



THE Minnesota PREP COACH

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MSHSCA 2026 Vice President Candidates

I grew up in Ashland, where my passion for athletics began at a young age. I participated in volleyball, basketball, and softball throughout high school and continued competing in all three sports at The College of St. Scholastica. My experience there was incredibly meaningful, and I was later honored with induction into the Saints' Hall of Fame.

Athletics have been a constant in my life. I began coaching in 1993, and since then, it has remained one of the most meaningful parts of who I am. Currently, I serve as the head volleyball coach and assistant softball coach at Browerville Public School. Earlier in my career, I also coached basketball



Mary Irsfeld

before stepping away to raise my family. In addition to coaching, I am a fourth-grade teacher, where I have the privilege of working

MARY IRSFELD...
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Growing up in the country shaped nearly every part of who I am today—my work ethic, my values, and my deep appreciation for community. I graduated from Swanville High School in the Class of 1991, where I was a three-sport athlete, participating in football, basketball, and baseball. Those early athletic experiences not only built my competitive spirit but also planted the earliest seeds of leadership and teamwork, long before I ever imagined coaching would become a defining part of my life.

After high school, I continued both my education and athletic career at Fergus Falls Community College, where I played baseball



Chris Kircher

for the Spartans. Competing at the collegiate level strengthened my understanding of commitment, discipline, and the importance of

CHRIS KIRCHER...
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Hello! My name is Lon Boike, and I am excited for the opportunity to run for Vice President and would be honored to represent Minnesota's coaches!

I work as the Principal at Highland Elementary School and Assistant Activities Director in Crookston. I have been in Crookston for 21 years and also coach as Head Boys Soccer and Assistant for Girls Basketball and Track and Field.

Over my 21 years, I have coached as the Head Girls Basketball Coach, Junior High Football Coach, Assistant Basketball Coach, Assistant Track and Field Coach, Assistant Softball Coach, and Head Boys Soccer Coach. In addition, I have served on numerous school committees and currently represent Section 8A Boys Sports as a delegate for the Minnesota High School Coaches Association.

My wife, Chris, is the Director of the Lake Agassiz Public Library in Crookston. We have three



Lon Boike

children: Alec, a medical doctor in Salem, Oregon; Sydney, who is completing her medical residency in orthopedic surgery through the University of Minnesota; and Caden, a sophomore at North Dakota State University majoring in Electrical Engineering. All three of our children were two- and three-sport athletes.

I was born and raised on a farm outside of Clara City, Minnesota, approximately 100 miles west of

LON BOIKE...
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EDITOR - Mindy Nielsen

Address all new
communications and photos to:
Mindy Nielsen

Email: prepcoach@mshsca.org
(218) 841-7976

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:

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Kyle Haberman - Perham

VICE PRESIDENT:

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Kerry Sutherland - Hopkins

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

OFFICIALS DSA

Mike Peterson - Perham

ASST COACHES-DSA

Tom Sharp

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

MINNESOTA PREP COACH

ADMINISTRATIVE ASS'T:

Joyce Ringeisen
Email: jringeisen@mshsca.org

MSHSL BOARD OF DIRECTORS:
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2025-2026 MSHSCA DELEGATES

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mabel-Canton)	Gordy Klomps (retired)	Doug Davis (Northfield)	Greg Berge (Lake City)
2A	Eric Lewis (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	Marc Bachman (Saint Peter)
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	Open Position	Open Position
4A	Chris Laird (Heritage)	Robert Economy (ERA)	Tim Herman (Heritage)	Jim Baker (Retired)
5A	Aaron Boyum (Albany)	Tom Lawrence (Foley)	Al Amdahl (Albany)/ Bill Baumann (Royalton)	Chris Kircher (Swanville)/ Tim Triplett (Holy Family)
6A	Tavia Bachmann (Frazee)	Kyle Haberman (Lake Park-Audubon)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Kole Schultz (Deer River)	John Wagner (Mesabi East)	Matt Solberg (Proctor)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnomen-Waubun)	Lon Boike (Crookston)	Jeremy Digiovanni (Walker-Hackensack-Akeley)	Jessica Just (Lakeville South)
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Adam Grant (Blue Earth)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Jon Miller (Prior Lake)
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	Jerry Utech (Harding)
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Larry McKenzie (Minneapolis North)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	Tarek Morey (Osseo)
6AA	Juno Nayagam (Benilde-St. Marg)	David Boone (Edina)	Kerry Sutherland (Hopkins)	Greg Spahn (Grand Rapids)
7AA	Mark Solberg (Cambridge)	Kellie Stedje (Forest Lake)	Mike Hennen (Forest Lake)	Stephen Schreiber (Bernidji)
8AA	Kent Hamre (STMA)	Open Position	Rob Nielsen (Det. Lakes)	

SPORTS MEDICINE Jenn Peterson (Buffalo) & Tom Sharp (Eastview)

2025-26 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER
AD	Bill Quan (Osseo)	Andy Ourada (Redwood)	Dan Johnson (Exec Director)	Ken Hubert (Faribault)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)		Kelli Waalk (Osseo) (Treas)
Baseball	Troy Urdahl (St. Anthony)	Bucky Lindow (Cannon Falls)	Craig Anderson (Pine Island) (Exec Direc)	Rick Zollner (Pipstpone)
Boys Basketball	Matt Halverson- (Goodhue HS)	Josh Ortmann (Buffalo)	Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Matt Solber (Duluth)	Aaron Boyum (Albany) Past. Pres	Mark Cook (Maple Grove)	Scott Bergman (Sauk Centre)
Cross Country	Jeff Dickman (Rockford)	TBD	Christian Zimmerman (SW Christian)	Thomas Sharp (Eastview)
Dance	Tiffany Sandhurst (New Prague)	Jenny Whiteley-Spring Lake Park	Marissa Haakonson Membership	Brittany Rehling (Roseville)
Football	Bryan Strand (Barnesville)	Ben Burk (Lakeville South)	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Sec/Treas)
Golf	Craig Nasvik (White Bear Lake)	Brett Brookins (Rosemount)	Heather Hoeck (Milaca) (Past Pres.)	Heather Hoeck (Milaca)
Gymnastics	Jessica Lofrano-Larson (Brainerd)	Cindy Jacobson Past. Pres	Shelly Eklund (Eagan)-Sec	LeeAnn Steen
Boys Hockey	Ricky Saintey (Rosemount)	TBD	Dustin Vogelsang (East Ridge)	Pat Andrews (Hermantown)
Girls Hockey	Tom Anitzberger (Andover)	Kristen Nelson (Prior Lake)	Tim Morris Ex Direc (Lakeville South)	Robert Sherry (Lakeville South)
Boys Lacrosse	Andy Lee (Edina)	Giuseppe Palermo (Benilde-St. Margaret's)	Eric Burtness (Irondale)	Lance Kuehn (Rosemount)
Girls Lacrosse	Heather Pierson (Prior Lake)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Theresa Boyd (Hill Murray)
Alpine Skiing	Jared Scribner (Esko)	Jim Ruttger (Brainerd)	TBD	Bob Boldus (Lakeville North)
Nordic Skiing	Andrew Hanson (Wayzata)	Chrissy Snider (Mound Pk Aca)	Jason Mork (Winona/Cotter) Acad	Richard Heilman (Lakeville N)
Robotics	Justin Scheider (Esko)	David Westerberg (Denfeld)	Alex Jurek (Becker)	Scott Davis (Irondale)
Soccer	Tracy Griess (Andover)	Jen Levisen (Austin)	Keith Randa (Apple Valley) (Exec Sec)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Sean Hall (Forest Lake)		Dawn Engebretson (Rockford)	Brenda Carlson (Treasurer)
Boys Swimming	Jason Tangen (Sauk Rapids-Rice)	Scott Johnson (Edina)	Todd Walsh (Bloom-Kennedy) (Exec Sec)	Katie Haycraft (Prior Lake) (Treasurer)
Girls Swimming	Cassie Kieffer (New Prague)	Natalie Strauss (Maple Grove)	Todd Walsh (Bloom-Kennedy) (Exec Sec)	Katie Haycraft (Prior Lake)
Strength	Jessica Gust (St. Louis Park) (Vice Pres)	Zack Nauert (Mound-Westonka)	Alex Greenway (Tracy-Milroy-Balaton)	
Synch. Swimming	Kathy Henderson (Stillwater)	TBD	Lauren Kranig (Richfield) (Secretary)	Natalie Bodin (Wayzata)
Tennis	Aaron Rothenberger (St. Peter)	Kyle Hanson (East Grand Forks)	Les Zellmann (St. James)	
Track	Eric Klein (St. Charles)	Rob Graham (Eagan)	Scott Christensen (Stillwater) (Sec/Treas)	Chris Harder (Hall of Fame)
Volleyball-Boys	Krista Flemming (Shakopee)	Karl Katzenburg (Minnetonka)		Robert Lozinski-McLean (Park HS)
Volleyball-Girls	Lonnie Morken (Mable-Canton)	Scott Jackson (Wayzata)	Becca Pulju (Sebeka)	Kim Duis (Concordia)
Wrestling	Matt Hennen (Scott West)	Tim Haneberg (Hastings)	Kip Lynk (Dassel) (Exec Direc)	Kurt Habeck (Delegate)

2025-2026 MSHSCA BOYS' & GIRLS' SPORT REPRESENTATIVES ON THE MSHSL BOARD OF DIRECTORS: Mike Hennen (Forest Lake), Tavia Bachmann (Frazee), Heather Hoeck (Milaca)

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

President's Message

By: Robert Schueller

As winter seasons wind down and champions are crowned across the state, there's always a moment that invites reflection. Scoreboards reset. Nets are cut down. Medals are handed out. For some programs, the season ends in celebration. For others, it ends in quiet locker rooms and long bus rides home. But for all of us as coaches, this time of year marks both an ending and a beginning.

Championships deserve to be celebrated. They represent months — and often years — of commitment, preparation, and belief. They are the visible reward for countless unseen hours. Yet even as we applaud the teams holding trophies, we're reminded that our work has never been solely about titles. As Bear Bryant once said, "A coach's influence never really ends." Long after the final buzzer sounds, the lessons our athletes carry forward remain.

For many of us, spring sports are already on the horizon. Gyms give way to fields, courts to tracks, and winter routines to new rhythms. The transition is quick, but the mission stays the same. Each new season brings new personalities, new challenges, and new opportunities to shape lives. It's a fresh start — not just for our athletes, but for us as leaders.

In every practice plan, team meeting, and bus ride conversation, we have the chance to model resilience, integrity, accountability, and respect. Wins are meaningful. Growth is lasting. As John Wooden reminded us, "Coaches don't just build players; they build people." That perspective grounds our profession. Our impact reaches far beyond stat sheets and standings.

This time of year is also a reminder that none of us

coach alone. Behind every practice, game, and late night of preparation is a support system that makes it possible. For many, that support begins at home — a spouse who adjusts schedules, children who share their parent with a team, and family members who understand the demands of the season. It extends to the schools and programs we represent, to administrators who trust us, to communities that show up, and to fellow coaches who collaborate, advise, and encourage.

We should also acknowledge the broader structure that allows high school athletics to thrive. Our state high school league — under the leadership of Executive Director Erich Martens and supported by dedicated associate directors — works tirelessly behind the scenes. Their constant communication with the executive directors of the various sports ensures that seasons run smoothly, policies are clear, and student-athletes across the state have opportunities to compete in meaningful, organized ways. Their efforts often go unnoticed, but they are foundational to what we do.

As we close one chapter and open another, it's worth pausing to reflect on why we coach. The practices will begin again. The buses will roll. The fields will thaw. Another group of young people will look to us for direction, encouragement, and example.

The trophies will gather dust. The records will eventually be broken. But the influence we carry — the standards we set, the belief we instill, the character we help shape — continues long after the season ends.

Spring is coming. And with it, another opportunity to make a difference.

2026 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
March 14, 2026	Golf Clinic - Craig Nasvik	Site: TBD
March TBD, 2026	Girls Lacrosse Meeting	Benilde-St. Margaret's High School
March 24-26, 2026	MNIAAAA AD Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
March 26-28, 2026	MFCA Football Clinic - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
March 28, 2026	MFCA Youth Clinic	Double Tree, St. Louis Park
March 28, 2026	MFCA Football Hall of Fame Banquet	Double Tree, St. Louis Park
April 24-25, 2026	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park
April 24, 2026	Swimming & Diving All-State & Hall of Fame Banquet	Marriott NW Mpls-Brooklyn Park

If your event for the 2025-2026 school year is not listed, please send the event date and details to Rick Ringeisen at ringer@mshsca.org.

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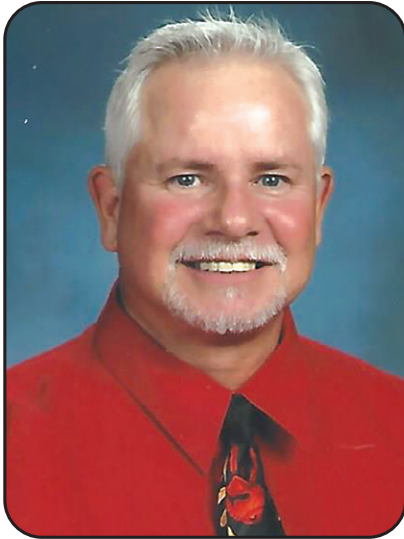


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Reflections by Ringer



By: Rick Ringeisen,
MSHSCA Executive
Director

A good coach can change a game. A great coach can change a life.

- John Wooden, legendary
UCLA basketball coach

When someone calls you “coach,” it carries more meaning than the title alone. It is a deep sign of respect,

recognizing you as a mentor and a community leader with specific expertise. I believe that in today’s modern society, there is no title more noble than that of coach. Coaching, at its essence, is the dedication of yourself to the development of service and to mentoring athletes to their full potential. All coaches are dedicated. For most high school coaches, it is a second job. Legendary UCLA basketball coach John Wooden said, “A good coach can change a game. A great coach can change a life.” If John Wooden is right, what separates good coaches from great ones?

I agree with John Wooden, and in my nearly five decades as a coach, I have observed many good and great coaches. I have never heard a coach complain about the long hours or the pay, so I have concluded they are coaching for a higher purpose. They are giving back to the sport that had a great positive impact on their lives. The following are the differences I have noticed between good and great coaches. In reality, all coaches are a mixture of being both good and great, some more of one than the other.

Sport Knowledge: Good coaches are comfortable with what they already know and comfortable with how they were coached. They have a typical practice and season plan, and because it works, they stick with it. Great coaches are thirsty for knowledge. They attend clinics and build relationships with their coaching colleagues. They read books about their sport, leadership, and team culture. They are online, watching videos, listening to podcasts, and subscribing to weekly coaching emails, including Troy Urdahl’s *The Chasing Influence Coaching Leadership Newsletter* and Greg Berge’s *Great Teams Better, Leader Newsletter*. Every week, Troy and Greg send out a short message that will transform your coaching. You can find Troy’s newsletter on chasinginfluence.com and Greg’s newsletter at gregberge.beehiiv.com. Both Troy and Greg have written excellent books that will transform your coaching.

Relationships and Mentorship: Good coaches teach skills with the focus on improving performance in games. Great coaches mentor and guide athletes through challenges, building trust between players and coaches. In doing so, they impact their athletes’ lives beyond athletics.

Motivation and Passion: Good coaches motivate. Great coaches inspire passion, thought sharing their experiences and love for their sport and team. Doing so builds team synergy and dedication across the team.

Culture and Standards: A good coach enforces rules. A great coach fosters a culture of accountability in which the entire team holds each other accountable. Doing so builds a self-sustaining culture of integrity. Good coaches name captains based on their athletic skills. Great coaches build their leaders through team building and leadership experiences, selecting team captains who have already proven themselves ready to lead as underclassmen.

Individual Development: Good coaches have a proven approach or system they use year after year with the entire team for development. Great coaches recognize individual needs and tailor their coaching to unlock each player’s full, unique potential. They offer to stay late after practice to work with athletes on their skills and techniques, regardless of their depth chart level. Doing so builds trust and personal connections with players and their parents.

Adaptability and Vision: Good Coaches have established ways to make adjustments based on what has worked for them in the past. In other words, they have tendencies that other coaches can study and leverage. Great coaches excel at making in-game adjustments, half-time adjustments. They have a long-term plan and a season-long vision for their teams. Great coaches understand the power of visualization and its impact on performance.

Conditioning: Good coaches know how to push their athletes hard to get in shape and perform, and they often have the same conditioning expectations for the whole team. While this has long been a standard practice, it tends to coach to the mean. For a team that follows this practice today, conditioning effectively trains only the middle-ability athletes. The best athletes are never fully challenged, and the lower-level developing athletes can’t complete the training and never achieve their full potential. It undermines the players’ self-esteem, as they cannot complete the training they are expected to do with the rest of the team. Great coaches set individual training goals and expectations based on the athlete’s abilities. They also build fun into the training to bring joy and healthy competition to practice.

Recovery, Diet & Sleep: Good coaches remind their athletes to warm up, cool down, eat well, and get enough sleep to be well-rested. Good coaches know their athletes need time to recover before the playoffs and championship season. Great coaches build warm-ups and cool-downs into their practice plans. They do more than just remind their athletes to eat well; they also enlist parents’ help with nutrition and ask them to ensure their kids get a full night’s sleep to be at peak performance. They do so by providing nutrition and sleep informative links on the team website. On average, people need 8 hours of sleep to be at their best. Athletes in training need more than 8 hours to reach peak performance! Great coaches understand the impact of training, are careful not to overtrain, and build recovery

Delegates Corner

Kyle Haberman

Minnesota Spring Sports: Embracing the Trickiness

Preparing for the spring high school sports season in Minnesota requires more than just a fresh pair of cleats; it demands a psychological and logistical embrace of the “frozen tundra” reality. As tryouts typically begin in mid-March, student-athletes often find themselves trading green fields for gym floors and school hallways. This “indoor season” is a unique Minnesota hurdle where baseball and softball players field grounders off hard hardwood, and track athletes navigate the tight corners of a cafeteria or a second-floor hallway. To succeed, players must focus on “mental reps” and technique-heavy drills that translate to the outdoors. At the same time, parents and coaches juggle a “scheduling jigsaw puzzle” as every sport from lacrosse to tennis competes for limited gym space.

The true “trickiness” of the Minnesota spring lies in its unpredictability and the inevitable compression of the season. It is not uncommon for a late-April blizzard to wipe out two weeks of games, forcing athletic directors to squeeze an entire 16-week schedule into a frantic five-week window in May. This results in a barrage of doubleheaders and “pop-up” meets, which increases the risk of overuse injuries like shin splints and sore pitching arms. Families must remain hyper-flexible, as game times and locations can shift in a heartbeat based on field drainage or temperature drops. Success in this environment isn’t just about athletic talent; it’s about resilience, having a “bad weather” wardrobe of thermal layers, and maintaining a positive attitude when your “opening day” is played in a rain-snow mix with a wind chill of 30°F. To navigate the chaos of a

Minnesota spring, athletes must first master the art of the “triple-layer” strategy. Because temperatures can plummet twenty degrees between the first and seventh innings, investing in high-quality compression gear and wind-resistant outer layers is a survival requirement rather than a luxury. In this climate, the “feels like” temperature—often dictated by a biting north wind—is the only metric that truly matters, making it essential to have thermal gear that retains heat without sacrificing the range of motion needed for a swing or a sprint.

Logistical agility is equally important, as the schedule is often written in pencil rather than ink. Families should prepare for a constant stream of late-afternoon cancellations and last-minute venue swaps by keeping a permanent “go-bag” in the car. This kit should include extra dry socks, high-energy snacks, and indoor court shoes, ensuring that if a grass field is deemed unplayable and the game is moved to a local dome or gym at the eleventh hour, the athlete is ready to perform without a frantic trip back home.

Finally, the physical and mental toll of a condensed season requires a proactive approach to recovery and preparation. When a month’s worth of games is squeezed into two weeks of May, the risk of overuse injuries like shin splints or tendonitis skyrockets. Athletes must be disciplined about sleep and hydration to compensate for the “crammed” schedule, while utilizing indoor practice time for film study and strategy. Since “real-speed” outdoor reps are a rare commodity in April, mental visualization and technique-heavy drills become the primary tools for staying sharp until the snow finally retreats.

REFLECTIONS BY RINGER... continued from page 4

into their season plan to prepare their athletes to be at their best when it matters most for their advancement to the state tournament.

Responsibility and Humility: Good Coaches like to take credit when their teams win. Great coaches take responsibility for the losses and give their players and teams credit for the success.

Coaching Staff Synergy and Trust: Good coaches have good assistant coaches, but tend to insist on shouldering the majority of responsibility and maintaining control of the program. Good coaching staffs tend to go their own way after practice and games. Great coaches know they have to build a great staff by developing their assistant coaches. They do this by delegating responsibilities and tasks best suited to their skill sets and by teaching them what they need to learn to become head coaches. Great coaching staffs know they determine every measure of success in the program and know how to celebrate with the players, team, and each other those accomplishments, and especially after a loss. A great coaching staff builds synergy and trust by becoming close friends, spending time together before and after practice and games, and well beyond the season.

If you become known as a “good coach”, in many ways that is a moniker of respect and recognition. To the public, they mostly measure you by your wins and losses and your tenure leading a program. If you become known as a great coach, you have built your program around relationships, fundamentals, and a positive team culture. You know the wins take care of themselves. You have created a strong tradition that each graduating class gets to add to, and a legacy that your entire community is proud of.

John Wooden figured out way back when he coached at UCLA from 1948 to 1975: great coaches change lives. The best part of what John Wooden taught us is that all of the great coaches were first good coaches, which also means that today’s good coaches have the potential to become great coaches. All it takes is the desire to understand that we are already a mixture of being a good and great coach. To reach our full potential, we must be on a quest to make positive changes. Greatness is not a destination; it is a lifelong journey of self-improvement, resilience, and small daily actions.

PS: John Wooden AKA, the Wizard of Westwood, authored or co-authored approximately 15 books about coaching, leadership, and his famous Pyramid of Success. I suggest you search for John Wooden on Google or YouTube, depending on your preferred research method.

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Access, Engagement & Opportunity

By: Kerry Sutherland

Spring Fever for Student Athletes: A Season of Change and Anticipation

As winter fades and the days grow longer, student athletes find themselves in the throes of spring fever—a unique blend of excitement, relief, and anticipation. After enduring a long, cold, and often dreary winter, the arrival of spring brings a renewed sense of energy and purpose, especially for those involved in sports. This season is not just about transitioning from one sport to another; it's a profound period of growth and transformation for students across diverse backgrounds.

The Transition from Winter to Spring Sports

For many athletes, the conclusion of winter sports is a bittersweet moment. It marks the end of a challenging season filled with late-night practices, long games, and the camaraderie developed with teammates. As competitions wrap up, athletes often reflect on their achievements and the lessons learned, but there's little time to dwell. The anticipation of spring sports ignites a spark as athletes begin to think about the upcoming challenges, whether in track, baseball, soccer, or lacrosse.

The shift to spring sports is fraught with both excitement and anxiety. Athletes have the opportunity to showcase their skills in a different arena, further pushing their physical and mental limits. The weather warms up, practices move outdoors, and the sensory experience of being in the fresh air invigorates their spirits. For many, it's a chance to redefine their athletic identities and set new goals.

The Countdown to Summer and Graduation

As the school year approaches its end, the excitement ramps up. Seniors, in particular, grapple with mixed emotions. Graduation looms large, representing both an end and a beginning. Many seniors reflect on their journeys, from their first awkward practices to their current status as seasoned athletes. Some may feel the pressure to leave a legacy in their final games or competitions, while others are excited to take their next steps into the world beyond high school.

Underclassmen, on the other hand, look forward to moving up the ranks. The thought of becoming upperclassmen brings excitement, as they anticipate new responsibilities and opportunities. This transition can be empowering, fostering a sense of belonging and ambition as they prepare to assume leadership roles within their teams.

The Impact of Diverse Backgrounds

Spring fever affects student-athletes differently, shaped by their unique backgrounds and experiences. For some, the change in weather symbolizes hope and renewal. For others, it may amplify the challenges they face, whether it's balancing sports with academic pressures, family responsibilities, or navigating personal struggles.

Athletes from diverse communities often bring rich perspectives to their teams. The transition from winter to spring can be a shared experience where cultural backgrounds influence how students celebrate achievements or cope with pressures. For instance, a student from a climate where winter sports dominate may cherish the arrival of spring, while another may feel nostalgic as they watch their peers engage in sports unfamiliar to them.

Embracing the Season

As spring unfolds, student athletes are encouraged to embrace the changes and challenges ahead. Coaches and mentors play a vital role in fostering an environment where athletes can thrive, providing support as they navigate transitions both in sport and in life. This season is an opportunity for growth, not just on the field but as individuals preparing to step into new roles as graduates or returning athletes.

In conclusion, spring fever among student-athletes is a multifaceted experience. It encapsulates the joy of new beginnings, the bittersweet nature of goodbyes, and the anticipation of what lies ahead. As students embrace the vibrant energy of spring, they are reminded of the resilience and strength built through their athletic journeys—lessons that will carry them far beyond the playing field.

Enjoy the Spring

Coach Kerry

MEMBERSHIP REPORT 2025-2026

March 1, 2026

Types of Membership	Final 2024-2025	March 2024-2025	March 2025-2026
Active Class A & AA	7092	6266	6296
College Associates	1362	1362	1323
Other Associates	70	69	55
Active Life	365	365	331
Retired Life	1575	1575	1650
Honorary	5	5	5
TOTAL	10,469	9612	9660

Breakdown of membership by sports association
(2023-2025 totals in parenthesis)

Adapted Athletics (40) 38	Boys Lacrosse (27) 31
Alpine Skiing (56) 80	Girls Lacrosse (48) 50
Athletic Directors (98) 86	Football (1010) 1003
Baseball (400) 391	Football Retired (12) 7
Boys Basketball (606) 574	Robotics (138) 138
Girls Basketball (569) 552	Golf (boys & girls) (258) 279
Cross Country (473) 465	Soccer (boys & girls) (488) 504
Dance (302) 293	Softball (361) 343
Gymnastics (237) 216	Synchronized Swimming (9) 10
Nordic Skiing (126) 131	Girls Tennis (202) 206
Girls Swimming (265) 249	Boys Tennis (130) 130
Boys Swimming (192) 179	Track & Field (719) 729
Girls Hockey (166) 166	Boys Volleyball (43) 55
Boys Hockey (166) 154	Girls Volleyball (552) 558
Hockey Retired (3) 3	Wrestling (196) 179
	Strength (49) 43

Sports associations that collect their own dues and join the MSHSCA are Cheer (8) 2, Clay Target (10) 12, and Badminton (5) 5.

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MSHSL Board Of Directors Report:

By: Tavia Bachman

At the MSHSL, this time of year, we are celebrating all the successes of our winter activities and hoping for some nice spring weather as we transition into our spring activities. Many of us are thinking “MELT SNOW!” As we get ready to dive into the spring, a huge thank you goes out to all of our coaches who continually put in so much time supporting our student-athletes. It doesn’t get said enough, but know that what you do makes a difference and is continually impacting the kids we work with.

The following is a recap of the recent MSHSL Board of Directors meeting.

February 5th Board Meeting:

The Board of Directors voted on the following action items.

- The new Classification and Competitive Section Placement Process and Timeline was reviewed to start in 2027-2028 and 2028-2029. This was approved by the board, and the process will begin in September. 2-year enrollment averages will now be used to determine the placement of schools in their competitive sections.

- A change in policy language pertaining to Online ISD was approved by the Board of Directors. The following proposal was approved:

- Students in grades 9–12 enrolled in a Minnesota online learning program administered by an Independent School District (Online ISD) are eligible for MSHSL participation at the MSHSL member high school in the ISD in which they are enrolled.

- Resources: An ISD with multiple member high schools must have an Internal Board of Education Policy to determine the member high school in which the student participates.

- A student whose school of enrollment changes (transfers) to or from a Minnesota Online ISD is subject to Bylaw 111: Transfer and Residence.

- Note: Students who are enrolled in an MSHSL member school and take courses from a different district’s Online ISD through supplemental online learning (M.S.S. 124D.095 Subd. 3) or through a Superintendent’s agreement (M.S.S. 124D.095 Subd. 5) are eligible for MSHSL participation at their school of enrollment.

- An implementation timeline was also approved.

- A Fall activity proposal from Boys and Girls Soccer that proposed seeding 1-8 for the state tournament was approved.

- The last approved action item was a rule that reflects bench decorum for Baseball.

Other discussion items included:

- Representative Assembly Proposals

- The MSHSL SMAC has created a recommended heat policy.

- Emerging Activities were discussed, along with a presentation from Fenworks about Esports. Other emerging activities discussed were Girls Flag Football and Girls Wrestling.

A reminder to Advisory Committees to be aware of the deadlines for 2026-2027 proposals that you would like to have submitted for consideration.

As we head into spring, remember to continue building and fostering positive relationships with our student-athletes. Each day you teach life lessons that our kids will carry with them into the future. Embrace the highs and learn from the adversities we face. Thank you for the opportunity to serve on the MSHSL Board of Directors and for continuing to make a difference!

Minnesota State High School Coaches Association

MSHSCA 2026 NHSACA National Coach of the Year Nominees and National Hall of Fame Inductees

The Minnesota State High School Coaches Association (MSHSCA) is proud to announce that 16 Minnesota coaches out of 19 categories have been selected as 2026 National High School Athletic Coaches Association (NHSACA) Top 8 Finalists for National Coach of the Year!

In addition, two Minnesota Coaches are going to be inducted into the National Coaches Hall of Fame!

The Minnesota Top 8 Finalists for the NHSACA National Coach of the Year Award are as follows:

Assistant Boys’ Coach Doug Bloom from Elk River
 Assistant Girls’ Coach Trish Kennedy from Lakeville South
 Athletic Director Brad O’Donnell from Saint Clair
 Baseball Coach Bucky Lindow from Cannon Falls
 Boys’ Basketball Coach Barry Wohler from Orono
 Girls’ Basketball Coach Erin Herman from Hill-Murray
 Boys’ Cross Country Coach Chris Harder from Rosemount
 Golf Coach Craig Nasvik from White Bear Lake
 Soccer Coach Pat Malicki from Woodbury
 Softball Coach Pat Bowlin from Winona Cotter/Hope Lutheran
 Special Sports (Gymnastics) Debbie Driscoll from Mahtomedi
 Swimming & Diving Coach Brian Luke from Stillwater
 Tennis Coach Jeff Demaray from Rochester Mayo
 Girls’ Track & Field Coach Jennifer Johnsrud from Minnewaska

Volleyball Coach Scott Jackson from Wayzata

Wrestling Coach Bill McDonald from Watertown/Mayer Lutheran

The NHSACA National Coach of the Year Banquet will be held at the NHSACA National Convention on Wednesday, Tuesday, June 30, 2026, at the Hyatt Regency, Coralville, Iowa.

The two Minnesota coaches who are 2026 National Coaches Hall of Fame inductees are Geri Dirth, who coached at Apple Valley, and Scott Christensen, who coached at Stillwater.

The NHSACA National Hall of Fame Banquet will be held at the NHSACA National Convention on Tuesday, June 30, 2026, at the Hyatt Regency, Coralville, Iowa.

In 2025, Minnesota led the nation with 15 Top 8 NHSACA National Coach of the Year Finalists, and with the following four coaches being selected as NHSACA National Coaches of the Year!

Boys’ Basketball Coach Larry McKenzie from Minneapolis

Girls’ Basketball Coach Brian Cosgriff from Minnetonka

Swimming & Diving Coach Rick Ringeisen from Lakeville South

Boys’ Track & Field Coach Ross Fleming from Mounds View

The two Minnesota coaches who are 2025 National Coaches Hall of Fame inductees were Craig Anderson from Pine Island and Walt Weaver from Apple Valley.

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

Remember to Register for 2025-26!

Registration for the new Membership Year continues! Membership runs from August 1, 2025 and goes until July 31, 2026.

The registration process with Digital membership cards continues to be more efficient and cost effective for MSHSCA. **The Option to Register and send a check or cash is no longer available due to payment issues.**

The 2 Options to pay are:

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

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

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

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

The advantages of the digital registration process are as follows:

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

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

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

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

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

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

Hello Your Name,

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

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

Registration Info:

Username: your email

Registration Site: mshsca24.cordonco.com

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

Hello Your Name,

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

General Liability Insurance Program

Insurance information.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Wallet Size Membership Card

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

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Registration Info:

Username: your email address

Registration Site: mshsca24.cordonco.com

MEMBERSHIP CORNER... continued from page 8

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

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

MSHSCA Digital Membership Troubleshooting Tips:

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

This is likely due to one of the following reasons:

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

Solution:

You can log into your MSHSCA member profile at any time to open membership links. Log in to <https://mshsca24.cordonco.com>. This is the same link you use to join MSHSCA every year. Look for the menu on the left side of the page. Click on “Documents Card Print” to open your links. This is also the same place to EDIT your Profile with any address/email changes.

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

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

“I cannot edit my MSHSCA Membership Profile.”

Solution:

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

Have You Moved or Changed Your Email?

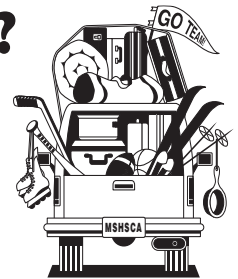
If you have moved recently, it is important that you log onto your MSHSCA profile and edit your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit

your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

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

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



OTHER SPECIAL MEETINGS OF IMPORTANCE

Jan. 14-18, 2026	NOCAD National Convention	San Antonio, Texas
March 19, 2026	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 20, 2026	MSHSCA Spring Delegate/President Meeting	Mancini’s in St. Paul
March 24-26, 2026	MNIAA-ADs Conference	River’s Edge Convention Center & Kelly Inn, St. Cloud
June 28-29, 2026	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
September 11, 2026	HOF Meeting	Minneapolis Marriott West
September 12, 2026	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West



QUICK STICKS

By: Heather Pierson

We are a month out from the start of the high school season & we look forward to new leadership on our board! We also have several new coaches a part of the association as we continue to grow the game of lacrosse in Minnesota! We have many female lacrosse athletes from Minnesota currently playing or going on to play lacrosse in college, spanning across the Nation. Our athletes continue to show how strong the recruiting scene in Minnesota is & the level of talent recruited every year to play in college.

We anticipate another awesome showing of our teams across the State this season - the talent being better than we've ever seen & competition being more fierce!

BANK SHOTS



By: Josh Ortmann

As we move into one of the most exciting stretches of the high school basketball season, I want to take a moment to celebrate the incredible positivity that surrounds our game. High school basketball continues to be about far more than wins and losses. It is about relationships, growth, and life lessons learned through teamwork, accountability, and perseverance. Every practice, every bus ride, and every game provides an opportunity to shape young people into better teammates, leaders, and citizens.

With the playoff season approaching, programs across our state are gearing up for the challenges and opportunities that lie ahead. This time of year brings heightened energy, focus, and emotion, and it is a powerful reminder of why our coaches and athletes invest so much into the process. The pursuit of excellence, the discipline required to prepare, and the resilience developed through adversity are hallmarks of education-based athletics, and our basketball programs exemplify these values every single day.

Lastly, I want to express our sincere appreciation to the communities, schools, parents, and supporters who stand behind our programs. Your support, whether in the stands, in classrooms, or through continued advocacy for education-based athletics, makes a lasting impact on our student-athletes. High school basketball thrives because of the partnership between schools and their communities, and we are grateful for your commitment to helping young people grow both on and off the court.



Quick Hits!

By: Krista Flemming
Shakopee High School
President, Mn Boys Volleyball
Coaches Association

Official season #2 begins March 16 with 90 schools set to participate. This is up from last year but still not close enough to propose adding a second class that will highlight larger and smaller schools separately.

Two Tier Ranking System

In an effort to promote competitive balance and provide broader recognition until participation numbers justify an official two-class structure through the MSHSL, the Minnesota Boys Volleyball Association (MBVCA) will implement a **Two-Tier System** to better recognize teams and student-athletes across the state better.

The goal of this initiative is to promote competitive balance in rankings, highlight more athletes and programs, and support the continued growth of boys volleyball by recognizing TWO Top 10 Rankings and additional All-State Players from schools of different sizes.

This is an MBVCA recognition model only. There are NO CHANGES to section placement, playoff qualification, state tournament structure, or scheduling. There remains one official Class A state tournament as determined by MSHSL.

Tier Structure
Schools will be assigned tiers based strictly on current MSHSL enrollment classifications. Tier 1: Boys Volleyball Schools classified by MSHSL as **Class 4A Girls Volleyball Schools** Tier 2: Boys Volleyball Schools classified by MSHSL as **Class 1A, 2A, and 3A Girls Volleyball Schools**

Tier placement is automatic and mirrors each school's official MSHSL enrollment designation for the current academic year. As participation statewide increases, this model helps position the sport for a potential future two-class structure within MSHSL when numbers justify that step.

Stay tuned to see how things evolve throughout Season #2! Follow all the playoff action leading up to the state tournament on June 9-11 at the University of St. Thomas!

VOLLEY ON MINNESOTA!

*“Be so good
they can't ignore you.”*

- Steve Martin

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FLIP NOTES



By: *Jessica Lofrano-Larson*
Brainerd High School

It's hard to believe that the season has already come to a close! This year's state meet was a great success, and congratulations to all of the athletes and teams! And a huge congratulations to our 2026 champions:

Class A

Team: Detroit Lakes 147.625

Vault: Maggie Schander-Detroit Lakes 9.8125

Bars: Maggie Schander-Detroit Lakes 9.550

Beam: Maggie Schander-Detroit Lakes 9.6875

Floor: Maria Hagen-Mankato West 9.750

AA: Maggie Schander-Detroit Lakes 38.7750

Class AA

Team: Monticello 148.725

Vault: NyahSymone Britt-Hopkins 9.850

Bars: Lauren Hansen-Monticello 9.6500

Beam: Sydney Johnson-North/Tartan 9.7125

Floor: Sydney Johnson-North/Tartan 9.7125

AA: Lauren Hansen-Monticello 38.6

We kicked off this year's state weekend with our banquet and crowned the 2026 Miss Gymnastics- Laney Schwellenbach from East Ridge. We also recognized our Elite All-Around Gymnasts:

Class A

Mariah Anderson-Blue Earth

Maggie Schander- Detroit Lakes

Kaitlyn Rigdon- Mankato East

Maria Hagen- Mankato West

Aryanna Myers- Perham

Class AA

Laney Schwellenbach- East Ridge

Anna Ruppert- Lakeville North

Lauren Hansen- Monticello

Hailey Proshek- New Prague

Avery LeMonds- STMA

We named our 2026 Coach and Assistant Coach of the Year Joni Reitmeier of Worthington and Brent Wuollet of Becker for Class A, and Patrick Kloeckner-Walters of Prior Lake and Nicole Boyden of Alexandria for Class AA.

A special thank you to Kaitlyn Helmbrecht for serving as our banquet coordinator, and to everyone who helped execute the banquet and the awards.

The section reps will meet this spring to begin planning the fall clinic and next season. If you have any ideas or items you want us to cover, please reach out to your section rep and let us know! Congratulations on a successful season!



Dig This

By: *Lonnie Morken*

Head VB Coach Mabel-Canton

MNVBCA President

Happy Spring! As a new sports season is upon us, it is a reminder that summer and fall are quickly approaching. Our clinic will be held on July 29 and 30 at Mounds View High School. Our All-Star game and coaches' social will be on Wednesday night, following Day 1 of our clinic. We sure hope to see many of you there. No matter what level you coach or what experience you have, our clinic is a great opportunity for you to network, socialize, and become better. We have secured Kirsten Bernthal Booth, former Creighton head coach, as our keynote speaker. Clinic registration will soon be available on our website, www.mnvbca.org. Clinic organizer Greg Ueland is working hard to finalize our clinic and make it another top-notch event. If you would like to speak or know of a potential great presenter, contact Greg at gregory.ueland@isd623.org.

We are excited to announce that we have a finalist for the National HS Coach of the Year award. Wayzata head coach and president-elect, Scott Jackson, will attend the ceremony this summer in Coralville, IA, along with seven other deserving finalists from around the nation. Congratulations, Scott, and best of luck!

If you are interested in running for a BOC position, sections 3 and 4, along with 8AAA and 6AAAA, will need to be filled. Look for emails from me later this spring if you would like to be on the ballot.

Good luck to all the spring athletes and coaches. Always praying for a dry, warm spring!

Chip SHOTS

Craig Nasvik- White Bear Lake

President - Minnesota Golf Coaches Association

We are about to start our 2026 golf season. I have a couple of reminders and updates for us moving forward.

Our 2026 MGCA Golf Clinic is Saturday, March 14th. Here is a link to register if you have not done so already. Hope to see you there!

2026 MGCA Coaching Clinic

The MGCA has created an opportunity to communicate more effectively with all our coaches by appointing section reps for all three classes and all sections. This will provide an avenue for enhanced communication. Thanks to the coaches who have stepped up to serve as section reps.

Reminder: Golf registration is open for the High School League, allowing you and all your coaches to become members. Make sure to register all your coaches at all levels so they are all members of the high school league and have great insurance coverage. As a member, you and your golfers are then eligible to receive any All-State awards and Academic awards. The insurance you get by being a member is priceless.

I hope everyone is rested and ready for a great spring and an awesome golf experience for all in your programs. Best to you all.



ROBOTICS NUTS AND BOLTS

By: Ellie Feist

REBUILT, the 2026 FIRST Robotics Competition (FRC) season, kicked off on January 10th. Robotics teams from all across the state have been diligently designing, constructing, and programming their robots. It's always riveting to assist our students in this process. This weekend, teams will start competing across the country. Minnesota Robotics participates in the Northland Region of Robotics. While hosting a majority of teams and competitions, we also work closely with teams from North Dakota & South Dakota.

Before we get into the details of these competitions, you need to understand the blueprints of this year's challenge. You might be asking yourself, how does a FIRST competition differ from other programs? The core of the competition is focused on working together to achieve a goal. This year's game is called REBUILT. During auto, the period in which a robot operates off of pre-set instructions, teams will try to score dodgeballs called fuel into a 2-foot diameter goal that's about as high as a basketball hoop. During tele-op, the period in which a human driver has direct control of the robot, robots pick up fuel and score it in their hub when they have an active alliance shift. During the endgame, teams will attempt to climb a ladder with 18-inch rungs.

All of the qualification matches for the competition are randomly generated. This means that your partner in one match might be competing against you in the next one. Teams need to maintain sportsmanship, whether they win or lose, to build good relationships with other teams. Once we reach the playoffs, the top 8 teams will choose two different teams as their alliance partners. Minnesota teams work together throughout the year to build relationships and a network.

Minnesota is home to 188 of the 197 FRC teams in the Northland, and 112 of these teams will compete in at least 2 different competitions. If you are wondering if this is a lot of teams, the answer is yes. Our state has one of the highest team sizes per capita at 30,851 people per team, while the typical

US state is around 110,000 people per team. We are also the state with the 3rd largest number of registered FRC teams. The two states ahead of us are Michigan, with 525 teams, and California, with 295 teams. Texas is right behind us at 184 registered teams. If you are looking for a fun fact that isn't as robotics-focused, Minnesota also has more FRC teams than varsity boys' hockey teams (around 144).

The Northland region will host 7 events, providing 329 competition spots for teams from across the globe. To attend two competitions, Northland is using 30 competition spots outside our own events. Northland teams will be represented at 9 other regional events outside of the 7 we are hosting.

We weren't kidding when we called FIRST a global program. Minnesota teams will compete against 11 teams from 6 countries on their home turf. Take a look at the statistics for each competition below.

Lake Superior Regional (Duluth - March 4th to March 7th)

• 42 MN teams

Northern Lights Regional (Duluth - March 4th to March 7th)

• 37 MN teams, 1 HI team, 1 CA team, 1 IL team, 2 Chinese teams

Minnesota Bluff Country Regional (Winona - March 4th to March 7th)

• 19 MN teams, 11 IA teams, 8 IL teams, 1 OH team, 1 MO team, 1 FL team

Great Northern Regional (Grand Forks, ND - March 11th to March 14th)

• 40 MN teams, 8 ND teams, 1 KS team, 1 SD team

Minnesota 10,000 Lakes Regional (Minneapolis - March 25th to March 28th)

• 49 MN teams, 1 FL team, 1 HI team

Minnesota North Star Regional (Minneapolis - April 1st to April 4th)

• 41 MN teams, 1 AK team, 1 IL team, 1 PA team, 1 Chinese team, 1 Japanese team, 1 Czech team, 1 Mexican team, 1 Singaporean team

Minnesota Granite City Regional (St. Cloud - April 8th to April 11th)

• 43 MN teams, 2 IA teams, 6 ND teams,

FIRST Robotics is more than just robots. Students in this program not only learn technical skills but also soft skills. Every FIRST Robotics coach in Minnesota strives to teach the values of FIRST coined terms Gracious Professionalism and Cooperation. The goal is for students to be competitive on the field but, off the field, to do everything they can to help every team succeed. The purpose of this ethos is to show students that it's fun to win because you are the best, and not because another team can't participate.

As our build season comes to an end, every Minnesotan team is looking forward to doing their best at each competition they attend. Every team has its eye on the few spots to the FIRST Championship in mid-April or to the MSHSL State competition in May. Coaches, on the other hand, can't wait to celebrate all of their students' achievements over the past couple of months.

COACHES!

**DO YOU KNOW WHERE YOUR
ACADEMIC PLAQUES ARE DISPLAYED?**



**LET'S MAKE SURE YOUR ATHLETES ARE HONORED
& VISITORS, TO YOUR SCHOOL, KNOW IT!**

Your school will receive a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of [Trophies Plus Awards](#) they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school.

Thank you for your help with this program to recognize your athletes.

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@**MSHSCA**

GIRLS HOCKEY "SNAP SHOTS"



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

State Tournament Champions

Class A – Breck HS, Head Coach – Tricia Luoma
Class AA – Hill-Murray HS, Head Coach – John Pohl

Section Assistant Coaches of the Year

1A	Molly Shelton	Dodge County
1AA	Jason Kohlbeck	Farmington
2A	Tony Holcomb	Litchfield/ D.C.
2AA	Claire Goldsmith	Prior Lake
3A	Christopher Foley	Marshall
3AA	Laura Slominski	Eastview/Burnsville
4A	Dan Carlson	Minneapolis
4AA	Dan Schabacker	Woodbury
5A	none	none
5AA	Lily Johnson	North
6A	Dorothy Benson	St Cloud
6AA	Sierra Johnson	Bloomington Jefferson
7A	Mike Guzzo	North Shore
7AA	Christian Gaffy	Forest Lake
8A	Brian Larson	East Grand Forks
8AA	none	none

Section Head Coaches of the Year

1A	Denny Bray	Austin
1AA	Jon Holmes	Farmington
2A	Dustin Swenson	MN River
2AA	Kiersten Nelson	Prior Lake
3A	Cassi Weiss	Marshall
3AA	Christopher Sikich	Apple Valley
4A	Kristi King	Blake School
4AA	Scott Waldo	Woodbury
5A	Tricia Luoma	Breck School
5AA	Jim Koltjes	Maple Grove
6A	Isaac Vatnstal	Fergus Falls
6AA	Brad Podiak	Wayzata
7A	Mike Hoff	North Shore
7AA	Breanna Gaffy	Forest Lake
8A	Brett Johnson	Thief River Falls
8AA	Molly Arola	Alexandria

MGHCA Coaches of the Year

Class A Assistant COY – Molly Shelton, Dodge County
Class A Head COY – Kristi King, Blake School
Class AA Assistant COY – Jason Kohlbeck, Farmington
Class AA Head COY – Jon Holmes, Farmington
Brano Stankovsky Award Recipient – Bob Madison, MSHSL

Individual Academic All-State

This season, the MGHCA awarded Academic All-State honors to 179 seniors who had a cumulative GPA of 3.80 or higher. Each awardee receives a certificate from the coaches association for their accomplishment.

2025-26 Team Academic Section and State Champions CLASS A

Section 1- Albert Lea 3.942
Section 2- Minnesota River 3.989
Section 3- Luverne 3.892
Section 4- Minneapolis 3.928
Section 5- Westonka 3.956
Section 6- Fergus Falls 3.804
Section 7- North Shore 3.824
Section 8- East Grand Forks 3.873
State Winner- Minnesota River 3.989



CLASS AA

Section 1- Farmington 3.965
Section 2- Eden Prairie 3.927
Section 3- Rosemount 3.950
Section 4- Stillwater 3.922
Section 5- Maple Grove 3.972
Section 6- Wayzata 3.965
Section 7- Blaine 3.963
Section 8- Roseau 3.869
State Winner- Maple Grove 3.972

SCHOLARSHIPS - \$1000 each

CHARLIE STRYKER SCHOLARSHIP –
Sophia Kuhns, Lakeville South HS
EXEC COUNCIL SCHOLARSHIP –
Addie Barone, South St Paul HS
PREMIER PREP LEAGUE SCHOLARSHIP–
Raedyn Roling, Hutchison HS

HALL OF FAME

Matt Majka - MN Wild & MN Wild Foundation
Herb Harvey - Lakeville, Lakeville South, Eastview
Joel Tornell – Owatonna, Lakeville South
Bill Schafhauser – Hill-Murray

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2025–2026

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

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



Swim Strokes

By: Jason Tangen

Congratulations on an outstanding Section and State Tournament in Boys Swimming and Diving. The competition, preparation, and sportsmanship were exceptional. Special congratulations to Edina (Boys AA State Champions) and St. Thomas Academy (Boys A State Champions). Championships reflect more than talent; they showcase the culture and leadership built by coaches and communities across our state.

Please mark your calendars:

• **Swim & Dive Coaches Educational Clinic & All-State Banquet – April 24**

• **Annual Coaches Association Meeting – April 25**

• **Location: The Marriott Event Center, Brooklyn Park**

We'll honor our 2025–26 All-State athletes in Girls and Boys Swimming and Diving and gather as a coaching community to learn, connect, and continue strengthening our sport for the future.

As after-school lifting, sport specialization, and year-round training become more and more common, we must ask ourselves: *What kind of athletes and leaders are we trying to develop?*

Encouraging multi-sport participation doesn't take away from my sport, swimming and diving; it enhances it. It builds overall athleticism, reduces burnout, and develops adaptability and leadership. When athletes compete in multiple sports, they develop different muscle groups, coordination patterns, and competitive instincts. They learn to adapt to different systems, teammates, and coaching styles. Growth happens when athletes step into new environments and learn to respond to different adversities. That experience builds maturity that simply can't be replicated in a single-sport bubble.

Research continues to show that early specialization increases the risk of overuse injuries and mental burnout. Multi-sport participation, on the other hand, promotes long-term athletic development. It allows the body to recover, the mind to reset, and the competitive fire to stay fresh. Athletes who diversify their experiences often stay in sports longer and develop a stronger overall foundation.

And yes... we'd love to see more soccer, football, and cross-country athletes give boys swimming or diving a try. Or, more basketball, dance, and cross-country skiers give girls swimming and diving a try. Swimming and diving are lifelong skills and among the most effective ways to build total-body strength, cardiovascular endurance, and mental toughness. We must also, as swim and dive coaches, encourage our athletes to try something new.

Three of my seniors started swimming with the team as sophomores. Since then, they've each lost significant weight... more than 50 pounds per athlete. But more importantly, they gained confidence, discipline, and a work ethic they'll carry with them long after high school. That's the bigger success.

When we encourage athletes to compete in multiple sports, we're not just building better competitors. We're building healthier young people, stronger teammates, better communities, and more adaptable leaders. We're developing athletes for the long run, not just for their one season.

Goal Posts

By: Ron Stolski

Fellow Keepers,

This May marks the 70th anniversary of the MFCA's founding. On May 18, 1956, at a U of M clinic, coaches met to form what is now our MFCA. Though not so named then, surely, they were the original "keepers of the game." Eight coaches from every corner of the state were elected to serve on a board of directors, representing each region. Red Wilson of Bemidji was nominated as temporary chairman. In addition, a list of officers was nominated: President, Harvey Shew, Brainerd; 1st Vice President, Lew Swearingen, Jackson; 2nd Vice President, Herm Frickey, Hibbing, and Secty-Treas, Frank Cleve, Patrick Henry. Both groups passed by a majority vote. Harvey Shew took over as president.

The first two recommendations to the MHSCA Board of Control were (1) spring football be offered for 10 consecutive days and (2) teams be allowed to play their first game at the end of the 2nd week of practice. Thanks to the visionary leadership of men some seven decades ago, the MFCA exists today.

What follows are some highlights of our progress, chronicling how far we have come from humble beginnings, thanks to leaders with dreams and vision, through our last seven decades.

- 1965 MFCA magazine; HOF induction, Bierman, Christiansen, Cleve, Cole, Morrison, Nagurski, Peterson, Swearingen; Coach of the Year, Bill Severin, Grand Meadow

- 1974 Thanks to Tom Mahoney, Fairmont, the All-Star game, named The Shrine Bowl, is resurrected. 28,000 plus attend at the U of M stadium. Ron Raveling is the first game manager. The North coach is Dick Lawrence Eveleth; South, John Drewes; Rochester, John Marshall. North wins.

- 1982 A Football playoff plan is presented to the MSHSL.
- 1984 Prep Bowl!
- 1987 Butch Nash Awards to deserving assistant coaches
- 1989 First Assistant COY, Paul Gasner, Totino Grace
- 2004 Mr. Football selected. The chair of the committee is Clay Anderson.

- 2005 First Executive Director appointed, Ron Stolski, Brainerd. The MFCA website was created and maintained by Rob Nielsen, Detroit Lakes. It has its own domain.

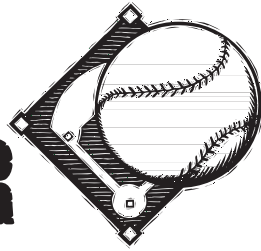
- 2006 MFCA Power of Influence Award, Ron Stolski, Brainerd (national winner), two others, Nelson, Minnetonka, and Lundeen Becker are also national winners—the only state in the nation to have three.

- 2008 The MFCA initiates the MFCA 'Keepers of the Game' Coaching Clinic. The Best in the Nation

- 2012 Under the leadership of Dave Nelson, the MFCA joined Rand Shaver's cancer research initiative. Named Tackle Cancer, the effort raised \$120,000.00 in 2012. Conducted annually, the effort has grown, capturing Minnesota from corner to corner and from fall to fall through fundraising

GOAL POSTS... continued on page 15

DUGOUT CHATTER



By: Mike Smith

As we all go through our final checklists, before the crack of the bat begins to echo, a new baseball season is drawing near. Across the state, players, coaches, and undoubtedly fans are united by one thing: the promise of possibility.

At every level of the game, opening day represents much more than just the first pitch. It is a fresh start. Records will be broken. The new players chase their dreams, and the veteran players prepare to write another chapter in their careers. Every team begins with hope, and hope is one of baseball's most powerful traditions.

Beyond the statistics and the standings lies the real beauty of baseball. The rhythm of the game, the strategy hidden to the casual fan, the sun (hopefully) shining as the weather begins to warm up, and the great camaraderie of the players, coaches, and fans. It is a beautiful game built on patience, resilience, and belief. There are some great things about to happen!!!

As we prepare for the best season of the year, please put the following important dates on your calendar:

ASAP – Join the MSHSCA (if you have not yet done so)

March 9th – Start of Arm Care Week

March 16th – Start of Full Practices

March 26th – First Available Contest Date

April 30 – May 2 – Baseball Across MN

May 15th – All-Star Nominations are Due

May 17th – All-Star Selection Sunday

June 1st – All State Nominations are Due

June 11, 12, and 15th - State Tournament

June 25-27th – All-Star Series

I hope everyone can fully enjoy the spring season and all it has to offer!!

GOAL POSTS... continued from page 14

events—the 2025 total: \$635,017.00. The total over 13 years is over 4.1 million.

In 2016, after years of self-sponsoring, the Minnesota Vikings sponsored the MFCA ALL-Star game, renamed it the All-Star Football Showcase, and played it in December at US Bank Stadium.

While not complete, this list gives us a sense of “how far we have come” and how the legacy of those before us lives today. To that end, as today’s keepers, WE MUST HONOR AND CONTINUE THAT LEGACY OF VISION, SERVICE, AND PROGRESS!

See you at the Clinic, Mar. 26-28

Trophies Plus - Sponsor of Coaches Caring



DIAMOND CUTS

By: Sean Hall

MFCA Coaches Association President

Forest Lake High School

Head Softball Coach

MSHSL State Tournament Dates Set

The MSHSL Softball State Tournament will kick off on **Tuesday, June 2, at Caswell Park in North Mankato.**

Tuesday, June 2 – Quarterfinal Games

- Class AAAA — 10:00 AM
- Class AAA — 12:30 PM
- Class AA — 3:00 PM
- Class A — 5:30 PM

Wednesday, June 3

- Consolation Semi-Finals
 - Class AAAA & AAA — 9:00 AM
 - Class AA & A — 11:30 AM
- Semi-Finals
 - Class AAAA & AAA — 2:00 PM
 - Class AA & A — 4:30 PM

Thursday, June 4 – Consolation Championships & 3rd Place Games

- Class AAAA
 - Consolation Championship — 10:00 AM
 - 3rd Place — 12:00 PM
- Class AAA
 - Consolation Championship — 10:30 AM
 - 3rd Place — 12:30 PM
- Class AA
 - Consolation Championship — 11:00 AM
 - 3rd Place — 1:00 PM
- Class A
 - Consolation Championship — 11:30 AM
 - 3rd Place — 1:30 PM

MSHSL Softball Championship Games

Championship games will be held at Jane Sage Cowles Stadium on the University of Minnesota campus and will be divided into four sessions beginning Friday, June 5.

Thank You, Minnesota Twins!

The MFCA Coaches Association would like to extend a sincere thank you to the Minnesota Twins for hosting the 2025 Coaches Clinic at Target Field. With over 250 coaches in attendance, the clinic was a tremendous success.

A special thank you as well to all presenting coaches and to everyone who participated and continues to support softball across Minnesota.

***“A coach is more than a coach.
A coach is a role model, a disciplinarian, a leader, a mentor,
and the list goes on and on”.***

-- Dan Mitchell, HAHSVA VP (Arkansas High School Coaches Association)



By: Jessica Gust

UNDER THE BAR

Happy Spring Season!

If you are already a strength coach or you work in the weight room with your team, we'd love to invite you to join us on April 18th at Tartan High School for the NHSSCA MN State Clinic. If you're not familiar with all those letters, the National High School Strength Coaches Association was founded in 2016 to educate, equip, and empower strength coaches, sport coaches, and athletic directors working specifically with high school students in any strength and conditioning setting. Our Minnesota Strength Coaches Association works very closely with the national organization, and we are excited for another great MN #family get together this spring. If you're not currently a member of the NHSSCA, it would be a great time to join to get a reduced registration rate for the clinic. If you have any questions about the organization, please feel free to reach out to any of our MSCA board members. Minnesota is also very well represented at the national level, with several long-time MN coaches serving or having served on the executive board!

Additionally, NHSSCA hosts a national conference each year, one of my favorite events, and this year our neighbors in Milwaukee are hosting it, the weekend of June 19th. It should be another top-notch event offering excellent speakers and even better networking and collegiality. You WILL come home with great info and new friends. You can find more information and registration for both those events at www.nhssca.us.

One topic frequently addressed at many S&C clinics and conferences is athlete nutrition. A subtopic that has been coming up a lot with my athletes this year is supplementation, specifically creatine. I want to address a few important points and share resources to help you in your discussions with athletes.

First, supplements are called supplements for a reason. They should not replace proper, high-quality, nutritious foods. If kids are asking about using supplements, I always start with 'why do you think you need _____?'. That opens the door to great conversation and education on proper nutrition. If you're unsure about how to talk about nutrition, please take some time to educate yourself before engaging in conversations with kids. Perpetuating nutrition misinformation is unfortunately still quite common and hard to undo. I like Precision Nutrition's resource library because it offers excellent infographics that sum up many nutrition topics, and access is free. www.precisionnutrition.com Click on menu and scroll down to free resources! Also, keep in mind that as coaches, we need to stay in our lane and not prescribe meal plans or diets for athletes. That is reserved for RDs! Stick to educating them, answering their questions, and coaching them up on their decision-making instead.

Second, the supplement industry is massively under-regulated. It is a pretty nasty grey area between food safety and pharmaceuticals, leaving little oversight in the production and distribution of products. You can get sucked down a very

disappointing rabbit hole on YouTube, watching undercover videos of the production plants. I don't recommend it. Instead, please teach your kids about NSF Certified for Sport and teach them how to look for the appropriate stamps on products they buy. The NSF stamp indicates that a product has been third-party tested to verify that it contains what is shown on the label and doesn't contain anything extra. It also indicates that the product is free from any banned substances that could result in a USADA violation. More information is available at www.nsf-sport.com. There is also an excellent app.

Third, let's talk protein powders, bars, shakes, etc. Meeting protein goals can be really hard for some folks, especially for athletes trying to gain muscle mass. When you ask the question above about why kids think they need it, they might say they just can't eat that much protein in a day. This can be very true for some people... they just get too full too fast when eating traditional protein sources. I would first ask them to explore other whole-food options, but I've got no issue with a kid using protein supplementation if they're already eating as much 'real' food as they can. It's way easier to stomach a protein shake than another chicken breast. The type and flavor of protein are largely a matter of personal preference. Sometimes folks have some... a-hem... gassiness with protein powders, so it may take a bit of trial and error to find one that is well-tolerated. Just make sure you're checking for the NSF stamp! Costco typically has some good options at significantly better prices.

Lastly, speaking of misinformation... CREATINE IS NOT A STEROID. This is most often coming from parents of kids who are wondering about taking it. Creatine is naturally occurring in our bodies and helps facilitate the recharging of ATP, which is the energy source our body uses to do work. Food in our bodies is broken down into macronutrients, which are then broken down into their components and either used as building blocks for other molecules or converted into ATP, the energy currency of the cell. Creatine supplementation just helps us do that conversion a bit more effectively. The body of research supporting the use of creatine is robust and longitudinal. We have heaps of data to show that creatine is safe for most people. Obviously, it is not our business to tell kids to take it, but we can help families understand what it is and what it does so they can make an informed decision. There are also widely researched benefits to supplementing with creatine that you might find interesting as an adult, including but not limited to reducing the effects of sleep deprivation and improving cognitive function. To learn more, please Google 'creatine Andrew Huberman Layne Norton' to access a great 4-minute summary of current science around creatine. I encourage you to do your own research on the cognitive benefits, especially for older folks. It is very interesting!

Again, regardless of the supplement, the focus should be on nailing your nutrition first before worrying about supplementing. Otherwise, you might as well just light your money on fire! And if you're going to spend the money, make sure it's 3rd-party tested so you can trust it is safe and legal for the athlete to use.

Hope this helps, and we all look forward to seeing you at an upcoming clinic!

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follow us twitter

@MSHSCA

Over Hill and Dale



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

While the high school cross country season is still a few months away, many of our coaches are coming off a winter season of coaching, and more still are preparing to support athletes in the Spring Track & Field season. Recently, I came across reflections from renowned T&F coach Dan Pfaff (ALTIS), who shared his thoughts on what it means to be a coach working with athletes from high school through professional ranks. Even though Coach Pfaff's specialty area is sprints and blending the art and science of Track & Field, his jottings highlight the growth of relationships between BOTH coaches and athletes and the progress each is seeking in sport.

A coach has to reprove themselves daily. No matter what you have done, how many athletes you have coached, or how long you have been in the profession, athletes question what you are doing all the time, and that questioning is not a flaw in the relationship but a normal condition of it, especially with athletes who care deeply about their performance.

Fear is always present and often misunderstood. Fear shows up through failed performances, previous coaching experiences, injuries, and life issues. While some level of fear can be useful, uncontrolled fear becomes a real problem that influences how athletes move, decide, and respond in training.

Athletes generally arrive in good faith, even when they are guarded. I believe athletes want to be better, especially those who keep coming back, and when there is resistance or confusion, it is more often tied to previous brokenness than to poor intent.

Brokenness from past experiences carries into the training environment. Bad coaching, failed performances, health issues, and personal life challenges all leave marks on how athletes see themselves and how they engage with the work, and ignoring that reality makes it harder to coach them effectively.

Open relationships between coach and athlete are essential and still rare. By 'open', I mean relationships where fear can be discussed, questions can be asked, and uncertainty need not be hidden. Yet, many environments struggle to support this because unconditional respect and trust are still lacking.

Athletes have to take ownership of their journey. I push athletes to become independent relatively early, recognizing that it may take time for that mindset to develop. Still, if I do not see ownership grow over time, it becomes difficult to continue moving forward together.

Athletes expose the strengths and limits of systems, and systems expose the strengths and limits of the coach using them.

Progress depends on staying willing to look closely at both, even when that examination is uncomfortable.

Coach Pfaff has clearly laid out so many points on progression in the relationships between athletes and coaches, and coaches and the systems/processes we put in place to deliver success for a program. Understanding athletes' previous experiences with sport and coaches, encouraging athletes to own their journey, and self-reflection on what has worked, what could work, and what might work in the face of uncertainty are great reminders of what a curious, growth mindset can bring to sport.

HOOP SCOOP



By: Matt Solberg
Head Girls Basketball Coach -
Proctor High School
MNGBCA President 2025-2026

The best time of the year is upon us, and March Madness is in full effect in a gym near you. Our girls' basketball season has entered postseason play, and there is no better time of the year. As I write this article, we are entering the quarterfinals of section play, and teams are playing to extend their season for a couple more days each time they take the floor. It is truly a time when the stars can shine, and when role players can also find a way to contribute to their team's success.

Our executive council met with the MSHSL in early February regarding the results of our survey that we completed last November. As a coaches association, we were tasked with completing a follow-up survey on the trend in numbers for each program over the course of the season. Anecdotally, there are several programs that fielded lower-level teams that have since cancelled those seasons due to a lack of numbers. The data support this claim as well, as the general trend line across the 189 respondents to our survey indicates some attrition in our programs over the course of the current season.

We hope the data collected in both surveys will serve as a catalyst for changes and initiatives, including permitting a player to participate in four halves on a given night. Currently, a player can participate in three halves per night, which works well when a program has an adequate number of players. However, when there are not enough players, some programs are forced to play only one half of JV games or cancel them altogether. These moves are not good for our game nor the development of players.

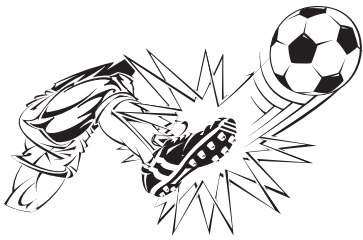
During the home stretch of our season, our gyms will continue to draw larger crowds, and teams will compete to represent their school. We hope you can attend a basketball game this coming winter to take in the game and support girls' basketball in Minnesota. See you in the gym!



DISCOUNTS AND BENEFITS

Access exclusive discounts/benefits for member coaches of the Minnesota Coaches Association. There are thousands of products and services available to you exclusively through the National High School Athletic Coaches Association. Annual membership paid by mshsca. Discounts on travel, insurance, office depot/office max and others.

www.hscoachesbenefits.org/



CORNER KICKS

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



Tournament time is here; the weather is unpredictable, and soon we can move outside to play soccer. Congrats to all playing in winter-season tournaments.

Our thoughts and prayers are with our Executive Secretary, Keith Randa, and family on the loss of their daughter-in-law. The entire Executive Committee and Soccer Coaches offer their condolences,

As this column is being written, it was announced that the MNUFC is honoring our 2025 State Championship teams on Saturday, Feb.28th, at their home opener. All six state championship teams are showing up. Thanks to the MNUFC for honoring the teams and to Greg Juba for facilitating this event.

Pat Malici (Woodbury Girls) has been selected as one of the eight NHSACA National Coach of the Year Award recipients. This announcement was made this week. Congratulations are in order for Pat.

Our Minnesota National Award winners were announced. The girls' national awards are first, and thanks to Stacy Paleen (Park Girls Co-Coach) for her work on these awards. They are:

State Coach of the Year

Large Public School	Mike Huber	Stillwater
Small Public School	Dave Wald	Mahtomedi
Private/Parochial	Sophie Pawlyshyn	Holy Family Catholic

All-Midwest Team

Bella Naples	Chanhassen	Midfielder	12
Harlow Burger	Mahtomedi	Goalkeeper	12
Rylee Lawrence	Stillwater	Forward	12
Lauren Craig	Wayzata	Forward	11
Ellen Neuharth	Academy of Holy Angels	Midfielder	12
Avni Udupa	Minnetonka	Forward	12
Oliva Halunen	Woodbury	Midfielder	12
Mikaela Caverly	Edina	Midfielder	11
Ana Oenning	Eagan	Defender	12
Addy Judson	Academy of Holy Angels	Defender	12

All-American

Bella Naples	Chanhassen	Midfielder	12
Harlow Burger	Mahtomedi	Goalkeeper	12
Rylee Lawrence	Stillwater	Forward	12

Congratulations go out to these coaches and players.

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

State Coach of the Year

Large Public School	Dave Jensen	Edina
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Small Public School

Brenden Doyle	St Paul Como Park
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Private/Parochial School

James See	Academy of Holy Angels
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All Great Lakes

Andres Engle	Edina	Forward	12
Thomas Hopkins	Academy of Holy Angels	Defender	12
Elijah Jensen	Minnehaha Academy	Forward	12
Elvis Hernandez Paz	Simley	Defender	12
Landon Bell	Blake School	Forward	12
Stephan N'da	St Paul Como Park	Forward	12

All Americans

Ryker Magnuson	Minnetonka		
Andres Engle	Edina	Forward	12
Thomas Hopkins	Academy of Holy Angels	Defender	12

We continue with the 2026 awards. Next are the Mike Warter Awards. The MSHSSCA gives these thousand-dollar scholarships to honor the memory of Warter, an Eagan girls' coach. It has been 25 years since the MSHSSCA voted to honor a girl and a boy soccer player with this award. The first recipients were in 2000. Art Seplak (Bloomington Kennedy-girls retired) is the Chair of the Committee giving out the Warter scholarships. This is the 26th year of the Warter, and we have given \$50,000 in scholarships. Seplak announced the following two winners.

The girls' winner is Bayley Schneider (who is the granddaughter of long-time AD Emmitt Kennan) from St. Cloud Cathedral. Bayley was a member of the varsity from grades 7-12, All-Conference as a senior, and 2nd team All-State in grade 12. In addition, Schneider was a 3-sport athlete, competing in

Soccer, softball, and dance. She served as captain of her softball team during her junior and senior years. She was a member of the Student Senate and also assisted with youth soccer and dance clinics. Bayley will be attending St. Scholastica next fall.

The boys' award was given to Isaac Lee from East Ridge. Lee was a member of the varsity in grades 9-12, serving as captain his junior and senior years, making All-Conference and 1st team All-State as a senior. He is a soccer referee, a volunteer at an FCA soccer camp, the NHS President, and a student member of the Administrative Council. Lee has not decided on a college for this fall.

Congratulations to these two award winners. They represent our game of soccer at the highest level.

The Sanneh Foundation held its 16th Annual Gala this month. Your Association has supported this Foundation since its inception 16 years ago. We have added the "Eric Stempinski Youth Coach of the Year Award." This honor celebrates the exemplary individuals who demonstrate outstanding leadership qualities within their sports communities. This year's winner was Diego Garcia. Diego is from Harding High School.

Greg Juba (Park of Cottage Grove Girls, retired), our Clinic Director, has informed us about the MSHSSCA annual clinic. The board has yet to determine what we are going to do with our Annual Clinic. But we will support the MNUFC Symposium,

Hall of Fame Banquet

The MSHSCA Hall of Fame Banquet will be held on Saturday, October 10, 2026, at the Sheraton West Minneapolis on Ridgedale Blvd., just off I-394. The social hour will begin at 4:30 p.m.; the doors will open between 5:30 and 5:45 p.m., with dinner and the banquet to follow at 6:00 p.m. Award winners are guests of the MSHSCA. Additional banquet tickets may be ordered in advance. Rooms will be available at the Sheraton Minneapolis West on the night of the banquet, and a special rate is available.

Sheraton Minneapolis West Hotel
12201 Ridgedale Drive
Minnetonka, MN 55305
952-593-0000

Check-in time: 3:00 pm

Check-out time: 12:00 pm

At the banquet, the following will be recognized and receive awards:

- MSHSCA Hall of Fame Class of 2025
- Officials Distinguished Service Award
- Assistant Coaches Distinguished Service Award
- George Haun Leadership Award
- Steve Kerzie Delegate Service Award
- Championship coaches
- Coaches of the Year
- Assistant Coaches of the Year
- 25-Year Life MSHSCA Members

The MSHSCA takes tremendous pride in honoring the great men and women who coach Minnesota high school sports. MSHSCA takes great pride in making this a fun and memorable event to recognize the award-winning coaches and their supporters.

MSHSCA Hall of Fame nominations are being accepted at mshsca.org. Follow the link for Awards to find the online nomination form. There is also a printed form included in this issue of Prep Coach.

Printed Nominations should be sent to:

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

CORNER KICKS... continued from page 18

which will be held on Saturday, June 20th. Put this on your calendar; it will be a great clinic.

A reminder to Association members from Greg Juba. The seeding for the state tournament will be 1-8 for the 2026 and 2027 seasons.

I want to thank Keith Randa, Art Seplak, Stacy Paleen, Greg Juba, and James See for providing the information needed to write this column.

Thanks again, much appreciated.

Running out of time and news. The May issue of the Prep Coach will include updates on all MSHSSCA initiatives to make our sport and organization more workable for both athletes and coaches. And again, I will end with: you have the greatest job in the whole world, working with student-athletes.



By: Aaron Rothenberger,
MTCA President

With the weather warming up, it is almost time for our spring tennis season for the boys! Good luck this season to all the boys' tennis programs, and hopefully the weather cooperates enough for us to get plenty of matches in before the section tournaments.

Coaches Membership:

Please make sure you are updating your registration and registering for our MTCA. We appreciate your membership. Please also encourage your assistant coaches and new coaches to join. We have seen some increases in membership over the past few years, and we would like to see that trend continue!

Advisory Positions and Executive Committee Position Available:

We have three open positions on our Advisory Board and one open position for our Executive Committee. The advisory board meets with the executive a few times each year. Meetings are held online. The Advisory board assists with the seeding process for the respective class they represent. We have AA Boys, AA Girls, and AAA Girls available. These positions are two year terms, and you need to be a boys' and/or girls coach in that class to have that position. The Executive Committee position has a 6-year term. Meetings are held online about 1 per month. Either a girls' and/or boys' tennis coach is qualified for that position. This is a leadership role that works with other Executive members on decisions for both programs and with the MSHSL tennis rep, Amy Doherty. Please contact Les Zellmann if you have questions or are interested in the Advisory or President-Elect position: lzellmann@isd840.org

Future Items that are on the Executive Committee Radar:

The Executive Committee is looking into making the section lineup deadline dates more flexible for sections that have later section tournament dates. Especially in the northern sections, it has been challenging to get matches in before the section lineup deadline. The other topic we are looking into is whether coaches can protest a lineup of another section team just before the state tournament. The challenge has been that some coaches don't have an opportunity to protest lineups with other section teams that qualify for the state tournament. We will update you on either of these items in the following months.

Let's all hope for a beautiful spring!

***Coaching is a full-time job for
part-time pay with a focus on
outcomes, not income.***

-Larry McKenzie

CLEARING HURDLES

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



The 2026 track and field season is approaching fast, bringing with it a sense of anticipation and (hopefully) some warmer weather. For some of our state's track coaches, that sense of anticipation began back in January at the annual Minnesota Track & Field Coaches Clinic. I want to offer a sincere thank you to our dedicated clinic committee and all the speakers for their time and effort in putting together another excellent clinic. I also want to congratulate all our Coach of the Year winners and especially our two 2026 Hall of Fame inductees, Mike Anderson (Dilworth-Glyndon-Felton) and Ron Werner (Middle River/Rochester John Marshall), who were honored at this year's banquet. The committee is already hard at work putting together next year's clinic, so mark your calendars: the **2027 MN Track & Field Clinic will be January 14-16.**

As we near the start of this season, I wanted to update you on a few advisory initiatives:

- One of the items that consistently came up in that survey was concerns about policies regarding MSHSL/non-MSHSL programs. There is a lot of confusion about these policies: confusion about their specific application, concerns about enforcement, and, frankly, frustration at the impression that rules are being put in place without a full understanding of the context in which they are applied. We have been in constant communication with MSHSL about these policies for the last 15 months, trying to ensure they understand the coaches' perspective across this state, and we will continue to do so. However, I would encourage all coaches: if you have concerns or questions regarding these policies, communicate them directly to the League through your AD. This will not only ensure that you receive the correct answer but also provide MSHSL with a better understanding of the various impacts these policies are having throughout the state.

- The board has also been seeking to adjust how the transfer policy in Minnesota applies to track and field rules. As many of you know, if a student transfers without an address change,

they are unable to compete in varsity competition for that upcoming year, unless another circumstance necessitates the transfer. This rule is intended to reduce and discourage transfers, but is not intended to eliminate participation opportunities for transfer students. However, for nearly 80% of all districts in the State (including 93% of both Class A schools and Class AA schools), this rule constitutes essentially a competitive ban when applied to track and field, because those districts have virtually no JV schedule (2 or fewer meets). 75% of Class A schools have zero JV meets. In these districts, non-address transfer students are entirely unable to compete while this transfer protocol is in place, which, again, is NOT the policy's intention. Furthermore, this is not uncommon, as nearly 50% of all districts have had at least one athlete under transfer protocol in the last five years. We have had numerous conversations with the League about this over the last year; we have not yet found an agreed-upon solution, but we are continuing to discuss this with MSHSL and are hopeful we can resolve this in the near future.

- Lastly, the board is working to develop language that will universalize relay entry procedures across the state for Section/Sub-section entries. Currently, different sections have different entry policies. For some sections, the list of eight relay members is set in stone once online entries are due. In other sections, the list of eight names is not solidified (or even, in some cases, submitted) until the coaches' meeting at the beginning of the first day of the section championship. We are working with MSHSL to develop language that will establish a common practice and allow changes to relay names up until the start of the meet (similar to the procedure at the State Championship). We hope that this will not only ensure a level playing field across Sections, but also relieve pressure on coaches due to the earlier entry deadlines. If the board can agree on language with MSHSL, we hope to have it take effect for the 2026 season.

As always, if you have any concerns, questions, or ideas for how the association can better support its members, do not hesitate to reach out. I wish you all the absolute best of luck and an abundance of fun for this upcoming 2026 season.

CODE OF ETHICS *As a professional educator, I will...*

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

**MINNESOTA
STATE HIGH
SCHOOL
COACHES
ASSOCIATION,
INC.**

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

Mat Chatter

By: Matt Hennen



I am writing this article as of 11:00 pm, after returning home from Grand Casino Arena in Saint Paul and a long-awaited extended weekend of intense competition. While I haven't had much time to unpack all that took place this weekend, I have to extend my sincerest congratulations to all the team and individual competitors, and the coaching staffs, on a season well completed. Seeing all those mats loaded for three and a half straight days with hardly any downtime, and seeing our athletes battle through adversity, celebrate victories, and build camaraderie with others from across the state was what the experience is all about. Well, that and a quick run to Cosetta's here and there. At any rate, while I haven't had time to look over all the results, at a glance, I'd have to think that the addition of double elimination provided more opportunity for those who may have previously gone

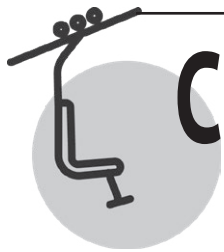
one and out, and likely added another layer of depth to the competition. I'd also say it's been amazing to see the level of competition rise among female competitors. From sections on, our sport just seems to be on the up and up.

While it's a little bittersweet to be wrapping up this season, rolling up the mats for the spring/summer, and packing away the singlets in the coming weeks, it's also a great time to draw upon the energy of the post season to springboard into next year and consider new goals and structure new plans,

declare next year's captains and so on.

Also, take a moment to thank all those who made everything this year possible for you; assistants, parents, administrators, booster and youth clubs, etc. This year has been a great one. And whether things end in a high school gym or in Saint Paul, remind your athletes they can always be preparing for matches ahead, in wrestling and in life.

Congratulations again to everyone on what I hope was a healthy and successful season. Get a little rest. You deserve it.



Chairlift Chat

By: Jason Gergen
Hastings Alpine
MSHSCA Section 4 Representative

The short and intense alpine ski season has come to an end. The Coaches Association would like to congratulate Mark Lindemer and everyone at Hill Murray on winning the girls' and boys' state team championships. We would also like to congratulate Claire Provencher of Visitation as the girls' individual champion and Oscar Anderson from Minnetonka as the boys' individual state champion. While the MSHSL season has concluded, several top finishers from each of the 4 sections will be booting up in Colorado as representatives of Team Minnesota at the Western Region High School Championships. Team Minnesota athletes will head to the Loveland Ski Area March 15 - 18, 2026, to defend their title at the Western U.S. High School Championships. We're proud to announce that 3 ski shop sponsors have signed on to help support the team this season. Please thank them for supporting Team Minnesota.

Ski Hut in Duluth
Gear West in Long Lake/Wayzata-area
Pinewskis in Anoka

Below is the 2026 Team Minnesota roster:

BOYS

Danny Kinzer - Orono
Oscar Anderson - Minnetonka
Chipper Scott - Minnetonka
Goshi Dimitrov - Cook County (SL only)
Hans Mehlhaff - Cook County
Toby Schunk - Hermantown
Artin Amirayan - St Croix Falls
Luke Lobanoff - Hill-Murray
Luke Mjanger - Hill-Murray
Cole Peltz - Lakeville South
Michael Jakobe - Edina

Garrett Pooley - Mankato West
Tristin Bristlin - Detroit Lakes (GS only)

GIRLS

Hailey Voigt - Hill-Murray
Shea Reardon - Hill-Murray
Sophia Wenberg - St. Paul Academy and Summit School
Eva Voyakin - Southwest (SL only)
Piper Grillo - Brainerd
Alexa Bristlin - Detroit Lakes
Elizabeth McCroskey - Prior Lake
Brenna Peltz - Lakeville South
Ava Lappi - Chaska/Chanhassen
Annabel Hanson - Stella Maris Academy
Teagen Tessier - Cloquet-Esko-Carlton (CEC)
Julia Pffingsten - Lakes International Language Academy
Cece Rasinski - Brainerd (GS only)

The coaches association wishes the team the best of luck, and we know you'll show that it doesn't take big mountains to produce huge talent! Please remember that for your athletes to be eligible for participation as a member of Team Minnesota, be awarded all-state, or receive recognition for academic all-state, the head coach must be a member of the coaches association. I also want to remind everyone that assistant coaches are encouraged to join and are covered under the additional \$3 million in liability insurance. In fact, membership in the Alpine Ski Coaches Association grew by ~70% over the last season. Your continued input is important as we work to improve our sport to make it the best high school alpine ski racing experience possible. The Executive Board will work through the off-season to carry forward your suggestions. We'll continue to update our website (Alpine Skiing), improve our awards processes, and provide resources to support you.

Finally, we want to thank all of the coaches involved in high school alpine skiing. It's a tight-knit community that supports each other, and that is reflected in the sportsmanship and respect of our athletes. We hope everyone has a safe and enjoyable off-season!

from the Dance Floor



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

The 2025–2026 dance season has come to a close with another exciting and highly competitive MSHSL State Tournament! As we wrap up this remarkable year, we extend our heartfelt congratulations to every team, athlete, and coach who helped make this season so memorable. To those who earned the opportunity to compete on the state floor, congratulations on an accomplishment that reflects countless hours of dedication and resilience. And to all who participated throughout the season, thank you for continuing to raise the bar for our sport. The talent, determination, and outstanding sportsmanship displayed at State were a powerful reminder of the strength and unity within our dance community.

2026 MSHSL DANCE TEAM STATE TOURNAMENT RESULTS

A JAZZ 1. Lac qui Parle Valley Dawson-Boyd 2. St. Cloud Cathedral 3. Holdingford

AA JAZZ 1. Benilde-St. Margaret's 2. Sartell 3. Orono

AAA JAZZ 1. Brainerd 2. Eastview 3. Maple Grove

A HIGH KICK 1. St. Cloud Cathedral 2. Lac qui Parle Valley Dawson-Boyd 3. Holdingford

AA HIGH KICK 1. Totino-Grace 2. Sartell 3. Benilde-St. Margaret's

AAA HIGH KICK 1. Brainerd 2. Eastview 3. Wayzata

CONGRATULATIONS TO EACH OF THE SECTION COACH OF THE YEAR RECIPIENTS!

These award recipients were nominated and chosen by the Head Coaches of each of their Sections following their Tournaments. All of these coaches will be included in the ballot this year for the MADT Head Coach of the Year award, which will be announced at the Dance Team Coaches Celebration in April.

1A JAZZ: Kristi Herzig, Zumbrota-Mazeppa
 1A KICK: Jennifer Simon, Plainview-Elgin-Millville

2A JAZZ: Olivia Peterson, Providence Academy
 2A KICK: Jennifer Ziemer, New London-Spicer

3A JAZZ: Taylor Hastings, Worthington
 3A KICK: Raquel Anderson, BOLD

4A JAZZ: Annie Waale, D-G-F
 4A KICK: Sheri Gerbracht & Katie Back, Bagley

1AA JAZZ: Kayla Sohn, Hastings
 1AA KICK: Kayla Sellers, Austin

2AA JAZZ: Kristen Gagnon, Totino-Grace
 2AA KICK: Kristen Gagnon, Totino-Grace

3AA JAZZ: Emily Gibson, Holy Family
 3AA KICK: Melissa Koch, Delano

4AA JAZZ: Jennie Weber, Sauk Rapids-Rice
 4AA KICK: Nadia Fischer-Danzeisen, Becker

1AAA JAZZ: Katie Ohlund, Lakeville South
 1AAA KICK: Katie Ohlund, Lakeville South

2AAA JAZZ: Rea Ryan, Chanhassen
 2AAA KICK: Alyse Eichorst, Wayzata

3AAA JAZZ: Sarah Austin, Centennial
 3AAA KICK: Kim Chick, Duluth East

4AAA JAZZ: Ashley Maas, Rogers
 4AAA KICK: Cindy Clough, Brainerd

COACHES WEEKEND - SAVE THE DATES!

All-Inclusive Members will have access to CCE for FREE (included in your membership) as well as the Coaches Celebration. Regular Members will have a la carte pricing to attend either event (check our website for details www.madtcoaches.com).

• **FRIDAY, APRIL 17TH:** COACHES CELEBRATION @ WAREHOUSE WINERY (ST. LOUIS PARK)

• **SATURDAY, APRIL 18TH:** SPRING MEMBERSHIP MEETING @ EDINA HIGH SCHOOL

• **SATURDAY, APRIL 18TH:** COACHES CONTINUING EDUCATION @ EDINA HIGH SCHOOL - James Silvas, Peak Performance Coach

Have You Moved or Changed Your Email?

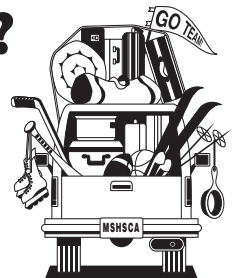
If you have moved recently, it is important that you log onto your MSHSCA profile and edit your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit

your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

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

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



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2025-2026 WINTER CHAMPIONSHIP TEAMS & COACHES

FALL SPORTS	COACH	TEAM	WINTER SPORTS	COACH	TEAM
GIRLS TRUE TEAM SWIM & DIVE			ALPINE SKIING Girls		
Class A	Mark Seguin	Orono	ALPINE SKIING Boys	Mark Lindemer	Hill-Murray
Class AA	John Bradley	Minnetonka	NORDIC SKIING Girls	Maxemilian Lundgren	St. Paul Academy & Summit School
GIRLS TENNIS			NORDIC SKIING Boys	Torry Kraftson	Stillwater
Class A Co-Head	Les Zellmann	St. James	DANCE-High Kick		
Class A Co-Head	Brian Bluedorn	St. James	Class A	Marissa Haakonson	St. Cloud Cathedral
Class AA Co-Head	Kortney Rosati	Rock Ridge	Class AA	Kristen Gagnon	Totino-Grace
Class AA Co-Head	Jessica Kralich	Rock Ridge	Class AAA	Cindy Clough	Brainerd
Class AAA	Jeff Demaray	Rochester Mayo	DANCE-Jazz		
GIRLS SOCCER			Class A	Aaliyah Schommer	Lac qui Parle
Class A	Ellen Moran	Providence Academy			Valley/Dawson-Boyd
Class AA	David Wald	Mahtomedi	Class AA	Samantha Cameranesi	Benilde-St. Margaret's
Class AAA	Mike Huber	Stillwater	Class AAA	Cindy Clough	Brainerd
BOYS SOCCER			GIRLS HOCKEY		
Class A	James See	Holy Angels	Class A	Tricia Luoma	Breck School/Groves
Class AA	Tamba Johnson	Blake	Academy		
Class AAA	Dave Jenson	Edina	Class AA	John Pohl	Hill-Murray
GIRLS CROSS COUNTRY			GYMNASTICS		
Class A	Disa Daucsavage	New London-Spicer	Class A MSHSL co-head coach	Leesa Lindgaard	Detroit Lakes
Class AA	Jaime Yaeck	Minneapolis Southwest	Class A MSHSL co-head coach	Steve Zamzo	Detroit Lakes
Class AAA	Kalsey Beach	Wayzata	Class AA MSHSL	Lisa Moran	Monticello
BOYS CROSS COUNTRY			WRESTLING		
Class A	Matthew Kingsbury	Lewiston-Altura-Rushfor	Class A	Jim Jackson	Staples-Motley
Peterson-Houston			Class AA co-head coach	Will Short	Simley
Class AA	Timothy Kersey	St. Paul Como Park	Class AA co-head coach	Ben Kissling	Simley
Class AAA	Shawn Everson	Blaine	Class AAA	Josh Joriman	St. Michael-Albertville
GIRLS' VOLLEYBALL			BOYS HOCKEY		
Class A	Joelle Grimsley	Mayer Lutheran	Class A	Jay Hardwick	Warroad
Class AA	Kathleen Rustad	Hawley	Class AA	Jon Ammerman	Moorhead
Class AAA	Dan Westby	Marshall	BOYS SWIMMING MSHSL		
Class AAAAA	Stephen Willingham	Lakeville South	Class A	John Barnes	St. Thomas Academy
GIRLS SWIM & DIVE MSHSL			Class AA	Scott Johnson	Edina
Class A	Stacy Biegler	Monticello	BOYS SWIMMING TRUE TEAM		
Class AA	Jeff Mace	Edina	Class A	John Barnes	St. Thomas Academy
ADAPTED SOCCER PI			Class AA	John Bradley	Minnetonka
ADAPTED SOCCER			ADAPTED FLOOR HOCKEY PI		
FOOTBALL 9 Player	Rex Metzger	Hills-Beaver Creek		Todd Person	Brainerd
FOOTBALL 1A	Chad Johnston	Minneota	ADAPTED FLOOR HOCKEY		
FOOTBALL 2A	Thomas Schuller	Jackson County Central	CI co-head coach	Aaron Walton	South Suburban Jets
FOOTBALL 3A	Matt Walter	Annandale	CI co-head coach	Chris Tomberlin	South Suburban Jets
FOOTBALL 4A	Joe McPherson	Orono			
FOOTBALL 5A	John Stewart	Spring Lake Park			
FOOTBALL 6A	Jason Potts	Edina			

Coaches Caring Program

Checks should be made out to the MSHSCA, and the donation should be mailed to the following address:

MSHSCA
20085 Italy Avenue, Lakeville, MN 55044

Thank you for considering a donation to the Coaches Caring program. The Coaches Caring program has supported and lifted coaches' spirits with support when they are facing life-altering adversity. Since the Coaches Caring program was established in 2011, over eighty coaches have received letters of support and a check to help with expenses.

Coaching Caring nominations should be emailed to Nathan Youngs at nathan.youngs@dc.k12.mn.us.

Your donation will make a difference to coaches and their families in their time of need.



By The Coaching HER® Team – Evidence-based tips for building lasting engagement in girls' sports

The Power of Perspective: Trish and Corey Kennedy on Coaching With Purpose

Written By, The Coaching HER Team

It was a privilege to sit down with Trish and Corey Kennedy, a husband-and-wife coaching team who have spent more than 30 years shaping students and athletes. Together, they've raised five children (two from Trish, two from Corey, and one they welcomed together) and have impacted the lives of hundreds of student-athletes at Lakeville South High School in Minnesota.



Corey & Trish Kennedy

Over the years, Trish and Corey have coached a remarkable array of sports, including cross-country running, track & field, baseball, Nordic skiing, football, and wrestling. This fall was especially meaningful as Trish served as the head girls' cross-country coach and Corey stepped into the assistant role. When he first got the offer, he admitted he was surprised, but Trish was quick to respond: "You are great with kids." And as you'll see in the interview, that sentiment says it all; for them, it's always about the kids.

Trish and Corey began the conversation tentatively, asking, "Why us?" They insisted they had done nothing extraordinary. But after 31 years of guiding young athletes, fostering confidence, and being a constant presence when many coaches are leaving the profession, their humility hardly masks how rare and valuable their commitment is.

That commitment has become increasingly precious. In many cases, coach attrition is alarmingly high. According to a recent article in the Minneapolis Star Tribune, Rick Ringeisen, the Minnesota State High School Coaches Association's executive director, states: "Coaching turnover has long been a factor in high school sports, but not the numbers that we're seeing now. The pressure on these coaches to win is like never before." Against that backdrop, Trish and Corey's long-standing presence isn't just commendable, it's extraordinary.

Trish and Corey's passion for kids and coaching is contagious; their coaching philosophies are simple and grounded in what matters most, and the gift they give to kids and athletes every day is beyond measure. The perspective they bring to coaching reminds us as coaches, educators, parents, and leaders

that the true purpose goes beyond winning or losing and centers on building meaningful relationships, a message that carries real power. As Corey puts it: "If you have the opportunity to coach, it shouldn't be wasted."

What first sparked your interest in coaching, and how did each of you find your way into the profession?

Trish- It was the love of athletics for me. I was a college athlete, and after that, I never not wanted to be a part of a team.

Corey- I never planned on teaching or coaching. I always loved sports, but this wasn't something I planned. I really believe I was called to do this work. I love to build up kids and help them be better. Our motto is to move daily.

What has inspired you to stay committed to coaching for so many years?

Trish- The athletes! You get to know these girls in 9th grade and see them through senior year. Each new group, I can't ever imagine leaving.

Corey- For me, it's the kids and those former athletes that become your friends. When they call you up years later to play golf, that's when you know you did something right.

How would each of you describe your core coaching philosophy?

Trish- Coach the whole person. It's not about faster times. I want girls to become more confident, make friends, develop integrity, and grow as human beings.

Corey- Coach the athlete first before the sport. You have to build trust and those relationships before you can push athletes. (Then Corey adds) I just love watching Trish coach; the athletes love her. I learn so much from watching her.

When challenges arise, how do your coaching perspectives guide your approach?

Trish- Before talking about times or finishing at big meets, I always let the girls know I love them and they are my girls, no matter what their times are, what place they finish in, or whether they are on JV or varsity.

Corey- It's hard to put into words; student-athletes today don't automatically respect their coaches just because they're their coach. It's similar to my EBD students. I would never expect them to show me respect without first showing them respect and care. I always let my athletes know I'm not here to judge. I usually start those tough conversations with something like, 'I'm sorry that happened....' I just want kids to feel good when they leave every day.

Has there been a time when seeing a situation through your spouse's perspective changed how you handled something in your coaching role?

Corey- Let me lead this one. I love hearing kids say, "Love you, Kennedy". I just love watching how much Trish's athletes respect and love her. I was really able to coach the younger girls by watching Trish's lead.

Trish- I loved watching Corey. I loved watching Corey with the freshmen (who he had coached in middle school). They really look up to Corey. They are in his room between classes. He's great at building relationships. It was really fun to see Corey through the eyes of an athlete.

Corey- If you do it right, they (the athletes) lift your day.

How has being coaches together shaped your views on competition, teamwork, or leadership?

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Corey- *Trish is too competitive at home! (teases)*

Trish- *We are both so competitive. Doesn't matter what it is, Wii bowling, Scrabble, you name it- we compete!*

I love watching the girls come together to get a workout in or to support each other during a race. I love the support and the boost they give one another, and it doesn't matter whether they are friends at school; they come together. That's what competition and teamwork are all about.

Corey- *In CC if you do well, you are going to be in pain. The way Trish coaches these girls, though, they are okay with this pain and learn to push themselves. She always just leads with, "You are loved wherever you are at." This really allows the girls to get to that place on their own.*

Looking back, how has your coaching perspective evolved from when you first started?

Trish- *I'm definitely more confident. I've learned it's okay for me to make mistakes. I used to pretend like I knew things I didn't, for fear that parents and athletes wouldn't think I was capable. Honesty is huge. Admitting that I don't know everything has put a lot less pressure on me. I tell the girls I read this or learned it from this coach or video, and I let them know I'll find an answer if I don't have one. I'm okay with not knowing everything.*

Corey- *It's gotten easier for me, too. I think it's important to be vulnerable; it's okay if they are getting outside coaching in the summer. I don't need to be the expert in everything and can learn from the athletes too.*

What is it like having two coaches under one roof, and how did you balance schedules, practices, and family life?

Trish- *Constant communication! It was stressful at times, but now we look back with so many good memories. We were always making plans about who's on call, who's picking up, and which sitter we need to hire. We relied on friends and family. Our kids always knew they came first, and we made it work.*

Corey- *We made sure our (own) kids knew they had to do something. This is what we have always believed is what's best for kids. They needed to be involved, stay active, and stay busy!*

What perspective would you share with parents—especially moms—who feel they don't have time to coach?

Trish- *My girls loved going to my practices. They were exposed to a team full of role models, and they loved getting piggyback rides and having fun with the 'big girls'. It was important for me to model for my girls that I have passions and that I can be a mom AND do what I love. My kids always knew they were my number one and that I loved my athletes and needed to be there for them. Leaning on your co-coaches and building relationships with them is huge, so that I can be gone one day for my daughter's dance competition and he can leave early the next day for his kid's soccer game.*

Corey- *We often have this conversation with our daughter and her husband. We encourage them to be those great leaders that they are. Kids need to be coached by them, and they both have the ability to make a difference. It's a gift. We wouldn't want them to miss the opportunity to help kids have a great experience in sport, who might not otherwise.*

Trish- *It makes you happier. When you get home to your family, you are energized by your practice and the kids, and you can give them the best.*

We know that girls have different experiences in sport and that keeping girls in the game is a challenge we face today. From your perspective, what have you learned, and what can we do to change this narrative?

Trish- *It can really be a struggle for girls, especially when their bodies start to change. I've watched girls lose their confidence as they go through puberty. When their cycle begins, they are dealing with so much- headaches, cramps, tiredness. It's tough, physically and emotionally. It's really difficult in endurance sports because oftentimes girls decline before they get better. Once they get through that first year or so, they come out ahead- stronger, more confident, they really 'pop up'.*

I really just work at being honest with girls and validating how they feel. I'm upfront with them- 'Your body is changing and isn't fun.' I remind girls that they are not alone; every girl experiences this. Education is so important. Give girls resources, let them know they won't feel like this forever.

Corey- *I love watching Trish share her own experiences to help the girls feel not alone. It is really different from boys, because most boys (not all, including our youngest) are born with this unwritten confidence. I try to remind girls that they deserve to feel confident and feel good about themselves. With all you are dealing with and how hard you work, you deserve to feel good.*

Honestly, the best way to handle it is with love; really, the best way to handle any athlete.

We need the right people pushing girls. They aren't dropping out of sport because they don't want to play. We have to work together to keep raising the numbers.

What strategies have helped you build a team culture where girls feel seen, valued, and capable?

Trish- *I think by being trustworthy. I give girls the time they need to develop, I'm vulnerable in front of them, and I allow them to be vulnerable and honest. I let my athletes know they can always reach out or contact me. I want girls to call me on Saturday or Sunday when they need something or are struggling. I make sure girls always know my door is open. I'm here for them; they are not here for me.*

Corey- *(To Trish) You prove that every year! It's beautiful to watch. We can pick up those pieces for the kids that they need us to pick up. It's just how we are with kids.*

Trish- *We try to make it fun; we meet at Caribou just to chat. It's not just about the sport, it's about the people.*

Corey- *Trish does such a good job of this. She asks for their opinions, utilizes their ideas, truly listens, and gives the girls a voice.*

Trish- *It's their team and their time.*

What perspective could you offer someone who thinks they don't know enough about the sport to coach?

Corey- *It's like learning math. You can learn anything. Read books, watch videos, and get a mentor. If you have the ability to build relationships and you care about kids, it's an opportunity that shouldn't be wasted. I pride myself on admitting that I don't know everything (about whatever sport I'm coaching). When you do that, you open yourself up to growing and learning.*

THE POWER OF PERSPECTIVE .. continued on page 26

THE POWER OF PERSPECTIVE .. continued from page 25

What gives you the most hope about the future of girls' sports?

Trish- *Girls of today are more confident, not afraid to share their opinions; they truly believe they can do whatever they want; they are stronger leaders; and they have so many more opportunities.*

Corey- *There are these beautiful platforms today that help girls see themselves as professional athletes and leaders. They can be whatever they want, and they have the opportunity to share that with the world.*

How do you hope your legacy reflects the values and perspectives you've gained through coaching?

Corey- *I've never done this for accolades or attention. What each athlete takes with them is what matters to me. Did they find value in my time and care? I hope that's what we've instilled in them.*

We've had great mentors like "Ringer" (Rick Ringeisen, long-time MN high school coach and current MSHSCA executive director). He just lifts you. When we have someone like that pass on these precious roles to us, we hope to do the same for the next generation of coaches.

After spending time with Trish and Corey Kennedy, one thing becomes unmistakably clear: their coaching has never been about the stopwatch, the standings, or the scoreboard. It has always been about people, the young athletes who walk into their programs. For more than three decades, Trish and Corey have shaped these young lives with love, honesty, and a perspective grounded in what coaching is truly meant to be.

Their words remind us that today's athletes, especially girls, need coaches who see them fully, who understand the unique challenges they face, who celebrate their strengths, who validate their experiences, and who stay committed to keeping them in the game when pressures: physical, emotional, and societal can push them away.

Their message is simple but transformative:

Lead with love. Coach the whole person. Build trust before technique. Create belonging before expectation.

If we, as coaches, educators, parents, and leaders, can embrace this perspective, we have the power to change not only a season but a life. We can change the culture. We can change the game for girls and for all athletes.

As Corey said, "If you have the opportunity to coach, it shouldn't be wasted." And as Trish models so beautifully, when athletes know they are loved, they will rise.



Coaching HER®: How to Recruit, Retain, and Respect More Women in Coaching

By Alicia Pelton Program Director, Coaching HER®, University of Minnesota, The Tucker Center for Research on Girls & Women in Sport

Where Are the Women Coaches?

That's one of the most common questions I get from clubs, teams, and sports organizations. And it's a fair question because we know why women coaches matter in the lives of the girls they coach, and we know how few women are visible in coaching roles across all levels of sport.

This article isn't just a call to action; it's a how-to guide. Through my work leading Coaching HER®, a research-driven initiative to help coaches better support girls in sport, I've worked with national governing bodies, league directors, and local organizations to shift the paradigm. And one truth rises to the top: You won't hire more women unless you intentionally build the conditions to do so.

Whether you're running a grassroots program or leading a national team, this roadmap will help you move from asking "Where are the women?" to confidently saying "She's coaching here."

1. Commit to Change — And Define It

Nothing changes if nothing changes. Your hiring, retention, and development strategies need to reflect an intentional shift, not just a hollow hope.

- **At the Individual Level:** Examine your own assumptions about what makes a "qualified" coach. Are your expectations gendered? Would you describe a male coach as "competitive" but a female coach as "too intense" for the same behavior? If so, it's time to disrupt your internalized bias and beliefs.

- **Coaching HER® Tip:** Take our Foundational Module 2: Challenging Gender Stereotypes to explore this in yourself and your staff.

- **At the Interpersonal Level:** How you talk about women in sport matters. Do you refer to a woman coach as "the girls' coach" while her male counterpart is simply "the coach"? Do you introduce moms as "helpers" and dads as "leaders"? Words shape perceptions.

- **At the Organizational Level:** Audit your staffing, scheduling, uniforms, and promotional materials. Do girls and women coaches have equal access to prime time slots, leadership positions, and visibility? Are women represented on your decision-making committees or boards?

Coaching HER® Tip: Audit your website and social media this week. Count how many female coaches are pictured, quoted, or highlighted. If women are missing, update your content to reflect them in leadership roles. **Visibility matters—if she can't see it, she can't be it.**

2. Build a Culture Where She Belongs

Inclusive culture isn't a side benefit; it's a retention strategy. In sport, culture determines who stays, who leads, and who

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leaves. Girls and women are acutely aware of where they are valued and where they are merely tolerated.

Ask yourself:

- Are you celebrating female athletes and coaches equally?
- Are your facilities menstrual-friendly and safe for all athletes?

Coaching HER® Tip: Take our Menstrual Health module: “Removing Period Taboos & Creating Menstrual-Friendly Environments.”

- Do girls receive the same social media coverage, quality uniforms, and access to competitive opportunities as boys?
- Can women coaches bring their full selves to work, including as mothers or caregivers, without being penalized?

Coaching HER® Tip: Ask your women coaches one powerful question at season’s end:

“What’s one thing we could change to support you better here?”

Collect responses through a survey or roundtable. Then act on at least one idea and let them know you did. Listening and follow-through build trust more than any handbook can.

3. Expand Your Network and Pipeline

Your coaching bench won’t diversify if your contact list doesn’t.

Start local. Build relationships with:

- Former women athletes and alumni
- Women who have coached or mentored in other sports or youth programs
- Moms in your organization who already demonstrate leadership
- High school girls who can assist with younger teams or camps
- Women competing in recreational leagues or adult teams

Coaching HER® Tip: Don’t underestimate the power of a personal ask. A study from the Tucker Center for Research on Girls & Women in Sport showed many women didn’t consider coaching until they were directly invited. Your intentional ask could spark a coaching journey.

4. Reframe Qualifications

In many sports, coaching roles are often awarded to those with the most elite playing experience, but that framework leaves out countless women whose opportunities were limited by injury, inequity, pregnancy, or early exits from sport.

We must redefine what qualifies someone to coach. Yes, technical skills and tactical knowledge matter, but so do empathy, communication, mentorship, and the ability to support girls’ holistic development.

Coaching HER® Tip: Create job descriptions that value these traits, and avoid coded language like “dominant,” “aggressive,” or “assertive” that may unconsciously deter women from applying.

5. Invest in Development, Not Just Hiring

You can’t just “hire her”—you have to develop her.

If you’re serious about increasing women in coaching, build a ladder:

- Offer entry points through assistant roles, clinics, or seasonal programs
- Fund her certification or licensing courses
- Pair her with a mentor or veteran coach
- Highlight her story on your platforms
- Recognize her contributions and listen to her needs

- Ask for her feedback—and act on it

Coaching HER® Tip: Create a “Junior Coach” track for high school girls in your program. Let them assist with younger teams, shadow experienced coaches, and earn a small stipend or volunteer hours. Plant the seed early: you belong here, and you can lead.

Be Her Reason to Stay

The future of women’s sports depends not just on participation, but on leadership.

Girls need to see women in coaching roles, not just as rare exceptions, but as the norm. That visibility changes what they believe is possible.

If you’re a coach, director, or league leader reading this, you have the power to change the face of sport, not just at your organization, but in your community.

It takes more than good intentions. It takes action.

It takes moving from “We wish we had more women coaches” to “We built the systems to support them.”

And it starts now.

About the Author: *Alicia Pelton is the Program Director for Coaching HER® at the University of Minnesota’s Tucker Center for Research on Girls & Women in Sport. A former high school athletic director, coach, and multi-sport athlete, she brings 30+ years of experience in building inclusive sports environments that keep girls and women in the game.*

Have You Moved or Changed Your Email?



If you have moved recently, it is important that you log onto your MSHSCA profile and edit

your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

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

Life and Retired Members: If you have moved and are receiving Prep Coach in the mail, it is important that you notify us of your new mailing address. You can send your mailing information to my email at : ringer@mshsca.org or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535

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with and inspiring young people every day. For the past 33 years, I have had the privilege of being both a teacher and a coach, allowing me to give back and pass on the same life lessons that impacted me during such a formative time in my life.

Sports have truly shaped who I am. I still remember being interviewed in college and being asked, “If you could only play one sport, what would it be?” My response was simple: “I’d still play all three.” With a chuckle, the interviewer rephrased the question: “If you were only allowed to play one, which would it be?” I don’t recall giving the answer he was looking for—and, honestly, that hasn’t changed. You could ask me today which sport I’d rather coach, and I would give you the same response. I simply love being part of a team. That passion continues to fuel my coaching philosophy and the way I approach working with student-athletes.

I believe the most important role of a coach is to develop confident leaders. My hope is that athletes leave our programs as productive individuals who contribute positively to their communities. It has always been about more than just the game. Wins and losses will come and go, but the lessons learned, the relationships built, and the personal growth achieved will stay with them for a lifetime—I know this because it has stayed with me.

As a coach, I want my players to know that while winning is important, I value and respect the effort they put in every single day even more. I make it a priority to express my appreciation and remind them that they are part of something special. Athletics are about more than competition—they are about developing individuals who strive to excel both on the court and in the classroom and are prepared to positively impact the world. A saying I often share in

my classroom, on the court, on the field, and at home is: “If you think you can’t, you won’t. If you think you can, you will.” Confidence is powerful, and without taking that first step, growth is impossible.

As a parent of four boys, I’ve had the opportunity to see this impact from another perspective. Their journey began as gym rats and grew into each of them becoming three-sport student-athletes. They’ve been part of this life from the very beginning, and I know they wouldn’t have wanted it any other way. I am incredibly proud of the individuals they have become—great students, great athletes, and, most importantly, great people. Athletics helped shape them through lessons in time management, dedication, leadership, goal setting, and perseverance. Watching their journeys has only strengthened my belief in the value of athletics and their role in developing successful adults.

Throughout my career, I have

also taken on leadership roles beyond coaching, including serving as secretary of the Browerville Education Association, a member of the NHS committee, head negotiator, and as part of the Board of Control for the Minnesota Volleyball Coaches Association.

I am seeking the MSHSCA Vice President position because I believe deeply in the impact coaches have on young people. I am committed to supporting, representing, and advocating for coaches across the state. It would be an honor to serve in this role and contribute to a community that has given me so much.

I know that one day my whistle will be hung up, but until then, I will continue to carry the title of “coach” with pride. My goal has always been to make a meaningful impact on young people through my love of competition and teamwork.

Thank you for your consideration.

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Minneapolis. Growing up on a farm with neighboring families to the north and south, we gathered almost daily to play whatever sport was in season. Those experiences helped shape my competitive nature, love for athletics, and appreciation for teamwork at an early age.

During my junior year at Clara City High School (now MACCRAY), I competed in the MSHSL Class A Boys’ Basketball State Tournament when Minnesota had only two classes (A and AA). I went on to letter in four sports during my senior year, further developing a lifelong passion for athletics and leadership.

I earned my Associate of Arts degree from Ridgewater College in Willmar, where I competed in basketball and track. Our basketball team won conference championships for two seasons and qualified for the Minnesota Junior College State Tournament, while I was named the team MVP in track. I then transferred to South-

west Minnesota State University in Marshall, earning a Bachelor of Science degree in Health, Physical Education, and Coaching. While at SMSU, I served as an Assistant Men’s Basketball Coach for two seasons and pitched for the Mustang Baseball team.

Following SMSU, I became a graduate assistant for Men’s Basketball at Northern State University in Aberdeen, South Dakota, where I earned a Master of Arts in Teaching in Health, Physical Education, and Recreation. I later obtained Specialist Licensure as both a Principal and Superintendent.

My professional coaching career began at Becker High School, where I served as Head Boys Basketball and Baseball Coach for one year, followed by a year at Audubon Public Schools as Head Boys Basketball Coach, Assistant Football Coach, and Legion Baseball Coach. I then accepted a position at the College of St. Teresa in Winona, Minnesota, serving as Athletic Director, Head Women’s

Basketball and Volleyball Coach, and instructor. Despite the college closing after one year due to financial challenges, the women’s basketball team advanced to the National Tournament.

I continued my collegiate career at Clarke University in Dubuque, Iowa, as Head Volleyball and Women’s Basketball Coach. Both programs achieved their first winning seasons in school history and reached the Top 20 national rankings multiple times. I also coached softball, guiding that program into the Top 20. I later became Clarke’s Athletic Director, during which time our department earned the conference All-Sports Trophy as the most successful institution in the league. During my tenure, I served on two NCAA Division III national committees, helped establish Clarke’s Kinesiology program, and secured national accreditation. I was inducted into the Clarke University Athletics Hall of Fame in 2018 as both an administrator and coach. After Clarke, I

served as Athletic Director at the University of Minnesota Crookston (NCAA Division II) for three years.

My professional experiences have provided me with valuable insight into building successful programs, developing strong departments, and fostering meaningful relationships with students, coaches, families, and communities. I am deeply committed to promoting lifelong behaviors that support academic success, athletic achievement, and healthy living. I believe my background as a teacher, administrator, coach, writer, and speaker—along with my ability to communicate effectively with diverse stakeholders—makes me a strong candidate for Vice President of the Minnesota High School Coaches Association.

I am excited for the opportunity to run for Vice President and would be honored to represent Minnesota’s coaches if elected. Thank you for your time and consideration.

CHRIS KIRCHER... continued from page 1

strong mentorship—lessons that would resurface many years later when I unexpectedly found myself stepping into the world of coaching.

Unlike many applicants who come up through traditional school-based careers, my professional life has taken place largely outside the school system. I have held a wide variety of jobs over the years, and today I own and operate a small gun shop in Swanville, a business that has kept me closely connected to the people and values of my hometown.

Community service has always been at the forefront of my life. For the past 17 years, I have served on the Swanville School Board,

helping guide the direction of the district I once called home as a student. I have also been involved with Sourcewell as a member of its board of directors, served as the past president of the Swanville Lions and the Swanville Dollars for Scholars organizations, and served as a member of the Swanville Dollars for Scholars board of directors. These roles have allowed me to give back to the community that helped shape me.

Coaching, however, is where I unexpectedly found my true passion. I never believed coaching was in my blood until about 15 years ago, when I was asked to volunteer as an assistant on the high school boys' basketball team.

That single invitation changed everything. From the moment I stepped onto the court in a coaching role, I was hooked.

Since then, coaching has become a major part of my identity. I have served as a volunteer assistant on the girls' basketball team, coached junior high football, junior high girls' and boys' basketball, and junior high baseball. Today, I am the head coach of both the trap team and the girls' basketball team. Coaching is now firmly flowing through my veins,

Throughout my coaching journey, I have been fortunate to learn from exceptional mentors and to coach in a truly supportive community. While wins and losses

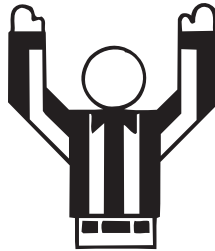
will always be part of sports, they are far from the most important measure of success. What I value most is watching young men and women grow. Seeing athletes become stronger individuals, both on and off the field, is the greatest reward I could ask for as a coach.

For the past eight years, I have also served as an At-Large Delegate on the MSHSCA, where I have gained valuable insight into statewide athletic programs and the needs of coaches and student-athletes alike. It would be an honor to continue serving and to bring my experience, passion, and dedication to the Vice President role

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD



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



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

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

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

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

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

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

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

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

OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

**Minnesota State
High School
Coaches
Association
HALL OF FAME**

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

1. Individuals selected as nominees must have shown a deep sense of responsibility in the manner in which they conducted themselves as coaches, and demonstrated a dedication to the highest ideals of competitive interscholastic athletics.
2. Of equal importance is the manner in which they conducted their programs, that they be most beneficial to their players, their schools, and their communities, always reflecting a positive image of interscholastic athletics and/or coaches.
3. They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

**ELIGIBILITY
REQUIREMENTS**

1. Nominees must have been active in coaching and/or athletic administration for a minimum of 25 years.
2. Nominees must be a life member of the MSHSCA.

Minnesota State High School Coaches Association
HALL OF FAME NOMINATING FORM



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

Name _____ Phone _____

Address: _____ City _____ Zip _____

Phone Number: _____ Email: _____

Birth Date _____ Marital Status _____ Deceased _____

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

Nominating Person or Group _____

Rationale for Nomination _____

Personal History: Hometown _____

College/s _____ Year _____

College Honors: _____

Coaching History: (Sports, schools & years) _____

Coaching awards, honors & highlights: _____

Are you currently an inductee to a sport association? _____ If yes, please list: _____

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

Nominated by: _____ Date _____

Phone: _____ Email: _____

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



[Redacted]

[Redacted]

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Minnesota State High School Coaches Association and its members.

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

[Redacted]

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

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2025 – August 1, 2026

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

[Redacted]

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

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

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

[Redacted]

[Redacted]

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

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

[Redacted]

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

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www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

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



Coaches Assistance Program

Athlete suicide is very real and on the rise

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



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

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

coachesassistanceprogram.com/training-camp/