



THE *Minnesota* PREP COACH

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John's Journal: The Sky's The Limit For Tackle Cancer **After 10 Years, Millions Of Dollars Have Been Raised**

By John Millea

POSTED: TUESDAY, NOVEMBER 29, 2022 - 12:55 PM

The following article is reprinted from John's (MSHSL) Journal with permission from John Millea.

After one of the biggest games in Simley High School football history, a victory on Nov. 17 that moved the Spartans into the Prep Bowl state championship game this week, head coach Chris Mensen was standing in a quiet hallway inside U.S. Bank Stadium and talking about Kim Madigan.

Kim was 59 years old when she died on January 20, 2020. Her husband Mark is an assistant football coach at Simley and Kim was an administrative assistant in the athletic department at the school in Inver Grove Heights. Her memorial service was held in the school gymnasium.

As Mensen talked about Kim, he touched a rubber wristband he wears in her memory. The Spartans had just defeated Rocori 17-16 in the Class 4A state semifinals; they will face Hutchinson in the Prep Bowl on Friday afternoon. The coach's thoughts were focused on the team and the day, but when asked if his school raises money in support of Tackle

Cancer, his focus shifted.

Kim Madigan died after a battle with cancer.

"I still wear her bracelet because she means the world to this program and this community," Mensen said. Like at many schools across Minnesota, Simley's Tackle Cancer activities include T-shirt sales and free-will donations during one designated week and home game each fall.

"And we try to honor someone, a part of the Simley family, who's suffering from cancer," he said.

Tackle Cancer began 10 years ago, and by the time all the participating high schools and colleges in Minnesota send in the funds they have collected this fall, the 2022 total will exceed \$400,000. In the decade that Tackle Cancer has existed, nearly \$3 million has been raised to fight cancer.

There may be no other charitable effort like Tackle Cancer in the country. The Minnesota Football Coaches Association (MFCA) leads the efforts, which provide funding for research, prevention, treatment and other programs relating to the needs of the cancer community.

THE BEGINNING WAS SIMPLE,

and no one could have imagined 10 years ago what was to come. It started with two friends: a television veteran and a football coaching veteran.

Randy Shaver, news anchor at KARE TV, is a cancer survivor. He and his wife Roseanne started the Randy Shaver Cancer Research & Community Fund after his experience with the disease. Dave Nelson, now retired as a football coach, was the head coach at Minnetonka High

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2022-2023 MSHSCA DELEGATES

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mabel-Canton)	Gordy Klomps (retired)	Jessica Just (Lakeville South)	Doug Davis (Northfield)
2A	Rick Bruns (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	Marc Bachman (Saint Peter)
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	John Seipp (Trinity School)	
4A	Chris Laird (Heritage)	Robert Economy(Eagle Ridge Aca)	Tim Herman (Heritage)	Jim Baker (Retired)
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl /Bill Baumann (Royalton)	Chris Kircher /Tim Triplett
6A	Tavia Bachmann (Frazee)	Kyle Haberman (Lake Park-Audubon)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Matt Carlstrom (Deer River)	Open Position	Matt Solberg (Proctor)	
8A	Dave Varriano (Mahnomen-Waubun)	Lon Boike (Crookston)	Open Position	Open Position
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)	Larry McKenzie (Minneapolis North)
6AA	Juno Nayagam (Benilde-St. Marg)	David Boone (Edina)	Kerry Sutherland (Hopkins)	Tarek Morey (Osseo)
7AA	Mark Solberg (Cambridge)		Mike Hennen (Forest Lake)	Greg Apahn (Grand Rapids)
8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)
SPORTS MEDICINE		Tom Sharp (Eastview)		

2022-2023 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER ASSOC POSITIONS
AD	Matt Mattson (Champlin Park))	Jeff Boran (WEM)	Mike Beck (Stillwater) (Exec Direc)	Dan Johnson (Hopkins)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)	Open	Kelli Waalk (Osseo) (Treas)
Baseball	Ryan Holmgren (Elk River)	Dean Schwirtz (Glencoe-Silver Lake)	Craig Anderson (Pine Island)	Rick Zollner (Pipstone) (Sec/Treas)
Boys Basketball	Neil Steffes (Fertile-Beltrami)	Omar McMillan (Richfield)(Past Pres)	Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Jeremy Digiovanni (Elk River)	TBD	Carl Pierson (Waconia) (Exec Direc)	Scott Bergman (Sauk Centre) (Clinic)
Cross Country	Jeff Morris (Perham)		Mary Schifsky (Sec) (Roseville)	Dave Chatelaine (Owatonna) (Treas)
Dance	Marissa Haakonson (St Cloud Cathedral)	Brittany Rehling (Roseville)	Kelsey Schnackenberg (Membership)	Katie Harmeyer-(Treas)
Football	Jeff Williams (Owatonna)	Matt Mahoney (Fairmont))	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Secretary/Treas)
Golf	Ben Jurgens (Fergus Falls)	Heather Hoeck (Milaca)		Steve Heslop (Academics)
Gymnastics	Joni Reitmeier (Worthington).	Toni Kleber (Moorhead)(Past Pres)	Shelly Eklund (Eagan)-Sec	LeeAnn Steen-Gymnastics Delegate
Boys Hockey	Michael Taylor (Apple Valley)	Dustin Vogelsang (East Ridge)	Mike MacMillan (Ramsey) (Exec Direc)	
Girls Hockey	Claire Goldsmith (Mound-Westonka)		Tim Morris (Lakeville South)	Robert Sherry (Two Rivers)
Boys Lacrosse	Jon Junker (Chanhausen)	Rob Horn (Benilde)	Darin Nelson (Sec)	Lance Kuehn (Rosemount) (Treas)
Girls Lacrosse	Ana Bowsby (Benilde-St. Margarets)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Patrick Crandall (Lakeville South) (Treas)
Alpine Skiing	Nate Springer (Eden Prairie)	Jason Nickleson (Visitation)	Bob Boldus (Lakeville North)	
Nordic Skiing	Michael Meehlhause (Trek North)	Rob Lageson (St. Paul Central)	Jason Mork (Winona/Cotter)	Richard Heilman (Lakeville North)
Robotics	Curtis Robertson (Upsala)	Justin Scheider (Esko)		
Soccer	Ben LeVahn (Maple Grove)	Aaron Percy (Mpls Washburn)		Keith Randa (Apple Valley)
Softball	Jason Baune (Becker)			Art Seplak (Treas) Greg Juba (Clinic)
Strength	Mike Breyen (Elk River High School)	Jessica Gust (St. Louis Park)	Alex Greenway (Tracy-Milroy-Balaton)	Brenda Carlson(Treasurer)
Boys Swimming	Ryan Kelly (Austin)	Jason Tangen(Sauk Rapids-Rice)	Todd Walsh (Bloomington-Kennedy)	Katie Haycraft (Prior Lake) (Treas)
Girls Swimming	Megan Magnuson(Century)	Mikayla Beuch(Red Wing)	Todd Walsh (Bloomington-Kennedy)	Katie Haycraft (Prior Lake) (Treas)
Synch. Swimming	Kathy Henderson(Stillwater)		Lauren Kranig (Richfield) (Secretary)	Katy Bohnsack (Prior Lake) (Treas)
Tennis	Robb DeCorsey (Glencoe-Silver Lake)	Les Zellmann (St. James) (Past Pres)	Dave Wareham (Totino-Grace) (Exec. Sec)	
Track	Meghan Orgeman(Alexandria)	Eric Klein (St. Charles)	Scott Christensen (Stillwater)	Aaron Berndt (Wayzata)
Volleyball	Darin Swenson (Litchfield)	John Yunker (Champlin Park)	Janet Golden-Landquist (Nevis)	Kim Duis (Concordia) (Treasure)
Wrestling	Mike Schauer (Grand Rapids)	Shawn Fredreixon (Shafer)	Kip Lynk (Dassel) (Exec Direc)	Kurt Habeck(Wrestling Delegate)

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

President's Message

By: Jennifer Rosium

At the time of writing this, our small school will host a doubleheader basketball game tonight and wrestling also has its first match. The winter season has started! Before we get too caught up in the next season, I want to congratulate all the fall athletes and coaches on their season. The 2022 fall sports have crowned their winners, and most schools have handed out their awards. Whether you were the state champion or took last place in the conference, every team made improvements or what I like to call little victories. These should all be celebrated.

For those coaches and athletes that made it to the state tournaments, congratulations. You are an inspiration to

us all. Your hard work and dedication paid off. I had the opportunity to bring 8 of my players to the state volleyball tournament this year. It was a great day of volleyball and was inspiring to watch. Hopefully, my players were inspired and set the goal of making it to the state tournament in the future. The state tournament is always a fun atmosphere, and I cannot wait to see what the winter season brings.

For the coaches and athletes just starting their seasons this week, good luck, and enjoy the ride. The season always seems long when you are at the beginning, but it goes so fast. Search for the little victories, and the season will be a success.

MnIAAA CORNER

Jeff Boran

Greetings to all as we jump into the winter 2022-2023 season! The hot topics in the Activities Administrators world continue to be event management and officials! Regarding officials, please remind coaches, players, and fans that these people are guests at our schools and events, and without them, there is no game! Please remind event supervisors or other administration to meet and greet the officials as they arrive, provide a place to change, and be sure they can depart your venues comfortably. Also, help do your part in recruiting officials. There is no doubt as we move into 2023, games will need to be rescheduled (as was the case last year) due to a lack of officials. In event management, it is interesting to listen to how many different concerns we all have. Remember, our events are to be safe and inclusive for all stakeholders. Please share creative ways

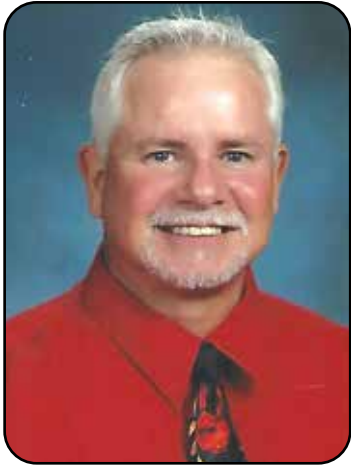
used for event management your school may use. Enlist staff, students, players, coaches, booster clubs, and others to demonstrate and spread the word about sportsmanship, respect for all, and proper behavior at your events.

Plans for the 2023 MNIAAA State Conference to be held March 28-30 in St. Cloud are moving along. Emmett Keenan of St. Cloud Cathedral is the Conference leader this year. This is an excellent opportunity for activities administrators and assistants to enjoy some fellowship as well as get continuing education and recognize the people responsible for opportunities for our students. I hope you all have a fantastic Holiday Season and can spend time with friends and family as we move into the new year of 2023!

SPECIAL MEETINGS OF IMPORTANCE

Jan. 12-15, 2023	NOCAD National Convention	Savannah, GA
March 23, 2023	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 24, 2023	MSHSCA Winter Delegates Meeting	Mancini's in St. Paul
March 27-30, 2023	MNIAA-ADs Conference	St. Cloud Conv. Center - Kelly Inn
June 25-26, 2023	Summer Board of MSHSCA Director's Meeting	Hilton Garden Inn, Eagan
September 9, 2023	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West

Reflections by Ringer



*By: Rick Ringeisen, MSHSCA
Executive Director*

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

- **Larry McKenzie**

Minnesota is blessed with a long list of dedicated coaches who have committed decades to their craft of serving their

communities. One of those Hall of Fame legendary coaches is Larry McKenzie, the Head Boys' Basketball Coach at Minneapolis North. Larry considers coaching a full-time job for part-time pay with a focus on outcomes, not income. While winning basketball games was an objective to work toward, in Larry's program, the outcomes he focused on were the building of his player's character and mentoring them to become quality individuals who become champions in life.

When Larry announced his retirement from coaching this past year, he caught people off guard. He had just taken his team to the State Championship game, where the team finished as the runner-up. Surely, people thought, Coach McKenzie would be back to coach this team.

Larry gave no indication throughout the season that he was nearing the sunset of his career. Instead, he kept the focus on his team and made sure the season was about his guys. He had developed and coached his team to be resilient; every team they played knew they would face a well-coached team that knew how to dig down and compete. The first day I met Larry, it was evident that he loved coaching basketball. Over time, I learned that basketball was the vehicle that Larry used to reach his players and teach them to become people of strong character and quality individuals who treat others with dignity and respect. In four short years, his program developed young men into exceptional adults with opportunities to explore.

The basketball season was rolling along this past year as games and tournaments kept Larry and his team busy. Then the unimaginable happened. Deshaun Hill, a 15-year-old gifted athlete on his team, was shot and died near school in February. Shock, sorrow, and pain resonated throughout the team, school, and the entire community.

Larry was faced with the most challenging moments of his career. Larry knew he needed to provide support to his players. He and his coaching staff joined with the rest of the school staff and did all they could to support the players and help the community cope. The depth of the grief and sorrow was unmeasurable. Everyone knows there is no cure for tragedies that alter our lives and shake us to the very core of our existence. Many teams would have been overwhelmed by despair and unable to recover. Larry and his staff gave their players everything they had to give. As he has always done, he treated them like sons.

Coaching is filled with ups and downs, and Larry just finished coaching the most challenging and one of the most successful

seasons of his career. When Larry announced his retirement, there was an outpouring of emotion. Many people contacted Larry with expressions of gratitude and encouragement to continue coaching.

For the past two years, Larry and I have served on the MSHSCA Executive Board. We have built a relationship of trust and friendship during our time together. We quickly picked up that we have much more in common than coaching. When the invitation to Larry's Career Celebration arrived, I felt honored to be invited. I knew it would be a special day, and I was tremendously looking forward to the program.

The celebration was held at the Metropolitan Ballroom, which once was Rupert's Night Club. I arrived early and was able to meet several guests as they arrived. We exchanged names and then talked about our connection to Larry. Everyone I met had been positively impacted by Larry, or "Coach," as they referred to him.

There was a photo backdrop for taking pictures, and Larry posed with every guest.

As the room began to fill, I looked over my shoulder and saw Mike Max from WCCO with a cameraman. The program opened with a video about the team and Coach McKenzie. The video set the mood for the following program. Next up, Mike Max interviewed Larry. Mike used sound bits from the interview to air on WCCO. The speakers talked about Coach McKenzie and told stories about how he positively impacted their lives. The tributes were heartfelt and filled with gratitude. My favorite was when Larry's son talked. He spoke from many perspectives. He explained what it was like to be a player breaking into the lineup on a state power team as a freshman point guard. He also talked about what it was like to become a team leader. The room filled with laughter when he mixed in humor, talking about the rides home after games with his coach. Larry's son closed with sincere appreciation and gratitude for his father and for his father being his coach.

The ballroom was filled with music, dancing, and fellowship when the program was over. When I arrived, there were very few people I knew in advance. I met a room full of people who love and respect Larry in a short time. As the festivities peaked, I looked around the room, and there was a genuine family feel to the gathering. Larry was making the rounds to ensure he could greet and talk to all who attended. I noticed small groups making their way to talk to Larry. Many of those groups were men about the same age. At one time, they were teammates on Larry's teams! There were sincere greetings of handshakes and hugs. I overheard Larry tell those men, "I will always treat you like my sons."

When Larry spoke, he was humble and grateful for his career. He thanked everyone for attending and expressed his faith and thanks to his Lord Jesus Christ. Lastly, Larry announced his next endeavor. He has started the Coach Like a Champion Academy. Larry will now be coaching coaches.

As the challenges of being a coach have mounted, a gap has started to form between young coaches and coaching legends

Delegates Corner

Jen Marshall

Congratulations to all fall coaches on their season! Regardless of how the season ended in wins and losses, you are making a difference in the lives of the student-athletes you work with, and that's what it's all about. Plus, it was a breath of fresh air not to deal with any Covid restrictions for the first time in three years.

Our annual MSHSCA Fall Delegate meeting took place in September, and energy was in the room! My favorite part of the meeting is hearing what all the Sports Associations are doing to enhance the lives of the student-athletes they work with. It's always nice to support and socialize with colleagues outside our sport(s) and school.

October's MSHSCA Hall of Fame Banquet was another exciting event this fall. Congrats to all Hall of Fame inductees and award recipients. In this issue of the Prep Coach, you will find information about all the coaches honored with awards at the MSHSCA 2022 Hall of Fame Banquet. I'd like to publicly thank Bernie Schumacher for her work as the Banquet Coordinator for the past several years. Her dedication, commitment, and organization provided a first-class and enjoyable experience year after year. Bernie has stepped down from this position, and Mark Solberg is now filling the role.

All the best to winter sports coaches, and thank you to all coaches who serve and support the MSHSCA.

MSHSL BOARD OF DIRECTORS REPORT:

By: John Vraa

**Minnesota State High School League
EDUCATION and LEADERSHIP COMMITTEE
MSHSL Office, Brooklyn Center, MN
December 1, 2022, 8:00am**

Committee Members Present: LeRoy Fairbanks, Ceil McDonald, John Vraa.

Absent: Dave Rocheleau, Julie Anderson

MSHSL Staff: Jason Nickleby, Charlie Campbell, Amy Doherty.

AGENDA

1. Continuing Educations Areas – Action Item
3-year Continuing Education Renewal 2023-24 –
December Approval
 - a. Education based athletics and activities
 - b. Concussion
 - c. Mental Health
 - d. DEIB

Staff will now look deeper into learning targets, where content will come from, and how courses will be delivered – the potential to self-produce or partner with UCEF, NFHS, Jody Redman & Inside Out. It is too early to identify target dates for release but important to recognize the content aligns well with the 2022-23 Board Strategic Directions. Motion and second to approve content areas.

2. Student Advisory and Leadership Team (SALT) Updates
Approximately 40 applicants, but some schools had multiple candidates. Still looking for better representation geographically, by age, and by diversity to reflect our participants. Introductory zoom meeting on January 4 and tentatively set the initial in-person meetings on January 23 at the league office.

3. Fall Tournament Wrap-up
Fall state tournaments have gone very well. Football

concludes this Friday and Saturday.

4. Winter Season Rules meetings are now all up and ready for viewing by coaches and referees. Currently now available for Activities Directors on their AD Dashboard. It is important for coaches and activities directors to communicate on things like field markings, uniform compliance, etc. There will be uniform changes in football jersey numbers and potentially some other sports.
5. Football Instant Replay
Minnesota was the first state association to use replay in our semi-finals and finals. Currently, use DV Sport to produce the replay for officials. DV ties into NSPN cameras for the semi-finals and 45 TV for the finals. Turnovers, potential turnovers, scoring plays, and potential scoring plays are reviewed at any time during the game. Timing errors in the last two minutes of each half, as well as plays that may change the outcome at the of the game.
6. Basketball Shot Clock Education
For installation, NFHS rules require shot clocks are mounted on the backboard. Rules/training/implementation – MSHSL follows NFHS guidelines to the letter. If the basketball advisory wants to make allowable state exceptions, that could occur starting in 2023-24. Further discussion by league staff and the Board will be needed to determine what aspects of the shot clock will be reviewable at the state tournaments. Jason reported the league had produced a “cheat sheet” for shot clock operators and posted the NFHS video on the coach's and activities director's dashboards. Potential also to eliminate the “closely guarded” rule when the shot clock is in place. This has been shown to reduce physicality in the game at the NCAA level.
7. Jason reported that both he and Bob Madison are on the NFHS Football Rules Committee.

Maxpreps Honors Dave Palmquist, South St. Paul On Their List Of Greatest High School Coaches

Congratulations to Dave Palmquist, the South St. Paul Girls' Hockey Coach! MaxPreps have named Dave to the list of the **"Greatest Coaches of All-Time in Every High School Sport."**

Dave was inducted into the Minnesota Girls Hockey Coaches Association Hall of Fame in 2013 and into the Minnesota State High School Coaches Association Hall of Fame in 2019.

Dave Palmquist's MSHSCA Hall of Fame biography is below.

DAVE PALMQUIST has been a teacher and Head Coach for the past 32 years. He is a 1982 graduate of Minnehaha Academy. After graduation, he attended Bethel University, earning a degree in K-12 Education, and played four years of hockey and golf for the Royals. He later obtained his Master's Degree in Athletic Administration from the University of St. Thomas.

Dave met his wife Karen at Bethel and have been married for 33 years, and they have four adult children, three sons, and one daughter. (Joshua, Zachary, Lucas, and Abby). "My greatest joy is my family. They, along with my faith, have been my foundation."

After graduating from Bethel University, Dave knew he wanted to coach and teach. He became the Head Boy's Hockey at his alma mater Minnehaha Academy at age 23. He coached the Redhawks for seven years



Dave Palmquist

and taught middle school PE and Health.

Dave was then given an opportunity to start the new girl's hockey program at South St. Paul High School in 1994. It was a very difficult decision to leave Minnehaha Academy but through a lot of prayer made the decision to come to South St. Paul.

Dave has been the head coach of the Packers for the past 25 years and has helped lead the Packers to 4 state championships and the first girls'

program to win over 500 games. He is the longest-serving winningest Coach in MN Girls High School Hockey. He was named to the Minnesota Girls Hockey Association Hall of Fame in 2013. He is a two-time coach of the year winner and section coach of the year six times. His teams have won 9 conference championships and appeared in a record 14 State Tournaments. His teams also were 6x section runner-ups. His team holds a state record 86-game unbeaten streak during the 2002-2004 seasons. Dave was a featured coach in Legends & Legacies: Celebrating a Century of Minnesota Coaches by Ross Bernstein. Dave currently has an overall record of 584- 258-29.

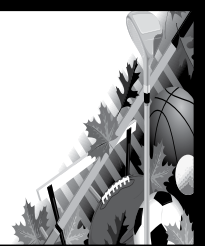
Dave can be seen on 45TV as a studio analyst for the Minnesota State High School Boys Hockey Tournament. He will be entering his 15th year in this position and has two Emmys as part of the broadcast team.

The biggest thrill of his career was coaching his daughter Abby for five years and being a part of 4 state tournaments with her, including two state title games. He also has enjoyed the past five years having the ability to coach with his oldest son Josh. Josh is an assistant coach and teacher at South St. Paul.

Dave's goal as an educator and coach has always been about modeling positive values to his players.

MSHSCA EMAIL CHANGE:

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



Diversity, Equity, & Inclusion

Larry McKenzie, MSHSCA Diversity, Equity, and Inclusion Liaison

Happy Holidays, with all the viruses going around, I hope everyone is staying healthy and excited about the upcoming break. Taken from the pages of a book that I would highly recommend, **8 Ways to Support Diversity, Equity, and Inclusion for All**, Dr. Martin Luther King, Jr is quoted as saying, “The arc of the moral universe is long, but it bends toward justice.” someone else quickly responded, “that the moral arc doesn’t bend all by itself.” In other words, we must take action to move towards our goals. I often like to say that we have **Everybody** waiting on **Somebody** to do what **Anybody** can do.

High School Coaches play an integral role in creating a fair and inclusive environment for our student-athletes. While the impact of racism in sports and coaching can be far-reaching, so can the effects of anti-racism education.

It is the role of our committee to provide you with tools that allow you to take an active role in becoming a “Champion of Change.” In our next issue, we will provide a list of resources.

In my coaching experience, I’ve learned that championship teams are built with a culture of “We,” “US,” and “Team,” not “They,” “Me,” or “I,” which means that it is extremely critical that our membership is committed to building bridges and destroying systemic barriers that don’t allow all students the opportunity to participate in athletics and activities.

Rev. Billy Graham says that “One Coach can impact more students in a year than most people can in a lifetime,” and I truly believe that.

The most important first step in supporting diversity, equity, and inclusion for all is deciding to act.

I leave you with a poem written in the 1960s by James Patrick Kinney:

The Cold Within

Six humans trapped by happenstance
In bleak and bitter cold.
Each one possessed a stick of wood
Or so the story’s told.
Their dying fire in need of logs
The first man held his back
For of the faces round the fire
He noticed one was black.
The next man looking ‘cross the way
Saw one not of his church
And couldn’t bring himself to give
The fire his stick of birch.
The third one sat in tattered clothes.
He gave his coat a hitch.
Why should his log be put to use
To warm the idle rich?
The rich man just sat back and thought
Of the wealth he had in store
And how to keep what he had earned
From the lazy shiftless poor.
The black man’s face bespoke revenge
As the fire passed from his sight.
For all he saw in his stick of wood
Was a chance to spite the white.
The last man of this forlorn group
Did nought except for gain.
Giving only to those who gave
Was how he played the game.
Their logs held tight in death’s still hands
Was proof of human sin.
They didn’t die from the cold without
They died from the cold within.

Women⁴Women Coaches Symposium

Thursday, January 26, 2023, at 7:45 pm
Intercontinental - St. Paul Riverfront

All Coaches (all genders, all sports, all levels) are welcome to join the **First Annual Minnesota Women⁴Women Coaches Symposium**. Starting at 7:45 pm, there will be two breakout sessions followed by a keynote presented by Dr. Nichole LaVoi from the Tucker Center. There will be a social to follow. Come to learn, network, and socialize!

This event is sponsored by the Minnesota Track & Field Coaches Association, Mill City and Saint City Running, and the B Lohrman Foundation.

Please RSVP to Meghan Orgeman by emailing w4wtrackandfield@gmail.com

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

The 2022-23 MSHSCA Membership Year continues to be going well with the Digital Membership cards. The registration process is more efficient and cost effective for MSHSCA.

See below for some common problems and troubleshooting tips.

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

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

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

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

When you join for the 2022-2023 membership year, you will receive two emails.

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

Hello Your Name,

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

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

Registration Info:

Username: your email

Registration Site: mshsca22.cordonco.com

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

Hello Your Name,

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

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

General Liability Insurance Program

Insurance information.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Wallet Size Membership Card

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

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Registration Info:

Username: your email address

Registration Site: mshsca22.cordonco.com

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

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

We have only had a few members experiencing problems!

MEMBERSHIP CORNER ... continued from page 8

MSHSCA Digital Membership

Troubleshooting Tips:

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

This is likely due to one of the following reasons:

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

Solution:

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

Log in to <https://mshsca22.cordonco.com> (this is the same link you use to join MSHSCA every year)

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

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

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

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

“I cannot edit my MSHSCA Membership Profile.”

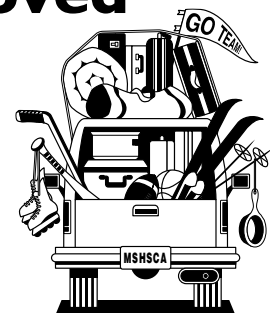
Solution:

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

*“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

Have You Moved or Changed Your Email?



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

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

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

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



Swim Strokes

By: Megan Magnuson

The 2022 Girl's MSHSL State Swimming and Diving season wrapped up November 16-18 at the University of Minnesota with some impressive results. The swimming was fast, and the diving was impressive. Swimmers and divers from around the state also earned numerous All-American qualifying times/scores. The state will be well-represented when the NISCA All-American athletes are announced this spring. Congratulations to Visitation as the Class A state champion and to Delano as the runner-up. Also, congratulations to the Class AA champion, Edina, and Minnetonka as the runner-up. In addition, a total of 57 schools earned an Academic Gold award, and 63 schools earned an Academic Silver award. These are tremendous accomplishments. As the Girl's season ends, the boy's season is just beginning. It also promises to be just as exciting.

The MSHSCA True Team section meets were well-attended again this year, and the True Team State meet was very exciting. I would like to congratulate the Class A Champion, Visitation, and the Class AA Champion, Minnetonka. Congratulations to the True Team Section Champions, as well, and thank you to the 16 schools that hosted these championship meets. Much time and energy are needed to make the True Team Championships successful. This wouldn't be possible without the efforts of athletes, coaches, parents, and volunteers around the state!

Coaches, please mark your calendars for the annual MSHSCA sponsored Coaches Clinic, which will be held Friday and Saturday, April 28-29, 2023. Additionally, the annual All-State Banquet will be held Friday, April 28, 2023. There will again be online registration for the clinic and banquet, along with online voting for the 2022 Coaches and Athletes of the Year Awards. More information about the clinic and banquet will be posted on the MSHSCA Swimming & Diving website (www.mshscaswimdive.com) in the near future.

Finally, thank you to everyone for your hard work in making swimming and diving a successful sport! Congratulations to the coaches who just finished their seasons, and good luck to the coaches who are just getting started. Your dedication to the athletes and the sport is immeasurable. Have a great and relaxing holiday season!

***“Be so good
they can't ignore you.”***

- Steve Martin

***“Do you know what my
favorite part of the game is?
The opportunity to play.”***

- Mike Singletary



Diamond Cuts

By: Jason Baune

President Minnesota Fastpitch Coaches Assoc.

As we flip the calendar to December and head toward 2023, the MFCA leadership is busy preparing for the spring season. To best serve our membership, we would love to get more feedback from our members. Please reach out to a member of the executive council or your section rep if you have suggestions or questions.

We are excited to bring our clinic back to Target Field on February 4, 2023. We are currently working with the Minnesota Twins to secure speakers and finalize the schedule. Our partnership with the Twins continues to grow, and we are excited for that to continue this year. Keep an eye out for emails with clinic details and registration information. Please note that members of the coaches association will receive a discounted rate, so be sure to join if you haven't already.

Last spring, we inducted four new members into our Hall of Fame. We know that there are many worthy candidates and would love to have more nominations. If you want to nominate a coach or former player, please go to our website and fill out the nomination form.

As you may have heard, our 24/20 proposal did not garner enough support this fall and is currently on hold. We will work with the baseball coaches association to look at all options moving forward when it comes to providing more opportunities for our student-athletes.

One item that has been on our radar for quite some time is looking at potential improvements to our state tournament. Our advisory board is forming a subcommittee to look at options that we can present to the MSHSL. If you are interested in serving on this subcommittee, please reach out to Dawn Engebretson or me. We would like to have members from all classes and regions of the state involved in this process to make our state tournament the best experience for our student-athletes.

I would like to wish all of you a happy and safe holiday season. I look forward to seeing many of you at Target Field on February 4th!

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@MSHSCA

CLEARING HURDLES



By: Meghan Orgeman, Alexandria Area High School,
President, MN Track & Field Coaches Association

I hope everyone is doing well this holiday season and looking forward to preparing for another outstanding track and field season!

Our association would like to thank everyone who filled out the Minnesota T&F Coaches Association survey that was sent out in October. We were able to bring your feedback to our MSHSL advisory meeting in November, and we are happy to report back on the following items:

MSHSL State Meet Coach Access to Field Events: The 2023 MSHSL State meet will once again be held at St. Michael-Albertville. Your feedback expressed a desire to increase head coach access to the field event areas and to create a better route for coaches and athletes to travel around the stadium. We brought this feedback to MSHSL, and we are pleased to report that they are looking to make our recommended changes at this year's state meet.

MSHSL State Qualifying Standards: Your feedback clearly expressed that the current State Qualifying marks are too rigorous. Our association is working on submitting a proposal to the high school league to change how qualifying marks are determined. Our goal is to change the qualifying standards for the 2024 season.

Three-Class Model: After a season within our new three-class model, 91.2% of our association reported that they were very satisfied or satisfied with three classes. Coaches reported the benefits of having three classes, which included more opportunities for athletes to participate at the state level, more opportunities for athlete success, and more interest in the sport. Furthermore, 91.3% were very satisfied or satisfied with the state meet three-class schedule, and almost 90% of the association were very satisfied or satisfied with the state meet experience and with section alignments.

State True Team: The 2023 State True Team meet will once again be held at Stillwater High School on May 19 and 20 with the same time schedule that has traditionally been used. Meet manager packets will be sent out soon, which will then be distributed to coaches. Once again, True Team registration will be online, with entry fees being sent directly to Mark Alcorn.

A Need for Officials: It is clear that one of our challenges is finding officials and referees. The association is looking to create an opportunity at the 2023 Minnesota Track & Field Coaches Association Clinic, where people can work to become certified officials. Please encourage anyone with track & field experience to consider becoming an official!

2023 Minnesota Track & Field Coaches Association Clinic:

I would like to take this opportunity to invite every one of you back to our association's **2023 Track & Field Coaches Clinic**, which will be held on **January 26-28 at the Intercontinental - St. Paul Riverfront** - a new location for 2023!

The pre-clinic **True Team meeting and Coaches Association meeting will take place on Thursday, January 26, at 6:30 pm**, followed by the pre-clinic social. If you have feedback from past seasons' True Team meets or if you would like to get more involved, please plan to participate in the meeting. We will also share the most up-to-date information regarding the upcoming season at our Association meeting.

Also, on Thursday is an exciting new event: **The First Annual Women4Women Coaches Symposium!** This event will involve two breakout sessions, a keynote speaker, and a social to follow. It is open to ALL coaches (from any sport, level, or gender) and will be a great opportunity to network.

We hope that you are as excited about this year's clinic schedule as we are and that you plan to return! If you haven't attended before, I highly encourage you and your staff to check out this annual event which has become one of the premier high school Track & Field clinics!

2023 MINNESOTA TRACK & FIELD COACHES ASSOCIATION CLINIC

January 26, 27 & 28, 2023

Intercontinental - St. Paul Riverfront

Registration fee: \$120

Hotel Cost: \$109 (parking not included)

For the registration fee, coaches will receive over 45 hours of world class coaching instruction from some of the top track & field coaches from Minnesota, the USA, and the world! This clinic will include over 900 pages of notes from a compilation of each presenter's session. In addition to the outstanding coaches education opportunities on Friday and Saturday, registration also covers a variety of special events, including:

Thursday Night:

A social to kick off the clinic, following True Team meeting and Association meeting.

***New This Year* The Women for Women (W4W) Coaching Symposium:** This exciting new event is free for All coaches (from any sport, level, or gender)! There will be break out sessions, a keynote, and a social to follow!

Friday Night:

The Minnesota Track & Field Coaches Association Hall of Fame Banquet followed by another social.

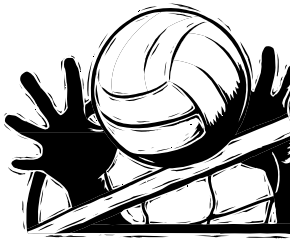
Plus access to Over 25 vendors and many door prizes that will be drawn each day.

A few of the speakers tentatively scheduled to speak are include Harry Marra, Chad Greenway, Latif Thomas, Don Hood, Jim Camarena-Williams, Aimee Stanton-Day, Dr. Nicole LaVoi, Rachael Steil, and more!

All Minnesota coaches (both members and non members) must register online at mshsca.org

Out of State/International Coaches should register by email at jjosephs@isd721.org

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



Dig This

By: *Darin Swenson*
MNVBCA President

Another volleyball season is in the books, and it was another great one! After a couple of years with some unusual adjustments, it was nice to have a season that was back to normal. The 2022 season was one of the most competitive seasons that I can remember in a long time. The balance across the state was really on display during the season, leading to an exciting Section Tournament season and State Tournament. I would like to congratulate this year's State Champions:

- Class A - Minneota
- Class AA - Cannon Falls
- Class AAA - Marshall
- Class AAAA - Wayzata

The State Tournament was another amazing experience, and the level of competition and sportsmanship from student-athletes from around the state was on display for everyone to see. There is really nothing like the volleyball State Tournament at the Xcel Energy Center. I want to thank the MSHSL for putting on a great event! They really did an amazing job.

The off-season will be a great opportunity to prepare for the changes that will occur before the 2023 season. We all have seniors that we will be saying goodbye to and a new team that we will need to prepare for competition. Our MNVBCA team will be saying goodbye to some team members as well.

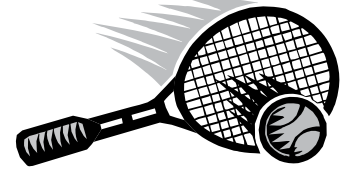
After decades of serving the MNVBCA, Janet Golden-Landquist (Nevis) will be stepping down as the Executive-Secretary of our association. Janet has worked in numerous roles over the years for the MNVBCA, and she has been an important part of the team. She has been a strong advocate for volleyball in the state of Minnesota and helped the sport grow to the powerhouse experience that it is today. On behalf of the MNVBCA, I want to thank Janet for her years of service. I know she will still be around and is always willing to help.

The past two years have been a great experience for me. Serving the MNVBCA as President was a role that I didn't know I would ever take on, but I am extremely grateful for the opportunity to serve our amazing organization. I know that my name is attached to the emails, letters, and texts, but it has really been a team effort. Some so many coaches work behind the scenes to make everything happen. I would like to welcome Jim Lee (Ada-Borup-West) back to the role of President. He has served the MNVBCA in this role in the past and will continue to be a great advocate and leader for our organization and sport.

Enjoy the off-season, but look forward to the 2023 season with anticipation. It is going to be another great year!

SERVICE ACES

By: *Robert DeCorsey*
MTCA PRESIDENT



Tennis fans and coaches—
The first big snowfall has hit, and it really feels like winter unless you are “Up North” and have already had the good fortune of big beautiful snowfalls. This time of year finds many tennis players and coaches taking a short break from our sport and for some, the tournament season is just getting going. Wherever you fit into this...have a wonderful winter.

Our Girl's High School season came to an official close, with the return of the State Tennis Tournament Banquet and the playing of the State Tennis Tournament, at the end of October. The return of the banquet was the perfect way to begin the tournament week! What a great season we had and a great State Tournament to wrap it all up. In class A, Rochester Lourdes took home the team championship, and in AA, Minnetonka secured their second consecutive team title. In individual action, Isabelle Einess of Breck was the singles champion, and in doubles, Greta Johnson and Chloe Alley of Minnehaha Academy took home the championship title. Sarah Shabazz of Minnetonka was the Class AA singles champion, and the sisters Loftus (Claire & Aofie) of Rochester Mayo were the doubles champions. Congratulations to all of the teams and individual players who put their fine skills on display during that final week of October.

We have many terrific coaches in the MTCA, who were recognized by their peers as our 2022 state coaches and assistant coaches of the year: Class A COY—Matt Draeger (Litchfield) and the Assistant COY—Jeffrey Adams (Pine City). The Class AA Coy is Ann Strader (Lakeville South), and the Assistant COY--Neil Strader (Lakeville South). Congratulations to these fine coaches and to all of the coaches who put great hours of love and work into their players and programs.

The 3 class Ad. Hoc committee has put in a tremendous amount of work to push the 3 class agenda for tennis in Minnesota. Please help us promote the proposal with fellow coaches, AD's and others.

We are looking forward to coming back together with the MTCA coaches clinic the first weekend of March 2023. Look for more information to come.

We are always looking for more coaches to be MSHSCA members. Membership is important for coaches and players. There are many coaching benefits and benefits for your players as well.

The MTCA wishes you and yours a wonderful winter season and Happy Holidays!!

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follow us **twitter**

@**MSHSCA**

FLIP NOTES

By: Joni Reitmeier



I hope everyone has had a fantastic fall and is back into the swing of things! It's hard to believe that fall activities are over, and it's time for winter sports! This also means it's gymnastics season!

The MGGCA coach's clinic this year in Big Lake was a great success! Thank you to the clinic committee, the Big Lake coaching staff, and parents for hosting us and for all the clinicians.

The gymnastics season got on its way on November 14th, 2022. The first competition can be held on December 1st, 2022. The online gymnastics rules meeting and general coaches meeting are open on your coach's dashboard. Make sure all your coaches take both rule meetings and ensure their CEU's are up to date. Please keep in mind there is a new rule book this year for gymnastics with some changes on the floor and beam, so please make sure to pay close attention to those changes and make sure your athletes are aware of the changes.

Coaches, please make sure you and your assistant coaches become members of the coach's association if you're not already. There are so many good things that come with becoming a member. Also, please check out the MGGCA website for all the updated information, including an updated timeline. Finally, coaches, please remember to report your scores after every meet to Cindy and Chris. Their information is also available on the MGGCA website.

I wish everyone a happy, healthy winter, and a big thank you to all the coaches for everything they do in and out of the gym!

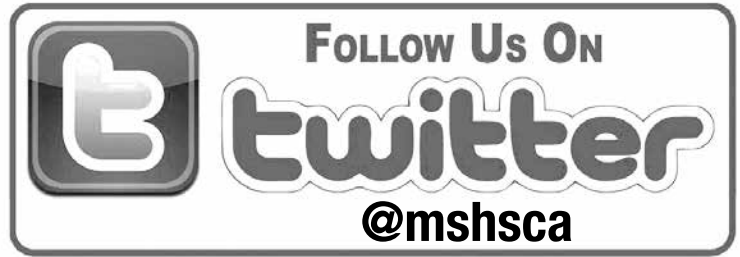
"I'm a Coach because of the kids and the passion I have for the game and sport itself. There is no better feeling than teaching a child the importance of discipline, hard work, team effort, dedication, determination, and the heart it takes to win not only in sports but in life."

-Bill Pingitor

Happy Holidays!
Happy Handstand,
Joni Reitmeier
MGGCA President

***"Just Play. Have Fun.
Enjoy the Game."***

- Michael Jordan



MEMBERSHIP REPORT 2022-2023

December 1, 2022

Types of Membership	Final 2021-2022	December 2021-2022	December 2022-2023
Active Class A & AA	6695	4961	4936
College Associates	1218	1150	1345
Other Associates	87	58	58
Active Life	370	293	306
Retired Life	1480	1480	1510
Honorary	5	5	5
TOTAL	9866	7947	8160

Breakdown of membership by sports association (2021-2022 totals in parenthesis)

Adapted Athletics (39) 39	Boys Lacrosse (18) 15
Alpine Skiing (45) 40	Girls Lacrosse (27) 27
Athletic Directors (86) 84	Football (1044) 1014
Baseball (355) 302	Football Retired (5) 7
Boys Basketball (553) 537	Robotics (51) 63
Girls Basketball (548) 476	Golf (boys & girls) (185) 183
Cross Country (432) 444	Soccer (boys & girls) (435) 435
Dance (270) 298	Softball (228) 218
Gymnastics (197) 184	Synchronized Swimming (3) 4
Nordic Skiing (90) 111	Girls Tennis (196) 175
Girls Swimming (244) 260	Boys Tennis (117) 107
Boys Swimming (142) 158	Track & Field (616) 600
Girls Hockey (136) 129	Volleyball (549) 566
Boys Hockey (131) 138	Wrestling (151) 150
Hockey Retired (2) 2	Strength (38) 36

Sports associations that collect their own dues and join the MSHSCA are Cheer (6) 11, Clay Target (9) 7, and Badminton (5) 4.

HOOP SCOOP



By: *Jeremy Digiovanni*
President Minnesota Girls
Basketball Coaches Association

After months of anticipation and preparation, a new season is finally upon us. Coaches and players have spent countless hours getting ready for many exciting winter days and nights in the gym that lie just ahead of us. Before we get too far into practices and games, let's take a quick look at our year in review.

As we wrapped up last spring with our All-Star Series, we also embarked on an extensive reorganization of duties within our association through the summer and into this fall. A committee from across the state and representatives of each class looked closely at the responsibilities of each official position and worked hard to simplify job descriptions and tie fair compensation to each in an effort to make each one more manageable for people also involved in the midst of coaching their teams and often other school-related duties. We will continue our work throughout the winter in this area and evaluate our progress next spring to guide our future steps.

In October, our annual clinic was held at St. Thomas. Special thanks go out to Craig Geyen and Bill Gottenborg for their efforts in coordinating such a large event to bring our members from across the state together for an exciting day of sharing new ideas and camaraderie. We are also very appreciative to Coach Ruth Sinn and her team for welcoming us into their facility for the day and giving us a glimpse into their practice session.

As we continue to find ways to help our game grow and

evolve, section reps will be sending out a survey to all head coaches in order to gather data on several topics, including stopping the clock after a made basket in the final minute of the second half, seeding all eight teams in each class at the state tournament, and state tournament days and format. Please take time to share your opinions with us, as your input is extremely valuable in making changes happen.

Looking at the new season, here are a few reminders to keep in mind. First, make sure all head coaches are registered with the MSHSCA as well as our girl's basketball association. In order for your kids to be eligible for any association awards, the head coach must be a current member. Encourage your assistant coaches to register as well for the benefits our membership offers. Look to the association website for upcoming nomination dates for all-state, all-star, and academic awards. Submission deadlines are an important part that helps keep our selection process moving in a timely manner so awards can be distributed as quickly as possible at the end of the season. One way to help keep the all-state selection process more efficient is for coaches to nominate players that are sure to be part of the all-conference team for your conference. Questions regarding award nominations can be directed toward your section rep.

Finally, we will culminate the season with the state tournament on March 15-18 at the University of Minnesota and Concordia-St. Paul. We are always looking for volunteers to help select the All-Tournament Team. If you are interested in being part of this process, please email Pat Barrett at Pat.Barrett@fridley.k12.mn.us.

Best wishes for a fun and exciting season for you, your coaching staff, and all of your players. We have much to be proud of in Minnesota Girls Basketball—let's add another great chapter to our story this winter.



Chairlift Chat

By: *Jason Gergen*
Hastings Alpine
MSHSCA Section 4 Representative

The season is off and running, with most ski areas opening around Thanksgiving. I hope most programs see an uptick in participation numbers as we try to help new skiers become new ski racers. We welcome new coaches and hope they consider joining the coach's association. We recognize and honor head and assistant coaches who elevate their programs and serve the ski racing community.

The big news of the day is a 30-place flip and a change of date for the state meet. Anyone who had athletes qualify last season remembers how difficult it was to find lodging for Tuesday night. To alleviate that problem, the Alpine state championship race has been moved to Tuesday, 2/14. This will eliminate the overlap with the Nordic relay race. The 30-place flip or "Bibo" will also be implemented at the state meet this season. The recognition of FIS rule set section 621.11 states that in competitions with two runs, the starting order for the second run is determined by the results list of the 1st run

except for the first 30 places. The first 30 places after the first run will start in reverse order of their finish position. The skier in 30th position will start 1st, 29th position 2nd, 28th position 3rd etc.... This should bring new excitement to the race, along with giving skiers who are further down the standings better course conditions and a chance to make up some time.

In other news regarding the state meet, we will break ties using the same procedure used at the section races. The 5th place skier of each tied team will be used to break the tie; if a tie remains, the 6th place skier's results will be used. The rule has been amended in bylaws to include the state meet. State meet participants will also be allowed a second run in the event of a DNF, DSQ, or NPS in their first run. Their second run will take place after qualified competitors and will follow bib order if there is more than one.

We also wanted to take a moment to remind all coaches to review and refer to the FIS rule book for most all MSHSL Alpine rules. A complete list of bylaws and FIS rules section references are available on the MSHSL website under the Alpine Ski Boys, and Girls home pages. If you have ideas, suggestions, or concerns, reach out to your representative. We are here to support you, the dedicated coaches of alpine ski racing.

See you on the hill!

Goal Posts

By: Ron Stolski

Thanksgiving Eve,

The holiday season is upon us. Perhaps it is the years, but this writer always seems to greet this special time of our lives with a certain melancholy and a full dose of reflection and gratitude for a lifetime of coaching and all that it has meant to live a full life. And so, tonight, I dream. I dream of fields filled with kids, of friendships with colleagues and acquaintances past and present, forged by our common love for and joy of coaching football. I reflect and give thanks for the blessings of our game and the people who have made it an everlasting part of a coach's journey. I hope and trust you find joy in your journey as well.

And so THANK YOU. Thank you for your service, coaching, supporting, contributing, volunteering, sacrificing, leading, sharing, and caring. Coach, you model the stuff of life. Those you touch, influence, direct, counsel, help, challenge, and for whom you show compassion are all the better for it. And so is your school, your community, and so are you!

A very special thanks to Bob Madison, the MSHSL, Rick Ringeison, and the MSHSCA. Thanks to those coaches who lift programs up, examples near and far. Presidents past and present, committee chairs, and sub-district representatives are the backbone of the MFCA. To All-Star selection committee members and chairs Brian Vossen and Bill Magnuson. To Dave Fritze, the game manager, and his staff. To Clay Anderson and the Mr. Football committee To Dave Nelson, the Tackle Cancer chair, and all his reps. At the time of this writing, Tackle Cancer 2022 has raised \$417,000, with 54 schools yet to report. To the community of Randolph, who raised \$49,000. The sum total since 2012 nearing \$3,000,000 for the Randy Shaver Community Cancer Research Fund! To chairs Lemke, Lundeen, Tschimperle, Ben Anderson, Wackman, Bachman, Petermeier, David, Labore, Williams, Ramey Bakken, Sullivan, Ferguson, Dan Fritze, and Dotseth

Thanks to the clinic committee, Allaire, Nigon, Kirch, O'Brien, Wilson, Dotseth, David, and Nelson. Thank you to the Vikings, Joe Rush and Madison Cortez. To Coach Fleck and his staff, president Mat Mahoney, and president-elect Brent Shimek, another big thank you. Also, to Rob Nielsen and Jim Dotseth. A special thanks to Megan and Terry Turek, for the MFCA summer magazine and to Mindy Nielsen, the Prep Coach editor. TO THESE AND YOU, THE KEEPERS OF THE GAME IN EVERY PLACE WE LIVE AND SERVE.

The season is a time of dreams, gratitude, and wishes. My wish for you, good keeper, is for you to be with those you love. Share with and thank them for the coach's journey. Count your blessings, and perhaps dream.

POSTLUDE

May we never forget the icons and keepers who have passed. May we ever recall the impact they made, the memories we share that shall forever live in our hearts and the corners of our history.



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/

ADAPTED ATHLETICS

By: Brett Kosidowski
MAAA Coaches Association President

What a terrific season this Fall was in the Adapted Soccer world. It has been so great being back to pretty much normal, and having teams coming back from some dismal Covid numbers the past 3 years. I always enjoy coming back to school in the Fall and seeing my athletes for the first time since Summer Vacation started in June. New faces join in on the fun that is Adapted Athletics in the great state of Minnesota, and bonds that will be forged over many years with peers from across the district start to form right in front of our eyes. This year we had a rematch of the 2021 State Title games, with only one different outcome. In the CI Division, the Blazing Cats of Farmington/Lakeville/Burnsville held off a strong and ambitious young group of players from Dakota United in the championship game. On the PI side of things, the Dakota United Hawks came back from a 3-1 deficit in the second half to overcome a strong Robbinsdale Robins Futbol squad, in a 4-3 Championship game. Congratulations to all teams competing this past season, and remember to attend meetings over the next year with the entire adapted athletics coaching association, as there are changes coming to the schedule starting next Fall potentially. Good luck to all teams competing this Winter Season with Adapted Floor Hockey, and I look forward to seeing many of you over the up and coming months! Stay safe and have a great Holiday Season.

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

- Lou Holtz



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

Stability in Our Upcoming Season

The Minnesota synchronized swimming coaches are planning and prepping for the upcoming spring season, and are likely appreciative that there won't be any drastic changes in rules, meet formats, or scoring. The last few years we have dealt with several changes, mostly related to the pandemic, but also some rules changes in scoring. This year we are anticipating a smooth season. Here are some of our important dates for spring 2023:

- January 23 Coaches Assn Meeting
- January 24 Officials Assn Meeting
- March 6 Start of season
- May 13 Section championship figure competitions
- May 20 Section championship routine competitions
- May 27-28 State championships at the U of MN Aquatic Center (figures & routines)

Although there is stability in our high school programs, coaches and officials who are involved with club/USA Artistic Swimming are dealing with MAJOR changes being made in the sport. Those particular changes will NOT affect high school synchronized swimming, but are worth noting since several coaches/officials are involved with both programs. FINA & USAAS generally make rules changes every four years, but this particular round of changes is revolutionary for our sport. In hopes of mirroring scoring in gymnastics or figure skating, routines are only allowed an allotted amount of hybrids and acrobatic moves. All choreography is submitted ahead of time with a difficulty score pre-determined. Scoring therefore is changed with judging panels for artistic impression and execution, then separate controllers checking difficulty & synchronization. There are several other changes that can be found on the FINA website, and will eventually be included in the new USAAS rulebook as well. It is not determined when the Minnesota high school programs will adopt these changes. We will likely let the kinks be worked out for a couple years before tailoring those changes to our programs.

Oftentimes we are asked why different sport association articles aren't included in the current issue of Prep Coach. There has been a significant decline in submissions. If your association is missing, it is due to not having an article submitted.

ROBOTICS

By: Olaf Netteberg



Things are about to get hectic in the world of robotics! Every year a “new game” is introduced that robotics teams around the world will play. On January 7th, a broadcast will go across the planet, and the entire robotics world will watch the new game reveal. A short animated introduction will initiate the creative minds of Minnesota students from close to 200 teams and several thousand teams from dozens of different countries. This year’s game is titled “Charged Up” and is presented by Haas Automation. There have been teasers released, but like any teaser, it doesn’t give away any details.

The 2-3 minute video will be followed by access codes to open the rules of the new game. Like everyone reading this newsletter, figuring out the strategy of a game will be the first step.

ICE CHIPS

By: Greg Anzelcc

Our Annual Fall Clinic held in St. Paul was a great success. We had outstanding attendance and an excellent panel of speakers and presenters, including Minnesota Wild GM, Bill Guerin. It was a proud night at a Wild pre-season game when our Hall of Fame inductees and Award Winners were honored; congratulations to all! The Minnesota Hockey Coaches Association is once again this season working with Loren Nelson at Legacy.Hockey to provide accurate schedules, rosters, and statistics throughout the season. A partnership was also formed with MNHockey.Tv and launched in 43 arenas and 83 teams, all set to stream and or utilize the state-of-the-art coaching app. Many teams have begun utilizing the tool successfully in-game, post-game, and in practice with the Spiideo Perform system. There are expected to be 58 venues and 129 teams on the network before the season concludes. Each player can purchase a player profile with TPE, and information will be posted on the MNHockey.Tv. For up-to-date coaching information, log on to mnhockeycoach.com and subscribe to our email newsletter!

REFLECTIONS BY RINGER ... continued from page 4

who have coached for three decades or more. As the legendary coaches leave the coaching profession, the turnover of coaches has begun to accelerate. If you are interested in Larry’s Coach Like a Champion Academy, you can get more information at: championcoachacademy@gmail.com.

I am thankful for every coach who serves their community and school. They coach the games they love and simultaneously teach life lessons that build character and quality individuals who treat others with respect. I am particularly thankful to the coaches who have coached for three or more decades, positively impacting generations in their communities. Larry “Coach” McKenzie, you are one of those coaches I am grateful for and admire. You have established a legacy of developing your player into individuals who will be champions in life! Thank you for now turning your focus to developing coaches. You have once again picked up where you left off by taking on a full-time job for part-time pay, focusing on outcomes, not income.

National High School Athletic Coaches Association Minnesota’s National Coach of the Year 2023 Nominations

The MSHSCA is proud to announce Minnesota’s 2023 National Coach of the Year Nominations. The ten finalists in each category will be announced in late January or early February. The finalist will be invited to attend the NHSACA National Coach of the Year Banquet on July 27, 2023, in Lincoln, Nebraska. If you know any of the coaches listed below, reach out to them and congratulate them for being nominated for the NHSACA National Coach of the Year Award!

Sport/Position	Coach	High School
Athletic Director	Troy Urdahl	St. Anthony Village
Baseball	Al Amdahl	Albany
Basketball - Boys	Donald “Skip” Dolan	Annandale
Basketball - Girls	Mary Dengerud	Totino-Grace
Cross-Country - Boys’	Jeff Renlund	Minnetonka
Cross-Country - Girls’	Trish Reimer-Kealy	Becker
Golf	Tim Zupfer	Alexandria
Soccer	Ted Hill	Minnewaska Area
Softball	Mike Schumacher	Wabasha-Kellogg
Football	Andrew Rostberg	Hutchinson
Swimming & Diving	Nate Linscheid	Visitation
Special Sports	Jenny Raiche	Eastview
Tennis	Kim Finn	Delano
Track & Field - Boys	David Wieber	Faribault
Track & Field - Girls	Charro Coleman	Byron
Volleyball	Scott Jackson	Wayzata
Wrestling	Nathan Hanson	Jackson County Central
Assistant -Boys	Kirk Golberg	Lakeville South
Assistant - Girls	Beulah Verdell	Minneapolis North

Over Hill and Dale

By: Jeff Morris, Perham High School
President, MN Cross Country Coaches Association

Minnesota Cross Country Coaches, the end of the season, I am sure, brings a ton of emotions for us all. Our emotions are triggered by a few things: how well our teams competed this fall, seniors whose high school xc experience has ended, adversity that your teams may have faced, and more. Many of us reflected on what worked and what didn't this season. Whether that reflection was done in a deer stand or time finally spent with families, let me be a voice of encouragement for what you do as coaches.

Coaching cross country is one of the most outstanding jobs in the world. Seeing your runners set a new personal best and drop a significant amount of time from the beginning of the season to the end never gets old. Seeing a runner get an award for the first time, your team wins an invitational, winning a conference or section title, qualifying for state, or making the podium are all so satisfying. No matter how many goals your team set and was able to accomplish, the most important one is the relationships you cultivate while coaching. Running cross country in high school requires intense mental fortitude and focus. But, as we all know, our runners don't show up to us this way. Your team's training culture contributes so much to developing mental toughness and an attitude of perseverance.

This past summer, a former runner of mine, Parker Carignan, a team member of our 2006 & 2007 State Championship teams, gave a talk to my team at our Summer XC camp. He talked about everything he learned from running Cross Country in Perham. He is now a Physical Therapist, but that was after attending college on an ROTC scholarship, then becoming a US Army Ranger, and later completing the Appalachian Trail. His talk highlighted that running cross country in high school was more about practicing perseverance than anything. The perseverance he practiced each day running XC helped get him through Ranger School, the Appalachian Trail, and PT school. Mental fortitude is forged by practicing perseverance over and over. It is never quitting, and as Des Linden put it so well, "Some days it just flows, and I feel like I'm born to do this; other days it feels like I'm trudging through hell. Every day I make a choice to show up and see what I've got and to try and be better. My advice: Keep showing up."

We get to train our runners in one of the essential areas of life - Mental toughness. The mental toughness allows them to train all summer and fall, show up the next day after a bad race and do a long run, and work hard in the classroom when they don't feel like it. It will also one day help them prepare for a new career or job, start a family, etc. Coaching cross country is a blessing to these young athletes we spend every fall with. As another season ends, don't doubt the importance of your coaching role, regardless of the goals or accomplishments you either did or did not reach. As I remind my runners during the

season after the state meet is done, in two weeks, people will probably only talk a little about how well you did at a particular meet or how fast you ran. However, people will see young XC runners continue to practice perseverance long after XC is done. What an impact we all have as cross country coaches. Reflect on what these runners learned as they train hard, including putting in hundreds of miles, finding motivation, and having a positive mental attitude even on the days they don't feel like it. You made an impact on young athletes, and they impact us.

Finally, congratulations to the teams and individual athletes that qualified for this year's state meet. A special congratulations to our state champions this year:

Teams:

AAA Girls – Wayzata
AA Girls – St. Paul Highland Park
A Girls – Perham
AAA Boys – Wayzata
AA Boys – Mankato East
A Boys – Heritage Christian Academy

Individuals:

AAA Girls – Abbey Nechanicky, Wayzata
AA Girls – Luna Scorzelli, St. Paul Highland Park
A Girls – Jade Rypkema, Nevis
AAA Boys – Aidan Jones, Minneapolis Washburn
AA Boys – Emmett Gerres, Belle Plaine
A Boys – Brandon Kampsen, Sauk Centre

We are in the second year in a 3 class system, and we hope that the Coaches Association can continue to help support the High School programs across the state to continue to make the sport of cross country unique for all the runners who run. The advisory board will continue to meet this winter and review the responses from the survey sent this fall. We want to make the cross country experience incredible for all the athletes and coaches involved. We will continue working with the MSHSL to improve the experience. We will not introduce proposals to the state that do not best serve the interests of most teams across all cross-country classes. Look for one more survey this winter to further dive into how the 3 class system works or doesn't, plus more on the location of the state meet. If the consensus is to keep the state meet at St. Olaf, then one of our goals will be to make the state meet even better regarding things like parking and spectating. Another goal is consistency in how the end-of-season awards are conducted from section to section in each class. Many questions were asked about this, so we hope to give more clarity too.

Again thanks so much for choosing to coach this fantastic team sport. All who coach cross country have seen the dedication and perseverance these young athletes demonstrate all summer and fall to fight for personal bests regardless if they are Varsity or Junior Varsity runners. It is impressive, so take time to recount your programs' impact on those apart.

Have a Merry Christmas and a Happy New Year, and may 2023 bring even more Personal Bests.

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BANK SHOTS



By: Willie Brazier

I am very honored to serve the Minnesota Basketball Coaches Association as your 2022-23 President. I would like to thank Neil Steffes for the great job he did representing and serving as President of our organization during 2021-2022.

President perspective:

Out of all sports, basketball is one of the sports that leads to good sportsmanship compared to other sports. Basketball is a close-contact sport when it comes to encountering your opponents. Good sportsmanship includes respect for your teammates and the members of the opposing team, although this is not always as easy to achieve. Showing good sportsmanship can be especially difficult for athletes with a highly competitive nature. Sportsmanship is about more than respecting your teammates and your opposing team. Respect for one's coach, the spectators, and the officials are also key to good sportsmanship. One who expresses good sportsmanship not only does so when it is game time but also does so in practice and off the court. Sportsmanship imparts a lifelong value that can be utilized in sports and life regarding professional and personal relationships. Sportsmanship instills respect for others, which can benefit one's overall life. Good sportsmanship encompasses many aspects of a player's character, the most fundamental being respect. The good sportsman respects both his teammates and his opponents as equals. He/she plays with integrity. A win that does not come fairly holds no satisfaction for him/her. He is honest in his dealings with opponents because he/she treats them the way he/she wants to be treated. He/she is unselfish in his desire to see all his teammates participate and enjoy the game. He/she is humble in his/her victories and has the proper perspective on his losses. In short, the qualities that go into making a good man are the same ones that contribute to being a great sportsman.

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

As part of your MBCA membership you will also become

a member of the National High School Basketball Coaches Association, as we are one of the founding states of the organization. Member coaches are encouraged to visit the website (<http://nhsbca.org>) for such things as coaching resources, job openings, events, special offers from suppliers, and a "Play of the Day" option. Minnesota Coaches are fortunate to have Larry McKenzie serve as a NHSBCA Board Member.

The MBCA held its annual clinic in October and it was a very successful event with approximately 330 in attendance. Thank you to the coaches who were able to attend. I would also like to thank Coach Johnson and the Gophers coaching staff for taking time out of their schedule to speak at the clinic and interact with the coaches in attendance. I also would like to thank Spalding for all the door prizes and continued support of the MBCA, the vendors in attendance, and congratulate Lake Park-Audubon on winning the Dr. Dish giveaway. The presenters did a terrific job and gave us all an opportunity to take something back to our own programs.

Congratulations to the 2022 MBCA Hall of Fame and MBCA Hall of Honor inductees who were recognized at the Fall Clinic and Hall of Fame Banquet:

Hall of Fame Class of 2022: Dave Cresap, Dick Ghizoni, Grant Guzy, Peter Petrich, Vern Simmons, and Jeff Wall.

Hall of Honor Class of 2022: Vance Carlson, Jack Coombe, Jeff Coombe, Eric Gray, Justin Hegna, Mark Knoblauch, and Julie Longstreet.

Coaches will receive a survey regarding multiple rule change proposals, including scenarios for shot clock reset beginning with the 2023-24 season. It will be important for Coaches to respond to the survey as the discussion has already occurred with the MSHSL, and survey results will determine the direction to move forward through the advisory process. The survey will also include a question regarding 1-8 State Tournament seeding—a proposal that multiple sports are considering submitting now. Quarterfinal instant replay will likely be implemented for the 2022-23 State Tournament – previously, instant replay began with the semifinals.

The State Tournament in March will be similar to last year's tournament with a Tuesday start due to a Timberwolves game at Target Center on Wednesday. AAAA, AAA, and AA games will be played on Tuesday (Williams Arena and Target Center), Wednesday Class A (Williams Arena), Thursday Class AAA, AAAA semi-finals (Target Center), Friday Class AA, A semi-finals (Target Center) and finishing with Championship Saturday at Target Center. A full consolation round will also take place.

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

The 2022-2023 season is underway, and everyone is through their first practices and getting ready for their first games. It is important for all of us to remember that sports are not just about winning and losing. They are a great avenue for learning life lessons and values like teamwork, sportsmanship, hard work, overcoming obstacles, and competitiveness. Good luck to all of you and your teams this season!



CORNER KICKS

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

What a wonderful year of high school soccer we had. The second season of three-class soccer and the introduction of a new State Soccer Banquet format were two highlights.

First, we must thank Andrea Winecki and Max Lipset (SPA Boys) for the new banquet schedule. The banquet format was changed from three to two, using a girl's and boy's format. We thank these two for all their efforts, and the result was an incredible experience. There were numerous compliments from coaches, teams, and families expressed to the MSHSSCA representatives.

The first segment of this article is about the awards given by the MSHSL and the MSHSSCA.

The following teams won the 2022 championship:

GIRLS A	St Anthony Village	Sue and Paul Pawlyshyn
GIRLS AA	Academy of Holy Angels	Dave Marshak
GIRLS AAA	Rosemount	Gretchen Stramel
BOYS A	St Paul Academy	Max Liset
BOYS AA	DeLaSalle	Eli Baker
BOYS AAA	Wayzata	Dominic Duenas

The following athletes were awarded the Ms. and Mr. Soccer for 2022. These awards were given at the State Tournament Banquet.

Ms. Soccer		
GIRLS A	Lillian Rediger	Southwestern Christian
GIRLS AA	Katelyn Beulke	Mahtomedi
GIRLS AAA	Paige Kalal	Champlin Park
Mr. Soccer		
BOYS A	Drew Pitzner	Heritage Christian Academy
BOYS AA	Kadar Muhumed	Willmar
BOYS AAA	Asher Ozuzu	Eastview

The MSHSSCA awards two different coaches awards. The first is the Coach of the Year, and the second is the Assistant Coach of the Year.

COACH OF THE YEAR

BOYS A	Alex Hess	St Cloud Cathedral
BOYS AA	Derek Engler	Orono
BOYS AAA	Jake Smothers	Stillwater
GIRLS A	Bryan Holloway	Minnehaha Academy
GIRLS AA	Brooke Moses	Grand Rapids
GIRLS AAA	Tracey Griess	Andover

ASSISTANT COACH OF THE YEAR

GIRLS A	Amelia Crouley	St Charles
GIRLS AA	Brian Schafer	Red Wing
GIRLS AAA	Kylie Moore	Woodbury
BOYS A	Chad DeGraph	Southwest Christian Academy
BOYS AA	Tony Krkljes	Winona
BOYS AAA	Alexander Currie	Eastview

Corner Kicks... continued on page 21

2022-23 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
TBD	Robotics- Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center)
Jan. 13-14, 2023	Baseball - mark.downey@moundsvIEWSschools.org	Target Field
Jan. 26-28, 2023	Track - jjosephs@isd721.org	Intercontinental - St. Paul Riverfront
February 4, 2023	Softball - jasonbaune@gmail.com	Target Field
March 4-5 2023	Tennis- David Wareham - dwareham67@gmail.com	Lifetime Fitness, Bloomington
March 27-30, 2023	MNIAAA AD Conference	St. Cloud Convention Center, Kelly Inn
March 30-April 1, 2023	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 1, 2023	Football HOF Banquest	Double Tree, St. Louis Park
April 28 & 29, 2023	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park
TBD	Dance - carlsonm@westonka.k12.mn.us	TBD

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

CORNER KICKS ... continued from page 20

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

Thanks again for all the work that people put in for the Tournament Banquet, the State Tournament, and the BSN Senior Classic. Thanks to Art Seplak (Blooming Kennedy Girls-retired) for his outstanding job at the mic announcing the All-State teams. To Greg Juba (State Tournament Coordinator-Park of Cottage Girls retired) for his job with the All-Tournament teams and assigning people to cover the outside games of the Tournament. In addition, the incredible work of Berry Arrowsmith (Blaine Boys) and his outstanding work as webmaster for our MSHSSCA is much appreciated.

The 41st Annual BSN Senior Classic was played in Woodbury on Wednesday, November 9. The Senior Classic Coordinator team selected the teams. The coaches for the girl's game were Sue and Paul Pawlyshyn (St. Anthony Village), and Bryan Hollaway (Minnehaha). The boy's game coaches were Eli Baker (DeLaSalle) and Max Lipset (St. Paul Academy and Summit School).

The pictures, rosters, scores, and Players of the Game pictures on the website are the work of Berry Arrowsmith. Berry is to be congratulated on his work on rosters and uniform assignments for the Senior Classic. There are always many people to thank. Greg Juba for getting uniforms and facility use. Steve Witt for his amazing job as announcer, and Robert Lamb for his splendid work on the clock. To Dr. David Olson (Orthopedic Surgeon) and Trainer Alysia Mkacloch for their volunteer work as our medical staff. To our referees, Jim

Hirsch, Dennis Hofbeck, Michael Johnson, and Zacharia Aly, for taking the time to officiate the game. To Dave Bahr (Byron boys) and Chrissy Makala (Mankato West Girls) for their help with uniforms and presentation help. Thanks to ticket manager Art Seplak and his wife for the ticket sales. Finally, my wife, Peggy, who keeps me on task and keeps a perspective on the entire process.

The MSHSSCA wants to thank BSN Sports for supplying the game uniforms and Select for giving us the game and awards soccer balls.

A special thanks to Dave Black and the staff at Health East Sports Center for hosting the Senior Classic.

Art Seplak (Mike Worter Scholarship Chair) announced that applications are now being taken for the two scholarships the MSHSSCA awards each year to honor Mike Worter (Eagan Girls). There are two 1,000-dollar scholarships, one for a girl and one for a boy. Application forms are on the website. Your organization has given over 42,000 dollars to worthy Minnesota High School soccer players.

Additional National Soccer Awards will be in the next Prep Coach, along with information about high school soccer and our association.

Thanks again to Executive Secretary Keith Randa for his 2022 season awards summary.

That is a wrap. 2022 has been another of those years in that we have had to make changes and adapt. Have a great Holiday season. And as always, you have the greatest job in the entire world, working with kids.

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

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

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

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

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

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

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

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

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

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

6. BSU - D2 - reg. season only.

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

FALL ACADEMIC AWARDS

CROSS COUNTRY - GIRLS

GOLD

Apple Valley
Coon Rapids
WEM/JWP
Winona Cotter
Academy of Holy Angels
Adrian / Ellsworth
Albany
Albert Lea
Alexandria
Annandale
Austin
Austin Pacelli
Becker
Belle Plaine
Benilde-St. Margaret's
Bertha-Hewitt
Big Lake
Blaine
Blooming Prairie
Bloomington Jefferson
Border West
Brainerd
Breck
Buffalo
Burnsville
Byron
Canby / Minneota
Central Minnesota Christian
Champlin Park
Chatfield
Chisago Lakes
Cloquet
Dassel Cokato
Delano
Detroit Lakes
Dilworth-Glyndon-Felton
Eagan
Eagle Ridge Academy
East Central
East Grand Forks
Eastview
Eden Prairie
Eden Valley-Watkins / Kimball
Edina
Ely
Esko
Fairmont
Fergus Falls
Foley
Forest Lake
Goodhue
Grand Rapids
Greenway / Nashwauk-
Keewatin
Hastings
Hawley
Hermantown
Holy Family
Hutchinson
International Falls
Jordan
Kingsland

Lac qui Parle Valley / Dawson
- Boyd
Lake City
Lake Crystal Wellcome
Memorial / Nicollet
Lakeville North
Lakeville South
Lanesboro / Filmore Central
Lester Prairie / Mayer Lutheran
LeSueur-Henderson / (MNCS)
Minnesota New Country
School
Litchfield
Little Falls
Long Prairie Grey Eagle
Mahtomedi
Mankato East
Mankato West
Maple Grove
Marshall School Duluth
Math & Science Academy
MCC/Fulda
Melrose
Mesabi East
Milaca
Minnehaha Academy
Minnesota Valley Lutheran
Minnetonka
Minnewaska
Monticello
Moorhead
MooseLake / Willow River /
Barnum
Mora
Morris Area / Chokio - Alberta
Mound Westonka
Mounds View
New London- Spicer
New Prague
New York Mills
North Shore (Cook County HS
/ Two Harbors HS)
Northwest Nighthawks
Norwood Young America
(Central HS)
Nova Classical Academy
Orono
Osseo
Owatonna
Park Rapids
Parnassus Prep
Pelican Rapids
PEM (Plainview-Elgin-
Millville)
Perham
Pillager
Pine City
Pine Island
Pipestone
Princeton
Prior Lake
Providence Academy
Red Wing
Redwood Valley
Richfield

Robbinsdale Armstrong
Rochester Century
Rochester Lourdes
Rochester Mayo
Rock Ridge (Eveleth-Gilbert /
Virginia)
Rockford
Rocori
Rogers
Roseville
Rush City
Saint Michael-Albertville
Sartell
Simley
South Ridge
Southwest Christian
Southwest Minnesota Christian
/ Edgerton
Spectrum
Springfield / Cedar Mountain
St. John's Prep
St. Paul Como Park
St. Paul Highland Park
St. Paul Washington Tech
St. Peter
Staples Motley
Stewartville
Stillwater
Tri City United
Visitation
Waconia
Wadena-Deer Creek
Warroad
Waseca
Watertown Mayer
Winona
Woodbury
Z-M / K-W (Zumbrota-
Mazeppa / Kenyon-
Wanamingo)
Zimmerman

SILVER

Bemidji
Benson-KMS (Kerkhoven-
Murdock-Sunberg)
Duluth Denfeld
Grand Meadow / Leroy-
Ostrander / Southland
Heritage Christian Academy
Hibbing
Howard Lake-Waverly-Winsted
Mankato Loyola / Cleveland
Martin County West
Nevis
North Shore (Cook County /
Two Harbors)
Ottertail Central (Battle Lake
/ Henning)
Park Center
Paynesville/BBE
Pequot Lakes
Shakopee
St Agnes
St Cloud Apollo

St. Anthony Village
St. Charles
Trinity River Ridge
United South Central / Alden-
Conger
WEM/JWP
Windom

CROSS COUNTRY -BOYS

GOLD

Apple Valley
Coon Rapids
WEM/JWP
Academy of Holy Angels
Albany
Albert Lea
Annandale
Ashby / Brandon-Evansville
Austin
Bagley/Fosston (B)
Belle Plaine
Bemidji
Benilde-St. Margaret's
Bertha-Hewitt
Big Lake
Blaine
Blooming Prairie
Bloomington Jefferson
Border West
Brainerd
Breck
Breckenridge-Wahpeton
Buffalo
Canby / Minneota
Champlin Park
Chatfield
Cloquet
Dassel Cokato
Delano
DeLaSalle
Detroit Lakes
Dilworth-Glyndon-Felton
Duluth East
Eagan
Eagle Ridge Academy
East Grand Forks
East Ridge
Eastview
Eden Prairie
Eden Valley-Watkins / Kimball
Edina
Esko
Fairmont
Faribault
Farmington
Foley
Forest Lake
Goodhue
Grand Meadow / Leroy-
Ostrander / Southland
Grand Rapids
Hastings
Hawley
Heritage Christian Academy

FALL ACADEMIC AWARDS

Hermantown
 Howard Lake-Waverly-Winsted
 Hutchinson
 International Falls
 Irondale
 Jordan
 Lac qui Parle Valley / Dawson
 - Boyd
 LaCrescent-Hokah
 Lake City
 Lake Crystal Wellcome
 Memorial / Nicollet
 Lakeview
 Lakeville North
 Lakeville South
 Lanesboro / Filmore Central
 Lester Prairie / Mayer Lutheran
 Lewiston-Altura / Rushford-
 Peterson / Houston
 Litchfield
 Mahtomedi
 Mankato East
 Mankato West
 Maple Grove
 Marshall
 Math & Science Academy
 Melrose
 Mesabi East
 Milaca
 Minneapolis Roosevelt
 Minneapolis Southwest
 Minnehaha Academy
 Minnesota Valley Lutheran
 Minnewaska
 Monticello
 MooseLake / Willow River /
 Barnum
 Mora
 Mound Westonka
 Mounds Park Academy
 Mounds View
 New London- Spicer
 New Prague
 Northfield
 Northwest Nighthawks
 Norwood Young America
 (Central HS)
 Nova Classical Academy
 Orono
 Osseo
 Owatonna
 Park HS
 Park Rapids
 Parnassus Prep
 Pelican Rapids
 PEM (Plainview-Elgin-
 Millville)
 Pequot Lakes
 Perham
 Pillager
 Pine City
 Princeton
 Providence Academy
 Red Wing
 Redwood Valley
 Richfield

Robbinsdale Armstrong
 Rochester Lourdes
 Rochester Mayo
 Rock Ridge (Eveleth-Gilbert /
 Virginia)
 Rocori
 Rogers
 Rosemount
 Roseville
 Rush City
 Saint Michael-Albertville
 Sartell
 Simley
 South Ridge
 Southwest Christian
 Spectrum
 Springfield / Cedar Mountain
 St Agnes
 St Croix Lutheran Academy
 St. Anthony Village
 St. Charles
 St. Cloud Cathedral
 St. Cloud Christian
 St. James Area
 St. John's Prep
 St. Paul Como Park
 St. Paul Highland Park
 St. Paul Johnson
 St. Paul Washington Tech
 St. Thomas Academy
 Staples Motley
 Stewartville
 Stillwater
 Totino Grace
 Trinity River Ridge
 Waconia
 Warroad
 Wayzata
 White Bear Lake
 Winona
 Woodbury
 Z-M / K-W (Zumbrota-
 Mazeppa / Kenyon-
 Wanamingo)
 Zimmerman

SILVER
 Adrian / Ellsworth
 Alexandria
 Austin Pacelli
 Benson-KMS (Kerkhoven-
 Murdock-Sunberg)
 Chisago Lakes
 Chisholm
 Ely
 Fergus Falls
 Fridley
 Greenway/Nashwauk-Keewatin
 Heron Lake-Okabena
 Hibbing
 Holy Family
 Kingsland
 Long Prairie Grey Eagle
 Madelia/Truman/GHEC/ Martin
 Luther

Mankato Loyola / Cleveland
 Maple Lake
 Marshall School Duluth
 MCC/Fulda (Murray County
 Central)
 Moorhead
 Morris Area / Chokio- Alberta
 Mountain Iron-Buhl
 Otertail Central (Battle Lake
 / Henning)
 Paynesville/BBE
 Pierz
 Pine Island
 Pipestone
 Rockford
 Sibley East
 St Cloud Tech
 St Francis
 Tri City United
 Wabasha-Kellogg
 Wadena-Deer Creek
 Waseca
 Windom
 Winona Cotter

FOOTBALL
9 MAN
GOLD
 Brandon-Evansville
 Clinton-Graceville-Beardsley
 Fertile-Beltrami
 Hancock
 Heron Lake-Okabena/Fulda
 Hillcrest Lutheran Academy
 Kittson County Central
 Southland
 Wheaton Area

SILVER
 Cedar Mountain
 Edgerton
 Granada-Huntley-East Chain/
 Truman
 Mabel-Canton
 Nevis
 Norman County East/Ulen-
 Hitterdal

Ogilvie
 Ortonville
 Park Christian
 Red Rock Central

1A
GOLD
 Ada-Borup-West
 Minneota
 Parkers Prairie
 Randolph
 Red Lake County
 Yellow Medicine East

SILVER
 Adrian/Ellsworth
 Bethlehem Academy
BOLD

Fillmore Central
 Lake Park-Audubon
 Lakeview
 Murray County Central
 Russell-Tyler-Ruthton
 Springfield
 Tracy Area
 Upsala/Swanville

2A
GOLD
 Eden Valley-Watkins
 Frazee-Vergas
 Goodhue
 Maple Lake
 Maple River
 Minnesota Valley Lutheran
 Paynesville Area
 St. Agnes
 St. Clair/Mankato Loyola

SILVER
 Blue Earth Area
 Chatfield
 Hawley
 Kimball Area
 Lake Crystal Wellcome
 Memorial
 Lewiston-Altura
 Medford
 Royalton
 West Central Area-Asby

3A
GOLD
 Albany Area
 Belle Plaine
 East Grand Forks
 Holy Family Catholic
 Lake City
 Milaca
 Mora
 Plainview-Elgin-Millville
 St. Cloud Cathedral
 Zumbrota-Mazeppa

SILVER
 Dassel-Cokato
 Foley
 Glencoe-Silver Lake
 Luverne
 Morris Area/Chokio-Alberta
 Pequot Lakes
 Perham
 Pierz
 Rockford
 St. Cloud Cathedral
 Tri-City United
 Watertown-Mayer
 Worthington

4A
GOLD
 Benilde-St. Margaret's
 Detroit Lakes

FALL ACADEMIC AWARDS

Marshall
Orono
St. Anthony Village

SILVER

Academy of Holy Angels
Byron
Chisago Lakes
Grand Rapids
Mound Westonka
Rocori
Willmar

5A

GOLD

Alexandria Area
Andover
Duluth East
Mahtomedi
New Prague
Northfield
Owatonna
Rochester Mayo
St. Louis Park
Waconia

SILVER

Buffalo
Century
Mankato East
Mankato West
Sauk Rapids-Rice
St. Francis

6A

GOLD

Anoka
Eagan
Farmington
Lakeville North
Lakeville South
Maple Grove
Stillwater Area
Wayzata

SILVER

Brainerd
Centennial
Champlin Park
East Ridge
Eastview
Forest Lake
Minnetonka
Shakopee
St. Michael-Albertville
Woodbury

SOCCER - GIRLS

GOLD

Alexandria High School
Andover High School
Bloomington Jefferson
Byron High School
Cambridge- Isanti High School
Chanhassen

Cotter (in Winona)
Delano High School
Eden Prairie
Edina High School
Esco
Farmington HS
Heritage Christian Academy
Lake City High School
Lakeville North
Mankato East High School
Maple Grove Senior High
School

Minneapolis Southwest
Minnehaha Academy
Mounds Park Academy
New Life Academy
North Lakes Academy
Orono
Park High School
Pine Island HS / Zumbrota-
Mazeppa HS
Prior Lake High School
Proctor
Rochester Lourdes
Rosemount High School
Roseville
Saint John's Preparatory School
Saint Paul Academy and
Summit School
Simley High School
Spring Lake Park
St. Croix Lutheran Academy
Trinity School at River Ridge
Visitation
White Bear Lake Area High
School
Winona Senior High School

SILVER

Anoka High School
Apple Valley High School
Benilde-St. Margaret's
Bloomington Kennedy HS
Cannon Falls
Chisago Lakes High School
Crookston High School
DeLaSalle
Duluth Denfeld
Eagan High School
EAST RIDGE HS
Hutchinson/Glencoe-Silver
Lake
Kasson Mantorville
Lakeville South High School
Little Falls
Mankato West
Mounds View High School
New Ulm High School
Northfield High School
Owatonna High School
St Francis High School
St. Cloud Cathedral
St. Peter High School
Zimmerman High School

SOCCER - BOYS

GOLD

Trinity School

SILVER

Becker HS
Blaine
Bloomington Jefferson
Brainerd
Byron HS
Hastings
Holy Family Catholic
Rochester Mayo
Minnehaha Academy
New Prague
Providence Academy
Southwest Christian HS
St Croix Lutheran Academy

SWIMMING & DIVING

- GIRLS

GOLD

Anoka
Apple Valley
Austin
Benilde St.Margaret's
Blaine
Bloomington Kennedy
Brainerd
Champlin Park
Chanhassen
Chaska
Chisago Lakes
Cloquet / Esco / Carlton
Delano
Eastview High School
Eden Prairie
Farmington
Forest Lake
Fosston / Bagley / Crookston
Hibbing
Hopkins
Irondale
Little Falls
Mankato East
Mankato West
Melrose
Minneapolis South
Minneapolis Southwest
Minneapolis Washburn
Morris / Minnewaska
Mound Westonka / Holy Family
Mounds View
Northeast Range / Ely
Northfield
Orono
Osseo
Park Center
Robbinsdale Armstrong
Rochester John Marshall
Rochester Mayo
Rosemount High School
Roseville
Shakopee

St. Anthony Village High
School
St. Paul Humboldt / St Paul
Washington Tech / Open
World Learning
St. Peter
Tartan
Thief River Falls
Visitation
Waconia
Wayzata
Woodbury

SILVER

Albany
Albert Lea
Breck
Buffalo
Cambridge-Isanti
Centennial
Chisholm
Columbia Heights
Coon Rapids
Cretin Durham Hall
Dassel-Cokato
Detroit Lakes
Duluth East
East Ridge High School
Edina
Elk River
Faribault
Fergus Falls
Foley
Grand Rapids
Hastings High School
Holdingford
Hutchinson
International Falls
Lakeville North
Litchfield
Maple Grove
Mesabi East
Milaca
Minneapolis Roosevelt
Minnehaha / Cristo Rey
Minnetonka
Montevideo
Monticello
New Prague
North St. Paul
Ogilvie / Mora
Owatonna
Park High School (in Cottage
Grove)
Park Rapids
Perham / New York Mills
Princeton
Prior Lake
Proctor / Hermantown
Red Wing
Rochester Century
Rocori
Rogers
Sartell
Sauk Centre

FALL ACADEMIC AWARDS

Spring Lake Park
St Cloud Cathedral / St. John's
Prep
St. Cloud Apollo
St. Cloud Tech
St. Michael-Albertville
Tri-City United
Two Harbors / Silver Bay
Two Rivers
Warroad
Watertown-Mayer
White Bear Lake
Willmar
Winona / Cotter

TENNIS CLASS A

GOLD
Belle Plaine
Breck School
Crookston High School
Holy Family Catholic High
School
Le Sueur - Henderson
Litchfield
Melrose Area High School
Minnewaska Area
Montevideo Public Schools
Mora High School
Morris Area Secondary
Osakis
Pine City High School
Roseau High School
Sibley East
Southwest Christian High
School
St. James Area
St. Paul Academy & Summit
School
Wadena-Deer Creek

SILVER

Cannon Falls High School
Lake City
Minnehaha Academy
Mounds Park Academy
New London-Spicer
Parkers Prairie

CLASS AA

GOLD
Academy of Holy Angels
Albert Lea
Andover High School
Annandale High School
Anoka
Becker High School
Bemidji High School
Big Lake
Blaine High School
Bloomington Jefferson
Brainerd High School
Burnsville
Cambridge-Isanti High School
Champlin Park High School

Chanassen High School
Chisago Lakes
Cloquet/ Esko/ Carlton
Coon Rapids High School
Cretin-Derham Hall
Delano High School
Detroit Lakes High School
Duluth East High School
Eagan High School
East Ridge High School
Eden Prairie
Edina High School
Elk River High School
Foley High School
GLENCOE SILVER LAKE
Hastings High School
Hutchinson High School
Irondale
Jordan High School
Lakeville North High School
Lakeville South High School
Lincoln High School
Little Falls Community High
School
Mankato East
Maple Grove
Marshall High School
Minneapolis Roosevelt
Minneapolis Washburn
Minnetonka High School
Monticello
Mound Westonka High School
Mounds View
New Prague High School
Northfield High School
Osseo
Park HS
Pequot Lakes High School
Perham / New York Mills
Red Wing
Robbinsdale Armstrong
Rochester Century High School
RochesterJohn Marshall
Rock Ridge Public Schools
ROCORI HIGH SCHOOL
Rogers High School
Roseville Area High School
Saint Anthony Village
Saint Michael - Albertville High
School
Sartell High School
Shakopee High School
South St. Paul
St. Cloud
St. Francis HS
St. Paul Harding High School
St. Peter HS
Tartan High
Totino-Grace
Tri-City United
Two Rivers
Visitation
Waconia
Waseca
Wayzata High School

SILVER

East Grand Forks Senior High
Faribault High School
Fergus Falls Senior High School
Spring Lake Park High School
Stewartville
Worthington Senior High

VOLLEYBALL GOLD

Academy of Holy Angels
Albany High School
Albert Lea
Alden-Conger
Alexandria Area High School
Andover HS
Annandale
Anoka High School
Apple Valley
Badger / Greenbush-Middle
River
Bagley High School
Barnesville
Belgrade-Broten-Elrosa School
Belle Plaine
Bemidji High School
Benilde-St. Margaret's
Bertha-Hewitt High School
Bethlehem Academy
Big Lake High School
Blackduck Public Schools
Blooming Prairie High School
Blue Earth Area High School
Braham Area High School
Brainerd
Browerville / Eagle Valley
Burnsville
Byron
Caledonia High School
Canby High School
Centennial High School
Champlin Park
Cleveland
Climax / Fisher
Clinton-Graceville-Beardsley
Cloquet High School
Concordia Academy
Cretin-Derham Hall
Crookston High School
Dassel-Cokato High School
Delano
Detroit Lakes
East Central
EAST GRAND FORKS
Eden Prairie
Eden Valley Watkins
Edina High School
Ely
Esko
Farmington
Fergus Falls High School
Fertile-Beltrami
Fillmore Central
Floodwood
Frazee-Vergas High School

Gibbon-Fairfax-Winthrop
(GFW)
Grand Meadow Public School
Grand Rapids High School
Hayfield High School
Heron Lake Okabena / Fulda
Hill-Murray
Irondale High School
Janesville-Waldorf-Pemberton
Kasson-Mantorville
Kenyon-Wanamingo
Kimball Area High School
Kittson County Central
KMS
Lake City
Lake Crystal Wellcome
Memorial
Lakeville North High School
Lakeville South
Lester Prairie
Lewiston Altura
Litchfield High School
Luverne High School
Mabel-Canton
MACCRAY High School
Mahtomedi High School
Mankato West High School
Maple Grove Senior High
Maple Lake
Marshall
Martin County West
Medford
Melrose Area
Menahga Public School
Milaca
Minneapolis Edison
Minneota
Minnesota Valley Lutheran
High School
Monticello High School
Moorhead High School
Mora High School
Morris Area / Chokio - Alberta
Mounds View
Mountain Lake Area-Comfrey
New London-Spicer
New Prague
New Ulm Cathedral
New York Mills
Nicollet Public School
NORTH BRANCH
Nova Classical Academy
NRHEG Public Schools
Ogilvie
Osakis High School
PACT
Park Christian
Parkers Prairie
Paynesville Area High School
Pelican Rapids
Pequot Lakes High School
Perham-Dent
Pierz High School
Pillager High School
Pine City High School

FALL ACADEMIC AWARDS

Pine Island High School	Stephen-Argyle Central	Bigfork High School	County
Pine River Backus	Stewartville	Bloomington Jefferson	Mesabi East
Pipestone Area Schools	Stillwater Area High School	Cannon Falls	Minneapolis Roosevelt High School
Plainview-Elgin-Millville	Swanville High School	Cedar Mountain	School
Princeton High School	Thief River Falls	Central High School	Minnewaska Area High School
Randolph High School	Tracy-Milroy-Balaton	Chaska High School	Mound Westonka High School
Red Lake County Central	TRI CITY United	Chatfield High School	New Ulm High School
Red Lake Falls High School	Triton High School	Crosby-Ironton HS	North Woods Secondary
Red Rock Central	Underwood	Dilworth - Glyndon - Felton (DGF)	Park High School
Rochester Lourdes High School	United South Central	Elk River	Red Wing High School
ROCORI High School	Upsala	Faribault High School	Renville County West
Rogers High School	Verndale	Foley High School	Richfield High School
Roseau	Wabasha-Kellogg	Forest Lake Area High School	Rochester Century
Rothsay	Walker - Hackensack - Akeley	Fosston	Rockford High School
Rush City	Waseca	Goodridge / Grygla	Schaeffer Academy
Russell Tyler Ruthton	Wayzata	Heritage Christian Academy	Sibley East
Sacred Heart High School	West Lutheran High School	Hillcrest Lutheran Academy	Sleepy Eye High School
Saint James Area	Westbrook-Walnut Grove	Holdingford High School	Sleepy Eye St. Mary's
Saint Peter	Wheaton / Herman Norcross	Houston High School	South St. Paul
Sartell/St. Stephen	White Bear Lake High School	Hutchinson	Southland
Sauk Rapids Rice High School	Willmar Senior High School	Kingsland	Spring Lake Park
Sebeka School	Win-E-Mac High School	Lake of the Woods	St. Paul Harding High School
Shakopee High School	Winona Senior High School	Lakeview	St. Cloud Tech
Simley HS	Worthington High School	Le Sueur Henderson	St. Francis
Springfield High School	Zimmerman High School	LeRoy-Ostrander High School	Staples-Motley
St. Agnes	Zumbrota-Mazeppa	Long Prairie-Grey Eagle	Two Rivers High School
St. Anthony Village High School	SILVER	Madelia High School	Wadena-Deer Creek
St. Cloud Cathedral	(NCEUH) Norman County East	Mankato East	Watertown-Mayer
St. Croix Lutheran Academy	/ Ulen-Hitterdal	Maple River	Waterville-Elysian-Morristown
St. Louis Park HS	Ada-Borup West	Marshall County Central / Tri-	West Central Area
St. Paul Central High School	Austin		Windom
St. Paul Highland Park	Avail Academy High School		Yellow Medicine East

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.



[Redacted]

[Redacted]

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

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

[Redacted]

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

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2022 – August 1, 2023

[Redacted]

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

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

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

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

[Redacted]

[Redacted]

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

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

[Redacted]

[Redacted]

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

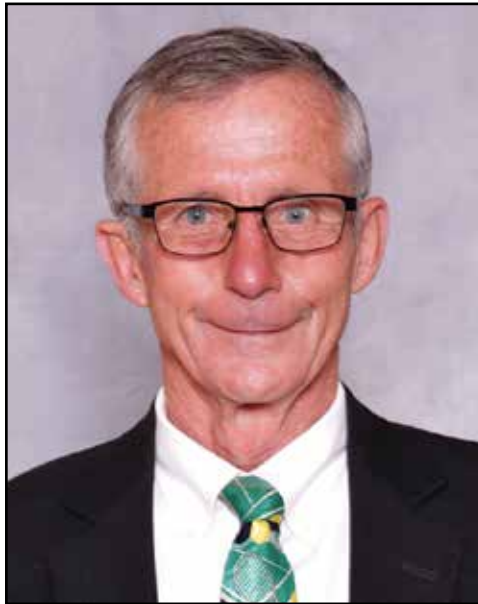


www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

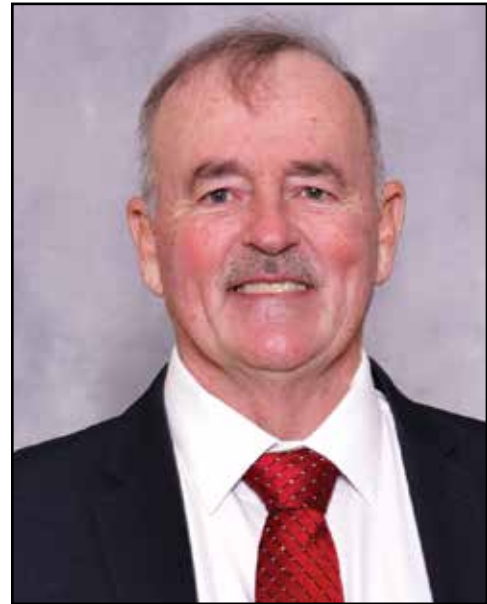
Greg Joly gjoly@loomislapann.com
Lori George lgeorge@loomislapann.com
Karen Boller kboller@loomislapann.com

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

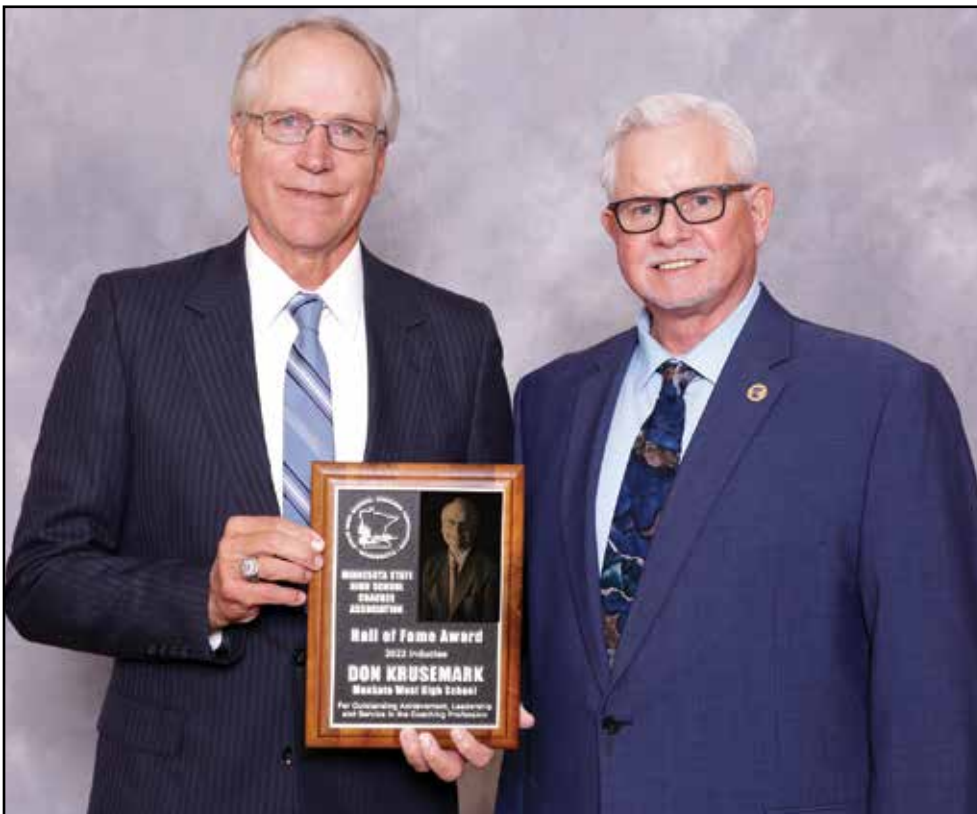
HALL OF FAME



**2022 Hall Of Fame Inductee
Les Zellmann, St James**



**2022 Hall Of Fame Inductee
Donald (Skip) Dolan, Annandale**



**2022 Hall Of Fame Inductee
Don Krusemark, Mankato West**



**2022 Hall Of Fame Inductee
Shelly Eklund, Mankato West**

F FAME



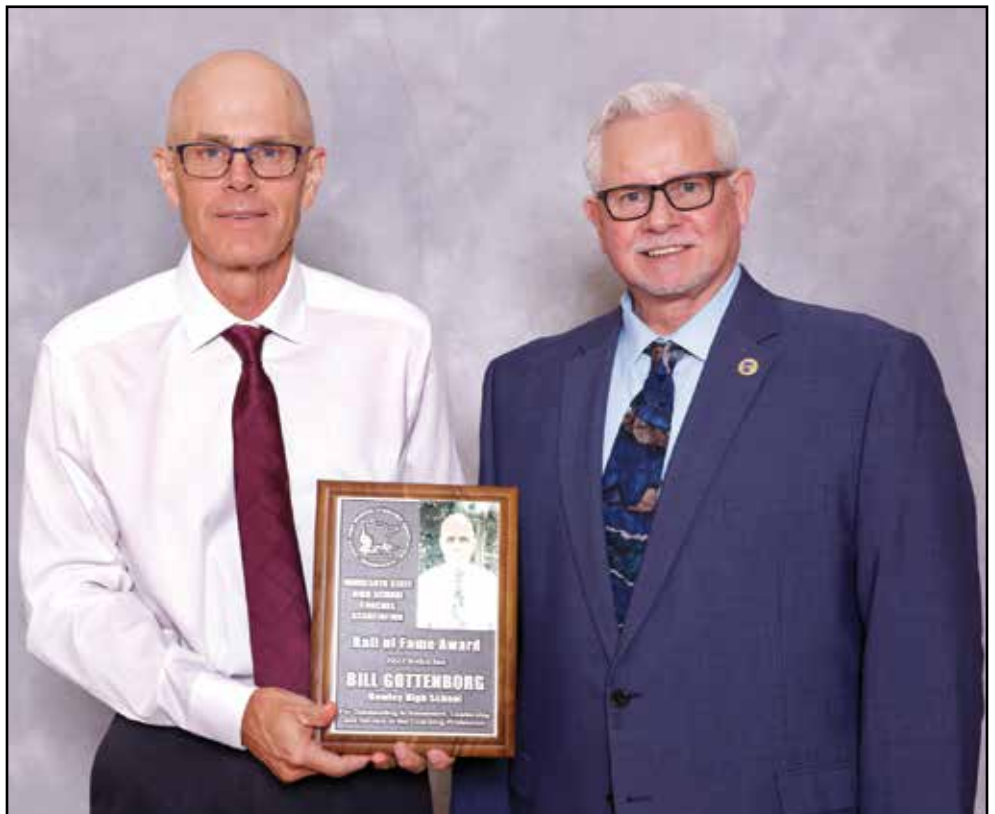
**Assistant Coaches Distinguished Service Award
Beulah Verdell, Minneapolis North**



**Assistant Coaches Distinguished Service Award
Rob Piersak, Mounds View
Kirk Golberg, Lakeville South**



**Hall of Fame Inductee
[Name], Eagan**



**2022 Hall Of Fame Inductee
Bill Gottenborg, Hawley**

HALL 0



Championship/Coach of the Year Awards



Championship Coaches

F FAME

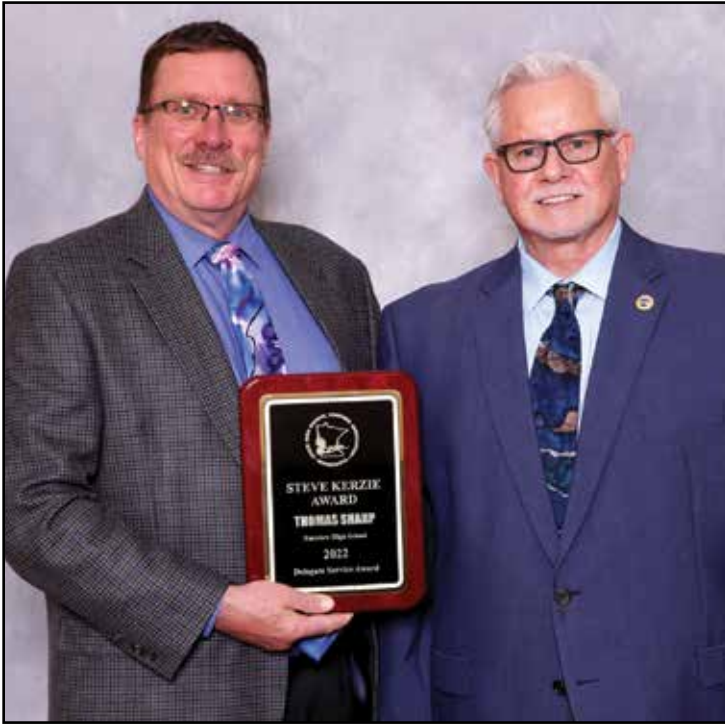


Coach of the Year

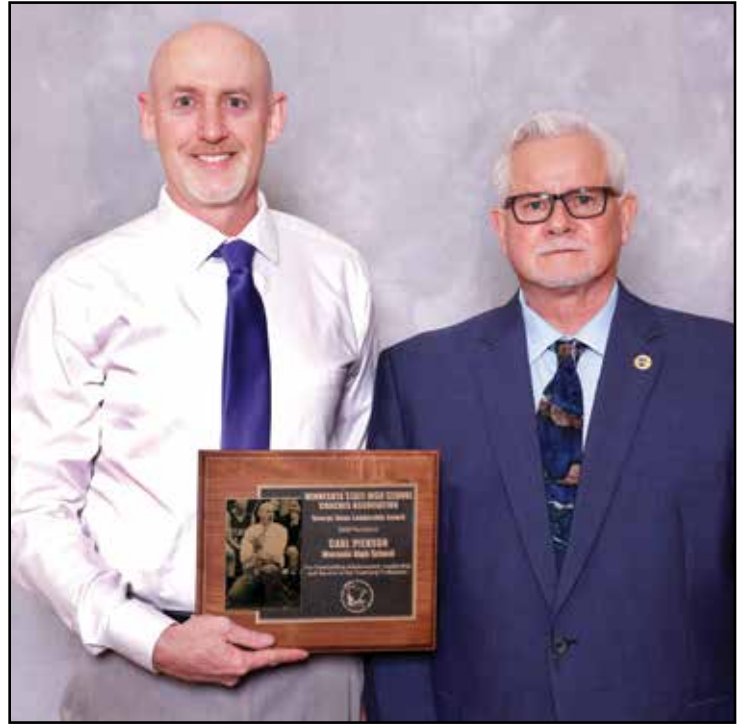


Assistant Coach of the Year

HALL 0



**Steve Kerzie Delegate Service Award
Thomas Sharp, Eastview**



**George Haun Leadership Award
Carl Pierson, Waconia**



25 Year Life Membership Coaches

F FAME



**NHSACA Distinguished Service Award
Jim & Janet Baker, Lake City, Richfield,
South St Paul**



**Officials Distinguished Service Award
Dan Dornfeld, Lakeville
Ron Ackerman, Fridley
Ann Suits, Robbinsdale
Tom Bracher, Chaska**



**Past President Award
Barry Wohler**

FALL 2022 CHAMPIONSHIP TEAMS

SPORT	SCHOOL	COACH
GIRLS TRUE TEAM SWIMMING		
Class A	Visitation	Nate Linscheid
Class AA	Minnetonka	John Bradley
GIRLS TENNIS		
Class A		
Class AA	Minnetonka	Brent Lundell
GIRLS SOCCER		
Class A	St. Anthony Village	Sue Pawlyshyn
Class AA	Holy Angels	David Marshak
Class AAA	Rosemount	Gretchen Stramel
BOYS SOCCER		
Class A	St. Paul Academy	Max Lipset
Class AA	DeLaSalle	Eli Baker
Class AAA	Wayzata	Dominic Duenas
GIRLS CROSS COUNTRY		
Class A	Perham	Jeff Morris
Class AA	St. Paul Highland Park	Brad Moening
Class AAA	Wayzata	Addy Hallen
BOYS CROSS COUNTRY		
Class A	Heritage Christian Academy	Lydia Hatton
Class AA	Mankato East	Chris Ward
Class AAA	Wayzata	Andrew Hansen
VOLLEYBALL		
Class A	Minneota	Hayley Fruin
Class AA	Pequot Lakes	Christine Ganley
Class AAA	Marshall	Dan Westby
Class AAAA	Wayzata	Scott Johnson

GIRLS SWIMMING MSHSL		
Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace
ADAPTED SOCCER		
PI	Dakota United Hawks	Lorrie Buecksler
ADAPTED SOCCER		
CI	Burnsville/ Farmington/Lakeville	Shawn Tatge
FOOTBALL		
9 Man		
1A	Minneota	Chad Johnston
2A	Barnesville	Bryan Strand
3A		
4A	Simley	Chris Mensen
5A		
6A	Maple Grove	Matt Lombardi

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

- Yogi Berra

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2022-2023

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

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

MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

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

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

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

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

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



OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

JOHN'S JOURNAL ...

continued from page 1

School when he was treated for prostate cancer in 2011. Shaver invited Nelson to one of his fund's charity events.

"I asked Dave to just come see it, as a friend," Shaver said. "I told him, 'Come see what we do, meet some people, have some fun.' He took that moment and turned it into something that was totally unexpected on my part. It was his initiative to try and do something with the MFCA to benefit something we all deal with in one way or another."

Nelson and his wife Maureen found the evening to be life-changing, hearing inspirational stories of what people were doing to support Shaver's foundation. As the Nelsons drove home, Dave began pondering ways to help. "I was thinking, there's got to be something we can do," he said.

At a construction project near Minnetonka High School, rocks needed to be removed from the site. The Skippers football team pitched in, spending three days shoveling rocks into wheelbarrows, with Shaver stopping by to show support and take photos with the kids. They dubbed their effort "Rock Cancer" and were paid several thousand dollars, which they donated to Shaver's cancer fund.

Nelson met with fellow officers from the Minnesota Football Coaches Association, asking if such efforts might be something that other teams would be interested in. That's when the partnership between Shaver's foundation and the MFCA began rolling.

"I asked our executive committee, 'How about if a bunch of teams did this?'" Nelson said. "We got Randy's blessing and everybody thought it was great."

The coaches committee met with Randy and Roseanne (she dubbed the project Tackle Cancer) and they decided it would be fantastic if they could raise \$5,000 during the 2012 football season. The total? \$120,000.

Shaver said, "My first concern was I didn't want to inconvenience coaches. I didn't want them to feel obligated. Dave said, 'They're all going to be on board.' They took it and ran with it."

THEY'VE BEEN RUNNING FASTER AND FARTHER each year as Tackle

Cancer efforts have spread around the state. This year, 182 high schools and 18 colleges, including the University of Minnesota, have taken part. The small community of Randolph, which has a well-deserved reputation for charitable giving, led the way by raising \$49,000 this fall in their Tackle Cancer efforts.

Stillwater High School raised \$26,000 and St. Thomas Academy provided \$25,000 to Shaver's fund.

The St. Thomas Academy head football coach is Dan O'Brien, whose son Casey is a well-known cancer survivor. Casey, who played football at Cretin-Derham Hall and was a holder for kicks at the University of Minnesota, was diagnosed with osteosarcoma, a bone cancer, at age 13 and has had multiple cancer fights since. Casey has undergone 25 surgical procedures and has spent 300 nights in hospitals.

"Cancer has touched everybody in our community," Dan O'Brien said. "Everybody knows somebody and you think about it every single day. The coaching community is a tight-knit deal. People go through stuff they shouldn't have to go through. It rips your guts out and you want to support them."

During this year's Tackle Cancer events at St. Thomas Academy, the Cadets had donation buckets at the gates, also selling wristbands, headbands and other items. Students at the school wear uniforms, but if they bought a Tackle Cancer shirt they could wear that instead of the uniform.

"For us it's a week-long deal, not just the day of the game," Dan O'Brien said. "We start preparing for it in the summer. Our community really rallies around it."

After 10 years, students and families at high schools all over Minnesota are familiar with Tackle Cancer efforts. The focus is on football games in the fall, but money also is raised for Tackle Cancer during basketball games, wrestling meets and other sports.

The funds are distributed mainly to support cancer research in Minnesota; the Shaver fund puts nearly 95 cents of every dollar into that support. The organization is lean, with Roseanne Shaver serving as executive director and Heather Austin as assistant executive director. Much of the work is done by volunteers.

"We don't pay (medical) salaries, we don't pay for researchers or their assistants. We pay for the things they need to do their research," Randy Shaver said of

where the money goes. "It allows us to really dig down and support incredible research projects with the Mayo Clinic, University of Minnesota, University of Minnesota Duluth, all those great places."

THIS WAS A GRAND FOOTBALL SEASON at Wheaton/Herman-Norcross, with the Warriors winning 12 consecutive games before losing to Mountain Iron-Buhl in the Nine-Man state semifinals.

"Everyone's impacted by cancer nowadays somewhere. We've had parents have it, we've had grandmas and grandpas, it's just everywhere," said Warriors coach James Paul.

"Tackle Cancer is a way for us to rally for a cause, and I think the kids enjoy it. We have great support with it, too. We order T-shirts and this year I ordered pink team socks, so now we can keep those and use those every year."

The Warriors also hold an auction with the winners taking possession of the seniors' jerseys, among other fundraisers.

At Becker, everyone knows Dwight Lundeen has completed 53 seasons as the only head football coach in school history. Some also know that his wife Pam is a breast cancer survivor, his sister Marlene has been declared cancer-free and his brother Dave is currently receiving cancer treatment. Cancer indeed touches everyone.

During Becker's 2021 efforts, the players wore pink jerseys during warmups before their designated Tackle Cancer game, with the jerseys being given to players' family members and friends who have been impacted by cancer. This fall, the Bulldogs were given pink footballs, to be gifted to the person of their choosing. Dwight gave his pink football to his brother Dave.

Barnesville and Hawley usually come together on a Tackle Cancer game when they meet in a passionate rivalry with large crowds. If it's during Homecoming week at Barnesville, girls are not allowed to wear the boys' jerseys; instead, a silent auction allows girls to get in bidding wars for the jersey they want to wear. The jersey auction alone raised \$1,000 last year.

"In our community, we lost a teacher this past summer to cancer and I think everybody knows somebody that's affected by it," said Barnesville coach

Bryan Strand, whose team will meet Chatfield in the Class 1A Prep Bowl game on Friday.

Simley's Tackle Cancer efforts extend beyond the dollars raised. The football team talks about how cancer impacts their community.

"We speak that week about the importance of thinking about family members and everyone who has come into combat with this awful disease," Mensen said. "I don't think there's a person out there who hasn't been touched by it. I know I have personally, good friends of mine are currently battling cancer. Everything we can do to fight this horrible disease, I'm in and the kids are in and we want to help serve. That's a great thing."

Ron Stolski, who retired at Brainerd following the 2019 season after 58 years as a football coach, is executive director of the Minnesota Football Coaches Association. He and other coaches among MFCA leadership have

been the driving force behind Tackle Cancer, but Stolski doesn't hesitate in calling Nelson "The wheelhorse behind this. He has driven it, formed a committee of over a dozen reps responsible for certain sections of the state and did all this great work."

Stolski, who attends the American Football Coaches Association convention each year, said he talks about Tackle Cancer with people from other states and basically sees blank stares from coaches who are so wrapped up in the game that they have a difficult time thinking of devoting so much time and effort to off-the-field charitable efforts.

That's clearly not the story in Minnesota. Tackle Cancer is an incredible tale of selflessness and commitment, with football coaches and football players, joined by their communities, going above and beyond to help conquer cancer.

"It's been so cool to watch it grow," Nelson said. "The coaches of Minneso-

ta have been so awesome and so many good football programs are behind it. This year our goal was \$400,000, which would be a record, and we're going to breeze past that."

What does the future hold for Tackle Cancer?

"I think the sky's the limit, I really do," said Nelson. "Next year our goal might be \$500,000, what the heck? To see what these schools do, it's unbelievable."

Shaver smiles when he thinks back to how Tackle Cancer started, how far it's come and what could happen in the years ahead.

"It's amazing," he said. "It started with one guy who took it to the MFCA, who all said, 'Yes, let's do this thing.' I just kind of stand back in amazement and watch what they've done."

--For more information on the Randy Shaver Cancer Research & Community Fund visit <https://randyshavercancerfund.org/>



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**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: Mark Solberg 430 8th Ave NW
Cambridge, MN 55008 Email: msolberg1957@gmail.com

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

Nominating Person or Group _____
Rationale for Nomination _____

Personal History: Hometown _____ Year _____
College/s _____

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

Coaching awards, honors & highlights: _____

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

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

Nominated by: _____ Date _____
Phone: _____ Email: _____

MEMBERSHIP PERKS

S

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

H

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

S

For Hotel rates, coaches should indicate membership in MSHSCA.

C

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

A

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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



*The Officers, Chairpersons and
the Editor of the Minnesota
Prep Coach would like to wish
the MSHSCA Membership
the very best Holiday Season
and Good Luck in 2023!*