



THE Minnesota PREP COACH

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COACHING & STRESS: How can we better stay in the driver's seat

By: Dr. Russ Flaten, Certified Mental Performance Consultant (CMPC)

Stress is an unwritten rule of coaching. When we lead others, we don't just carry our own stress, but the stress of those we lead. We must take care of our athletes, parents, and our staff. And yet, if we even start to discuss self-care, our eyes roll. But self-care doesn't need to be a mythical creature in a land far, far away, and it certainly doesn't need to be complicated.

To better manage stress, the first thing we want to keep in mind is the concept of quality recovery. Here is a simple example: **Recovering from a workout.**

Ex: If I have been on my feet all day training, then I should get off my feet and give my body a break. I may ice up, stretch, and then lay down. These are activities that help my body recover.

Stress is a different story. It is largely mental fatigue. We want to find activities to help our minds recover. Below are three strategies that I personally find very helpful:

1. **Take frequent "mental breaks."** This is one of my favorites. Start building your workday into 30–45-minute chunks. It makes focusing much easier, and you maintain higher levels of energy throughout the day. Set a timer and after every 45-minute segment, take a 5–10-minute break.

2. **Present Focus Meditations.** We

become stressed when we dwell in the past or future. You can best stop stress in its tracks by practicing present focus meditations. My favorite exercise is the observation of your breath (Directions are listed below).

- Close your eyes and observe your breath.
- Be curious and observe what you notice about your breath.
- If you become distracted or your mind wanders, just acknowledge and thank your brain and bring your attention back to your breath.
- Do this for 2-5 minutes as a place to start.

3. **Deep, diaphragmatic breathing.** The opposite of the stress response is the relaxation response. Deep breathing is simple and physically stimulates our body's relaxation response. A 15–20-minute breathing exercise has the same recovery benefits as a **1.5-hour** nap.

- As you breathe, make sure your chest is still, and only your belly is expanding and contracting
- Inhale and exhale with an even 2-3 second cadence
- It's easier for me to do this with my eyes closed, but if you want to keep it open, just keep your eyes placed on an object nearby to re-

duce distractions

As you walk away from today's article and reflect on how you like to manage stress, keep in mind that stress management is **ENERGY MANAGEMENT**. There are many approaches to how we handle stress, but this is a great foundation to start with.

For more information on today's article or to learn other strategies around performance, resilience, or leadership for you or your team, you can reach Russ at:

Russ@mindset4change.org or www.mindset4change.org

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President's Message

By: Barry Wohler

The fall seasons are finishing their state tournaments at the time of this publishing. I am looking forward to watching some exciting finishes in each sport.

I would like to congratulate my fellow Orono Coach Derek Engler, his staff and players for winning the AA Boys Soccer State Championship at US Bank!

The time and dedication by our coaches around the state always amazes me!

Minnesota year in and year out has some of the best players and programs in the country. This is due to our coaches' hard work to develop great programs and great

young men and women when they leave their programs.

Look for some articles from the Positive Coaching Alliance in our future Prep Coach. The Positive Coaching Alliance promotes all the character attributes we as coaches try to implement in our programs.

I am looking forward to the upcoming winter season and all of the intriguing storylines that will be shared.

Congratulations again to our coaches for another outstanding fall season and best wishes to all of our winter coaches, players and programs!

MSHSL BOARD OF DIRECTORS REPORT: MSHSL TOURNAMENTS ARE BACK – AND THEN SOME

By: John Vraa, New London-Spicer HS
Boys Sport Representative, MSHSL Board of Directors
Winter 2021 MN Prep Coach

A year ago, I wrote an article for this publication titled, "COVID-19 and the Power of Grit – What Will MSHSL Activities Look Like?" We had just reluctantly canceled fall state tournaments, winter seasons were in flux, and the MSHSL was experiencing real financial challenges. Fast forward to today, and the answer to the question posed above is clear – MSHSL activities look awesome! These activities provide special opportunities for our students and the state tournament experiences are some of the bests in the country.

I had the privilege to attend and present awards at the State Cross Country Meet and the Prep Bowl. Congratulations to Lisa Lissimore, MSHSL staff, and the numerous meet volunteers for a successful transition into a three class State meet experienced by more than 950 runners. The meet was held on a beautiful autumn day and St. Olaf College was once again a gracious host. A special thank you and congratulation also to Dan Dornfeld who is stepping down after serving for nearly 40 years as the meet manager and rules interpreter for both cross country and track and field state meets.

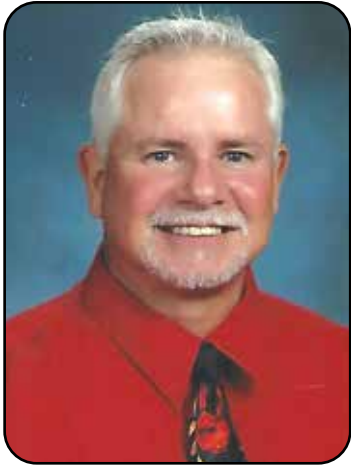
Fans and communities from all corners of the state returned in big numbers for five days of football at US

Bank Stadium. Bob Madison, Ted Schultz, and numerous volunteers do a tremendous job coordinating the Prep Bowl and ensuring the experiences of more than 1,400 players and coaches will always be treasured. Playing in the same venue on the same weekend as the Vikings and Packers is quite an experience.

While I was not able to attend the other fall tournaments, all accounts were that State Girls Tennis, Soccer, Volleyball, Girls Swim and Dive, and Adapted Soccer were equally successful events. Soccer increased to three classes over three days at US Bank Stadium with 3rd place games held at the West St. Paul Athletics Center. Volleyball transitioned to four classes with tournament play now occurring over four days at Excel Energy Center. The University of Minnesota Baseline Tennis Center and the Reed-Sweatt Family Tennis Center continue to be great hosts for the Girls State Tennis Tournament, as does the Jean K. Freeman Aquatic Center for Girls Swim and Dive, and Stillwater High School for Adapted Soccer.

In closing, thanks to the leadership of the MSHSL and to the leaders in our schools all around the state. The past 18 months have presented many challenges in education and education-based activities. You, as coaches and activities directors, have accepted those challenges and provided invaluable experiences to the student-athletes of Minnesota. Continue to do great work each and every day.

Reflections by Ringer



*By: Rick Ringeisen, MSHSCA
Executive Director*

“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, HAHSCA
VP (Arkansas High School
Coaches Association)*

The holidays are upon us, and it is time to cherish and give thanks for our blessings. This time of year, much of what we do is centered on our families, and at the same time, we continue to coach and value the feeling of family that comes together over each season we coach. Do you remember a moment in your life when your coach changed your path in life for the better? This year, I recommend you thank them and tell them how much they mean to you when you send that coach a holiday card. I make this recommendation because my memory of that moment is as crystal clear today as it was on the walk home from practice that day.

It was the day before our first football game my freshman year in high school. At practice, the freshman coach went through the game plan and who was starting. I was excited to learn that I would be playing both ways. I was feeling pretty good and wanted to change quickly to get home to share the news. I thought it was a big deal. In reality, it was not a very impressive accomplishment. Our town was so small that there were many times more livestock than people in our community. If you hustled at practice, the coach would give you a chance to play and prove yourself.

As I was changing, I heard my name being called from the coach's office. “RINGER, get in here.” Coach Johnson, one of the varsity assistant coaches, yelled my name. He was a new young teacher and coach who had just joined the staff at our school. Coach Johnson was familiar to me because his family had joined the same church my family attended. To me, he was an imposing figure. He was tall, had an athletic build, and was ruggedly handsome. I was told how lucky we were that he came to our school and played running back at Gustavus.

The office was filled with the fall season coaches talking sports and getting ready to go home to their families. Right in the middle of the office, Coach Johnson spun two chairs around so we could sit face to face. I had no idea why I was called into the coach's office. I thought for sure I was in trouble. I just didn't know what it was I had done wrong. His eyes met mine, and he said, “Ringer, I have something to ask you. I heard that your father passed away. Is that true?”

I was shocked by the question. I grew up in a small town, and everyone knew everyone else and their extended families. It took a few seconds for me to gather my thoughts and words. This conversation had taken an unexpected path.

I then realized that he was new in town, and he expected an answer from me. I told him that my father passed away a long time ago. He asked me how old I was when my father passed away; I told him that I had just turned four years old.

Coach Johnson then asked me if I remembered my father. I told him that I did remember him and that I was lucky that so many people around town told me about my father. Then he got down to the point of why we were talking. He asked me if I had an adult man as a role model? I told Coach Johnson that I had four uncles that I see when our family gets together. He asked how often our family gets together, and I told him we gathered on holidays and birthdays.

Coach Johnson told me that I needed to decide what kind of man I was going to become. Then he gave me the best advice of my life. Coach Johnson told me to look at the men I knew and model my character after the best I see in each man I respect. He then listed every coach in the room and told me what he respected about each of them. Coach Johnson was right. All of those coaches were incredible individuals and excellent role models.

Our conversation became the major life-changing moment in my life that put me on the path to becoming a teacher and coach. That conversation in the coach's office was the first of many lessons that Coach Johnson taught me over the years. To this day, I remember the qualities that he told me about each coach. The other coaches in the office all heard what Coach Johnson admired and respected about each of them. Those coaches became life-long friends to one another and elevated the programs in our school to be consistently successful, winning several championships.

On the walk home, I replayed our conversation several times. Up until that conversation, I had not thought much about growing up without a father. I now realize that my family repressed those thoughts and conversations to avoid being reminded of the loss and emotional pain. As I walked the last block home, I realized that Coach Johnson deeply cared about me and had given me some great advice. My coaches were now my coaches' would-be mentors and role models.

After graduating from college, I was fortunate and was hired to teach and coach in my hometown. The coaches who were my role models and who mentored me became my colleagues. I truly felt blessed to teach and coach with men who were now mentoring me in my new profession. I was surprised at how quickly they all befriended me. It has truly been an honor and a privilege to have spent my time growing up and my career with those coaches. They welcomed me back and are all part of my extended family. Because you are coaches, you know the feeling.

As the years passed, eventually, one by one, I thanked each of those coaches and told them how important they were to me during my time as a student and as a teacher and coach. The cool part of all of this is that I was just one of the thousands of kids those coaches mentored and cared for through all the years they served our community. I know that all of you are doing the same good work serving your

Delegates Corner

Rick Ringeisen

The winter sports seasons are underway, and while things are not entirely back to normal, prep sports have returned, and state championships were held for the first time since 2019. Fans have returned to the stands, and there is a renewed excitement about attending games.

The MSHSCA has also returned to holding events in person. The tradition of holding the MSHSCA Sports Association Presidents/Delegate Meeting took place in September. It was evident that the coaches in attendance enjoyed being able to meet in person. Coaches are naturally social people, and attending clinics and meeting with our colleagues will always be events we enjoy.

MSHSCA Hall of Fame Banquet took place in October and was a fabulous evening! The accomplishments of the Hall of Fame inductees astounded those who attended. While many in the audience were aware of most of the accomplishments of the person they were there to support, they learned much more about the inductee's coaching and mentor service. Numerous people expressed how impressed they were with the things they learned about the Hall of Fame inductees and all the other award winners. In addition, all the coaches whose team's won

a state championship and the Coach of the Year from each sport were recognized and awarded a plaque from the MSHSCA. In this issue of the Prep Coach, you will find information about all of the coaches honored with awards at the MSHSCA 2021 Hall of Fame Banquet.

I didn't like when my elders explained things using cliches when I was young. However, the cliché "You never know what you've got 'til it's gone" holds a great deal of truth about how much the pandemic affected all of us. Before March 2020, I would have never thought that a high school sports' entire spring season would have been canceled and had so many ripple effects going forward. The pandemic is not over. However, high school sports are back, and we have been able to resume many of the other activities we enjoy doing with others. Coaches belong with their teams! For many athletes, their time with their coach is the best part of every day. Learning to "be present" is an important life skill, and no one teaches the importance of being present and dedicated better than a coach. Thank you for your service as a coach and your support of the MSHSCA.

HALL OF FAME NOMINATIONS

Do you know a long time coach that has an incredible record of service to High School Athletics, an Official that deserves to be recognized for their dedication and service, or an Assistant Coach that hangs quietly in the wings that goes above and beyond in making a team a success?

Nominations for the 2022 MSHSCA Hall Of Fame Banquet to be held on October 8, 2022, are being accepted.

Please see the [MSHSCA.org](https://www.mshsca.org) website for nomination forms for Hall Of Fame nominees, DSA-Officials and DSA-Asst Coaches. Criteria's and nomination forms are available for you. They are also available in this Prep Coach publication.

Please submit these forms by June 1st for review and selection at the MSHSCA Summer Meeting in June

MnIAAA CORNER

By: *Matthew Matson*
President MNIAAA
Champlin Park High School

“Back On Track”

By the time this hits the press, many of us may have just finished the first “Normal” fall season of sports or activities in the past 20 months and are halfway through our winter season. We still have a ways to go, but things felt like they were “Back On Track.” Your stands were full, bleachers were rocking and kids were back to being kids again. As we all know there are plenty of things to re-teach our students, student athletes and our communities about. Whether it was how to stand for a school song, cheer properly at an event or how to purchase tickets online, we made it through another season. Now we hope to make it through another year.

I want to thank all of our coaches around the state for what you are doing day in and day out. You continue to amaze us with your attention to detail, your leadership in your communities, and the passion you have for your students involved in activities. We know that you are doing your best to provide each of them with the opportunity to do their best on and off the field of play. We know you are tired and we know that you are working hard even when no one else is watching. Coaching continues to be one of the most important jobs/responsibilities in your community and you are doing it well!

I hope that each of you can have an opportunity to look back and reflect on what you have learned the past 20 or so months, as we continue to get “Back On Track”. Take time to get together with other coaches, have a laugh and talk about the past few months where we were all learning to coach again like rookies. The noise in the gyms, field houses, rinks and pools are bringing a smile to everyone’s face once again! Again, thank you for all that you do, to put your kids first!

DIVERSITY AND INCLUSION LIAISON OFFICER

By: Larry McKenzie

Happy Holiday’s to all my coaching colleagues and best of luck to all of you that are amid the winter season.

Can you believe that December is here, and we will soon bid farewell to 2021? Hopefully better days are ahead.

As we look forward, I’m excited about getting to know more about all of you and the various coaches’ associations that are a part of the Minnesota High School Coaches Association.

As Coaches we have the awesome responsibility of influencing and impacting the lives of young men and women under our watch. As I said previously, I believe there is no greater platform for change than that of sports.

It’s important that we all begin to embrace the gift of diversity because of the gift that diversity offers to us. The gift of diversity allows us to be so much more innovative and creative in the way that we approach things and how we solve problems.

When we mention diversity, most people look at it through the lens of race or gender, but it is so much more than that. It really is the recognition that we are not all the same and that there is value in that.

So, the goal of my work is to help us begin or for others

to continue to grow in respecting cultural differences and others’ views and perspectives. We want to make sure that the voices and views of all coaches and the kids that we represent are being taken into consideration in our decision making.

We as leaders must understand that we cannot move toward true equality and equity in our organization and schools unless we begin to have courageous conversations around historical and institutional inequalities.

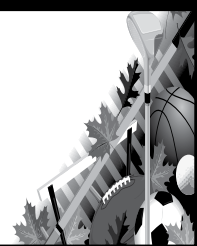
So, I’m challenging you for 2022 to get outside of your comfort zone and begin to take steps to have a conversation, read a book or watch a documentary about someone that is different from you.

Here are a few things to think about:

- What are you doing to impact schools with large populations of people of color? Are you scheduling games or hosting events with schools in these communities?
- Are you taking steps to show inclusion by hiring or providing internship opportunities for the BIPOC community?
- Are you patronizing companies owned by women or people of color in business and or partnership? (Shirts, concessionaires etc.)

MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at ringer@mshsca.org



GIVING THANKS FOR HIGH SCHOOL FOOTBALL

It's Been A Season To Remember As 'Normal' Returns

From border to border, North to South, East to West, this has been one of the most amazing high school football seasons I have witnessed. The weather has been exceptional for the most part, but the biggest marker of the 2021 football season has been the sense of normalcy after a 2020 season that saw limited fans, disrupted schedules and no fall state tournaments due to Covid-19.

There was a clear sense of joy, happiness and gratitude everywhere I went this fall. I think we all have a renewed feeling of appreciation for high school activities after the pandemic changed so much for so long. I saw nonstop smiling faces during my travels to schools, practices and games.

I watched 16 outdoor football games before we headed indoors to U.S. Bank Stadium for last week's 14 semifinals and this week's seven Prep Bowl championship games. This week's contests will be a major celebration of high school football in Minnesota.

In my eyes, football games provide the epitome of community. At schools large and small, folks gather to watch football but also to visit with their neighbors, catch up on the news and support their kids. It's a magical scene, with the action on the field the focus, but with so many other things happening; the pep band performing, cheerleaders working hard, student fans having so much fun, little kids playing football and chasing each other behind the bleachers. There is nothing else like it.

I have been going back through the football-related stories I wrote this fall here on John's Journal. I saw it all, from Nine-Man to Class 6A, in little rural villages and giant suburbs. This resulted in the below brief reminders of each story, along with links to read the full stories.

--**Brad Wendland** wants you to do something, no matter who you are, where you live or where you work or go to school. Wendland, the head football coach at Waseca High School, knows he is lucky to be alive and he wants others to have the second chance he's getting.

His heart stopped beating during a game early this season. Wendland collapsed on the sideline and athletic trainers from Waseca and St. Peter (the visiting team), joined by a nurse who was in the stands and others, absolutely saved his life. They maintained his airway, they did chest compressions, they used an Automated External Defibrillator (AED) to shock his heart.

Wendland was fortunate. When he was struck by sudden cardiac arrest, he was surrounded by people who were trained in life-saving skills, at a school that had implemented plans to handle such a crisis.

"You'd better put in (this story) the importance of CPR training and having AEDs available," Brad told me. "If one person hears it and does it, or one person in the crowd that night gets a checkup or asks at work, 'Where's our AED,' or gets trained in CPR, it will be worth it."

--**Ron Stolski**, the most well-known football coach in Minnesota annals, retired after the 2019 season. He coached for a total of 58 years, the last 45 at Brainerd High School. No high school head football coach in Minnesota worked more seasons than Stolski.

He announced his retirement in January 2020, and a ceremony to honor Stolski was scheduled for that spring. But the Covid-19 pandemic derailed those plans; the event was rescheduled and postponed again. A celebration was finally held in October in Brainerd, and it was magnificent. Hundreds of people gathered at the Northern Pacific Center, including former players, men who coached alongside Stolski, men who coached against him, friends and family. Later in the day, a reunion of Brainerd football alumni was held in the same location. It was a grand day in Brainerd.

You can find these, and more stories included in John's Journal, at the following link;

<https://www.mshsl.org/about/news/johns-journal/johns-journal-giving-thanks-high-school-football>

What a season it's been!

"Here's how I'm going to beat you. I'm going to outwork you. That's it. That's all there is to it."

- Pat Summitt

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

Happy Holidays MSHSCA members! This year feels much closer to normal than last year. We are learning how to live with Covid and play sports. If you have not already joined the MSHSCA this year, do so now. Once things get busy again it is easy to forget to join. The MSHSCA Membership is a year-long membership that runs from August 1 to July 31, regardless of when you join. If you are not coaching until spring you should still join now to take advantage of your membership benefits. There are many benefits to joining. Two of the most popular benefits are that you can use your MSHSCA membership card as a pass to attend high school and many college games, and the 2 million dollar liability insurance that also covers you while teaching. See the list of colleges in this Prep Coach that accept our membership card for admission to games. Some restrictions apply.

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

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

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

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

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

member profile is to log out after you have joined and log in a second time to make the edits.

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

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

MSHSCA Membership cards have gone Digital for 2021-2022!

The Digital Membership is going well!

As of November 2021 we have registered over 5300 members for the 21-22 Membership Year

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

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

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

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

When you join for the 2021-2022 membership year, you will

MEMBERSHIP CORNER ...

continued from page 8

receive two emails.

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

Hello Your Name,

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

For a copy of your receipt, you can click [here](#).

Registration Info:

Username: [your email](#)

Registration Site: mshsca21.cordonco.com

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

Hello Your Name,

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

To print or save your information, click one of the following links:

General Liability Insurance Program

Insurance information.

Download the PDF: [\(Click here\)](#)

Navigate to the PDF: [\(Click here\)](#)

Download the image: [\(Click here\)](#)

Navigate to the image: [\(Click here\)](#)

Wallet Size Membership Card

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

Download the PDF: [\(Click here\)](#)

Navigate to the PDF: [\(Click here\)](#)

Download the image: [\(Click here\)](#)

Navigate to the image: [\(Click here\)](#)

Registration Info:

Username: [your email address](#)

Registration Site: mshsca21.cordonco.com

This is a major change in the MSHSCA. We have been told by the programmer that when major changes like this are made, to expect glitches. Please be patient this year as we update and move to the digital MSHSCA membership system.

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

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

We have only had a few members experiencing problems!

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@cordconco.com, and the subject is Minnesota State High School Coaches Association.

2. The email is sent automatically to the email address in your MSHSCA profile, so if you are using a different email, you may need to edit your profile.

Solution:

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

Log in to <https://mshsca21.cordonco.com> (this is the same link you use to join MSHSCA every year)

Look for the menu on the left side of the page. Click on “Documents Card Print” to open your links.

This is also the same place to EDIT your Profile with any address/email changes.

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

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



CORNER KICKS

By: Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer

The season is over and what a year it has been. The MSHSSCA and the MSHSL moved to a three-class system, and it was an instant success. The state tournament was played at US Bank Stadium, while the third-place games were played at a West St. Paul venue.

The following teams won a 2021 championship:

GIRLS A	Minnehaha Academy	Bryan Hollway
GIRLS AA	Mahtomedi	Dave Wold
GIRLS AAA	Stillwater	Mike Huber
BOYS A	Southwest Christian	Brad "Cookie" Carlson/ Darin Keizer
BOYS AA	Orono	Derek Engler
BOYS AAA	Mounds View	Joe Warren

The following athletes were awarded the Ms. and Mr. Soccer winners for 2021. These awards were given at the State Tournament Banquet.

Ms. Soccer

GIRLS A	Olivia Gardner	Winona Cottier
GIRLS AA	Cat Duffy-Shaw	Academy of Holy Angels
GIRLS AAA	Maddie Dahlien	Edina

Mr. Soccer

BOYS A	Ralph Smits	Breck
BOYS AA	Carter Hermanson	Academy of Holy Angels
BOYS AAA	Sideke Jabateh	Park Center

The MSHSSCA awards two different coach's awards. The first is the Coach of the Year and the second is Assistant Coach of the Year.

COACH OF THE YEAR

BOYS A	Ted Hill	Minnewaska
BOYS AA	Jeff Winter	Wilmar
BOYS AAA	Joe Quintavalle	Woodbury
GIRLS A	Sara Groven	Rochester Lourdes
GIRLS AA	John Johnson	St Francis
GIRLS AAA	Kate Afelt	Edina

ASSISTANT COACH OF THE YEAR

GIRLS A	Claire Gerhardt	Fairmont Area
GIRLS AA	Abby Welle	Totino-Grace
GIRLS AA	Tina Bross	Blaine
BOYS A	Bob Richter	Holy Family

BOYS AA Tom Yess
BOYS AAA Alex Johnson

Catholic
Mankato East
Minnetonka

A list of all the Academic Awards and All state teams are posted on the website. Also, all of the Section Coaches of the Year are listed, as well as all the candidates for Ms. and Mr. Soccer.

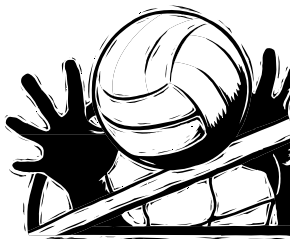
Thanks again for all the work that people put in for the Tournament Banquet, the State Tournament, and the BSN Senior Classic. A special thanks goes to Andrea Winecki, who is the Banquet Coordinator, and to the Haltgrens for putting on the three different sessions. Thanks to Art Seplak (Blooming Kennedy Girls-retired) for his outstanding job at the mike announcing the All-State teams. Thanks to Greg Juba (State Tournament Coordinator-Park of Cottage Girls retired) for his job with the All-Tournament teams and assigning people to the task of covering the out-site games of the tournament. In addition, thanks for the incredible work of Berry Arrowsmith (Blaine Boys) and his outstanding work as webmaster for our MSHSSCA. It is much appreciated.

The 40th Annual BSN Senior Classic was played in Woodbury on Wednesday, November 10. We had the biggest crowd in attendance for the Classic in its time at Woodbury. For the first time the All-Star teams were selected from three classes. The Senior Classic Coordinator team selected the teams. There are pictures, rosters, scores, and Players of the Game pictures on the website. They are the work of Berry Arrowsmith. Berry is to be congratulated on his work on rosters and uniform assignment for the Senior Classic. There are always many people to thank. Greg Juba for getting uniforms and facility use. Steve Witt for his amazing job as announcer. Robert Lamb for his splendid work on the clock. Special thanks to Dr. David Olson (Orthopedic Surgeon) and trainer, Chris Ashton, for the volunteer work as our medical staff. To our referees, Jim Hirsch, Samantha Tinucci, Josh Hartwell, and Kip Kilen for taking time to officiate the game. Thanks to ticket manager Art Seplak and his wife for the ticket sales. Finally, my wife Peggy, who keeps me on task and keeps a perspective on the entire process.

Art Seplak (Mike Worter Scholarship Chair) announced that applications are now being taken for the two scholarships the MSHSSCA gives each year to honor Mike Worter (Eagan Girls). There are two 1,000-dollar scholarships, one for a girl and the second for a boy. Application forms are on the website. The MSHSSCA has awarded over 40,000 dollars in scholarships to Minnesota High School soccer players.

I would like to honor a longtime friend and official Dick Eldridge who passed away recently. I met Dick when he was a student teacher with Roy Ward at John Glenn Middle School. In the past 20 years I have had the honor of working with him at the State Basketball Tournaments and State Track Meets. "Gramps" as he was known, was a consummate official and advocate of High School Sports. Eldridge is a member of the North High School Hall of Fame. Dick will be missed by all of us that have worked at athletic events in Minnesota with him. Our condolences to his family.

That is a wrap. 2021 has been another of those years that we have had to make changes and adapt. We certainly did a super job with going to a three-class system, and we thank the MSHSL for all its help. Have a great Holiday season. And as always, you have the greatest job in the entire world, working with kids.



Dig This

By: *Darin Swenson*
Litchfield High School

Wow! The 2021 volleyball season will truly be one to remember! The season started off with some uncertainty as we were still a little hesitant to assume that everything will return to normal. Fortunately, for the majority of the players and teams in Minnesota, the 2021 season was about as close to normal as we could have hoped for. It was also a season that marked some firsts for our sport.

For the first time in Minnesota history, we crowned four State Champions. Congratulations to the 2021 State Champions:

- Class A - Mayer Lutheran
- Class AA - Sauk Centre
- Class AAA - Marshall
- Class AAAA - Wayzata

In the process of crowning four state champions, we also experienced our first 4-day tournament. We are extremely grateful for the work of the MSHSL and the Xcel Energy Center to keep the entirety of the tournament in "The X." We have been incredibly proud of the state tournament experience that is provided to the teams and athletes involved in Minnesota volleyball and maintaining the integrity of the state tournament experience was very important to our organization. I would like to thank the MSHSL and the Xcel for making sure that the 2021 State Tournament lived up to that high standard.

The night before the tournament started we had another first. For the first time, we hosted a banquet for 32 teams from around the state. We weren't sure what it would look like because of the schedule of a four-day tournament, but fortunately, 30 of the teams were able to join us at the event. We recognized all of the tournament teams, the All-State players, and announced Julia Hanson of Prior Lake as the 2021 Ms. Baden. Please help us in congratulating Traci Grussing as the newest member of the Hall of Fame following her impressive coaching career at Central MN Christian and Willmar. It was truly a wonderful evening and a great way to kick off the 2021 State Tournament. We look forward to next year's event already!

We all know that even though the 2021 season is over, our role as coaches never stops. We will continue to look for new drills, find better ways to teach a skill and work on our ability to connect with our players, parents, and staff. We would like to help you do this, but this year it is going to look a little different. The past two years have been difficult, but they have provided us an opportunity to reinvent the MNVBCA Coaches Clinic. As many of you know, we have traditionally held the clinic at the end of July in preparation for the upcoming season. This year we have changed dates and moved venues. More information will be released as we get closer to the event, but we wanted to make sure you get it on your calendar. The 2022 MNVBCA Coaches Clinic will be held on March 11th and 12th at Champlin Park High School. We are excited about this change and look forward to seeing everyone again! Keep checking the MNVBCA website for updates and look for the emails that will be sent out soon!

As the new year nears, I want to thank everyone who made my first year as President of the MNVBCA an amazing experience. Over the past year, I have written countless emails, sent many text messages, and placed numerous phone calls to coaches from around the state. Every one of these people made my job easier and made the volleyball community stronger. For fear of leaving anyone out and for consideration to the printers who might not have enough ink to print the list of all the people I would want to thank, I won't name any names. However, I hope you all know how appreciative I am to the members of the MNVBCA. We truly do have one of the best associations in the country and it is because of the people involved. Thank you!

MEMBERSHIP REPORT 2021-2022

December 1, 2021

Types of Membership	Final 2020-2021	December 2020-2021	December 2021-2022
Active Class A & AA	6217	4169	4961
College Associates	697	696	1150
Other Associates	29	24	58
Active Life	332	257	293
Retired Life	1401	1475	1480
Honorary	4	5	5
TOTAL	7926	6626	7947

Breakdown of membership by sports association

(2020-2021 totals in parenthesis)

Adapted Athletics (31) 39	Boys Lacrosse (66) 18
Alpine Skiing (48) 45	Girls Lacrosse (92) 27
Athletic Directors (109) 86	Football (1044) 1044
Baseball (486) 355	Football Retired (6) 5
Boys Basketball (582) 553	Robotics (58) 51
Girls Basketball (602) 548	Golf (boys & girls) (321) 185
Cross Country (425) 432	Soccer (boys & girls) (443) 451
Dance (277) 270	Softball (423) 228
Gymnastics (150) 197	Synchronized Swimming (15) 3
Nordic Skiing (97) 90	Girls Tennis (210) 196
Girls Swimming (228) 244	Boys Tennis (168) 117
Boys Swimming (180) 142	Track & Field (740) 616
Girls Hockey (148) 136	Volleyball (546) 549
Boys Hockey (194) 131	Wrestling (165) 151
Hockey Retired (4) 2	Strength (0) 38

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

Over Hill and Dale

By: *Brandon Heebink, Wayzata High School*
President, MN Cross Country Coaches Association

Let me begin by saying congratulations to everyone on a successful 2021 season! It was a great fall across Minnesota this year and good weather on so many occasions. (I know it wasn't perfect all fall) What a nice day we had for the culmination of the season in Northfield on November 6th. As the offseason for distance runners and their coaches gets underway, I want to focus on the state meet in this edition of the article.

First, I want to congratulate all the teams and individual athletes that qualified for this year's state meet. A special congratulations to our state champions this year:

Teams:

AAA Girls – Edina
 AA Girls – St. Paul Highland Park
 A Girls – Staples-Motley
 AAA Boys – Wayzata
 AA Boys – Big Lake
 A Boys – Nova Classical Academy

Individuals:

AAA Girls – Ali Weimer, St. Michael-Albertville
 AA Girls – Isabelle Schmitz, Hutchinson
 A Girls – Amanda Overgaauw, Murray County Central
 AAA Boys – Nick Gilles, Minnetonka
 AA Boys – Alden Keller, Breck
 A Boys – Jakob McCleary, Perham

As the first season with 3 classes, more athletes and teams competed at St. Olaf than any other state meet in Minnesota's cross country history. I spent the entire day out there and loved all of it. So many teams were making their first ever trip to state and several teams made it for the first time in 30 or 40 years, which was incredible to see and be a part of that excitement! I truly believe that this will help bring about an increased level of excitement and interest around the sport for so many schools in the years to come!

I also want to thank all the coaches that submitted responses to the postseason survey. 129 coaches responded while the survey was open, and the data is in the midst of being collected and formatted. This data and feedback will be used to share with the MSHSL and the hosts at St. Olaf. While there are many great things about the state meet, there are always opportunities to try to make the experience better for everyone involved. The biggest things that were included as areas of potential change or improvement from coaches were parking and bus drop-off and pick-up, coaching/spectating limitations on the course, the time schedule and clerking. There were others and all this information will be shared in the next few weeks with those involved with coordinating the state meet to

see how things can be improved upon. As the first year with 6 races, it is one of the most important years to evaluate and modify since the 2 class and 4 race system has been in place for so long (and everyone has been used to it).

In closing, thank you again for everything each of you do as coaches and mentors to our athletes. While the focus here is on the culmination of the season at the state meet, the most important things your athletes will take from their season and their careers as runners with you as their coach will be the memories made on their runs with their teammates and coaches, no matter how fast they may have been, and the times they got to be together as a team. Cross country may be considered an individual sport by many, I think we as coaches understand just how much of a team sport it truly is and how vital to one another our teammates are.

Have a great holiday season, new year, and winter! Track begins in March, only 3 months away!!



Swim Strokes

By: *Kelly Boston*

Girls Swim and Dive Coaches Association President

The 2021 Girls Swim and Dive season was a huge success. In August we were unsure what the year would bring. In reflection, the girls experienced a typical season and post-season.

The Coaches Association was happy to be able to resume the tradition of the True Team section meets. The True Team State meet was held like usual with 12 teams competing in each class at the U of MN with fans in attendance. Congratulation to Class A winner Visitation and AA winner Minnetonka.

As we rolled into the postseason, the girls saw section meets that consisted of a prelim/finals format again, as well as qualifications for the state meet. This is something the girls had not experienced since 2019.

While on deck at the State meet, I heard coaches talking about the fact that only their older athletes had State meet experience. Both meets were full of young talent navigating uncharted waters.

In the end, Visitation and Minnetonka held on to win their respective State meets. Fans were back in the stands and athletes were smiling, even if behind their masks, on the podium.

Thank you to all of the coaches, officials, administrators, and MSHSL staff who were instrumental in making this season a success for swimmers and divers across Minnesota.

MSHSCA EMAIL CHANGE:

Contact: **Rick & Joyce Ringeisen** at
ringer@mshsca.org

find us on **facebook**



follow us **twitter**

@**MSHSCA**

CLEARING HURDLES



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

I hope everyone had a wonderful Thanksgiving. As we get ready to turn the calendar to 2022, I am looking forward to the start of our upcoming track and field season which is just under 100 days away.

I also want to take time to invite each and every one of you back to our association's next big event. The **2022 MN Track & Field Coaches Association Clinic** will be held in person at the DoubleTree by Hilton Hotel, in Bloomington the weekend of January 20-22.

- The pre-clinic **True Team meeting and Coaches Association meeting will take place on Thursday, January 20, at 6:00 in Plaza 1** followed by the pre-clinic social outside the banquet hall. If you have feedback from past seasons' True Team meets or can get involved in organizing this event, please plan to

participate in the meeting. I will be hopefully sharing the most up to date information regarding the coming season three class MSHSL State T&F Meet. The site for this year meet should be finalized by then and details of the three-day meet should be much more in place. Section coaching awards will be handed out during this pre-clinic social from the 2021 season.

- The **Clinic** will officially take place **Friday, January 21, and Saturday, January 22**. As I look through the schedule, it is once again filled with excellent speakers who have an incredible amount of coaching experience. All clinic attendees will have access to:
 - ✓ More than 48 hours of coaching seminars.
 - ✓ 900 pages of clinic notes.
 - ✓ Three socials.
 - ✓ The 2021 Coach of the Year and Hall of Fame Induction Banquet.

New this year is a school discount for schools with 5 or more coaches attending, information about this year clinic can be found at <https://www.mshsca.org/trackclinic>

I hope you are looking forward to returning this year. If you haven't attended before, I highly encourage you and your staff to check out this annual event which has become one of the premier high school Track & Field clinics in the country.

Information regarding the clinic can be found at www.mshsca.org/trackclinic. I hope to see you in Bloomington.

2022 MINNESOTA TRACK & FIELD COACHES ASSOCIATION CLINIC

January 20, 21 & 22, 2022
DoubleTree by Hilton Hotel Bloomington

The clinic will kick off on January 23 at 6:00 p.m. with the True Team and Coaches Association meetings followed by social hour (next to the Vendor Area outside plaza 1). The \$110 Clinic Fee includes 48 hours of Track & Field instruction from top Olympic athletes, Olympic Coaches, College Coaches and over 20 High School Coaches! It also includes three socials and the Hall of Fame Banquet meal on Friday night. As an added bonus, there will be prize drawings sponsored by our Vendors throughout the Clinic. Special hotel rates are available for \$116 per night. Bring your family! The Double-Tree by Hilton Hotel is 10 minutes from the Mall of America and a great location for a fun family weekend. All clinic and hotel information can be found at www.mshsca.org/trackclinic

2022 Track & Field Coaches Clinic

Registration Information:

Clinic Fee: \$110

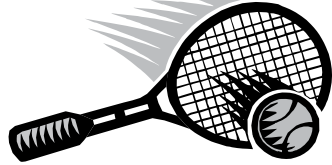
Clinic attendees get a special hotel rate of \$116 per night from January 23 - 25. Greater participation with this deal helps lower the cost of the facility for our association. Please consider this option. The group rate is valid for registrations through January 13.

All Minnesota coaches (both members and non members) must register online at mshsca.org
Out of State/International Coaches should register by email at jjosephs@isd721.org

All other clinic information, including session schedules and speakers' bios, can be found at www.mshsca.org/trackclinic

SERVICE ACES

By: Robert DeCorsey
MTCA PRESIDENT



*Happy Holiday
seasons to everyone.*

It is hard to believe we are already into December and the winter sports seasons are upon us and active. We had a tremendous fall tennis season. It was great to be back to "almost normal." Congratulations to all of the players, coaches, administrators and parents, who helped make the season a success.

Our tennis season is short, flies by and as it is packed full and busy, it can be difficult to fully enjoy the ride. I hope when your season ended, you were able to take some time to look back on the great times and impactfulness of your season. Maybe your season went as you "planned," or something extraordinary happened! Either way, you deserve the time to relax and reflect, or decompress...JOB WELL DONE!!

Good luck to the many of you who are moving on to the next season, it just never ends, and there is nothing better!

It is time to recognize some of the successes of our Girls Tennis season:

CLASS A TEAM CHAMPIONS:

BRECK and Coach Kate Wessman.

CLASS AA TEAM CHAMPIONS:

MINNETONKA and Coach Brent Lundell.

CLASS A SINGLES CHAMPION:

ANCELE DOLENSEK-- MINNEHAHA ACADEMY

CLASS A DOUBLES CHAMPIONS:

ELLIE PIRTLE/ PETRA LYON--BRECK

CLASS AA SINGLES CHAMPION:

SARAH SHAHBAZ-- MINNETONKA

CLASS AA DOUBLES CHAMPIONS:

ANNIKA and KARINA ELVESTROM--MINNETONKA

MTCA SECTION COACHES OF THE YEAR:

CLASS A:

	HEAD COACH	ASSISTANT COACH
SECTION 1:	Anne Beseki-- Winona Cotter	
SECTION 2:	Laura Olsen--Fairmont	Brian Bluedorn-- St. James
SECTION 3:	Brittney House-- Morris Area	
SECTION 4:	Katie Wessman-- Breck	
SECTION 5:	Annie Meuleners-- Sibley East	Brittany Olson-- Belle Plaine

SECTION 6:	Matt Draeger-- Litchfield	Beth Peterson-- New London Spicer
SECTION 7:	Kristin Unverzagt-- Pine City	Jeffrey Adams-- Pine City
SECTION 8:	Jordan Cresap-- Wadena Deer Creek	Amanda Giles-- Roseau

CLASS AA:

	HEAD COACH	ASSISTANT COACH
SECTION 1:	Ann Strader-- Lakeville South	Kris Allen-- Rochester Century
SECTION 2:	Aaron Rothenberger-- St. Peter	Brent Reinbold-- Westonka
SECTION 3:	Tony Townsend-- Park HS	Dave Sunday-- South St. Paul
SECTION 4:	Bruce Hashimoto-- Roseville	Rebecca Johnson-- Mounds View
SECTION 5:	Dan Haertl-- Maple Grove	Jill Kedrowski-- Monticello
SECTION 6:	Jack Nelson-- Minneapolis Roosevelt	Tom McNutt-- Bloomington
SECTION 7:	Derek Johnson-- Cloquet	Jefferson Jaguars Chad Anderson-- Brainerd
SECTION 8:	Kyle Fondness-- Bemidji	Trevor Marohl-- St. Cloud Tech

MTCA STATE COACHES OF THE YEAR:

CLASS A HEAD COACH:

Kristin Unverzagt--Pine City

CLASS A ASSISTANT COACH:

Jeffrey Adams--Pine City

CLASS AA HEAD COACH:

Dan Haertl--Maple Grove

CLASS AA ASSISTANT COACH:

Trevor Marohl--St. Cloud Tech

****Congratulations, your time and commitment to our student athletes is amazing and incredibly impactful.****

As coaches of these young women, we know how gifted they are academically. Our Minnesota State High School Coaches Association recognizes GOLD (3.75+) and SILVER (3.5-3.74) ACADEMIC TEAMS. This past season we had 28 GOLD CLASS A teams and 7 SILVER CLASS A teams recognized. CLASS AA: 66 GOLD teams and 10 SILVER TEAMS. Congratulations to all of the players for their academic excellence.

The MTCA, USTA, and the USPTA are working together to bring our annual MTCA coaches clinic to life!! SAVE THE DATES--February 25-27. The clinic will be held at Lifetime Fitness Bloomington--or 98th street to many many people. Look for more information to come.

I hope you are enjoying your time and have a wonderful Holiday season.

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[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, 2021 – August 1, 2022

[Redacted]

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.

\$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]

[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.



www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly gjoly@loomislapann.com
Lori George lgeorge@loomislapann.com
Karen Boller 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.

Goal Posts

By: Ron Stolski

Fellow Keepers,

What a difference a year makes! In all ways, to use the vernacular we; (you) got it done. We handed out the gear, met, coached, challenged the kids, turned the lights on, got on the busses, reinvigorated our communities, played our games, competed fairly with our friends, crowned our champions, and wished them well.

This writer has often contemplated the word legacy, a term we often use while describing an individual, team, or community. A glance at Webster's Dictionary defines legacy as "anything handed down". In the football world, we say tradition never graduates. And so, while we salute and say goodbye to our seniors, we look back with thanks and pride for the legacy they leave and forward with hope for the teams to come.

Proudly, we can say the MFCA has a tradition of excellence; a history of achievement. For over six decades the MFCA has been the professional organization of high school coaches dedicated to representing and serving Minnesota high school football. It is a legacy handed down by those who came before. A legacy to preserve and cherish. A legacy that requires us to continue to engage, enhance, initiate and improve our great game. Here's to our legacy!

To that end, a review of our season past and a reminder of things to come. Congratulations to all sub-district and section Coaches of the Year, to the state champions Lakeville South, Mankato West, Hutchinson, Dassel-Cokato, Mayer Lutheran, and Leroy-Ostrander, and to our Mr. football finalists, and the player of the year Emmett Johnson of the Academy of Holy Angels. Kudos to the players, coaches, and officials who participated in the football showcase on Dec. 4

The 2022 season will be filled with opportunities to educate, recognize, honor, and support players, coaches, and programs. When we stop getting better, we stop being good. The MFCA has every intention to continue to get better. Please support the numerous opportunities we have to do just that!

I encourage you to become engaged; visit the website, check the deadlines and nominate a Hall of Fame candidate, have your players apply for a scholarship, nominate a coach for the Butch Nash award, register for the MFCA clinic March 31-April 2.

Finally, thanks to so many for you do. A special thanks to Tackle Cancer chair Dave Nelson and reps for the Tackle Cancer campaign (\$300,000 and counting) Thanks to President Jeff Williams for a wonderful project; Jim Dotseth,

Dave Giles, and Rob Nielsen for unconditional service and dedication. Also, all sub-district reps, Dave Fritze, All-Star Game manager, the many committee chairs, et all.

Congratulations to Mat Mahoney, president-elect, and Brent Shimek, first vice president, and to all the keepers of the game, the coaches of Minnesota high school football. We have so much to be thankful for. Have a safe, blessed, and happy holiday.

*"No man steps
in the same river twice"*

- Heraclitus

ASSISTANT COACH DISTINGUISHED SERVICE AWARD

Dear Membership,

Do you know of an assistant coach who has made a significant contribution to your team and your sport? I'm sure many of you do; assistant coaches can play a vital role on a team and often spend as much time or more in direct contact with athletes and actual face-to-face coaching. A long-term assistant coach can also be a stabilizing backbone to a program when head coaches may come and go. The Minnesota State Coaches Association has decided that the recognition of these pivotal coaches should be recognized and an award has been created to do so. The Assistant Coach Distinguished Service Award will recognize assistant coaches who have coached for 20 or more years and have had a major impact on a program or sport. If you know of a specific coach that you feel is deserving, please go to the MSHSCA website and follow the instructions on the application form.

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Mat Chatter

By: Eric Swenson



Season begins! The start of December means high school competition is starting up. Schools will set up the mats in the gym, maybe lower a spotlight, and blare some music as the home team enters the gym. It's an exciting time for all of us and brings back so many memories of those who wrestled in past years.

Minnesota has an amazing wrestling reputation and history. Standouts have come from all over the map, some from the cities and others from the small towns. All sacrificed time, faced adversity and overcame obstacles in order to achieve their goals at the end of the season. The coaches, staff, school administration, parents, and families also did their part to make Minnesota wrestling one of the best in the nation. Although some of the practices and habits of our wrestlers have changed over the years, the first week of competition has remained the same.

I do want to mention how impressive our "off-season" wrestling has been and how that has elevated some of our student-athletes to levels once only dreamed of. MNUSA, NYWA, clubs, coaches, and town programs continue to provide great opportunities for our wrestlers. We have had outstanding success at UWW Schoolboy/Cadet/Junior Nationals, Cadet and Junior Duals, Fargo, Super 32, and PreSeason Nationals to name a few. Many of our athletes have signed college wrestling NILs to schools across the country. These opportunities have expanded for both men's and women's wrestling and we have seen state success turn into national and world success. Minnesota wrestling is strong and I thank everyone for their contributions.

Enjoy a return to normalcy and good luck at your dual, tri, quad, or tournament!

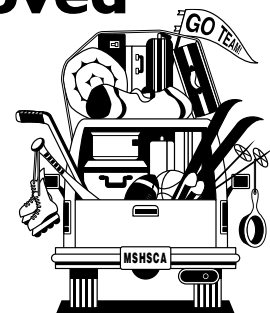
***"No excuses,
No explanations.
You don't win on emotion.
You win on execution."***

- Tony Dungy

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

- Vince Lombardi

Have You Moved or Changed Your Email?



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

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

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

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



DISCOUNTS AND BENEFITS

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

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

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

www.hscoachesbenefits.org/



Diamond Cuts

By: Jason Baune
President Minnesota Fastpitch Coaches Assoc.

The start of the winter sports season is always a sign that we need to start preparing for the upcoming softball season. Let's all hope for an early spring as we move back to our normal season start date, which is March 14th this year. Our season will also return to its normal length with the state tournament being held on June 9-10 in North Mankato.

As I mentioned in September, our association leadership is currently in a bit of a transition as we thank Shelly Hotzler and Terry Sadler for all they have done for our sport and our association. Our executive committee currently includes me as president, Dawn Engebretson as past president/executive secretary, and Mike Schumacher as website/awards manager. We have openings for a treasurer and president-elect. If you are interested in either of these roles, please feel free to reach out. To remain strong, our association needs dedicated coaches willing to share their skills in leadership positions.

We are excited to bring back our coaches' clinic in 2022! We will once again partner with the Minnesota Twins to bring a quality group of speakers to Target Field on Saturday, February 12th. We hope that all coaches will be able to attend and that you will invite your entire coaching staff as well as the youth coaches in your community. More information will be posted on our association website in the coming weeks.

If you haven't already joined the coaches association, please do so soon. There are many benefits to membership, including liability insurance and the ability to nominate your student-athletes for awards.

We need your help to promote our sport and honor past athletes and coaches. The deadline to nominate a player or coach for our MFCA Hall of Fame is January 10th, 2022. After a couple of years off, we would love to induct a large class into the Hall of Fame in June. If you have not done so, please update your career record on the association website. It would also be great to have all coaches submit information to the Breakdown publication as they provide more exposure for our student-athletes.

If you have any questions, concerns, or suggestions, please reach out to a member of our executive committee, advisory board, or your section representative. Contact information for all of these people can be found on our website, <https://www.mshsca.org/fastpitchsoftball>.

I'd like to wish all of you a happy and safe holiday season. I can't wait to see everyone at Target Field on February 12th!

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UNDER THE BAR

By: Michael Breyen

We want to welcome you to the Minnesota Strength Coaches Association and are excited for the opportunities in front of this organization our goals are:

- Providing Educational/Networking/ Opportunities for Strength Coaches
- Awards for Athletes/Coaches
- Set Standards for Athlete Recognition

Like any team, we are in this together and are in need of coaches that want to help grow our association. If you are interested please contact one of us:

Executive Secretary - Alex Greenway greenwaya@tracy.k12.mn.us

Vice President - Jessica Gust jessica@slpschools.org

President - Mike Breyen michael.breyen@isd728.org

Upcoming events:

MN NHSSCA Family Day

- December 11th at Tracy-Milroy High School. 1-4pm with social hour after
- Speaker 1: Kris Cleveland- SW MN State University - The importance of breathing, mobility work, and recovery in making strength gains, improving performance, and helping your athlete's health and well-being.
- Speaker 2: Mike Breyen Elk River High School - Program Development over 25+ Years
- What is the NHSSCA RoundTable Q&A with the Advisory Board who will be there?

If you are in the Metro area and are wanting to carpool down please let me know

Big Time Strength & Football Clinic

- January 8th at Dassel-Cokato High School 8 - 4:15
- 18 Speakers offered throughout the day.

NHSSCA State Clinic

- January 22nd at St. Louis Park High School
- Speakers - Amanda Berg, Alex Greenway, Jeff Mumm, Tony Olson, Jessica Gust, Scott Meier, Mike Breyen
- Registration will be available on the NHSSCA Events page soon!

Make it a great day!



REFLECTIONS BY RINGER ...

continued from page 4

community. So, one more time, I recommend that you take advantage of this holiday season to reach out and thank those coaches who mentored and guided you to becoming a coach.

Dan Mitchell summed up the importance of a coach very well when he said. 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. Coaches have the amazing opportunity to leave lasting impressions on the lives of young people.

What kind of legacy will we leave behind?"

Coaching Book Recommendation by a Minnesota High School Coach


The Other Side of Glory, A team's Quest for High School Girls Basketball History, is a riveting read! As I read the book, I found myself feeling as if I were in the gym sitting on the bleachers watching the games. The author of the book is Carl J. Pierson, the former Head Waconia Girls' Basketball Coach. Carl's writing is vivid and connects the reader with the highs and lows experienced during a season. As a coach, when you read the book, the chapters will spark memories from your career.

I recommend that you do not skip over the forward written by Lindsey Whalen. Lindsey expresses how she connected to the book and related it to her basketball career. Her words set you up to enjoy your reading experience. *The Other Side of Glory* can be purchased online at the usual websites such as Amazon, Barnes & Noble, and Target. Carl's book would make an excellent present that should arrive in time for opening gifts this year.

***“Just Play.
Have Fun.
Enjoy the Game.”***

- Michael Jordan

GIRLS HOCKEY "SNAP SHOTS"



By: *Tim Morris,*

Executive Director, MGHCA

www.MGHCA.com Execdiretor.MGHCA@outlook.com

Coaches Association Membership

The MGHCA is strongly encouraging all coaches, Head and Assistants, to join the coaches association for the 2021-22 season. Member benefits includes liability insurance that covers a coach year round and can be especially beneficial for those coaches working summer hockey camps. Head Coaches MUST be members in order for their players and team to be eligible for team academic and Individual academic awards, individual all-state awards and scholarships. Head and assistant coaches require membership to be eligible to be selected as a Section or State Coach of the Year. The deadline for coach membership this year is January 15, 2022. The link to the membership website can be found at www.MGHCA.com or at www.MSHSCA.org.



2021 Fall Clinic

For the first time in several years the MGHCA presented their own fall hockey clinic at the Super Rink Grand Ballroom in Blaine. The clinic was free to all high school coaches. Clinic highlights over the two days included

guest speakers covering a variety of topics ranging from X's and O's to mental awareness, alternate college hockey playing opportunities, injury and concussion management and a special presentation by Bob Madison of the MSHSL highlighting the anniversary of Title IX in Minnesota. Attendees were treated to free breakfast and lunch, a complimentary long-sleeve shirt and dozens of other door prizes.

Fall Awards Banquet

The MGHCA was proud to honor four individuals with induction into our girls hockey Hall of Fame. The 2021 HOF Class included Tom Kulenkamp, former long-time coach at Spring Lake Park/St Anthony; Pat Furlong, former coach at Mound/Westonka and Orono; and Barb and Bill Halbrehder, both of whom contributed to the growth of girls high school hockey over a period of many years wearing many hats along the way. Our 2021 Brano Stankovsky award recipient was Cheryl Mechelke for her contributions through the MN Hockey HP 14/15 programs. Also presented at the banquet were the State Coach of the Year plaques for Claire Goldsmith, Bob Kuehl and Robert Sherry. Not present but also awarded COY honors were Paul Grafstrom from Roseau and Molly Arola from Alexandria. Congrats to all of our award recipients!

2021-22 Important Dates To Remember

- January 15, 2022 – All-State nominations due
- January 15, 2022 – Membership Registration deadline (Girls Hockey only)
- January 24, 2022 - Scholarship applications due
- February 7, 2022 – Team and Individual Academic nominations due
- March 4-6, 2022 – Senior Classic All-Star Series

COACHES CARING PROGRAM

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

You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at ringer@mshsca.org

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

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

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

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ICE CHIPS

By: Greg Anzelcc

MHCA Partners With Legacy Hockey To Provide In-Depth News & Stats

The MHCA recently announced a partnership with Legacy Hockey (legacy.hockey) to provide teams, players, coaches and fans in-depth coverage and stats of Minnesota boys' high school hockey. Teams from around the state have a dedicated page on the site for their schedules, rosters and statistics. In a first for high school hockey coverage, Legacy Hockey will provide nightly roundups highlighting top matchups from around the state as well as standout individual performances and milestones reached by teams, coaches and players. A weekly podcast, dedicated entirely to boys' high school hockey, is also planned. "Legacy Hockey will serve as the MHCA's official news and statistics website for the 2021-22 Minnesota boys' high school hockey season," said MHCA Executive Director Mike MacMillan. "The MHCA executive board is excited about our new partnership and another opportunity to deliver the message of High School Hockey in the State of Hockey," said Mike Taylor, President of MHCA. High school coaches are encouraged to log on to legacy.hockey and create an account so they can start posting scores and stats after their first game. Detailed instructions about creating an account, posting scores and submitting news stories this season are all available on the site.

Legacy Hockey is a website covering all aspects of Minnesota boys' high school hockey and was founded in 2019 by Loren Nelson. Nelson, who has covered the last 13 Minnesota State Hockey Tournaments for multiple media outlets, has been a sports journalist for more than 30 years. He is the co-author of "Tourney Time," a compilation of stories from the first 75 years of the Minnesota State Hockey Tournament.

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

- Megan Rapinoe, Soccer Player

HOOP SCOOP



By: Leah Dasovich

President Minnesota Girls

Basketball Coaches Association

It's REALLY Time for a Shot Clock in Minnesota High School Basketball

I'm resurrecting and referencing an old article and topic written by Mark Cook in 2017. Four full years ago. As it's still relevant today, and as we approach a vote at the MSHSL level soon, it would appear as if a change is coming.

The debate has been going on for a while now. Should Minnesota high school basketball implement a shot clock? In another recent survey of over 250 Minnesota girls basketball coaches, 80% of respondents supported the implementation of the shot clock in Minnesota high school basketball. That is up from 63% four years ago when this conversation was first published. For reference, the shot clock has been used in high school basketball in North and South Dakota since 2011, and nine additional states currently use shot clocks. That number is sure to increase in the coming years like this past May, the NFHS approved the use of shot clocks in high school basketball across the nation.

Sure, the arguments against the use of the clock are there. Cost is one of the biggest concerns. As school districts across the state have their budgets continually pinched and stretched, the idea of having to pay for the equipment and then train, hire, and pay staff to run them is a bit overwhelming. There is the additional factor of training officials who primarily do high school games and are not accustomed to working with a shot clock. Some even argue implementing a shot clock is fixing a problem that doesn't exist: the game is naturally faster, and a shot clock might hardly play a factor.

This past weekend, we had the opportunity to play in the Pat Patterson Holiday Tournament at Hamline University. The shot clock is used and it adds a new element to games. As STMA coach Kent Hamre points out, "It rewards the defense for playing good defense and gives more options for end-of-game situations." Hamre also uses the shot clock in a tournament they host at STMA later in the season. It might be important to note here that many Minnesota high schools are already fully equipped with shot clocks installed, STMA and Minnetonka included.

So, as Coach Cook first wrote back in 2017, "It's time Minnesota". I would add that it might REALLY be time. The Minnesota Boys Basketball Coaches Association overwhelmingly supports the implementation of shot clocks. The states around us have figured out a way to overcome the financial obstacles. Now is the time. It should take what is already a great product and make it even better.

DUGOUT CHATTER



By: *Ryan Holmgren – Elk River
President MSHSBCA*

Fall Clinic

Our Annual Fall clinic took place on November 12th and 13th at the Omni Viking Lakes Hotel in Eagan. This year saw a lot of changes, including a new date, new venue and new format that included two full days on Friday and Saturday. The Clinic was also offered virtually for the first time ever as a supplement to attending in person.

Friday was filled from morning to evening with many great speakers. Saturday morning began with the annual MSHSBCA coaches meeting and then saw more great speakers throughout the morning and afternoon. On Saturday evening the festivities wrapped up with our 2021 Hall of Fame Banquet. This was the first banquet since 2019 and the 2020 and 2021 Hall of Fame Classes were honored along with the 2021 Awards winners. The keynote speaker of the banquet was Mike Max from WCCO radio and TV who gave an inspirational message about what baseball can do for the lives of so many people. It was a great way to wrap up a fun and educational weekend that saw many coaches finally be able to meet and mingle again in person while talking about the sport we all love.

Survey sent to all coaches

One of the items that those who attended the Coaches meeting on Saturday morning of the Clinic were given was a survey put together by the MSHSBCA Advisory board. Questions consisted of information about the clinic and about the upcoming issues that the MSHSBCA was looking for feedback on. Additional questions were added to the initial survey as well and sent out at the end of November to all assistant and head coaches in our database. The MSHSBCA advisory board is looking for as much feedback as we can from both head coaches and assistant coaches in the state. If you received the survey sent out by Tink Larson and completed it, thank you! We will be using the information collected in the survey regarding the upcoming 24/20 rule and the future of the Fall Clinic to make some important decisions and help guide our path moving forward and we work to make the MSHSBCA and high school baseball in our state the best it can be.

24/20 Rule

The big issue moving forward that was presented and discussed at the clinic and also a part of the survey sent

out was the 24/20 rule moving forward. For those who are not familiar, we are exploring the addition of 24 games over 20 dates for the spring high school baseball season in Minnesota. This rule would not add any new dates but would allow teams to play a few doubleheaders that would only count as one date rather than 2 games. This rule would be similar to our scrimmage rule we have now. Our scrimmage rules state that you can have three scrimmage dates and on each of those dates you can scrimmage as much as you want. The 24/20 rule would allow teams to play up to 2 games on one date and only have it count for one date. This will help a lot of schools who travel great distances, make travel more financially feasible for those teams, give more opportunities for players to play, and help to ensure that teams do not get shorted with games as they deal with weather issues throughout the season.

Additionally, the MSHSBCA has been talking with the softball coaches association as well about partnering in this rule push as we move forward. From what we have initially heard from softball, there seems to be a decent majority in favor in softball as well. Survey results so far from our baseball coaches are showing a high support percentage.

In the upcoming months, we will be taking the proper steps to move this forward with the MSHSL and will be updating our members as steps are taken. Any news on this will be shared with you in the upcoming months. Check our website (www.mshsbca.org), Twitter account (@mshsbca), and emails from Tink.

Annual meeting with the MSHSL

Our MSHSBCA Advisory board is set to meet, as we do annually, with members of the MSHSL in mid-February. This meeting will provide guidance for our organization with MSHSL issues and changes coming, will allow us to give the MSHSL our views and goals for the upcoming year, and will also help the MSHSL finalize any loose ends regarding the 2022 season including the postseason and State Tournament. The annual meeting has always been very valuable for our organizations and we are looking forward to sitting down and getting our views and concerns shared with those in charge.

Finally

As we move forward through the Holiday season and the end of 2021, we are excited for the winter to pass and the spring to bring us blue skies, warmer weather, and green grass. All of those things will mean baseball is back and that's the best time of the year in our opinion!

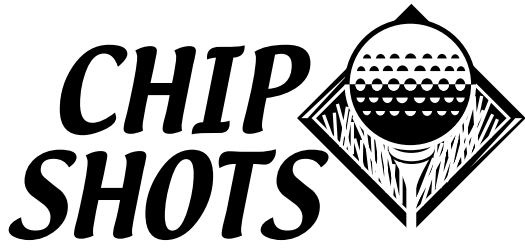
Once again, thank you for all you do for your student-athletes and for the game of baseball in Minnesota. Everyone at the MSHSBCA wishes you a very Merry Christmas and Happy New Year. Hopefully, this Holiday season brings you, your family, and your players joy, happiness, and new baseball gear!

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By: Ben Jurgens
 Minnesota Golf Coaches Association President

Season Greetings!

Wishing you all the best during the holiday season.

This is just a reminder for coaches to get signed up for the Minnesota State High School Coaches Association prior to the spring season of 2022. Along with the membership comes some benefits which you can check out. The most important perk is that your players get recognized for state awards.

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

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

Lastly, Class AA still needs a banquet room, which the MSHSCA is currently working on; however, we are also in need of a host and emcee for the banquet. If we do not have a volunteer(s) there will not be a Class AA banquet for the 2022 State Golf Tournament! In no way is this meant to be a threatening or negative statement, it is just the reality of the situation.

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

*“Keep working, even when
 no one is watching”*

- Alex Morgan



By: Ana Bowsby

We made it to winter! Lacrosse season is in about five months, which seems so close and yet so far away.

A few reminders:

- Please ensure your entire coaching staff are MSHSCA members
- The point of emphasis for coaches this year will be sportsmanship. We have a large impact on more than we will ever realize
- The season begins April 4th
- All American information can be submitted beginning in February if needed
- Order apparel soon for your teams!

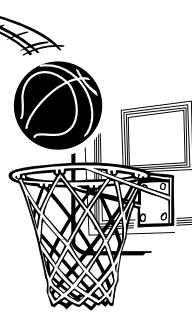
Happy Holidays!

**MINNESOTA STATE HIGH SCHOOL
 COACHES ASSOCIATION, INC.
 EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS
 2020-2021**

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

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

BANK SHOTS



By: Neil Steffes

Greetings Coaches

I am very honored to serve the Minnesota Basketball Coaches Association as your 2021-22 President. I would like to thank Omar McMillan for the great job he did representing and serving as President of our organization during 2020-2021. He had a difficult task with COVID 19 and the social issues that hit our country and region this past year. Special thanks is also extended to all members of the Executive Board for their service and leadership.

The quality of Minnesota basketball continues to improve. Minnesota has become a regular stop for college coaches as more players are being recruited by some of the top teams in the country. The NCAA Showcase that is hosted by the MBCA is just another event that provides an opportunity for our athletes to showcase their skills and talent to Division I and II coaches. The 2021 Showcase had 144 participants with 88 College programs (55 DI), and 135 College coaches in attendance. The 2022 MBCA showcase is slated for June 17-18.. Much of the credit for the success of the showcase event has to go to you, our high school coaches who spend countless hours in the gym across the state working on individual skills and with their teams in the offseason.

As always it is important that you become a member of the MBCA in order for your athletes to be considered for various awards. We want to welcome all new coaches to join both the MSHCA and MBCA and invite you to encourage your assistant coaches and lower level coaches to do the same. There are many great benefits such as awards for coaches, teams, athletes and an opportunity to be an All Star coach plus a two million dollar liability insurance policy. A new benefit for members is a subscription to Luceo. Luceo allows coaches to create effective digital learning content such as animated plays, film sessions, game plans and more. A reminder that MSHSCA Life Membership does NOT include MBCA membership. To be eligible for Coach/Athlete Awards, All Star participation, Team and Individual Academic All State requires MBCA membership. Our goal this year is to reach 900 Members.

As part of your MBCA membership you will also become a member of the National High School Basketball Coaches Association, as we are one of the founding states in the organization. Member coaches are encouraged to visit the website (<http://nhsbca.org>) for such things as coaching resources, job openings, events, special offers from suppliers, and a "Play of the Day" option.

The MBCA held their annual clinic in October and it was very successful event with approximately 330 in attendance.

Thank you to the coaches who were able to attend. I would also like to thank Coach Johnson and the Gophers coaching staff for taking time out of their schedule to speak at the clinic and interact with the coaches in attendance. I also would like to thank Spalding for all the door prizes, the vendors in attendance, and congratulate Blooming Prairie on winning the Dr. Dish give away. The presenters did a terrific job and gave us all an opportunity to take something back to our own programs.

Congratulations to Larry McKenzie, Minneapolis North, who was named as the 2021 Wooden Legacy Award honoree for Minnesota Boys Basketball Coaches. Coach McKenzie was also named as a 2021 MSHSL Hall of Fame inductee.

At the October Executive Board Meeting, the following proposals were approved for submission to the MSHSL. A Class 4A state tournament plan will be resubmitted. This is for class 4A only and is NOT a 64 team seeded tournament. A shot clock proposal will also be submitted if not approved in December. Surveys were sent to schools and there was a large amount of support for the implementation of a shot clock. There would be state discounts on clocks if there is a state-wide adoption. A proposal to adopt the shot clock will be voted on in December at the MSHSL Board of Directors Board meeting.

The state tournament in March will look a little different this year because of lack of site availability at the Target Center due to the NCAA Women's Final Four. The majority of the State Tournament will be held at Williams Arena with the possibility of games beginning on Tuesday (Williams Arena and Target Center) with the top 3 classes, Wednesday Class A (Williams Arena), Thursday Class AAA, AAAA (Williams Arena), Friday Class AA, A (Williams Arena) and finishing with championship Saturday at Williams Arena. A full consolation round will also take place.

A reminder that all forms, such as All-Star Nominations, Team Academic Champions, Individual Academic All-State, Tom Critchley Leadership Award, Hall of Fame, and Hall of Honor nominations, etc. are available by accessing the MBCA website; mshsca.org/boysbasketball. Please follow the nomination process and adhere to the deadlines listed on the forms.

The 2021-2022 season is underway and everyone is through their first practices and getting ready for their first games. It is important for all of us to remember that sports are not just about winning and losing. They are a great avenue for learning life lessons and values like teamwork, sportsmanship, hard work, overcoming obstacles, and competitiveness. Good luck to all of you and your teams this season!



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@MSHSCA

ROBOTICS

By: Olaf Netteberg



The largest organized group of robotics teams in Minnesota is known as the Northern Minnesota Robotics Conference (nmrconference.org). Each fall, we meet and hold a “Conference Championship” in which teams come together and compete using the previous years robot to play the previous game. This annual event travels to different schools to promote robotics, increase community awareness, and inspire team members for the upcoming school year and season. On October 29th, teams met in Upsala, MN, to compete not only with their robots but also in judged awards.

Robotics competitions utilize a 3-on-3 format where alliances are randomly generated and change each time a team goes on the field to compete. During a typical competition, teams play several qualification rounds leading up to the final bracket style championship. The top ranked teams after qualifications conduct a “school yard pick” to invite 2 other teams to join them for the championship run. The winning alliance this October was led by ”Patriotics” (Pequot Lakes HS) and supported by “Thunder Robotics” (Hatton/Northwoods, ND), and “Flyer Robotics” (Little Falls HS).

In addition to the robots on the field competing, teams compete off of the field to earn one of five judged awards.

“Mechatronics” from Alexandria won the Engineering

Inspiration Award.

“Thunder Robotics” from Hatton/Northwoods, ND won the Judges Award.

“Patriotics” of Pequot Lakes won the Team Spirit Award
“Tech-No-Tigers” of Nevis won the Chairman’s Award (Varsity)

“UC-Botics” from Upsala won the Chairman’s Award (JV)

***“If you’re bored with life -
you don’t get up
every morning with
a burning desire
to do things --
you don’t have enough goals.”***

- Lou Holtz

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

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

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

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

*Another example of
the MSHSCA
at work for the
membership!*

*1. MSHSCA Complimentary passes may not be available for all games.

2. MSHSCA Complimentary passes are not available for post season/play off games.

3. MSHSCA Card must be presented in person by the card holder along with a photo I.D.at the UMD ticket window.

4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.

5. No admission to mens D1 hockey at BSU, St. Cloud State.

6. BSU - D2 - reg. season only.

7. Concordia Moorhead not usable at MIAC and NCAA post season games.



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

Routine Scoring Changes

The synchronized swim coaches are looking forward to a full spring season. One of the changes made to our sport, that we have been holding off for a few years is the scoring of routines. This coming spring, we will be implementing those changes for the first time at both our regular season meets and our championship meets.

In the past, synchro routines were given a score for technical merit, and a score for artistic impression. Within the technical merit score, routines were judged on execution, synchronization, and difficulty. Within the artistic impression score, routines were judged on choreography, manner of presentation, and music interpretation.

Now, each routine will be given a score for execution (includes synchronization), artistic impression, same as before, and difficulty, now separated out and given more weight. The chart below explains the revised scoring. Officials will be trained late winter (dates TBD). Many officials are already familiar with the scoring system if they judge at USA Artistic Swimming competitions, which has been using this system for several years. Score room managers will also need training on the new computer software system (dates TBD).

<p><u>Execution</u> Execution: level of excellence in performing skills, execution of all movements Synchronization: precision of movements in unison with each other and with music</p>	30% of total score
<p><u>Artistic Impression</u> Choreography: creative combination of artistic and technical elements, variety & creativity Music Interpretation: expression, mood, use of music structure Manner of Presentation: command of performance</p>	40% of total score
<p><u>Difficulty</u> The quality of being hard to achieve, difficulty of movements and synchronization</p>	30% of total score

MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at
ringer@mshsca.org



ADAPTED ATHLETICS

By: Brett Kosidowski

I didn't truly realize how much I missed competing and playing at the State Tournaments until we were back at Stillwater High School this November with our athletes. I had forgotten the magic that first time tournaments bring to not only the student athletes, but the families that come from far and wide to watch them compete. Former players and their families make the journey back to the State Tournament to cheer on the new squad, and chat with coaches about the good old glory days. It took me about thirty seconds to realize how much I missed it, and boy, did it feel good to be back.

It has been a journey over the past five adapted sport seasons, practicing and playing without a season finale at the highest level. We finally got a taste of it again this past season. I am hopeful that the winter months bring us such joys as this past fall did during the Soccer Season. Congratulations to Lakeville and Robinsdale for capturing the first State Championships in Adapted Athletics in just about two years. Shawn and Marcus did fantastic work coaching their kids at the tournament and throughout the season. It was so much fun to connect with all the other coaches representing their teams as well. I also want to take this time to thank all of our seniors from last year, who played their hearts out, knowing that there were no trophies to be captured. The seniors pushed our younger players to be better, and trained the new athletes during their practice sessions on what it means to be a team, even if there was no full season ending with a state tournament. Our kids over the last two years had more than banners to raise. They were up to the challenge, and succeeded thoroughly.

***“I’m not going to
 buy my kids an
 encyclopedia.
 Let them walk to
 school like I did.”***

- Yogi Berra

2021 Fall State Championship Teams

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
GIRLS TRUE TEAM SWIMMING			VOLLEYBALL		
Class A	Visitation	Nathan Linscheid	Class A	Mayer Lutheran	Joelle Grimsley
Class AA	Minnetonka	John Bradley	Class AA	Sauk Centre	Jim Klaphake
GIRLS TENNIS			Class AAA	Marshall	Dan Westby
Class A	Breck School	Katie Wessman	GIRLS SWIMMING MSHSL		
Class AA	Minnetonka	Brent Lundell	Class A	Visitation	Nathan Linscheid
GIRLS SOCCER			Class AA	Minnetonka	John Bradley
Class A	Minnehaha Academy	Bryan Holloway	ADAPTED SOCCER		
Class AA	Mahtomedi	David Wald	PI	Robbinsdale/ Hopkins/Mound Westonka	Marcus Onsum
Class AAA	Stillwater	Mike Huber	CI	Lakeville/Burnsville/ Farmington	Shawn Tatge
BOYS SOCCER			FOOTBALL		
Class A	Southwest Christian	Brad "Cookie" Carlson Darin Keizer (Co-head Coaches)	9 Man	LeRoy-Ostrander	Trevor Carrier
Class AA	Orono	Derek Engler	1A	Mayer Luthern	Dean Aurich
Class AAA	Mounds View	Joe Warren	2A	Chatfield	Jeff Johnson
GIRLS CROSS COUNTRY			3A	Dassel-Cokato	Ryan Weinandt
Class A	Staples-Motley	Bruce Fuhrman	4A	Hutchinson	Andrew Rostberg
Class AA	St. Paul Highland Park	Brad Moening	5A	Mankato West	Jeffery Helget
Class AAA	Edina	Matt Gabrielson	6A	Lakeville South	Ben Burk
BOYS CROSS COUNTRY					
Class A	Nova Classical Academy	Dennis Barker			
Class AA	Big Lake	Todd Trutna			
Class AAA	Wayzata	Mark Popp			

2021-2022 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
Jan. 20-22, 2022	Track - jjosephs@isd721.org	Double Tree, Bloomington
Feb. 12, 2022	Softball - jasonbaune@gmail.com	Target Field
Feb. 25 & 26, 2022 TBD	Tennis- David Wareham - dwareham67@gmail.com	Lifetime Fitness, Bloomington
March 28 - 30, 2022	MNIAAA AD Conference	Rivers Edge Convention Center, St. Cloud
March 31, - April 2, 2022	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 29 & 30, 2022	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park
March 11 & 12th 2022	Volleyball Clinic-dswenson@isd465.org	Champlin Park High School.
	Dance - carlsonm@westonka.k12.mn.us	TBD

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

HALL 0



**Asst Coach DSA Award
Neil Tesdahl**



Asst Coach of the Year



Coach of the Year



**Past President
Terry Sadler**

**25 Years
Service Awards**

**Chad
Cronin**

**Steve
Randgaard**



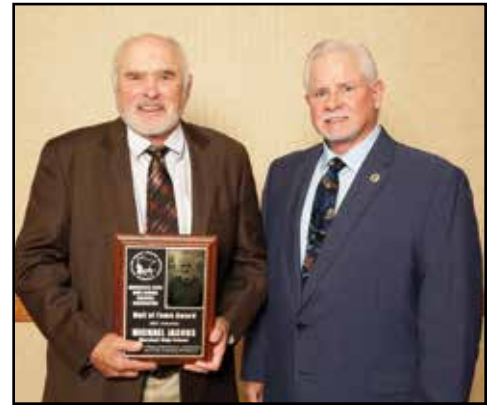
F FAME



Hall of Fame - Floyd Smaller



Hall of Fame - Kent Viesselman



Hall of Fame - Mike Jacobs



Hall of Fame - Steve Hangartner



Hall of Fame - Susan Alstrom



Hall of Fame - David Maras

Officials DSA Award

Roger
Cota

Bob
O'Hara

Deb
Sutor

Darrell
Monson



HALL OF FAME



**George Hahn Award
Mark Solberg**



Championship Coach of the Year Double



**Steve Kerzie Award
Keith Randa**



Championship Coaches



**Past President
Tom Critchley Jr**

**CONGRATULATIONS
TO EVERYONE**

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

The MSHSCA is a high school coaches association created and governed by Minnesota high school coaches. The MSHSCA offers coaches a voice in current state issues. It also provides them with the finest recognition program available and a benefits package including an insurance program, an association newsletter and other corporate benefits.

Goals

- To promote and publicize high school sports in Minnesota.
- To recognize those men and women coaches who have dedicated their time, energy and spirit to the high school sports programs in Minnesota.
- To offer a unified voice in Minnesota on coaching and athletic issues that affect high school athletics.

MSHSCA Mission Statement

Recognize

We recognize coaches for seasonal, academic and lifetime achievements. Our awards include sport coaches of the year, sport assistant coaches of the year, team academic coaches of the year, state championship coaches, Hall of Fame membership and distinguished service awards.

Communicate

We provide a unified voice. Through our Minnesota Prep Coach newspaper and our MSHSCA.org website, we offer communication tools for the coaches of Minnesota to publicize their sport. These informative tools give coaches opportunities to promote their sport and communicate with their sport associations in regards to clinics, rules and membership.

Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with the Minnesota State High School League, its Board of Directors and the many

committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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

FALL ACADEMIC AWARDS

FOOTBALL

9 Man

Gold

Fertile-Beltrami
Park Christian
Kittson County Central
Grand Meadow
Hancock High School
Clinton-Graceville-Beardsley

Silver

Brandon-Evansville
Heron Lake-Okabena/Fulda

Class 1A

Gold

Lakeview
Upsala / Swanville area
Parkers Prairie
Yellow Medicine East
Randolph High School

Silver

Fillmore Central
Rushford-Peterson
GFW High School
Adrian / Ellsworth
Ada-Borup-West
Bethlehem Academy
Springfield High School
Russell-Tyler-Ruthton
Martin County West
Minneota

Class 2A

Gold

West Central Area (Barrett) /
Ashby
Minnesota Valley Lutheran
High School
Maple River
Goodhue High School
St. Clair / Mankato Loyola
Eden Valley-Watkins
Concordia Academy HS

Silver

Barnesville
Rush City Public Schools
Royalton High School
Hawley
Lewiston-Altura
Triton High School
Blue Earth Area

Class 3A

Gold

Worthington High School
Albany High School
Perham High School
Montevideo
Morris Area / Chokio-Alberta

Breck School
Holy Family Catholic H.S.
Tri-City United (Montgomery)
St. Cloud Cathedral

Silver

Glencoe-Silver Lake
Plainview Elgin Millville
Minnewaska Area
Lake City High School
Foley High School
Pierz
Rockford
Dassel Cokato
Litchfield High School
Watertown-Mayer

Class 4A

Gold

Benilde-St. Margaret's School
Rocori High School

Silver

Mound Westonka
Byron High School
Orono High School
Marshall
Saint Anthony Village
Chisago Lakes
Detroit Lakes HS
Academy of Holy Angels

Class 5A

Gold

Rochester Mayo
Chanhassen HS
Monticello High School
Andover
Hastings
New Prague High School
Owatonna
Alexandria Area High School

Silver

Bloomington Jefferson
Spring Lake Park
Minneapolis Southwest
Northfield High School
Mankato East
Waconia HS
Sauk Rapids-Rice
Buffalo High School

Class 6A

Gold

Lakeville South
East Ridge
Farmington
Maple Grove
Anoka
Eastview High School
Lakeville North High School

Wayzata High School

Silver

Woodbury High School
Brainerd High School
Minnetonka High School
Stillwater Area High School
Saint Michael-Albertville HS
Centennial
Edina High School
Forest Lake High School

GOLF

Boys

Class A

Silver

Lac qui Parle Valley High
School

Class AA

Gold

Stewartville High School
Plainview-Elgin-Millville
Holy Family Catholic High
School

Albany Area High School
Melrose Area High School
Staples Motley High School
Barnesville High School

Silver

Pine Island /Zumbrota Mazeppa
Triton High School
Jordan High School
St. Peter High School
Academy of Holy Angels
ROCORI
St. Cloud Cathedral
Detroit Lakes High School

Class AAS

Gold

Simley High School
Stillwater Area High School
Wayzata High School

Silver

Hastings High School
Eden Prairie High School
Eastview High School
White Bear Lake

GOLF

Girls

Class A

Gold

Cedar Mountain High School
Minnesota Valley Lutheran
High School
United South Central High
School

Adrian High School
Russell-Tyler-Ruthton
BOLD High School
Legacy Christian Academy
Canby High School
Park Christian High School
Badger/Greenbush- Middle
River
Fertile-Beltrami High School
Silver
Lanesboro High School
Hills-Beaver Creek
Lac qui Parle Valley High
School

Class AA

Gold

Caledonia High School
Jackson County Central
Kasson Mantorville High
School
Lake City High School
Plainview-Elgin-Millville
Stewartville High School
Southwest Christian (Chaska)

St. Peter High School
DeLaSalle High School
St Anthony High School
St Croix Lutheran Academy
Annandale High School
Albany High School
Melrose Area High School
Staples Motley High School
Perham High School

Silver

Academy of Holy Angels
North Branch Area Schools
Kimball / Eden Valley-Watkins
Milaca High School
St. Cloud Cathedral
Mesabi East High School

Class AAA

Gold

Lakeville South High School
Owatonna High School
Rochester John Marshall
Chanhassen High School
Eden Prairie High School
Apple Valley High School
Simley High School
Irondale High School
Maple Grove High School
Rogers High School
Cambridge-Isanti High School
St. Michael-Albertville High
School
Alexandria Area High School
Buffalo High School

FALL ACADEMIC AWARDS

Willmar High School

Silver

Rochester Century High School
Northfield High School
Hastings High School
Woodbury High School
Bloomington Jefferson High School
Wayzata High School
Anoka High School
Bemidji High School

NORDIC SKIING

Boys

Gold

Robbinsdale Armstrong High School
Brainerd
Fergus Falls High School
Irondale High School
Minneapolis Southwest bk
Saint Cloud Apollo/Sauk Rapids-Rice
Simley High School
Mpls Washburn

Silver

Saint Cloud Apollo/Sauk Rapids-Rice
St. Paul Central
White Bear Lake

Girls

Gold

Robbinsdale Armstrong High School
Brainerd
Fergus Falls High School
Irondale High School
Saint Cloud Apollo/Sauk Rapids-Rice
Simley High School
St. Paul Central
Tartan High School
Mpls Washburn High School
White Bear Lake
Willmar

ROBOTICS

Gold

St. Francis High School
Becker High School
Cass Lake Bena
Visitation School, Mendota Heights
Badger High School
Esko High School
Annandale High School
Eden Prairie High School

Silver

Greenbush/Middle River HS
Lincoln High School, Thief River Falls
Legacy Christian Academy, Andover
ROCORI High School
Cass Lake Bena
Hopkins High School
Redwood Valley High School
Robbinsdale Cooper High School

TENNIS

Girls

Silver

Sleepy Eye High School

VOLLEYBALL

Gold

Academy of Holy Angels
Ada-Borup West
Adrian high school
Albany
Alden-Conger
Alexandria Area High School
Andover High School
Annandale
Anoka High School
Apple Valley
Badger/ Greenbush-Middle River.
Bagley High School
Barnesville
Belgrade-Brooten-Elrosa School
Belle Plaine
Bemidji
Benilde-St. Margaret's
Benson
Bertha Hewitt
Bethlehem Academy
Blackduck High School
Blaine High School
Blooming Prairie High School
Bloomington Jefferson
Brainerd
Breckenridge High School
Browerville
Buffalo
Buffalo Lake - Hector - Stewart
Byron
Caledonia
Canby High School
Centennial High School
Central High School (Norwood-Young America)
Chaska High School
Chatfield
Clinton-Graceville-Beardsley

Concordia Academy

Crookston High School
Dassel-Cokato High School
Delano
DGF Dilworth-Glyndon-Felton
Duluth East High School
EAST GRAND FORKS Senior High
Eden Prairie
Eden valley
Edina High School
Elk River
Ely
Esko
Fairmont
Farmington
Fergus Falls School
Fertile-Beltrami
Fillmore Central
Floodwood
Foley Public School
Forest Lake Area Schools
Fosston
GFW (Gibbon-Fairfax-Winthrop)
Goodhue
Grand Meadow
Grand Rapids High School
Hancock High School
Hawley High School
Hayfield High School
Henning
Hermantown
Highland Park Senior High School (St Paul)
Hill-Murray School
Hills-Beaver Creek
Holdingford High School
Irondale High School
Jackson County Central
Janesville-Waldorf-Pemberton
Kasson-Mantorville
Kenyon-Wanamingo
Kerkhoven-Murdock-Sunburg
Kimball Area High School
Kittson County Central
Lake City
Lake Crystal Wellcome Memorial
Lakeville North High School
Lester Prairie
Lewiston Altura
Litchfield High School
Little Falls Community High School
Luverne High School
Mabel-Canton.
Mahtomedi High School
Mankato West High School

Maple Grove Senior High School

Maple River
Marshall School (in Duluth)
Mayer Lutheran High School
Medford
Melrose
Menahga Public School
Mesabi East High School
Minneota
Minnesota Valley Lutheran High School
Minnetonka High School
Monticello
Moorhead
Mora High School
Morris Area / Chokio Alberta.
Mounds View
Murray County Central High School
New London-Spicer
New Prague
New Ulm Cathedral
New York Mills
Nicollet Public School
North Branch
Nova Classical Academy
NRHEG Public Schools (New Richland)
Owatonna High School
Park of Cottage Grove
Parkers Prairie
Paynesville Area Schools
Pequot Lakes
Pine City High School
Pine Island High School
Pipestone Area Schools
Princeton
Prior Lake
Randolph
Red Lake County Central.
Red Lake Falls
Red Wing
Redwood Valley
Renville County West
Rochester Century
Rochester John Marshall
Rochester Lourdes High School
Rochester Mayo
Rockford
ROCORI High School
Roseau
Roseville Area
Royalton High School
Russell Tyler Ruthton
Sacred Heart High School (in East Grand Forks)
Sartell - St. Stephen
Sebeka School

FALL ACADEMIC AWARDS

Shakopee High School	Walker - Hackensack - Akeley	Cleveland	New Ulm High school
Sleepy Eye St. Mary's	Waseca	Cretin-Derham Hall	North Woods
Southwest Christian in Chaska	Waterville-Elysian-Morristown	Crosby-Ironton	Ogilvie
Springfield High School	Wayzata	EAGAN	Park Christian
St. Anthony Village High School	West Central Area. send to Barrett	East Central Schools ISD #2580	Park Rapids Area High School
St. Cloud Cathedral	West Lutheran High School.	East Ridge High School	Pillager Schools
St. Cloud Tech High School	Wheaton / Herman - Norcross	Eveleth-Gilbert	Proctor
St. Croix Lutheran Academy	White Bear Lake	Hastings High School	Rogers High School
St. Croix Preparatory Academy	Willmar High School	Heritage Christian	Rush City
St. James Area	Win-E-Mac High School	Hillcrest Lutheran Academy	Rushford Peterson
St. Paul Central High School	Winona Senior High School	Hutchinson	Sleepy Eye High School
St. Peter	Worthington High School	Kingsland	Southland
Stewartville	Zumbrota-Mazeppa	Lakeview	Spring Grove
Stillwater Area High School	Silver	Lanesboro Public School	St. Agnes
Thief River Falls	Austin	Le Sueur Henderson	St. Louis Park High School
Tracy-Milroy-Balaton	Barnum	Littlefork-Big Falls School	Staples-Motley
Tri-City United	Battle Lake	Madelia High School	Swanville
Triton High School	Blue Earth Area High Schools	Mankato East	Tri-County/Northern Freeze.
Two Rivers High School	Brandon-Evansville	Maple Lake	Wadena-Deer Creek High School
Underwood	Breck School	Milaca	Warroad
Upsala High School	Cannon Falls	Minneapolis Edison	Watertown-Mayer
Verndale	Cedar Mountain	Minneapolis Roosevelt High School	Windom Area High School
Visitation	Central MN Christian School	Montevideo	Eagles
Wabasha-Kellogg High School	Champlin Park	Mound Westonka	Yellow Medicine East
Waconia High School	Chisholm	Mountain Lake Area-Comfrey	

If your sport academic awards list is not published, the academic awards team list did not arrive in time to be published. It will be included in the next issue of Prep Coach.

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.

MSHSCA CODE OF ETHICS

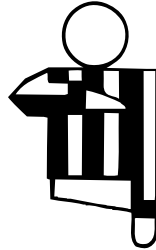
As a professional educator, I will:

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

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

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

This award is presented to five deserving officials at the MSHSCA'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: Bernie Schumacher 16332 Deer View Road
Park Rapids, MN 56470 Email: bschumacher@mshsca.org

Name _____ Phone _____
 Address: _____ City _____ Zip _____
 Phone Number: _____ Email: _____
 Birth Date _____ Marital Status _____ Deceased _____
 Spouse's Name _____ Children's names and ages _____

Nominating Person or Group _____
Rationale for Nomination _____

Personal History: Hometown _____ Year _____
College/s _____

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: _____

SPECIAL MEETINGS OF IMPORTANCE

Jan. 13-16, 2022	NOCAD National Convention	Asheville, NC
March 24, 2022	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 25, 2022	MSHSCA Winter Delegates Meeting	Mancini's in St. Paul
March 28-30, 2022	MNIAA-ADs Conference	Doublewood St. Cloud
June 26-27th, 2022	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
Sept. 9, 2022	HOF Meeting	Minneapolis Marriott West
Sept.10, 2022	MSHSCA Fall Delegates Meeting	Minneapolis Marriott West
Oct. 7, 2022	HOF Coordinator/Exec Direc Meeting	Sheraton Minneapolis West, Minnetonka
Oct. 8, 2022	MSHSCA Hall of Fame Banquet	Sheraton Minneapolis West, Minnetonka



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Website: www.trophiesplus.com

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and Subsection awards.**

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Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs
at some of the lowest prices in the USA.

Trophies Plus - Sponsor of Coaches Caring



Minnesota State High School Coaches Association

Assistant Coach Distinguished Service Award



Criteria:

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

Nominee:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Member of the association _____ yes _____ no

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

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

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

Nominating Person _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

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twitter

@MSHSCA

MEMBERSHIP PERKS

S

- **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)

H

- **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)
Call Patrick Riley - 952-367-5082 (upon availability)

S

For Hotel rates, coaches should indicate membership in MSHSCA.

C


•••Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

A

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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



The Officers, Chairpersons and the
Editor of the Minnesota Prep Coach would
like to wish the MSHSCA Membership
the very best Holiday Season and
Good Luck in 2022!