



THE *Minnesota* PREP COACH

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Alan Amdahl

We would like to proudly introduce **ALAN AMDAHL, MSHSCA VICE PRESIDENT**

Utica outside Rochester.

I grew up on a farm outside of Atwater, MN. I participated in many sports and activities at Atwater-Grove City High School, where I had the opportunity to play for three HOF coaches: Terry Karlsgodt, Jeff Tanner, and Doug Torgeson. These coaches taught me three important lessons: there are many roles inside a team, and all are valuable; enjoy the “GRIND”; and that the only place success comes before work is in the dictionary.

I played football and baseball at Gustavus Adolphus College, and those years also greatly impacted me and my career path.

During my thirty-three years of coaching at Albany, I had the tremendous opportunity to be mentored by three more HOF coaches: Pete Herges, Jim Mader, and Mike Kleinschmidt. Those mentors and colleagues taught me all about “Purple Pride,” how important it is to be a part of the community, and how valuable the community is to success. I was the head baseball coach for thirty years, enjoying the opportunity to coach in three state tournaments. I continue

coaching as an assistant for one of my former assistant coaches, Grant Johnson, who is now head coach at Albany. I have also coached football for thirty-three years, twenty-five of which were as a varsity assistant coach. We had many successful seasons with numerous state tournament opportunities, including two State Runner-Ups and one State Championship.

The nights on the gridiron and the hundreds of games on the diamond were very special, but nothing like the relationships with players. I have had the pleasure of coaching the sons of my former players and seeing many former players become coaches themselves.

I have sought professional

development opportunities through coaches’ associations throughout my career. Through these organizations, I have made many friends among my coaching competitors and colleagues. My work serving in the coaches’ associations has also been extremely rewarding. The coaches I met through these organizations have all been tremendous mentors for me. They are some of the most successful in the state, but more importantly to me, they are great leaders and outstanding people. I have to give a little shoutout to our Executive Director Craig Anderson, who helped get me involved in the National Base-

ALAN AMDAHL

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Tink Larson (Waseca)
Tom Sharp (Eastview)
Tim Ryan (Hill Murray)
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President's Message

By: Kerry Sutherland

The Joy of Living and Working in Your Purpose

When I was first elected vice president, I thought, What an honor to serve you. For me, service is both a gift from my parents and a calling from God. I've often said the most selfish thing I do is serve—because of how good it makes me feel. Now, as I close out my term as president, I feel the same way. It has been a true joy and privilege to serve in this role.

To me, serving means loving and caring so deeply that you meet people exactly where they are, with the genuine desire to uplift their circumstances—and ultimately, their lives. That, to me, is living and working in purpose.

The Power of Purpose

In a world where routines can become monotonous, discovering and embracing your purpose is transformative. Living and working in alignment with your purpose brings meaning, energy, and fulfillment that transcends the ordinary.

Clarity and Direction

When you understand your purpose, life gains clarity. Goals are no longer arbitrary—they become meaningful milestones along a personal mission. This sense of direction quiets feelings of uncertainty and replaces them with confidence and focus.

Passion-Driven Productivity

Work tied to your purpose doesn't feel like a burden. Tasks that might seem mundane to others become energizing challenges because they're connected to something bigger. Passion fuels perseverance, making it easier to push through difficulties and stay motivated.

Authentic Fulfillment

True joy comes from knowing your efforts make a meaningful difference. Whether you're inspiring, coaching, teaching, creating, or leading, purpose-driven work aligns your values with your actions—and that alignment brings deep, lasting satisfaction.

Resilience Through Challenges

Purpose is an anchor during tough times. Setbacks become opportunities for growth rather than reasons to give up. When you know your "why," you find the strength to navigate adversity with grace and grit.

Positive Impact on Others

Living authentically inspires others. Your passion and dedication can spark something powerful in your family, friends, and colleagues—encouraging them to seek their purpose. The ripple effect is real and far-reaching.

In conclusion, the joy of living and working in your purpose is unparalleled. It turns the everyday into something extraordinary—filled with passion, resilience, and meaning. Embracing your purpose isn't just about finding happiness; it's about building a life of impact.

I never understood this more clearly than I have in my time serving you—the incredible coaches who embody what it means to live a purpose-driven life.

*Thank you for allowing me the honor of serving you.
With gratitude,
Coach Kerry*



Minnesota State High School Coaches Association
We're excited to announce that the

Coaching HER®

Menstrual Health Course (2 modules) is now live and ready for integration into your educational platform or available on our platform! This important two-module course helps coaches and leaders understand how menstruation affects athletes and how to create menstrual-friendly, inclusive sport environments.

What's Included:

To support your implementation and promotion, we've created a resource folder with:

- **SCORM files** for upload into your LMS
- Website & social media copy, to use as is or to add into your own creations, including:
 - Quotes
 - Art and long promotional blurbs
 - A longer article for newsletters or blogs
- Announcement graphics
- Completion badge + Module/course badges for learners and website

learn.coachingher.com

Thank you for helping us break down barriers in sport and ensuring all athletes feel seen, supported, and informed.

If you have any questions or need support, don't hesitate to reach out.

Thanks for all you do-
Alicia Elton
apelton@umn.edu

find us on **facebook**

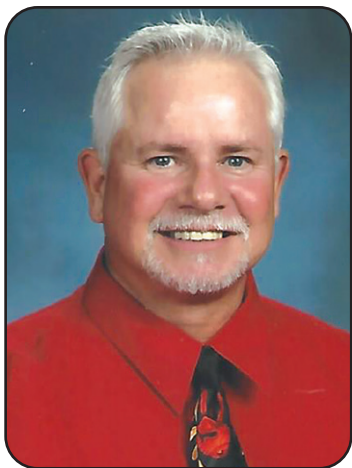


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Reflections by Ringer



By: Rick Ringeisen,
MSHSCA Executive Director

The Evolution of Coaching Prep Sports

Coaching prep sports has undergone an evolution over the last six decades. Many changes have taken place, some suddenly and others gradually. I am going to share my observations and some of the impacts that have occurred

over the years. Many of the things I mention are monumental and deserve to be heralded, others are less important, and others have resulted in unintended consequences for coaches and programs. The timing of the progression I describe below varies within our communities across Minnesota and the United States. However, all of the evolutionary changes have taken place, to varying degrees. I am sure for many, what follows will bring back memories of your own athletic and coaching journey.

In the nineteen-sixties and seventies, the sports offered were more limited, and there were no participation fees. There were only boys' sports, and the coaches were almost all male teachers on staff at our schools where they coached. Most also coached multiple seasons, and the sports they could coach were one of the key factors in their hiring. I remember being in junior high and feeling that it was unfair that the girls who enjoyed playing sports at the playgrounds with us were left out and couldn't participate in school sports. They were only allowed to participate in the GAC (Girls' Athletic Club).

There was fierce competition for teaching jobs. In 1979, when I interviewed for my teaching position, I was told that there were over 350 applicants for the position. Today, schools are lucky if they get a dozen qualified applicants. Hiring a qualified teacher for the opening is the priority, and if a candidate is willing to coach a season, it is a huge bonus. When I was interviewed, what I could coach and how many seasons figured prominently in hiring decisions. Hiring quality coaches was a priority, and as communities and schools became increasingly serious about sports, they started recruiting and hiring excellent coaches away from other schools.

The nineteen-sixties were a tumultuous time in America. The women's rights movement was gaining momentum, making progress, and garnering support for equal rights. The Vietnam War was raging and became increasingly unpopular. There were anti-war and civil rights protests that sometimes turned into violent riots in our cities. All three movements

soon accomplished varying levels of social change. The most significant for athletics took place the summer before my sophomore year in high school, on June 23, 1972. President Nixon signed Title IX of the Civil Rights Act. Today, we know that Title IX extended athletic programs and opportunities to girls in high schools and women in colleges. In a few short years, the passage of Title IX doubled the athletic program, requiring more facilities and nearly twice as many coaches. This monumental change also opened the door for women to join the high school coaching ranks in significant numbers.

The passage of Title IX didn't result in instant respect, access to the best facilities, and equal budgets between the boys' and girls' programs. The 1970s were the decade when girls' sports fought for and gained recognition and respect. Progress varied significantly from one community to another. It was also the time when multiple-sport athletes were the norm and powered school athletic programs. Gradually, in the late seventies and into the eighties, athletes began to specialize. This movement resulted in the development of off-season training programs and athletes being trained by coaches outside their in-season coaches. Summer camps for specific sports became popular, and the cost of those camps increasingly became more expensive. Parents began spending significant amounts of money to have their children trained by specialized coaches during the off-season. The additional investment of time and money also brought higher expectations.

In the eighties, participation fees became the norm, and the vast majority of coaches were still primarily hired from the school teaching staff. Some head coaches began welcoming volunteer coaches from outside the school staff to join their staff. The addition of volunteer coaches improved the coaching ratios and provided an infusion of knowledge and passion. Those coaches wanted to give back to the sport that gave them so much and positively impacted their lives. As schools added sports programs, it became increasingly challenging to continue hiring all the assistant coaches from the teaching staff. Gradually, more and more assistant coaches were hired from the private sector. At that time, very few people had flexible work hours, and for those coaches to be available in the early afternoon, they had to make compromises and have understanding employers. In the late eighties, team fundraising became an annual necessity to cover expenses, and the pressure to fundraise has only increased over time. Only now, teams are fundraising to cover nearly every expense and pay their coaches.

In the mid-to-late 1990s, athletes began to have parents who participated in both high school and college sports. As a coach, I noticed that in some families, when both parents were athletes,

REFLECTIONS BY RINGER ... continued on page 7

**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.



Delegates Corner

*Robert “Bob” Schueller, Browerville School
President Elect, MSHSCA, Browerville*

At some point, every coach finds themselves walking off the field, court, rink, course, or mat, knowing they were the better team but still came up short. It's a painful space, heavy with frustration and second-guessing. But it's also one of the most powerful leadership moments a coach can have.

As coaches, we are not just instructors of skill and strategy; we are leaders who model how to navigate adversity. Our players watch us most closely when things don't go our way. How we respond after a tough, seemingly unjust loss can shape our team's culture more than any pregame speech or perfectly executed play.

When the scoreboard doesn't reflect the preparation, talent, or effort our team poured into a contest, the temptation is real: blame the officials, the conditions, even the players themselves. But as leaders, we must resist it.

Accountability starts at the top. We may know the referee missed calls. We may see where the system failed our kids. But the moment we shift the focus outward, we invite our athletes to do the same—and that's a dangerous precedent. Leadership means keeping the spotlight on what we can control: effort, attitude, preparation, and poise.

Every team preaches resilience, but not every coach embodies it. When we lose games we “should have” won, we are given a golden opportunity to live the values we teach. Do we shake hands with grace? Do we speak to the media with class? Do we encourage our players to take the long view?

Being the better team on paper doesn't always mean winning on the field. But being the better team and the better example—that's something we can control.

Players emulate what they see more than what they hear. If our demeanor post-loss is composed, reflective, and focused on growth, we teach emotional maturity. If it's agitated, bitter,

or accusatory, we send the message that character only matters when we're winning.

After a tough loss, take time to decompress before addressing your team. Be honest, but don't vent. Be disappointed, but don't dwell. Focus on what's next, not just what went wrong. These are the habits of high-performing leaders.

Culture isn't built in the big moments; it's revealed in them. One of the most culture-defining moments is how a team responds to unexpected defeat. That response starts with us.

As coaches, our influence extends far beyond game day. When we model humility in loss, our players learn how to handle life's setbacks. When we stay accountable, they stop pointing fingers. And when we lead with integrity, they grow not just as athletes, but as people.

Final Thoughts

Being a leader means setting the tone, especially when it's hardest. The truth is, we won't win every game we deserve to. But we can win the respect of our team, opponents, and community by showing what true leadership looks like in the face of disappointment.

In the end, the scoreboard doesn't define us. Our example does.

Now that we have all ended another season, whether it was your first season or your 20th season, add your own coaching experience(s) here.

As you reflect on your season—not just the wins and losses, but the moments in between—ask yourself: What kind of leader did my players see when things didn't go our way?

Because that, more than anything, is what they'll remember. And what they'll carry with them.

MSHSL BOARD OF DIRECTORS REPORT:

By: Mike Hennen, Boys' Sports Rep

The MSHSL board just ended the 2024-2025 school year. It has been a great opportunity to represent the MSHSCA on this board for my second year. I am looking forward to the next two years on the MSHSL Board.

Action items at the June 3rd Board Meeting that were approved. Adding half a day to the Wrestling State Tournament. This approval adds flexibility to the state tournament schedule. With the ongoing growth of girls' wrestling and the planning of additional qualifiers in this division, more time is needed to create a reasonable schedule for the tournament. A second wrestling activity advisory proposal was to add weight classes for the sub-junior varsity level. The approved change creates additional weight classes at 100 pounds, 94 pounds, and 88 pounds for lighter-weight wrestlers in some of our lower levels of competition. Great job by the wrestling advisory of getting ahead of the 9th Grade Governance, which the board approved the glossary, interpretations, and Board Policies sections of the MSHSL handbook to reflect the inclusion of 9th Grade Governance. The final approval of updated language was necessary to

implement 9th Grade Governance beginning in the 2025-2026 school year.

Another approved item was clarifying policy language to Bylaw 411.G (Alumni Participation) to ensure that students in MSHSL programs are not in violation of Bylaw 411 or Bylaw 208. The policy reads: MSHSL participants may only participate with or against other MSHSL participants during their MSHSL season. The participation by MSHSL participants with or against alumni members violates Bylaw 208, and their participation is not covered by MSHSL-provided insurance policies. The scheduling of contests by an MSHSL team with non-MSHSL teams or individuals, including alums, is a violation of Bylaw 413 Scheduling of Contests. Coaches, please work with your ADs on this change.

Other approved items included the MSHSL Debate rules for the 2025-2026, which included three proposed changes that emphasize Congressional Debate Session Structure, Congressional Debate Tie Breakers, and Evidence Rules. Approved a Coaching Education Requirement Policy that

MSHSL BOARD OF DIRECTORS REPORT... continued on page 7

Access, Engagement & Opportunity

By: Larry McKenzie

The Transformative Power of Sport: Nelson Mandela's Vision for Unity, Hope, and Change

Nelson Mandela, one of the most iconic figures in history, famously stated, "Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does." These words encapsulate the profound potential of sport to serve as a catalyst for social transformation, bridging divides, fostering hope, and empowering youth to become agents of change. To fully appreciate the depth of Mandela's insight, it is essential to explore how sport functions as a universal language, its role in fostering unity and resilience, and the responsibilities shared by coaches, athletic directors, and student-athletes in harnessing this power for societal good.

At its core, sport transcends cultural, racial, socioeconomic, and political boundaries. Its universal appeal lies in its simplicity—a shared passion for competition, teamwork, and achievement. Mandela emphasized that sport "speaks to youth in a language they understand," recognizing that young people are often most receptive to messages delivered through engaging, relatable mediums. For many, sport is more than just a game; it is an expression of identity, pride, and hope.

Moreover, stories of athletes overcoming adversity—such as Muhammad Ali's stance against injustice, or Serena Williams's perseverance in the face of discrimination—serve as powerful sources of inspiration. These narratives demonstrate that sport can elevate individuals from despair to hope, showcasing resilience, determination, and the possibility of transformation.

Mandela's assertion that sport can "create hope where once there was only despair" underscores its potential to uplift marginalized communities and individuals. In areas plagued by poverty, conflict, or social unrest, sport provides a constructive outlet—an arena where talent, effort, and teamwork can flourish regardless of background.

For example, in inner-city neighborhoods where opportunities may be scarce, sports programs often serve as vital pathways for youth to gain discipline, self-esteem, and a sense of purpose. These programs can divert young people from negative influences and help develop life skills that extend beyond the playing field.

Furthermore, sport can be a powerful tool for social change by raising awareness about critical issues such as gender equality, racial justice, and environmental sustainability.

One of Mandela's core beliefs was that sport has the unique capacity to bring people together across divides. Whether in wartime, during political upheavals, or in periods of societal healing, sport acts as a bridge—uniting individuals through shared goals and collective effort.

Similarly, in regions experiencing conflict, ceasefires have sometimes been brokered through sporting events, recognizing their ability to promote peace. The "Football for Peace" initiative, for instance, uses sport as a diplomatic tool to bridge divides between conflicting communities and promote recon

While sport's potential for social impact is immense, realizing this potential requires intentional action from those involved in the athletic community. Coaches, athletic directors, and student-athletes are not just participants in sport; they are ambassadors of its transformative power.

Coaches serve as mentors and role models, shaping the character and values of their athletes. They have the opportunity to instill principles of fairness, respect, resilience, and social responsibility. By promoting inclusive teams, advocating for equitable opportunities, and emphasizing the importance of community engagement, coaches can foster an environment that nurtures not only athletic excellence but also social consciousness.

Athletic Directors hold the strategic responsibility of creating programs and policies that support diversity, equity, and community outreach. They can champion initiatives that leverage sport's unifying power—such as community service projects, multicultural events, and leadership development programs—ensuring that athletics serve as a platform for positive societal impact.

Student-Athletes are perhaps the most visible and influential agents of change. Their actions and voices resonate with peers and audiences worldwide. By speaking out on social issues, participating in community service, and exemplifying integrity and perseverance, student-athletes can inspire others to engage in constructive change. Many athletes have used their platforms to advocate for causes like racial justice, gender equality, and environmental sustainability, demonstrating that sport can be a powerful vehicle for advocacy.

Addressing these challenges involves ongoing effort to promote fair play, uphold integrity, and ensure that sport remains accessible and inclusive. It also calls for leadership that prioritizes societal impact over profit or fame, recognizing that true success lies in fostering a more equitable and compassionate world.

Nelson Mandela's words continue to resonate because they remind us of sport's profound capacity to inspire hope, foster unity, and catalyze societal change. As individuals involved in sports—whether as coaches, administrators, or athletes—we bear a responsibility to harness this power ethically and intentionally.

Sport's true potential lies not just in victory or records, but in its ability to bring people together, elevate the marginalized, and inspire generations to imagine and build a better world. As Mandela envisioned, sport can indeed "create hope where once there was only despair," and through our collective efforts, it can serve as a powerful instrument for positive change across the globe.

By embracing Mandela's vision and actively working to leverage sport's universal language, we can contribute to a more unified, hopeful, and just world—one game, one athlete, and one community at a time.

ALAN AMDAHL

... continued from page 1

ball Coaching Association, which has greatly impacted my coaching career. I have been a MN Baseball Coaches Association (MHSBCA) member my entire coaching career. I served as MHSBCA President and have been on its advisory board for twelve years. I am a National High School Baseball Coaches Association (NHSBCA) member and serve on their field of the year committee. I am also an American Baseball Coaches Association (ABCA) member. I have been honored to be inducted into the MHSBCA Hall of Fame and the NHSBCA Hall of Fame.

The MN Coaches Association helped me out tremendously as a young coach. I have been a delegate for nearly two decades, and the opportunity to talk and share with other coaches about their experiences has helped me grow as a coach. I appreciated the chance to represent MN as a baseball finalist for coach of the year in 2023 in Lincoln, NE. The MN Coaches Association is such a tremendous organization for coaches but also for school programs that benefit kids, and that is what it is all about. Thank you for the opportunity to serve you and coaches from all around the state of Minnesota.

***“No excuses,
No explanations.
You don’t win on
emotion. You win
on execution.”***

- Tony Dungy

MSHSL BOARD OF DIRECTORS REPORT... continued from page 5

aligns the League’s policies and practices. Member Schools and their coaches will now see clear and direct policy language that is easy to follow. The last item that was approved was an Education and Leadership recommendation to host the Together 4.0 Student

Leadership Meetings on November 18 (Mankato), November 20 (Bemidji), December 1 (Twin Cities), and December 3rd (Willmar). Please encourage your school to attend this event.

As we head into summer, remember to find time to

unwind, relax, and recharge. The work that coaches do day in and day out is remarkable. Students need your positive relationship in their lives, and you are appreciated and valued. Have a great summer.

REFLECTIONS BY RINGER ... continued from page 4

it became challenging for my athletes to go home after games and deal with parents who both wanted to criticize their performance. By the end of the nineties, athlete participation fees were no longer nominal and began to impact family budgets, and for some, limited the number of sports athletes participated in each school year. Coaches from outside the school staff became more common, and some were starting to fill head coaching positions. Hiring committees with parent members became more common for head coach positions. Parents began to flex their clout in the hiring and firing of coaches.

From 2000 onwards, the hiring of both assistant and head coaches from the private sector became necessary at all levels and in most sports. Coaches also began to move from one season to the next at different schools. Sometimes, coaching at a different high school each season. Since the COVID pandemic, the hiring of coaches from the private sector has risen to such a high degree that in some schools, the vast majority of the coaching staff are from the private sector and not employed as teachers or in other school district positions. The unforeseen unintended consequence of this hiring practice is that school districts are dropping the coaching salary schedule

from the teacher contract, leaving coaches to negotiate their compensation with their school district. Edina and Farmington no longer negotiate the coach salary schedule as part of the teacher contract, and other school districts across the state are also considering the same course of action.

As we approach the midpoint of the 2020s decade, a teacher shortage has emerged, which in turn means a coach shortage is also present. Is there really a shortage of new graduates qualified to become teachers? The answer is no. What we have is a shortage of people willing to take on the responsibility and workload of being a teacher for the current starting pay. One of the most fortunate factors I have noticed is that we now have more long-time, successful veteran coaches continuing to coach long after they retire. Those coaches share a passion and love for their sport and are now tremendous mentors of the younger generation of coaches. One of the most significant challenges prevalent in high school sports is that coaches of teams that involve playing time, are under greater pressure and are being attacked at a significantly higher level than ever before, resulting in high head coach turnover.

In response to the significant

turnover of head coaches, the MSHSCA is conducting a study to gather data on head coach turnover. When the analysis is completed, the MSHSCA will share the data with the MSHSL and the MNIAAA (Activities Directors Association), with the hope of working together to inform the public and raise awareness of the challenges coaches face in today’s world. The data will also be shared with the MSHSCA membership in the September issue of the Prep Coach.

Every coach knows that being a coach is a full-time job for part-time pay. No one is coaching because the pay is excellent; in fact, most coaches give up income to coach and sacrifice quality time with their family and friends. Yet the challenges and hardships more than make up for in the intrinsic value of the contributions they make in helping their athletes reach their full potential as quality individuals. There is no greater title of respect than to be called a coach! You are exceptional! Now that the school year is behind us, it’s time for you to take time for your family and yourself. Recharge and make the most of your summer programs to build for next year. I hope you all find your own inner peace and make the most of this summer!

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

Remember to Register for 2025-26!

Registration for the new Membership Year will begin August 1, 2025 and goes until July 31, 2026.

The registration process with Digital membership cards continues to be more efficient and cost effective for MSHSCA.

The Option to Register and send a check or cash is no longer available due to payment issues.

The 2 Options to pay are:

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

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

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

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

The advantages of the digital registration process are as follows:

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

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

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

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

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

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

Hello Your Name,

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

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

Registration Info:

Username: your email

Registration Site: mshsca24.cordonco.com

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

Hello Your Name,

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

General Liability Insurance Program

Insurance information.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Wallet Size Membership Card

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

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

Registration Info:

Username: your email address

Registration Site: mshsca24.cordonco.com

MEMBERSHIP CORNER... continued from page 8

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

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

MSHSCA Digital Membership Troubleshooting Tips:

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

This is likely due to one of the following reasons:

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

Solution:

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

Log in to <https://mshsca24.cordonco.com>. This is the same link you use to join MSHSCA every year.

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

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

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

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

"I cannot edit my MSHSCA Membership Profile."

Solution:

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

COACHES CARING PROGRAM

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

**MSHSCA
20085 Italy Avenue, Lakeville, MN 55044**

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

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

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

Goal Posts

By: Ron Stolski

Father's Day Eve,

Greetings. The substance of this column will highlight salutations, congratulations, reminders, and musings.

But first, I hope this may encourage some of your own thoughts and memories of our fathers. While it is a wonderful honor to be called 'coach' and all the implicit responsibilities attached to the title, this writer believes there is no greater honor or responsibility than to be a father. Even if you are not one, you have or had one.

With your permission, like so many my age, those of us getting along in years, perhaps a familiar story of similar circumstance from farms, hamlets, and beyond. My father, John, born in 1916, was a child of the depression. He and his six brothers and sisters lived in NE Minneapolis in a tiny four-room house off Main and Second Street, just three blocks from the Mississippi River. Given the "neighborhood" (made up of Polish, Russian, Czech, and Slovenian immigrants), they spoke Polish before learning English. Even though they lived within the city limits, other than limited lighting, there was no city water or heat. They had an outhouse, cut wood, or picked up coal from the nearby railroad tracks to stay warm and cook. They and their neighbors and friends were called "River Rats." He grew up and, because of a need to work at a grain elevator, did not finish high school. Chiseled by hard times, he was a boxer, a football player, a swimmer, and an all-around athlete. He was the wisest, toughest, most loving, and caring of men who loved our mother and family. He taught us the way, and never missed a day of work in his life. He died in 1990. His lessons of love and life live in our family still!

****CONGRATULATIONS AND THANK YOU TO****

*Girls Flag Football Champion: Mahtomedi HS, all schools with teams, and the Minnesota Vikings for sponsoring all Girls' Flag programs.

*Marc Bachman and the committee for creating, conducting, and compiling an MFCA survey that will aid our efforts to continue to be a leading Coaches Association in the country. Results will be published via an MFCA blast.

*Jeff Mumm, MFCA Hall of Fame coach, for his monetary contribution to the MFCA.

*Dave Nelson and his entire Tackle Cancer committee, whose tireless efforts have raised 4.1 million dollars for the Randy Shaver Cancer Research Fund.

*The Minnesota Star Tribune for its marvelous coverage of high school football and ALL HS sports. Please take the time to thank the writers.



FLIP NOTES



By: Jessica Lofrano-Larson
Brainerd High School

Summer is finally here, and I hope everyone can recharge and take advantage of some Summer practice time with their athletes!

As we get into Summer practices, a few reminders:

All of your coaches need to have Summer Waivers on file. You can submit them on the MSHSL website through your Dashboard.

This year's no-contact period is from June 30th to July 6th.

We held our Spring Section Rep meeting in May. Complete meeting minutes can be found on the MSHSCA website, but here are a few highlights:

We have some exciting plans for the Fall coaching clinic! Stay tuned to the website, emails from your section rep, and our Facebook page for more details soon.

True Team 2025-26 will be held for both A and AA!

A True Team will be hosted by Big Lake

AA True Team will be hosted by Minnetonka

We need Hall of Fame nominations! The criteria and the nomination form are on the MSHSCA website.

Thank you all for coaching and your commitment to your student athletes! Have a great Summer, and we will see you in the Fall!

***"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

Trophies Plus - Sponsor of Coaches Caring

Chip SH ts

By: Craig Nasvik, White Bear Lake
President - Minnesota Golf Coaches Association

Well, the Boys and Girls golf season has come to an end. The only thing that dampened the state tournaments was the rain. Congratulations to the state champions for team and individuals in the following classes:

<u>Class</u>	<u>Team</u>	<u>Individual</u>
Class A		
Boys	Walker-Hackensack-Akeley 613	Alex Rhode, Heritage Christian Academy 146
Girls	Dawson-Boyd 669	Linsey Lund, Dawson-Boyd 152
Class AA		
Boys	Detroit Lakes 586	Ryder Rose, Southwest Christian 143
Girls	Detroit Lakes 646	Genevieve Birkeland, Pequot Lakes 148
Class AAA		
Boys	Cretin-Derham-Hall 578	Sam Udovich, CDH 134
Girls	Minnetonka 611	Ava Hanneman, Orono 142

The MGCA had two coaches inducted into the Minnesota Golf Coaches Hall of Fame at their respective State Banquets. The class of 2025 was:

Carrie Johnson of Walker-Hackensack-Akeley Class A and
Craig Nasvik of White Bear Lake Class AAA

We are waiting to hear from the State High School League regarding the two proposals it received for consideration. When I hear back from them, I will send that information out via iWanamaker.

If there is any pressing issue or concern, please reach out to any of the Advisory members so we can take them into consideration. Contact information for Advisory:

Minnesota Golf Coaches' Association

Advisory Committee Members/Banquet Leaders

President:	Craig Nasvik, White Bear Lake (AAA, Boys & Girls)
Vice-President:	Bret Brookins, East Ridge (AAA Boys)
Treasurer:	Dave Blank, Wabasso (A, both Boys & Girls)
Banquet Administrator:	Tim Kallevig, Park Center - member at large
Coaches Clinic Coordinator:	Mike Seiffert -member at large
Liaison to PGA:	Barry Wallin, Rosemount - member at large
Liaison to G.C.O.A.	Andrea Brischke, Forest Lake - member at large
Advisory member AAA	Tory Spanier, Delano (AAA Boys)
Advisory member A	Alyssa Konecne
Advisory member AAA	Tamara Colucci, Eastview (AAA Girls)
Advisory member AA	Holly Noble, Acy. of Holy Angels, (AA Girls)
Advisory member AA	Kris Voeltz, St. Peter (AA Girls)
Advisory member A	Chelle Dewey, West Central Area Schools (A Girls)

I hope everyone has a great summer. Recharge and enjoy the days with friends and family. See you on the fairways!

Craig Nasvik
President MGCA



Swim Strokes

By: Jason Tangen

2024 All-State Banquet Recap

On May 2nd, we were thrilled to host another sold-out All-State Banquet, celebrating the exceptional achievements of our athletes in Girls' and Boys' Swimming and Diving. This special evening also recognized the dedicated volunteers and community pillars who continue to support and shape our programs.

Athlete Honors

Class A Athletes of the Year

Boys: Henry Webb – Breck Blake

Girls: Adalynn Biegler – Monticello

Class AA Athletes of the Year

Boys: Micah Davis – Tech-Cathedral-Rocori-Becker

Girls: Logan Havermann – East Ridge

Coach of the Year Awards

Class A

Boys: Doug Davis – Northfield

Girls: Mark Seguin – Orono

Class AA

Boys: Scott Koke – Irondale

Girls: Dan Anderson – Brainerd

Special Recognitions

Roger Cersine Official's Distinguished Service Award: Charles Stewart & Pat Thompson

Jerry Simpson Distinguished Service Award: Jeff Brown & Colleen Fox

Assistant Coach/Dedicated Service Award: Doug Bloom – Elk River & Tracy Torgerson – New Prague

50-Year Service Award: Jon Isaacson

Hall of Fame Inductees

Katie Haycraft – Shakopee/Prior Lake

Jon Isaacson – Mesabi East

Scholarship Recipients

Congratulations to this year's scholarship awardees, and a special thank you to the Minnesota Swimming Officials Association for helping by contributing to these scholarships again this year:

Abby Haldorson – Hill-Murray

Margaret Reed – Stillwater

Norah Seguin – Delano

Dean Wang – Rochester Century

Reminders for Coaches:

If you haven't completed your MSHSL summer coaching waiver, please do so as soon as possible. Looking ahead, the True Team Meeting is scheduled for Monday, June 16 · 9:30 am – 12:00 pm, and the MSHSL Advisory Committee Meeting will take place in August. Contact your Section Reps with any questions or items you want to raise.

Thank you for helping make this season so special!



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

2025 State Championship

The Minnesota High School Synchronized Swimming Coaches Association recently concluded its annual state championship invitational at the University of Minnesota's Jean K. Freeman Aquatic Center on May 22-23. Swimmers in grades 7-12 competed in solo, duet, trio, and team events in three different levels of competition (short program, long program, and extended program). The 2025 championship included over 214 athletes from 13 teams across the Twin Cities metro area. The top three placing teams for 2025 are Stillwater, Wayzata, and St. Louis Park.

The Minnesota high school synchronized swim season lasts three months each spring. The schools compete in high school conference meets, then compete in three different section qualifying championships, to move on to the state championship held at the end of May each year. The sections were realigned this year. Teams earn points by having their athletes place in the top 7 of each event. Swimmers compete in both figure and routine competitions. The average figure score is added to the routine score for the final score for placements. Swimmers who place in the top 7 of their events then move up to the next category the following year. The state championship, run by the coaches' association, has been in Minnesota for over 50 years.

Final Team Standings

1. Stillwater 178
2. Wayzata 114
3. St. Louis Park 49
4. Forest Lake 47
5. Blake 42
6. Edina 66
7. Eden Prairie 15
8. Hopkins 14
9. Prior Lake 14
10. Osseo/Maple Grove/
Park Center 10
11. Bloomington 3
12. Richfield 2
13. Columbia Heights/
DeLaSalle 1

All-State Winners

- Hailey Schmit - Stillwater
- Gabby Lalande - Stillwater
- Axel O'Hara - St. Louis Park
- Anna Siegel - Blake
- Brynn Brady - Forest Lake
- Hannah Shteyman - Wayzata
- Andelyn Filandrinos - Stillwater
- Kaylee Crump - St. Louis Park
- Elena Mutchler - St. Louis Park
- Nina Yakovlev - Blake

The synchronized swimming community is interested in expanding its sport to new schools in the coming years. If anyone is interested in learning more about high school synchronized swimming and how to start a team, please contact Kathy Henderson at kathrynhenderson722@gmail.com.

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UNDER THE BAR

By: Jessica Gust

Stick with me on this one, I promise it's related to training!

I graduated from high school in the nineteen hundreds, which means I am a child of MTV, mix CDs and the original Nintendo Entertainment System. I have very vivid memories of playing Super Mario and Super Mario 3 (we all know Super Mario 2 was subpar). One of my favorite things about playing those early video games was finding and memorizing all the hidden treasures like the flowers, the mushrooms and the stars. Zoop, zoop, zoop, zoop...SUPER POWERS! Full disclosure, that was pretty much the extent of my video game career and every time I've tried to play one of these 'new fangled' video games, I die immediately. Gimme a good game of Tetris over anything that's out today, but I digress.

As an adult, I've spent a lot of time trying to access and understand real-life superpowers through the study of a variety of topics including exercise science and yoga. One of my yoga teachers, who happens to be a much more mystical human than I, frequently references veils and portals as access points to some of these real-life superpowers. While initially it may seem a bit abstract, the more I've reflected on it, the more tangible it becomes. Additionally, I've spent a fair amount of time connecting this idea to training and sports, and that's what I'd like to share with you today.

As strength and conditioning coaches, we are often put in a position where we need to convince athletes and sport coaches that adding S&C to their already busy training schedule is going to provide a good return on investment. We are fighting misconceptions, old-school thought patterns and information, and the dizzying landscape of youth sports and training. In every interaction, we are tasked with determining the current beliefs of the athlete, coach or parent we're communicating with in order to best navigate the conversation and come to an understanding. It is exhausting! We are constantly trying to prove our program's efficacy with science-based information on the benefits of strength and conditioning.

But what if we didn't? What if we shifted the conversation to helping athletes 'lift the veil', so to speak, on their own personal superpowers?

Ultimately, when we train kids, we are helping them level up their performance to unlock portals to new and unexplored worlds...maybe that kid is trying to make varsity next year or break a school record or qualify for state. All of these examples require that kid to unleash their superpowers to access a new level of performance. They are going to need to see, feel, understand and execute tasks with a whole new perspective in order to achieve their goals. And helping them learn how to do that is our most important task.

So next time you're stuck in a conversation trying to convince someone that S&C has value, just ask them what their goals are, help them identify what superpowers they will need in order to get there and share how you can help them access those superpowers. Zoop, zoop, zoop zoop!

Speaking of superpowers, one of S&C's superpowers is connection. This has been an ongoing goal for our organization and this past winter we hosted our largest state clinic EVER at Shakopee High School. We can only continue to grow and support our fellow coaches if we know who you are! If you are an S&C coach or a sport coach that does work in the weight room, PLEASE consider joining MSCA this year. This will get you connected to lots of other coaches and is the best way to make sure you're accessing all our awesome clinics and communications. For just a small added fee, you can join us when you register for your sport coaches association.

We'd also like to remind all the sport coach associations that we make ourselves available to present at your sport's coaches clinics at no cost! We'd love to chat about partnering with you to share important and relevant S&C information at your coaches clinics each year. We can cater a presentation to fit your needs!

If you have any questions, please don't hesitate to reach out!

Jessica Gust

MSCA President

gust.jessica@slpschools.org

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

CLEARING HURDLES



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

Congratulations to all athletes, coaches, school staff, and community members for a successful 2025 season. I want to begin by recognizing the accomplishments of our athletes and coaches at the 2025 MSHSL State meet. Now in our fourth year of the three-class system and our second year with the new state qualifying standards, this year's MSHSL State meet featured 2,500 athletes, the best of the best in Minnesota track & field. The meet was a testament to our athletes' hard work and perseverance, the time and dedication put in by you, their coaches, and the essential program cultures from which they come. Thank you to all who participated, and congratulations on a tremendous State meet.

I'd like to specifically congratulate our MSHSL Team Champions:

2025 MSHSL State Championship Teams:

CLASS AAA: Wayzata Girls and Hastings Boys

CLASS AA: Alexandria Girls and Becker Boys

CLASS A: Janesville-Waldorf-Pemberton Girls and Redwood Valley Boys

I would also like to congratulate our 2025 Mr./Ms. Track and Field winners:

Ms. Track & Field: Gabby Keefer of St. Michael/Albertville High School

Mr. Track & Field: Henry Risser of Hopkins High School

This year, we also had the first True Team State Meet hosted by Eden Prairie, featuring 12 of the best teams in each class. Despite weather challenges, the meet was still one of the toughest competitions in recent memory. We are incredibly grateful to the coaches and staff at Eden Prairie, as well as the

members of the True Team committee, for all the time and hard work put into making this meet happen.

Congratulations as well to our True Team State Champions:

2025 True Team State Championship Teams:

CLASS AAA: Wayzata Girls and Stillwater Area Boys

CLASS AA: St. Peter Girls and Stewartville Boys

CLASS A: Cotter/Hope Lutheran Girls and St. Charles Boys

Finally, I congratulate **Dave Wieber** and **Johnny Josephson** for their induction into the True Team Hall of Fame. The tradition of True Team depends heavily on the service and dedication of selfless individuals, men and women committed to the vision and philosophy of True Team and willing to give of their time and energy to ensure the integrity and preservation of True Team. Therefore, this True Team Hall of Fame is a service award, honoring those remarkable individuals, without whom dedication and service, Minnesota True Team Track and Field would not be the same. Dave and Johnny have been instrumental in making True Team the tremendous annual event it is, and we are grateful to their ongoing service and commitment to True Team Track & Field. Thank you, Dave and Johnny!

On a personal note, as I end my first year serving as president of this association, I want to thank you all. If there is one thing that I have found, not only in this past year but in my five years working with the association, it is how essential it is for leadership in this association to understand the perspectives of all programs in the state. Minnesota track and field is one sport, but what that sport looks like—and, more importantly, what various policies governing that sport look like—can vary greatly from district to district. It is essential that the association hears and understands the voices and varied perspectives of their coaches, whether they be from the biggest district in the state or the smallest. I am grateful to those of you who have taken the time to express those unique perspectives this past year.

I look forward to those interactions with more of you in the coming months, so we at the association can continue serving you all more effectively. Thank you again, and I wish you all a restful summer.

OTHER SPECIAL MEETINGS OF IMPORTANCE

June 22-23, 2025	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
June 21-25, 2025	NHSACA Convention (National COY & HOF Banquets)	Rapid City, SD
September 5, 2025	HOF Meeting	Minneapolis Marriott West
September 5, 2025	MSHSCA Executive Board Dinner	Minneapolis Marriott West.
September 6, 2025	MSHSCA Fall President/Delegate Breakfast Meeting	Minneapolis Marriott West
October 10, 2025	HOF Coordinator/Exec Director Meeting	Sheraton Minneapolis West, Minnetonka
October 11, 2025	MSHSCA Hall of Fame Banquet	Sheraton Minneapolis West, Minnetonka
January 14-18, 2026	NOCAD - 2025	San Antonio, Texas
March 19, 2026	MSHSCA Executive Board/Finance Meeting	Hilton Garden Inn, Eagan
March 20, 2026	Spring Delegate Assembly	Mancini's
June 21-22, 2026	Summer Executive Board Meeting	Hilton Garden Inn, Eagan

2024-2025 SPRING CHAMPIONSHIP TEAMS & COACHES

SPORT	SCHOOL	COACH
ROBOTICS (4 School Alliance)	Alex Jurrk	Becker
ADAPTED SOFTBALL CI	Scott Oxley	Dakota United Hawks
ADAPTED SOFTBALL PI	Brett Kosidowski	Dakota United Hawks
BOYS TENNIS		
Class AA	Jeff Prondzinski	Wayzata
SOFTBALL		
Class A	Todd Schmidtke	United South Central
Class AA	Todd Dingmann	St. Cloud Cathedral
Class AAA	Derek Sauer	Rocori
Class AAAA	Bryan Woodley	Champlin Park
BOYS VOLLEYBALL	Steph Chapek	Eden Prairie
GIRLS GOLF		
Class A	Cory Larson	Dawson-Boyd
Class AA	Dustin Martin	Detroit Lakes
Class AAA	Sara Martinson	Minnetonka
BOYS GOLF		
Class A	Carrie Johnson	Walker-Hackensack -Akeley
Class AA	Vern Schnathorst	Detroit Lakes
Class AAA	Bob Kinne	Cretin-Derham Hall
GIRLS TRUE TEAM TRACK		
Class A	Russ Barclay	St. Charles
Class AA	Jeff Portugue	St. Peter
Class AAA	Alicia Pierskalla	Wayzata
BOYS TRUE TEAM TRACK		
Class A	Thomas Reigstad	Cotter/Hope
Class AA	Aaron Meyer	Stewartville
Class AAA	Ben Straka	Stillwater
GIRLS TRACK & FIELD MSHSL		
Class A	Samuel Schruin	Janesville Waldorf Pemberton
Class AA	Meghan Orgeman	Alexandria
Class AAA	Alicia Pierskalla	Wayzata
BOYS TRACK AND FIELD MSHSL		
Class A	Tessa Heiling	Redwood Valley
Class AA	Paul Schmidt	Becker
Class AAA	Jason Koch	Hastings
BASEBALL		
Class A	Mike Gullingsrud	Red Lake County
Class AA	Dan Drazan	Pine Island
Class AAA	Robert Garry	Mahtomedi
Class AAAA	Buzz Hannahan	Cretin-Derham Hall
BOYS LACROSSE	Andrew Lee	Edina
GIRLS LACROSSE	Heather Pierson	Prior Lake
SYNCHRONIZED		
SWIMMING	Kathy Henderson	Stillwater

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

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

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.

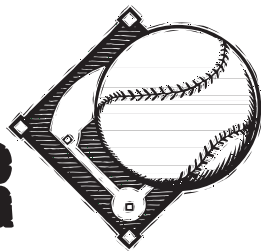
MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2024-2025

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

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

DUGOUT CHATTER



By: By: Troy Urdahl – President, MSHSBCA

“The greatest thing about baseball is the opportunity it gives us—not just to compete, but to connect, to teach, and to grow.”

June marks the celebration of another incredible year for Minnesota high school baseball. Congratulations to our 2025 MSHSL State Champions, whose seasons culminated at Target Field with a series of exciting championship games!

Class A: Red Lake County – Head Coach Mike Gullingsrud

Class AA: Pine Island – Head Coach Dan Drazen

Class AAA: Mahtomedi – Head Coach Rob Garry

Class AAAA: Cretin-Derham Hall – Head Coach Buzz Hannahan

I am pleased to announce each of these coaches are the recipient of this year’s John Anderson Coach of the Year Award. Their programs have demonstrated the qualities that exemplify championship high school baseball and coaching!

All-Star Showcase at Chaska

Another highlight of June was the MSHSBCA All-Star Series, held June 20–21 at beautiful Chaska Athletic Park. With 105 of Minnesota’s top senior players and 12 exceptional coaches, the event was a memorable celebration of talent, teamwork, and leadership. A huge thank you goes out to Don Gawreluk, whose year-round coordination ensures this prestigious event remains a cornerstone of Minnesota baseball. We are incredibly grateful for the support of the Minnesota Twins Community Fund and to the people of Chaska for being such wonderful hosts.

Dual Membership & NHSBCA Opportunity

The MSHSBCA proudly offers dual membership with the National High School Baseball Coaches Association (NHSBCA). This coming December, legendary Waseca coach Tink Larson will be inducted into the NHSBCA Hall of Fame at the national clinic in Fort Myers, Florida (December 4–7).

To encourage greater participation at the national level, the MSHSBCA will award three \$500 mini-grants to assist coaches with expenses for this clinic. If you’re interested, email Craig Anderson at ca23mshsbca@gmail.com with your interest in being included in the drawing. You must be an MSHSBCA member and attend this clinic to receive the mini-grant. Registration is now open for the 2025 NHSBCA clinic at the Marriott Sanibel Harbor Resort in Fort Myers.

MSHSBCA Partners with ISG Baseball

We’re excited to announce a new partnership between the MSHSBCA and ISG Baseball—a global leader in coaching education and development. Through this partnership, Minnesota coaches involved in the MSHSBCA advisory board will have the chance to lead clinics internationally.

ISG Baseball Softball, founded in 1985 by Bill Arce, is a non-profit dedicated to the global growth of baseball through off-season instructional clinics. Their programs reach hundreds of coaches annually across Europe and beyond, promoting cutting-edge methods in both baseball and softball. This partnership reflects our shared commitment to growing the game and developing transformational coaches. This opportunity will greatly enhance our network of coaches and clinicians for our annual clinic.

Award Season Recognition

June is award season at MSHSBCA! We proudly recognize the outstanding coaches and athletes who have made a lasting impact this year. A full list of 2025 award winners is now available at www.mshsbca.org. Congratulations to all who were honored!

MSHSBCA Tournament Proposal: Greater Opportunity for Our Players

We are also proud to share that a proposal, supported by 84% of MSHSL baseball programs, is now advancing to Region Committees. This proposal allows greater flexibility in scheduling tournaments by counting a two-day tournament (Friday/Saturday) as one contest within the MSHSL’s current 20-game maximum.

We encourage your continued support, as this proposal:

- Enhances player development through added meaningful game opportunities

- Mirrors successful policies already used in other sports (e.g. volleyball and wrestling)

- Expands scheduling flexibility without sacrificing academics (weekend tournaments)

- Levels the playing field with surrounding states offering significantly more games

- Supports equity by giving smaller or weather-impacted schools more ways to compete

This proposal keeps education-based values at the forefront while creating more opportunity for transformational experiences through baseball. We ask all coaches to support this effort as it moves toward potential adoption for the 2026 or 2027 season.

Thank you for your membership! Please remember to renew your MSHSBCA membership for 2025–2026 at www.mshsca.org. Your voice, your leadership, and your presence help shape the future of baseball in our state.

On behalf of the MSHSBCA, thank you for all you do to improve the next generation of Minnesota baseball. Thank you for leading with integrity, coaching with heart, and building champions for life.

2025-26 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
July 20, 2025	Cross Country Hall of Fame and Coach of the Year Ceremony	Grand Event Center in Northfield, MN
July 21, 2025	Cross Country Clinic	Grand Event Center in Northfield, MN

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



By: Dustin Vogelgesang

Minnesotans win NCAA title with Western Michigan

When Grant and Hampton Slukynsky arrived at Western Michigan late last summer, they were greeted by Alex Bump, a familiar and friendly face eager to serve as their campus tour guide.

And so began a months-long odyssey for the three Minnesotans, a magical journey that ended in mid-April with the trio stepping off an airplane and, on that same tarmac, into limousines as part of a national championship procession that ended with a party at their home arena.

A sizable portion of Kalamazoo, Mich. (population 73,126) turned out that day to cheer on their beloved Broncos, who beat Boston University 6-2 for the NCAA Division I men's hockey title. It was Western Michigan's first national championship in the sport and the school's first national title since the men's cross country team won a Division I championship in 1965.

"We heard there was going to be a welcome-home celebration, we just didn't know what that entailed," Grant Slukynsky said. "Three limos were waiting for us and a ton of the community, outlining the streets and cheering us on."

The Slukynsky brothers frequently find themselves at the center of attention. The Warroad natives helped revive the Warriors' storied program, receiving abundant accolades in the process. As a senior in 2020, Grant scored a state-high 101 points and was a Mr. Hockey finalist. Hampton won the Frank Brimsek Award as the state's top senior goaltender in 2023. The Slukynsky brothers made a combined three trips to the state tournament in St. Paul, but had never played on the same team before last season (Grant is three years older than Hampton).

Bump is no stranger to the spotlight, either. He led the Lakers to their first state tournament appearance as a senior in 2022, then scored five goals in a state quarterfinal win over Cretin-Derham Hall. John Mayasich, a legendary state tournament performer from Eveleth in the 1940s (he once scored seven goals in a Tourney game), was so captivated by the performance he congratulated Bump, a Mr. Hockey finalist, outside the locker room after the game.

All three players were invaluable for the Broncos last season. Bump, as a sophomore with rare offensive instincts, was the team's top scorer and one of its assistant captains. Grant Slukynsky, also a sophomore, was a second-line center capable of playing shut-down defense and chipping in on offense. Hampton, a freshman who assumed the No. 1 goaltender role during the season, showed incredible calm and skill throughout the postseason.

Western Michigan hasn't traditionally been a noteworthy landing spot for premier Minnesota players. That began to change when Pat Ferschweiler became the Broncos' head coach before the 2021-22 season. The Rochester native who played at John Marshall High School for longtime Rockets coach Bob Frerker is intimately familiar with Minnesota's

community-based hockey culture. And he hasn't been shy about targeting State of Hockey players as recruits.

"No other place in the country do you play with the same age group your entire life," said Ferschweiler, who played in the 1988 state tournament for the Rockets. "You grew up together, cared about each other, and were each other's best friends."

"It's about as cool an experience as you can have."

Bump played junior hockey in the fall of his senior year, but returned to Prior Lake to finish his high school career with his childhood buddies, including high-scoring linemates Will Schumacher and Sam Rice. Bump scored 48 goals (third most in the state) among his 83 points (tied for fourth) as a senior and was selected in the fifth round of the 2022 NHL Draft by the Philadelphia Flyers.

Bump initially committed to Vermont as a high school senior but switched to Western Michigan after a coaching change. He was a consensus first-team All-American selection last season after leading the Broncos with 47 points (23 goals, 24 assists).

"If you've met him, you like him ... one of the most popular players on the team," Ferschweiler said. "What I saw grow in his two years was his hockey sense and deception. What I saw grow was his competitiveness. Now you have a National Hockey League player, which I fully believe Alex is."

Bump turned pro after the national championship game and has spent the spring starring for the Lehigh Valley Phantoms, the Flyers' American Hockey League affiliate.

"The thing that sticks out to me is just his compete, whether in practice or games," Grant Slukynsky said about Bump. "Everything he does is to win. He was our best player all year."

Grant Slukynsky played his freshman season at Northern Michigan, which underwent a coaching change last offseason. Grant transferred to Western Michigan and Hampton, who had initially committed to Northern Michigan, switched gears and joined his brother in Kalamazoo.

"Just to play together is really cool for us and our family," Hampton said. "To win the national championship is something I don't know we could have even dreamed of."

The Slukynskys plan to make another run at a national championship next season, and they'll welcome another talented group of incoming Minnesotans. High-scoring defenseman Nolen Geerdes, a senior who led Rogers to its first state tournament appearance last season, and Junior Podein, a senior who led Benilde-St. Margaret, with 30 goals and 55 points, has committed to play for the Broncos.

Bobby Cowan, who scored the goal that won the 2024 state tournament for Edina and was a standout for the USHL's Madison Capitols last season, also has committed to play at Western Michigan.

"We are not going to stop recruiting Minnesota, that's for sure," Ferschweiler said. "To me, there are so many good players."

*Written by Loren Nelson
Legacy Hockey
Contributor to MHCA*

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

Over Hill and Dale

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

As cross-country coaches, the summer offers a critical window to build a strong foundation for the upcoming season. Fall Sports in Minnesota, especially Cross Country, provide a unique preseason opportunity that fosters habits of consistency, sustainable strength building, mental resilience, and team connectedness. Establishing clear communication with your team, outlining expectations, and incorporating cross-training activities and summer fun help build sustainable relationships between coaches and athletes. By emphasizing recovery and enjoyment, you set the tone for a season of growth and camaraderie.

Building aerobic base is the cornerstone of summer training for cross country, but remembering that these junior high and high school students are developmental athletes, there are additional ways to build strength, speed, coordination, and support the athlete's goals in other sports, activities, and work. Meeting athletes where they are in their development during the summer months, while leaving room to grow as the season starts, is critical for keeping athletes and coaches engaged and focused on the most important ability for athletes - availability.

Injury prevention and recovery must be central to your

summer training philosophy. Young runners are particularly susceptible to overuse injuries due to growth spurts and developing musculoskeletal systems. Educate athletes on proper running form, hydration, and the importance of rest days. Encourage a balanced diet rich in whole foods to support energy needs and recovery. By teaching athletes to listen to their bodies, you empower them to train smarter, stay healthy throughout the season, and build leaders across your entire team.

Mental preparation is as vital as physical conditioning for cross country success. Summer training offers an opportunity to build a positive, growth mindset. Incorporate goal-setting exercises, asking athletes to define personal objectives for the season, such as improving their ability to complete a long run or tackling a speed/hill workout, improving their flexibility or refueling plans after a workout and possibly incorporating a reflection journal to keep them focused on their athletic journey.

As the Spring Sports season wraps up in June and preparations are underway for the Fall 2025 season, I wish all the coaches and their athletes the best of luck for a happy, healthy, and engaging summer pre-season. One of my favorite phrases for athletes and peers is, "Are the habits you have today in line with the goals you have for the end of the season?"



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/

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CORNER KICKS

By: Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer



Most of the state tournaments are completed. Congratulations to the athletes and coaches who participated. The summer soccer season is going at full speed, and coaches are reminded that the non-contact dates are from Monday, June 29th, through Sunday, July 6th. Coaches CANNOT have contact with THEIR athletes during this time.

Coaches are reminded that they have a required Online Rules requirement that must be completed between August 4th and August 8th. This appears again later in the column.

The Advisory Committee met with Phil Archer, the coordinator from the MSHSL and the sport of soccer. Items that were discussed were the State Tournament dates, rule changes, and other subjects.

An item of concern was the number of ejections for assistant coaches last fall. The MSHSSCA, as an organization, would like to remind our coaches at all levels that we are in an education-based setting, and we, as the adults, are setting an example for our players, fans, and parents. The new NHFS rule change to 7-2-4 prohibits a coach or team personnel other than the team captain from speaking with a referee during the interval between periods unless beckoned by an official.

The rule further states that a misconduct penalty may be given to the head coach if the team or bench misconduct occurs.

Coaches, please inform your staff and players about this rule change.

An issue was raised about alumni games. You will have no insurance coverage for the game, and it is clear that you are not to have this game.

Additionally, shin guards are not an option. They must meet the NOCASE standards, and the information on the guard must not be altered.

There is a page printed from the MSHSL on Soccer Uniform Requirements. Please read carefully to clarify what is required for your team uniforms.

Some important items about your Coach's Clipboard were covered.

2023-2026 Continuing Education Requirements are now available.

2024-2026 General Rules, Modules, and Soccer Online Rules Module will become available on August 4th and are due by August 20th.

The season starts August 12th, and the first game date is August 22nd.

A note from our Executive Secretary about MSHSSCA communication is that each of our Section Directors will

be responsible for ensuring that three other Section Reps communicate with coaches in their section. This will take the pressure off the President in this task.

Greg Juba (Park Girls Retired), our Clinic Director, has provided information about our 35th Annual Soccer Clinic. This will take place at the National Sports Center in Blaine. The clinic will be held on August 7th and 8th this year. A reminder that registration for both the MSHSSCA and the MSHCA is not included in the registration for the clinic. Visit www.mshca.org for online registration with a credit card. The online registration will close on August 1st. If you use the paper form, mail it to Art Seplak at 10077 Upton Road, Bloomington, Minnesota, 55431-2849.

Make sure you bring all of your assistant coaches. It is a great place to meet all your section coaches and others from around the state. You can pick up some scrimmages and games, see our sponsors, and look at the new products for our sport. We have top Minnesota and nationally recognized soccer coaches and clinicians, and practice sessions with women's and men's college and professional soccer teams. And if you are new this year, the MSHSSCA has an excellent session for coaches new to high school coaching.

An additional bit of information. There will be a Coaches Social on Thursday, August 7th. This will take place at Broadway Pizza, which is located at 11822 Aberdeen St. N.E. in Blaine. It is scheduled from 6:30-9:00 pm with a Social Hour with light dinner options.

A quick reminder that the fee for the clinic does not pay your Minnesota State High School Coaches Association or your Minnesota State High School Soccer Coaches Association dues. There are many benefits to being a member, and they are:

Make sure school, players, and coaches are eligible for MSHSSCA/MSHSCA postseason awards.

Receive a million-dollar Liability Insurance Policy. That Policy runs from August 1 -July31.

3. A membership card that is good for entry into regular season games for many high school and college athletic events.

The website for the MSHSCA has the registration information and costs.

There is a due date to join, and that is OCTOBER 1st.

A reminder that State Tournament Quarter Final sites will be announced later. These are games played on Tuesday, October 21st, Wednesday, October 22nd, and Thursday, October 23rd. The Tournament moves to the US Bank Stadium on Tuesday, October 28th, Wednesday, October 29th, and Friday, October 31st. The Senior Classic will be played at M Health Fairview Sports Center in Woodbury on Wednesday, November 11th. Please look at the website for all of the necessary information and dates.

Last year, we streamlined our due dates for awards so our volunteers and committees have enough time to organize and determine award winners. All State nominations for all classes and conferences will be due on OCTOBER 1ST this year.

Sometimes, it is good to realize that many great people work in other sports. The Clerks at the State High School track meet

CORNER KICKS... continued on page 21

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Dig This

By: Lonnie Morken
MNVBCA President
Head Coach Mabel-Canton

As summer is entering its midpoint, I hope all coaches are getting a chance to recharge and connect with their teams since the season is only a month away. Our clinic will be held at Lakeville South High School on July 30 and 31. You can preregister or sign up in person. We have options for one or two days of attendance. Our All-Star Match will be played on July 30th as part of our clinic at Lakeville South. Any player named All-State from the 2024 season is eligible to play. There will be some amazing talent on the court. Our keynote speaker is Kristen Kelsay, the new Michigan State University coach, and a former assistant Minnesota Gopher coach! There are many other great speakers, too. If you have not attended our clinic in the past, I strongly urge you to.

*“I swing big with
everything I’ve got.*

I hit big or I miss big.

I like to live as big as I can.”

- Babe Ruth

CORNER KICKS ... continued from page 20

are a super group, and I have worked with these people for twenty years. They are the best in the business. First names only for this group. Congrats to Dennis, Patti, Tom, Julie, Bill, Bruce, Jon, Michael, Gary, Missy, and Tim. Thanks again for all you do for kids.

A very good friend and neighbor, Ziggy Kauls, passed away. Ziggy was a Minnesota legend and mentor for Boys' basketball in our state. His many players and opposing coaches highly respected him. Our condolences to his family. We will all miss you.

That wraps up another column. I hope you enjoy your summer, work with your team, and take some time for yourself. See you at the Clinic in August.

I want to make sure that all of our coaches know that we have an absolutely top-notch website—www.mnvbca.org. Chances are, if you have a question about MN volleyball, you can find your answer there. New Prague head coach Greg Sayuk is our webmaster and does a phenomenal job. You can register for the clinic on our website or, like I said earlier, in person at Lakeville South HS.

Another learning opportunity is the AVCA Convention, which is held during the NCAA Final Four. The dates of the AVCA Convention are December 17-21 in Kansas City, Missouri. Registration information can be found at AVCA.org. There are many different registration options, and you will also have the opportunity to get Final 4 Tickets. AVCA registration opens on August 13th.

June 12th was a significant day in our state as far as volleyball history goes. Eden Prairie defeated Rogers in the inaugural boys' volleyball state championship. Many people spent long hours and many years getting boys' volleyball sanctioned in Minnesota. The level of play was great, and we are excited to see that sport grow in numbers in the upcoming year! If you have any questions for me, I can be reached at lmorken@mabelcanton.org.

MEMBERSHIP REPORT 2024-2025

June 15, 2025

Types of Membership	June 2023-2024	June 2024-2025
Active Class A & AA	6892	7092
College Associates	1360	1362
Other Associates	77	70
Active Life	335	365
Retired Life	1545	1575
Honorary	5	5
TOTAL	10,214	10,470

Breakdown of membership by sports association

(2023-2024 totals in parenthesis)

Adapted Athletics (37) 42	Boys Lacrosse (85) 91
Alpine Skiing (67) 56	Girls Lacrosse (99) 99
Athletic Directors (98) 100	Football (1030) 1021
Baseball (517) 506	Football Retired (7) 13
Boys Basketball (601) 618	Robotics (146) 150
Girls Basketball (562) 572	Golf (boys & girls) (427) 420
Cross Country (480) 483	Soccer (boys & girls) (455) 490
Dance (323) 302	Softball (467) 457
Gymnastics (206) 237	Synchronized Swimming (18) 20
Nordic Skiing (130) 127	Boys Tennis (148) 152
Girls Swimming (262) 268	Girls Tennis (191) 208
Boys Swimming (199) 193	Track & Field (843) 865
Girls Hockey (164) 173	Boys Volleyball (0) 75
Boys Hockey (182) 181	Girls Volleyball (542) 555
Hockey Retired (4) 4	Wrestling (193) 197
	Strength (54)

Sports associations that collect their own dues and join the MSHSCA are Cheer (14) 11, Clay Target (9) 11, and Badminton (4) 6.

Trophies Plus - Sponsor of Coaches Caring

from the *Dance Floor*



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

We hope your summer is off to a great start. Some of you may be taking a relaxing break, deep into summer training sessions, or just starting to plan for your program. Whatever the case, we hope this summer leaves you feeling refreshed and excited for your upcoming season.

This July, for many teams attending Just For Kix Camps, our MADT Board of Directors will once again be presenting at camp any important updates and dates to note for the upcoming year. For those teams who are not attending a Just for Kix Camp, those slides will be available to member coaches on our website following MN Camp #3.

As a reminder, Spring Try-Outs for Dance Team have been eliminated. No teams shall hold try-outs for their winter season or set rosters for their teams until the first day of winter season.

MADT Student Convention: Date TBD - Late September/Early October

Choreography Weeks Begin: Monday, October 6th

Winter Season Begins: Monday, October 20th

State Tournament Jazz: Friday, February 13th

State Tournament Kick: Saturday, February 14th

MADT All-State: Date TBD - Late February/Early March

MADT Coaches Continuing Education: Date TBD - Late March/Early April

MADT Coaches Celebration: Date TBD - Late March/Early April

FAST TRACKS

By: *Andrew Hansen*

President of the Minnesota High School Nordic Ski Coaches Association

During the week of June 9th, you will see many Nordic athletes competing. However, they will not compete in Nordic skiing but at the track and field state meet. Top Nordic skiers are participating in the 4x800 relay, 1600, 3200, and more. One piece of training advice I give my Nordic athletes is to find balance in their training to prevent burnout and injuries. Cross-country running, Nordic skiing, and track and field are three sports that complement each other and allow for great balance. With high school athletes becoming much more specialized and sports becoming year-round, athletes are missing out on finding balance in their training and life. Watching the Nordic athletes compete at the state meet in track next week will be a reassuring experience.

After the track season finishes, most athletes will take a one— or two-week break from training before summer training begins. This break is incredibly important, especially for high school athletes. Breaks in training cycles and periodization help athletes improve throughout their high school careers. Once athletes have taken their break, many will begin roller skiing in the summer. The best thing a Nordic athlete can do in the summer is build a strong aerobic base so they are ready to handle faster workouts and races in the winter.

Another update for Nordic is that none of the three proposals presented to the MSHSL were passed. The most important of the three was to increase the number of individual athletes who qualify for the state meet. The association was very disappointed to hear that this proposal was voted down. We hope to get something passed to help exceptionally talented athletes make it to the state meet. Finally, the Nordic association is trying to start a scholarship for high school Nordic athletes. I have reached out to individuals, businesses, and associations, but I have not found any funding options. If anyone has ideas or advice on this, please let me know!



QUICK STICKS

By: *Heather Pierson*

As I type this note, girls' lacrosse just finished an exciting State tournament.

We had solid talent represented from all Sections and even a couple of upsets in the State tournament.

At our State banquet on Sunday, June 8th, we inducted two coaches into the Hall of Fame - Alex Ross & Rachel Panner! These two women were pivotal in

pioneering the girls' lacrosse program in Minnesota & coaching several stellar teams. They have impacted the girls' lacrosse world in so many positive ways & we are excited to recognize them in our HOF. Our 2025 Coach of the Year is Scott Leonard of Park of Cottage Grove. He led his team to an undefeated regular season, first state berth as the 2nd seed & although falling short in the semifinal game, the Wolfpack ended their

season with a 3rd place win over Lakeville South.

Our 2025 Assistant Coach of the Year is Ashlyn Jelinek of Stillwater. She helped bring the Ponies to their first State Championship game & contributed to the success of the Ponies' season. Our 2025 Player of the Year is Abby Grove of Prior Lake. Abby has had a stellar year, breaking records in the Laker program while receiving National, State & Conference honors. Abby

will go on to play Division 1 at Rutgers University & adds to the growing list of lacrosse athletes who continue to put Minnesota on the college recruiting map.

Our 2025 State Champions are the Prior Lake Lakers! After taking 2nd in the State final in 2024, the Lakers were on a mission to reclaim the Title! Going undefeated & taking 1st is one for the Laker history books.

Mat Chatter

By: Matt Hennen



It's been an exciting spring for MN wrestlers and coaches alike.

With our spring MWCA Bartelma and National Wrestling Hall of Fame inductions completed, U20 and U23 nationals completed, and World Team Final X coming up soon, there is no shortage of high-level wrestling out there to follow this summer for anyone new or old to the sport. As many wrestlers from around the state and country continue preparing for Summer Freestyle/Greco seasons (U14, U16 and Girls or Junior national duals may be happening at the time of this article's publication), others work in preparation for everything from small summer opens, to the National FS/GR Championships in Fargo in July.

For most others, the excitement for K-12 Summer Camps is building; whether attending in or out of state camps on various college campuses, attending more local clinics, or even training at any of the numerous opportunities facilitated by former MN greats.

Wrestling is a lifestyle, and like with any activity, one has to stay involved to stay sharp.

For a running list of Events, Camps, and Summer Wrestling opportunities, one can always follow the Guillotine's Events Calendar at <https://theguillotine.com/events-calendar/>

As a Coach, this is one of my favorite parts of the year, about halfway between last year's season and the next. Refreshed, excited, and inspired to get going again. As many of last year's seniors begin to move

on, we see the commitment of those who will follow. Coaches and wrestlers start talking about and looking forward to prospective line-ups for next season. It's like the initial napkin drafting phase for the deck you've always wanted to build. You can see the potential, and want to see it through. Thinking about footings, studs, anchors, bracing... Metaphorically, it's all part of the fun of coaching that we all know, understand, and love. Soon we'll have our material lists, budgets, and calendars in hand, and can really get to breaking ground.

As a Coaching association,

we've been working hand in hand with the MSHSL in planning for the coming year in anticipation of the expansion of girls wrestling, among many other longstanding requests we've had as a wrestling community. With the help of Charlie Campbell and others at the league office working with our Advisory group, Director Kip Lynk, and MSHSCA delegate Kurt Habeck, many of those long-standing wishes may be coming to fruition soon, which is very exciting for us. Wrestling is growing, and the opportunities made available by that growth are great to see.

At this point, I feel obligated to extend an invitation to talk with your ADs about your coaching and resource needs for the coming season. It's no secret that we've added a lot to your programs'

responsibilities in recent years. The growth of the 9th grade league, the expansion of girls wrestling, along with scheduling modifications, and stretching out coaching staffs from youth on up has undoubtedly left many feeling overwhelmed. Yet, as coaches, we feel obligated to our student athletes for providing the many opportunities we may be the only ones qualified to see through. So don't hesitate to ask for help. Ask your ADs for assistance, invite former wrestlers to join your staff, help lighten the load, and reach out to volunteers to establish booster support. As Wayne Gretzky stated, "You miss 100% of the shots you don't take". Now is the time to be proactive in your preparation for the 25-26 season and beyond.

Have a great summer!

Hall of Fame Banquet

The MSHSCA Hall of Fame Banquet will be held on Saturday, October 11, 2025, at the Sheraton West Minneapolis on Ridgedale Blvd., just off I-394. The social hour will begin at 4:30 p.m.; the doors will open between 5:30 and 5:45 p.m., with dinner and the banquet to follow at 6:00 p.m. Award winners are guests of the MSHSCA. Additional banquet tickets may be ordered in advance. Rooms will be available at the Sheraton Minneapolis West on the night of the banquet, and a special rate is available.

**Sheraton Minneapolis West Hotel
12201 Ridgedale Drive Minnetonka, MN 55305
952-593-0000
Check-in time: 3:00 pm Check-out time: 12:00 pm**

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

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

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

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

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

2025 SCHOLARSHIP WINNERS



WILL ALBERS

Foley HS - Darien & Mary DeRocher Scholarship

Will is the recipient of the Darien & Mary DeRocher scholarship. He was a 3 sport athlete at Foley HS where he participated in Football, Basketball, & Golf. Will learned different life lessons in each sport which helped him grow as an athlete and as a person. He will attend the University of Minnesota Duluth in the fall.



KATY COMSTOCK

Warroad HS - Howard Emerson Scholarship

Katy is a graduate of Warroad HS where she participated in Volleyball, Hockey and Track & Field. Her community involvement allowed her to give back through sports and she was able to be a positive role model to the youth in the community. She is the recipient of the Howard Emerson scholarship. In the fall, Katy will head to Bemidji State University.



OLIVIA CORDES

Pine Island HS - Kathy Frederickson Scholarship

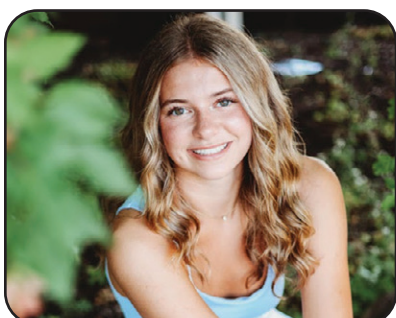
The Kathy Frederickson scholarship was awarded to Olivia. She graduated from Pine Island HS where she participated in Soccer and Golf. These two vastly different sports taught her many life lessons. Olivia will attend Bethel University in the fall.



SAM GRAUNKE

Kasson-Mantorville HS - John & Mary Erickson Scholarship

The recipient of the John & Mary Erickson Scholarship is Sam Graunke. During his HS years at Kasson-Mantorville he participated in Football and Baseball. Through athletics he made many friends and learned many lessons. In the fall Sam will head to UW Stout.



JAYLIN LILLQUIST

Sebeka HS - Vel Teichroew Scholarship

At Sebeka HS, sports were a very significant part of Jaylin's life. She participated in Volleyball, basketball and Softball. Some of the life lessons she learned included determination, teamwork and discipline. The lessons, friendships and memories will stay with her long after graduation. Jaylin was awarded the Vel Teichroew Scholarship and will attend Augsburg University in the fall.

2025 SCHOLARSHIP WINNERS



COLE MUNSTERTEIGER

Mound-Westonka HS - Past President Scholarship

Cole participated in Football, Wrestling and Baseball at Mound-Westonka HS. He is the recipient of the Past President Scholarship. Two of the many lessons he learned through sports is his ability to lead and his ability to persevere through challenges. These lessons will help him confidently move forward as he attends Southwest Minnesota State in the fall.



LAUREN QUEENSLAND

Grand Meadow HS - Betsy Farness Scholarship

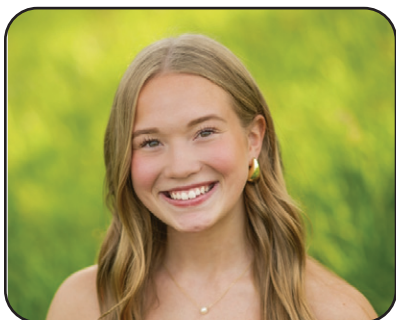
The recipient of the Betsy Farness Scholarship is Lauren Queensland. Lauren was involved in Volleyball, Basketball, and Track & Field at Grand Meadow HS. She learned many excellent lessons that she can use every day because of the role sports played in her life. Lauren will head to Gustavus Adolphus College in the fall.



CHARLES SCHLICHTMANN

Forest Lake HS - Past President Scholarship

Charlie graduated from Forest Lake HS where he participated in Soccer. His biggest influence in soccer was his father. He plans on continuing to play soccer at Lawrence University. Charlie was awarded the Past Presidents Scholarship.



MORGAN TURN

Kittson Central HS - John & Bernie Schumacher Scholarship

At Kittson Central HS, Morgan participated in Volleyball, Basketball and Track & Field. Sports have always been a major part of her life; both her parents and her siblings were very involved in her athletic endeavors. Morgan is the recipient of the John & Bernie Schumacher Scholarship. In the fall she will head to Minnesota State University- Mankato.



TYLER WAGNER

Champlin Park HS - Steve Kerzie Scholarship

Tyler graduated from Champlin Park HS where he participated in Basketball. Through HS sports he was able to develop discipline, work ethic, teamwork & leadership skills. He also learned to be resilient and handle both failure and success. Tyler is the recipient of the Steve Kerzie scholarship. He will head to Austin Peay State University in Tennessee in the fall.

WINTER ACADEMIC AWARDS

BASKETBALL - BOYS

GOLD

Avail Academy
Fertile-Beltrami
Hastings
Montevideo
Northern Freeze
Pelican Rapids
St James
Stephan-Argyle

SILVER

Ada-Borup West
Albany
Annandale
Barnesville
Belgrade Brooten Elrosa (BBE)
Belle Plaine
Bemidji
Blaine
Blooming Prairie
Buffalo
Byron
Centennial
Cretin-Derham Hall
Cromwell-Wright
Dawson Boyd
Delano
Farmington
Goodhue
Hancock
Hawley
Heritage Christian Academy
Hermantown
Holdingford
Lake City
Lakeville South
Marshall
Medford
Minnesota Valley Lutheran
Minnewaska
Mora
Mound Westonka
Murray County Central
Nevis
New Prague
New Ulm Cathedral
Owatonna
Park Christian
Pine Island
Prior Lake
Red Lake County
Rockford
Schaeffer Academy
Springfield

St. Croix Lutheran
St. Thomas Academy
Stillwater
Two Harbors
Upsala
Wadena Deer Creek
Warroad
Watertown-Mayer
Wayzata
West Central
Westbrook-Walnut Grove
Win -E Mac

BASKETBALL - GIRLS

GOLD

Adrian
Albany High School
Alexandria
Annandale
Atwater-Cosmos-Grove City
Avail Academy
Barnesville
Becker
Belgrade Brooten Elrosa
Belle Plaine High School
Bemidji High School
Benson High School
Blaine High School
Blooming Prairie High School
Brandon Evansville
Buffalo
Buffalo Lake-Hector-Stewart
Byron High School
Chanhassen High School
Christ's Household of Faith School
Concordia Academy
Cromwell-Wright
Delano
Dilworth Glyndon Felton
Dover-Eyota
East Central
East Grand Forks Senior High
Eden Valley - Watkins
Fairmont
Farmington High School
Fertile-Beltrami
Fillmore Central
Foley
Frazee
Goodridge-Grygla
Grand Meadow
Hancock
Hawley
Henning

Heritage Christian Academy
Hillcrest Lutheran Academy
Jordan High School
Kelliher/Northome Schools
Kenyon-Wanamingo
Kittson County Central
Lac qui Parle Valley HS
Lester Prairie
Lincoln HS Lake City
Litchfield
Little Falls
Mankato Loyola
Maple Grove
Maple River
Marshall High School
Melrose
Minneapolis Southwest
Minneapolis Washburn
Minneota
Minnesota Valley Lutheran High School
Minnewaska Area
Montevideo
Monticello
Mountain Iron Buhl
Mountain Lake Area Comfrey
Murray County Central
New London-Spicer
Nicollet
North Branch Area Public Schools
Osakis
Park Christian
Park Rapids Area High School
Paynesville Area High School
Pequot Lakes
Perham
Pierz
Pine City High School
Pine Island
Proctor
Red Wing
Rosemount
Rothsay High School
Royalton
Sartell-St. Stephen
Simley
Sleepy Eye Public
Springfield Public School
St. Anthony Village High School
St. Clair
St. Croix Lutheran Academy
St. James
St. Peter
St. Paul Academy
Stephen/Argyle Central

Stewartville
STMA
Tri City United
Underwood
Verndale
Wabasha-Kellogg
Waconia High School
Wadena - Deer Creek
Warren-Alvarado-Oslo
Waterville-Elysian-Morristown
Wayzata High School
West Central Area
West Lutheran High School
Westbrook-Walnut Grove
Woodbury High School
Zumbrota-Mazeppa

SILVER

Academy of Holy Angels
Ada-Borup-West
Austin
Badger/Greenbush-Middle River
Battle Lake HS
Bertha-Hewitt
Bethlehem Academy
Brainerd High School
Breckenridge
Browerville
Caledonia
Cannon Falls
Centennial High School
Central Public Schools in Norwood Young America
Chaska High School
Chatfield
Chisholm
Cretin-Derham Hall
Crookston High School
Dassel cokato
Dawson-Boyd
Detroit Lakes
East Ridge H.S.
eden prairie
Edgerton Public School
Falls High School
Fergus Falls High School
Forest Lake High School
Fosston High School
Glencoe-Silver Lake
Hastings High School
Hayfield/Schaeffer Academy
Hill City/Northland
Hill-Murray
Hills-Beaver Creek
HLO/F Coyotes
Holdingford

WINTER ACADEMIC AWARDS

Holy Family Catholic
 Jackson County Central
 Kasson-Mantorville
 Kerkhoven-Murdock-Sunburg
 Kimball
 Lakeview
 Lakeville North
 Luverne
 Mankato West High School
 Maple Lake
 Martin County West
 Mayer Lutheran
 Medford
 Menahga
 Mesabi East
 Milaca High School
 Minnehaha Academy
 Minnetonka
 Moose Lake-Willow River
 New Prague High School
 New Ulm High School
 New York Mills
 Northern Freeze co-op
 NRHEG
 Ogilvie High School
 Orono
 Owatonna
 Park High School- Cottage
 Grove
 Parkers Prairie High School
 Pelican Rapids
 Pipestone Area
 Prior Lake High School
 Providence Academy
 Redwood Valley High School
 Renville County West
 Rochester Century High School
 Rock Ridge
 ROCORI High School
 Roseau
 Saint Agnes School
 Sebeka
 Shakopee
 Sleepy Eye St. Mary's
 Southwest MN Christian
 St. Cloud Cathedral
 Stillwater
 Totino-Grace
 United Christian Academy
 Upsala Area School
 Walker-Hackensack-Akeley
 Wheaton Area
 Willmar High School
 Win-E-Mac
 Windom Area High School
 Zimmerman High School

DANCE

GOLD

Aitkin
 Albany
 Andover
 Canby-Minneota
 Columbia Heights
 Cretin-Derham Hall
 Delano
 Detroit Lakes
 Dilworth-Glyndon-Felton
 Farmington
 Goodhue
 Holy Family Catholic
 Lac qui Parle Valley/Dawson
 Boyd
 Lakeville South
 Minnewaska Area
 Mound-Westonka
 Saint James
 Stewartville
 Wayzata
 Yellow Medicine East

SILVER

Academy of Holy Angels
 Anoka
 Atwater-Cosmos-Grove City
 Bagley
 Belle Plaine
 Bemidji
 Benilde-St. Margaret's
 Big Lake
 Blaine
 Bloomington/Richfield
 Brainerd
 Buffalo
 Centennial
 Chanhassen
 Chaska
 Chisago Lakes Area
 Duluth East
 Eagan
 Eastview
 Eden Prairie
 Edina
 Foley
 Frazee
 Fridley
 Glencoe-Silver Lake
 Hawley
 Hopkins
 Lakeview
 Lakeville North
 Little Falls
 Maple Grove

Marshall
 Melrose Area
 Minnetonka
 Montevideo
 Monticello
 Mounds View
 New London-Spicer
 New Ulm Cathedral
 Orono
 Owatonna
 Pelican Rapids
 Pequot Lakes/Pine River-
 Backus
 Plainview-Elgin-Millville
 Prior Lake
 Rocori
 Rosemount
 St Cloud Area
 Saint Cloud Cathedral
 Sartell-Saint Stephen
 Sauk Rapids-Rice
 Shakopee
 South Saint Paul
 Spring Lake Park
 Totino-Grace
 Wabasha-Kellogg
 Waconia
 Winona
 Zumbrota-Mazeppa

GYMNASTICS

GOLD

Albany
 Alexandria Area
 Annandale
 Anoka
 Apple Valley-Eastview
 Austin
 Becker
 Benson/KMS
 Big Lake
 Blaine/Andover
 Brainerd
 Buffalo
 Byron
 Caledonia/Spring Grove/
 Houston
 Cambridge-Isanti
 Champlin Park
 Cretin-Derham Hall
 Dassel-Cokato
 Detroit Lakes
 Eagan
 East Ridge
 Eden Prairie
 Edina High School

Edison-Henry-North
 Elk River/Zimmerman
 Fergus Falls
 Forest Lake
 Hastings
 Hopkins High School
 Howard Lake-Waverly-Winsted
 Kasson-Mantorville/Triton
 Lakeville South
 Little Falls
 MAHACA
 Mankato East
 Mankato West
 Maple Grove
 Marshall
 Melrose Area
 Minneapolis Southwest
 Minnetonka
 Monticello
 Mounds View/Irondale
 New London-Spicer
 New Prague
 North Branch
 Northfield
 Owatonna
 Park
 Park Rapids/Menahga/Nevis/
 Sebeka
 Paynesville-Eden Valley
 Watkins
 Perham
 Pine Island/Zumbrota-Mazeppa
 Pipestone Area
 Prior Lake
 Rochester Century
 Rochester Mayo
 Rogers
 Rosemount
 Roseville Area
 Rush City/Pine City/Hinckley
 Sartell High
 Simley
 St. Anthony/Spring Lake Park
 St. Cloud Crush
 St. Louis Park
 St. Paul Highland Park
 St. Peter
 Stillwater Area
 Two Rivers
 Waseca
 Watertown-Mayer/Mound-
 Westonka
 Willmar
 Winona
 Woodbury
 Worthington

WINTER ACADEMIC AWARDS

SILVER

Bemidji
Bloomington Jefferson
Centennial
Chaska/Chanhassen
Chisago Lakes
Coon Rapids
Delano
Farmington
Glencoe-Silver Lake
Jackson County Central High School
LPGE-Browerville
Luverne
Mahtomedi
Minneapolis Washburn
Moorhead
New Ulm
Rockford
South St. Paul High School
St. Francis
St. Michael-Albertville
St. Paul Johnson
Stewartville/Chatfield
Wayzata
White Bear Lake Area

HOCKEY - BOYS

GOLD

Anoka
Crookston
Eden Prairie
Hopkins
Irondale/St. Anthony
Moorhead
Lakeville South

SILVER

Delano
Hermantown
Highland Park – Central
Mankato West
Pine City Area
Rosemount
Stillwater
Waseca



NORDIC SKI - BOYS

GOLD

Bemidji
Blaine
Blake
Bloomington Jefferson
Brainerd
Champlin Park
Cloquet-Esko-Carlton
Duluth East
Eden Prairie
Edina
Elk River/Zimmerman
Fergus Falls
Holy Family
Lakeville
Little Falls
Mahtomedi
Minneapolis Southwest
Minnehaha Academy
Minnetonka High School
Moorhead High School
Mora
Mound Westonka
MoundsView
Mpls South/Mpls Roosevelt
Mpls Washburn
Osseo/Park center/Totino Grace
Proctor/ Hermantown
PWER (Woodbury/Park/East Ridge)
Robbinsdale Armstrong
Sartell/Cathedral
Scott West
Spring Lake Park/St Anthony
Village/Centennial
St Johns Prep
St Paul Central
St Paul Highland Park
Stillwater Area
Wayzata
White Bear Lake
Willmar
Winona/ Cotter/Hope Lutheran

SILVER

Chaska /Chanhassen
Hastings
Heritage Christian Academy
Co-op
Math & Science Academy
Mesabi East Area
Northfield

NORDIC SKI - GIRLS

GOLD

Alexandria Area High School
Bemidji
Blaine
Blake
Bloomington Jefferson
Brainerd
Champlin Park
Chanhassen/ Chaska
Cloquet-Esko-Carlton
Duluth East
Eden Prairie
Edina
Elk River/Zimmerman
Fergus Falls
Heritage Christian Academy
Co-op
Holy Family
Lakeville
Little Falls
Marshall School, Duluth
Math & Science Academy
Mesabi East Area
Minneapolis Southwest
Minnehaha Academy
Minnetonka High School
Moorhead High School
Mora
Mound Westonka
MoundsView
Mpls South/Mpls Roosevelt
Mpls Washburn
Northfield High School
Proctor/ Hermantown
PWER (Woodbury/Park/East Ridge)
Robbinsdale Armstrong
Rogers
Saint Paul Academy
Sartell/Cathedral
Spring Lake Park/St Anthony
Village/Centennial
St Paul Central
St Paul Highland Park
Stillwater Area
Wayzata
White Bear Lake
Willmar
Winona/ Cotter/Hope Lutheran

SILVER

Osseo / Park Center / Totino
Grace

ROBOTICS

GOLD

East Ridge
Hutchinson
Owatonna
Perham
Redwood Valley
Rochester Public Schools
Sartell
Shakopee
Washburn

SILVER

Becker
Dassel-Cokato
Detroit Lakes
Eden Prairie
Eden Valley - Watkins
Esko
Irondale
Kasson - Mantorville
Legacy Christian Academy
Litchfield
Park Center
Rocori
Visitation School
Watertown - Mayer

SWIM & DIVE - BOYS

GOLD

Austin
Bloomington Kennedy
Breck/Blake
Eden Prairie
Farmington
Hutchinson
International Falls
Lakeville North
Mankato East
Red Wing
Rochester Mayo
Saint Paul Humboldt
Saint Thomas Academy

SILVER

Alexandria
Andover

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@**MSHSCA**

WINTER ACADEMIC AWARDS

Anoka
Apple Valley
Benilde-St. Margaret's
Bloomington Jefferson
Brainerd
Buffalo
Cambridge-Isanti
Centennial
Champlin Park
Chaska/Chanhassen
Coon Rapids/Totino-Grace
Cretin-Derham Hall
Detroit Lakes
Duluth East
Edina
Fergus Falls
Grand Rapids
Irondale
Lakeville South
Maple Grove
Melrose/Sauk Centre
Mesabi East
Minneapolis South-Washburn-Roosevelt
Minnetonka
Monticello
Morris Area
New Prague
Northfield
Orono
Osseo
Owatonna
Park Center
Princeton
Richfield
Rochester Century
Rochester John Marshall
Sartell High
St Paul Highland Park/SPA
St. Anthony
Tartan-North
TCRB
Wayzata
Willmar
Winona

WRESTLING - BOYS

GOLD

ACGC
Adrian Area
Albert Lea Area

Andover
Annandale / Maple Lake
Anoka
Apple Valley
Bemidji High School
Bertha-Hewitt-Verndale-Parkers Prairie
Blaine
BOLD
Border West
Buffalo
Centennial
Chaska / Chan
Chatfield
DB/LQPV/Mon United
Delano
Dilworth - Glyndon- Felton
Dover-Eyota
Eagan
East Ridge
Eastview HS
Edina High School
Elk River
Farmington
Foley High School
Fridley
Fulda/MCC
GLMOS
Goodhue
Grand Rapids
Hastings High School
Holdingford
Jackson County Central
Kasson Mantorville
Kenyon-Wanamingo
KMS
Lake Crystal Wellcome Memorial Area
Lakeville North
Lakeville South
LeSueur-Henderson
Lewiston - Altura - Rushford - Peterson
MAHACA
Mahtomedi
Mankato East
Maple Grove
Maple River - USC
Marshall
Martin County
Mille Lacs Raiders
Minneota High School
Minnetonka

Minnewaska Area
Mound Westonka / Southwest Christian
Mounds View
Mpls Roosevelt
New London Spicer
New Prague
New Richland-Hartland-Ellendale-Geneva
New York Mills
Northfield
Ortonville
Osakis
Park Rapids
Paynesville Area
Pequot Lakes/Pine River - Backus
Perham
Plainview-Elgin-Millville
Prior Lake
Quad County
Redwood Valley
Rochester Mayo
Rosemount
Roseville Area
Saint Thomas Academy
Sartell
Sauk Centre - Melrose
Shakopee
Simley High School
South St. Paul
Spectrum High School
St. Agnes High School
St. Charles
St. Cloud
St. Croix Lutheran Academy
St. Paul Harding
St. Paul Johnson
St. Peter High School
Staples-Motley
Stillwater
STMA
Totino Grace
Tri City United
Trinity School at River Ridge
United North Central
Wabasso
Waconia
Wadena - Deer Creek
Wayzata
Westfield
Woodbury
Zumbrota - Mazeppa

SILVER

Austin High School
Belgrade - Brooten - Elrosa
Big Lake
Blue Earth Area
Byron
Cambridge-Isanti
Cannon Falls - Randolph
Como Park HS
Coon Rapids
Dassel Cokato Litchfield
Forest Lake
GSL/LP
Hutchinson - BLHS
ISD 255 - Pine Island
Lake City HS
Mankato West
Monticello
Mora High School
Ogilvie
Pierz
Pipestone Area
Proctor Hermantown
Red Rock Central
Richfield
Robbinsdale Armstrong
Rochester Century
Rocori High School
Rush City / Braham
Scott West
St Francis
St. James - Madelia
Tracy Milroy Balaton
Westbrook Walnut Grove
Triton
Watertown / Mayer
WCAABE
WEM/JWP
White Bear Lake
Windom Mt Lake

WRESTLING - GIRLS

GOLD

Pine Island Girls
Eagan Girls
Mora High School Girls

PREP COACH CONTRIBUTOR QUARTERLY DEADLINES

September 1st | December 1st | March 1st | June 15th

SPRING ACADEMIC AWARDS

BASEBALL

GOLD

Albany
Andover
Blooming Prairie
Burnsville
Chanhassen
Hancock
Heritage Christian Academy
Kasson-Mantorville
Little Falls
Lyle-Pacelli
Minnehaha Academy
Minneota
Montevideo
Mound Westonka
Mounds View
New Ulm Cathedral
Ogilvie
Parkers Prairie
Pine Island
Rock Ridge
Sauk Rapids-Rice
Shakopee
St. Agnes
St. Anthony Village
St. Cloud Cathedral
St. James
Stillwater
The Blake School
Thief River Falls
Totino-Grace
White Bear Lake
Willmar

SILVER

Austin
Blackduck
Cannon Falls
Champlin Park
Chatfield
Elk River
Esko
Holy Angels
Lac qui Parle Valley
Lakeville North
Lakeville South
Legacy Christian Academy
Nevis
New Prague
Norwood Young America
Orono
Owatonna
Perham
Pine River-Backus
Red Wing
Rochester Century

Rochester Lourdes
Rockford
Roseville Area
Sartell
Sleepy Eye St. Mary's
South Ridge
Spring Grove
Spring Lake Park
Springfield
Tri City United
Upsala/Swanville Area
Woodbury

SOFTBALL

GOLD

Adrian High School
Alden Conger/Glenville
Emmons
Andover HS
Anita Heier
Annandale High School
Apple Valley High School
Austin High School
Barnesville High School
Barnum
Belle Plaine
Bethlehem Academy
Big Lake High School
Blooming Prairie
Bloomington Jefferson
Blue Earth Area High School
Brainerd High School
Browerville High School
Burnsville High School
Cannon Falls High School
Champlin Park High School
Chanhassen High School
Chatfield
Cherry School
Chisago lakes High School
Clinton-Graceville-Beardsley
ISD 2888
Cloquet High School
Concordia Academy
Cretin-Derham Hall
Dassel-Cokato
Delano High School
Detroit Lakes High School
Dover-Eyota
Eagan High School
East Central High School
East Ridge Raptors
Eastview High School
Eden Prairie HS
Eden Valley Watkins
Edina High School
Farmington

Foley High School
Frazee-Vergas
Hancock Public School
Hawley High School
Hermantown High School
Hill City/Northland
Hopkins High School
Houston
International Falls HS
Jackson County Central
JWP
Kasson-Mantorville
Kelliher/Northome School
Kimball Area High School
Lac qui Parle Valley
LaCrescent-Hokah
Lake Crystal Wellcome
Memorial
Lakeville North High School
Lester Prairie High School
Lewiston-Altura
Lourdes High School
Mabel-Canton
Mankato East Cougars
Mankato West High School
Maple Grove
Martin County West
Menahga
Mille Lacs(Isle/Onamia)
Minneapolis Roosevelt
Minneota/Canby
Minnetonka High School
Monticello High School
Mora High School
Morris Area Chokio Alberta
Mountain Lake Area-Comfrey
Murray County Central
NCE/UH Titans
New Prague High School
New York Mills
Nicollet High School
North Branch Area High School
North St. Paul
NRHEG
Ogilvie High School
Ottertail Central
Owatonna
Park High School
Park Rapids Area High School
Parkers Prairie
Paynesville
Pelican Rapids
Perham High School
Pierz Healy High School
Pine Island High School
Pipestone Area Arrows
Princeton
Providence Academy

Red Lake Falls
Red Rock Central/Westbrook
Walnut Grove
Rock Ridge Hig School
Rockford High School
ROCORI High School
Rogers
Roseau High School
Rosemount High School
Russell-Tyler-Ruthton
Saint Agnes
Saint Cloud Crush
Saint Peter High School
Sauk Rapids-Rice High School
Schaeffer Academy
Silver Bay
Simley
Sleepy Eye St. Mary's
South St Paul Packers
Southland
Spring Grove
Spring Lake Park High School
Springfield
St Louis Park High School
St. Anthony Village High
School
St. Charles High School
St. Clair/Loyola High School
St. Cloud Cathedral/St. John's
Prep
St. Michael-Albertville
Staples / Motley
Stewartville High School
Stillwater Area High School
Svanville Area Schools
Thief River Falls
Totino-Grace
Tri-City United
United South Central
Visitation
Wabasha-Kellogg High School
Wabasso High School
Waconia
Wadena-Deer Creek High
School
Waseca High School
Waterville-Elysian-Morristown
Wheaton-Herman-Norcross
Winona Senior High
Yellow Medicine East
Zumbrota MAazeppa

SILVER

Academy of Holy Angels
Anoka
Atwater-Cosmos-Grove City
Badger-Greenbush-Middle
River

SPRING ACADEMIC AWARDS

Becker High School
Byron High School
Caledonia High School
Coon Rapids High School
Crookston High School
Duluth East
Fairmont High School
Fergus Falls High School
Fertile-Beltrami
Forest Lake
Fridley High School/Columbia Heights HS
Heritage Christian Academy
Holdingford High School
LeSueur Henderson
Long Prairie-Grey Eagle
Madelia
Maranatha Christian Academy
Marshall High School
Medford High School
Moose Lake/Willow River
MOUND WESTONKA
New Ulm Cathedral
New Ulm High School
Osakis High School
Pequot Lakes
Pine City High School
Randolph

Robbinsdale Armstrong High School
Rochester John Marshall
Rochester Mayo
Rush City
Rushford-Peterson
Sebeka Public School
St. Francis
Tartan High School
Tracy Area

Watertown-Mayer High School
Wayzata High School
West Marshall
Windom Area High School
Woodbury High School
Stewartville High School
Tartan High School
Walker Hackensack Akeley
West Marshall
William Kelley High School - Silver Bay
Windom Area High School
Woodbury

SYNCHRONIZED SWIMMING

GOLD

Forest Lake
St. Louis Park
Wayzata

SILVER

Blake
Columbia Heights/DeLaSalle
Eden Prairie High School
Edina
Hopkins
Osseo/Maple Grove/Park Center
Prior Lake/Shakopee
Richfield
Stillwater

TENNIS - BOYS

GOLD

Academy of Holy Angels

Aitkin
Anoka High School
Becker High School
Bemidji High School
Blaine High School
Blue Earth Area
Buffalo High School
Cambridge-Isanti
Coon Rapids HS
Cotter schools
Cretin-Derham Hall
East Ridge
Eastview
Faribault
Foley high school
Hutchinson High School
Irondale
Lakeville North
Mankato West
Minneapolis Washburn
Minnehaha Academy
Minnetonka HS
Minnewaska Area
Mound Westonka High School
Mounds View High School
Princeton
Redwood Valley
Robbinsdale Armstrong
Rochester John Marshall
Rosemount
Saint Anthony Village High School
Schaeffer Academy
Shakopee High School
Spring Lake Park
St. Cloud
St. Peter
Totino-Grace
Waseca

Wayzata High School
Woodbury High School

SILVER

Bloomington Jefferson
Chanhassen High School
Delano High School
Eagan High School
East Grand Forks Senior HS
Fairmont
Lake City Public Schools
Lincoln High School
Mora High School
New Prague High School
Osakis
Park HS
South St. Paul
STMA

VOLLEYBALL - BOYS

GOLD

Bemidji
Eastview
Eden Prairie
Prior Lake

SILVER

Eagan
Irondale
Maple Grove
Park of Cottage Grove
Roseville Area
Shakopee
Spring Lake Park
St. Paul Harding

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.



	<p align="center">MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION</p> <p align="center">35th ANNUAL SOCCER COACHES CLINIC</p> <p align="center">AUGUST 7th - 8th, 2025</p> <p align="center"> NATIONAL SPORTS CENTER, BLAINE </p>
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The Minnesota State High School Soccer Coaches Association (MSHSSCA), in conjunction with the Minnesota State High School Coaches Association (MSHSCA) invites all interested youth, club, high school and college soccer coaches to our 35th Annual Soccer Coaches Clinic. This two-day clinic includes field and classroom educational sessions, the opportunity to connect with vendors, networking with other coaches, and more.

Thursday, August 7th, 2025 ... Broadway Pizza (11822 Aberdeen St NE, Blaine)

6:30 - 9:00 PM (Guest Coach 7:00-8:30)	Guest Presenter - TBD Broaden your coaching skill set by learning from a highly experienced top level coach. Time will be given to ask questions and share ideas that will allow attendees the opportunity to gain insight and useful applications to help their coaches and programs.
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Friday, August 8th, 2025 ... National Sport Center (1700 105th Ave NE, Blaine)

8:15 - 9:00 AM Sign-In/Registration 9:00 - 9:50 AM Session 1 10:00 - 10:50 AM Session 2 11:00 - 11:50 AM Session 3 12:00 - 1:00 PM Session 4	<ul style="list-style-type: none"> • The first 150 coaches to register will receive a t-shirt. • New Head and Assistant Coaches are invited to a special information session during Session 3. • All Head Coaches are invited to attend the annual Head Coaches Discussion Time during Session 4. <ul style="list-style-type: none"> ○ Informal topics of concern and Association issues will be discussed.
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NOTE: LUNCH WILL NOT BE PROVIDED. We encourage you to join us Thursday evening.

Clinic Registration, covering both Thursday and Friday, is just \$50 through August 1st. After August 1st and at the door the cost will be \$60. Join or renew a membership in **United Soccer Coaches** (regularly \$150.00) for only \$125.00 before August 1st, or \$150.00 after August 1st. *Reminder...registration in the MSHSSCA and MSHSCA is NOT included in the Clinic or USC fees, and must be done online at www.mshsca.org by October 1st to be eligible for player/team/coach awards!!*

2 ways to register... choose one	<ul style="list-style-type: none"> • visit Coaches Clinic Registration for online registration with credit card; on-line Clinic and USC registration will close on August 2nd. • complete the paper form on the next page and mail <ul style="list-style-type: none"> ○ with a check for the total due to: <ul style="list-style-type: none"> ■ Art Seplak, 10077 Upton Rd, Bloomington, MN 55431-2849
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for more information, please visit our website at www.mnhssoccer.com

for clinic questions, contact Greg Juba at gjuba23@gmail.com or 651.260.1048

or contact Jeff Hopkins at mhswsoccer@gmail.com or 651-235-1645

for registration questions, contact Art Seplak at ajseplak@q.com or 952.881.2898

Joint Coaches Clinic and United Soccer Coaches Registration Form Head Coaches, please include your address, phone number and email. **Contact information for Assistant Coaches is only required if joining/renewing United Soccer Coaches (USC).** Please check all options for each coach registering.

Clinic Cost before 8/1 is \$50.00 per coach Clinic Cost after 8/1 is \$60.00 per coach USC Membership MUST be paid before 8/1

Coach and School	Type/Coaches	Address, City, State, Zip	Email	Cell #	Attending Thursday?	USC # <small>(renewing members)</small>	Totals
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
	<input type="checkbox"/> Head <input type="checkbox"/> Assistant <input type="checkbox"/> Boys <input type="checkbox"/> Girls				<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> \$50.00 before 8/1 <input type="checkbox"/> \$60.00 after 8/1 <input type="checkbox"/> \$125.00 by 8/1
Please make checks payable to MSHSSCA Grand Total							

Reminders

- This registration *does NOT include membership in the MSHSSCA or MSHSCA*. That must be done online at www.mshsca.org by **October 1st** to be eligible for All State and other Minnesota High School Soccer Coaches Association recognition/awards.

Minnesota State High School Coaches Association HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

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

ELIGIBILITY REQUIREMENTS

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

Minnesota State High School Coaches Association HALL OF FAME NOMINATING FORM



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

Name _____ Phone _____

Address: _____ City _____ Zip _____

Phone Number: _____ Email: _____

Birth Date _____ Marital Status _____ Deceased _____

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

Nominating Person or Group _____

Rationale for Nomination _____

Personal History: Hometown _____

College/s _____ Year _____

College Honors: _____

Coaching History: (Sports, schools & years) _____

Coaching awards, honors & highlights: _____

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

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

Nominated by: _____ Date _____

Phone: _____ Email: _____

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



[Redacted]

[Redacted]

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

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

[Redacted]

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

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2025 – August 1, 2026

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

[Redacted]

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

\$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

- ❖ **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.



Coaches Assistance Program

Athlete suicide is very real and on the rise

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



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

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

coachesassistanceprogram.com/training-camp/