6

## District - South (West-North) Standings

TEAM	CONF.	OA
Minneota	7-0	14-0
BOLD	6-1	9-2
Canby	4-3	6-4
Dawson-Boyd	4-3	5-5
Lac qui Parle Valley	3-4	3-6
MACCRAY	2-5	3-6
Yellow Medicine East	2-5	2-7
Lakeview	0-7	1-8

## District - South (West-South) Standings

TEAM	CONF.	OA
Springfield	6-1	12-2
Tracy-Milroy-Balaton	6-1	8-2
Adrian-Ellsworth	6-1	7-3
Sleepy Eye United	5-2	8-3
Murray County Central	3-4	4-5
Martin County West	3-4	3-6
Windom Area	2-5	3-7
Russell-Tyler-Ruthton	2-5	2-7
St. James Area	2-5	2-7
Wabasso	0-7	0-9

## District 9 - North (North) Standings

TEAM	CONF.	OA
Mountain Iron-Buhl	8-0	11-1
Cherry	7-1	9-2
Littlefork-Big Falls	7-1	8-2
Blackduck	5-3	6-4
Cook County	4-4	5-5
Kelliher/Northome	4-4	4-5
North Woods	3-5	3-6
Bigfork	1-7	1-8
Cass Lake-Bena	1-7	1-8
Lake of the Woods	0-8	0-8

**District 9 - North (South) Standings**

TEAM	CONF.	OA
Nevis	8-0	13-0
Ogilvie	7-1	9-2
Cromwell-Wright Area	6-2	7-3
Verndale	5-3	6-4
Bertha-Hewitt	3-5	3-6
Hill City/Northland	3-5	3-6
Sebeka	2-5	2-7
Carlton/Wrenshall	1-7	1-8
McGregor	0-0	0-0
Laporte	0-7	0-8

**District 9 - South (East) Standings**

TEAM	CONF.	OA
Kingsland	7-0	13-1
LeRoy-Ostrander	6-1	8-2
Spring Grove	5-2	8-3
Mabel-Canton	4-4	4-5
Houston	3-4	5-5
Southland	3-4	4-5

Alden-Conger/G-E	2-5	4-6
Grand Meadow	1-6	1-8
Lanesboro	1-6	1-8

**District 9 - South (West) Standings**

TEAM	CONF.	OA
Hills-Beaver Creek	7-0	10-1
Edgerton	6-1	9-2
New Ulm Cathedral	6-2	6-3
Red Rock Central	5-2	6-4
GHEC/Truman	4-2	5-4
Cedar Mountain	5-3	7-4
Mountain Lake Area	4-3	5-5
Nicollet	2-5	2-7
Heron Lake-Okabena/Fulda	2-6	2-7
Renville County West	1-7	2-8
Westbrook-Walnut Grove	0-4	0-5
Madelia	0-7	0-9

**District 9 - West (North) Standings**

TEAM	CONF.	OA
Fertile-Beltrami	7-0	12-1

Goodridge/Grygla	7-0	9-2
Park Christian	5-2	7-3
Stephen-Argyle	5-3	7-4
Kittson County Central	5-3	6-4
Clearbrook-Gonvick	4-3	7-4
Fosston	4-3	5-4
Warren-Alvarado-Oslo	3-4	3-6
NCE/U-H	2-5	2-7
Win-E-Mac	1-6	3-7
Northern Freeze	1-7	1-8
Badger/Greenbush-Middle River	0-8	0-9

**District 9 - West (South) Standings**

TEAM	CONF.	OA
Otter Tail Central	7-0	11-1
Border West	6-1	8-3
Underwood	5-2	6-4
Brandon/Evansville/Ashby	4-3	4-5
Hancock	3-4	5-5
Rothsay	2-5	3-6
Hillcrest Lutheran Academy	1-6	1-8
Ortonville	0-7	0-9

# MINNESOTA SHOWDOWN July 27

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# DISTRICT SUMMARIES

## NORTHEAST - RED

### NORTH BRANCH

In the 2023 season, our student-athletes demonstrated an unwavering focus and an ability to work through adversity with a resilience that allowed for a year of tremendous growth and positivity! Our 19 Seniors led our 2023 football program to a 10-2 record, Sub District Championship, and Section championship defeating two tough football teams, Grand Rapids in the section semi-finals and Hermantown in the Section Championship, to claim our second straight state tournament appearance. In the State Quarterfinal game, the Vikings took the victory over a Benilde St Margaret team that showcased some outstanding athletes. This earned our first state tournament win in school history and a chance to compete at the US Bank Stadium in the State Semifinals.



nals. North Branch lost to a top-ranked Hutchinson team 52-28. Our Vikings played that game with tremendous pride, relentless effort and as a family. The state tournament appearance magnified the outstanding Viking pride in our community and school district! Throughout the year all three phases of football played a significant role in this year's success. Our defense gave up on average 22 points per game with big stops being the highlight for the defensive squad. Offensively the Vikings averaged 36 points per game with long drives and big plays being the highlight for the offensive squad. Special teams provided a spark with multiple turnovers created by the kick-off team. Above the statistics, the young people in our program continued to define and shape what family means on and off the field for North Branch Football. SKOL! FAMILY!

### HERMANTOWN

The Hermantown Hawks finished the 2023 season 7-4. The Hawks were 4-2 in Northeast Red District regular season play. They won their quarterfinal and semifinal games, against Rock Ridge and Duluth Denfeld respectively, but had their season come to a close in the section final to North Branch by a score of 28-21.

The 2023 Hawks featured a balanced offensive attack which averaged 26.4 points a game. The Hawks were led by senior halfback Zach Thorsten (632 yards, 8 touchdowns) in the run game, while junior quarterback Alex Schott (1666 yds, 17 TDs) predominantly distributed the ball to senior wideout Peyton Menzel (52 receptions for 802 yards & 10 TDs) in the pass game. Menzel also participated in the North-South Senior All Star Game. The Hawks defense allowed 16.5 points per game

and were led by linebackers Connor Fure (District Defensive POY, 79 Solo, 27 Assists) and Ryder Wrazidlo (49 Solo, 17 Assists).

The Hawks will graduate 15 dedicated seniors this year, but the future is still extremely bright for the 2024-25 season with a solid group of experienced juniors returning including Alex Schott, Mason Humphreys, Kale Smith, River Freeman, and Evan Senst.

### CLOQUET

The Lumberjacks season was full of ups and downs and many gained valuable experience for the future while the team leaned heavily on the seniors for the successes found throughout the season. The season started in an 0-2 hole as a relatively inexperienced senior class worked through the growing pains of leading a young team into a season against two very quality opponents. The seniors and younger players used experience gained in those two games to string together 3 straight wins in the middle of the season to move their record to 3-2. The final 3 weeks of the season were a gauntlet of section 7AAAA opponents that did not make it easy. The Lumberjacks finished with a 3-5 regular season record and lost to Grand Rapids in the section quarterfinals. The seniors played strong all year. LB-Carter Horvat, LB-Warren Hietala, and



DE-Emmet Prosen led the defense and all contributed mightily to the offensive effort. Additionally WR-Cooper Ellena, RB-Jake Peterson, as well as OL-Gabe Erickson, OL-Jake Dunaski, OL-Ed Stone, and OL-Quinn Halli helped steer the offense. The Lumberjacks will look to returning juniors RB-Blair Chartier (All-District), WR-Jack Battaglia (All-District HM), OL-Riley Hillman (All-District HM), and QB-James Wilmot to lead the 2024 Lumberjacks into a new season and continued improvement.

## **GRAND RAPIDS**

Grand Rapids' 2023 campaign finished with a 5-5 record, falling in the Section 7AAAA semifinal to eventual champion North Branch. Rapids was led by All District linebackers, Sam Dick(Jr) and Oliver Spahn (So) on defense, and all district running back Jamin Froehlich(Sr) on offense. Jacob Troumbly (Jr), Douglas Jespersion (Jr) and Marcus Thiel (So) were All District honorable mention honorees.

The season was full of ups and downs, with Grand Rapids going 5-0 at Noble Hall Field and 0-5 away from the friendly confines of Grand Rapids High School. With double digit sophomore starters and contributors, Grand Rapids looks to improve during the 2024 offseason and improve on their 5-5 record during the 2024 season.

## **ROCK RIDGE**

The Rock Ridge Wolverines experienced a transformative season under the leadership of new head football Coach Brandon Borich. The season was marked by several significant milestones and challenges, making it a season of firsts for the program. The Wolverines opened their doors for the first time as a high school football program, playing on the newly inaugurated Raduenz Football Field. This season was characterized by various first-time experiences for the team. The program faced challenges with low numbers, especially in the junior and senior classes. Despite the uncertainty about playing a varsity schedule, the Wolverines embraced the competition, moving from 3A to a highly competitive 4A schedule. Throughout the season, there was a notable improvement in the program's numbers, with many new players joining the team, some of whom had never played football before. The Wolverines started the season with a significant victory at home on the Raduenz Football Field. This win not only marked a memorable moment for the team but also secured Coach Brandon Borich's first win with the new program. Despite winning only two games, the Wolverines demonstrated competitiveness in most of their matches. The team gained valuable experience for the future and faced tough competition with healthy numbers in their junior and senior classes. The regular season concluded with a notable win over Duluth East at home. However, the journey ended in the section quarterfinals with a loss to Hermantown. Seniors, including DL-Ian Lueken, LB-Ryan Herberg, and LB-Rory Cope Robinson, played strong roles throughout the season, leading the defense and contributing to the offensive effort while WR-Zane Lokken and QB-James Toman were highlighted as major contributors to the Wolverines' spread offense, showcasing their skills and impact on the field. The Wolverines are optimistic about the future, with returning juniors and a talented sophomore class expected to contribute to the continued success of the program. Key players like TE/LB-Will Kemp, WR/S-Jake Neari, OL/DL-Chales Ahlstrand, RB/S Levi Flatley, and QB/CB-Cazimirio Carlson are key figures in this plan. Returning juniors Nolan Cope-Robinson, Beau Akerson, Aiden Bird, and Owen Hallin, who gained significant varsity minutes, are set to compete in the upcoming season, providing valuable experience to the team. Overall, the Rock Ridge Wolverines' football season showcased resilience, improvement, and a commitment to competitiveness, laying a strong foundation for the program's future success in the competitive football landscape of the area.

## **DULUTH EAST**

Duluth East High School's football season was marked by a commendable display of resilience and unity in the face of adversity. Throughout the challenging moments, the team exemplified strength, both individually and collectively. From facing tough opponents to overcoming injuries, the players demonstrated unwavering determination, fostering a culture

of support and camaraderie that extended beyond the field.

The leadership from our school, coaches, and our upperclassmen showed the true meaning of success(outside of wins and losses) which helped push our program forward.

## **DULUTH DENFELD**

The Hunters had their best season since 2004, with a 7-1 regular season record! They were led offensively by 2023 NE Red District Offensive Player of the Year, Junior RB Taye Manns. Manns had 1,189 yds on 149 carries with 13 rushing TDs. He added 2 kick return TDs and 2 receiving TDs. The defense was anchored by Senior DE Ben Bandy who had 36 tackles, 3 sacks and 8 TFL, and Junior DT Rajon Gamble who had 53 tackles, 2 TFL. Head Coach Erik Lofald and Assistant Coach Matt Allen won District Coach of the Year and Assistant Coach of the Year respectively

## **NORTHEAST - WHITE**

### **HIBBING**

### **PROCTOR**

### **TWO HARBORS**

Two Harbors finished the season with an overall record of 7-3. The Agates lost to a very talented Esko team and the other 2 losses came against a good Pequot Lakes squad once in the regular season and then again in the playoffs when they edged the Agates by a touchdown in overtime in the section semifinals. Two Harbors once again relied on a strong running game while showing the ability to move the ball through the air when it was needed. Couple that with another strong year on the defensive side of the ball and it made for a successful season once again for the "Boys From The North Shore." The Agates leading rusher and receiver was Tate Nelson, Leading passer was Jacob Carpenter, Leading tackler was Zach Bentler, and Zach Johnson was a standout kicker for the Agates. Two Harbors loses a nice group of seniors who will be hard to replace going forward. An experienced group of juniors will hopefully fill a lot of those voids that are left. Juniors Zack Libal, Tate Nelson, Aidan Adamski, Jacob Carpenter, Jace Ruberg, Ethan Meeks, Josh Johnson..... as well as a number of other juniors will be looked to as players who need to lead the charge into the 2024 season.

### **MORA**

2023 was a year of firsts for the Mustangs as they opened up their New School and Turf Football Stadium. The Mustangs played a competitive schedule against some very good AAA and AAAA Teams. The Mustangs finished the regular season with a 3 and 5 record. The Mustangs would advance to the Section 5AAA Semi Finals with a win over St Cloud Apollo. The season ended in the Section Semi Finals when the Foley Falcons defeated the visiting Mustangs.

### **PINE CITY**

### **ESKO**

Esko Football Team finished the 2023 season with a 10-1 record. Esko lost in the state quarter finals to Annandale 14 - 7. Esko was the

Northeastern White District and the Section 7AAA champions for the third year in a row. Esko win lose 18 seniors including Minnesota's top recruit Koi Perich. Esko will return 11 of seniors next year including starting QB Jacion Owens, top WR Sam Haugen, plus their two top linemen Brock Montminy and Nolan Pfister.

## PEQUOT LAKES

The Pequot Lakes Patriots were newcomers to the NE District in football, resulting from the MSHSL realignment. The Patriots, though not familiar with many of the new teams in the Northeast, were very aware of how competitive the district was. Led by a strong senior class, the Patriots proved that they did, in fact, belong by cruising to a 7-1 regular season record. Highlights from the season include two wins against Class 4A opponents as well as receiving a first round bye in the section playoffs. Pequot Lakes then had an incredible section semifinal game against Two Harbors, resulting in a thrilling overtime win. The Patriots lost for a 2nd consecutive season in the section final to a very talented Esko football team. The Patriots return a very strong core of juniors, led by NE District Offensive Player of the Year, Bryar Nordby, and will rely on a freshmen class of 35 players to help build a solid varsity team for the Fall of 2024.

## NORTHEAST - BLUE

### AITKIN

The Gobblers finished an injury plagued season with a loss the Section semi finals and posted a 6-4 overall record. Aitkin will return All District Senior Jacob Williams and Honorable Mentions Jake McGuire and Camden Visnovec. Other retuning starters: Senior: Jack Setzer, Jeremia Cortez, Braxton Huse, Coltan Baumann. Juniors: Brandon Kunz, Bennet Sadlowsky, Quentin Christy. Sophomore Parker Fulton.

### GREENWAY-NASHWAUK-KEEWATIN

### INTERNATIONAL FALLS

International Falls Bronco football had a winning 2023 season with exciting victories both at home and on the road- the most exciting being the 32-28 win against the Aitkin Gobblers. A homecoming win against



Junior Cooper Crandall carries the ball.

Greenway and final home win against Rush City secured their 5-3 regular season record. The team lost 34-58 at Mesabi East to close the season. Highlights include the defense securing 10 fumble recoveries and 7 sacks, the offensive line and backs averaging 4.8 yards per carry, and the receiving core and quarterback averaging 14 yards per catch. Junior running back Cooper Crandall achieved 1322 yards and 18 touchdowns while sophomore quarterback Hayden Swenson passed for 1356 yards in 100 completions and 11 passing touchdowns. The majority of starters will return in 2024.

### CROSBY-IRONTON

The Crosby-Ironton Rangers finished the 2023 season with a 5-4 record.

The Rangers fell to Aitkin in the first round of the Section 7AA playoffs by a score of 22-18. The Rangers were also on the wrong end of a historic 4 overtime week 6 game with the Gobblers. The Rangers will miss 13 seniors including all-district picks Kolbe Severson, Jordan Mount and Gabe Ridlon, Darren Portz (honorable mention). Key returners include all-district two-way starters Evan Rydberg, Marty Strom, and Luke Severson. Academically the 2023 Rangers earned Silver Team Academic All-State and Kolbe Severson was named to the AA Academic All-State Team and 1st Team All-State at quarterback. The 2024 Rangers will lean on the leadership of Marty Strom, Evan Rydberg, Luke Severson and Jairus Millsop along with other Rangers ready to step up.

## RUSH CITY

### MESABI EAST

The Mesabi East Giants were led by 12 seniors to accomplish their best record in school history. The Giants had a 7-1 regular season record and an 8-2 overall record. Mesabi East would rely on a stingy defense this season, only giving up 8.3 points per game and an offense that averaged more than 28 points per game. The Giants started the season at home with a 52-0 win over South Ridge. The second game of the year was a defensive battle against Crosby-Ironton, with the Giants coming out



on top 18-8. The Giants picked up their first road game of the season against International Falls 20-14. Moose Lake Willow River came to town in a tough fought battle. The Rebels went ahead 13-0 early in the contest, but the Giants pulled ahead 16-13 midway through the 3rd quarter. The rebels would take advantage of the Giants' turnovers to win 34-16. The Giants would win their last four regular season games against Greenway-Nashwauk-Keewatin(32-0), Rush City(28-6), Hinckley-Finlayson(14-0) and Aitkin(30-6). The Giants were seeded 3rd in the playoffs and faced International Falls. The Giants picked up their first home playoff win on their new turf field with an exciting 58-34 win. The Giants had to travel to MLWR for the semifinal game. The teams were tied 14-14 late in the first half before the rebels scored to make it 21-14. The Rebels only scored one time in the second half but the Giants could not capitalize on multiple Rebel turnovers. The rebels beat the Giants 28-14.

### MOOSE LAKE-WILLOW RIVER

The MLWR Rebel football team, coming off an 9-2 2022 season, followed that up with a 10-2 record and trip to the state quarter-finals in 2023. The rebels opened the season with a tough double overtime loss to barnum, but avenged that loss later in the season with a 13-0 win against the bombers in the section championship game. This is the 17th state tournament qualifying season for the rebels since 2000. The offense

was anchored by o linemen austin johnson and pj frisch who paved the way for rb jaxsyn schmidt (1700+ yds rushing and 18 td's). The defense recorded 2 shut out games lead by cb luke dewey (5 int's, 1 d td) and northeast blue defensive mvp mlb dawson mortenson (65 tackles, 8 tackles for loss, 1 fumble recovery). While the seniors will be missed, mlwr has a good group of juniors and sophomores and will again have high expectations for the upcoming 2024 season.

### **HINCKLEY-FINLAYSON**

The Hinckley-Finlayson Jaguars finished their year with a 3-6 overall record which placed them as a 7 seed in section 7AA. The Jaguars wrapped up their season with a loss to MLWR in the section quarterfinal game. Seniors Griffin Stiel and Trey Visser were the Jaguars All District selections followed by senior Hunter Bork, Gabriel Delaney, and junior Stephen Klar as All District honorable mention. The Jaguars will graduate 9 seniors and their "lead by example" approach will be greatly missed. However, the returning underclassmen will provide valuable experience on the offensive/defensive line and younger talent will look to fill multiple skill positions going into the 2024 season.

### **SILVER**

#### **BARNUM**

Barnum Football finished the season with an overall record of 10-1. The Bombers went undefeated in the regular season for the first time since 1990 and won the coveted "Little Brown Jug" for the first time since 1998. Barnum reached the section finals for the third consecutive season.

Barnum was paced on offense by Senior QB Hayden Charboneau (1,359 passing yards, 25 Total TDs) and senior skill players Carlos Beckstrand (819 yards and 15 TDs) and Caden Sheff (842 yards and 10 TDs). Leading the charge on defense was a pair of tandem senior linebackers Sheff (106 tackles, 8 TFL, 1.5 sacks, 3 int) and Cole Laitinen (93 tackles, 7.5 TFL, 1.5 sacks).

Barnum Football graduates ten seniors who laid down a great foundation for future Bombers to build off of for years to come.

#### **BRAHAM**



The Braham Bombers finished the year with a 9-3 overall record and a 5-2 Northeast District Silver Division record which was good enough for a 3rd place finish within the division.

The Braham Bombers had a nice playoff run with wins against South Ridge, Mille Lacs, and Deer River to win the Section 7A Championship. The season did conclude with a State Class A quarterfinal loss to Minnesota.

Braham had four All-Conference selections with seniors Royce Pierson, Brycen Lotz, Jake Tepley, and Carsyn Longgren. Braham also had three more selected for Honorable Mention which included seniors Brennan Lee, Tony Johnson, and Gavon Schroeder.

### **CHISHOLM**

### **EAST CENTRAL**

#### **MILLE LACS**

The 2023 Mille Lacs Raiders Football Team had a season for the books. In the third season as a co-op team the Raiders finished the season with a 6-4 record. The previous two seasons our combined record was 1-17, and the last time either Isle or Onamia pre co-op won 6 or more games in a season was Isle's 2015 season where they finished with 7 wins. The Raiders worked harder than they ever had and it paid off for them this season. The community and the team are excited to see what 2024 brings.

#### **DEER RIVER**

The 2023 Warrior football team finished the season 7-3. The team made



the Section 7A final for the 6th straight year but fell short against Braham finishing the year as the Section 7A Runner-Up. The Warriors were led by All District players: Sr. Curtis Thompson DL/OL, Sr Colton Hemphill DE/TE, Sr. Caleb Wahlstrom DB/WR, Jr Ben Storlie LB/RB, and JR Caiden Schjenken DB/QB. Sr. Kyle Gotchie DL/OL was Honorable Mention. The Warriors will be returning 14 seniors in 2024 being led by Caiden Schjenken at QB and Safety. Caiden led the state on MN FB Hub with 10 Interceptions in 2023.

### **SOUTH RIDGE**

# SUB-DISTRICT RECAPS

## SKYWAY BRONZE

The newly formed Skyway Bronze Subdistrict renewed old rivalries, provided exciting games, supposed upsets, and was just overall good football. Competition, as with the last couple of seasons, seemed appropriate, accomplishing the overall goal of district football.

Orono claimed the Skyway Bronze Subdistrict title outright in its inaugural season with a perfect record (3-0) in Subdistrict play. Orono and Mound Westonka both finished their regular seasons with impressive 7-1 records. Orono finished their 2023 season 9-2, eventually losing to Rocori in the Class AAAAA State Quarterfinals. Rocori was Orono's lone defeat during the regular season as well. Mound Westonka had a great 2023 season as well placing second in the Skyway Bronze Subdistrict with a 2-1 record. Though Delano finished third in the Skyway Bronze Subdistrict, they got hot in the playoffs before eventually losing in the Section 6AAAA Championship game to Orono ending their season at 6-5 overall. Providence Academy rounded out the last spot respectively. With many starters returning from all of these Skyway Bronze squads it should make for a very competitive season in 2024!

## SPECIAL AWARDS

- OVERALL MVP:** Gage Kracht, Orono
- DEFENSIVE LINEMAN:** Brady McPherson Orono
- LINEBACKER:** Gage Kracht, Orono
- DEFENSIVE BACK:** Victor Ruhland, Orono
- QUARTERBACK(S):** Bryce Peterson, Delano; Cole Drill, Mound Westonka
- RUNNING BACK:** Liam Rodgers, Orono
- RECEIVER:** Jake Schultz, Delano
- OFFENSIVE LINEMAN:** Mikey Oftedahl, Mound Westonka
- SPECIAL TEAMS PLAYER OF THE YEAR:** Solomon Martin Providence Academy
- COACH OF THE YEAR:** Joe McPherson, Orono
- ASSISTANT COACH OF THE YEAR:** Kyle Jensen, Orono

Standings	CONF.	Overall
Orono .....	3-0.....	9-2
Mound Westonka .....	2-1 .....	7-2
Delano.....	1-2.....	6-5
Providence Academy .....	0-3.....	3-7

## SKYWAY-ORANGE

Teams in the District: St. Agnes, Holy Family, Breck, Concordia Academy, and Saint Croix Lutheran.

This was the first season these schools competed within this district. It was an extremely competitive and tough district with all teams having successful seasons. Here is the season recap:

### SAINT AGNES

Saint Agnes (9-1) won their district with a perfect 4-0 record. The

Aggies received the number one seed in section 4AA and were 9-0 heading into the section championship game. Unfortunately, Saint Agnes was defeated in the section championship and finished their season (9-1). This was the first time in 50 years the Aggies had an undefeated regular season going (8-0).



### HOLY FAMILY

Holy Family (7-4) finished second in the district with a record of 3-1, their only district loss was against Saint Agnes. Holy Family turned a lot of heads in the Minnesota football community this season after finishing with a winning record and competing in the 4AAA section final against Minneapolis North. After going 0-9 in the 2022 season, Dan O'Brien and his Hall of Fame coaching staff have brought a winning and tough mindset to the program. Dan O'Brien and his staff outperformed many preseason expectations by completing a seven-win season.

### BRECK

Breck (4-6) overall and 2-2 in the district. The Breck Mustangs were a very skilled and offensively efficient team throughout the season. Key wins for the Mustangs came against Watertown-Mayer 13-0 and against district opponent Concordia Academy in the section 4AAA quarterfinals 18-10.

### CONCORDIA ACADEMY

Concordia Academy (3-6) and 1-3 in district. Bob Wolf seems to always reload and build a team around overall physical strength and size. The Beacons run an unblanched single-wing offense that makes for an extremely physical and uncomfortable Friday night for their opponents.

Concordia's coaching staff does an excellent job in the weight room during the off-season and sustains a respected program.

## SAINT CROIX LUTHERAN

Saint Croix Lutheran (5-5) and 0-4 in the district. The Crusaders were very competitive this season, three of their district losses came down to the final minutes in the fourth quarter. Saint Croix played their best football game of the season falling short to Holy Family in the section 4AAA semi-final game. The game was tied 28-28 until Holy Family scored the game winning touchdown with only 21 seconds remaining.

## DISTRICT AWARDS

**OVERALL MVP:** Adam Hernandez, Saint Agnes; Kellen Quast, Concordia Academy

**DEFENSIVE LINEMAN OF THE YEAR:** Cadman Foley, Saint Agnes

**LINEBACKER OF THE YEAR:** Adam Hernandez, Saint Agnes

**DEFENSIVE BACK OF THE YEAR:** Dan Plamann, Saint Agnes

**QUARTERBACK OF THE YEAR:** Landen Mickelson, Saint Agnes

**RUNNING BACK OF THE YEAR:** Elijah Simmons, Saint Agnes

**RECEIVER OF THE YEAR:** KJ Suggs, Holy Family

**OFFENSIVE LINEMAN OF THE YEAR:** Charlie Witzel, Saint Agnes

**SPECIAL TEAMS PLAYER OF THE YEAR:** Matthew Beekman, Saint Croix Lutheran

**COACH OF THE YEAR:** Sam Thompson, Saint Agnes

ALL DISTRICT SELECTIONS				
	School	Player	Grade	Positions
1 1st	St. Agnes	Landen Mickelson	12	DB/QB
2 1st	St. Agnes	Adam Hernandez	12	LB/RB
3 1st	St. Agnes	Cegan Flood	12	TE
4 1st	St. Agnes	Cadman Foley	12	DE/OL
5 1st	St. Agnes	Raphael Uhlenkott	12	DE/OL
6 1st	St. Agnes	Dan Plamann	11	DB/WR
7 1st	St. Agnes	Charlie Witzel	11	DL.OL
1 2nd	Holy Family	Gavin Fry	12	QB
2 2nd	Holy Family	KJ Suggs	12	WR/DB
3 2nd	Holy Family	Tanner Davis	11	RB
4 2nd	Holy Family	Rhett Johnson	12	RB/LB
5 2nd	Holy Family	Griffin Murray	11	DB/RB
1 3rd	Breck	Dylan Luebke	12	OL/DL/LB
2 3rd	Breck	Oliver Kadue	12	RB/LB
3 3rd	Breck	Muaath Muhammad	10	WR/DB
4 3rd	St. Agnes			
1 4th	Concordia Academy	Kellen Quast	12	FS/QB
2 4th	Concordia Academy	Sam Haug	12	RB/LB
3 4th	Concordia Academy	Noah Quiggle	11	TE/LB
1 5th	St. Croix Lutheran	Noah Ross	12	C/LB
2 5th	St. Croix Lutheran	Matthew Beekman	11	RB/LB

## BIG SOUTH WHITE

### WASECA

Waseca had a tremendous year finishing 9-3 on the season being crowned Section 2AAA champions before losing to eventual state champion Stewertville in the opening round of the state tournament. The Bluejays were 4-0 in the Big South White District. Waseca ended up with six all district players including Kaeden Johnson 12, Damarius Russell 11, Shane Engel Mueller 12, Carter Ellis 12, Andrew Robran 12 and Deron Russell 10. Honorable mention players were Brandyn Jasha 11 and Noah Thompson 12. In addition, Engle Mueller was named Co Defensive Lineman of the year in the district and represented the South team in the All Star Showcase. Carter Ellis was player of the year in the district. Robran was offensive lineman of the year, Kaeden Johnson was running back of the year Damarius Russell was wide receiver of the year and Deron Russell was defensive back of the year.

### JORDAN

Jordan finished runner up in the Big South White division finishing with a 3-1 record. The Hubman advanced into the section semi finals before losing to Waseca. Led by head coach Ozzie Sands they had 5 all district players. Among them was senior Elijah Hagen who was also named co defensive lineman of the year. He is committed to play at Bemidji State University. Junior Mason Adamek was also named co offensive back of the year along with being an all district player. Other all district players for the Hubmen include senior linebacker Leo Siekmann and senior lineman Carson Shoebauer.

Tri City United (TCU) finished 2-2 in the Big South White Division.

### TRI CITY

Tri City is made up of the communities of Montgomery, Le Center and Lonsdale. Head Coach Matt Collin's team was led by Kellen O'keefe who was named Linebacker of the year in the division. O'keefe was also an all district player for the Titans. Other all district players included senior Wr/CB Luke Holicky, senior lineman Noah Rynda and senior WR / In Connor Flintrop. Senior lineman Max Krautkramer and senior defensive end Kaden Malcha were awarded honorable mention honors in the district.

### ALBERT LEA

Albert Lea finished with a 1-3 record in the Big South White Division. Under the leadership of longtime head coach Pau Dunn the Tigers had four all district players and two honorable mention players. Senior Trenton Mikels was named special teams player of the year in the district. Other senior all-district players include Kadin Johnson WR/DB and Josh Jordahl RB / DL. Sophomore DE Sam McGill was also named to the all district team. Senior lineman Ben Schwemmier was awarded honorable mention status in the district.

### BELLE PLAINE

The Belle Plaine Tigers finished 0-4 with a young team in the Big South White Division led by veteran head coach Dave Frisell. Junior linebacker Tristan Holbrook made a big impact for the Tigers being named linebacker of the year in the district. Holbrook was also named as an All District player. Junior safety Caleb Eppen was also named to the all district team. The Tigers also had two underclassmen earn honorable mention status. They are junior Peter Nagorski and sophomore Walker Koepp.

# SUB-DISTRICT RECAPS

## 9-WEST SOUTH

District 9-West South was once again a very competitive section with Otter Tail Central earning the title of District 9-West South Champions by completing the season undefeated. OTC ended the regular season 8-0 and earning them the number 1 seed come playoffs where they would earn a first round bye in section play as they would eventually win Section 4 on their way to the State Semifinals where they would lose to eventual State 9-man Champions from Nevis. OTC had several players receive honors, Mason Dalluge was named Sub-District MVP and Lane Dilly- Sub-District Defensive Player of the Year. Also receiving All Sub-District honors included Jack Mekalson, Carter Kenyon, Sawyer Christensen, and Christopher Fronning. Teagen Burke and Gibson Fleischauer Earned Sub-District Honorable Mention. Head Coach Eric Olson was named the Sub-District Coach of the Year.

Border West again had a great year finishing the regular season 6-2 (6-1 in Subdistrict) and making their way to the Section Championship. Brody Nachbor was named the Sub-District Offensive Player of the Year. Kevin Casper, Holden Rinke, Marshall Tollifson, and Tyler Groebner were named All-District Players with Jude Olson and Aiden Sigler named Sub-District Honorable Mention.

Underwood finished third in the district with a regular season subdistrict record of 5-2. Kale Richwas named Sub-District Offensive Lineman of the Year. Noah Link, Brock Hasling, and Collin Lukken were named to the All Sub-District honors. Owen Harrig, and Evan Lundgren were named Sub-District Honorable Mention.

Ashby Brandon Evansville finished the district regular season 4-3. Logan Haburn, Jake Norby, and Ben Seifert were selected to the All-Sub-District Players list. Solomon Wales and Micah Fuller were selected Sub-District Honorable Mention.

Hancock ended the district regular season 3-4. Levi Kellenberger was selected as the Sub-District Defensive Lineman of the Year. Chase Evink and Hudson Ver Steeg were selected to the All-District team with Rylan Meierding and Cruise Millette receiving Honorable Mention Honors.

Rothsay finished the district regular season 2-5. Mathew Danielson and Peyton Catel were named All-Sub-District. Conrad Stockinger was named Honorable Mention.

Hillcrest Lutheran Academy finished the district regular season 1-6. Gabe Swedenburg was named Sub-District Special Teams Player of the Year. Leo Nordic was also named All Sub-District with Thor Ewan and Nate Bermel being named Honorable Mention.

Ortonville finished the district regular season 0-7. Isaac Brown was named All Sub-District and Isaiah Tandoh and Carter Lee were named Honorable Mention.

Looking ahead to the 2024 season, District 9-West South looks to be very competitive again. With many of the top teams returning many key players.

## EAST MAROON

This conference was extremely competitive with three conference teams, St. Thomas Academy, Robbinsdale Armstrong and Mahtomedi winning their respective sections and advancing to state. Here is the season recap:

Saint Thomas Academy (10-3) won the conference with a perfect 4-0 season. They finished the season 10-3 after losing in the Prep Bowl to an undefeated Chanhassen team. The Cadets erased a 23-point deficit in the state semifinals versus an undefeated Alexandria team by reeling off 42 consecutive points to punch their ticket to the title game. Savion Hart led all classes of football in the state in rushing and was second in rushing touchdowns.

Robbinsdale Armstrong (8-3) finished 3-1 in conference play. They advanced to state with a victory over Robbinsdale Cooper 49-14 but lost to Andover in the first round of state 37-20.

Mahtomedi (6-5) finished 2-2 in conference play. After defeating Cretin-Derham Hall 19-7 to advance to the state tournament, a loss to the eventual state champ Chanhassen 28-22 would end their season.

Hastings (2-7) finished 1-3 in conference play. They lost in the first round of section play to Two Rivers 14-0.

Cretin-Derham Hall (5-6) finished 0-4 in conference play but finished the season 5-6 losing to Mahtomedi in the section final. The Raiders finished with a 4-game winning streak before entering the conference championship including a last second victory over Irondale 21-17 in the season finale and section victories over Harding-Humboldt 40-0 and St. Paul Central 49-17.

## CONFERENCE AWARDS

**OFFENSIVE PLAYER OF THE YEAR:** Savion Hart- RB, St. Thomas Academy

**DEFENSIVE PLAYER OF THE YEAR:** Langden College- OLB/DE , Robbinsdale Armstrong

**LINEMAN OF THE YEAR:** Luke Pappas- OL, Robbinsdale Armstrong

**SPECIALIST OF THE YEAR:** Declan Wilson- K, St. Thomas Academy

**COACH OF THE YEAR:** Travis Walch HC, St. Thomas Academy

## ALL-DISTRICT PLAYERS

(SCHOOL NAME, POSITION GRADE)

**ST. THOMAS ACADEMY:** Savion Hart, RB 12; Teddy, Knapp, DE/TE 12; Max Anderson, OL 12; Robbie Wollan, OL 12; Maximus Sims, QB 12; Luke Dobbs, WR 12

**ARMSTRONG:** Langden College - OLB 12; Luke Pappas - OL 11; Kevon Johnson - RB 11; Gideon Breker -WR/CB 11; Dayton Franke - DE/FB 12

**MAHTOMEDI:** Alec Mahoney, RB 12; Cole Saenger, RB 12; Brett Swystun, OL 12; Tyler Gunderson, OL 12

**HASTINGS:** Brady Nickel - OLB/TE 12; Creed Peterson - SS/WR 12; Lucas Sorenson - OL/DL 12

**CRETIN-DERHAM HALL:** Jaylen Gayles, WR 12; Jadyn Harris, LOB 11

## METRO SOUTH

In the first year of the Metro South district, six teams from Class 6A were brought together. Farmington, Lakeville North, Lakeville South and Rosemount have long been together. Eagan joined this group returning from the Metro Maroon and Rochester Mayo moved up from Class 5A.

Lakeville South was the champion of this district. Their overall record in 2023 was 10-2. Their only loss in district play was to Rosemount and they won the district by virtue of beating their rival Lakeville North on a last second field goal. Their season ended in the state semifinals at US Bank stadium with a loss to eventual state champion Centennial.

Lakeville North finished second in the Metro South with an overall record of 9-2. Their lone loss in district play was to rival Lakeville South. Their season ended with a loss in the quarterfinals of the state tournament to then undefeated Eden Prairie. Their team was led by the Metro South offensive player of the year, Sawyer Wilkie and the Metro South defensive player of the year, Antonio Menard.

Rosemount had a strong second half of the season and finished third in the district. Their overall record was 6-5. After a huge win over Lakeville South in week 6, the Irish got hot and played all the way into the state tournament. Their season ended in the state quarterfinals with a loss to eventual state champion Centennial. The Irish were led by Will Peroutka, a RB/DB, who was a nominee for the Mr. Football award.

Eagan moved up from the Metro Maroon division and finished the season with an overall record of 4-6. For the first time in nearly a decade, the Wildcats hosted and won a first round playoff game. Their season came to an end in the section finals against Eden Prairie. They were led by the Metro South lineman of the year Jack Hansen who played on both the offensive and defensive lines. The Metro South assistant coaches of the year were the co-offensive coordinators, Chad Gage and Mark Henderson. The Metro South head coach of the year was Nick Johnson.

Rochester Mayo moved up to Class 6A and joined the Metro South for the first time. The Spartans finished the season with an overall record of 4-6. The Spartans also got hot in the second half of the season and won their opening round playoff game vs St. Michael-Albertville. Their season came to an end in the section finals with a loss to Stillwater. Their team was led by Carter Holcomb, a WR/DB, who was nominated for the Mr. Football award. The Metro South special teams player of the year was Ethan Post.

The Farmington Tigers finished the season with a 3-6 overall record. Their season came to an end with a loss to eventual State runner up Edina in the playoffs. The Tigers offense featured some young playmakers which makes the future look bright for Farmington.

## MID-NORTHWEST/HOL - NORTH

The formation of the Mid Northwest (HOL-North) district brought back some old rivalries and a few new ones. It was a very competitive league with some great games each and every week. The district was made up of teams from Barnesville, Pelican Rapids, Park Rapids, Warroad, Frazee, Hawley, Roseau and Crookston. Barnesville would come out on top of the district going 7-0 followed by Pelican Rapids who went 6-1 in the district. New to AA, Park Rapids would finish in third going 5-2 in the district. Barnesville and Pelican Rapids would meet again later for the section 8AA title, which saw Barnesville come out on top by a score of 44-14. Barnesville would again get to the state title game where they came up short to Eden Valley-Watkins, falling by a score of 24-6. End of the season awards were as follows.

### SPECIAL AWARDS

**MOST VALUABLE DEFENSIVE LINEMAN** - Peyton Amundson/Barnesville, Justin Jacobson/Pelican Rapids

**MOST VALUABLE DEFENSIVE BACK** - Asher O'Brien/Barnesville

**MOST VALUABLE LINEBACKER** - Jack Kapenga/Pelican Rapids, Logan Kvarnlov/Warroad

**MOST VALUABLE OFFENSIVE LINEMAN** - Justin Krueger/Barnesville

**MOST VALUABLE OFFENSIVE RECEIVER** - Ryan Carroll/Park Rapids

**MOST VALUABLE OFFENSIVE BACK** - Brady Crabtree/Frazee

**MOST VALUABLE QUARTERBACK** - Timmy Guller/Pelican Rapids

**MOST VALUABLE SPECIAL TEAMS** - Jayden Walen/Park Rapids

**DISTRICT COACH OF THE YEAR** - Bryan Strand/Barnesville

**DISTRICT ASSISTANT COACH OF THE YEAR** - Vichita Ounchith/Warroad

### Standings

	CONF.	Overall
Barnesville .....	7-0.....	13-1
Pelican Rapids .....	6-1.....	9-2
Park Rapids Area.....	5-2.....	8-4
Warroad .....	3-4.....	4-5
Frazee .....	3-4.....	4-6
Hawley.....	3-4.....	3-6
Roseau.....	1-6.....	1-8
Crookston .....	0-7.....	0-9

## MID-SOUTHEAST - EAST

It was another year of beating each other up in district football. When the dust settled Faribault Bethlehem Academy were the champs. With big wins over KW (26-12) and Goodhue (38-35). Their only sub district loss came to Blooming Prairie (42-40).

### SPECIAL AWARDS

**PLAYER OF THE YEAR:** Elliott Viland (FBA)

**OFFENSIVE PLAYER OF THE YEAR:** Grant Reed (Goodhue)

**DEFENSIVE POY:** Alex Lea (Blooming Prairie)

**LINEMAN OF THE YEAR:** Michael Crone

# SUB-DISTRICT RECAPS

## MID-SOUTHEAST - EAST (CONT.)

STANDINGS	CONF.	OVERALL
Faribault BA .....	8-0.....	11-1
Kenyon-Wanamingo .....	6-2.....	8-3
Goodhue.....	6-2 .....	7-3
Blooming Prairie .....	5-3.....	5-4
Hayfield.....	0-8.....	0-9

## MID-NORTHWEST GOPHER - GOLD

### ACGC

**ALL DISTRICT:** Jevon Williams, Isaiah Renne, Kyler Pickle, Casey Struthers

**RUNNING BACK OF THE YEAR:** Jevon Williams

**HONORABLE MENTION:** Jonas Morrison, Jaxon Listerud, Riley Johnson

**ALL ACADEMIC:** Jonas Morrison, Knolan Wattnem, Jevon Williams

### BBE

**ALL DISTRICT:** Luke Dingmann, Brett DeRo, Maximus Hanson, Cooper Roering, Jack Lundberg, Toby Cebulla

**HONORABLE MENTION:** Ryan Jensen, Braeden Michels, Harley Weber, Luke Illies

**QUARTERBACK OF THE YEAR:** Luke Dingmann

**DEFENSIVE LINEMAN OF THE YEAR:** Harley Weber

**DEFENSIVE BACK OF THE YEAR:** Brett DeRo

**WIDE RECEIVER OF THE YEAR:** Luke Illies

**COACH OF THE YEAR:** Chris Moscho

**ASSISTANT COACH OF THE YEAR:** Jason Langer

**ACADEMIC:** Ashton Terhaar, Hayden Sobiech, Jesse Niklaus, Brett DeRo, Nate Geer Benson

**ALL DISTRICT:** Max Young

**HONORABLE MENTION:** Mason Moe, Blake Brehmer

**ACADEMIC:** Arion Whitcup, Mason Moe, Alex Claussen

### BROWERVILLE/EAGLE VALLEY

**ALL DISTRICT:** Kayden Tabatt, Mason Bruder, Alex Line, Ryan Supper

**LINEBACKER OF THE YEAR:** Mason Bruder

**HONORABLE MENTION:** Grady Tomford, Ryan Riedel, Ryan DeCock

**ACADEMIC:** Ryan Riedel, Logan Thom, Broden Line, Blake Irsfeld, Ben Host

### KMS

**ALL DISTRICT:** Hunter Kallstrom, Logan Rudningen, Carter Auspos, Jett Olson, Aaron Jones

**HONORABLE MENTION:** Jared Cortez, Owen Kidrowski, Luisao Padilla

**ACADEMIC:** Jett Olson, Quin Peterson, Jared Cortez, Aaron Jones, Logan Duke, Logan Rudningen, Hunter Kallstrom, Conner Auge

### LPGE

**ALL DISTRICT:** Asher Cebulla

**HONORABLE MENTION:** Carter Holman

**ACADEMIC:** Brandon Cline, Colton Park, Nathan Bitz, Asher Cebulla

## UPSALA-SWANVILLE AREA

**ALL DISTRICT:** Aden Warga, Carter Natvig, Brandon Mugg, Jack Primus, Frank Meagher

**HONORABLE MENTION:** Peyton Gerads, Brody Kircher, Ethan Barthel

**SPECIAL TEAMS PLAYER OF THE YEAR:** Aden Warga

**WIDE RECEIVER OF THE YEAR:** Jack Primus

**OFFENSIVE LINEMAN OF THE YEAR:** Brandon Mugg

**ASSISTANT COACH OF THE YEAR:** Adam Gerads

**ACADEMIC:** Brody Kircher, Morgan Bellefeuille, Travis Bellefeuille, Ethan Wimmer, Brenna Graves, Daniel Kokett, Jack Primus, Beau Ripplinger, Brayden Leners, Austin Klein

## WEST CENTRAL AREA

**ALL DISTRICT:** Sam Hanson, Will Rustan

**HONORABLE MENTION:** Brady Lindquist, Ben Nyreen

**ACADEMIC:** Ben Bye, Ben Nyreen, Gavin Backman, Hunter Gruchow, Marshall Dewey, Nas Dotts, Owen Sanstead, Sam Hanson, Tyler Girard, Will Rustan

## MID-SOUTHEAST - WEST

It was a competitive season for the subdistrict. St.Clair/Loyola won, with NRHEG 2nd, USC 3rd, JWP 4th, WEM 5th, and Medford 6th. Jacob Schiemek from St.Clair/Loyola was the district player of the year, with 70 tackles, 2 sacks, 4 forced fumbles, 3 fumble recoveries, 3 blocked punts and a safety. Schiemek was a true force on the field. Ryan Kronbach from JWP was the offensive player of the year, setting many records for the bulldogs this season as a receiver. Blake Bullerman from USC was the defensive player, with 72 tackles and 4 sacks leading the rebels stout defense. Eli Gobel of St.Clair/Loyola was the lineman of the year. Underclassman of the year went to Alden Dobberstein of NRHEG, he had 800 yards passing and 500 yards rushing on the season. Coach of the year went to Dusty Bosshart for leading the Spartans to an undefeated season in the subdistrict.

## MID-SOUTHEAST

2023 was another top flight year in the Mid-Southeast. The top half of the league showed some of the premier teams in the state. Fillmore Central wins the league with another outstanding campaign and finished the year 8-0. FC wins the section and goes to the STATE tourney for back to back year. Kenyon-Wanamingo, Bethlehem Academy and Goodhue also gridlocked 2nd place with 6-2 records. Perineal powers Rushford-Peterson (4-4) and Blooming Prairie (5-3) took to the middle of the league. Lewiston-Altura dropped down from section 2AA to the league and picked up hard!! Winning 3 games after not winning any in 2022. Wabasha-Kellogg broke a 20 game losing streak and showed "on the come up qualities". Hayfield struggled with graduation and injuries and went 0-9.

## SPECIAL AWARDS

**PLAYER OF THE YEAR:** Jace Kiehne-WR, Fillmore Central

**OFFENSIVE PLAYER OF THE YEAR:** Chase Christianson-QB, Fillmore Central

**DEFENSIVE PLAYER OF THE YEAR:** Kyle Daniels-LB, Fillmore Central  
**LINEMAN OF THE YEAR:** Camdyn Anderson-Ingram-DL, Rushford-Peterson

**COACH OF THE YEAR:** Chris Mensink, Fillmore Central

## MID-SOUTHEAST (CONT.)

STANDINGS	CONF.	OVERALL
Fillmore Central .....	8-0 .....	11-1
Kenyon-Wanamingo .....	6-2 .....	8-3
Bethlehem Academy.....	6-2 .....	7-3
Goodhue.....	6-2 .....	7-3
Blooming Prairie .....	5-3 .....	5-4
Rushford-Peterson .....	4-4 .....	4-5
Lewiston-Altura .....	3-5 .....	4-6
Wabasha-Kellogg .....	1-7 .....	1-8
Winona Cotter.....	1-7 .....	1-8
Hayfield.....	0-8 .....	0-9

## NORTHSTAR NORTH

### NORTHSTAR NORTH DISTRICT AWARD WINNERS

**HEAD COACH OF THE YEAR:** Mike Empting, Alexandria

**ASSISTANT COACH OF THE YEAR:** Russ Hinrichs, Offensive Coordinator, Alexandria

**OFFENSIVE PLAYER OF THE YEAR:** Eli Hoelz, QB, Brainerd

**DEFENSIVE PLAYER OF THE YEAR:** Brayden Staples, OLB, Alexandria

**OFFENSIVE LINEMAN OF THE YEAR:** Mitch Wind, OT, Brainerd

**DEFENSIVE LINEMAN OF THE YEAR:** Sawyer Rumohr, DE, Alexandria

**SPECIAL TEAMS PLAYER OF THE YEAR:** Daniel Jackson, K/P, Alexandria

**MR. FOOTBALL NOMINATION:** Eli Hoelz, QB, Brainerd

STANDINGS	DISTRICT	OVERALL
Alexandria .....	5-0 .....	11-1
Brainerd .....	4-1 .....	8-2
Moorhead .....	3-2 .....	5-5
Bemidji.....	2-3 .....	4-6
St. Cloud Tech .....	1-4 .....	1-8
Sartell-St. Stephen .....	0-5 .....	0-9

## NORTHSTAR SOUTH - GOLD

The 2023 football season in the NorthStar South-Gold Football District was a thrilling journey filled with remarkable performances, unexpected twists, and intense competition. Here's a comprehensive summary of the season:

### CHANHASSEN

**Chanhasseen Dominance:** Chanhasseen emerged as the undisputed powerhouse of the district, boasting an impressive 13-0 record. Their relentless determination and exceptional skill propelled them to victory in both the district and the State 5A Championship. With

## NORTHSTAR SOUTH-GOLD (CONT.)

flawless execution and unwavering teamwork, Chanhasseen established themselves as the team to beat.

### MANKATO WEST

**Mankato West's Strong Showing:** Mankato West showcased their strength throughout the season, finishing with a commendable 8-2 record. Their only losses came at the hands of Chanhasseen, highlighting their competitive spirit and resilience. Mankato West's victories over formidable opponents such as Rogers and Andover secured their place as a force to be reckoned with in the State.

### CHASKA

**Chaska's Ups and Downs:** Chaska experienced a mixed season, finishing with a 4-5 record. Despite some setbacks, they demonstrated their potential by defeating the State Runner Up, St. Thomas Academy. Chaska's losses came against formidable opponents, with a combined record of 28-6, showcasing their ability to compete at a high level.

### WACONIA

**Waconia's Resilience:** Waconia exhibited resilience throughout the season, finishing with a 4-6 record. Their wins over teams like Rochester Century, Mankato East (twice), and Bemidji demonstrated their ability to rise to the occasion when it mattered most. Despite facing challenges, Waconia remained competitive and determined until the very end.

### MANKATO EAST

**Mankato East Battled:** Mankato East faced challenges during the season, finishing with a 3-6 record. Despite their struggles, they managed to secure victories against St. Louis Park, Apple Valley, and Austin, showcasing flashes of their potential. Mankato East's resilience and determination were evident as they battled through adversity.

**CONCLUSION:** The 2023 season in the Northstar South-Gold Football District was a testament to the passion, skill, and perseverance of each team. From Chanhasseen's dominance to the competitive spirit of underdogs, every match offered its own share of excitement and drama. As the season comes to a close, teams reflect on their accomplishments and look ahead to future challenges, fueled by the memories of an unforgettable season.

## SOUTH CENTRAL- RED

Marshall was the top team in the South Central Red District, the Tigers were led by MVP of the Red District Gavin Schaffer as well as defensive lineman of the year JR Vierstraete. The tigers and their stingy defense also had all district senior LB Colby Brownlee and defensive back Dylan Haney on the All District Team. The Tigers also had Special teams player Ethan Hess as a co-winner with Ethan Lieb from New Ulm as the Special Teams players of the year. The Fairmont cardinals were led by Senior WR Levi Pooley who was selected to play in the All Star game. Pooley was selected as the WR of the year in the red district as well as Jake Singleton as the Offensive Lineman of the year. Elijah Johnson

# SUB-DISTRICT RECAPS

## SOUTH CENTRAL- RED (CONT.)

from Fairmont and Ayden Jensen from New Ulm were selected as Offensive Players of the year.

STANDINGS	DISTRICT	OVERALL
Marshall.....	4-0 .....	7-3
Fairmont.....	3-1 .....	9-2
New Ulm .....	2-2 .....	6-4
Worthington .....	1-3 .....	2-7
St. Peter .....	0-4 .....	3-6

## SOUTH - WEST

Once again, 2023 brought out the best in Southwest Minnesota Football as two teams from the West Sub-District battled for the Prep Bowl Title for the 2nd consecutive year. In a rematch of the 2022 Prep Bowl, the results were the same as Minneota defeated Springfield and claimed the Class 1A Championship. During the regular season the South Division was very competitive ending with a 3-way tie at the top between TMB, Springfield, and Adrian/Ellsworth. Minneota claimed the crown in the North Division with BOLD a game back. Springfield avenged their only regular season loss to SEU in the Section 3A championship game. Minneota played their closest game of the year and defeated BOLD for the 2nd time in 2023 in the Section 5A championship game. The South Division All-District awards were dominated by seniors while the North Division was represented by several talented juniors.

### SOUTH DIVISION AWARDS

- COACH OF THE YEAR:** Brent Kucera, SEU; Randy Schettler, Adrian/Ells
- MVP:** Trevor Smith (11), TMB; Ashton Toll (12), Springfield
- OFFENSIVE BACK:** Jacob Nachreiner (12), Springfield
- OFFENSIVE RECEIVER:** Jeret Ankrum (11), TMB
- OFFENSIVE LINEMAN:** Evan Thompson (12), SEU
- DEFENSIVE BACK:** Austin Uecker (12), SEU
- DEFENSIVE LINEMAN:** Sam Rummel (12), Springfield
- LINEBACKER:** Ashton Toll (12), Springfield
- SPECIAL TEAMS:** Jeret Ankrum (11), TMB

STANDINGS	SD	OVERALL
TMB .....	6-1 .....	7-1
Springfield* .....	6-1 .....	7-1
Adrian/Ellsworth* .....	6-1 .....	6-2
Sleepy Eye United .....	5-2 .....	6-2
MCC.....	3-4 .....	4-4
MCW.....	3-4 .....	3-5
RTR.....	2-5 .....	2-6
St. James Area.....	2-5 .....	2-6
Windom Area .....	2-5 .....	2-6
Wabasso.....	0-7 .....	0-8

## SOUTH - WEST (CONT.)

### NORTH DIVISION AWARDS

- COACH OF THE YEAR:** Chad Johnston, Minneota
- MVP:** Hudson Vosika (11), BOLD
- OFFENSIVE BACK:** Ryan Meagher (11), Minneota
- OFFENSIVE RECEIVER:** Brayson Boike (11), Dawson-Boyd
- OFFENSIVE LINEMAN:** OWEN FLANN (11), BOLD
- DEFENSIVE BACK:** Brayson Boike (11, Dawson-Boyd; Nick Wagner (12), Canby
- DEFENSIVE LINEMAN:** Sawyer DeSmet, Minneota
- LINEBACKER:** Tate Sheehan (12), BOLD
- SPECIAL TEAMS:** Jack Gross (11), BOLD

STANDINGS	SD	OVERALL
Minneota* .....	7-0 .....	8-0
BOLD .....	6-1 .....	7-1
Canby .....	4-3 .....	5-3
Dawson-Boyd .....	4-3 .....	4-4
Lac qui Parle Valley .....	3-4 .....	3-5
MACCRAY .....	2-5 .....	3-5
YME .....	2-5 .....	2-6
Lakeview .....	0-7 .....	1-7

## SOUTHEAST - RED

### STEWARTVILLE

The Stewartville Tigers (6-0) made their return to the Southeast Red District after being reclassified and proceeded to make a dominant run through the Sub-District and Section 1AAA on their way to the AAA State Championship. The Tigers were led by a well balanced offense and fast and physical defense. QB Ayden Helder put up spectacular numbers on his way to being named the Red District Player of the Year. Helder completed 71% of his passes and had a 28 to 0 TD to interception ratio in District play. Helder had many weapons to throw to including RB Carter Miller, TE/WR Parker Wangen and WRs Henry Tschetter and Blake Turner. Linebacker Caleb Jansen led a stingy Tiger defense that allowed just 136 yards a game in District games.

### ROCHESTER LOURDES

Rochester Lourdes (5-1) continued its claim as one of the state's most solid and consistent programs with a solid season. The Eagles once again boasted a strong rushing attack led by Senior QB Adam Sellner and Sophomore tailback Caleb Akinbolu. The pair combined for over 1000 yards rushing and were also steady contributors in the secondary on the defensive side of the ball. Senior Will Roth was named the District's Defensive Player of the Year and Lineman of the Year. Roth was a disruptive force on the defensive side of the ball. Head Coach Mike Kesler was voted the Red District Coach of the Year.

### PLAINVIEW-ELGIN-MILLVILLE

Plainview-Elgin-Millville (3-3) ushered in many changes for the 2023 season. Most notably, the Bulldogs had a new head coach in charge in

Darin Wingert. Wingert took over for longtime head coach Kevin Lamb. Offensively, Coach Wingert shifted from the spread to the T formation. Junior RB Nolan Welke proceeded to lead the Red District in rushing with 614 yards on 97 carries. PEM remained tenacious on defense with their blitz heavy 3-4 system. Cadin Pries was a force from his inside linebacker position for the Bulldogs.

### LAKE CITY

Lake City (3-3) had an up and down season. The Tigers were led on both sides of the ball by University of North Dakota commit Keegan Ryan. Ryan led the team in receiving (41 reception, 604 yards) and rushing (364 yards) as well as tackles and interceptions. Senior QB Jaden Shones completed 58% of his passes and threw 8 TD passes.

Pine Island (2-4) continued to improve and played a physical brand of football on both sides of the ball. On offense the Panthers were led by Senior tailback Bently Lujero who was third in the Red District with 530 yards and 8 TDs. PI will look to continue their steady improvement next season with a number of returning players back.

### ZUMBROTA-MAZEPPA

Zumbrota-Mazeppa (2-4) also showed steady improvement over the course of the season, culminating in a regular season win over rival Pine Island in the season finale. The Cougars too will return a number of young players for the 2024 season.

### RED WING

Red Wing (0-6) opened their season with a win over LaCrescent in a cross district game, but lost some key players in the process. The Wingers continued to be more competitive than previous seasons and look to build on those improvements in the 2024 season.

### SOUTHEAST RED DISTRICT AWARDS

**PLAYER OF THE YEAR:** Ayden Helder, Stewartville

**OFFENSIVE PLAYER OF THE YEAR:** Keegan Ryan, Lake City

**DEFENSIVE PLAYER OF THE YEAR:** Will Roth, Lourdes

**LINEMAN OF THE YEAR:** Will Roth, Lourdes

**COACH OF THE YEAR:** Mike Kesler, Lourdes

### VALLEY PLAINS WEST

Realignment would create the newly formed Valley Plains West sub-district for the 2023 season. The season would see many close games, but in the end the Thunderbirds of Mahanomen-Waubun would win the sub-district title.

The Thunderbirds would use their successful season on a run to the Minnesota State Class A Semifinals and finish 11-1. The Cougars of Ada-Borup West would have a successful season in finishing 8-2, with both losses coming to Mahanomen-Waubun. Red Lake County would round out the top three with a 7-3 season.

The Polk County West Thunder at 5-5, Lake Park-Audubon Raiders 4-6, Bagley Flyers 2-7, Menahga Braves 1-8 and the Red Lake Warriors 0-9 are the other teams that make up the Valley Plains West.

The 2024 should be exciting for all teams. As some players have graduated, many of the sub-district teams have key players returning and should make for a competitive and balanced 2024 football season.



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## SILVER TEAM RECOGNITION

Team	Coach	Team	Coach	Team	Coach
Northfield.....	Brent Yule	<b>Class 6A</b>		Shakopee.....	Ray Betton
Hastings.....	Dana Strain	East Ridge.....	Dan Fritze	Centennial.....	Mike Diggins
St. Paul Highland Park.....	Dave Zeitchick	Minnetonka.....	Mark Esch	Forest Lake.....	Brad Beeskow
Rochester John Marshall.....	Kyle Riggott	Eagan.....	Nick Johnson	Champlin Park.....	Nick Keenan
Moorhead.....	Kevin Feeney	Rosemount.....	Jeff Erdmann		
		Blaine.....	Michael Law		

## INDIVIDUAL ACADEMIC ALL- STATE SELECTIONS

Name	School	Name	School	Name	School
<b>9-Man</b>		Drew Lange.....	Holdingford	Ty Frederick.....	New Ulm
Jack Siegel.....	Border West	Owen Sommer.....	Lewiston-Altura	Jacob Tiegen.....	North Branch
Isaac Asuma.....	Cherry	Cale Hansen.....	Maple River	Brady McPherson.....	Orono
Tanner Collman.....	Cromwell-Wright Area	Ethan Murray.....	Mesabi East	Victor Ruhland.....	Orono
Caiden Swenby.....	Fertile-Beltrami	Trey Gratz.....	Norwood Young America	Colten Phillip.....	Rocori
Titus Bjerketvedt.....	Hancock	George Roesler.....	NRHEG	Danny Martin.....	Simley
Logan Gass.....	Heron Lake-Okabena/Fulda	Noah Morris.....	Park Rapids Area	Logan Jones.....	St. Anthony Village
Morgan Muir.....	Kittson County Central	Joshua Freelove.....	Pillager	Cole Filand.....	St. Peter
Eli Lewis.....	Nevis	Eli Goebel.....	St. Clair/Loyola	Cullen Gregory.....	Willmar
Aidan Flaten.....	Norman County East/ Ulen-Hitterdal	Logan Kvarnlov.....	Warroad		
Cole Herges.....	Ogilvie			<b>Class 5A</b>	
Jaxon Strinmoen.....	Spring Grove	<b>Class 3A</b>		Evan Moore.....	Alexandria Area
Carsen Safranski.....	Stephen-Argyle Central	Nick Walter.....	Annandale	Luke Dehnicke.....	Andover
Brady Moore.....	Underwood	Judah Neel.....	Concordia Academy	Dominic Bauer.....	Apple Valley
		Kaleb Lang.....	Dassel-Cokato	Cormac Radford.....	Bloomington Jefferson
<b>Class 1A</b>		Blaze Geiger.....	Fairmont	Eli Hoelz.....	Brainerd
Lance Kritzberger.....	Ada-Borup-West	Tait Christensen.....	Litchfield	Levi Maurer.....	Cambridge-Isanti
Elliott Viland.....	Bethlehem Academy	Myles Reichmann.....	Minnewaska Area	Tyler Smith.....	Chanhassen
Michael Crone.....	Bethlehem Academy	Carson Boike.....	Montevideo	Miles Bollinger.....	Cretin-Derham Hall
Tate Sheehan.....	BOLD	Derek Waldbeser.....	Morris Area	Calvin O'Connor.....	Mankato West
Jayce Kiehne.....	Fillmore Central	Luke Knudsen.....	New London-Spicer	Pierce Dol.....	Minneapolis Washburn
Gavin Schafer.....	Goodhue	Gage Aanenson.....	Perham	Keegan Ellis.....	Monticello
Max Rost.....	Minneota	Ayden Helder.....	Stewartville	Jake Erdmann.....	Moorhead
Sawyer DeSmet.....	Minneota	Caleb Jannsen.....	Stewartville	Peyton Himmerick.....	New Prague
David Revering.....	Parkers Prairie	Lucas Holicky.....	Tri-City United	Jacob Ginskey.....	Owatonna
Zach Mrnak.....	Parkers Prairie	Jake Widdes.....	Two Harbors	Reece Dawson.....	Rogers
Ashton Toll.....	Springfield	Andrew Robran.....	Waseca	Benjamin Waud.....	St. Paul Highland Park
Ashton Squires.....	Tracy-Milroy-Balaton	Jack Boraas.....	Zumbrota-Mazeppa	Riley Pearce.....	Two Rivers
Andrew Flaten.....	Yellow Medicine East			Carter Hanson.....	Waconia
Connor Fagen.....	Yellow Medicine East	<b>Class 4A</b>			
		Tyler Connelly.....	Byron	<b>Class 6A</b>	
<b>Class 2A</b>		Mitchell Spack.....	DeLaSalle	Evan Freking.....	Anoka
Ethan Larson.....	Barnesville	Ben Harker.....	Grand Rapids	Matthew Plankers.....	Blaine
Maxton Loge.....	Blue Earth Area	Riley Toivonen.....	Grand Rapids	Tim Ball.....	Centennial
Lewis Doyle.....	Caledonia	Connor Fure.....	Hermantown	Matthew Heinen.....	Champlin Park
Kolbe Severson.....	Crosby-Ironton	Spencer Anderson.....	Kasson-Mantorville	Jack Kruger.....	Eagan
Noah Stommes.....	Eden Valley-Watkins	Coby Brownlee.....	Marshall	Grayson Osberg.....	Eastview
		Jaaron Konkell.....	Mound Westonka	Will Sather.....	Eden Prairie

**INDIVIDUAL ACADEMIC ALL- STATE SELECTIONS**

<b>Name</b>	<b>School</b>	<b>Name</b>	<b>School</b>	<b>Name</b>	<b>School</b>
Brody Perry .....	Edina	Zach Steingas .....	Minnetonka	Joe Hoheisel.....	Stillwater
Logan McGeary.....	Forest Lake	Rees Grimsrud.....	Rochester Mayo	George Bjellos .....	Woodbury
Antonio Menard.....	Lakeville North	Ty Hansen.....	Rosemount		
Nicholas Kulig.....	Lakeville South	Connor McGee.....	Shakopee		
Henry Stang .....	Maple Grove	Will Barthel .....	St. Michael-Albertville		

**ACADEMIC ALL-STATE FOOTBALL TEAM CONCEPT**

**PURPOSE OF AWARDS** - To promote and recognize academic achievement by Minnesota high school football teams in each classification.

Proposal - Team academic recognitions in each class will be awarded based on the following standards and procedures.

**CRITERIA**

**GOLD AWARDS:** A team must have a GPA of 3.26 or above for the past school year for their whole home official roster. (NO FRESHMAN)

**SILVER AWARDS:** A team must have a GPA of 3.0 - 3.25 for the past school year for their whole home official roster. (NO FRESHMAN)

**GUIDELINES AND PROCEDURES**

- \* The teams and awards from each class will be chosen by the Academic All-State Team Committee.
- \* A team must use all members on their official home roster in determining the team GPA. (may include Grades 10-12, no freshmen for small schools.)
- \* Each player's name and GPA must be recorded and sent to the class representative.
- \* A 4.00 system will be used and 4.00 will be the highest grade possible. No weighted grades.
- \* Grades will be rounded to two decimal points.
- \* Grades will be from the past full school year. No summer school or current fall grades should be included.
- \* Individual GPA's will be added together and divided by the number of team members to determine the team GPA. The team GPA must be included on the entry form.
- \* A school official (principal, councilor, etc.) must sign the form.
- \* To be eligible for the team academic awards, the head coach must be a current member of the MHSFCA.
- \* Forms must be submitted to the class representatives by November 1st and award winners must be submitted to the committee by November 8th.

## Reasons Why MSHSCA Membership is Beneficial - [www.mshsca.org](http://www.mshsca.org)

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

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763-560-2700 hotel code MSPBR

**Minneapolis Marriott West**  
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## MEMBERSHIP MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION

*This corresponds to the school year NOT the calendar year.*

### Procedure for Online Registration *\*You do not have to use a credit card to register online!*

1. To begin, go to [www.mshsca.org](http://www.mshsca.org).
2. Use the link for 2015-16 membership.
3. Use the right hand side to join for the new members. Use left hand side for returning members.
4. Login is your email address and your password is zzz if you did not change it last year.
5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Print your receipt.
8. The receipt can be for your business office if the school is paying with one check.
9. The last step is to click finish.

**Please note:** if you choose to pay by check or money order, your card will be sent when payment is received.

**Questions:** Please call 952-250-9535 or email [ringer@mshsca.org](mailto:ringer@mshsca.org) with questions

Please do not hesitate to call, we work out of our home and should be home most of the time to answer your questions.

Thank you for using our online system,  
Rick Ringeisen

## **INDIVIDUAL ACADEMIC ALL-STATE FOOTBALL - PLAYER GUIDELINES AND PROCEDURES**

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

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade-point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:  
9-Man=13                      3A=16                      6A=19  
1A=14                          4A=17  
2A=15                          5A=18
- 6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.
- 7) The Coach submitting the player application must be a member of the Minnesota State Football Coaches Association.

### **Guidelines & Procedures:**

- 1) All applications should be typed or printed with correct names and data.
  - 2) The selection committee must have a good summary of not only the player's academic record, but the player's football accomplishments.
  - 3) If the first quarter grades are not out for the applicant's senior year, his first quarter senior subjects must be listed.
  - 4) All applications must be sent to your class academic team representative. If you have any problems, contact your class representative first. Please check the time deadlines on the application form.
- Remember: This is your state's FOOTBALL COACHES ASSOCIATION'S endeavor.

### **Individual All-State Player Committee**

<b>Class</b>	<b>Name</b>	<b>School</b>	<b>Fax Number</b>
6A	Mike Law	Blaine	763-506-6503
5A	Corey Shea	Waconia	952-442-0679
4A	Andy Rostberg	Hutchinson	320-587-0955
3A	Brian Odland	St. Peter	507-934-4783
2A	Scott Gonnerman	Morris	320-589-0679
1A	Wayne Petermeier	Browerville	320-594-8105
9M	Mike Mahlen	Verndale	218-445-5185
<b>Chairman</b>	<b>Nick David,</b>	<b>Mound Westonka</b>	
	<b>218-262-0446</b>	<b>davidn@westonka.k12.mn.us</b>	

**INDIVIDUAL APPLICATION**  
**Academic All-State Player**

Name of Applicant \_\_\_\_\_ Grade \_\_\_\_\_

Birthday: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

School \_\_\_\_\_ Coach \_\_\_\_\_

Football position played as a Starter Offense: \_\_\_\_\_ Defense: \_\_\_\_\_

Circle Class: 9-Man 1A 2A 3A 4A 5A 6A Kicking Game: \_\_\_\_\_

Accumulative High School G.P.A. \_\_\_\_\_ Attach a Transcript or list subjects completed or enrolled in.

Grade 10 Subjects	Grade 11 Subjects	1st Quarter Senior Subjects
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____

Use a 4.00 Scale for G.P.A.

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

\_\_\_\_\_  
 Signature of Parent or Student Applicant if 18 years or older

**PLAYER INFORMATION**

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

School Background Information:

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

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense defense kicking game).
- 2) List all football honors - previous and this season.
- 3) Statistics (list stats from this season and career totals). Mention any school or conference records. Mention if a lineman has any team stats that may be pertinent to the team's success.
- 4) Coaches comment: Please submit a short letter to the academic team selection committee describing your player in terms of ability performance potential character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Nov. 1.
- 2) Class selection committees must have teams picked by Nov. 1 and sent to the academic chairman.
- 3) Class representatives must notify all team selections by Nov. 1.

**Send Individual Application to (Fax Numbers):**

6A	Mike Law	Blaine	763-506-6503
5A	Corey Shea	Waconia	952-442-0679
4A	Andy Rostberg	Hutchinson	320-587-0955
3A	Brian Odland	St. Peter	507-934-4783
2A	Scott Gonnerman	Morris	320-589-0679
1A	Wayne Petermeier	Browerville	320-594-8105
9M	Mike Mahlen	Verndale	218-445-5185

**Chairman Nick David, Mound Westonka**  
**218-262-0446 davidn@westonka.k12.**

**mn.us**

# 2023 ALL STAR GAME RECAP

## North 48, South 14: North Wins for the First Time Since June 2016 with a 48-14 Victory Over the South

Game story by Dave Giles, Minnesota All-Star Football Game Historian)

After six straight losses to the South including a 29-0 shutout loss in 2022, the North All-Stars outscored the South 33-0 in the second half to win convincingly 48-14 in the 50th Annual Minnesota High School Football All-Star Game before a crowd of 2,184 at U.S. Bank Stadium.

The North scored twice in the first quarter to take a 12-0 lead. The South scored on a 60-yard touchdown pass on the final play of the first quarter to come to within 12-6.

In the second quarter, Carter Holcomb’s (Rochester Mayo) 56-yard punt return touchdown (plus a two-point conversion) put the South ahead 14-12. Holcomb’s punt return touchdown was only the third in All-Star Game history (1955 Dick Larson, Minneapolis Roosevelt and 1997 Adam Roloff, Spring Lake Park).

The North kicked a 32-yard field goal with 0:00 left on the clock in the second quarter to take a 15-14 lead for good at halftime.

In the decisive third quarter, the North outscored the South 21-0, including two touchdowns only 9 seconds apart, to take control of the game. The North added two more touchdowns in the fourth quarter to complete the scoring.

The South leads the all-time North-South series 18-11-1. The South leads the current North-South series (2011-2023) 10-3. The North All-Stars won for the first time in seven tries at U.S. Bank Stadium.

### SCORING SUMMARY

#### FIRST QUARTER:

North - Wyatt Osterbauer (Buffalo 6A) 6-yard pass from Daylen Cummings (Centennial 6A) (kick failed) 10:33 (North 6-0)

North - Daylen Cummings (Centennial 6A) 35-yard run (pass failed) 1:53 (North 12-0)

South - Jalen Smith (Mankato West 5A) 60-yard pass from Bart McAninch (Mankato West 5A) (kick failed) 0:00 (North 12-6)

#### SECOND QUARTER:

South - Carter Holcomb (Rochester Mayo 6A) 56-yard punt return (2-point conversion good - Bart McAninch) 6:24 (South 14-12)

North - Zach Bengston (Becker 4A) 32-yard field goal 0:00 (North 15-14)

#### THIRD QUARTER:

North - Tanner Schmidt (Stillwater 6A) 20-yard pass from Nolan Geislinger (Eden Valley-Watkins 2A) (Zach Bengston Kick) 9:41 (North 22-14)

North - KhiJohnn Cummings-Coleman (Coon Rapids 6A) 20-yard pass from Daylen Cummings (Centennial 6A) (Zach Bengston kick) 9:25 (North 29-14)

North - Dmario Davenport (Andover 5A) 6-yard run (Zach Bengston kick) 2:02 (North 36-14)

#### FOURTH QUARTER:

North - Luke Dehnicke (Andover 5A) 8-yard pass from Nolan Geislinger (Eden Valley-Watkins 2A) (kick failed) 8:33 (North 42-14)

North - Andy Becker (Kimball Area 2A) 13-yard run (run failed) 4:51 (North 48-14)

#### Coaches:

**NORTH:** Jack Negen, Robbinsdale Armstrong

**SOUTH:** Nick David, Mound Westonka

#### North Captains:

Daylen Cummings (QB Centennial), Emerson Mandell (OL, OT Irondale), Mark Rendl (LB Forest Lake), Tanner Schmidt (WR Stillwater)

#### South Captains:

Jide Abasiri (DL Prior Lake), Caleb Jannsen (LB Stewartville), Francis O’Malley (RB Montevideo), Maxwell Woods (RB Chanhassen).

#### 2023 MVPs:

**Offense (North):** Daylen Cummings, Centennial, QB

**Defense (North):** Mason Carrier, Detroit Lakes, LB, RB

**Offense (South):** Bart McAninch, Mankato West, QB

**Defense (South):** Antonio Menard, Lakeville North, DL, DE

Team	1	2	3	4	Total
North All-Stars	1 2	3	2 1	1 2	48
South All-Stars	6	8	0	0	14

## SOUTH ALL-STAR FOOTBALL ROSTER

##	NAME	POS.	HIGH SCHOOL
0	Logan Bunker	LB	Elk River
1	Brayden Staples	OLB	Alexandria
2	Nolan Geislinger	QB	Eden Valley-Watkins
3	Tanner Schmidt	WR	Stillwater
4	Wyatt Osterbauer	TE	Buffalo
5	Zach Bengtson	K	Becker
6	Ryan Kangas	WR	Win-E-Mac
7	Mason Delzer	RB	New London-Spicer
8	Tykeilan Hyshaw-Moore	DB	Fridley
9	Dmario Davenport	RB	Andover
10	Kyle Mages	DB	Osakis
11	Luke Dehnicke	WR	Andover
12	Zashon Rich	DB	Minneapolis North
13	Langden College	OLB	Robbinsdale Armstrong
14	Rory Wyatt	DB	Minneapolis Patrick Henry
15	Marcus Whiting	DE	Centennial
16	Mark Rendl	LB	Forest Lake
17	Daylen Cummings	QB	Centennial
18	Peyton Menzel	WR	Hermantown
20	Harrison Brun	OLB	Rockford
21	Bryce Gapinski	DB	Foley
24	Will Steil	DB	Apple Valley
25	Mitch Seykora	OLB	Owatonna
26	Savion Hart	RB	St. Thomas Academy
27	Dylan Banks	OLB	Cannon Falls
33	Easton Suess	DE	Kasson Mantorville
35	Sawyer DeSmet	TE	Minneota
50	Jacob Schimek	OL	St. Clair/Loyola
52	Will Roth	DL	Rochester Lourdes
54	Caleb Janssen	LB	Stewartville
55	Shane Engel-Mueller	DE	Waseca
57	Will Sather	C	Eden Prairie
59	Jordan Tornstrom	C	Caledonia
62	Anton Kadlec	OL	Hutchinson
63	Jared Fischer	OL	Edgerton
75	Kyan Rauk	OL	Northfield
76	Jack Hansen	OL	Eagan
77	Alex Dreher	OL	St. Paul Central
78	Michael Oftedahl	OL	Mound Westonka
79	Luke Speedling	OL	Minnetonka
94	Mo Saine	DE	Eden Prairie
97	Max Mogelson	DL	Two Rivers
98	Jide Abasiri	DE	Prior Lake
99	Keegan Ryan	DB	Lake City
58	Joe Duerr	C	St. Michael-Albertville

**SOUTH ALL-STAR FOOTBALL ROSTER**

##	NAME	POS.	HIGH SCHOOL
59	Wyatt Bell	DL	Rogers
65	Elijah Claussen	DL	Staples-Motley
67	Grady Minnerath	DL	Rocori
69	Riley Peters	OL	Pequot Lakes
70	Sawyer Rumohr	OL	Alexandria
71	Emerson Mandell	OL	Irondale
72	Manny Wilson	OL	Wayzata
73	Owen Swedberg	OL	Totino-Grace
77	Josh Dudgeon	OL	Dilworth Glyndon-Felton
78	Isaac Cariveau	DL (INJ)	Detroit Lakes
89	Tait (TJ) Christensen	DE	Litchfield
97	Zach Bentler	DE	Two Harbors

**SOUTH TEAM COACHES**

**HEAD COACH** NICK DAVID (MOUND WESTONKA)

**ASSISTANT COACHES:** JJ HELGET (MANKATO WEST), BRAD JOHNSON (FAIRMONT), DIRK WELLS (LAKEVILLE SOUTH), CHRIS MENSINK (FILLMORE CENTRAL), AND JOEL SWANSON (KASSON MANTORVILLE)

**NORTH ALL-STAR FOOTBALL ROSTER**

##	NAME	POS.	HIGH SCHOOL
0	Logan Bunker	LB	Elk River
1	Brayden Staples	OLB	Alexandria
2	Nolan Geislinger	QB	Eden Valley-Watkins
3	Tanner Schmidt	WR	Stillwater
4	Wyatt Osterbauer	TE	Buffalo
5	Zach Bengtson	K	Becker
6	Ryan Kangas	WR	Win-E-Mac
7	Mason Delzer	RB	New London-Spicer
8	Tykeilan Hyshaw-Moore	DB	Fridley
9	Dmario Davenport	RB	Andover
10	Kyle Mages	DB	Osakis
11	Luke Dehnicke	WR	Andover
12	Zashon Rich	DB	Minneapolis North
13	Langden College	OLB	Robbinsdale Armstrong
14	Rory Wyatt	DB	Minneapolis Patrick Henry
15	Marcus Whiting	DE	Centennial
16	Mark Rendl	LB	Forest Lake
17	Daylen Cummings	QB	Centennial
18	Peyton Menzel	WR	Hermantown
20	Harrison Brun	OLB	Rockford
21	Bryce Gapinski	DB	Foley
24	Will Steil	DB	Rocori
30	Andy Becker	RB	Kimball Area

## NORTH ALL-STAR FOOTBALL ROSTER

##	NAME	POS.	HIGH SCHOOL
31	KhiJohnn CummingsColeman	WR	Coon Rapids
33	Hunter Kallstrom	TE (INJ)	Kerkhoven-Murdock-Sunburg
33	Bryce Rosewicz	DE	Stillwater
40	Matthew Heinen	LB	Champlin Park
41	Wyatt Gilmore	DE (INJ)	Rogers
42	Brody O'Keefe	FB	Dilworth Glyndon Felton
46	Mason Carrier	LB	Detroit Lakes
52	Evan Hatton	OB	Mounds View
55	Cadman Foley	O	St. Agnes
56	Mitchell Wind	OL	Brainerd
57	Azrie Yeager	C	Minneapolis North
58	Joe Duerr	C	St. Michael-Albertville
59	Wyatt Bell	DL	Rogers
65	Elijah Claussen	DL	Staples-Motley
67	Grady Minnerath	DL	Rocori
69	Riley Peters	OL	Pequot Lakes
70	Sawyer Rumohr	OL	Alexandria
71	Emerson Mandell	OL	Irondale
72	Manny Wilson	OL	Wayzata
73	Owen Swedberg	OL	Totino-Grace
77	Josh Dudgeon	OL	Dilworth Glyndon-Felton
78	Isaac Cariveau	DL (INJ)	Detroit Lakes
89	Tait (TJ) Christensen	DE	Litchfield
97	Zach Bentler	DE	Two Harbors

### NORTH TEAM COACHES

**HEAD COACH:** JACK NEGEN (ROBBINSDALE ARMSTRONG)  
**ASSISTANT COACHES:** DARRELL SALMI (STILLWATER), CHAD GUSTAFSON (NEW LONDON-SPICER), GREG SPAHN (GRAND RAPIDS), RYAN BARTLET (WHITE BEAR LAKE), AND BRIAN REMICK (RED LAKE FALLS)

# **CLASS STATE CHAMPIONS**



**CLASS 1A MINNEOTA**



**CLASS 2A EDEN VALLEY- WATKINS**



**CLASS 3A STEWARTVILLE**



**CLASS 4A HUTCHINSON**



**CLASS 5A CHANHASSEN**



**CLASS 6A CENTENNIAL**



**CLASS 9M NEVIS**



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📍 2400 N. 2ND STREET, STE 401  
MINNEAPOLIS, MN 55411