THE Minnesota PREP COACH

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# Jennifer Roisum is elected as MSHSCA Vice President

Jennifer Roisum has been elected as the new Vice President for the MSHSCA. Jennifer will begin her four year term of office at the summer executive meeting that will take place in Park Rapids in June. During the third year of her term she will be the President of the MSHSCA. Congratulations,Jennifer.

Sports have always been a part of her life. Growing up in rural Minnesota, she was always playing something. Her two older brothers kept her busy and encouraged her competitive nature through playing catch, football, or basketball. Attending Underwood Public School allowed Jennifer to be a three sport athlete where she was fortunate enough to experience success in each of her sports. She watched her brothers compete in both high school athletics and college athletics which motivated her to want to continue her athletic career after high school. Jennifer attended NDSU where she played volleyball earning first team All American her senior year and graduating with a degree in Social Studies and History Education. Teaching is a family affair as both of her parents were teachers and currently both of her brothers are teachers and coaches. Jennifer received her masters degree in education in 2007 and will earn her College in the Classroom endorsement this Spring.

After graduation Jennifer began her first teaching and coaching position in Battle Lake, MN where she has been for the past 16 years. Her volleyball teams have earned multiple conference titles and she has had four players go on to compete at the college level. Jennifer also started her local Junior Olympic Volleyball program and has had the opportunity to coach her oldest son's elementary basketball team.

Athletics have been an important part of her life. They have helped her develop confidence, leadership skills, how to be a team player, and organizational skills. One of Jennifer's favorite aspects of coaching is being able to help develop young

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## 2020-2021 MEMBERSHIP REGISTRATION YEAR IS OPEN!!

**REMEMBER, THE MSHSCA MEMBERSHIP YEAR RUNS FROM AUG. 1, 2020 - JULY 31, 2021.**

***Make sure you have your registration done for the start of the fall season. Since the summer waiver was extended through Aug. 7, 2020, make sure to get your 2020-2021 membership signed up before Aug. 1 so you don't have a lapse in your coverage from Aug. 1-7.***

**Go to www.mshsca.org website to get registered**

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Randy Glasmann - Maple Grove
Tom Sharp - Eastview

## 2019-2020 Delegates and Sport Association Officers

If you would be interested in filling one of the open Delegate positions please contact John Schumacher, Executive Director

| SECTION | GIRLS SPORTS DELEGATE | BOYS SPORTS DELEGATE | AT LARGE DELEGATE | AT LARGE DELEGATE |
|---|---|---|---|---|
| 1A | Adam Wilder (Mable-Canton) | Gordy Klomps (retired) | | |
| 2A | Rick Bruns (LeSueur-Hend) | Alan Woitos (New Ulm Cathedral) | Craig Morgan (MN Valley Luth) | Rob Stevermer (Mankato East) |
| 3A | Jess Smith (Windom) | Dave Blank (Wabasso) | | |
| 4A | Chris Larid (Heritage) | | Tim Herman (Heritage) | |
| 5A | Dawn Engebretson (Rockford) | Tom Lawrence (Foley) | Al Amdahl (Albany) | Chris Kircher (Swanville)/Tim Triplett (Holy Family) |
| 6A | Tavia Bachmann (Frazee) | Kyle Haderman (LP/Aud) | Mike Peterson (Perham) | Gregg Martig (Pequot Lakes) |
| 7A | Matt Carlstrom (Deer River) | Derek Parendo (Proctor) | Jon Wagner (Eveleth-Gilbert) | Nathan Johnson (Proctor) |
| 8A | Dave Varriano (Mahnomen-Waubun) | John Schumacher (Park Rapids - Retired) | Terry Sadler (Warroad) | Lisa Hanson (EGF) |
| 1AA | Jeremy Biermaier (New Prague) | John Cassellius (Winona) | Rod Schwarz (Winona) (Retired) | Bill Goodman (Apple Valley) |
| 2AA | Mike Lhotka (Dassel Cokato) | Mike McGraw (Hutchinson) | Tink Larson (Waseca) | Gary Prantner (Eden Prairie) |
| 3AA | Keith Randa (Apple Valley) | Jeff Groves (Apple Valley) | Tom Sharp (Eastview) | |
| 4AA | Tracy Hrouda (Harding) | Tom Paulson (White Bear Lk) | Tim Ryan (Hill Murray) | Jerry Utech (Harding) |
| 5AA | Mark O'Neill (Champlin Park) | William Totimeh (Fridley) | Mark Loahr (Totino Grace) | |
| 6AA | Juno Nayagam (Benilde-St. Marg) | David Boone (Edina) | Jim Baker (Retired) | Curt Cardinal (Park Center) |
| 7AA | Mark Solberg (Cambridge) | Bill Baumann (North Branch) | | |
| 8AA | Kent Hamre (STMA) | Jeremy Digiovanni (Elk River) | Rob Nielsen (Det. Lakes) | Stephen Schreiber (Bemidji) |

| SPORT ASSOC | PRESIDENT | PRESIDENT ELECT | EXECUTIVE SECRETARY | MEMBERSHIP/TREAS. |
|---|---|---|---|---|
| AD | Mark Kuisle (Rochester Century) | Brent Schimek (Deer River) | Mike Beck (retired) | |
| Adapted Athletics | Brett Kosidowski (Eastview) | Luke Wisniewski (Minneapolis) | Joe Olson | Kelli Waalk (Osseo) |
| Baseball | Rick Zollner (Pipestone) | Ryan Holmgren (Elk River) | Craig Anderson (Pine Island) | Todd Smrekar (Cambridge-Isanti) |
| Boys Basketball | Chad Ostermann (Maple RIver) | | Tom Critchley (retired) | |
| Girls Basketball | Liz Carpentier (Farmington) | Brad Strand (Fergus Falls) | Carl Pierson (Waconia) | |
| Cross Country | Chris Goebel (Mora) | Brandon Heebink (Wayzata) | Mary Schifsky (Roseville) | Dave Chatelaine (Owatonna) |
| Dance | Molly Carlson (Westonka) | Brittany Rehling (Roseville) | | Kelsey Schnackenberg |
| Football | Beau Labore (Stillwater) | Chuck Ross (Underwood) | Ron Stolski (Brainerd) | Jim Dotseth (Treasurer) |
| Golf | Eric Tollefson (Moorhead) | | | |
| Gymnastics | Krysta DeLong (Edina) | | Shelly Eklund ( Eagan) | Leeann Steen-Gymn (Delegate) |
| Boys Hockey | John Ammerman (Moorhead) | | Mike MacMillan (Ramsey) | |
| Girls Hockey | Shawn Reid (Blake) | Emily Erickson (Hibbing/Chisholm) | Tim Morris (St. Anthony) | Robert Sherry (St. Paul United) |
| B-Lacrosse | Jon Junker (Chanhassen) | Rob Horne (Benilde) | Darin Nelson | Lance Kuehn (Rosemount) |
| G-Lacrosse | Ana Bowlsby (Benilde-St. Margaret) | Theresa Boyd (Hill-Murray) | Kelsey Long (Rosemount) | Patrick Crandall (Lakeville So) |
| Alpine Skiing | Jason Nickelson (Visitation) | | | Nathan Springer (Treasurer) |
| Nordic Skiing | Rob Lageson (St. Paul Central) | | | Richard Heilman (Lakeville No.) |
| Robotics | Alex Jurek (Becker) | | | |
| Soccer | Ben LeVahn (Maple Grove) | Aaron Percy (Mpls Washburn) | Keith Randa (Apple Valley) | Art Seplak (Treas) Greg Juba (Clinic) |
| Softball | Dawn Engebretson (Rockford) | | Shelly Hotzler (JCC) | |
| B-Swimming | Doug Donaldson (Coon Rapids) | Brian Luke (Stillwater) | Todd Walsh (Bloom.Kennedy) | Kate Steineman (Treas) (Cretin DH) |
| G-Swimming | Meghan Kemna (Visitation) | Kelly Boston (Eden Prairie) | Todd Walsh (Bloom.Kennedy) | Kate Steineman (Cretin DH) |
| Synch. Swim | Kathy Henderson (Stillwater) | | Laura Davidson (Forest Lake). | Katy Bohnsack (Prior Lake) |
| Tennis | Dave Wareham (Totino Grace) | | Richard Engelstad ( Pine City) | |
| Track | Aaron Berndt (Wayzata) | Lee VanNhyuis (Osakis) | Scott Christensen (Stillwater) | )Sec/Treas) |
| Volleyball | Becca Pulju (Sebeka) | Darin Swenson (Litchfield) | Janet Golden-Landquist (Nevis) | Sue Alstrom (Treasurer) |
| Wrestling | Shawn Fredrerixon (Shafer) | Joel Killings (Minnesota) | Kip Lynk (Dassel) | |

# President's Message

By: **Terry Sadler**

Times . . . they are a changin'!

They say, 'change is good'! They say, 'change is necessary'! They say, 'change or die'! They say, 'change fosters growth'! I agree with all of these, but the wheels of change can slow down a bit to help me catch up and feel comfortable and confident in the changes so that I can feel more assured in my role in the change! Most often, it seems, change is out of our control, and that can be scary. It's like riding on the back of a speeding motorcycle or being the driver, the one in control is enjoying the thrill of the ride, while the person on back is holding on for dear life, contemplating how they're going to survive.

WOW! What unprecedented times we have experienced in the last month, 3 months, year! Assuming the Presidency of the MSHSCA a year ago, I never expected three months in that I would be leading a committee to interview and select a new executive director. That is nothing anyone wanted. March brought craziness to all our worlds as schools were closing temporarily due to the COVID-19 virus. Effective immediately, state tournaments were halted, spring activities were suspended and eventually cancelled. Schools were scrambling to figure out how they were going to support and deliver an education to students from a distance. For many, it started with setting up an online course management system, then providing staff with a crash course on how to operate it. Students (and parents) were then called into action to test the system to debug it so it could be rolled out. Coaches remained in contact with their team members throughout it all offering optimism, support, and guidance. As time passed, students were dealing with cancelled proms as well as cancelled or very modified graduation ceremonies. ACT testing was cancelled, drivers' ed. was put on hold and summer activities were being delayed, if not cancelled all together. Then, the senseless death of George Floyd knocked the collective world off its axis. Change? You bet there is going to be change surrounding this catastrophic, life-altering death.

These are changes that all Minnesotans have shared experiences on as we continue to face them together. As you are reading, I assume you are reflecting on other changes that have occurred in your own life, in the lives of your family members, the students, and your athletes, since the middle of March.

The bottom line is we are all faced with change on a daily basis. Most of the time it occurs with little acknowledgement, but when multiple changes occur simultaneously that affect us deeper and more dramatically, it really forces us to look within ourselves to locate the necessary coping mechanisms to see ourselves through. At times, we need to lean on family or seek that guidance from a sympathetic friend or a professional. Agreeing there is the need for change will make the process easier. Our attitude is a major factor in being able to move forward through change effectively. How we approach change will determine greatly how smoothly we transition through the change to achieve true growth and understanding. We must also understand and accept that not everyone moves at the same pace and we must be empathetic to that. We are in this together and together we can get through

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# MSHSL BOARD OF DIRECTORS REPORT

*John Vrraa - Boys Sport Representative*

Distance learning and no spring activities was very challenging, but I was thankful for the time I had to work with coaches on professional development. A book study on InsideOut Coaching with 18 coaches was one such example. We used Zoom to connect all levels of coaches and align ourselves with the current Minnesota InsideOut Initiative.

The final chapter in Joe Ehrmann's book is titled Ceremony. It was fun to read and share with others the many ways Joe presents how teams can honor team and individual growth and reflect on the "right of passage" into adulthood. Today, I would like to share two perspectives on Ceremony as it pertains to sport.

In late April, my University of Minnesota-Morris teammates found out fellow teammate and friend, Ken Traxler, was experiencing serious health conditions. On May 4, doctors told him he had suffered an un-survivable medical event. That night with the help of Ken's sister Megan, around 20 of us teammates were able to connect one last time with Ken by Zoom. He died about 30 hours later. One of Joe's exercises in Chapter 10 is to have players write their own obituary and read them to their teammates. The exercise is intended to have players reflect on how they are perceived and how others would describe them. In Ken's case, there was no need for that exercise. We all clearly knew the type of teammate and friend Ken was to all of us.

After Morris, Ken earned his PhD in Chemistry and was hired by Bemidji State University. He went on to have an illustrious 23-year career as a Professor of Chemistry, with nine of those years serving as department chair. He also coached football for 22 years. How cool is that? Chemistry Professor and Football Coach at a Division II University. Dr. Traxler was a

**... continued on page 5**

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# BANK SHOTS

*Tom Critchley*

Unfortunately the Covid 19 pandemic resulted in the cancellation of multiple opportunities for Minnesota hoopsters, such as but not limited to, Section and State Tournaments, All Star events, and NCAA Showcase events. Hopefully, coaches and athletes will be back in the gyms soon. Hats off to all Coaches who have continued to mentor and provide support to their student-athletes during these difficult times. Stay Safe, Stay Well.

As mentioned above, The MBCA All Star Series was cancelled due to the pandemic. The athletes and coaches were recognized individually and as teams via the MBCA twitter account. Athletes and Coaches were also presented with their uniform, a commemorative basketball, and a copy of the 2020 All Star program. Thank you and best wishes at the next level and in all future endeavors to the members of the 2020 All Star Class. Special thanks to All Star Coaches: Greg Berge, Stewart Talbert, James Ware, Shaye Fields, Will Kleppe, Jerry Chiabotti, Joe Madson, and Tony Ball. The 2020 All Star Team Rosters are posted on the MBCA website.

The MBCA also extends congratulations to MBCA 2020 Section and State Coaches of the Year, MBCA Assistant Coaches of the Year, 2020 State and Section Academic Team Champions, and 2020 Academic All State honorees. Award recipients are listed in this edition of the Prep Coach and on the MBCA website (http://www.mshsca.org/boysbasketball).

Congratulations to MBCA 2020 McDonald Award recipient, Jalen Suggs- Minnehaha Academy. The MBCA is honored to recognize Jalen for his accomplishments throughout his career while also continuing to honor the legacy of Coach McDonald for his achievements, contributions and service to the game.

Congratulations to Tate Kerzman, Detroit Lakes, as the initial recipient of the Tom Critchley Sr. Leadership Award. The award is presented to a Senior athlete who serves as a captain of his team and demonstrates leadership on and off the court. MBCA member head coaches nominated candidates. Each candidate provided an essay defining their leadership abilities and how those abilities were used, not only with their team but also in their school and community. A committee chaired by Kelly Raymond, MBCA Academic Chairman, selected Tate as the 2020 honoree. Tate will receive an honorary award and a $750 scholarship from the MBCA and the Critchley family.

The MBCA June DI Showcase was also cancelled due to the pandemic. NCAA DI and DII Coaches are currently in a dead period during which time they cannot recruit and/or evaluate through July 31. Discussions are ongoing between the NABC and the NCAA DI Committees about the possibility of events in August, September, and October. High School Coaches are represented by a member of the NHSBCA on the NABC committee. The State Executive Directors have been and continue to be notified of updates on a regular basis via zoom meetings. Through joining the MBCA, coaches also acquire NHSBCA membership. Stay tuned.

The MBCA Fall Clinic is still scheduled for October 30-31 at the Minneapolis Hyatt Regency. Further details and information will be available in the September Prep Coach and on the MBCA website.

The MBCA would like to thank the Minnesota Timberwolves for their continued support of the MBCA, coaches, and student-athletes. Special thanks to Jeff Munneke, Matt Bare, and John Thomas for facilitating the venues through which a variety of support originates and extends from.

MSHSCA 20-21 membership is now open; mshsca.org. The MBCA strongly encourages Head Coaches and Assistant Coaches to renew and/or join the MSHSCA/MBCA for 2020-21. MSHSCA membership includes, but is not limited to, a $2 million liability insurance at no additional cost, a pass which allows entrance to games and more. MBCA membership allows members and the student-athletes they coach the opportunity to be eligible for Coach and Athlete, awards, All Star game participation, Academic Awards- Team and Individual, Scholarships, et more. Each year, there are examples of deserving coaches and student-athletes who are ineligible for awards by not being members.

Omar McMillan- Richfield will serve as the 2020-21 MBCA President. Thank you to 2019-20 President Chad Ostermann-Maple River for a job well done. Coach Ostermann will continue to serve on the Executive Board as Past-President. The MBCA also thanks the following outgoing Executive Board members for their service, commitment, and contributions to the organization and the sport of basketball; Charlie Freitag, Vern Simmons, Bob Schueller, and Tyler Bormann.

"I think the teaching profession contributes more to the future of our society than any other single profession"- John Wooden. Research reflects the coach as one of the most influential persons in American life. As oft times said, "a coach can influence more lives in a single year than most people can in a lifetime." Thank you Coaches for all the contributions you make on a daily basis on behalf of the communities and students you represent and serve.

## Cross Country 2020 Summer Clinic

The 2020 CC Summer Clinic will be on Monday August 10, 2020 in a virtual format. Full details soon

Speakers will include Dr. Jeff Messer of Mesa Community College and Desert Vista High School!

Check back at https://www.mshsca.org/crosscountry for more information and updates

## Jennifer Roisum ... continued from page 1

women of character. Not just volleyball players but young women who are strong and confident. She also enjoys spreading her love of sports, fitness, and of course volleyball.

Jennifer served on the Section 6A regional board from 2016-1019 as the girls sports representative. It was a wonderful experience. She feels very fortunate to have had the opportunity to run for VP of the MSHSCA and is honored to serve!

# Delegates Corner

*Tom Critchley, Jr.*

This March we held our first ever virtual delegate meeting and it went very well. Don't get me wrong, it will never replace meeting at Mancini's Char House. As someone who has attended these meetings on behalf of boys basketball for many years, I love running into old friends and fellow coaches from a variety of sports and just visiting before, during our breaks, and after while enjoying a great steak from Mancini's. One of the best things about being a coach is the fellowship that you share with other coaches. It does not matter what sport or activity you lead, coaches and directors share a common bond that easily comes out when interacting with each other. I am a glass half full type of person, and I am looking forward to next fall when we will all be able to meet in person once again.

As a coach, I am very grateful that the high school league has taken measures to keep our athletes and coaches safe during the summer months, but for also realizing that the student-athletes are searching for a little bit of normal and some sense of routine. As coaches we need to remember that not everyone agrees with our decisions and that is part of the reality of being a coach. Coaches make the best decision that they believe is the right choice for the majority. We need to respect and support the decision that the high school league has made in regards to the summer waiver period. I personally believe that they have been very proactive and appreciate them adding time into August as well as shortening the dead week over the 4th of July holiday break.

My heart hurts for the student-athletes who had their seasons cut short at the state basketball tournaments and for all the spring sport athletes who never had the opportunity to compete at all. High school activities were a focal point of my childhood, and the resiliency of our student athletes has been nothing short of amazing. As we head to fall, let's keep our fingers crossed that we will have a fall season and our student-athletes will have the opportunity to once again compete and live out their high school dreams the way they imagined they would.

## MSHSL BOARD OF DIRECTORS ... continued from page 3

tireless promoter of BSU and, in that role, he spoke with and provided 100's of students tours of the chemistry department. He was also instrumental in guiding many students and athletes onto successful post graduate degrees and careers. Ken was one of the founders and early president of Beaver Pride, an organization that gives scholarships to BSU athletes.

There are many more accomplishments that I could list about Ken, but my greatest compliment to him is that he was a champion of education-based athletics and he truly exemplified the concepts Joe describes in Hardwire to Connect. Meaning youth have three needs, (1) they need someone to believe in them and validate their potential, (2) they need a belief system, and (3) they need a place to belong – they need a team. Ken was not a star player, but he was a superstar teammate. His connectedness impacted hundreds of teammates, athletes, and students and for that we celebrate the life of Dr. Ken Traxler and the work we all strive for.

The second perspective on ceremony I would like to share relates to the character of our students during this pandemic. In chapter 10, Joe writes on Joseph Campbell's rite of passage into adulthood. The rite of passage involves a five-step process: a call to adventure, a separation from family, time of testing, instruction from the mentor-coach, and reentry into family and community with an acknowledgement of the adolescent's changed status.

The senior class of 2020 set out for adventure approximately ten years ago in youth sport and activities. They were given space to learn, discover, fail, and succeed through practice and competition. Then, just as they neared their final stages toward adulthood, they were thrown a huge curveball. Practices and competitions stopped abruptly. School and daily routines were completely different. As we reflect, we are thankful for their relationships with school professionals – their mentor-coaches. Like all of you, I have witnessed so many great ways teachers and coaches have remained connected with student-athletes. Similarly, through Be the Light events, virtual banquets, and parades, I have witnessed the genuine bonds that students have with their mentor- coaches. Their smiles, waves, and calls of "we miss you coach" are real and powerful. And now as we have athletic, fine arts, and graduation ceremonies to recognize and honor their changed status, we are regretful these ceremonies, so too, are far different than just three months ago. However, class of 2020, you are more than ready for your next journey and we celebrate your strength of character as you concluded your senior year!

## PRESIDENT'S ... continued from page 3

anything. Embrace change for your own personal growth and enlightenment so we as a society and grow. Our youth depend on more than just our words, as our actions speak more loudly than our words. Together, we can be better and must be better. It starts with you.

I would like to thank the rest of the executive board members for their guidance, input, and assistance while working together this year. We've tackled many issues, had many successes, and made stronger our working relationship with the MSHSL and the MnIAAA. I would also like to commend all of the coaches and advisors for your efforts in leading your teams through these unprecedented times in high school sports. Let's hope we can all be back to the classrooms and on the fields and courts this fall on schedule.

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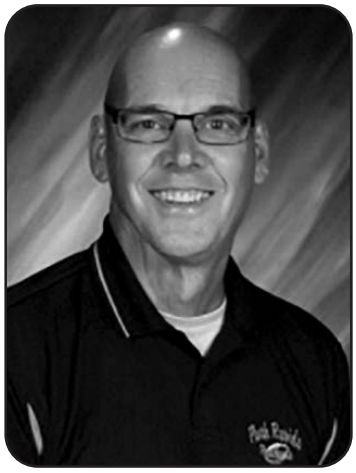

# A View from Schu

By: John Schumacher, MSHSCA EXECUTIVE DIRECTOR

The past four months bring a flood of emotions when I think of all that we have been through. I can only try to imagine what all the athletes, coaches and school personnel were going through when they were informed their winter tournament season had been cancelled. As I was sitting with my daughter who is a softball coach in a small central Minnesota school the questions kept coming back to, how could they do this to our schools, athletes and communities? As the situation changed by the hour, it was very clear that Covid-19 was going to impact all of us in a manner no one had ever experienced in their careers as educators and coaches. When the MSHSL made the very difficult decision to cancel the 2020 winter tournament season it became very clear to me the passion that is shared by coaches, athletes, and school communities. My phone and email started to explode as coaches couldn't believe what had just happened and how could anyone "rob" their athletes of the opportunity of a section or state championship. They started asking what we could do to change the direction we were heading or if we could postpone the decision to cancel the tournaments. Many coaches felt there were options that needed to be looked at and that all options needed to be explored. So many questions, so many not able to be answered...and this situation still looms today.

March -June it became very clear to me the dedication of the MSHSCA Board of Directors. I always knew we had a great board, but this year proved beyond all expectations that we have an awesome board! They truly care!!! They all jumped into action and started to address the many questions from the members, delegates and coaches across the state as things continued to evolve for everyone at every level. If they didn't have the answer they would research the question and get back to the coach. As if having their winter season taken away from them wasn't enough, schools, sports teams and communities had to start asking the tough questions of what could happen if the spring season was also cancelled and distance learning became the new normal. Well, that reality hit all of us like a ton of bricks. After the MSHSCA of 60+ sports association Presidents and Delegates met online for our March meeting the association asked the MSHSL to inform schools and coaches of their decisions prior to it going public. I would like to thank both Erich Martens of the MSHSL and Mike Beck of the MnIAAA for their willingness to talk about the ever changing landscape we were dealing with and their desire to share information back and forth between the 3 organizations. The partnership that has been established over the last three years is greatly appreciated and one that we will continue to strengthen as we move forward.

Once the spring season was cancelled and the school year ended like we had never seen before, the MSHSCA continued to work very hard with and for our members. We will continue to stay committed to the challenges and changes that lie ahead and we will be your voice. As a board we felt it was important to recognize the student-athletes so we encouraged all of our sport associations to award their teams all the academic awards for both individuals and teams for spring. I am very proud of the leadership of our sport associations and the work they do and the job they did through all the challenges this year.

We are in consistent communication with the venues that host our Hall of Fame and September Presidents/Delegates events in the hopes of being able to hold these still in September and October. By the time this publication comes out, your executive board would have met for their annual meeting at the end of June and would have discussed and looked at all options and ways to try to make these events happen. Please look for an email blast after our June 29th meeting with some updated information.

With all the changes we are facing the MSHSCA is asking you to make sure your membership is current so you are covered by our liability insurance. Remember that our membership years run from August 1st to July 31st. So if you haven't joined the association for the 2019 - 20 year and plan on working with your athletes during the summer waiver period you need to contact our office at 218-732-0204 to get registered. We also remind you that the MSHSL has extended the summer coaching waiver until August 7th. To ensure you have liability coverage you will need to sign up for the 2020 - 2021 year by August 1st. By doing this, you will ensure your liability coverage does not lapse. Your membership also allows you to get into most local sporting events as soon as they begin this fall. No matter what season you coach, sign up now and take advantage of the benefits of your full year membership.

As we continue to look ahead at what fall could look like, I ask that you are very diligent in working and communicating with your student athletes. Loomis & LaPann who provides us our liability insurance has been very, very clear that coaches must follow all national, state, local and school district guidelines when working with their athletes. These guidelines must be followed to the letter with NO EXCEPTIONS. If you have any questions, don't hesitate to contact Loomis & LaPann at 800-566-6479 and ask for either Greg or Karen. I also encourage you to work with your AD's, nurses office and HR departments with any questions you may have.

Many questions have come forward this past 4 months and we anticipate many more as we continue to navigate these uncharted waters. We will continue to get you your

**View from Schu... continued on page 7**

**View from Schu** ... continued from page 6

answers and give you some direction as we move forward this summer. I want to thank all of you for the extra work and time you spent reaching out to your athletes during this very challenging time of uncertainty and change. Please try to find some individual time to recharge your batteries as I am sure we will be faced with a number of changes and challenges before the start of Fall Activities on August 17th.

All my best to you!!!!
John Schumacher

# Dawn Engebretson Elected to Serve on MSHSL Board of Directors

Dawn Engebretson, long time coach and teacher of 29 years has been elected to a 4 year term on the Minnesota State High School League Board of Directors. Dawn was elected by the MSHSL Girls Sports voting representatives of MSHSL member schools and will represent Girl's Sports on the MSHSL Board of Directors.

Dawn has been a head coach of 3 different sports; gymnastics, volleyball and softball. Dawn is currently the head softball coach at Rockford High School. Dawn states that she has been lucky enough to coach all ages including junior high, 9th grate, junior varsity and varsity. Those many years of coaching has allowed her to work with some amazing young woman and she has been blessed to be part of their lives. Watching young woman create and reach goals while developing into amazing competitors has been the best part of coaching. Dawn enjoyed being the girls' sports representative for the MSHSL Section 5A for 4 years. Being involved at the section level helped her understand the scope of the state high school league and how policies are made. In 2013 Dawn was honored to receive the "Breaking Barriers Award" at the National Women and Girls in Sports Day. Dawn has also served as a section representative for the Minnesota Fast Pitch Coaches Association and is currently serving as the President.

The MSHSCA welcomes Dawn Engebretson as our representative on the MSHSL Board of Directors and thanks her for her willingness to serve in this leadership role. Dawns term will last for 4 years and will officially start in August of 2020.

Congratulations Dawn!

**MSHSCA EMAIL CHANGE:**

**Contact: John & Bernie Schumacher at jschumacher@mshsca.org**

# Diamond Cuts

*By: Laura Olson - Maple River HS*

*Dawn Engebretson*
*President Minnesota Fastpitch Coaches Assoc.*

This year we spent one short week with our student athletes. One week was not enough to create all the memories we were supposed to make. I am excited that the association recognized the seniors that reached Academic All-Star status and the teams that attained gold, silver, and bronze academic levels. Certificates were also sent to seniors that were nominated as All Stars to recognize those athletes with amazing softball careers.

Please note that the new dates for the summer coaching period is June 15 to August 7. If you are working with athletes this summer, you will want to renew your MSHSCA membership before August 1 (this year's membership ends July 31). Please register as mshsca.org to keep yourself covered for the summer and the upcoming school year.

To say this was a spring like no other is an understatement. We should be celebrating the newly crowned state champions as well as the newly named members to the Hall of Fame. Unfortunately none of these things are possible. Instead we will celebrate everyone. We celebrate all the coaches that spent time checking in with players, creating at home workouts, and doing special things to recognize their senior softball players. We celebrate all the seniors who could have felt sorry for themselves, but instead found ways to inspire us all. Yes, there were a few tears shed, but then they buckled down and proved to us they are the leaders that we all knew they could be. We celebrate the underclassmen who lost the year with their friends, but are determined to make the most of every moment they get to play in the future. We celebrate the fact that we have all become more resilient and more aware of the need for kindness and respect for all.

Enjoy your summer.

# ICE CHIPS

*By: Greg Anzelc*

The MHCA Fall Clinic will be held October 23rd and 24th in Duluth, the same weekend the Bulldogs host the Wisconsin Badgers. The MHCA has created a committee to increase awareness on mental health and suicide. Coaches have been notified that the MSHSL changed the start of the Summer Waiver Period to June 15th and it will run through August 7th. The 4th Annual Minnesota Wild Leadership Summit will be held virtually on Monday, July 13. The Leadership Summit is free of charge and is open to the first 500 boys and girls high school hockey captains and coaches. Teams will be accepted on a first-come, first-served basis. Attendees will have the opportunity to hear from industry leaders, coaches and former captains from the State of Hockey and beyond.

# MEMBERSHIP CORNER

*Bernie Schumacher*
*Assistant to the Director*

Hi MSHSCA Members! Schools out for summer!!! What a challenging and crazy end to this school year. I know you all get busy in the summer, but when you get a chance you can sign up for your 2020-2021 Membership year. This year it is very important for you to make sure that you are signed up for your new membership year by August 1st. With the MSHSL summer waiver being extended to August 7th, make sure you do not have a lapse in your memberships as they change over on August 1st. The 2020-2021 link is available on the website at www.mshsca.org. Do it now so you don't forget and so you get your membership card in a timely manner to get into games. This year the liability insurance is at 2 million and at no additional cost to you!! So below, I will be giving you tips to assist you in registering. It's pretty simple but there are some simple mistakes people make. Here are some of the most often asked questions and issues we run into:

**1) Where do I sign up for my MSHSCA membership?** Go online to www.mshsca.org. There you will see a dark green registration bar on the front page. Follow that and it will guide you to the registration area. Make sure though when you are logging in that you are not logging into the white word "login" at the top of the home page. That will take you to sport engine and not to the registration portion you need to get at.

**2) Membership Year.** Membership years run Aug 1st-July 31st. And the 2020-2021 membership year which basically covers fall sports 2020, winter sports 2020-2021 and spring sports 2021 is ready for you. Sign up right away at the beginning of the membership/school year so that you get a full year worth of coverage and benefits. Also, remember many sports association have deadline dates and you don't want to miss those and take the risk of yourathletes not being recognized for postseason awards.

**3) Correct Link.** Another frequent issue we see is people signing up in the wrong year due to the fact they have the wrong/old registration link. Many smartphones, computers save things through history, so by pulling up what you used last year and registering through archived links you will end up with issues. We have to change our registration link every year, so the one that you used last year is not the correct one for this year. Please always start your registration for membership at our website at www.mshsca.org to assure you are using the Correct registration link.

**4) I forgot my password.** Use the "forgot password" portion of our system It is important though after you request your password that you look in your spam, as we are finding the password response goes there often. This option will not work though if your email address you used last year has been changed and is no longer working. You will have to contact me for personal assistance if that is the case.

**5) My email address has changed and is not active so I can't register.** The registration system that we are working with is email specific and the system doesn't care if your email address works or not. Think of your email as an ID only. We know many schools are changing their emails. 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 your membership with the previous year. Get yourself registered first, hit finished and once registered you can go back in andedit any of your information, from mailing address, phone number, email and even your password. Do right away after you registered thou, especially if your address has changed so that when we print your card we have the correct mailing address. There is an EDIT button to the left of your profile. You know that old saying; "Garbage in garbage out?" 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. Key point…you must get yourself registered into the current system (Membership year/school year) first in order to edit. We are finding people register, but they don't look at their profile information and addresses have changed and not updated and your card ends up coming back

# MEETING DATES FOR 2020-21 MEMBERSHIP YEAR

| | | |
|---|---|---|
| September 11, 2020 | HOF Meeting-HOF Coord/Exec Direc | Mpls Marriot West |
| September 12, 2020 | MSHSCA Fall Delegates Meeting | Mpls Marriot West |
| October 9, 2020 | HOF Coordinator/Exec Direc Meeting | Sheraton Mpls West -Ridgedale |
| Oct. 10, 2020 | MSHSCA Hall of Fame Banquet | Sheraton Mpls West -Ridgedale |
| Jan . 14-18, 2021 | NOCAD National Convention | Savannah, Georgis |
| March 19, 2021 | MSHSCA Finance Meeting | Country Inn and Suites in Eagan |
| March 20, 2021 | MSHSCA Winter Delegates Meeting | Mancini's in St. Paul |
| March 2021 | MNIAAA-Ad's Convention | Doublewood St. Cloud |
| June 2021 | Summer Board of MSHSCA Directors Meeting TBA | |

## PREP COACH DEADLINES TO SUBMIT

**March 1 | June 15 | September 1 | December 1**

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to us. Please make sure to always keep your profile up to date which you can update anytime throughout the year. There is an edit button to the left of your profile, click on that when wanting to edit.

**6) Assistant Coach vs Head Coach.** When registering, make sure that if you area Head coach that you check the little box below the sport you selected. If you don't check that then you won't come up as a head coach in the system and athletes won't qualify for postseason awards. Sports Associations rely on the This information being correct when recognizing coaches and athletes for postseason awards. Many notice that they aren't listed as head coach when they get their card and then we have to go through another process to get it corrected.

**7) Section Selections.** The Sports Associations need you make surewhen registering, to not only select your sports that you coach but please make sure to select what SECTION you are in. They use this information and are finding out many coaches are skipping this step in the registration. It is important to fill in all areas of your profile, properly select your sport, if you are a head coach or not, and also your section. This information is needed by your sport's associations.

**8) Credit Card/Cash.** If you are paying by credit card, everything must match exactly. Card number, expiration date AND even your name on the card. If you have a middle initial on your card, you must put that in too. If you hit payment and the first time it doesn't go through, hit enter again and it should work. If you are paying by cash, please remit your payment ASAP. If payment isn't received In a respectable amount of time, you could risk your membership being deleted for lack of payment which then you would not have insurance coverage nor will your athletes qualify for postseason awards. It's not fun being a collection agent!

**9) Receipts.** NEW this year is an itemized receipt! When registering you will see a final page that will allow you to double check and make sure you have things selected correctly before you finalize and pay. It is also going to be very appreciated by your schools if you turn them in for reimbursement as it includes service/credit card fees.

**10) Life Membership.** Those who filled out an application by May 15th, 2020, if you haven't been notified by mail yet, you will be very soon. You were just approved at our board of directors meeting in June. Additional paperwork will be sent to you to finish the process. If you did apply, please wait for the paperwork to arrive before you sign up for your yearly memberships. It is a different process to get registered now. To find out if you qualify for Life Membership, go online and read the specifics and print out an app and mail it in. This years Life Membership process is closed for the 2020-2021 year, but you can get your application in now for the 2021-2022 year. You have til May 15th, 2021 to complete the application.

**11) The MSHSCA Website** is a very valuable tool that gives you more details and information about our organization, your sports associations and so much more. Please find some time to wander through it so you know what it all offers you. The electronic version of the MSHSCA Prep Coach is on there too.

I hope some of the tips and information above was helpful. If there is a specific question you need answered, please feel free to contact me at bschumacher@mshsca.org or call 218-732-0204. We continue to look at ways to make registering and our website more user friendly. We appreciate your commitment to education based athletics.

## HAVE YOUR NEW CARD FOR ALL 2020-2021 SCHOOL YEAR?

### Your 2019-2020 Membership & Insurance Expires July 31st.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

***Park Center does NOT accept Membership Cards for admission.***

**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!**

MINNESOTA
STATE HIGH SCHOOL COACHES ASSOCIATION
**LIFE MEMBERSHIP**

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

**The card is white with Black Ink for the year 2020-2021.**

**2020-2021 Membership Card**
Minnesota State High School Coaches Association
John Schumacher, Executive Director, Park Rapids
Phone: 218-732-0204 • Cell: 218-255-0827
Email: jschumacher@mshsca.org • Website: www.mshsca.org
President, Terry Sadler - Warroad

**John Doe**
**St Anthony Village**

Asst. Football
Head Wrestling
Asst. B/G Track

## • • REMINDER • •

### AFTER REGISTERING FOR YOUR MEMBERSHIPS OR CLINICS, DON'T FORGET TO PRINT YOUR RECEIPT!

# MEMBERSHIP REPORT 2019-2020

June 11, 2020

| Types of Membership | 2018-2019 | 2019-2020 |
|---|---|---|
| Active Class A & AA | 6559 | 6103 |
| College Associates | 1178 | 1287 |
| Other Associates | 58 | 62 |
| Active Life | 343 | 340 |
| Retired Life | 1293 | 1351 |
| Honorary | 4 | 5 |
| **TOTAL** | **9435** | **9148** |

Breakdown of membership by sport association (2018-19 totals in parenthesis)

Adapted Athletics (21) 18
Boys Lacrosse (104) 48
Alpine Skiing (62) 64
Girls Lacrosse (90) 47
Athletic Directors (119) 113
Football (1133) 1113
Baseball (515) 515
Football Retired (1) 4
Boys Basketball (764) 702
Girls Basketball (737) 682
Golf (boys & girls) (360) 288
Cross Country (449) 426
Soccer (boys & girls) (445) 436
Dance (280) 290
Softball (489) 424
Gymnastics (225) 229
Synchronized Swimming (18) 10
Nordic Skiing (103) 116
Girls Tennis (222) 226
Girls Swimming (240) 254
Boys Tennis (185) 172
Boys Swimming (197) 200
Track & Field (881) 735
Girls Hockey (90) 93
Volleyball (661) 636
Boys Hockey (192) 209
Wrestling (143) 153
Hockey Retired (2) 2

Sport associations that collect their own dues, but join the MSHSCA are Cheer (13) 13, Clay Target (12) 9, and Badminton (5) 6.

# FLIP NOTES

*By Krysta DeLong – Edina*

As we look back on this school year, we can be thankful for the memories and success we were able to have in our sport and also share sadness for the loss of spring sports. In such an unknown time, it is hard to know what will happen next with our sport (and any sport). Now that it is summer, make sure you have your summer waiver signed. Even if you can't get into a gymnastics gym, get together with your team in some aspect. It could be at a park in an open field for a workout, a zoom meeting or anything else that gets them together. As coaches, we are more than what we are in the gym. We are role models that encourage our gymnasts to be their best in all aspects of life. Please make sure to follow CDC guidelines and use guidance from your AD as you are with your team this summer.

The summer waiver period is from June 15th-August 7th with no contact July 3rd, 4th and 5th. This is the only time during the off season that you can coach your gymnasts. This includes but not limited to: choreography, open gyms, zoom workouts, structured practices, camps.

We will get more information out on a fall coaching clinic for October as soon as we can.

# QUICK STICKS

*By Ana Bowlsby*

Coaches, what an unbelievable non-season this has been. I hope everyone has been able to stay healthy and safe throughout this unprecedented time.

Continue to send offers of virtual coaching or flat out meetings through other platforms to your players; it is a connection to other players and another instructional voice. It is vital to maintain connections with our players in the off season.

One way to stay connected with players through the "30 days of lax" that Women's Lacrosse Drills put together for free: https://www.womenslaxdrills.com/30daysoflax) If your players play other sports in the fall and winter, please go see them in action! It is always exciting to see the girls play another sport in which they are passionate. Attendance at those events shows that you as a coach care about the player as a whole person.

Regarding summer patriciationa, we can work with our players in small safe groups, please check with your athletic director to confirm where you can have space and what other forms they have for the players. Please continue to reference what the MSHSL sends out and updates throughout the summer.

# FAST TRACKS

*Robb Lageson*

Uncertainty is rampant. The only thing I know for certain these days is that I certainly don't know much. Lots of things to worry about and the path forward is not very clear.

Makes me long for classic single track in the woods. Hop in the tracks and go. The only thing to worry about is kick and glide. Try not to get too lost.

Our sport is challenging for so many reasons. There are many variables to good performance and there is often a lot of uncertainty. We cannot predict the weather, the snow conditions, and course conditions. Not to mention all those wax and equipment choices. We are used to dealing with uncertainty and it makes us resilient and resourceful.

Distance Learning and Distance Training are new challenges for our athletes. Everyone has been scrambling to do their best to make distance learning work. Challenging issues of equity and connectivity. No one knows what to expect for the next school year for academics and athletics. We will wait and see and do as best we can.

Summer is here and good skiers are made in the summer. Virtual and Distance Training are new approaches to regular summer training. It is going to be tough. Training on their own works for the dedicated and experienced athletes. But even the best athletes really thrive when they work together. All of our athletes will miss the teamwork and challenge to improve by working out with other determined athletes.

I think that those newer to the sport will miss the most. Hard to look up to the Seniors if you are not training with them. Hard to learn the fundamentals of technique on your own. Seniors will miss out on those leadership and mentorship opportunities.

I really like having my athletes train in the summer with athletes from other teams. I tell my team that they are training with athletes they will be competing with in the winter. Once you are out of high school, many of those you have raced with will be your training partners, racing buddies, and friends.

No Spring Meeting this year. Not sure of the plan yet for the Fall. More uncertainty. I have not been very focused on Nordic Coaching for the last few months, but should have some time now to turn my attention that way.

Here are a few of the items going forward:

1. New President (Section 4)
2. Covid 19 Guidelines for MSHSL Nordic Skiing
3. Adaptive Timing Factor Proposal to MSHSL
4. Flouro Wax Policy Updates
5. New State Meet Format- How it will work
6. State Meet Venues.
7. Club and HS Team Relationship Issues
8. Season Start date
9. Bylaw Voting Rules.
10. Executive Committee instead of Spring Meeting?

# Mat Chatter

*Shawn Frederixon*
*Chisago Lakes Area High School*

This is my final article as MWCA president. I want to keep one more issue at the forefront. In wrestling, we have many girls sacrificing every year alongside boys. We put forth a proposal for girls to have their own state tourney this year, but it didn't succeed. We will continue to work to give girls in our sport an equal opportunity to showcase their talents. The proposal is unique because it doesn't require schools to start a new program with all associated costs. Money will always be a decision maker, but we feel we can limit how much money plays a part. If you can speak to your Activities Directors on our behalf it would be greatly appreciated. Throughout history, women have shown that when given the opportunity, they are up to the challenge and that's what we're trying to provide. Please reach out if you have questions about our girls' wrestling proposal if you want more information at sfrederixon@isd2144.org.

There are a lot of unknowns as we head into the next scholastic year. Wrestling has been designated a high risk sport by the NFHS. We're not the only sport. It will be interesting to see how the State of Minnesota and the MSHSL approach the school year and the ramifications for athletics.

Wrestlers are used to sacrifice when it comes to our sport. Weight management, physical exertion, and mental toughness are just some of the things that characterize a tough wrestler. When a wrestler steps on the mat, all of their weaknesses are on full display. There's no hiding and every wrestler has had their butt kicked at some point in their career. Yet, they still get back up and work harder. Some may never be deemed successful based on wins and losses, but their real character is revealed by how many times they're willing to get back up.

In some ways, for those who haven't contracted it, COVID has been an equally challenging commitment that wrestlers face every season. It's not easy to accept missing a whole sports season, graduations, or family get-togethers. Wrestlers often take part in morning workouts, turn down seconds at meal time, or workout before going to bed while their buddies are doing the opposite. I'm hopeful that the sacrifice all have made these past few months will help us prove all the predictions wrong and we can move forward. Whatever your beliefs on COVID are, I want to thank everyone for the sacrifice you've made to help keep others safe.

**MSHSCA EMAIL CHANGE:**

**Contact: John & Bernie Schumacher at jschumacher@mshsca.org**

**Trophies Plus - Sponsor of Coaches Caring**

# Clearing Hurdles

*By: Clearing the Hurdles*
*Aaron Berndt, Wayzata High School*
*President, MN Track & Field Coaches Association*

The consistent theme for this past season has been to keep looking forward to better days. Looking forward to doing what we all love doing and sustaining an environment for student athletes to learn and grow in their developmental path. Indeed, it took a very different path this past season than any of us could have predicted. Some of the hardest lessons to learn are from the hardest circumstances, particularly those that we can't control. I am confident, when we are back to the "next normal" again, whenever and whatever that is, we will all be better than before the "lost" 2020 T&F season. We know nothing can or should be taken for granted.

There has been a lot of time for reflection the past few months. For me, that's included pondering questions like: How do we bring our sport back and how do we make our sport better when we do? The last month has had a special focus on race relations and where we all stand in society. Two events stood out in my mind (not to discredit other events in our country). The first was the story of Ahmaud Arbery, an African-American man simply on a run (something many of us and our athletes do almost daily), who was gunned down in the street by two white men. The second, the murder of George Floyd, right here in our own state. We, as coaches, must understand our role in shaping this world and the people in it. We, as coaches, may impact more individuals in ONE SEASON than someone else can in their ENTIRE LIFE. We talk about relationship building, character development, and leading boys and girls into adulthood, but we are often too ignorant of one of the most important topics our society faces.

One of my own athletes, a senior captain who I admire for his leadership, and who also happens to be of African American descent, sent me the following in the wake of George Floyd's murder: "I am not sure what it was about the case of George, maybe because it was so close to home, but it hit me on a personal level. Justice needs to be served and we as a society can no longer be silent. I truly hope there will be an era of peace and kindness, but that will not happen overnight. I will scream 'Justice for George' and everyone else that has suffered the way he did, now and forever."

Our athletes are screaming out for us to help and we do not do enough to listen. We must do more to ensure all our athletes feel they belong in our school community and country as a whole.

If not now, when? If not here in our association, where? I would like to see our association take the initiative on improving race relations and inclusion within our sport. Track and field can be one of the best sports to take this on. We have more than 34,000 boys and girls in track & field in Minnesota. We have a diverse body of student athletes across the state, but we do not mirror this makeup from the standpoint of coaches in our own membership. Our sport is oftentimes the most diverse when it comes to athlete gender, ethnicity, and cultural differences. We can, and must, do better to reach out to our athletes. We have the chance to lead change for Minnesota high school sports. Beginning this summer, I would like coaches to get together (through virtual meetings I will organize) to speak, listen, reflect, and plan for meaningful change as a committee of T&F coaches committed to social change. I would like us to find the best ways to educate and enact positive change we can control starting with our own teams. If you would like to be a part of this group, email me personally and I will include you in the initial startup group. If you have students on your teams who you would like to be included, send me those names and contact information, too. It will be important to include the voices of those who have, and will be, impacted by racial disparities. I am smart enough to know I will never fully understand the experience of other races in this world, but I will do what I can to listen and change.

On a completely different note, this will be my final article submitted, as my term as president of the Minnesota Track & Field Coaches Association comes to an end this summer. I am very thankful and blessed to have worked with so many of you in my two years as vice president followed by two more years in this president role. I am extremely proud of what we have done to better our sport these past four years. Namely, we have expanded the wild card team allotment for the True Team State meet, we successfully persuaded the MSHSL to add an additional competitive class starting in the 2021-22 season, we added the Women4Women initiative to recruit and retain female coaches as strong role models and incredible coaches, we added the T&F mentorship program with nearly 40 coaches volunteering to serve as mentors, and we created the only Mr. / Ms. Track & Field award in the United States. It is very impressive what we can do as we work together for the betterment of our sport.

This summer, Lee VanNyhuis, the girls coach from Osakis, will move from the vice president role to president of the association. Meghan Orgeman, the girls coach from Alexandria, will be the new VP for two years before also moving into the president role. Meghan has been instrumental in the Women4Women organization and she will become the first female VP and president of our association since the boys' and girls' associations merged together more than 20 years ago. I know both Lee and Meghan are going to be great representatives for our association and look forward to more collaboration and growth for our sport. I will still be involved in the role of past president for two years, which I look forward to helping advise and lead our association towards learning and teaching how we can do our part to break barriers on racial disparities.

Once again, our summer association meetings will be occurring, but will look a little different. The meeting dates will be posted on our association website and e-mailed to members as the dates are determined. We plan on holding our association meetings only online this summer to accommodate social distancing. If you would like to discuss the MSHSL classification progress, other topics related to MSHSL and/or True Team, or would like to join in and listen, these meetings are some of the best ways to directly impact change.

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# DUGOUT CHATTER

By: Rick Zollner – Pipestone Area President MSHSBCA

The MSHSBCA would like to pay tribute to ALL the high school players, families and coaches who lost their baseball season. We are used to mother nature causing us problems in the spring but no one could have predicted a global pandemic. This pandemic has robbed players of memories and the chance to compete for a state championship but it can never take away your love for the game!

Our incredible group of coaches for the 2020 Play Ball! Minnesota All-Star Series will now be the 2021 coaches! Cole Flick (Dassel-Cokato), Tom Konz (Minnehaha Academy), Dan Shuck (Columbia Heights), Brian Harapat (Rogers), Scott Courtright (Mounds View), Matt Kelly (St. Thomas Academy), Chris Swansson (Rosemount), Don Plaisance (New Prague), Chris Stanton (Randolph), Casey Krekling (Hayfield), Jay Wetzel (Hibbing) and Joe Wicklund (Marshall School, Duluth). Thank you coaches for taking time away from your family to coach in this series!

The 13th Annual Junior Showcase has a new date of August 2nd (Sunday). The site will be at Minnetonka High School. Up to 150+ invited juniors (senior class of 2021) will be showcasing their baseball talents. No games are played. Players will work out at just one position, other than pitchers who may work out at another position. All players will take batting practice. All players will be timed in the 60 yard dash. Catchers will be timed and gunned on their throws to second base. Outfielders will show their arm strength with throws from right field to third base and home plate. First basemen will field ground balls at first and show their arm strength on throws to third base. Shortstops, second basemen and third basemen will field ground balls at shortstop and show their fielding ability and arm strength with a variety of throws to first base. Pitchers will throw 12 pitches off the bullpen mound, showing their fastball, breaking ball and change-up. Many college coaches and pro scouts will be in attendance.

The MSHSBCA Fall Clinic will be November 20-21 (Friday/Saturday). The new site will be the Omni Viking Lakes Hotel in Eagan. This will be an unbelievable event with a new format, great speakers, and accommodations! I would also like to congratulate the Hall of Fame class for 2020. Darby Carlson (Maple Grove), Don Dvorak (New Prague), Gary Palm (St. Anthony Village), Todd Smrekar (Cambridge-Isanti), Ken Solarz (Upsala) and Herb Wolf (Fairmont). These excellent coaches will be honored Saturday evening. I encourage all coaches to purchase tickets and attend.

Congratulations to the following MSHSBCA Scholarship winners. Brett Bateman (Mounds View), Carter Bratland (Spring Grove), Nathan Culley (Anoka), Christian Diederich (KMS), Adam Eldredge (Elk River), Jake Gawreluk (Anoka), Luke Imdieke (Osakis), Ben Kuehni (Red Wing), Ben Reilley (Maple Lake), Benjamin Reinhard (Concordia Academy), Brock Rinehart (Woodbury), Ethan Schafer (Goodhue), Joseph Schleper (Shakopee) and William Weick (Rochester Mayo).

This is a perfect time of the year to update your membership to the MSHSCA and MSHSBCA for the 2020-21 year. Go to www.mshsca.org. Membership provides liability insurance and it provides eligibility for your players to receive post-season awards. Also, consider membership in one or both of the national associations (BCA or ABCA). Additionally, follow our association on Twitter @mshsbca, and continue to check for updated information at our website; www.mshsbca.org. At this link you can also check out current baseball records in the state of Minnesota. If you are looking back at past seasons and notice a player of yours tied or broke any record please contact Tink Larson at tlarson@hickorytech.net.

The MSHSBCA is looking for nominations for our Hall of Fame and other awards. Please consider nominating a deserving coach or baseball person from your community. Check out the awards criteria and past winners at www.mshsbca.org!

If you have concerns please contact any member of the Executive Board. We have weekly meetings through Zoom.

# SYNCHRONIZED SWIMMING

*By: Kathryn Henderson*

**The 2020 Non-Season**

The 2020 season will go down in history as the season that never happened. Synchronized Swimming, along with all other spring sports, had to go through weeks of uncertainty before our entire season was cancelled due to the coronavirus pandemic. The one difference between our sport and other spring sports is that we were able to start our season normally, with no doubt that it would be a season just like any other. Synchro is one of the earliest sports to start in the spring, so on March 2 our swimmers and coaches reported to the pool per our normal routine. Tryouts happened, placements happened, some teams even got started on choreography and prepared for the first round of meets. By the end of the second week, none of us would have guessed that we would never return to the pool.

The first announcement from MSHSL was that meets/games were cancelled through April 6, so some teams were scrambling to reschedule a few meets. Many of us left the pool on Saturday March 14 thinking we'd be back for practice the following week. Our equipment was left on the pool deck. The swimmers' gear all left in their lockers in the locker rooms. Posters and decorations of team spirit were still hung on the walls.

For the next several weeks, coaches had to figure out how to

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## Swim Strokes

*Brian Luke*
*Boys' Swimming and Diving Association President*
*Stillwater High School*

Due to COVID-19, the All-State Banquet and Coaching Clinic was cancelled. We held an online banquet to recognize our athletes and coaches in March.

This year's award recipients are below.

| | |
|---|---|
| Hall of Fame Inductees: | Karen Bosveld Zemlin, Eden Prairie |
| | Tom Uvaas, Fergus Falls |
| Jerry Simpson Dedicated Service: | Chris Aarseth, Maple Grove |
| | Bob Crunstedt, Burnsville |
| | Tom Eaton, Albert Lea |
| Assistant Coach Dedicated Service: | Meghan Kemna, Visitation |
| | Mike Yasis, Wayzata |
| Class A Girls Athlete of the Year: | Grace Hanson, Hutchinson |
| Class A Girls Coach of the Year: | Rory Fairbanks, Hutchinson |
| Class AA Girls Athlete of the Year: | Reese Dehen, Anoka |
| Class AA Girls Coach of the Year: | Jeff Mace, Edina |
| Class A Boys Athlete of the Year: | Jack Herczeg, Winona |
| Class A Boys Coach of the Year: | Chris Mayer, Winona |
| Class AA Boys Athlete of the Year: | Hayden Zheng, St. Louis Park |
| Class AA Boys Coach of the Year: | John Zemke, Brainerd |

The True Team summer meeting will be held virtually on July 15th starting at 9am. I encourage as many of you as possible to attend the summer True Team meeting and be involved in the process. Details can be found on our website calendar.

Our website continues to be a focal point for information on our association and swimming and diving in Minnesota, MSHSCASwimDive.com. Thank you, Todd Walsh, Executive Secretary and Webmaster, for the continued support.

Stay safe and be well everyone!

## SYNCHRONIZED SWIMMING

... continued from page 13

implement distance learning. Synchronized swimmers without their partners and without their pool, like fish out of water! Coaches did what we could for dryland training via video and zoom, all in hopes that we would return to the pool later in the season. By the end of March, we learned the earliest we could return was May 4. Too late to plan/prepare for section and state championships. Our competitive season was over. Later of course, even the prospects of a short season in May were eliminated, and our dreams of being together again with our 2020 teams were over. The devastation for our seniors set in, as car parades and video chats tried to cover up for the loss of what could have been.

As we begin to return to normal, we hope for the best for upcoming fall sports, that they don't have to experience what spring sports had to go through. Some protocols/procedures may have to change, but we wish the best and look forward to a robust high school athletic schedule for 2020-2021 teams!

# Over Hill and Dale

What a crazy spring we experienced. I hope that all of you are safe and are enjoying the start of your summer. There is no doubt that this will be a very different summer. Different doesn't have to mean better or worse. I know I am excited for more time with my family including day trips to different parts of Minnesota! I hope you all can find something to bring some positivity to your life this summer.

As coaches we are always preparing for the next season. The word that keeps coming back to me is HOPE. Hope: a feeling of expectation and desire for a certain thing to happen.

The athletes are so excited to get back to work with their friends. Our athletes are so motivating. They want to put in the work, they want to be with friends, they want to celebrate success and reach goals, and they want to be a part of a team. I could not be prouder of all of them as they continue to be their best even amid so much uncertainty. It is our athletes that give us all so much hope for the fall.

The Cross Country Coaches Association has no news to report about what the fall will look like. We have a meeting with Lisa from the MSHSL set up for the end of July. I am sure this fall will be discussed as well as the 3-Class system for the fall of 2021. I know we will have more questions about that in the future.

Our CC Clinic is going to be held virtually on August 10. Thomas Sharp has been working very hard to line up speakers. Look for more information on this coming soon. We will also honor our scholarship winners and will have some type of Hall of Fame ceremony. We are hoping to have many of you participate in this year's clinic. Also, don't forget to renew your membership to the coaches association!

This is my last article as president of our association. I want to thank you all for your support over the past 2 years. It has been a pleasure to represent you and to try to do what is best for the sport of cross country in Minnesota. Brandon Heebink from Wayzata will be taking over as president. He will do great things for our sport.

In closing, I hope you all have a great summer and are able to have HOPE in many things in your lives.

All the best,

Chris Goebel
Mora Cross Country Coach
Cross Country Coaches Association President

***"Keep working, even when no one is watching"***

**- Alex Morgan**

find us on facebook follow us twitter @MSHSCA

## GENERAL LIABILITY INSURANCE PROGRAM

**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.**

## CARRIER

**Houston Casualty Company**

## POLICY PERIOD

**August 1, 2020 – August 1, 2021**

## LIMITS OF INSURANCE

| | |
|---|---|
| **$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** |

## COVERAGES

- **Educator Professional Liability**
- **Participant Legal Liability for insured members**
- **Liability assumed under insured written contract**
- **Defense Cost outside limits**

## EXCLUSIONS

- **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.**

## CAMP INSURANCE

**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.**

**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.**

## NEW PROCEDURE FOR CAMP INSURANCE

**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.**

**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.

## PURCHASE INSURANCE

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

## INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

**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.***

# Corner Kicks

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

By the time you get this, the school year will be over. Not the normal last three months. Many of you had to adjust to distance learning and not being able to coach a spring sport. And add to that not being able to see your soccer players.

Because of the Covid-19 restrictions, the MSHSL has not set a firm date on when or if the 2020 MSHSL Soccer season will occur. At a Virtual Soccer Advisory Meeting with the MSHSL in May many options were discussed from a start as normal, to late start, to no season at all. The MSHSL will wait until as late as they possibly can to decide and will be working with the State Board of Health when making this decision. This is the current status as of June 15th when this article was written. Stay aware of things through your AD, the website and the League.

In a letter to the coaches President Ben LeVahn(Maple Grove Girls) stated.

"We are entering both exciting and challenging times. In the Fall 2022 soccer will move from two classes to 3 classes with the breakdown based on school enrollment. The breakdown is as following :AAA-64 biggest schools, AA-the next 64 schools and A-remaining schools. This shift also brings a greater need for more involvement from coaches in our association. We will need at least 16 new coaches to fill in section representative roles, becoming a Coordinator or at the Executive Board level."

The 30th annual Soccer Coaches Clinic is set for Thursday and Friday August 13th and 14th. The MSHSSCA Board of Directors passed a motion that as an organization that our organization wait until the MSHSL decision about the Fall Clinic. But did want to share information about the clinic with coaches as a save the date and future planning. But we ask coaches to wait until the MSHSSCA board makes the final call on whether the clinic will occur. They also will need to take in social distancing and other health department directives at the time. At that time we will communicate about registration for the clinic.

Greg Juba (Park Girls Retired) the clinic director, has sent the clinic information to the Prep Coach. This year the Clinic will again be held at the National Sports Center in Blaine. The Thursday evening session will be on the topic of "Striker Play" and will feature Sean Holmes, Head Men's Coach at St. Cloud University. We look forward to his sessions each year. It will be held at Broadway Pizza in Blaine at 11822 Aberdeen Street NE. Look for all the information you need and times for the Friday session are in the registration form in the Prep Coach. It is a great time to meet with coaches from across the state, pick up games and scrimmages, see soccer sponsors and their wares, and attend great sessions by top Minnesota and Nationally recognized coaches and clinicians. Probably most important is attending the MSHSSCA General Meeting for all head coaches. It is a great time and we invite you to bring your whole staff. Please look for the clinic registration information in this issue of the Prep Coach.

A quick reminder about membership. Your membership must be done online at www.mshsca.org by October 1st to be eligible for MSHSSCA award. The Clinic registration does not include this fee. Consider having your whole staff become members of the MSHSSCA. It is a small fee. The insurance coverage is one of the greatest values of membership. Especially at this time with the Virus, the insurance will cover coaches during the pandemic as long as they follow State and School District directions for health during the pandemic.

To clarify something that might be not understood is that you must belong to the association to have your players considered for All-State Teams and Academic Team Awards. Would you further consider becoming a member of the United Soccer Coaches Association? You can check with registration staff about joining this National Association. It is also a great value and the more coaches that belong to the National Association the more players and coaches can be honored by that organization. The deadline for joining is October 1.

All coaches need to find their Clipboard on the Minnesota State High School League website and follow the instructions from your Clipboard. This will be a new site this fall not called the clipboard as the MSHSL continues to overall their website. But there will be an electronic Educational component for coaches from the MSHSL. BE sure to work with your AD about access to this portal and when it will be open. A reminder that the rules part will be posted on August 10th and the deadline is August 26.

The Summer Waiver Period starts on June 15 and ends August 7. The blackout time is July 3-5. If you are coaching your players, this summer you MUST go to your Coach's Clipboard and fill out the waiver.

Greg Juba (State Tournament Director) has shared the 2020 dates for our tournament. The Quarterfinal dates are Tuesday October 27th, Wednesday October 28th and Friday October 29th. Sites are still yet to be determined. Semifinals and Finals are set for Monday November 2nd Wednesday November 4th and Thursday November 4th at US Bank. More information will be forthcoming about the Coaches booth.

A couple of other quick notes. Any spring suspension for an athlete will carry over into the fall. There is one rule change that now allows shirts to not be tucked in. There are several other rule changes and they will be covered in your Clipboard.

I need to mention two special people. Jason Arnebeck (Boys-Park of Cottage Grove) has retired. He has given many hours to our organization and will continue to serve as Past President. I want to thank him for all the help he gave me with the Senior Classic. Best to you Jason. The second is Dick Eldridge a long-time football, basketball and track official and member of the MSHSL Hall of Fame (among many honors). He is battling cancer and we wish him recovery. If you have ever worked with Dick, you know what a class gentleman he is.

That seems to be more than enough for now. Things are changing so fast; you need to stay informed. Stay safe and stay well. You will be back soon with the best job in the world, coaching kids.

find us on facebook follow us twitter @MSHSCA

Minnesota Basketball Coaches Association

**2019-20 SECTION COACHES OF THE YEAR**

| | |
|---|---|
| Section 1a: | Nathan Piller, Blooming Prairie |
| Section 2a | Alan Woitas, New Ulm Cathedral |
| Section 3a: | Jamie Pap, Southwest Minnesota Christian |
| Section 4a: | James Scheeler, Chof |
| Section 5a: | Scott Kramer, Nevis |
| Section 6a: | Randy Misegades, Henning |
| Section 7a: | Kyle Giorgi, Nashwauk-Keewatin |
| Section 8a: | Neil Steffes, Fertile-Beltrami |
| Section 1aa: | Brad King, Caledonia |
| Section 2aa: | (Co) Seth Anderson, Waseca |
| | (Co) Matt Urbanek, Jordan |
| Section 3aa: | Alex Hein, Jackson County Central |
| Section 4aa: | Eric Schutte, Concordia Academy |
| Section 5aa: | Larry Mckenzie, Minneapolis North |
| Section 6aa: | Matt Hoelscher, Osakis |
| Section 7aa: | Joe Kahl, Pierz |
| Section 8aa: | Co) Matt Johnson, Fergus Falls |
| | (Co) Dave Cresap, Perham |
| Section 1aaa: | Kris Fadness, Austin |
| Section 2aaa: | Travis Carroll, Marshall |
| Section 3aaa: | Omar Mcmillan, Richfield |
| Section 4aaa: | Lance Johnson, Minnehaha Academy |
| Section 5aaa: | Terry Techam, Delano |
| Section 6aaa: | Travis Bledsoe, Delasalle |
| Section 7aaa: | Brett Cloutier, Princeton |
| Section 8aaa: | Forrest Witt, Alexandria |
| Section 1aaaa: | Joe Janquart, Lakeville South |
| Section 2aaaa: | Dave Flom, Eden Prairie |
| Section 3aaaa: | Paul Goetz, Eastview |
| Section 4aaaa: | Jerry Kline Jr., Cretin-Derham Hall |
| Section 5aaaa: | (Co) James Ware, Park Center |
| | (Co) Grant Guzy, Spring Lake Park |

**COACHES... continued on page 25**

# 2019-2020 WINTER STATE CHAMPION TEAMS

| | School | Coach |
|---|---|---|
| **ALPINE SKIING** | | |
| Girls | Lakeville North | Bob Boldus |
| Boys | Lakeville South | Wayne Hill |
| **NORDIC SKIING** | | |
| Girls | St. Paul Highland Park | Brad Moening |
| Boys | Forest Lake | Ryan Wright |
| **GYMNASTICS** | | |
| Class A True Team | Big Lake | Nicolette Collison |
| Class A MSHSL | Big Lake | Nicolette Collison |
| Class AA MSHSL | Lakeville North | Teri Homan |
| **GIRLS HOCKEY** | | |
| Class A | Breck School | Steve Persian |
| Class AA | Andover | Melissa Volk |
| **DANCE-High Kick** | | |
| Class A | Lac qui Parle Valley/Dawson Boyd | Lisa Johnson |
| Class AA | Sartell-St. Stephen | Kelly McCarney |
| Class AAA | Eastview | Jenny Raiche |
| **DANCE-Jazz** | | |
| Class A | Lac qui Parle Valley/Dawson Boyd | Lisa Johnson |
| Class AA | Totino Grace | Kristen Gagon |
| Class AAA | Eastview | Jenny Raiche |
| **WRESTLING** | | |
| Class A | Long Prairie/Grey Eagle | Jacob Lorentz |
| Class AA | Simley | Will Short |
| Class AAA | Shakopee | Jim Jackson |
| **BOYS SWIMMING MSHSL** | | |
| Class A | Breck/Blake | Michelle Carlson, Brian Wright |
| Class AA | Edina | Scott Johnson |
| **BOYS SWIMMING TRUE TEAM** | | |
| Class A | Breck/Blake | Michelle Carlson, Brian Wright |
| Class AA | Minnetonka | Kristen Phillips, Robby Kendall |
| **BOYS HOCKEY** | | |
| Class A | Mahtomedi | Jeff Poeschl |
| Class AA | Hill Murray | Bill Lechner |

***The rest of Winter State Tournaments not held due to the Covid-19***

## MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION

# 30th ANNUAL SOCCER COACHES CLINIC

**AUGUST 13th - 14th, 2020 NATIONAL SPORTS CENTER, BLAINE**

The Minnesota State High School Soccer Coaches Association (MSHSSCA), in conjunction with the Minnesota State High School Coaches Association (MSHSCA) invites all interested youth, club, high school and college soccer coaches to our 30th Annual Soccer Coaches Clinic. This two-day clinic includes field and classroom educational sessions, the opportunity to connect with vendors, networking with other coaches, and more.

### Thursday, August 13th, 2020 ... Broadway Pizza *(11822 Aberdeen St NE, Blaine)*

| | |
|---|---|
| 6:30 - 9:00PM | Keynote Session, on "Striker Play."<br>Includes Social Hour with light dinner options.<br>Featuring Sean Holmes, Head Men's Coach at St. Cloud State University. |

### Friday, August 14th, 2020 ... National Sport Center *(1700 105th Ave NE, Blaine)*

| | |
|---|---|
| 7:30 - 8:15AM | Sign-In/Registration |
| 8:30 - 9:25AM | Session 1 |
| 9:40 - 10:35AM | Session 2 |
| 10:50 - 11:45AM | Session 3 |
| 11:45 - 12:45PM | Lunch |
| 1:00 - 1:50PM | Session 4 |
| **2:00 - 2:55PM** | **Session 5** |

- Registration includes a box lunch.
- The first 250 coaches to register will receive a t-shirt.
- **New Head and Assistant Coaches are invited to a special information session during the lunch hour.**
- **All Head Coaches** should attend the annual **Head Coaches Meeting during Session 5**. Important information will be distributed and all association business for the upcoming season will be discussed.

Clinic Registration, covering both Thursday and Friday, is just $50 through August 1st. After August 1st and at the door the cost will be $60. Join or renew a membership in United Soccer Coaches (regularly $125) for only $89 before August 14th, or $125 after August 14th. *Reminder...registration in the **MSHSSCA and MSHSCA is NOT** included in the Clinic or USC fees, and must be done online at **www.mshsca.org by October 1st** to be eligible for player/team/coach awards!!*

**two ways to register… choose one**

- **visit www.mshsca.org for online registration with credit card; online clinic registration will close 1 week prior to the clinic**
- **complete the paper form on the next page and mail with a check for the total due to: Art Seplak, 10077 Upton Rd, Bloomington, MN 55431-2849**

for more information, please visit our website at www.mnhssoccer.com
for clinic questions, contact **Greg Juba at gjuba23@gmail.com or 651.260.1048**
for registration questions, contact **Art Seplak at ajseplak@q.com or 952.881.2898**

NHSACA

**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/

# Dig This

*By: Becca Pulju*
*MNVBCA President - Sebeka*

Greetings volleyball coaching community! Usually by this time of the year, many of you are in the thick of your JO and summer seasons. It feels odd to not be racing off to the gym for a practice, a team workout or a tournament, and I am trying to enjoy the extra time I have. I hope you all are as well!

I miss the gym. I miss teenagers. I miss the excitement of preparing for a new season. I miss the camaraderie that teams have and the relationships with my players, but I also know that the world maybe needed a pause. I hope to become a better, more honest, more focused and more aware person as we emerge back into society.

For all of us, we are in new territory. I know many of you have questions about what the fall will look like. As we get guidance from the MSHSL, CDC and MDE, I will pass that information onto coaches. It will also be on our website. I do know that the MSHSL is still moving forward with the 4-Class system for volleyball in the fall of 2021.

We recently started honoring our Coaches of the Year during our Summer Clinic. Sadly, we won't get to recognize them publicly at the clinic. They are a talented group of coaches. The 2019 Coaches of the Year are:

| Class A | Class AA | Class AAA |
|---|---|---|
| **Head Coach of the Year** | | |
| Hayley Fruin, Minneota | John Dzubay, Stewartville | Scott Jackson. Wayzata |
| **Assistant Coach of the Year** | | |
| Alanna Hunter, BBE | Jamie Winchell, Cannon Falls | Nate Eckman, Brainerd |

Sadly, we had to cancel our MNVBCA summer coaching clinic, scheduled for July 29th-30th at Sauk Rapids-Rice High School. This was a difficult decision, but I believe it is the right one. I have to give a giant shout out to John Yunker, our new Clinic Coordinator, for his work on the clinic. He put many hours into it this winter, working on some planned changes to the clinic format, schedule, All-Star Match, etc. I am so sad for the players who will miss out on the All-Star Match. The class of 2020 had to miss out on many milestones, but from what I have seen they are a resilient bunch of young people.

The MNVBCA clinic is one of my favorite gatherings. I look forward to learning new things each year and connecting to my coaching colleagues. You are my "people". I will miss you all, but I am hopeful that we will see each other in a gym this fall. I know some coaches have decided to hang up their clipboards in the past few weeks. I would like to thank two special coaches, Vicki Seliger-Swenson and Celeste Gorman, for their years of coaching and leadership of young women in our state. I respect and admire both of these women for their dedication to the sport and to young female athletes. I was fortunate enough to get to know both of them through the MNVBCA Board of Control. We will miss their leadership and mentorship. Best of luck to you both.

Stay up to date on MNVBCA happenings on our website: mnvbca.org. Follow us on Twitter: @MNVBCA.

Trophies Plus - Sponsor of Coaches Caring

# 2020 SCHOLAR

The MSHSCA is proud to select not only 10 scholarship recipients this year to receive $1000.00 each, but twelve as we were awarded the Balfour Scholarship at our National Convention in California this past winter. Balfour is the ring company of NOCAD which is our National Coaches Organization. We are honored to receive this additional scholarship money that could be passed onto two additional Minnesota high school student-athletes. Congratulations to the MSHSCA Scholarship winners for 2020.

## BEN MCLACHLAN

Ben McLachlan-Ben hails from a football family where his dad coached and was a member of the MSHSCA for 23 years. Being part of a football team taught him that you must put all your effort and heart into the team and yourself in order to be successful. Perseverance is a must have quality. It allows you to take on things in life that aren't easy. Coach Kleinschmidt said that Ben demonstrated positive leadership at Albany Area Schools and is an excellent student, great role model and a super football player. He possesses all the qualities you look for in a student-athlete! Ben plans to attend the University of Minnesota in the cities. Congratulations Ben for being selected to receive the MSHSCA Past Presidents Scholarship award.

## CAYDEN BOTTEN

Cayden Botten-Cayden is the recipient of the Kathy Frederickson MSHSCA Scholarship Award. Cayden played Volleyball and Basketball at Rocori High school and graduated with a 4.175 GPA. She plans to continue her education at St. Olaf College in Northfield. Injuries derailed her games off and on throughout her high school career with a broken foot her senior year. It was not easy, but she never quit. Sports are the most rewarding thing she said she was ever a part of. The endless memories, laughs and relationships that were made throughout the years will last a lifetime. Cayden will continue to play Volleyball at St. Olaf next year. Her basketball coach said that though she did not suit up this year due to her injury, her presence and leadership on the bench was astounding.

## GRACE HEYING

Grace Heying-Graduating from Maple Lake this year, Grace was a 3 sport athlete competing in Cross Country, Basketball and Track and Field. She was number 1 in her class with a GPA of 4.257. Sports taught her to deal with stress, frustration, patience and jubilation. TIME-sports taught her how to balance it all and to prioritize. As an athlete you have to make good decisions on where time is spent. She said she leaves high school with no regrets and had so much fun. One of Grace's teachers said that for a person who excelled at academics and athletics, she was extremely humble and interacted well with her classmates and teammates. She was always there to help another person. Grace plans to attend Minnesota State University-Moorhead. She received the MSHSCA Betsy Farsness Scholarship award.

## MAKAYLA-SNOW

Makayla-Snow-Graduated from BOLD High School this year. Makayla will head to Northern State University in Aberdeen, SD this fall and pursue a nursing degree while playing Volleyball. While in High School, Makayla played Volleyball, Basketball and Golf. She grew up in a very competitive household starting at the top with mom and dad and filtering down to her siblings and her. Some of her most special moments were playing sports together with her sister. They shared a state championship in golf and went to state in basketball. She said getting to do these things with a sibling is such a special thing. She also attributes her success to her second family, her teammates. Makayla received the Balfour Scholarship Award which was awarded to the MSHSCA at their National Convention in California this past winter.

# RSHIP WINNERS

## COLTON BAUMGARTEN

Colton Baumgarten-Plans to attend St. Scholastica in Duluth this fall after graduating from Rocori High school this year. Colton was a three sport athlete competing in Football, Hockey and Track. Being a part of 3 of the past 4 football state tournaments and most recently winning the 4A Championship defeating SMB was unbelievable! Going up against great players each series was a true test of our team and we stuck together. "The journey to this championship and the experiences along the way with my teammates are memories I will never forget." Colton plans to continue his sports career in college where he will play football and major in pre-medicine. His Hockey coach Jack Freeman said in all his years of teaching and coaching, "I have never met a finer young man than Colton. He is a winner in every sense of the word". Colton was awarded the MSHSCA the Howard Emerson Scholarship award.

## CADEN BORMANN

Caden Bormann-A graduate of Perham High school, Caden finished number 1 in his class with a 4.0. Caden was a runner and participated in Cross Country and Track. Whether it was a long run in 80 degree weather or mile repeats, or running in the rain-those days taught him what it means to never give up. Sports played a role in the relationship he built with his mom. His mom was an assistant coach for the girls basketball program. Though playing basketball wasn't for him he loved the game and became the manager for the girls team. "My mom and I had many hours together and I am grateful for that and all the memories made because of basketball." His cross country coach said that Caden's most incredible quality is his humility and concern for others. His integrity and loyalty will make him excel and exceed at whatever he chooses to do. Caden received the Balfour Scholarship that the MSHSCA was awarded this year at their National Convention.

## DAWSON MILLER

Dawson Miller-A three sport athlete in Football, basketball and baseball, Dawson graduated from ACGC (Atwater-Cosmos-Grove City) this year. Dawson is the son of a coach. He learned at an early age that there are many advantages to being the son of the head coach. He got to come to all the practices, hang out in the locker room, fill water bottles and participate in basketball activities with his childhood heroes. But later in life he learned that there were disadvantages too. Things have to be earned much differently, and accomplishments are always earned with skepticism and a cloud of suspicion. Despite being one of the better players his sophomore year, it was a teammates injury that gave him his chance to prove himself. Despite all these advantages and obstacles he became the school's all-time leading scorer. He was also a great role model. He is the type of player that will impact his schools programs for years to come. Dawson was awarded the MSHSCA Steve Kerzie Scholarship Award.

## KARLEY MOTSCHENBACHER

Karley Motschenbacher-Karley plans to attend MSUM in Moorhead and play basketball. A graduate of Park Christian she participated in Volleyball, Basketball and Track. While participating in 3 sports she managed to finish 1st in her class. Athletics has been her life. She started weight lifting when she was just a few years old, played volleyball at a young age and when she was 11 participated in USA track and field. A ref told her during one of her last home basketball games that it was an honor to ref her all these years. His eyes welled as he told her that she was one of the best basketball players he'd ever gotten to ref and found her to be so humble. That is a moment she said she will never forget and was grateful that she had that big of an impact on someone who only knew her from the court. Her grandparents were so supportive of her and then there was her dad who started her on her athletic journey. She said he taught me the importance of family and teammates. Karley was awarded the MSHSCA Val Teichroew Scholarship.

... continued on page 22

## IZABELLA STENDER

Izabella Stender-Izabella will head to St. Catherine University in St. Paul this fall and will be on the golf team. She graduated from Lac qui Parle Valley High school and participated in cross country and golf. Sports taught her teamwork. She said there is much more satisfaction when you can accomplish something by working together. Her dad, a principal and coach said she carried out his motto of "Nobody is better than anyone else." She showed this in leading by example and how she and her teammates treated other girls during competitions. Izabella said sports taught her how to deal with disappointment when they were ranked first heading into the state tournament in golf and lost in sections. Thou devastated, she and her teammates used it as fuel to ignite their next season going on to win the state tournament. She was hoping for a repeat this year, but we all know how that ended. She was awarded the MSHSCA Past Presidents Scholarship Award.

## MATT WILLIAMS

Matt Williams-Matt plans to be a Bulldog and attend the Univ. of Mn-Duluth this fall after graduating from Owatonna this year. He comes from a long line of coaches with his grandfather coaching at John Marshall and his dad who was his coach for both football and baseball at Owatonna. Matt said he was honored to play football and baseball for his dad. He is the most influential person in my life. A bond between a father and son is unmatched, but being able to share the experience of playing the game with him is something he wouldn't trade for the world. Again, the outbreak of Covid-19 cut his high school sports career short and baseball his senior year was lost. But though we weren't able to play this year, he said he can look back on the years past and be thankful for all the new people he met and the making of new friends through sports. Matt was awarded the MSHSCA Past President's Scholarship Award.

## AIDEN STALOCH

Aiden Staloch-Aiden is a graduate of Maple Lake High School where he was number one in his class and participated in football and basketball. He is also the kid of a high school coach, so sports were always part of his upbringing. From scouting games, watching practices, games on tv, he got to see both the behind the scenes of the game and the side that fans see. He knew at an early age that sports were more than just a game and they were going to be a large part of his life. There's that old saying that Hard work beats talent when talent doesn't work hard. As a coach's kid, working hard was a must. More is expected of you. Though frustrating at times, he learned that they all just wanted the best for him. Aiden's Math teacher said what sets AIden apart from his peers is his ability to lead. He is a natural leader that looks for the best in his teammates and will do whatever he can to help them win. Aiden was awarded the MSHSCA Darion DeRocher Scholarship Award.

## NATHAN TREWICK

Nathan Trewick-Nathan was awarded the MSHSCA John Erickson Scholarship Award. John dedicated 18 years to supporting coaches as the MSHSCA Executive Director. Nate dedicated his life to sports and had dreamed of having a story book senior year, going to multiple state tournaments and hopefully winning one. Well, his dreams didn't come true and he said he felt like a failure. One day he was walking at the park with a bunch of his friends and a little kid walked by everyone and up to him and said; "I want to play catch with the Tech quarterback." In that moment he realized sports, especially high school sports are so much more than winning and losing. It's about the relationships you build and the people you affect. "Hopefully I have been able to impact a few people along the way." Nathan graduated from St. Cloud Tech where he played football, basketball and tennis and will attend St. John's University in the fall.

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# WINTER/SPRING TEAM ACADEMICS

## BOYS BASKETBALL

GOLD
Forest Lake
Minnewaska Area
Owatonna
Schaeffer Academy

SILVER
Andover
Benson
Bemidji
Bethlehem Academy
Cromwell-Wright
Dassel-Cokato
Delano
Eden Prairie
Eveleth-Gilbert
Fertile-Beltrami
Fosston
Hancock
Holy Family
Henning
Lakeville South
Little Falls
Marshall
Minnesota Valley Lutheran
Mora
Northland Norwood - Young America
Pelican Rapids
Pine City
Pine Island
Plainview-Elgin-Millville
Redwood Valley
Rochester Century
Rockford
Saint Peter
St. Cloud Cathedral
Spectrum
Staples-Motley
SW Minnesota Christian
Tracy-Milroy-Balaton
Two Harbors
Waconia
Wadena-Deer Creek
West Central
Wheaton/Herman-Norcross

## GIRLS BASKETBALL

GOLD
Ada-Borup High School
Adrian
Albert Lea High School
Alexandria
Annandale
Barnesville High School
Becker
Belle Plaine High School
Bemidji Public School
Benson
Big Lake HS
Blooming Prairie
Brainerd High School
Buffalo High School
Byron High School
Canby High School
Canby High School
Cedar Mountain
Chaska High School
Chatfield
Chisago Lakes High School
Climax/Fisher
Clinton/Graceville/Beardsley
Cromwell-Wright
Crookston
Dassel cokato
dassel cokato
Detroit Lakes High School
East Grand Forks Senior High
Eden Valley Watkins
Eveleth-Gilbert
Fertile-Beltrami
Floodwood High School
Frazee-Vergas
Gibbon-Fairfax-Winthrop
Goodhue
Hancock School
Henning
Heritage Christian Academy
Hills-Beaver Creek
isd 319 Nashwauk-Keewatin
Kasson-Mantorville
Kenyon-Wanamingo
Kerkhoven-Murdock-Sunburg
La Crescent Girls
Lake City
Lakeville North
Lakeville South
Lewiston Altura
Litchfield Senior High School
Little Falls High School
Luverne
Mankato West
Maple Lake
Melrose Area
Mesabi East
Minnesota Valley Lutheran High School
Minnewaska Area School
Montevideo Public Schools
Moorhead
Moorhead
Murray County Central
New York Mills
Ogilvie
Osakis High School
Park Christian School
Pequot Lakes
Perham
Pierz Healy High School
Pine Island High School
Pine River Backus
Pipestone Area High School
Plainview Elgin Millville
Randolph
Red Wing
Rochester Lourdes
Rockford High School
Rosemount High School
Sauk Centre
Sebeka
Sibley East High School
Southwest Christian High School
Spectrum High School
St Paul Academy
St. Charles
St. Croix Lutheran Academy
Stewartville
Tri- City United
Trinity School at River Ridge
Triton Public School
Upsala
Wadena-Deer Creek High School
Waseca High School
Watertown-Mayer High School
Waterville-Elysian-Morristown
Wheaton-Herman-Norcross
Willmar Senior High
Worthington High School

SILVER
Academy of Holy Angels
Aitkin
Albany Area Schools
Alden-Conger/Glenville-Emmons
Badger-Greenbush/Middle River
Badger-Greenbush/Middle River
Belgrade Brooten Elrosa High School
Bertha-Hewitt
Bethlehem Academy
Blaine High School
Blue Earth Area
Breckenridge
Browerville
Cambridge-Isanti High School
Centennial High School
Central High School Norwood Young America
Cherry High School
Chisholm
Clearbrook-Gonvick High School
Cloquet High School
Cretin-Derham Hall
Dawson-Boyd High School
Delano
DGF
Dover-Eyota
East Ridge High School
Eden Prairie High School
Edgerton
Elk River
Ely
Farmington High School
Fergus Falls HS
Fillmore Central
Foley High School
Forest Lake
Glencoe-Silver Lake
Grand Meadow High School
Grand Rapids
Hastings High School
Hawley
Hayfield High School
Henry Sibley
Hill-Murray
Hillcrest Lutheran Academy
Hmong College Prep Academy
Holdingford
Hopkins
Houston High School
Hutchinson High School
Jackson County Central
Jordan High School
Kelliher/Northome
Kingsland
Kittson County Central
Lac qui Parle Valley
Lake Park Audubon
Lakeview
LCWM
Legacy Christian Academy
Mabel-Canton
Maple Grove
Maple River
Martin County West
Mayer Lutheran
Medford
Minneapolis Southwest
Minneapolis Washburn High School
Minnehaha Academy
Minneota
Monticello High School
Morris Area Chokio Alberta
Mounds View High School
New London _ Spicer
North Lakes Academy
Northern Freeze
Northfield
NRHEG Public Schools
Park High School
Park Rapids Area
Pine City
Princeton
Prior Lake High School
Proctor

ACADEMICS... continued on page 30

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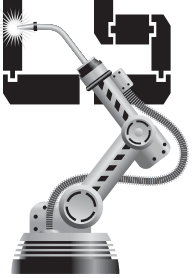
# ROBOTICS



The Nuts and Bolts of Robotics
Alex Jurek

Implications of Covid-19

Following the first two weeks of the competition season FIRST Robotics was cancelled in a very short order. For many teams across Minnesota, this meant that all the hard work that the teams put into their robots was yet to be realized. Fortunately, the Grand Forks Regional and the twin regionals in Duluth had already played. Sadly, 70+ teams from Minnesota never put their robot's wheels on the carpet.

For many of our students, 'the stoppage in play' due to Covid-19 will be their 'where were you moment' much akin to the assasination of President Kennedy, Challenger explosion, or 9/11. As time progresses, this will most likely be the greatest bookmark in terms of disrupting society since World War 2. Everyone will have their own moment and will be able to reflect on how it changed them.

**2020 FIRST CHAMPIONSHIP**

The FIRST Championships were cancelled early due to many reasons. It is the first time in over 25 years that this event would not happen affecting over 800 FIRST teams.

**2020 MSHSL STATE TOURNAMENT**

This year was to mark the 9th year of the MSHSL State Tournament. The MSHSL Robotics Tournament was the first state high school tournament organized under the FIRST banner - the inaugural season was back in 2012. 2021 will mark the 10th season of a partnership between MSHSL and FIRST Robotics - we are hoping to make it bigger, longer, and better than ever!

**OFF SEASON EVENTS**

As all events with large fan bases are up in the air or being cancelled - FIRST Upper Midwest has had to forego the off-season events in Duluth (Gitchi Gummi), Woodbury EMCC), Roseville (MRI), Upsala (NMRC) and Prior Lake (MMR) are cancelled for the 2020 season.

**TRAINING SESSIONS**

For now the training events in Minnesota are on hold. The JUMPSTART Training Events are still a go, but will be monitored as things progress. We will have more information in the coming weeks and months.

**MN ROBOTICS TEAMS STEPPING UP**

The Babbitt Team (FRC 5653 - The Iron Mosquitos) has been competing since 2015. They have been building great robots in their shop in Babbitt, MN. 5653retrofitted one of their robots, worked with the local grocery stores and helped to

**ROBOTICS... continued on page 25**


# COACHES!

DO YOU KNOW WHERE YOUR ACADEMIC PLAQUES ARE DISPLAYED?

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

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

Your AD should be alert to envelopes with the return address of Trophies Plus Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school.
Thank you for your help with this program to recognize your athletes.

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## ROBOTICS ... continued from page 24

deliver groceries in order to maintain social distancing all the while keeping the customers safe. You can read more about their experience here:

https://www.wdio.com/coronavirus/robotics-team-delivers-groceries-babbitt-covid-19-social-distancing/5689796/

The Irondale Team (FRC 2052 - KnightKrawler) has always been known for their knack of building great robots as well as community partnerships. FRC 2052 is one of the most decorated teams in Minnesota winning 3 State Tournaments and multiple Regionals.

However, none of this compares to the impact that they have made in the last few months as they have led the way for all by producing more than 15,000 PPE elements for local hospitals, care facilities, and other such entities. Many other teams have aid in their endeavors. FRC 2052, KnightKrawler is the epitome of FIRST Robotics teams and is the best example for Minnesota Robotics teams doing their part. Hats off to Mounds View Public Schools for the foresight and willingness to step up during these trying times!

You can find out more about Irondale's team here:

https://www.team2052.com/

https://www.youtube.com/watch?v=2_uwV3r8FKU

**MOVING FORWARD**

FIRST in the Upper Midwest will continue to monitor the situation and make decisions on how Minnesota events will work. Please note that the JUMPSTART Training events will be working with FUM on how to proceed.

Good luck to all and stay safe!

## Coaches ... continued from page 17

Section 6aaaa: Jon Bryant, Robbinsdale Armstrong
Section 7aaaa: Mike Mcdonald, Cambridge-Isanti
Section 8aaaa: Nick Schroeder, Maple Grove

**2019-20 MBCA STATE COACHES OF THE YEAR**

Class Aaaa: David Flom, Eden Prairie
Class Aaa: Omar Mcmillan, Richfield
Class Aa: Brad King, Caledonia
Class A: Randy Misegades, Henning

**MBCA ASSISTANT COACHES OF THE YEAR**

Mark Haddorff, Lakeville North
Christopher Johnson, Minneapolis North
Darin Johnson, Minnewaska
Jason Monke, Delano
Dillon Naumann, Princeton
Matt Norton, St. Francis
Chandler Sentell, Minnehaha Academy
Steven Sjostrand, Kittson Central
Lee Vannyhuis, Osakis
Tony Yazbeck, Cretin-Derham Hall

## MnIAAA CORNER

Brent Schimek

The New Normal?

Wow, what a spring that was! By May 1st as spring sports seasons were being officially cancelled, and I was sitting in my office after 6 weeks of social distancing, distance learning, and virtual training. I was actually thinking it would be nice to have a knock at my office door with somebody, anybody, complaining about the time the bus is leaving or their students playing time! As AD's and coaches we always tell stories about the challenges of spring; unpredictable weather, late cancellations of events, finding officials , end of the year awards ceremonies, graduation, etc…. In the future all of the "remember when" stories told at conferences and clinics will pale in comparison to the Covid 19 story of 2020.

Through it all, MN high school AD's, coaches, and directors were out in front cheering and encouraging our students through these times of a "New Normal". In most instances you are the face of your school. You are the one community members see at all the events and think of when your mascot name is mentioned. Most of the community members may not see the inside of the classrooms in your school, but most see the fields, gyms, and auditoriums where you are supervising, coaching, and directing their kids. The many social media events you participated in and created during the spring such as #BeTheLightMN, #WeWillComeBackStrongerMN, online virtual concerts, honoring spring athletes via social media and school sites, and so many others were an inspiring sight for all throughout Minnesota.

There are still many unanswered questions ahead of us. What will that "New Normal" be? I do know there will be one "Normal" that will not change and is not new. We will all continue to be out in front doing what we can, being that face they can see, supporting our kids, and helping to establish the "New Normal".

I am very humbled to serve as your MNIAAA President this year and would like to thank each of you for all of your efforts this past spring. Have a great summer and be sure to take some time to relax. Fall will "ZOOM" in soon enough!

***"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**

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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.
- Nominations may be made by individual coaches, or sport associations.

Name _____

Address_____

City _____ State _____ Zip _____

Phone _____

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:** Nathan Youngs at: Nathan.Youngs@dc.k12.mn.us

## 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 2019-2020 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.

- **Anoka Ramsey Community College (Coon Rapids MN )**
- **Augsburg College (Minneapolis MN )**
- **Bemidji State University ( Bemidji MN ) Complimentary passes are not available for Division I Hockey**
- **Bethany Lutheran College ( Mankato MN )**
- **Bethel University ( St Paul MN )**
- **Carleton College ( Northfield MN )**
- **Central Lakes College ( Brainerd MN )**
- **College of St. Scholastica**
- **College of St. Benedict**
- **Concordia College ( Moorhead MN )**
- **Concordia University ( St Paul MN )**
- **MN State Comm. & Tech College ( Fergus Falls MN )**
- **Gustavus Adolphus College ( St Peter MN )**
- **Hamline University ( St Paul MN )**
- **Hibbing Community College ( Hibbing MN )**
- **Macalester College ( St. Paul MN )**
- **Martin Luther College ( New Ulm MN )**
- **Mesabi Community College ( Virginia MN )**
- **Minnesota State University Mankato ( Mankato, MN) (Call ahead for DL Hockey)**
- **Minnesota State University (Moorhead, MN)**
- **MN West Technical and Community College ( Worthington MN )**
- **North Central University (Minneapolis MN)**
- **University of Northwestern (St Paul MN)**
- **Ridgewater Community College ( Willmar MN )**
- **Rochester Community College ( Rochester MN )**
- **Southwest MN State University ( Marshall MN )**
- **St Catherine's University ( St Paul MN )**
- **St Cloud State University ( St Cloud MN )**
- **St Cloud Tech College ( St Cloud MN )**
- **St John's University ( Collegeville MN )**
- **St Mary's University ( Winona )**
- **St Olaf College ( Northfield MN )**
- **U of MN - Duluth * ( Duluth MN ) Men's Hockey on Availability**
- **University of Minnesota - Crookston (Crookston MN)**
- **University of Minnesota - Morris ( Morris MN )**
- **University of Minnesota ( Twin Cities MN ) - * Women's Basketball Games Only**
- **University of St Thomas ( St Paul MN )**
- **University of Wisc-River Falls**

*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. UMD reserves the right to deny complimentary admissions at their discretion for any reason.
6. The number to call for UMD tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.
7. Complimentary passes are not available for Division I Hockey at Bemidji.

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# Goal Posts

*By Ron Stolski*

The past five months have been a seminal time in our collective history. On May 24, I began a column for the Prep Coach. Inherent in the process was the ongoing pandemic and all the cruel consequences every aspect of our society has suffered and endured. Paramount of course was that, after losing part of the winter and all of the spring to a scourge we have yet to fully understand, even with the best of science, would there, indeed, be summer and fall activities. Would schools, coaches, students, communities lose yet another season and importantly, more of life's lessons and experiences that sports illuminate?

The hope was that, in the end, we would somehow be better for going through the sacrifice and the loss. We would be more understanding, more compassionate, more forgiving, more grateful. Then, thinking there was time to finish and meet the June 15th deadline I went fishing up north, a ritual shared with comrades, teachers all, of more than half a century. We went to our place of acres of islands and waves. A place of challenge and inspiration, of serenity and shared wonder.

Every age has its own dreams. Old coaches dream of yesterday. It remains our destiny to deliver the dreams of today.

Where were you when you learned that the dream of yesterday became at once a tragic murder and nightmare for George Floyd and all the George Floyds before him?

Absent phone service, except for a mobile device in the hands of an iron ranger who received a call from a friend in Chisholm, it was there, on May 27, we learned of the terrible tragedy of the killing of George Floyd, and that Minneapolis was burning. The tv in our spacious cabin, (we had abandoned our island home two years earlier) seared with the scene of George Floyd, knee on his neck, dying before our and all the world's eyes. Five white men of Minnesota, one from the range, one from the western plains, one from the suburbs, two from the city itself, all over 70 years of age, sat in disbelief and dismay. We were touched to the very soul. More than one cried; all were shocked, disgusted, ashamed. Each night for a week, we watched 8 minutes and 46 seconds being protested in the city and then the world. We left our annual retreat more introspective and in some ways, changed.

And so a column that began with a confession that we don't fully understand the virus, but with a realization that, if we listen to and learn from the science perhaps we can glean hope for a better and more compassionate society, now must address another issue that sadly we know little about. This writer does not have the answers we all seek in regard to the racism and the injustice endured by our comrades of color for multiple decades. We must listen and learn.

**... continued on page 34**

# 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 : bschumacher@mshsca.org or mail us at MSHSCA 16332 Deer View Road Park Rapids, MN 56470. Phone 218-732-0204.

## MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

### Executive Committee Liaison Assignments 2020-2021

| | | | |
|---|---|---|---|
| **PAST PRESIDENT** | **B/G Soccer** | **B Swimming** | **Baseball** |
| **Terry Stadler** | **G Swimming** | **Wrestling** | **B Hockey** |
| | **Robotics** | | |
| **PRESIDENT** | **Football** | **G Basketball** | **G/B Golf** |
| **Tom Critchley Jr.** | **Adapted Athletics** | **Gymnastics** | **G Hockey** |
| **PRESIDENT ELECT** | **B/G Cross Country** | **Nordic Skiing** | **B Tennis** |
| **Barry Wohler** | **G Tennis** | **Alpine Skiing** | **B/G Track** |
| **VICE PRESIDENT** | **Volleyball** | **Synch. Swimming** | **Softball** |
| **Jennifer Roisum** | **B Basketball** | **B/G Lacrosse** | **Dance** |

**These are the Board of Directors that are the liaison to your sport. Feel free to contact them with any questions. You will find their contact information on the website at www.mshsca.org and here in the Prep Coach.**

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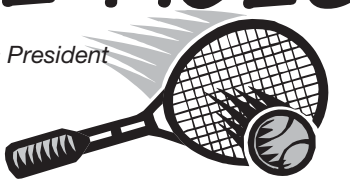
# SERVICE ACES

*By: Dave Wareham*
*Minnesota Tennis Coaches President*
*Totino-Grace High School*



One of my most poignant memories from high school sports was missing a JV hockey game. Sounds kind of silly, except I was a goalie, which meant basically I played every other game. It was my turn to start. And it was a big game – one that might impact our winning the conference. But I got sick that day and was forced to stay home. There was nothing I could do. One reason that the memory sticks with me is that getting sick – for sure, enough to miss hockey – just didn't happen. This year's COVID-19 situation felt a bit like that day I missed hockey years before. Except it wasn't one game – it was a whole season.

Spring 2020 has reminded us of what is important in life: our health, our time, our families, our friends. Tennis is a part of all of these, so it was difficult to miss the season. After the official announcement from the MSHSL, which was not a surprise and made perfect sense, I even had a period of mourning. Yet, even though we didn't crush forehands, pinpoint serves, or put away volleys, we may have done more. We have shown our athletes what is most important in (coaching) tennis: building relationships. I commend our coaches for the many different ways you stayed connected with your players – weekly check-ins, virtual practices, team-building games and competitions via the internet. In doing all of this and more, the 2020 tennis season wasn't 'lost' after all.

For the deep commitment to your players and programs, I say 'Thank You.'

The world looks different now. Tennis is no exception. This summer, as we inch our way back on to court, we must keep 'safety' at the forefront. That will dictate what we can and should do. Many groups have helped shape what that will look like: MN Dept. of Health, MSHSL, USTA, our school administrations, to name just a few. All have the same goal: to get back to playing tennis again – safely. Here are a few reminders:

- *Maintain social distancing (6 ft. apart)*
- *Handle only your OWN 'marked' tennis balls – use racquet and feet to return balls to opponent*
- *Wash hands thoroughly with soap and water and/or hand sanitizer regularly and often*
- *No physical contact: handshakes, high fives, etc.*
- *No sharing of equipment, towels, water bottles*
- *Avoid touching your face*
- *Wear a face mask when arriving/leaving ... coaches wear face masks*

In addition, online MSHSCA registration for the 2020-21 school year is now available. https://www.mshsca.org/joinnow This membership will cover you beginning August 1st, 2020 through July 31, 2021. With the summer waiver extended into August, it is critical to join so your liability insurance doesn't lapse that first week of August.

Many questions remain about the fall girls' tennis season. As the MSHSL and MN Dept. of Education work to figure out what school will look like, we will keep you updated.

However it will look, we're excited to play tennis again this summer and hopefully this fall with the same feeling – excitement, enthusiasm, energy – that our sport is known for. Following the guidelines and requirements will help make that happen.

As the saying goes: "Adversity does not build character, it reveals it." COVID-19 is proof. During these challenging times, Minnesota High School Tennis has shown our strong character and deep commitment to our players. And whatever shape the game takes moving forward, we will continue to do that. Be well.

# GIRLS HOCKEY "SNAP SHOTS"

Girls hockey was fortunate to be able to complete our season prior to the pandemic which affected other winter sports and all spring sports. With contact rules becoming less stringent many summer training programs are happening across the state with certain rules in effect to lessen the spread and threat of contacting the Covid-19 virus. The MGHCA hopes everyone enjoys a safe and healthy summer while continuing to stay in contact with your players, coaches and school administrators. I know we are all anxiously awaiting news on when or if we will get the green light to provide full contact in our training sessions and again to participate in scrimmages and other competitive events with our teams. The MGHCA will post any news regarding updated contact rules to our website Homepage as soon as we get written notices.

**PREMIER PREP LEAGUE**

The Premier Prep League is currently in the planning stages for the 2020 Fall season. Under the current rules we are unable to have tryouts as usual so we will be potentially using other methods and resources to determine player eligibility for the 2020 League. At this point in time, we anticipate eight 19U teams and four 16U teams to be represented in the league. Players are selected from all high school players across the state. This will be the 14th year of this league and has provided many players the opportunity to improve and hone their skills prior to the start of the high school season. This year, the season will commence with out of town tourneys at locations to be determined the last weekend in August with the league wrapping up in late October. Please contact Robert Sherry at Robert.Sherry@stpha.org for more info about the Premier Prep League.

**NEWSLETTER REGISTRATION**

In an effort to keep coaches, players, and fans informed regarding MGHCA events and awards, we are hoping all will register for our newsletter at the link below. It's quick and easy to register.Go to this link to register:

https://mghca1.sportngin.com/register/form/078850663

**FALL CLINIC**

The tentative dates for the MGHCA Fall Clinic are October 9-10, 2020 at a location to be determined. We are currently awaiting directives on the number of coaches we can have in attendance at possible locations. We will provide updates on specific location and times once details are finalized. The MGHCA board voted to provide this year's clinic FREE of charge to those coaches that pre-register for the event. News and clinic details will be posted to the MGHCA Homepage.

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

## ACADEMICS... continued from page 23

Red Lake County Central
Red Lake Falls
Red Rock Central
Rochester John Marshall
ROCORI High School
Rogers
Roseau
Roseville Area HS
Rothsay
Royalton
Rushford-Peterson
Sacred Heart School
Sartell-St. Stephen
Sauk Rapids-Rice High School
Simley
Sleepy Eye St.Mary's
Southwest Minnesota Christian
Spring Lake Park
St. Clair
St. Cloud Cathedral
St. Cloud Tech High School
St. Michael-Albertville
Staples/Motley
Stephen/Argyle Central
Stillwater Area
Swanville
Thief River Falls
Tracy-Milroy-Balaton
Underwood
United South Central High School
Visitation
Waconia High School
Walker Hackensack Akeley
Warren-Alvarado-Oslo
Wayzata
Westbrook Walnut Grove High School
William Kelley High Schook
Win-E-Mac
Windom Area High School
Zumbrota-Mazeppa

### GYMNASTICS

GOLD
Alexandria
Andover
Annandale
Anoka
Apple Valley/Eastview
Austin
Bemidji
Benson-KMS
Big Lake
Brainerd
Buffalo
Byron
Cambridge-Isanti
Centennial
Chaska/Chanhassen
Chisago Lakes
Detroit Lakes
Eagan
Eden Prairie
Edina
Elk River
Faribault
Farmington
Fergus Falls
Hopkins
Jackson County Central
Lakeville South
Litchfield
Long Prairie-Grey Eagle
MAHACA
Mankato West
Maple Lake
Marshall
Martin County Area
Melrose
Minneapolis South
Minneapolis Washburn
Minnetonka
Moorhead
New London-Spicer
New Prague
New Ulm
Osseo
Park Center
Perham
Pine Island
Pipestone
Princeton
Prior Lake
Red Wing
Redwood Valley
Rochester Mayo
Rockford
Rosemount
Rush City/Pine City/H-F
Sartell-St Stephen
Sauk Rapids Rice
Simley
St Cloud Tech
St. Paul Highland
St. Peter
Stewartville/Chatfield
Stillwater
Waconia
Waseca
Watertown-Mayer/M-W
Wayzata
White Bear Lake
Willmar
Worthington

SILVER
Becker
Blaine
Bloomington Jefferson/Kenn.
Blue Earth
Breck
Champlin Park
Coon Rapids
Dassel-Cokato
Delano
Eastridge
Forest Lake
Glencoe-Silver Lake
Hastings
Henry Sibley
Howard Lake-Waverly-HT
Kasson-Mantorville/Triton
Lakeville North
Little Falls
Luverne
Mahtomedi
Mankato East
Maple Grove
Minneapolis Southwest
Monticello
Mounds View/Irondale
North Branch
North St Paul
Northfield
Orono
Park Rapids/Menahga/Nevis
Paynesville-EVW
Rochester Century
Rochester John Marshall
Rogers
Roseville
Russell-Tyler-Ruthton
St Anthony/Spring Lake Park
St Michael-Albertville
St. Francis
Winona/Cotter

### BOYS HOCKEY

GOLD
Wayzata

SILVER
Detroit Lakes
Dodge County
Hill Murray
Lakeville South
Litchfield
Moorhead
Princeton
Southwest Christian/Richfield
St. Paul Academy

### GIRLS HOCKEY

GOLD
Andover
Apple Valley
Brainerd / Little Falls
Buffalo
Burnsville
Cloquet / Esko / Carlton
Detroit Lakes
Dodge County
East Grand Forks
Eden Prairie
Edina
Farmington
Fergus Falls
Lakeville South
Litchfield Dassel Cokato
Mahtomedi
Mankato West
Maple Grove
Marshall (Duluth)
Moorhead
Mound Westonka
North Wright County
Northfield
River Lakes (Rocori High School)
Robbinsdale Armstrong / Cooper
Rogers
Roseau
Sartell / Sauk Rapids
Shakopee
Simley
St Cloud Icebreakers
St Paul Highland Park/Henry Sibley
Stillwater
Thief River Falls
Totino Grace
Wayzata
Willmar

SILVER
Blake School (The)
Breck
Centennial
Crookston
Duluth Northern Stars
East Ridge
Faribault
Luverne
Marshall
Northern Lakes Lightning
Orono
Park High School
Prior Lake
South St Paul
Warroad

### BOYS NORDIC SKIING

GOLD
Anoka High School
Bemidji High School
Brainerd
Breck
Chan-CHASKA StormHawks
Cloquet - Esko - Carlton
Coon Rapids
Eden Prairie
Ely
Hastings
Lakeville
Little Falls High School
Maple Grove Senior High
Marshall School, Duluth
Minneapolis Roosevelt/South
Minneapolis Southwest
Minnehaha Academy
Minnetonka High School
Moorhead High School

ACADEMICS... continued on page 32

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# HOOP SCOOP

Hoop Scoop
Brad Strand

I would typically begin the May article by congratulating all of the state championship teams in each class but we all know that 2020 will go down in history as a very unusual year. I was in shock as I sat at the state tournament watching some excellent games & teams to hear through social media that the NCAA was canceling conference tournaments across the country. But when the MSHSL made the difficult decision to cancel the girl's state tournament right before the Friday semifinals it became very real to me and everybody across the state of Minnesota. To all of the teams and coaches still in contention for a state championship, my heart aches for you and your athletes. We know that coaches wear many hats and I know you all did a tremendous job of counseling and helping your players understand how a year can just end so abruptly. Congratulations to each and every one of you.

Congrats to our 2020 State Coaches of the year: Jeff Gronner, Cromwell-Wright (Class A), Chibuzo Osuchukwu, Duluth Marshall (Class AA), Dan Baird, Becker (Class AAA), and Liz Carpentier, Farmington (Class AAAA). A full listing of our section coaches and assistant coaches of the year can be found on our website: https://www.mshsca.org/girlsbasketball. We had an incredible 98 teams with an overall team GPA of over 3.75 to earn the gold award and another 126 teams with a GPA above 3.5 to earn the silver award! The highest team GPA was Perham at 3.968 followed closely by Wadena Deer Creek and Pierz at 3.957 and 3.951 respectively. Coaches have done an excellent job of promoting academics and our athletes are driven to excel in the classroom.

Unfortunately, we were not able to have our annual All-Star Games but each of the girls selected to play in the event was able to receive a souvenir program, t-shirt, and basketball. The committee, co-chaired by Michelle Goodman & Emileana Graupman, put in countless hours and prepared to make this event special for all involved. We look forward to bouncing back strong with the All-Star event in 2021. The Hall of Fame members will be inducted at a ceremony that connects with our Fall Clinic in October since the induction was also unable to happen at Northfield. Congratulations to the following on being added to the 2020 MGBCA Hall of Fame: Jill Becken (Centennial & Forest Lake), Jeff McCarron (MN Basketball News), Josh Thurow (Minnehaha Academy), & Dan Westby (Marshall).

Once again the Miss Basketball committee had a lengthy list of remarkably talented players to watch & consider but this year's crown went to Paige Bueckers of Hopkins. She has proven herself at every level possible including USA Basketball and will be joining Coach Geno Auriemma at UConn.

The planning for the 2020 Fall Clinic at the University of St. Thomas is underway led by Scott Bergman & Bill Gottenborg. There will be additional information in the September Prep Coach issue with a schedule for Friday, October 30th. There will be a great lineup of coaches led by Geno Auriemma & Lindsay Whalen. This is a great time to reconnect with each other and share ideas.

And in this uncertain time of unrest as I type this article there are so many thoughts going through my head as I read social media and watch the news regarding the COVID virus and the death of George Floyd. The minor thought is will there be any summer basketball games in July or will I be able to run a basketball camp for my elementary students in my community. But I sure hope all of us take time to reflect on what is happening in society. Now more than ever we each need to listen to understand. As coaches, it will be very important for us to educate, to listen, to learn, and to better support people impacted by racial injustice.

Lastly, I would like to take an opportunity to express how honored I am to represent the MGBCA as the next President. This organization has allowed me to meet some incredible coaches and people who all want to promote and support high school girls basketball in Minnesota. Thank you to Liz Carpentier for leading us the past two years! She has done a terrific job as President and also coaching her Farmington team.

Please take some time to enjoy the cabin on the lake or a family get-away. You have each earned the right to take some time to refresh and recharge for the long winter season ahead. The future is very bright for girls basketball and let's each continue to help it grow and get even better! Have a nice summer!

# Dance team

In March, the Minnesota Association of Dance Teams hosted their Coaches Celebration and All-State Dance Team Event. Coaches and schools received awards that were voted on by their peers.

Coaching Awards

Rookies Co-Head Coaches of the Year: Brenna Hoven & Kristi Roth, Zumbrota-Mazeppa

**Assistant Coach of the Year:**

Class A- Angie Scott, Holy Family Catholic
Class AA- Angee Forte, Totino-Grace
Class AAA- Tara Lindemeier, Chaska

**Coach of the Year:**

Class A- Megan Wieseler, Holy Family Catholic
Class AA- Kayla Sellers, Austin
Class AAA- Jenny Raiche, Eastview

**Sportsmanship Awards:**

Class A- Yellow Medicine East
Class AA- Totino Grace
Class AAA- New Prague

MADT also hosted its celebratory eleventh annual All-State Dance Team event. This year, MADT hosted this large event at Eastview High School in Apple Valley, MN. Coaches nominate

DANCE... continued on page 34

Trophies Plus - Sponsor of Coaches Caring

## ACADEMICS... continued from page 30

Mora
Northfield
Park Center Senior High
Robbinsdale Cooper High School
Roseville Area High School
Sartell / St. Cloud Cathedral
Simley High School
Spring Lake Park/St Anthony
St Louis Park
St. Paul Highland Park
Stillwater Area High School
Mpls Washburn
Wayzata
White Bear Lake
Winona/Cotter

SILVER
Blaine High School
Bloomington Jefferson
Duluth East
Edina High School
Elk River/Zimmerman
Holy Family Catholic High School
Mesabi East Area Nordic
Mound Westonka
Mounds Park Academy
Osseo Senior High
Prior Lake High School
Robbinsdale Armstrong High School
Saint Cloud Apollo/Sauk Rapids-Rice
St. Paul Central
Tartan High School

### GIRLS NORDIC SKIING

GOLD
Alexandria
Anoka High School
Robbinsdale Armstrong High School
Bemidji High School
Blaine High School
Bloomington Jefferson
Brainerd
Breck
Chan-Chaska StormHawks
Convent of the Visitation
Coon Rapids
Duluth East
Eden Prairie
Edina High School
Ely
Forest Lake
Hastings
Holy Family Catholic High School
Lakeville
Little Falls High School
Maple Grove Senior High
Marshall School, Duluth
Mesabi East Area Nordic
Minneapolis Roosevelt/South
Minneapolis Southwest
Minnehaha Academy
Minnetonka High School
Moorhead High School
Mora
Mound Westonka High School
Mounds Park Academy
Northfield
Osseo Senior High
Prior Lake High School
Rogers
Roseville Area High School
Saint Cloud Apollo/Sauk Rapids-Rice
Sartell / St. Cloud Cathedral
Simley High School
Spring Lake Park/St Anthony
St Louis Park
St. Paul Central
St. Paul Highland Park
Stillwater Area High School
Tartan High School
Mpls Washburn
Wayzata
White Bear Lake

SILVER
Elk River/Zimmerman
Park Center Senior High
Willmar
Winona/Cotter

### GIRLS SOFTBALL

GOLD
Adrian Area
Aitkin High School
Albany Senior High School
Annandale High School
Atwater-Cosmos-Grove City
Benson High School
Big Lake High School
Blooming Prairie High School
Brainerd High School
Brandon-Evansville Schools
Browerville High School
Burnsville High School
Byron High School
Caledonia/Spring Grove
Cannon Falls High School
Champlin Park High School
Chatfield
Clinton-Graceville-Beardsley
ISD 2888
Cloquet High School
Cretin-Derham Hall
Dassel-Cokato High School
Duluth East High School
East Grand Forks Senior High School
East Polk North Stars
East Ridge High School
Eden Prairie HS
Eden Valley Watkins
Eveleth-Gilbert
Fertile-Beltrami
Fillmore Central/Lanesboro
Forest Lake High School
Frazee
Greenbush-Middle River
Hancock Public School
Hayfield
Heritage Christian Academy
Hillcrest Lutheran Academy
Holdingford High School
Hopkins High School
Irondale High School
Jordan High School
Kerkhoven/Murdock/Sunburg
LCWM
Lewiston-Altura
Litchfield High School
Little Falls
Mankato East
Mankato West
Maple Grove Senior High
Maple Lake High School
Martin County West
Mayer Lutheran
Minnehaha Academy
Minneota/Canby
Montevideo High School
Moose Lake/Willow River
Mora High School
Morris Area/Chokio-Alberta
Murray County Central
New London Spicer High School
NCE/UH Titans
NRHEG
Ogilvie High School
Osakis High School
Owatonna High School
Park Center Senior High
Park Rapids Area High School
Pine City High School
Plainview-Elgin-Millville High School
Providence Academy
Randolph High School
Rochester John Marshall
Rockford High School
Roseau High School
Saint Agnes
Saint Peter High School
Sebeka Public School
Sleepy Eye St. Mary's
South St Paul
Springfield High School
St Cloud Tech High School
St. Anthony Village High School
St. Charles High School
St. Cloud Cathedral
St. Louis Park High School
Stewartville High School
Stillwater Area High School
Tracy-Milroy-Balaton
Triton High School
Upsala Area Schools
Waconia High School
Wadena-Deer Creek High School
Walker Hackensack Akeley
Watertown-Mayer High School
Waterville-Elysian-Morristown
Windom Area High School
Winona Senior High School
Woodbury High School

SILVER
Academy of Holy Angels
Alden Conger-Glenville Emmons
Andover High School
Anoka High School
Becker High School
Belle Plaine High School
Bloomington Jefferson
Chanhassen
Chisago Lakes High School
Concordia Academy
Crookston High Schoo
Dover-Eyota
Duluth Denfeld
Edina High School
Fairmont High School
Farmington
Fergus Falls Public School
Glencoe-Silver Lake
Hill-Murray
Houston High School
Jackson County Central
Kasson-Mantorville KoMets
Lac Qui Parle Valley
Lake City High School
Lester Prairie / Holy Trinity
LeSueur Henderson
Long Prairie-Grey Eagle High School
Martin Luther/Granada Huntley East Chain/Truman
Minneapolis Roosevelt
Minnetonka High School
Mounds Park Academy
Nevis Tigers
North Branch Area High School
North Woods
Northfield
Norwood Young America
ORONO HS
Park of Cottage Grove
Paynesville Area High School
Pine Island
Red Lake Falls
Richfield High School
Rochester Lourdes
Rochester Mayo High School
ROCORI High School

ACADEMICS... continued on page 33

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Rosemount High School
Sauk Rapids-Rice
Sibley East High School
Southwest Christian HS
Spring Lake Park
Swanville High School
Virginia
Wabasha-Kellogg
Willmar High School
Yellow Medicine East

## SWIMMING

GOLD
Detroit Lakes
Mankato East
Minnehaha Academy
Red Wing
Richfield
Rochester Century
Rochester Mayo
St. Thomas Academy

SILVER
Apple Valley
Breck / Blake
Buffalo
Champlin Park
Chaska / Chanhassen
Chisago Lakes
Chisholm
Cretin-Derham Hall
Dassel-Cokato / Litchfield
Delano
Duluth
Eastview
Eden Prairie
Edina
Farmington
Fridley
International Falls
Irondale
Lakeville North
Lakeville South
Maple Grove
Melrose / Sauk Centre
Minneapolis Washburn
Moorhead
Northfield
Prior Lake
St. Anthony
St. Louis Park
Tartan
Winona

## SYNCHRONIZED SWIMMING

GOLD
Wayzata

SILVER
Edina
Forest Lake
Hopkins
St. Louis Park
Stillwater

## BOYS TENNIS

GOLD AA
Albert Lea High School
Andover
Anoka High School
Bemidji High School
Buffalo
Delano High School
Irondale
Lakeville North
Mankato East
Minneapolsi Washburn
Monticello High School
Mounds View
Northfield
Park HS
Rochester John Marshall
Spring Lake Park
St. Cloud Tech
STMA
White Bear Lake Area

SILVER AA
Becker High School
Bloomington Jefferson
Brainerd High School
Cambridge-Isanti
Chisago Lakes
Eagan High School
Edina
Elk River High School
Faribault High School
Orono
Princeton
Robbinsdale Armstrong
Roseville Area High School
Saint Thomas Academy
Shakopee High School

GOLD A
Cotter Schools
DeLaSalle
Foley High School
Luverne High School
Mora High School
Mounds Park Academy
Saint Paul Humboldt
Saint Peter High School
Schaeffer Academy
Southwest Christian
Thief River Falls
Totino-Grace High School

SILVER A
Blue Earth Area
Columbia Heights
East Grand Forks HS
Fairmont Jr./Sr. High School
Hermantown High School
Hill-Murray
Holy Family Catholic
lac Qui Parle Valley/Dawson-Boyd
Litchfield
Minnewaska Area
New London-Spicer
Osakis
Pine City
St. James Area
Worthington Senior High

## WRESTLING

GOLD
Delano
Perham
Sauk Rapids - Rice
Waconia
Willmar

SILVER
Albany
Apple Valley
Belgrade-Brooten-Elrosa
Bemidji
Brooklyn Center / Concordia Academy
Buffalo
Cretin-Derham Hall
Detroit Lakes
Eastview
Edina
Fairmont/Martin County West
Fertile-Beltrami
Goodhue
Grand Rapids
Glencoe-Silver Lake/Lester Prairie
Hutchinson/Buffalo Lake-Hector
Lake City
Little Falls
Mankato East
Minneapolis Roosevelt
Pierz
Prior Lake
Royalton-Upsala
St. Croix Lutheran Academy
St. Francis
Stillwater
UCB Badgers-Lake Park/Hawley
Woodbury
Zumbrota-Mazeppa

# 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 rringerr@aol.com

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.**

**Trophies Plus - Sponsor of Coaches Caring**

# HALL OF FAME BANQUET

*John and Bernie Schumacher-HOF Coordinators*

Dear Members;

The MSHSCA Hall of Fame Banquet is scheduled for Oct, 10, 2020 from 4:30pm-9:30pm at the Sheraton Mpls West-Ridgedale.

The banquet is a special night where coaches and officials across the state can recognize those who have given many years of their time, have been successful in bringing home State Titles to their schools, increased recognition of their sport, and been an active member of the MSHSCA throughout the years.

Last year a record breaking attendance of 480 people paid tribute to over 200+ deserving individuals. HOF individuals are inducted, along with a George Haun Award, Steve Kerzie Award, awards for DSA-Officials and DSA-Asst. Coaches. 25 Year Members are recognized along with Championship Coaches, Coaches of the Year and Assistant Coaches of the Year. We look forward to a great turn out again this year.

Please mark Oct. 10th on your calendar and watch for a list of the people to be honored in our Sept. Prep Coach. The banquet is open to all coaches, family members, friends, and past athletes. It is a great night where we all get to come together to support and recognize a dedicated, hardworking group of individuals.

At this time we are closely monitoring the Covid-19 situation and what Gov. Walz will be doing in the next couple months in regards to larger gatherings. We will be making decisions later this summer, but right now we plan to hold it. Tickets will be able to be purchased through us at $40.00 each. Award winners and those to be honored will receive more information in August.

If you have any questions, please feel free to contact us.

John and Bernie Schumacher
HOF Coordinators
jschumacher@mshsca.org
bschumacher@mshsca.org

## GOAL POSTS ... continued from page 28

Here is what we do know. If we are to deliver the dreams of today and the game we teach and love, it must be void of prejudice. It must welcome all students of race, color, creed, financial standing, and gender. Our huddle must be the huddle that embraces all mankind. If we listen to the boys of fall and the fields they play on, then our game will help teach us what we need to know.

Further, we must be unified in our support of our black and brown players, coaches and communities and stand with them in their fight for social justice. We have a voice and we must use it to speak loud and clear in that support and initiate actions to do what is right and change what is not.

Keepers, silence is not an option.

## DANCE ... continued from page 30

athletes to participate in this event. Up to two jazz and two kick dancers can be submitted per school to be chosen as a part of the All-State team. A panel of current and former coaches evaluate and determine the participant roster for jazz or kick and for each class based on coach-submitted videos. The dancers selected learn a routine and perform together with their peers. This group of dancers represents the best we have in Minnesota High School Dance Team. MADT also acknowledged its member schools' student athletes with the Senior Academic and Team Academic Awards.

The MADT board of directors is looking forward to another exciting year for dance team in Minnesota. With much unknown at this time due to COVID, the board is hard at work with discussions and plans in regard to the best way to serve our coaches and athletes as well as keep them safe and healthy. This fall we are hopeful to host our annual student convention again, as well as our fall membership meeting.

# 2020-2021 SPORTS ASSOCIATION CLINICS

| DATE | SPORT | LOCATION |
|---|---|---|
| CANCELLED | Volleyball Clinic-bpulju@sebeka.k12.mn.us | Sauk Rapids High School |
| Aug. 10, 2020 | Cross Country-jhnelson@rwps.org | Virtual - Check for updates |
| Aug 13-14, 2020 | Soccer -gruba23@gmail.com | National Sports Center Blaine |
| Oct. 23-24, 2020 | Boys Hockey - mikejmacmillian@hotmail.com | Roy Wilkins Auditorium, St. Paul |
| Oct. 1, 2020 | Wrestling - kip.lynk@gmail.com | Simley High School |
| Oct. 9-10, 2020 | Girls Hockey | TBA |
| Oct. 2020 | Gymnastics - shelly.eklund@district 196.org | Stillwater High School, Stillwater, MN |
| Oct 23, 2020 | Girls BB - scott_bergman@isd743.k12.mn.us | St. Thomas Univ |
| Oct. 30-31, 2020 | Boys BB - Tom Critchley Sr. - hctirc@earthlink.net | Mpls, Hyatt Regency |
| Nov 20-21st, 2020 | Baseball | Omni Hotels & Resorts-Eagan |
| Dec. 1, 2020 | Robotics- Alex Jurek ajurek@isd726.org | St. Cloud State (Atwood Memorial Center). |
| January 21-2rd, 2021 | Track | Double Tree, Bloomington |
| Feb. 2021 | Softball - shelly.hotzler@jccschools.com | Target Field |
| Feb 2021 | Tennis- Rick Engelstad -rengelstad@isd578.org | Fred Wells Center, St Paul |
| March 2021 | Football - Ron Stolski - stolski@yahoo.com | Double Tree, St. Louis Park |
| April 2021 | Swimming and Diving | Marriott NW Mpls-Brooklyn Park |
| July 2021 | Volleyball Clinic-bpulju@sebeka.k12.mn.us | Sauk Rapids High School |

**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: John and Bernie Schumacher 16332 Deer View Road
Park Rapids, MN 56470 Email: jschumacher@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_____
College/s_____Year_____
_____

College Honors:_____
Coaching History: (Sports, schools & years)_____
_____
_____
_____

Coaching awards, honors & highlights:_____
_____
_____
_____

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

Present status_____Organizations & honors other than coaching:
_____
_____

Coaches Association involvement & present status:_____
_____

Please list other highlights & experiences:_____
_____
_____

Nominated by:_____Date_____
Phone:_____Email:_____

**Trophies Plus - Sponsor of Coaches Caring**

# 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.**

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# 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'a 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 (_____)** _____

Trophies Plus - Sponsor of Coaches Caring

# MN State Coaches Association Scholarship Form

Student Athlete _____ _____
First Last

Permanent Address _____ _____ _____
Street City Zip

Parent(s)/ Guardian(s) _____

Address _____ _____ _____
Street City Zip

Home Phone _____

Gender _____male _____female Date of Birth _____

Varsity Sports as Senior _____

High School Attended _____

Activities Director _____ _____
Phone Number

Class Rank _____ of _____

GPA _____ on scale of _____

ACT Score _____

SAT Score _____

Post Secondary School of Attendance _____

_____ _____ _____
Street City Zip

**Application must include:**

1. **Official H.S. Transcript**
2. **One page letter outlining the role athletics has played in your life**
3. **A letter of recognition from one of your coaches.**
3. **All application material must be postmarked by March 28th via regular U.S. Mail**

Mail applications to: Gregg Martig
PO Box 295
Hackensack, MN 56452

find us on facebook follow us twitter @MSHSCA

# MEMBERSHIP PERKS

MSHSCA

- **SHERATON MINNEAPOLIS WEST -** Minnetonka - 800-325-3535 (upon availability)
- **MARIOTT MINNEAPOLIS WEST -** (Code MSHSCA)
  Call Patrick Riley - 952-367-5082 (upon availability)

***For Hotel rates, coaches should indicate membership in MSHSCA.***

**•••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.**

## 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!**

**JOHN SCHUMACHER MSHSCA**
16332 Deer View Road
Park Rapids, MN 56470