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VP ELECTION INCLUDES TWO CANDIDATES

Two coaches have indicated an interest in becoming the new Vice President of the MSHSCA. The winner of the election will serve a four year term on the Executive Committee with the third year as President. The new VP will begin their term of office with the 2014 Summer Meeting in Detroit Lakes.

The two candidates, listed alphabetically, are Todd Smrekar, baseball coach at Cambridge-Isanti and Teresa Van Epps, volleyball coach at Jackson County Central. Both have excellent resumes and will provide quality leadership.

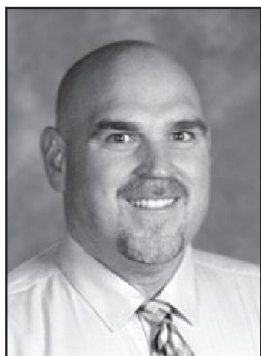
The election will be conducted electronically via the MSHSCA website and will conclude on May 1, 2014. The website is www.mshsca.org.

All members are urged to get involved and cast a vote for the candidate of choice.

The winner will be announced in the May issue of The MN Prep Coach

Bios and photos are included below:

Todd Smrekar



Todd is a 1989 graduate from Cambridge High School. Smrekar's participation in athletics started in his early years and has continued. In high school, Smrekar participated in football and baseball. Upon graduation, he received his degree in teaching and coaching at St. Cloud State and graduated in 1994. He later earned his Master's degree from Saint Mary's University in 1998.

Smrekar taught in the BOLD School District for a year (1994-95), where he also was the assistant baseball coach. In 1995, Smrekar returned home to Cambridge to teach and coach where he has been ever since. Smrekar has taught Civics, General and College Psychology, and General and

College Sociology during his time at CIHS and has served as the Social Studies Department Chair for the past 12 years.

Smrekar has 25 years of coaching in his background. He coached 13 years of football at Cambridge-Isanti High School at the 9th, 10th, and Varsity levels. In 1999 and 2000, Smrekar was the offensive and defensive line coach for the 4A runners –up in 1999, and 2000 4A champs. In baseball, Smrekar coached Pee Wee, Midget, and VFW teams for six years in Cambridge and Princeton. He has been the head baseball coach for the last 18 years at Cambridge-Isanti High School. During that time, Smrekar also coached the VFW and Legion teams at various times. He is the longest tenured baseball coach in school history; his team won the 2008 Conference Championship and was 2008 Section 7AAA runner-up. Also, Smrekar was selected as a Lion's All-Star Baseball coach in 2008. Finally, Smrekar has several years of coaching experience in youth hockey and softball.

VP Candidates . . . continued on page 7

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The Minnesota PREP COACH

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Jeri Dirth - Apple Valley

SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

2012-2013 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	Donna Johansen (Murray County Central)
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Derek Parendo (Proctor)		
8A	Terry Sadler (Warroad)	John Schumacher (Park Rpd.s.)		
1AA		John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)	Tink Larson (Waseca)	
3AA	Jeff Groves (Apple Valley)		Jeff Groves (Apple Valley)	
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Randy Glassman (Maple Grove)	Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Prk)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Todd Smrekar (Cambridge-Isanti)	Bill Baumann (North Branch)	Herbert Jangor (Chisago Lakes)	
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Dan Roff (Fridley)		Mike Beck	
Adapted Athletics	Marcus Onsum (Robbinsdale)			
Baseball	Todd Smrekar (Cambridge)		John Wilkins (retired)	
Boys Basketball	Ron Vorwald (Worthington)		Tom Critchley (retired)	
Girls Basketball	Kent Hamre (St. Michael)		Jen Johnson (Edina)	
Cross Country	Tom Sharp (East View)			Dave Chatelaine (Owatonna)
Football	Gary Sloan (Grand Meadow)		Ron Stolski (Brainerd)	Jim Dotseth - Treasurer
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	LeeAnn Steen (Martin County W)		Mike MacMillan (Buffalo)	Shelly Eklund (Rosemount)
Hockey	Ken Pauley (Benilde)		Matt Myers	
B-Lacrosse	Lance Kuehn	Darren Nelson (Brooklyn Ctr)		Alex Erickson (Farmington)
G-Lacrosse	Rachel Aiken (Chaska)			
Alpine Skiing	Jason Nickleson	Brad Schaeppi (Blake)		
Nordic Skiing	Dan Josephson (Det. Lakes)			
Soccer	Steve Hendrickson (Trinity at River Ridge)		Dave Halgren (retired)	Keith Randa (Apple Valley)
				Art Seplak (Jefferson) Treas.
Softball	Terry Sadler (Warroad)		Shelly Hotzler (JCC)	Hilary Hansen (Burnsville)
B-Swimming	Justn Haycraft (Prior Lake)		Rick Ringeisen (Lakeville)	Kate Steineman (Cretin-DH)
G-Swimming	Dale Magnuson (Rochester Cent.			
Synch. Swim	Deanna Vaubel (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Les Zellmann (St. James)		Rick Englestad (Pine City)	
Track	Mark Alcorn (Holdingford)			Scott Christensen (Stillwater)
Volleyball	Celeste Gorman (Blaine)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Jair Toedter (New London Spicer)	Kurt Habeck (Eastview) Delegate	John Peterson (Elk River)	
Retired Coaches	Jim Dotseth			

President's Message

By: Tom VanErp, Wadena-Deer Creek

Wow! Winter sports seasons are wrapping up. This is a very exciting time of the year. March Madness is in full swing. State tournaments, State Meets, the NCAA tournament all create a very exciting time in the Minnesota sports world.

State tournaments are great experience for kids, parents and coaches. Winning and playing in a state tournament are an obvious measure of success. However, over the past twenty-two years I have also witnessed many other successes. Many teams end their seasons with many more defeats than wins, but have put forth their best effort all season. They play with positive emotion and smart play. These teams and coaches have been successful. Maybe not by the standards of our "winning society", but certainly by the quote of Theodore Roosevelt:

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory

nor defeat"

Some of my most fond memories are of my players and teams that competed hard but came up short on the score board more times than not. Although these kids didn't get to experience winning as much as others, they became "winners" in life. These young men have moved on to become successful, productive leaders in the communities in which they now live.

My hope for this March Madness is that players, parents, and coaches and fans can enjoy the March Madness experience, but keep in perspective who is competing and why. These are High School kids playing a sport they love and learning valuable life lessons along the way. These are coaches who love working with kids, love the sport, and want the best for their team, community, and sport. Enjoy the ride, I know I will!

**The following articles were
not submitted for this issue of
The MN Prep Coach.**

"Behind the Cage"

(Boys Lacrosse)

"Smooth Fast Natural"

(Alpine Skiing)

"Simply Breathtaking"

(Synchronized Swimming)

"Bank Shots" (Boys Basketball)

Email Change:

**Contact John & Mary Erickson at
jomar2@arvig.net**



EARLY 2013-14 STATE WINTER CHAMPIONSHIP RECOGNITION

The Minnesota State High School Coaches Association would like to take this opportunity to congratulate the winter state championship teams and their coaches on tournaments that have been completed prior to the deadline for this issue of The MN Prep Coach.

Champions will be listed in accordance to the dates of completion.

Any winter sport not included is due to the fact that the coaches of the championship teams were not members of the MSHSCA.

Champions in boys basketball, girls basketball, adapted floor hockey and boys hockey will be recognized in the May issue of The MN Prep Coach.

Boys Swimming and Diving (True Team)

A	St Thomas	John Barnes
AA		Dan Berve

Boys Alpine Skiing

The Blake School	Robbie Massie
------------------	---------------

Girls Alpine Skiing

Minnetonka	Steve Lindemer
------------	----------------

Boys Nordic Skiing

Forest Lake	Deno Johnson
-------------	--------------

Girls Nordic Skiing

Wayzata	Larry Myers
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Girls Gymnastics

A	Melrose	Katie Masog
AA	Roseville Area	Mike Flatten / Mark Curley

Boys Swimming and Diving (MSHSL)

A	St Thomas Academy	John Barnes
AA	Minnetonka	Dane Berve

PREP COACH WILL BE FOUND ON THE INTERNET IN 2014-15

Starting with the 2014-15 school year the Minnesota Prep Coach will be provided on the association's website -- www.mshsca.org

Members wishing to receive a hard copy need to fill out the following information in order to have the newsletter mailed to them starting with September 2014.

Clip and mail to:

John and Mary Erickson
PO Box 519
Detroit Lakes MN 56502

I wish to have the MN Prep Coach mailed to me:

Name _____

Address _____

City _____

State _____ Zip Code _____

**MANY ARTICLES ARE SUBMITTED BY
A DESIGNATED MEMBER OF
PARTICULAR SPORT ASSOCIATIONS AND ARE
NOT NECESSARILY THE FEELINGS OF OTHER
SPORTS ASSOCIATIONS, THE MSHSCA OR THE EDITOR.**



MN Fellowship of Christian Athletes Presents

InSideOut COACHING Seminar

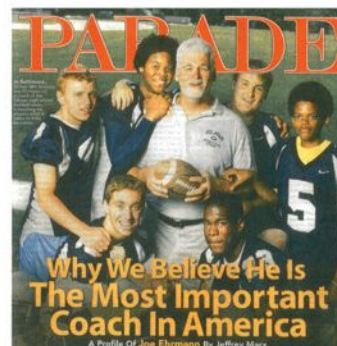
Featuring Joe Ehrmann - Called "The Most Important Coach in America" by PARADE Magazine, former Captain of the Baltimore Colts, subject of the NY Times best seller *Season of Life*, and author of *InSideOut Coaching*.

Sunday, April 27, 2014

2:00 – 5:00 PM

**TCF Bank Stadium - DQ Room
420 SE 23rd Avenue, Minneapolis**

The DQ Room (located on the 300 level) can be accessed using the outside entrance under the "Benton County" sign.



For more than three decades, Joe Ehrmann has inspired and initiated change among thousands of individuals and institutions through his dynamic and inspirational seminars. Joe's revolutionary talks begin with the understanding that all lasting and meaningful change begins on the inside and works its way out. Joe and his wife Paula are co-founders of **Coach For America**, whose mission is to inform, inspire and initiate individual, community, and societal change through sports and coaching.

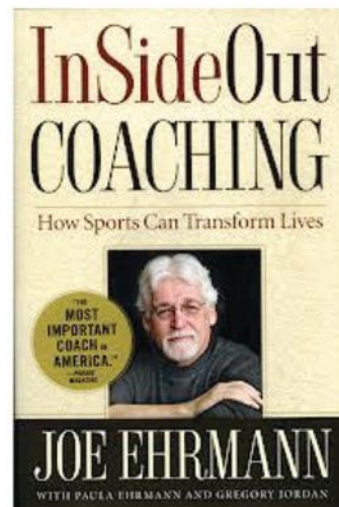
What seminar participants had to say...

"I would make a day with Joe mandatory for anyone involved in athletics because his message inspires and motivates unlike any other speaker I have heard in over 25 years in athletics."
Stuart Robinson, Athletic Director, SUNY New Platz

"I consider Joe's message among the most important that I have heard in an entire career in higher education. Every student and teacher from fifth grade to college needs to hear what Joe has to say."
Craig Turner, President, Catawba College

"Joe's presentation was inspiring, educational and eye-opening for our entire Villanova University Athletic Department. Our basketball staff has been discussing Joe's concepts and ideas since he left."
Jay Wright, Head Basketball Coach, Villanova University

"Joe Ehrmann has a great message, one that our coaches and players really need to hear. He has had a tremendous impact on our team, helping us to develop championship men - on and off the field."
Tony Dungy, former Head Coach, Indianapolis Colts



To register, please visit www.MinnesotaFCA.org



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

As you read this article I am hoping that we are starting to see some signs of spring and relief from this historically cold winter. I know that coaches, athletes and AD's have been significantly challenged with weather related problems throughout this past winter season. I am starting this article following our annual NOCAD meeting so that I make sure to get the relevant information for that meeting to all of you and we are in the midst of some incredibly cold weather.

Our annual NOCAD meeting was held in Nashville over the Martin Luther King Weekend. Jon Wagner, Past President, attended the meeting with me and it is great to have another set of ears present as we sort out the information that is presented. I am happy to know that as we leave the NOCAD meeting I once again reminded that Minnesota is the leader in working for their coaches. We are fortunate to have leadership in this state that is willing to do the heavy lifting that is required to improve the coaching profession in our state as well as the professional climate of coaching.

I am happy to report that the premium for our liability insurance will remain the same again and this is a reflection of our favorable loss history. The same cannot be said for our Directors and Officers insurance which has continued to face significant premium increases due to the frequency of claims in today's legal climate.

During the insurance Presentation Greg Joly of Loomis & LaPann inc., our insurance administrator also remind all the state coaches association directors that the transportation of athletes is not covered under the General Liability Policy and if a member coach chooses to transport athletes in their personal automobile insurance is the primary insurer.

Greg also asked us to remind each sport association conducting clinics that they should request proof of insurance from any vendor doing work on their behalf. This is called certificate of insurance naming your sport association as an Additional insured.

In addition, after review of our claim and litigation over the past years it is recommended that coaches or athletic directors should keep records from injury accidents at least seven years from the date of the injury.

The subject of concussions in sports was discussed and some of the efforts football coaches are putting forth were discussed. Heads Up football along with some of new devices that can be used to warn coaches following violent hits were also discussed. We are fortunate in Minnesota to have our MSHSL taking a very proactive position in the education and awareness programs they provide. We are fortunate to have the strong relationship with the League. I know that for some of you there is frustration when you are not able to advance some of the change you advocate for and that is understandable since each of you have a real passion for the sport you represent. I can assure you all, however, that you are fortunate to have our League compared to some of the stories we hear from other states at NOCAD.

On February 7th a meeting of the Leadership Team of the MSHSCA, the MSHSL and the MNIAAAA met at the League offices. The purpose of the meeting was to determine the level of support for sponsoring a second WHY WE PLAY conference. There was great discussion and in the end it was felt that we should proceed with sponsoring another summer conference as a follow up on last year's summer conference. The date has been tentatively set for Wednesday July 30th at Bethel University. There was very positive feedback following the 2013 summer conference. I, for one, feel that it is very important that we continue to reflect on the questions posed by the WHY conference as to why you coach, how you coach and how it feels to play for you. The details for the conference will appear in the May Prep Coach as well as on the home page of our web site.

The Spring Delegate Assembly will be held on Friday March 21st at Mancinis Char House in St. Paul. We sincerely hope that every Sport Association will be in attendance. It is important that the Executive Board hear you concerns and ideas but is equally important that sport associations hear the concerns and ideas that other sport associations present. The dialogue that takes place at the delegate assemblies helps bring the sport associations together as they address common concerns and issues. As an Executive Board we need your input as we formulate our game plan for the future. Congratulations to all winter sport coaches on another great year and congratulations to all the state champions.

VP Candidates . . . continued from page 1

Smrekar has served on the Minnesota State High School Baseball Coaches Association Executive Board for the last six years. He is currently in his second year as the President of the Association. He has served as Section 7AAA baseball representative, AAA All-State Baseball Team chairman, and served on the North All-Star committee.

Smrekar comes from a family of educators and coaches. His father Bill is a retired life member of the Minnesota State High School Coaches Association. Bill started the Cambridge-Isanti hockey program and has been inducted into the Minnesota State High School Hockey Coaches Association Hall of Fame (Class of 2008).

Todd and his wife Aaron have been married for 16 years and have two children; Addie (15 years old) and Finnleigh (1 year old). Addie is a swimmer, plays hockey, and participates in track at CIHS.

Teresa Van Epps



Teresa Van Epps is an elementary teacher and a head volleyball coach for the Jackson County Central School District. Teresa has been positively influencing female athletes for the past twenty years. Starting her coaching career as volunteer assistant track coach at Kenyon-Wanamingo High School, in Kenyon, Minnesota.

In 1998, she began working as a special education paraprofessional and assistant volleyball and softball coach in Kenyon, Minnesota. While at K-W, she had the opportunity to work with athletes, parents, and coaches in basketball, softball, track, and volleyball. As Director of the Summer Recreation Program at Kenyon-Wanamingo, Teresa started a youth fast pitch program, t-ball for boys and girls ages 5 to 8 years old, and sports of all sorts for youngsters three to five years old.

In 2003 she was appointed the Head Volleyball Coach at Kenyon-Wanamingo. During her stint, she built a strong program leading the Knights to a subsection championship in 2006. She has encouraged players to participate in all areas of high school, instilling in them that through hard work, communication, and positive attitudes anything is possible.

In the winter of 2007, Teresa and her family moved to Lakefield, Minnesota. It wasn't long and she was coaching junior high softball for JCC. In the summer she volunteered her time to help the Huskies Fast Pitch team and ran the Community Education Volleyball Camps. She has been a positive attribute to the community, always willing to lend a helping hand where it is needed.

The past seven years, she has been the Head Volleyball Coach at Jackson County Central High School in Jackson, Minnesota. During this time, she has mentored student

athletes on and off the court. In 2010, she was named section 3AA Coach of the Year. Teresa has led the Huskies to four subsection runner-ups championships, two section runner-up championships, and a record of 180 wins and 31 losses.

MARCH MEMBERSHIP REPORT 2014

March MEMBERSHIP REPORT 2014

<u>Types of Membership</u>	<u>2013-14</u>	<u>2012-13</u>
Active Class A & AA	5536	6315
Associates	1336	1331
Active Life	701	676
Retired Life	885	890
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,461	9,215

Breakdown of membership by sport association
(2012-13 totals in parenthesis)

- Adapted Athletics (19) 17
- Boys Lacrosse (65) 34
- Alpine Skiing (70) 68
- Girls Lacrosse (68) 20
- Athletic Directors (243) 88
- Football (1114) 1130
- Baseball (445) 421
- Boys Hockey (248) 229
- Boys Basketball (817) 776
- Golf (boys & girls) (365) 254
- Girls Basketball (736) 729
- Soccer (boys & girls) (407) 409
- Cross Country (356) 375
- Softball (472) 278
- Gymnastics (196) 202
- Synchronized Swimming (12) 11
- Nordic Skiing (106) 130
- Girls Tennis (196) 208
- Volleyball (647) 647
- Boys Tennis (169) 140
- Boys Swimming (178) 191
- Track & Field (734) 722
- Girls Swimming (225) 235
- Wrestling (107) 100

Boys and girls swimming and tennis are reported separately and include coaches that are counted in both. Since their seasons are not at the same time our new system counts coaches in each of their seasons.

There is a significant change in Athletic Administrators. The current number reports the AD's that have joined the MSHSCA as well as MnIAAA.



Ice Chips

By: Craig Roberts
 MHCA Director of Communications
 Benilde-St. Margaret's School

The field has been set and we are ready for one of the country's great prep sporting events as the Minnesota State High School League boys' hockey tournament takes place March 5-8.

The tournament has drawn over 120,000 fans per year over the last decade and we look forward to another well-attended and exciting event this year.

The MHCA has a number of events going on during the tournament, highlighted by the 23rd annual Hall of Fame Dinner. The dinner takes places between the afternoon and evening sessions of the Class AA quarterfinals, Thursday, March 6, at the RiverCentre Grand Ballroom.

Being inducted this year are Pat Furlong (Orono), Lorne Grosso (Rochester Mayo), George Larson (Brooklyn Center), Roy Nystrom (Albert Lea) and Herb Sellars (Hibbing).

Individual awards will be given to:

Oscar Almquist Award (given to a non-coach who has contributed to the success of high hockey by advancing opportunities for players and coaches)—Barry Ford, Minnesota Hockey.

Bruce Johnson Award (given to an MHCA board member who has made extraordinary contributions to the association)—Mark Loahr, Totino-Grace.

Dave Peterson Award (given to a high school hockey coach whose efforts have helped strengthen the bond between youth and high school hockey)—Mike Taylor, Eagan.

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—Terry Skrypek, Hill-Murray/University of St. Thomas.

The MHCA and the Minnesota Wild will sponsor a hospitality room in the Xcel Center's NHL Alumni Room. The hospitality room will be open to MHCA members during

. . . continued on page 9

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MSHSL BOARD OF DIRECTOR'S REPORT

By: Shelly Hotlzer
Girls Sport Rep.
Jackson County Central

My hopes is that when you all read this that we will be well into warmer weather! Congratulations to all of the new State Champions, it has been a busy tournament season, and I have enjoyed every minute of it!

We had a busy meeting at the January session. The Board approved the development of a plan to provide structure that assists in the scheduling of regular season football games statewide. The plan calls for the Board to divide member schools in to districts of 16 or more, using geographic proximity and like enrollments as the placement criteria. The member schools within each district will then establish their own protocol for scheduling eight regular season games. All students in Minnesota who play football should have the opportunity for a full eight game schedule against teams from Minnesota.

The 2015 schedule for football was approved. The season will start August 10th and teams will be required to put in two full weeks of conditioning and practice, but will be able to schedule their first game immediately thereafter on Saturday, Aug. 22nd. The current bylaw requires one full week of conditioning and two weeks of practice, and the first games of the season may be scheduled on the Thursday of the third week.

Modification of the 2015 football schedule is required because the season-concluding Prep Bowl will be played two

weeks earlier than the normal post-Thanksgiving dates. These are the only November 2015 dates that the University of Minnesota football stadium is available. That is where the 2014 and 2015 Prep Bowls will be played. The two weeks will be gained at the beginning of the season, although teams will play three games prior to the start of school. Eight teams will still qualify for the playoffs. This schedule modification also gained Board approval. The new multi-purpose stadium that will be home to the Vikings and League soccer and football tournaments is scheduled to become available for the 2016 season.

The football advisory committee was the only fall sport to forward a proposal that the Board did approve. It only affects the largest class — AAAAAA — and changes the structure of the section tournament. All 32 schools will be seeded within each of the four sections. Then the seeds would be placed into one of several pre-determined but unannounced brackets that would have 16 teams on each side playing two rounds down to eight teams that would qualify for the state tournament. Top seeds from one section would be paired with an 8th seed from another section, and so on.

Expansion of the state girls' fast-pitch softball tournament from three to four classes was approved. The proposal from the sport's advisory committee would still allow the state tournament to be conducted over just two days and still allow for consolation play. Concerns about treating individual four-class tournaments differently in terms of structure were raised by some Board members. Staff members also indicated that other sport advisory groups interested in adding a class are awaiting the Board's decision, including girls' volleyball and baseball.

Happy Spring!

Ice Chips . . . continued from page 9

both sessions, Thursday, and the evening sessions, Friday and Saturday.

The MHCA will host its annual membership meeting and section meetings, Saturday, March 8, at 8:30 a.m., at the Crowne Plaza Hotel. A breakfast buffet will be served free of charge to all members.

As we launch into the state tournament and the ensuing off-season, we wish every the best of luck and remind our members that any issues you feel are important can be brought up with your section representative and/or any member of the executive board.

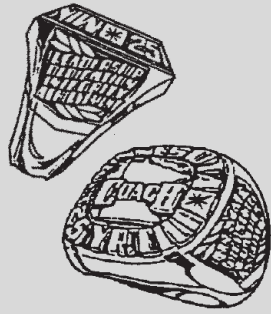
We are always looking for coaches who are willing to serve the MHCA and ask that you contact your section representative if interested. More information on the MHCA can be found on our website at:

www.mnhockeycoach.sportngin.com.

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talent when
talent does not
work as hard”***

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Phone _____

Finger Size _____

Ring _____

Stones _____

Options _____

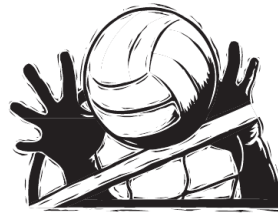
Sub total _____

Add 6.5% State Tax _____

Total _____

SEND ORDER AND CHECK TO

Pat Furlong
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 Mound, Minnesota 55364
 Phone 952-472-6738



Di9 This

By: Celeste Gorman
 Blaine H.S.

Save the dates: July 24 and 25! This summer marks the 35th annual Minnesota Volleyball Coaches Association clinic. Planning is underway to make the 2014 clinic the best yet. This year our featured speakers will be Mick Haley from USC and Hugh McCutcheon from the University of Minnesota. They will be doing educational sessions as will many of our region's best high school and college coaches. On the afternoon of July 24 the clinic will begin with a featured speaker followed by several educational sessions. The evening will be capped off with the annual All Star game featuring the state's top senior talent. The morning of July 25 begins several hours of sessions on the court and in the classroom. Location and registration details will be available on the association website as soon as they are available.

The NFHS made an adjustment to the uniform rule making it possible for teams to add some print detail to the solid color jersey. These modifications to the rules can be found on the MSHSL site and should have been sent out to each of you by your section representatives. Check your email or contact your section's representative if you have trouble finding the details on the league site.

There has been a great deal of talk regarding volleyball moving to a four class system in lieu of softball making the change. We are preparing for such a change. We have heard nothing officially about this change taking place but want to be prepared should it come to pass. There are strong opinions for and against such a change. The input and time you put in to share your voice is greatly appreciated. It is obvious that volleyball coaches are passionate about our sport. It seems that both sides of this issue believe that they want the best for volleyball. At the end of the day, all we really want is to preserve the tradition of our great state tournament and to grow the game at each level to the height and popularity it deserves.

Keep your ears open for more information coming soon. Actually just check your email. We will have updates on warm up time and protocol, clinic details and much more. Until then, keep on coaching!

Delegates Corner

By: Troy Urdahl
St Anthony Village HS

It is spring (after a very long winter – hopefully there are signs of spring by the time you read this edition of the *Prep Coach*). With spring, it is time for some housekeeping items. As delegates, you play very important roles in our organization. Our association continues to move forward with some very good initiatives and programs to serve coaches. The strength of our organization lies in the involvement of our membership. As delegates, here are a few areas to promote among your sport associations and our MSHSCA members:

- **Involvement and attendance**

Our spring delegate meeting has been scheduled for March 21st and Mancini's Char House in St. Paul – the standing goal is for 100% representation at our delegate meetings. Please stay involved in your sport association and in the MSHSCA.

- **Coaches Caring program**

If you know of a member coach who experiences a hardship, pass their information along for the Coaches Caring program. This is a great way our association shows our support and care for the great prep coaches in our state.

- **Student scholarship program**

Scholarships are awarded to graduating seniors each year by the MSHSCA. Consider nominating an eligible athlete for this scholarship opportunity.

- **Hall of Fame nominations**

Our organization runs a first-class Hall of Fame Banquet and is always looking for the best candidates from all our member sports for consideration. Please take the time to nominate our many worthy candidates.

- **Vice president candidates**

In recent years we have had fewer and fewer candidates interested in running for a MSHSCA board position. We need to continue our history of strong leadership within the MSHSCA – help us recruit great candidates to serve our organization.

- **Academic recognition**

We all want our teams to do well in competition, but success in the classroom is even more important. Our MSHCA honors teams for their outstanding academic efforts – be sure to submit the needed information for your team to be recognized.

- **Officials distinguished award nominations**

We need officials in order to play our games and compete. Consider nominating one of the many outstanding officials you see each season for the

distinguished officials' award program.

- **Membership status**

As the spring signals the final season of the 2013-2014 prep sports year, remember to renew your membership this summer to ensure your insurance and camp coverage does not lapse.

- **Why We Play**

Last summer the MSHSCA joined the Minnesota State High School League and Minnesota Interscholastic Athletic Administrators Association to host an incredibly successful coaches' professional development opportunity. Details are being worked on for a second annual Why We Play Conference – look for more details to share with your fellow coaches in the May edition of the *Prep Coach*.

- **Association resources**

With upward of 8,000 members, our association has a lot to offer for Minnesota prep coaches. In addition to the many programs and benefits outlined in this edition of the *Prep Coach*, our association is also able to provide various forms of support for coaches in need. Remember to use and promote the MSHSCA as the valuable resource our association has become.

*“Motivation is simple.
You eliminate those
that are not motivated.”*



By: Rachel Aiken
Chanhassen High School

The spring of 2014 will mark a milestone in girls' lacrosse. This year we will have a total of 73 programs represented around the state of Minnesota. Lacrosse in general has boomed across the country over the past 10 years and we've seen it happen here in Minnesota as well. We have come a long way since we became a sanctioned varsity sport

in 2001. Each year programs push the development of youth, middle school and high school lacrosse in their communities and it's starting to pay off. Keep it going!

Last year we were able to host our first ever state tournament banquet along with the boys' teams, we saw over 1100 people in attendance for the event. It was truly special and we are sure 2014 will be even bigger. Coaches as you prepare for the spring season be on the lookout for your 2014 coaches' packet which will be sent out soon. All the important dates and deadlines you need for the season are included in there. Wishing you all the best of luck this season. Looking forward to seeing you at Chanhassen high school for our State Tournament in June!

2013



2014

GENERAL LIABILITY PROGRAM

Coverage is provided to your State Association and Members through the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors.

CARRIER

Lexington Insurance Company
("A" A.M. Best)

POLICY PERIOD

August 1, 2013 - August 1, 2014

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 100,000	Fire Damage
\$ 25,000	Sexual Abuse (per member)
Excluded	Medical Payments
Educators Protection Plus (classroom coverage)	

NATIONAL ORGANIZATION OF COACHES
ASSOCIATION DIRECTORS

NOCAD

CAMP COVERAGE

Today, most coaches are involved in some type of sports camps. Coverages such as General Liability and Accident Medical for your participants are available to all member coaches through your State Associations master policies. Please note that our current General Liability Program follows all members while working at camps and/or conducting their own personal camp.

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$150.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your State Association or online at www.LoomisLapann.com

For any additional information
please contact your
State Association office
or

Greg Joly, Kevin Joyce or Karen Boller
Loomis & LaPann, Inc.
800-566-6479
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@loomislapann.com
www.loomislapann.com

For All Insurance Questions

General Liability

Insurance Coverage

What to do if involved
in a suit

Camp Coverage

Certificates of Insurance

Participant Accident

Insurance

Contact Information:

Greg Joly

gjoly@loomislapann.com

Kevin Joyce

kjoyce@loomislapann.com

Karen Boller

kboller@loomislapann.com

Loomis & LaPann, Inc.

18 Exchange St

PO Box 2158

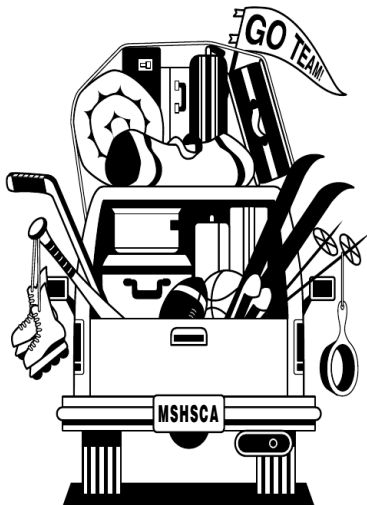
Glens Falls, NY 12801

800-566-6479

518-792-3426 FAX

<http://www.loomislapann.com/>

Have You Moved or Changed Your Email?



If you know of a member who has moved or is not receiving their Prep Coach, please ask them to notify us.

Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar2@arvig.net. It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

Life and Retired Life Members

We would like to have all life and retired life members contact us if there has been any change in your address recently. It is important to let us know if you are receiving your *Prep Coach*. If you have access to email, we would like to have you email us at the following address jomar2@arvig.net or you may drop us a note to MSHSCA, PO Box 519, Detroit Lakes, MN 56502. We are trying to do a better job of keeping the files updated and your help is much appreciated.

Need new Life Card?

Please send the life card you currently have to the MSHSCA address (above) and we will send a replacement.

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2013-2014

John Wagner
Past President

B/G Soccer
G Swimming

B Swimming
Wrestling

Baseball
B Hockey

Tom Van Erp
President

Football
Adapted Athletics

G Basketball
Gymnastics

G/B Golf

Troy Urdahl
President Elect

B/G Cross Country
G Tennis

Nordic Skiing
Alpine Skiing

B Tennis
B/G Track

Rob Nielsen
Vice President

Volleyball

Synch. Swimming
B Basketball

Softball
B/G Lacrosse

Sports Associations: If you need assistance from the MSHSCA for any reason, please contact your Liaison person listed above.

After the Game Bring Your Team to 

CORNER KICKS



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

It is sometimes very hard to think of playing soccer outside when you have just had eleven inches of snow in one day and below zero temperatures for forty some nights. However, the start of winter sports tournaments signal the coming of spring.

As most of you know there will be a change in the venue of the State High School Soccer Tournament. At the MSHSL Board of Directors Meeting on December 5, 2013 the following schedules were approved for state tournament play. The 2014 quarterfinals will be played Wednesday-Friday October 22-24 with semi-finals, third-place and championship games played Tuesday-Thursday October 28-30. The 2015 quarterfinals will be played Tuesday-Thursday, October 27-29, with semifinals, third-place and championship games played Tuesday-Thursday November 3-5. Husky Stadium on the St. Cloud State University campus will be the host site for semifinals and championship games, with third-place games staged at nearby Selke Field.

This will be the plan for the next two year. Upon completion of the new Vikings stadium, the tournament is scheduled to return to an indoor facility.

How popular is the sport of soccer. According to the NFHS annual High School Athletics Participation Survey, soccer ranks fourth with girls with 371,532 girls playing, while the boys rank fifth with 410, 982 competing. Soccer continues to grow as a sport.

The annual awards from the NSCAA have been given to coaches and players that belong to the MSHSSCA. The following coaches and players from girl's soccer were honored.

NSCAA COACHES

Large School	Jeff Hopkins	Minnetonka HS
Small School	Crissy Makela	Mankato West HS
Private School	Scott Helling-Christy	Benilde St. Margaret's

ALL-AMERICAN PLAYERS HONORED

Elizabeth Endy	12 Minnetonka	Jeff Hopkins
Kelly Pannek	12 Benilde-St. Margaret's	Scott Helling-Christy

ALL REGION PLAYERS

Maddie Gaffney	12 Woodbury	Pat Malicki
Kellie McGhan	12 Eastview	Dave Herem
Megan Koenig	12 Mahtomedi	Dave Wald

MINNESOTA PREP COACH

April Bockin	11 Eden Prairie	Noel Quinn
Annie Williams	11 Park/C.Grove	Greg Juba
Rachel Boyer	10 Mounds View	Terri Patraw
Lizzie Schneeman	12 C-Derham Hall	Kate McNeil
Lydia Sutton	12 Blake School	Paul Menge

These are the NSCAA awards to boy's soccer players and coaches.

NSCAA COACHES

Large School	Casey Holm	North St. Paul
Small School	Eric Erickson	St. Paul Como Park
Private School	Matt Weingartz	Hill-Murray

ALL AMERICAN PLAYERS

Justin Oliver	12 North St. Paul	Casey Holm
Korle Akiti	12 Blake	Chris Mitchell

ALL REGION PLAYERS

Jason Scheeler	12 Blaine	Berry Arrowsmith
Nick Stastny	12 Edina	David Jensen
Zach Nieberger	12 Minneapolis SW	Jamie Plaisance
Artis Curiskis	12 St. Louis Park	Chato Alvarado
Tyler Oliver	12 North St. Paul	Casey Holm
Pierce Erickson	12 Eastview	Scott Gustafson

Each year the Gatorade Company selects players of the year in individual states. The selection process for this award is administrated by a Gatorade high school sports leadership team in partnership with USA TODAY High School Sports experts. This year the winner for Minnesota is senior Justin Oliver from North St. Paul Justin was Mr. Soccer for Class AA boys and also an NASSCA All American. We congratulate Justin on these awards.

Art Seplak (Scholarship Committee Chair) will announce the winners of the Mark Warder Scholarships later this month.

The MSHSSCA Executive Committee will meet in March at Trinity at River Ridge. We will report on items from this meeting in the May Prep Coach, along with Clinic information from Greg Juba (Park of Cottage Grove Girls) for our fall meeting. If you have any items you need discussed, you can go to the website and email Steve Henrickson (Trinity at River Ridge Boys) our president or our Executive Secretary,

Dave Halgren. Our website at MSHSSCA.org has all of the information you will need as the spring progresses. Concerns for the fall will be covered in the next column.

There will be green grass, spring will come and so will spring sports. As always, remember you are blessed with the greatest job in the world, working with you athletes. See you in May.

Mat Chatter

By: *Jair Toedter*
New London - Spicer



This season I have thoroughly enjoyed writing this column and looking closely at this sport which has been such an integral part of my life the past thirty-three years. I first started wrestling in an intramural program run by Larry Mollins and John McEachran when I was eight years old. I loved being part of my teams; Orange Crush, Superstars, and the Red Rippers. That experience was all I had in wrestling until seventh grade when I first wrestled someone not from my hometown.

I recall that memory particularly today, because those young beginnings captured the essence of the team concept of wrestling. We bonded over t-shirts of the same color and a team name we chose together. Then we worked hard to bring down our rivals in their foreign colors. Just before I started this article the Gophers defeated Penn State in a nail-biter 18-17. Those who were there I'm sure were caught up in the swell of emotions as the momentum of the dual swung back and forth throughout the match.

It is my opinion that as high school coaches we need to cherish the dual meet and do whatever we can to keep it an integral part of our wrestling programs. That is why this will be my first column of any political nature. I write this because I love the sport of wrestling and would like to enjoy watching it the rest of my lifetime. Live action from Greenbush to Pipestone: Caledonia to Hibbing and everywhere in between.

I don't think we can keep our current format of three classes and fourteen weight classes and keep wrestling programs healthy throughout the state. My hope is that this column can start some real discussions amongst Minnesota coaches. With cooperation, communication and a lot of hard work we can navigate a solution that can help communities maintain a wrestling program in their own high school.

Here is an idea to kick start the discussion. What if we keep our three classes for the individual portion of the tournament the same but tweaked the team portion? Maintain 14 weights at Class AAA, drop the 220 lb. class at Class AA for 13 weights, and drop 106 lb. and 220 lb. at Class A to have 12 weights. Teams would compete through the regular season at those numbers. Of course there would be a lot of details to work out during the regular season when schools of different classes meet, and when you host dual meet tournaments. The simplest would be when you wrestle a school from a smaller class you compete at their class weights. If you host a dual tournament let those you invite know what number of weights the event will compete at and then schools could determine whether the event will work for their program.

In the wrestling world we know strength of program is not always determined by the size of enrollment. Maybe we could develop a system where the number of weight classes you

COACHES CARING PROGRAM

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

You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at rtingerr@aol.com

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

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

compete at was tied to the number of wrestlers that you certified. An example might be 0-25 wrestlers A, 26-40 AA, and 41 or more AAA. Those numbers might not be even close, but I just want to help create some serious dialogue.

If we want to create future generations of wrestlers who understand how it feels to be caught in tempest of raw emotion controlled by individual actions we need to save the dual meet! To save the dual meet we might have to do something different!

Now, enjoy the blitz of tournament wrestling that is upon us and as you compete and gather together talk to your colleagues from all sides of the issue about how we can save the dual meet, and wrestling programs. Please let me know what you find out and send me your ideas at toedterj@nls.k12.mn.us.

Good luck to all.

USE YOUR MEMBERSHIP CARD

Your 2013-2014 Membership & Insurance
Expires July 31st.


Have your new card for fall sporting events.

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

Park Center does NOT accept Membership Cards for admission.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP	
A member of the coaching profession for 25 years or more	
Date Issued	Executive Director

The card is white with Dark Blue Ink for the year 2013-2014.

2013-2014 Membership Card	
Minnesota State High School Coaches Association John Erickson, Director, Detroit Lakes Phone: (218) 847-6796 • Email: jomar2@arvig.net Website: www.mshsca.org President, Tom Van Erp - Wadena Deer Creek	
	John Doe Wadena-Deer Creek HS Asst. Football Head Wrestling Asst. B/G Track

HOOP SCOOP



By: Kent Hamre
St. Michael-Albertville
2013-2014 MGBCA President

Our favorite time of the year has arrived: “March Madness.” Congratulations to each of you on another year of working with some of the finest athletes, our Minnesota high school basketball players. Thank you to all of you for all you have done to promote our sport and provide wonderful opportunities for our young athletes on a daily basis throughout the long season. I hope that it was a fun and rewarding season for you and all your athletes!

I am looking forward to another tremendous Girls’ Basketball State Tournament. The caliber of play and the competitiveness of the games and the tournament overall continues to improve and I am sure this year will be no exception. We will again be seeding the Class AAA and Class AAAA tournaments, as we did last year. This year’s tournament will be held at Williams Arena, Mariucci Arena, and the Target Center, March 18-22. I am sure it will be a week of exciting games with fabulous finishes, culminating in the crowning of our Four State Championship Teams!

Make sure you mark your calendars for the 2014 All-Star Games, which will be played on Saturday, April 26. All the games will be played at Carleton College in Northfield. The players and coaches are all in place and we are looking forward to an excellent weekend of All-Star Basketball! Thank you to our All-Star Committee Chairs, and class coordinators for all their work in planning and carrying out this top notch event—it is a wonderful opportunity for our best senior players and it would not happen without a lot of hard work on the part of these coaches! Our hope is to have a large number of you in attendance to support our senior All-Stars. In conjunction with this event, we will be honoring the 2014 Miss Basketball Award at a special banquet the morning of Saturday April 26th.

Once again, thank you to all of you for all you do for the girls’ basketball players in Minnesota, I hope you had a great year. Please remember that your involvement, interest and input in the Minnesota Girls Basketball Association are always welcome. Please feel free to contact any of the officers of the organization or your section rep with ideas, concerns or needs. You can find all the contact information on our website, www.mshsca.org/girlsbasketball.



Diamond Cuts

By: Terry Sadler
Warroad

Great News! After 2 years of working with Lisa Lissimore and the MSHSL, Softball will have a four-class tournament beginning in the spring of 2016. A lot of meetings, conversations, and surveys of our coaches accomplished what 86% of our membership thought best to grow our sport. Special thanks to all of you who had conversations with your Region Secretaries, Athletic Directors, and MSHSL Board members.

Our clinic was held February 1 at Becker.

A Big thanks to Jason Baune and the custodial staff as they made our day a success by being well prepared, accommodating, and welcoming. Great topics and presentations were again offered by John Tschida, Jessica Allister, Jessica Merchant, Piper Ritter, Nat Wagner, Jody Lunz, Mike Mook, Jim Rubbelke, Sean Hall and Bob Bartel. A Big thank you also to Sean Hall, Shelly Hotzler, and Kim Bowen for organizing the clinic. Sean introduced a new format this year as part of the clinic. It was a four-session, round-table discussion with coaches leading various discussions on offensive and defensive strategies, parents, coaching girls. I thought it was a big success as it gave everyone an opportunity to freely share in a small group setting.

As you are reading this, I am hoping the weather is warming and you are encouraged by the melting snow and ice. I sure am because I don't want to put a second extension bar on my ice-fishing auger. Enough is enough of this cold and snow already! Scrimmages are planned, schedules are set; let's hope Mother Nature kicks Old Man Winter to the curb so we can enjoy our spring seasons this

year.

Some housekeeping items for all coaches: 1) Update your win/loss records at <http://www.mshsca.org/softball/forms/coachwins.htm>. 2) Submit nominations for the hall of fame to Shelly Hotzler at Jackson County. 3) Contact your Section Rep with updated contact info and make certain your school's softball page information is up to date on the MSHSL website. 4) Check the <http://www.mnhssca.org/> site for important award deadlines and forms., namely the April 1 membership deadline.

Best of luck with your season! I hope it is as close to sunny and 72 degrees at your field. Keep your eyes on North Mankato, but remember to enjoy the moments along the way.



Procedure for Online Registration

*You do not have to use a credit card to register online!

All memberships run from Aug. 1 to July 31
This corresponds to the school year NOT the calendar year.

1. To begin, go to www.mshsca.org.
2. Use the link for 2013-14 membership.
3. Use the right hand side to *join* for the new members.
Use left hand side for returning members.
4. Login is your email address and your password is zzz if you did not change it last year.
5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Click finish to have the printable copy appear.
8. Print your receipt before you click continue.
9. The receipt can be for your business office if the school is paying with one check.
10. The last step is to click continue and that will take you back to the login page.

Please note: if you choose to pay by check or money order, your card will be sent when payment is received.

Questions????

Please call 218-847-6796 or email jomar2@arvig.net with questions

Please do not hesitate to call, we work out of our home and should be home most of the time to answer your questions.

Thank you for using our online system, *John and Mary Erickson*

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.

SEND NOMINATIONS TO:

Jim Baker
 8185 E. Courthouse Blvd. Ct.
 Inner Grove Heights, MN 55076
 Email: jbad154@q.com



MINNESOTA STATE COACHES ASSOCIATION HALL OF FAME NOMINATING FORM

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____

College: _____ Year: _____

College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach 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: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**MORE HALL OF FAME NOMINEES ARE REQUESTED.
 THERE ARE A LOT OF DESERVING COACHES THAT SHOULD BE RECOGNIZED!!**

COACHES BILL OF RIGHTS

PASSED BY MSHSCA DELEGATE ASSEMBLY

Respecting the rights of coaches is essential in creating an environment conducive to learning and effective instruction. To maintain and support that principle, it is important that coaches, administrators, parents and students are fully informed of the various rights conferred upon coaches. Those rights, the Coaches Bill of Rights, are as follows.

A coach has a right to practice sound ethical, legal and moral practices that are consistent with school district and MSHSL policies. (Refer to the Coaches Code of Ethics)

A coach has the right to due process in issues of discipline and dismissal. (Refer to MN Statutes 122A.58)

A coach has the right to be supported and protected by administration from slander.

A coach has the right to appropriately discipline students.

A coach has the right to have his or her professional judgment and discretion respected by school and district administrators.

A coach has the right to coach in a safe, secure and orderly environment that is conducive to learning and free from recognized dangers or hazards.

A coach has the right to be treated with civility and respect.

A coach has the right to communicate with a parent.

A coach has the right to receive administrative leadership in helping him or her become a professional, and receive training, mentorship, support and assistance to meet performance standards and professional expectations.

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2012-2013 school year.

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

- | | | |
|--|--|---|
| • Anoka Ramsey
Community College (Coon Rapids MN) | • Hamline University (St Paul MN) | • University of Northwestern (St Paul MN) |
| • Augsburg College (Minneapolis MN) | • Hibbing Community College (Hibbing MN) | • Ridgewater Community College (Willmar MN) |
| • Bemidji State University (Bemidji MN) | • Itasca Community College (Grand Rapids MN) | • Riverland Community College (Austin MN) |
| Complimentary passes are not available for Division I Hockey | • Macalester College (St. Paul MN) | • Rochester Community College (Rochester MN) |
| • Bethany Lutheran College (Mankato MN) | • Martin Luther College (New Ulm MN) | • Southwest MN State University (Marshall MN) |
| • Bethel University (St Paul MN) | • Mesabi Community College (Virginia MN) | • St Cloud State University (St Cloud MN) |
| • Carleton College (Northfield MN) | • Minnesota State University Mankato (Mankato, MN) | • St Cloud Tech College (St Cloud MN) |
| • Central Lakes College (Brainerd MN) | (Call ahead for DL Hockey) | • St John's University (Collegeville MN) |
| • Century College (White Bear Lake MN) | • Minnesota State University - Moorhead (Moorhead MN) | • St Olaf College (Northfield MN) |
| • College of St. Benedict (St Joseph MN) | • MN West Technical and Community College (Worthington MN) | • U of MN - Crookston (Crookston MN) |
| • Concordia College (Moorhead MN) | • Northland Community College (Thief River Falls MN) | • U of MN - Duluth * (Duluth MN) |
| • Concordia University (St Paul MN) | • North Central University (Minneapolis) | Men's Hockey on Availability |
| • MN State Comm. & Tech College (Fergus Falls MN) | | • U of Mn - Morris (Morris MN) |
| • Gustavus Adolphus College (St Peter MN) | | • University of St Thomas (St Paul MN) |
| | | • Vermilion Community College (Ely MN) |

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

Another example of the MSHSCA at work for the membership!

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

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

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

5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.

6. The number to call for UND tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.

7. Complimentary passes are not available for Division I Hockey at Bemidji.



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Over Hill *and Dale*

By: Thomas Sharp
Eastview High School

It was great to see everyone at the Track and Field clinic this year. All of the presentations in the distance running room were outstanding. The season is just about upon us, and despite the current weather, I have to believe that we will not have a repeat of last year!

With this column, I want to recognize all of our colleagues who earned Coach of the Year status; I hope everyone can make the summer CC clinic for our formal recognition!

Assistant Coach of the Year:

SECTION MENS ASSISTANT COY

1A	
2A	Mark Determan- Fairmont
3A	Mindy Christopher- Montevideo
4A	Kim Kelly-Sommer- Trinity at River Ridge
5A	Amy Cornelius- Spectrum
6A	
7A	Roger Twigg- Crosby-Ironton
8A	Kay Morris- Perham
1AA	James Baertsch- Winona
2AA	Nate Foss- Chaska
3AA	
4AA	Doug Hicks- White Bear Lake
5AA	
6AA	John Davis- Edina
7AA	
8AA	Jerry Amundson- Alexandria

SECTION MENS COY

1A	Matt Kingsbury- Lewiston-Altura/Rushford-Peterson
2A	Gary Meurer- Waseca
3A	Beth Jessen- Canby-Minneota-Lincoln
4A	Christian Zimmerman- Minnehaha Academy
5A	Chris Goebel- Mora
6A	Fred Rupp- St. Cloud Cathedral
7A	Erica Perpich- Crosby-Ironton
8A	Jeff Morris- Perham
1AA	Paul Callahan- Rochester Century
2AA	Jeff Schmidt- Hutchinson
3AA	Chris Harder- Rosemount
4AA	Dan Kovacich- White Bear Lake
5AA	Neil Kruse- Centennial
6AA	Bill Miles- Wayzata
7AA	Mike Bushey- Cloquet
8AA	Mark Nelson- Alexandria

Thank you for all that you do!

WOMENS ASSISTANT COY

Stew Murfield- Fairmont
Jon Kvaal- Lac Qui Parle Valley/Dawson-Boyd
Ronald Hoffman- Holy Family
Beth Schield- Cook County/Two Harbors
Roger Twigg- Crosby-Ironton
Kari Hunt- Mesabi East

Amanda Kozitza- Mankato East

Sue Wurl- White Bear Lake

Addy Hallen- Wayzata

Coach of the Year

WOMENS COY

Howie Cook- Lake City
Bob Bonk- Fairmont
John Shurb- Lac Qui Parle Valley/Dawson-Boyd
Jesse Schoen- Trinity at River Ridge
Scott Massman- Annandale
Mark Alcorn- Holdingford
Jeremy Polson- South Ridge

Kerry Johnson- Park Rapids
Tony Einertson-Austin
Anita Woodrow- Chanhassen
Lisa Langenhahn- Eagan
Chad Cronin- East Ridge
Pete Tremaine- Anoka
Jane Reimer-Morgan- Minnetonka
Eric Kaluza- Forest Lake
Jerry Popp- Willmar

WHY DO WE COACH THE WAY WE DO?

By: Jody Redman, Associate Director
MSHSL

Have you ever given any thought to where your coaching philosophy came from? Why do you coach the way you do? Joe Ehrmann, the author of *InSideOut Coaching* states, “When I started coaching I hadn’t thought through the need to clarify why I was coaching or how I was coaching. I just coached the way I had been coached—or the way I had seen others coach—for better or, more typically for worse.” To become aware of how our coaching philosophy was formed and developed, we must take an in-depth look at our life experiences—we must examine our past.

Ehrmann states the process of examining our past begins by answering the following questions regarding the coaches who impacted us. In doing so, we can gain insight into the values and beliefs we acquired from each of them. This in-depth look at where our coaching philosophy originated begins by reflecting on and answering the following questions:

- How positive was our playing experience? How negative?
- What did we learn from each coach? What do we wish we hadn’t?
- What were our developmental needs? Were they met?
- How did the coach make us feel about ourselves?
- Did the coach shape and mold our character in a positive or negative way?
- How did the coach treat our teammates?
- Was there a consistent moral or ethical dimension to their coaching?
- How do I feel about the coach now that I am an adult?

There is a higher level of awareness that occurs when we go inside of ourselves and look at our personal experiences. Taking an in-depth look at how we were influenced will bring to light why we coach, interact and respond to the students on our team the way that we do.

The way we interact with our students reflects the way our past coaches interacted with us when we were students. Our responses are habitual, a part of our routine, and come from those who influenced us. Ehrmann shares, “My coaching was a hodgepodge of unsorted, memory-driven impulses thrown at my players. I gave little forethought to their effect or effectiveness. I did not look inside, account for my behavior, and adjust it before it reached the outside and turned into lifelong, and sometimes hurtful, memories for my athletes.”

Is the way we interact with our students damaging them or helping them to grow? Are we Transactional or Transformational coaches?

Do we see our students as human ‘doers’ whose worth comes from their performance? If yes, we would be defined as a Transactional coach. We look for what we can get out of coaching and not what we can give; we ignore the athlete’s developmental needs and instead define our own success based on our students ‘doings’. Our identity, purpose and self-worth come from our students’ performance.

Coaches who see their students as human ‘beings’ operate from a much different place. These Transformational coaches believe young people can grow and flourish in and through sports. They intentionally create a place where students want to be, not because of what they ‘do’, but instead, simply because they ‘are’ human beings.

It takes caring, intentional, and transformational adults to create a place where students are accepted simply because they ‘are’. For this to happen, we must recreate our coaching philosophy by incorporating the positive things obtained from our past that should be carried forward, and by averting the negative things that damaged us when we were students. We didn’t have a choice about who our coaches were, but we do have a choice about the kind of coaches we are. We must make a conscious choice about the kind of coach we want to be and what we want our students to learn and obtain from us.

Becoming aware of why we coach, interact and respond to students the way we do and actively pursuing positive change to our own habitual responses will have a life-long impact on the students we coach. Educator Fred Rogers states, “It’s true that we take a great deal of our own upbringing into our adult lives; but it’s true, too, that we can change the things that we would like to change. It can be hard, but it can be done.” Our students are counting on us to do what is hard and become intentional about why we coach the way we do. Our choices will have a life-long impact on the students we coach.

***“Always remember—
Goliath was a 40 point
favorite over David.”***

LOOKING BACK THROUGH THE YEARS

By: John Erickson, Executive Director

The scholarship committee is busy receiving and screening scholarship applications for the 2013-2014 year. Four years ago the MSHSCA passed a motion to give recognition to some of the past leaders who have helped make the MSHSCA what it is today. As time marches on many of our younger members do not have any real knowledge of who these leaders are. I felt it was important that we recognize our former leaders as a way of reminding our membership of who they are and some of the history of their service to the coaches of Minnesota. The MSHSCA annually awards ten scholarships and has named six of those scholarships in the names of our former leaders. Six of those names were the icons and leaders of the Minnesota State High School Coaches Association of Girls Sports and three were former leaders in the MSHSCA. The biographies of the three former MSHSCA leaders follow. The biographies of the three MSHSCAGS will appear in the May Prep Coach.

Howard E. Emerson was from Warren High School where he served as Athletic Director and Football Coach. Howard started his service to the MSHSCA as delegate from Region 8 and continued on in that capacity for many years. The MSHSCA provided clinics for many years in the sports of; football, basketball, cross country, tennis, hockey and golf. Howard served as the clinic director for the many years these clinics were held. Howard was a tireless in his effort to provide the best clinics possible. Each summer Howard would host a summer meeting to organize the clinics and often paid for the majority of the meeting expenses out of his own pocket and wrote it off as his labor of love. Howard was awarded the George Haun award by the MSHSCA as well as being named a recipient of a national Distinguished Service Award from the National High School Coaches Association. Howard passed away from cancer in the spring of 2011.

Steve Kerzie was from Eveleth High School where he wore many hats. Steve served as a delegate to the MSHSCA for over 50 years. Looking back through past minutes of the MSHSCA I have found many motions and seconds by Coach Kerzie throughout the 1950's. During his time as a delegate Steve never missed a delegate assembly and constantly reminded the other delegates how important their attendance was. Steve is remembered around the state as an official in countless athletic contests in multiple sports. Steve was an honorary starter at the Minnesota State Track and Field meet when he was 90. Steve was honored as George Haun award winner and has had an award established in his name called the Steve Kerzie award. The award recognizes one MSHSCA delegate each year who has served continuously for many years as well as bringing forth concerns and ideas from their sections. Steve may be one of the most renowned official, coach and leader in our states history.

Darien DeRocher was from Foley High School where he served as Athletic Director, Football coach and other coaching duties during his years in Foley. Darien started his service to the MSHSCA as a delegate from district 19 in the 1960's. Darien became the fourth Executive Secretary of the MSHSCA in 1975 and continued on in that capacity until 2000. Darien continues serving the MSHSCA as the Prep Coach editor, a position he has held for 40 years. The list of the programs and benefits of membership initiated during Darien's tenure is long and impressive. The following is partial list of Darien's successes as the Executive Secretary.

1. Started the Hall of Fame Awards Banquet and the many areas coaches are recognized for at the banquet.
2. Started the Hall of Fame in 1980.
3. Created the George Haun award in 1986.
3. Created the scholarship program.
4. Developed the Academic Recognition program.
5. Worked on making liability insurance, as part of the membership dues, a reality.
6. Darien started talks to bring the two associations together.

It is hard to imagine anyone who has ever worked harder and been more dedicated than Darien in his long tenure of service to Minnesota Coaches.

*“Never let hope elude you.
That is life’s
biggest fumble.”*

**- Bob Zupke,
University of Illinois**

HALL OF FAME AWARDS

This photo was not placed in the last edition. We sincerely apologize.



2013 COACHES OF THE YEAR

SERVICE ACES

By: Les Zellmann
MSHSTCA President
St James



Wow -- what a winter of cold and snow! I am relatively sure that most of us are looking to the transition to the spring season. The longer daylight each day is a sure sign, but it would be great to see warmer temps and melting snow. I am hopeful that this spring will be far better than the spring weather of 2013.

This article is needing to be submitted prior to our 2014 clinic. So it is somewhat difficult to report to you about the clinic and our annual meeting. Our clinic was held on February 28/March 1 at the Fred Wells Tennis Center. I do hope that you were able to attend. The annual clinic has become an important educational activity and gathering for our members. I do remember the very first clinic that I attended in 1980. I also remember not having a clinic every year. I always look forward to the clinic each year. I have a chance to renew relationships coaches around the state and to learn 3-5 new teaching strategies that can help me be a better

coach.

Rick Englestad, our Executive Director, put together a great lineup of presenters for this years clinic. They were:

- Jack Roach - USPTA teaching pro
- Luciano Battaglini -Carlton College Coach
- Neal Hagberg - Tennis & Life Camp Director
- Wilson Clinician - Ken DeHart
- MN HS Tennis Coach presenters

I am grateful for what Rick does to direct our organization and the clinic. He provides the passion to solidify our organization and to continue our growth.

At our annual meeting at the clinic, via email/phone discussion, and through survey feedback, we are looking to continue our growth and to respond to the needs of our membership.

Some of the significant accomplishments that have occurred in the past 15 years:

- Unification of girls and boys tennis coaches to one group of tennis coaches
- Consolation added to the individual tournament
- Lineup protocols
- State tournament banquets

Some key topics in front of us at this time are:

- 1) State Tournament seeding

... continued on page 25

“Ode to the Dome”

The Metrodome is gone now, leaving behind in its rubble, memories, vivid or not, of another time in our football, and other endeavors history. Much was written about its life and demise, particularly of football and baseball. Little, though was written or remembered by scribes as to its impact on Minnesota High School football. With certain apologies to all written prior, let's take a shot:

And so goodbye. You are but a memory now, but like all good friends you leave an indelible mark... and you should not be so soon forgotten. For, within your concrete, canvas, and carpet you were the place where ambition and hope and dreams came together. For brief memorable moments of time; and for a few hours in the life of team, school and community you were our place. Legions of kids; players, coaches, family, friends, patrons of the game gathered within your frame to test against the best; to cheer and be cheered; to share and

revel in the magic of your domain.

For over three decades you were the destination... In late Fall all roads North and South, East and West, led to the 'Dome'. Those teams left standing by the imaginative, competitive state football playoff system came to you.... and hundreds, in or out of the play downs, came with. They came to share the experience that was the Prep Bowl. In the quiet before the early morning game to the final silence of the last, yours became ours. No matter the outcomes of the competition, we had been there. Teams, schools, communities came together and united us in ways that only high school sports can. No matter what road traveled or what community, small, large, or in between, in the closing moments of Autumn, you were our place. And, we became one.

'The positive IMPACT and contribution made to the acceleration of high school football in Minnesota cannot be understated and should not be underestimated. Rest in peace, good friend. Rest in peace.

SERVICE ACES

... continued from page 24

*how to ensure to participation of coaches?

- 2) Requiring an online Annual Tennis Coaches Policies/Procedures Review
- 3) Increasing the Tournament Team Roster to 15 players (from 13)
- 4) Improving the reporting of scores

Also, I would like to recognize our 2014 Minnesota Tennis Coaches Hall of Fame inductee - Jane Kjos. Jane served as boys' and girls' tennis coach for Benson High School. She had a number of teams and players in the state tournament. She also served our organization in a number of capacities. Most importantly, she is and always was a class act as a coach and person. Congratulations - Jane!!

Have a Great Spring!

Success is a journey, not a destination.

The doing is often more important than the outcome.

Arthur Ashe

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You've used the system to register as a Member at MSHSCA.org
Now you can use it yourself for your own events

Call or email Corey Maple at 612.801.2438 or
crmapple@gmail.com for more info.



dugout chat



By: Al Amdahl
Vice President – MN Baseball Coaches
Association
Albany High School

It was a big winter for clinics and coaches from Minnesota. At the BCA in Tucson, AZ, Craig Anderson of Pine Island was inducted into the Hall of Fame. At the ABCA in Dallas, TX, Tink Larson of Waseca was inducted in the Hall of Fame, and Don Gawreluk of Andover has taken a place on the rules committee. Both are outstanding conventions. If you and some of your staff can ever get to them, it is quite an experience. Coach McDonald and the St. Olaf staff put on another fine clinic in January, and as always, Coach Anderson and the whole Gopher staff did another outstanding job getting coaches ready at the U of M in February.

We have been blasted with adverse weather for the second year in a row as we approach the spring seasons, but we know that it will warm up—let's hope before May. As you get ready for your season, do not forget to take care of some essentials. The rules meetings must be completed online and this is required for all varsity and junior varsity coaches. There are no major rule changes in place this year. In addition, if you haven't yet, join the coaches and baseball associations. Please pay close attention to key dates for nominating your top players, all the information is on our website as well as the ability to do your nominating. We thank Todd Smrekar and Tink Larson for all of their continual work on the site for the association.

Selection Sunday will again be at Target Field. The association wants to thank the Minnesota Twins for all of their efforts on behalf of our players. Coaches have been selected for the All-Star series to take place June 20-21 in

Chaska. Congrats to the following coaches: Craig Baumann of Chaska, for the Metro West; Brian Julson of St. Francis and Bobby DeWitt of Wayzata for the Metro East; Tony Market of Lakeville North, John Nuss of Totino-Grace (previously Mounds View), and Brian Sprout of East Ridge for the Northern All-Stars; Frank Ivancich of Ely, Kyle Wojtysiak of Proctor, and John Rudolph of Duluth East; Brian Kingery of BOLD and Broc Threinen of Kasson-Mantorville for the South. Congratulations, also to our assistant coaches of the year: Fabian Luna of Rochester Century and Randy Hartl of Cannon Falls. Come to Chaska on June 20 and 21 to see our state's top seniors play some outstanding baseball. Thank you to Don Gawreluk and Paul Twenge for all the hard work and dedication they continue to put into this fantastic All-Star event.

The association was successful in getting our proposal passed for increasing the official rosters to 20 effective for the 2015 season. We are also looking at moving to a four class State Tournament in light of the softball association being successful with their proposal. The advisory board met at the high school league headquarters in February to discuss these changes and is working diligently to get that proposed by May 1st for the 2016 season. High School league policy states that sports with 320 teams or more can request a four class tournament. The policy also requires the breakdown to be as follows: largest 64 schools, next 64 schools, and the remaining schools to be split evenly into two classes.

For the first time in many years, we will again be able to run the state tournament on the preferred, three consecutive day schedule with all three classes going to Target Field in June 14 for the Championships. The first two days of the tournament will be held June 12-13 with Class A in Chaska/Jordan, Class AA at Putz/Faber in St. Cloud, and Class AAA at

Midway/Dunning. Target Field will be able to hold games Monday in case of rain as the Twins are out of town.

As you are getting important dates down on your calendar be sure to mark October 24-26; the John Wilkens baseball Coaches Clinic will be held at the Ramada Plaza (same as has been) with our Hall of Fame Banquet held Saturday the 25th. Bring your whole staff down to the top clinic in the upper Midwest!!

Finally, the association asks that you run your scores through the Hub when you start playing games. It is a great way to promote your team and our sport. This is our official score site, and you can find a link right on our website, mshsbc.org.

Get your hands in fungo shape and enjoy the greatest game on earth!

*"Sports Serve
Society By
Providing Vivid
Examples Of
Excellence"*

- George F. Will

CLEARING THE HURDLES



By: Mark Alcorn, Holdingford HS
 President: Minnesota Track & Field
 Coaches' Association
 jmarkalcorn@gmail.com

Coaches;

I had several coaches ask me to send a communication explaining exactly what was being brought up for discussion at the association meeting, on January 31, at the clinic regarding expanded entries at the section meets for AA and subsection meets for A. These coaches did not express support or opposition for the idea; rather, they did not understand what the exact idea was being discussed.

Prior to sending this to the membership, I have sent this to the association's executive committee (advisory, section reps, officers, and past presidents) for comment.

First, this is an idea for a proposal submitted to me through the new process we set up a year ago. The forms are on the website. This idea did not begin with any officer of the association nor did any officer encourage the submission of the idea for a proposal. We are officers representing the entire association. What we are doing is giving a properly submitted an idea due process.

In a meeting with the MSHSL I brought up the idea of finding a way to expand the number of entries a team can have in the Class AA section meets and the Class A subsection meets. The league responded with the companion idea that scoring would be eliminated at the MSHSL state meet (they have not mentioned anything about section or subsection meets). To them, the two ideas were wedded. Their rationale was this: If Holdingford gets 4 entries in the Subsection 19 meet and Luverne gets 3 entries in the Subsection 10 meet, Luverne is at an inherent disadvantage against Holdingford looking down the road at the MSHSL state meet. This is an example of the MSHSL's reasoning for their counter-idea. Also, the league does not want subsection

and section meets to turn into JV meets, thus the insistence at a standard by which to qualify a fourth individual.

The idea for the proposal is this and nothing is set in stone:

1. Class A teams would get a fourth entry into the subsection meet if all four of their entries in an event met a statewide standard based on (this is an example) the average 16th place at each of the eight section meets in Class A or, perhaps, the average 6th place performance at the thirty-two subsection meets in Class A.

Class AA teams would get a fourth entry into the section meet if all four of their entries in an event met a statewide standard based on the average 16th place performance at the eight section meets the previous year or previous three years.

The standard is not intended to be strict, just to ensure the meets don't turn into a JV meet.

The MSHSL insisted on a statewide standard rather than a separate standard for each of the thirty-two subsection in Class A and eight sections in Class AA.

2. Scoring by team would cease to exist at the MSHSL state meet for the reason I explained (or tried to) above.

Lastly, coaches, I will admit to feeling awkward at the association meeting at the clinic. Because I am closely associated with True Team (something I am proud of), I felt as though people thought it was I who came up with this idea (I did not) and that I was pushing it (I was not). As president, vice president, and past president, Johnny, myself, and Buzz represent every coach in the association. As I mentioned at the meeting, if you come to Holdingford you will see the MSHSL state championship trophies proudly being displayed in our lobby along with all of the other trophies.

I have a blog set up on my school website so that coaches can discuss this issue via blog posts. I will delete any post that does not come from a coach that is a recipient of this email or of somebody I do not know to be a coach in Minnesota. The comments are open for everybody to see. I will remove this blog after one week. Following is the url for the blog.

<http://www.hhsalcorn.org/track-coaches-blog.html>

MSHSCA 2013-2014 MEETING DATES

Spring Delegate Meeting: March 21, 2014
 Mancini's - St Paul

Summer Meeting: June 23, 2014
 Detroit Lakes

PREP COACH DEADLINES TO SUBMIT

Sept. 1 Dec. 1 Mar.1 May 15

After the Game Bring Your Team to 

FAST TRACKS

By: Dan Josephson - President MSHSNCSA
Detroit Lakes

Once again we had challenging Nordic ski season. This time it was not the lack of snow and warm weather but rather the opposite, cold and snow. Instead of needing to change dates and venues to find manmade snow this year we faced the challenge of trying to schedule our meets on the warm day on the week. I personally would rather deal cold and snowy every year than have to make up dryland training games to plan in the middle of December and January.

We saw some major changes at the state meet this year in terms of the recognition program and banquet venue. A big thanks goes out to Cheri Johnson and the Mesabi East Nordic Ski Team for the work they put in to help make the new event happen. There were a few hiccups in transition but that is to be expected with the changes that were made. Overall I felt it was a positive change for the skiers.

The state meet, as always, gave us a challenge. We saw 6"+ of fresh snow overnight to make things interesting for both the kids and the coaches. Congratulations goes out to Zak Ketterson, Bloomington Jefferson and Mattie Watts, Irondale, our Individual State Champions and to Forest Lake and Wayzata our Team State Champions.

The MSHSL State Meet proposal to send the top two teams and the next 6 individuals from each section passed by a significant margin in December has been submitted to the MSHSL. Our proposal has begun its journey to the MSHSL Board of Director's meeting in June. Remember to contact your AD to let them know that we are in favor of this change. Also if you know anyone or have anyone in your district that is on the MSHSL Board of Director's, talk to them, let them know that you support and they should support the proposed change.

Victor C. Dunder equipment applications are due by March 31st. If you have a first year skier that is in need make sure to get your applications sent in to Mike Miller and Chris Torvi. The association is looking for a couple of people to fill the roles that Mike and Chris have held for many years. They would like to pass the torch to a couple of new people and are willing to guide them in the transition process. If you are interested please contact me and I can get you in touch with Mike or Chris. If you had a Victor C. Dunder last year make sure the Thanks You letter gets sent to the donating ski shop to ensure this program remains as strong as it is.

Finally, due to the Easter Holiday coinciding with the same weekend as our by-laws indicate we are to hold our Spring Meeting, we will move our meeting one week later to the 26th of April. At the meeting we will have a discussion

about the state meet banquet changes. We will have a recap and discussion of the multi-event meet that Rollie Ring-Jarvis put on this past season. We will also be electing a new President. Based upon the section draw that was held at our fall meeting Section 1 was to propose a candidate to fill the president role. Brian Aberly has stepped up and we will make it official with a vote of the membership at the spring meeting. Brian will take over as president at the conclusion of the meeting. Please email other discussion or action items that you would like to be considered.

Dan.Josephson@yahoo.com

See you in Mora on April 26th.



**MINNESOTA
NORDIC SKI
COACHES ASSOCIATION**

2014 Nordic Academic Awards

Team Gold and Silver Awards requirements:

- 1 - Head coach must be a member of the MN Nordic Ski Coaches' Association
- 2 - Determine the GPA of the seven section skiers and average the top five
- 3 - If average GPA is 3.75 or greater, this results in a GOLD Award.
- 4 - If average GPA is 3.5-3.75 or greater, this results in a SILVER Award.

Individual All-State Academic Award requirements:

- 1 - The skier must be a Senior on the Section Team
- 2 - Skier's GPA is 3.9 or greater

2014 Statistics:

Boys' GOLD Team Awards: 29
Boys' SILVER Team Awards: 27
Girls' GOLD Team Awards: 53
Girls' SILVER Team Awards: 5

Individual All-State Academic Boys: 44
Individual All-State Academic Girls: 71

*Teams with two GOLD Awards: 24

Gold Teams - Boys

Andover*
Armstrong*
Brainerd
Champlin Park*
Cloquet-Esko-Carlton*
Como Park

Duluth East*
 Edina*
 Elk River*
 Grand Rapids*
 Holy Family*
 Lakeville South*
 Maple Grove*
 Marshall
 Minnehaha
 Minnetonka*
 Mora*
 Mound Westonka*
 Osseo*
 Prior Lake*
 Richfield*
 Rogers*
 St Cloud
 Apollo*
 St Paul Central*
 St Paul Highland Park*
 Stillwater*
 Tartan*
 Two Harbors
 Winona/Cotter

Gold Teams - Girls

Andover*
 Anoka Armstrong*
 Bemidji
 Benilde-St Margaret's
 Bloomington Jefferson
 Brainerd
 Burnsville
 Champlin Park*
 Chanhassen Chaska
 Cloquet-Esko-Carlton*
 Duluth Denfeld
 Duluth East*
 Eastview/Apple Valley
 Eden Prairie Edina*
 Elk River*
 Ely
 Grand Rapids*
 Hibbing
 Holy Family*
 Irondale
 Lakeville North
 Lakeville South*
 Little Falls
 Mahtomedi
 Maple Grove*
 Mesabi East
 Minneapolis South
 Minnetonka*

Silver Teams - Boys

Anoka
 Benilde-St Margaret's
 Bloomington Jefferson
 Burnsville
 Coon Rapids
 Duluth Denfeld
 Eagan
 Eden Prairie
 Ely
 Hibbing
 Irondale
 Lakeville North
 Little Falls
 Mahtomedi
 Mesabi East
 Minneapolis Patrick Henry
 Minneapolis South
 Mounds View
 Orono
 Park Center
 Proctor/Hermantown
 Saint Louis Park
 Spring Lake Park/St
 Anthony
 St Cloud Cathedral/Sartell
 Wayzata
 Willmar

Silver Teams - Girls

Coon Rapids Bemidji
 Minnehaha
 St Paul Academy & Summit
 School
 Two Harbors
 Willmar

All-State Academic Girls

Maddie McKeefry
 Andover
 Destiny Schultz
 Anoka
 Heather Jensen
 Anoka
 Anna Nachbor
 Armstrong
 California Thorson
 Bemidji
 Maari Stocker
 Bemidji
 Alexa Groenke
 Bloomington Jefferson
 Jessica Wachtler
 Bloomington Jefferson
 Katie Montgomery
 Brainerd
 Emily Castanias
 Chanhassen
 Katie Kiecker
 Coon Rapids
 Kelcy Huston
 Duluth Denfeld
 Ashley Herman
 Duluth East
 Sophie Schude
 Duluth East
 Sarah Curran
 Duluth East
 Katie Allen
 Duluth East
 Kaley Hedberg
 Eastview/Apple Valley
 Eryn Stewart
 Eden Prairie
 Jessica Bentley
 Edina
 Lindsey Kemp
 Edina
 Samantha Peterson
 Edina
 Breck Hickman
 Elk River
 Joey Martin
 Elk River

Clara DeRemee
 Ely
 Solveig Viren
 Grand Rapids
 Ella Dahlin
 Holy Family
 Laura Jankowski
 Irondale
 Sarah Tokos
 Irondale
 Jessica Rebeschke
 Lakeville North
 Alexis Freiesenhahn
 Lakeville South
 Carley Endersbe
 Lakeville South
 Erin Kilbride
 Lakeville South
 Libbey Endersbe
 Lakeville South
 Kaitlin Geisenhof
 Little Falls
 Maria Hauer
 Little Falls
 Laura Moore
 Mahtomedi
 Kendall Johnson
 Maple Grove
 Ali Bodensteiner
 Maple Grove
 Stephanie Madzey
 Mesabi East
 Laura Turner
 Minneapolis South
 Olivia Strebe
 Minneapolis South
 Shira Breen
 Minneapolis South
 Bethany Coop
 Mora
 Paige Larson
 Mora
 Ashlee Forslund
 Mora
 Sarah Wigfield
 Mounds View
 Katie Linder
 Mound Westonka
 Mackenzie Strehle
 Mound Westonka
 Laura Nicholson
 Mounds Park Academy
 Tessa Rykken

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Nordic Awards . . . continued on page 36

Prior Lake	Michelle Johnson	Duluth East Brady	Nick Gardner
Anna VanDeelen	Tartan	Mavitz	Mounds Park Academy
Proctor/Hermantown	Shaelyn Sorensen	Eagan	Derek Meyer
Madeline Bremel	Tartan	Peter Illig	Orono
Proctor/Hermantown	Marta Seitz	Edina	Adam Berkowitz
Erin Brault	Visitation	Syver Johansen	Osseo
Richfield	Mackenzie Keller-Miller	Edina	Zachary Wright
Jennie Lynch	Wayzata	Connor Hussey	Prior Lake
Richfield		Edina	Jake Beaudet
Hannah Yaglowski	<u>All-State Academic Boys</u>	Matthew Dulas	Richfield
Richfield	Lucas Hieb	Edina	Zack Coughlin
Brittney Dorn	Andover	Zack Benning	Richfield
Rogers	Jon Delaney	Hastings	Ben Nygaard
Madison Anderson	Armstrong	Brett Struthers	Richfield
Rogers	Martin Jarzyna	Holy Family	Matt Briese
Emily Dyson	Armstrong	Wilson Roen	St Cloud Apollo
Roseville	Spencer Buchanan	Holy Family	Alex Logeman
Emma Bradt	Bloomington Jefferson	Mitch Miller	St Cloud Apollo
Spring Lake Park/St Anthony	Sam Guida	Lakeville South	Josh Hemelgarn
Martha Torstenson	Brainerd	Matt Freeman	Tartan
St Paul Central	Nick Tomhave	Mahtomedi	Garrett Johnson
Meishan Roen	Cloquet-Esko-Carlton	Jacob Endres	Tartan
St Paul Central	Jace Anderson	Maple Grove	Owen Cruikshank
Brooke Rogers	Cloquet-Esko-Carlton	Ryan Fix	Two Harbors
St Paul Central	Gabe Graves	Maple Grove	Alex Janning
Elowyn Pfeiffer	Cloquet-Esko-Carlton	Ryan Peterson	Willmar
St Paul Highland Park	Marshal Landrum	Maple Grove	Alex Stockhausen
Lydia Newman-Heggie	Como Park	Riley Nelson	Winona/Cotter
St Paul Highland Park	Larsen Kronstad	Minnetonka	
Haley Beech	Coon Rapids	Barry Schultz	
Stillwater	Hans Slade	Mora	
Vessa Pearsall	Duluth Denfeld	Rudy Rice	
Stillwater	Charlie Bray	Mound Westonka	
Allison Barrera	Duluth East Patrick	Kethan Dahlberg	
Tartan	Buffington	Mounds Park Academy	

HALL OF FAME CANDIDATES NEEDED

Jim Baker, MSHSCA Hall of Fame Coordinator would like to issue a plea for more Hall of Fame nominations.

There are a lot of deserved people that should be nominated.

Use the form found in this issue of The Minnesota Prep Coach and submit one or more coaches that deserve to be recognized as a Hall of Fame inductee.

Baker's Email: jbad154@q.com

Nordic Skiing

2013-2014 State Awardees

Section 8 Coach of the Year

Dan Josephson, Detroit Lakes



Dan Josephson is well known as our current Minnesota State High School Nordic Ski Coaches Association president. Dan's calm and steady leadership in that role and as a coach of the Detroit Lakes Nordic team for the past 11 years has earned him Section head coach of the year honors. Dan

skied himself on a small co-op team in the early '90s and began his coaching career as a volunteer in 2002. Since 2004 Dan has served as a head coach. His efforts have been recognized by his fellow coaches who appreciate his willingness to take on any job needed to make the skiing experience positive for all involved, whether kids, parents, coaches, or bus drivers. In addition to running quality events, including managing section meets on top of his normal coaching duties when needed, Dan is an accomplished coach of a smaller team who consistently brings individual skiers to the State Championships. Dan's sincere love for Nordic skiing and its promotion among young athletes makes him a worthy candidate of State coach of the year honors.

Section 7 Assistant Coach of the Year

Dave Kask, Duluth East



Dave Kask has been the Assistant Nordic Ski Coach at Duluth East High School since the 2002-2003 ski season. Dave has cross country skied since his high school days at Roosevelt High School in Minneapolis. His High School Coach, Lars Kindem, was an important

influence and mentor who encouraged Dave and his teammates to keep skiing after high school. Dave went to the University of Minnesota where he started the U of M Cross Country Ski Club in 1975-1976. He also organized the first intramural cross country ski race for the U of M. He has raced in the Junior Nationals and many ski marathons. Dave shares a love of skiing and racing with his team. He works countless hours

preparing the skiers and their skis so they can compete at their highest level. He helps with all aspects of the Duluth East Ski Team: training plans, daily workouts, race organization and waxing. Dave helps organize the Duluth East West Yellowstone Trip. That trip is open to all the High School skiers in our region. Dave strongly believes that the faster the area skiers are, the faster his Duluth East skiers will be. Dave started the "Arrowhead Cup" in 2010. This is a takeoff on the World Cup point scoring for the season. He keeps track of all the Section 7 races and puts out a weekly cumulative result of the skiers in Section 7. Many of the section 7 skiers follow this and look forward to moving up in the "Arrowhead Cup" throughout their high school ski careers. Highlights in Dave's career as an Assistant Coach at Duluth East are: • 2004 – Boys Team State Champion • 2007 – Girls Team State Champion • 2011 – Boys Team State Champion • 2011 – Girls Team State Champion • 2012 – Girls Team State Champion • 2013 – Girls Individual State Champion Dave Kask is a great Assistant Coach for the Duluth East team. He does everything he can to help his skiers race fast while continuing the Duluth East tradition of welcoming all skiers to the team.

Section 7 Volunteer of the Year

Robin Baker, Deer River



I would like to nominate Robin Baker of the Deer River Nordic Team for volunteer of the year. Robin has been active in silent sports for over 35 years as an athlete, coach and youth mentor. He has been involved in the Deer River Nordic program as a head coach, assistant coach

and volunteer for nearly 20 years.

Deer River School district has a high poverty rate and is about as difficult an area to promote a high school Nordic ski team as anyone could imagine. Robin has continually and successfully advocated through conversation with the school district for a program that has been continually considered for termination from the district's sponsored sports. He has donated or acquired ski equipment to outfit the team so that the financial burden is not an overriding factor in participation. The Deer River team uses Blueberry Hills ski area as its home course and training area. Robin has been virtually the sole groomer for the area for over 20

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Nordic Awardees . . . continued from page 37

years. He has worked countless hours through the summer and winter to maintain the trails for the team and public.

He has for many years volunteered as a starter for the Mesabi East Invite, the State Meet and many section meets. Maybe one of the most uncomfortable jobs the ski community has for volunteers. He has been an active member of the local ski club, advocating for equipment and improvements to the trails in Itasca County.

I admire Robin for his lifetime of efforts in sports and youth mentorship and would hope that the High School Nordic Ski association would recognize his efforts.

Tony Carter - Grand Rapids

Although Robin was slightly reimbursed for his Blueberry Hills duties, he spent tireless hours during the summer, fall and winter being sure that the Hills were properly cared for. He picked up sticks, cut fallen trees, hired “crawlers” and “diggers” to come in and change the courses as needed; anything to be sure that the ski trails were as good as they could be. He was a fierce protector of the hills as well. Heaven help anyone who walked, drove, or brought their pet or snowshoes on the groomed track. He was known to follow the tracks of dog sleds or snow shoes to the point of origin in order to have a few words with the culprit who ruined the ski track. He truly lived and breathed the ski trails during the winter. Periodically, people would leave donations because they were so pleased with the impressive grooming job, and he was so proud of that!

Beyond the trail grooming duties that Robin took on, he was even more passionate about making sure the community youth had a chance to enjoy skiing and hopefully turn it into a life long past time. He donated many hours and dollars fixing ski equipment and coaching kids. He waxed skis during his home time in order to have the young skiers ready to race. There was barely a day that went by when he didn't have someone's broken pole, ski or boot in the back of his truck, heading home to be fixed in his shop. He was especially aware of disadvantaged youth, and he always went the extra mile to give them a boost.

He was also a big fan of the Birkie/Korte, and he always tried his hardest to find a way to get kids there....not to mention the fact that he enjoyed participating himself. He was also quite the competitor, always wanting to finish in the top 3 places in his age group.

Robin was a friend to all. Everywhere we went, Robin seemed to know everyone! Whether in the skiing, canoeing or running world, he seemed to have friends everywhere. We spent many hours on the bus talking about canoe races, running to and from work, competing in triathlons, marathons, and any other conversation having to do with athletics.

Outside of the athletic realm, Robin frequently donated to organizations within the school system in an effort to help youngsters.

Nomination from Tess Drotts, former Deer River HS Nordic coach.

Swim Strokes

By: Justin Haycraft
Prior Lake



Congratulations to all teams on a successful 2013-2014 season. Further congratulations to the State Champion teams. These include St Thomas Academy team for their Class A state title and Wayzata was the Class AA champion. The AA meet was especially exciting where East Ridge took an early lead but was overcome by Wayzata during the diving portion of the meet. Also, there was no team that had multiple state Individual Champions. The top spot in each event was spread out quite a bit in each of the class state meets making it an exciting meet to watch.

This year brought the track style wedge blocks to the University of Minnesota Aquatics Center and provided teams with both excitement and trepidation about this new piece of


equipment. Some athletes used these and found an even stronger take off from the blocks. Many athletes used their warm-up day at the University to get used to this new equipment. Either way it was exciting to see the blocks be used as they did at the last Olympics.

In looking forward, the coaches and athletes will be celebrating their state meet accomplishments at the All State Banquet on April 11th. Top eight finishers will be recognized along with athlete and coach of the year. We will also be inducting two new members into the Swimming and Diving Hall of Fame. Come and celebrate with your athletes.

The coaches' clinic will also be held this same weekend, April 11-12. Speakers include Tom Cody of Top 20 Training, Paul Stearns – How to find a place for your athletes to swim in college, dryland training with Lisa Wittmer and Kate Lundsten. We will also have our annual membership meeting at the end of the clinic. This will be an informative weekend.

Again, congratulations on a successful season and hopefully by the time you read this, spring will have sprung.

CHIP SHOTS



By: Bob Gorden
Golf Coaches Association President
Detroit Lakes HS

Well, we have definitely had winter this year, way to cold and lot's of snow which should help protect our golf courses. It is time to move on to a normal starting time for spring weather this year. As you read this article another golf season is soon to begin. Hope you have had a great school year and are as excited as I am to begin another High School golf season.

Hope you were able to attend our Coaches Association Sunshine golf clinic at Providence Academy on March 8, thanks to Mike Seifert for organizing. Your Advisory board decided to not have an out state clinic this year, and will have one every other year, so in 2015 we will have two clinics.

State rankings will again be run by Barry Wallin Rosemount High School for girls, and Brian Johnson Eagen High School for boys. Please enter weekly scores on line for your players and team, so all golfers can be recognized if deserving during our 2014 season, it is an easy online weekly procedure to enter your scores. If everybody enters their players and teams we would have a very accurate ranking each week of all state teams and players.

Academic awards, Steve Heslop Pequot Lakes will again organize, this info is on our Coaches website, due date is May 21, any revisions by May 28. Awards are presented at the State Golf banquets on June 9. Coaches remember to honor your players by filling out forms on time.

State banquets, chairman will again be Rich Aulie Crosby for Class A, Mike Frankenfield Shattuck AA, and Tim Kallevig Park Center AAA. When you have a player and or

team qualify for the state tournament, make sure you attend, very nice for your team and or player to honored at their banquet.

Coach of Year, remember I need a volunteer from each section of each class to run an election at your section tournaments and get the winner to me by June 5. We will start voting for Coach of Year at State banquets and have online available after state for those who haven't voted. Coach of the Year for each class of golf is honored at a great banquet in October sponsored by the Coaches Association.

JOIN the golf coaches association early in the school year, we use registered coaches email for all association correspondence during the entire school year, plus your insurance cover you from July 1-June 30 yearly. So don't wait to join just for golf season, take advantage of being a member the entire school year, and use all the benefits with being a member.

2014 Dates:

- Practice start up date is Monday March 17
- Coaches on-line rules begins March 12 and due by April 4
- State banquets Monday June 9-Tournaments June 10-11

So as we start another golf season, have fun teaching this great game to your players and good luck, or should I say play well! Your players will be able to enjoy this great game for a lifetime, so have fun and have a great 2014 High School season and hope to see you on a course. Arnold Palmer said it best, "Golf is deceptively simple and endlessly complicated. It satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening, it is without a doubt the greatest game mankind has ever invented."

Please contact myself or any board member at anytime, contact info is on Minnesota High School Coaches Association website at www.mshsca.org

"Think Green, Bob Gorden President Golf Coaches Association".

BOYS SWIMMING AND DIVING TEAM ACADEMIC

Gold

St Paul Highland Park

Silver

Simley
Mankato West
Willmar
Melrose
Sauk Centre
Duluth Marshall
Rochester Century
Owatonna
Cretin-Derham Hall

Bloomington Jefferson

Eastview
Lakeville North
Lakeville South
North St Paul
Maple Grove
Minnetonka
Anoka
Forest Lake
Rogers



Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

For a number years, I have been attending the American Football Coaches Association annual convention.. Way back ‘when’, a great friend and mentor, Tom Mahoney ,encouraged me to become a member of the AFCA and try to attend as many of the conventions as I could. Like so much of Tom’s advice, it was wise and good. I have attended a number of them over the past decades, and they have been invaluable in so many ways. In recent years, a number of our membership have attended as well, and I am certain they will agree that the conference has been valuable to them

as well. The conference is held annually in January. I urge you to try to attend one. I am certain you will enjoy a great learning experience. The 2015 convention will be in Louisville. More info.? go to www.afca.com

One of the highlites of the past convention, along with a GREAT presentation by our own Dave Nelson, were interesting and impactful presentations by Mark Emmert, President of the NCAA and Dr. Sandra Bond Chapman, Founder and Chief Director of the Center For Brain Health at the University of Texas at Dallas. The two were hosted by moderator AFCA president Mack Brown. During Emmert’s talk, he commented that ,due to NCAA regulations regarding concussion awareness and management, “football is safer than it has ever been”. During Chapman’s presentation, she provided insights and compelling evidence surrounding concussions and the great recent advances science as made in relation to

brain injuries A few quotes/facts: “ Five to 10 percent of athletes will experience a concussion in any given sports season. The risk of suffering a concussion exists in most activities. Falls, not sports, are the leading causes of concussions. Motor vehicle collisions cause more severe injuries than concussions in football” And, “Concussion prevention and care have improved significantly thanks to scientific advancements, heightened awareness and more stringent return-to-play guidelines’ She concludes “The benefits of youth football to health and well-being far exceed the risk of permanent brain injury.. The genesis of her presentation is documented in a handout she provided, “Playing Football; what every coach and parent should know” This handout will be available to all coaches who attend the MFCA Clinic, Mar.27-29. Thinking of the clinic, we hope you are planning to attend. The clinic staff has put a great clinic together. We are currently on a

2014 MINNESOTA FOOTBALL COACHES CLINIC

The Official Clinic of our MFCA in Partnership with the University of Minnesota
If you can attend just one clinic, this is THE ONE!!

Doubletree Hotel in St. Louis Park

March 27, 28 & 29, 2014

FEATURED IN 2014

Gophers & Vikings Headliners
Ken Sparks, Carson-Newman
Frank Lenti, Chicago Mt. Carmel
High School Coaches from Michigan, Texas, Ohio
Area High School & College Speakers
FCA Luncheon

2014 CLINIC COMMITTEE

Ron Stolski, MFCA Director stolski@yahoo.com
Dave Nigon, Exhibits dlnigon@yahoo.com
Jim Dotseth, Finances dotsethj@comcast.net
Ray Kirch, Registration kirchr@district279.org
Dave Nelson, Advertising dave.nelson@minnetonka.k12.mn.us
Claud Allaire, Schedule & Speakers claud.allaire@comcast.net

Check for additional speakers on the MFC Clinic website,
plus on-line registration

“Don Swanson” Tailgate Party & AWARDS!

Conducted by the MFCA – “The Keepers of the Game”
www.mnfootballclinic.com



record pace for attendance.. hope to see you there!

Finally, "if there is no change, there's no change" You are all aware that the MSHSL has adopted a District Plan for football scheduling to be implemented in 2015. We have experienced many changes in our past. While some have been received with a certain amount of doubt and trepidation, generally the changes have served the greater good, and always they have been made with the best interest of and for football in mind. . Football, our game has never been more popular. We are its keepers. Let's continue to encourage and support all change that makes the game what it is for the kids, schools and communities we serve. Let's keep it safe, fun, educational, and rewarding.

And, let's continue to build a strong MFCA. One whose mission is to do what is best for kids.



2014 INDUCTEES ANNOUNCED FOR MFCA HALL OF FAME

Seven inductees for the Minnesota Football Coaches Association (MFCA) Hall of Fame have been announced by the MFCA Hall of Fame Committee. The 2014 inductees will be formally enshrined in the MFCA Hall of Fame at the 50th Annual Football Hall of Fame Banquet on March 29, 2014 at the Doubletree Hotel, 1500 Park Place Boulevard, Minneapolis, MN 55416.

The 2014 Hall of Fame inductees are:

High School Division

Name	School(s)
Jon Bakken	Waterville- Elysian-Morristown
Mike Grant	Forest Lake & Eden Prairie
Tom Idstrom	Anoka & Irondale
Dave Nelson	Blaine & Minnetonka
Larry Thompson	Lakeville & Lakeville South

Citation Division

Name	School/Organization
Dave Fritze	Eagan
Marc Trestman	Chicago Bears

MFCA Hall of Fame History:

- The MFCA Hall of Fame was established in 1965. The first Hall of Fame class included Bernie Bierman, Jake Christiansen, Frank Cleve, Bernie Cole, Vern Morrison, Bronko Nagurski, Ted Peterson and Lew Swearington.
- The Hall of Fame has 273 inducted members through 2013.

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5TH ANNUAL FOOTBALL HALL OF FAME BANQUET Minnesota Football Coaches Association



Date: Saturday, March 29, 2014

Time: 5:00 ~ 6:00 PM Social Hour
6:00 PM Dinner

Ticket Price: \$35.00
Purchases tickets on-line:
www.mnfootballcoaches.com

RESERVATIONS MUST BE IN BY TUESDAY, MARCH 25TH

Banquet Chair:

Dave Nelson
Minnetonka High School
18301 Highway 7
Minnetonka, MN 55345
dave.nelson@minnetonka.k12.mn.us

NOTE: You will pick up your tickets at the registration table the night of the banquet.

BANQUET HIGHLIGHTS

2014 Hall of Fame Inductees

High School Division

- Jon Bakken – WEM
- Mike Grant – Eden Prairie
- Tom Idstrom – Anoka & Irondale
- Dave Nelson – Minnetonka
- Larry Thompson – Lakeville South

Citation Division

- Dave Fritze – Eagan
- Marc Trestman – Chicago Bears

Conference Coaches of the Year
Section Coaches of the Year
Class Coaches of the Year
State Coach of the Year
Assistant Coach of the Year
Power of Influence Award
Don Swanson Award



2014 Butch Nash Outstanding Assistant Coach Award Winners

Bill Aufdenkamp – Frazee-Vergas
Daniel Brinkman – Hutchinson
Darby Carlson – St. Michael-Albertville
David Meyer – Detroit Lakes
Matt Myrvik – Minneota
Jeff Saucressig – Chisago Lakes
John Schultz – NRHEG
Matt Watson – Centennial

2014 Distinguished Service Award

- Kevin Merkle, MSHSL
- Conference and Section Coaches of the Year:**
You must be present at the banquet to receive your Conference or Section Coach of the Year Award. In order to allow time for the plaques to be engraved, WE MUST HAVE YOUR ONLINE REGISTRATION BY FRIDAY, 3/21

After the Game Bring Your Team to

MFCA Hall of Fame . . . continued on page 42

Criteria for Hall of Fame nomination:

1. High School Head and Assistant Coaches
 - Must have been a head coach for at least fifteen years.
 - Must be at least 50 years old and retired
 - Active coaches that have 30 years of coaching experience, with at least 15 years as a head coach.
2. College Coaches
3. Citation
 - Those who have made significant contributions to Minnesota high school football.

Here is some information about the 2014 MFCA Hall of Fame inductees:

Jon Bakken, Waterville-Elysian-Morristown

- 35 years as a high school football coach
 - 6 years as an assistant coach (Fort Dodge IA 1978, Esko 1981, Spring Lake Park 1983, Waterville-Elysian 1984-1986)
 - 29 years as a head coach:
 - 2 years at Onamia (1979-1980, record 8-10)
 - 27 years at Waterville-Elysian-Morristown (Waterville-Elysian 1987-1989, W-E-M 1990-2013, record 243-66)
- Career record as a head coach is 251-76
- His teams have won 15 conference championships and 12 section championships
- His teams have played in 12 State Tournaments and 4 Prep Bowls, with 3 state championships and 1 second place finish
- State Championship teams: Class C 1989; Class 2A 1999, 2009
- Coached 12 players who played in the Minnesota High School All-Star Football Game
- 1998: Head Coach, Outstate, Minnesota High School All-Star Football Game
- 2009: Minnesota State Coach of the Year
- 2011: Assistant Coach, South, Minnesota High School All-Star Football Game
- 2012: President, MFCA

Dave Fritze, Eagan

- 30 years as a Minnesota high school football coach
 - 14 years as an assistant coach at Apple Valley and East Ridge
 - 16 years as a head coach at Eagan (1990-2005)
- 1987: Assistant Coach, Metro, Minnesota High School All-Star Football Game
- 4 years: Assistant Director, Minnesota High School All-Star Football Game

- 15 years: Game Director, Minnesota High School All-Star Football Game
- 14 years: member of MFCA Executive Committee
- Coached 17 players who played in the Minnesota High School All-Star Football Game

Mike Grant, Forest Lake & Eden Prairie

- 33 years as a Minnesota high school football coach
 - 2 years as an assistant coach (Minnetonka, 1979-1980)
 - 31 years as a head coach:
 - 9 years at Forest Lake (1981-1986, 1989-1991, record 45-42)
 - 22 years at Eden Prairie (1992-2013, record 241-24)
- Career record as a head coach is 286-66
- 2 years as a college assistant coach at St. John's University (1987-1988)
- His teams have won 16 conference championships and 16 section championships
- His teams have played in 18 State Tournaments and 10 Prep Bowls, with 9 state championships and 1 second place finish
- State Championship teams: Class AA 1996; Class 5A 1997, 2000, 2002, 2006, 2007, 2011; Class 6A 2012, 2013
- Coached 44 players who played in the Minnesota High School All-Star Football Game (state leader)
- 1992: Head Coach, Metro, Minnesota High School All-Star Football Game
- 2000: Minnesota State Coach of the Year
- 2013: Don Shula NFL High School Coach of the Year Award

Tom Idstrom, Anoka & Irondale

- 3 years as a college assistant coach (Gustavus 1964, St. Thomas 1979-1980)
- 40 years as a high school assistant coach:
 - Coon Rapids (3 years, 1965-1967)
 - Anoka (9 years, 1970-1978)
 - Irondale (14 years, 1982-1995)
 - Champlin Park (6 years, 1997-2002)
 - Brainerd (4 years, 2003-1006)
 - Little Falls (2 years, 2007-2008)
 - Chatfield (2 years, 2009-2010)
- 1993: Butch Nash Award winner
- 1994: Assistant Coach, Metro, Minnesota High School All-Star Football Game

Dave Nelson, Blaine & Minnetonka

- 29 years as a Minnesota high school head football coach
 - 17 years at Blaine (1984-2001, record 152-50)

- 12 years at Minnetonka (2002-2013, record 83-44)
- Career record as a head coach is 235-94
- His teams have won 13 conference championships and 10 section championships
- His teams have played in 11 State Tournaments and 5 Prep Bowls, with 2 state championships and 3 second place finishes
- State Championship teams: Class AA 1988; Class 5A 2004
- Coached 42 players who played in the Minnesota High School All-Star Football Game
- 1988: Assistant Coach, Metro, Minnesota High School All-Star Football Game
- 2002: President, MFCA
- 2004: Minnesota State Coach of the Year
- 2009: MFCA Power of Influence Award
- 2011: Head Coach, South, Minnesota High School All-Star Football Game

Larry Thompson, Lakeville & Lakeville South

- 39 years as a Minnesota high school football coach
 - 4 years as an assistant coach at Lakeville (Lakeville, 1975-1978)
 - 35 years as a head coach:
 - 26 years at Lakeville (1979-2004, record 185-91)
 - 9 years at Lakeville South (2005-2013, record 65-33)
- Career record as a head coach is 250-124
- His teams have won 12 conference championships and 12 section championships
- His teams have played in 12 State Tournaments and 6 Prep Bowls, with 3 state championships and 3 second place finishes
- State Championship teams: Class A 1988; Class AA 1992, Class 5A 2003
- Coached 29 players who have played in the Minnesota High School All-Star Football Game
- 1985: Assistant Coach, Metro, Minnesota High School All-Star Football Game
- 1992: Minnesota State Coach of the Year

Marc Trestman, Chicago Bears

- 1974 graduate of St. Louis Park High School
- 1974: starting quarterback for the North All-Stars in the Minnesota High School All-Star Football Game (then known as the Shrine Bowl of Minnesota)
- Played college football at the University of Minnesota and Minnesota State-Moorhead
- 6 years as a college football assistant coach:
 - 1981-1982 University of Miami (Volunteer coach)
 - 1983-84 University of Miami (QB coach)
 - 2005-06 North Carolina State (Offensive

Coordinator)

- 16 years as a professional football assistant coach:
 - 1985-86 Minnesota Vikings (RB coach)
 - 1987 Tampa Bay Buccaneers (QB coach)
 - 1988-89 Cleveland Browns (QB coach / Offensive Coordinator)
 - 1990-91 Minnesota Vikings (QB coach)
 - 1995-96 San Francisco 49ers (QB coach / Offensive Coordinator)
 - 1997 Detroit Lions (QB coach)
 - 1998-00 Arizona Cardinals (QB coach / Offensive Coordinator)
 - 2001-03 Oakland Raiders (QB coach, Offensive Coordinator)
 - 2004 Miami Dolphins (Assistant Head Coach)
- 6 years as a professional football head coach:
 - 2008-12 Montreal Alouettes, Canadian Football League (2 Grey Cup Championships)
 - 2013 Chicago Bears, National Football League

Hall of Fame Banquet Information

Date: Saturday, March 29, 2014

Time: 5:00 Social Hour
6:00 Dinner

Location: Doubletree Hotel, 1500 Park Place Boulevard, Minneapolis, MN 55416

Tickets: \$35.00

Banquet tickets can be purchased on-line on the MFCA website at www.mnfootballcoaches.com. The deadline for banquet reservations is Tuesday March 25.

Questions about the Hall of Fame Banquet can be directed Banquet Chairperson Dave Nelson at dave.nelson@minnetonka.k12.mn.us.

Questions about the MFCA Hall of Fame may be directed to Hall of Fame Committee Co-Chairs Scott Tschimperle (stschimperle@gsi.k12.mn.us, 320-864-2440) or Paul Lemke (plemke@gsi.k12.mn.us, 320-864-2432).

The Minnesota Football Coaches Association congratulates the members of the 2014 inductees for the MFCA Hall of Fame. They are outstanding "Keepers of the Game".

MSHSCA's CORPORATE PARTNERS

2014-2015



Thank You

To our Corporate Partners,
Subway and Liberty Mutual
that help make many
of our programs and
awards possible!

. . . continued on page 39

ATTENTION COACHES:

If your team qualifies for an academic award please notify your A.D. to look for it!

The MSHSCA continues the Academic Awards program

Many schools are receiving plaques and plates similar to the one pictured for sports that qualified as a gold or silver academic team. You should receive them within a month after your season ends.

GPA's were submitted, by the coach, to their sport association President along with a varsity roster.

The sport association then determined that the coach was a member of the MSHSCA and sport association for the roster they submitted.



This process is true for each sport.

Your school will receive a plate for each of the teams that qualify.

Please be alert to envelopes with the return address of Beachs Awards they will contain additional plates.

We are very pleased with our new program since it will recognize more teams for their outstanding efforts.

**Thank you for your help with this program,
John and Mary Erickson**

ADAPTED UPDATES

By: Marcus Onsum
Minnesota Adapted Coaches Association
Robbinsdale

Our adapted floor hockey regular season has now wrapped up, and the playoffs are just getting underway as this issue goes to press, with the adapted floor hockey state tournament being held at Bloomington Jefferson High School on March 14 & 15. This is probably the most exciting tournament of the adapted seasons, with fast-paced action and a very high level of competition in both the PI and CI Divisions. Regardless of which teams take home the championship trophies, you can rest assured it was hard fought and well earned!

It will be just a matter of days from the end of the floor hockey tournament before most of our teams start adapted softball practice...it's a busy time of year for our coaches and athletes! The adapted softball season is by far the fastest moving season for all of our programs. By the time we get through the early preparations and get the games under way, it's already May and the state tournament is just around the corner. This year's tournament will be held on May 30 & 31 at Coon Rapids H.S.

In previous years, our adapted sports held in-person rules interpretation meetings at the beginning of every sport, where coaches could also spend time discussing a wide variety of items, including rules changes or proposals, scheduling of games and scrimmages, or just seek advice from one another on many different topics. With the MSHSL now creating online rules meetings for our coaches, these in-person

meetings and gathering of coaches have become a thing of the past, and many of our coaches never cross paths over the course of the year. It is because of this that I am now in the process of creating a website with discussion forums for our adapted coaches to access, and I am hopeful that this resource will be available this spring before the end of the softball season. While this certainly won't replace meeting in person, I believe it will help our coaches stay in contact with one another, help our association rekindle some of the discussions we once had during rules meetings, and bring a sense of cohesiveness back to our association.

We are still looking for more coaches in get involved in leadership roles within our association, as we have been without a vice president for more than two years. This is an important positions to fill, and will help us continue to maintain a high quality professional organization. Please contact me as soon as possible, if you would like to help out and fill this role.

Good luck to everyone this spring, and I hope everyone is able to enjoy a safe, fun filled adapted softball season!

MEMBERSHIP YEAR FOR THE MSHSCA!

In the past months, we have gotten memberships from spring coaches that also coach a fall sport and are paying for both now.

***We want to repeat, our membership year does NOT run from January 1 to December 31.**

***Our membership year IS August 1 to July 31.
(like the school year)**

*If you coach a fall sport and a spring sport, you should be joining in the fall to be covered by insurance for both seasons.

Those of you that have joined the MSHSCA after the first of the year, please note that your membership expires on July 31st.
(after summer camps)

M MEMBERSHIP PERKS

S H S C A

- **COUNTRY INN & SUITES - Eagan** - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - \$89.00 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796
- **ROSEVILLE VISITORS Association DISCOUNTS** - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 - 12/31/2012
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400

M MEMBERSHIP PERKS

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Executive Director available to work for you on a daily basis. 2. Dues include a \$1,000,000 Liability Insurance while coaching. 3. Membership card is for admission at many high schools and colleges in Minnesota. 4. Teams are eligible to earn Academic Team and Individual honors. 5. Provide scholarships for Minnesota High School students. 6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes. 7. Four issues of <i>The Minnesota Prep Coach</i>, the MSHSCA newsletter which contains information about and for coaches and their association's activities. 8. Provides potential for clinics for any sport association that wishes assistance. | <ol style="list-style-type: none"> 9. Up to date clinic schedules and educational opportunities on our website. 10. Opportunity to be recognized as a Minnesota Coach of the Year. 11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year. 12. Delegate representation that allows coaches to remain fully updated on issues. 13. Close working relationship with all affiliated sport associations. 14. Provides active representation and support on the MSHSL Board of Directors. 15. Recognition for state team championships. 16. Opportunity for 25 Year Club and Life Membership of the MSHSCA. 17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame. 18. United support for each other's programs. 19. Mass membership email capability. |
|--|---|

After the Game Bring Your Team to 

MnIAAA CORNER

By: Dan Roff
MnIAAA President
Fridley Activities Director

Find Your Purpose

Many A.D.'s throughout the state have become familiar with the coaching ideas of Joe Ehrmann and his InSide Out Coaching philosophy. The new MSHSL coaching curriculum is imbedded in these ideas. As I see it, we have just begun to scratch the surface on training our coaches to deliver a product of an education based program that is different from the ones offered by youth sports, AAU, and the many other programs we compete against for kids time and effort. As we evolve in the coaching world, it is getting to kids hearts, minds, and spirits that will set us apart from all other programs. If you don't have the book, ask your A.D. He should be familiar with it. It is especially poignant for those veteran coaches who have seen the evolution of our athletic world and are familiar of a time when things were not always like they are today. A phrase that jumped out at me and has become my mantra here at Fridley high school is, **"If you want to be a better coach, you have to become a better you."** I don't think he's talking about teaching a better down-block, single leg finish, flip turn, or backhand. I believe he is talking about the inner me; the one who carries, doubts, grudges, a fixed mind-set, bad habits, personality defects, biases and all sorts of inner demons I try to keep inside, locked up, and hopeful that nobody else knows or sees.

MNIAAA ANNOUNCES 2014 AWARD RECIPIENTS

During the Annual MnIAAA State Conference a number of deserved Minnesota Athletic Administrators will receive prestigious awards at a pair of gatherings held during the conference.

The Class A and Class AA AD's of the Year will be granted to the following:

Class A - Paul Krueger AD Award
Emmett Keenan (St Cloud Cathedral)

Class AA - Pete Veldman AD Award
Tom Graupmann (Northfield)

MnIAAA Hall Of Fame recipients include:
Ron Dobbs (New London-Spicer)
Kathy Fredrickson (Moose Lake)
Dwight Lundeen (Becker)

Dr David Hartmann of Alexandria will receive the National High School Federation Award of Merit.

The MSHSCA would like to take this opportunity to congratulate all of the award winners for a job well done and a deserving honor bestowed on them.

With that said, I challenge every coach in the state to take these words seriously and begin to build their own InSideOut improvement plan. Here are a few ideas.

1. Do you understand yourself? Do you know your strengths, weaknesses, and how your past has made you who you are right now? Get to know all of them.

2. Do you know your coaching purpose?

2. What are you going to do to align your inner you with the one you need to carry out your Coaching Purpose?

It is important to articulate your purpose in writing, share it with others, and continue to review it throughout your career. Putting it down in writing does several things. One, it puts your money where your mouth is; it helps hold you accountable. It is also a constant reminder when the business of life starts to take hold. Most important, transformative coaching is ever evolving – your purpose and evolves as you continue to become a better you.

I am invigorated by this concept and have begun to work on my own coaching purpose. I work to understand my own inner self and how to improve it to better carry out my coaching purpose. Like any educator, I am constantly framing my life through an educator's lens. I purposely try to take every situation and tell myself, "What can be learned here and who needs to learn it?" As an A.D., I now have several groups I coach; students, parents, and coaches. However, my main priority is coaching the coaches. At Fridley, we are starting to work on our coaching purposes together. Begin with yourself, and if you can find others to share the journey – even better. Good luck on your coaching journey. You are making a difference in the life of kids.

***"You out rebounded a
dead man by one."***

**- Abe Lemons, to his 7ft center who
got only one rebound in 1st half**



FLIP NOTES

By: LeeAnn Steen
Martin City West

Despite a snowy evening, a very successful State Tournament Banquet was held at the Minneapolis Marriot City Center on Thursday February 20th. The

Section and State Academic Champions were recognized. Congratulations again to Class A Section Champions: Byron-Lourdes, Watertown-Mayer, Jackson County Central, Columbia Heights, Orono, Morris Area/C-A, Sartell-St. Stephen, and Detroit Lakes. Also to the Class AA Section Champions: Farmington, Bloomington Jefferson, Eastview, Stillwater, Spring Lake Park, Eden Prairie, Cambridge-Isanti, and Brainerd. Class A State Academic Champions are Byron Lourdes. Class AA State Academic Champions are Farmington. Hall of Fame inductees were recognized at the banquet; congratulations and thank you for all your contributions to MSHSL gymnastics in Minnesota to Tom Smith and Deana Walsh. Coach of the year and assistant coach of the year section award winners were recognized. The State Class A Assistant Coach of the Year is Kate Schoonover from Austin. The State Class A Head Coach of the year is Doug Rossum of Willmar. The State AA Assistant Coach of the Year is Kristin Driscoll of Mahtomedi and the State AA Head Coach of the Year is Joel Stark-Haws of St. Cloud Tech.

As the snow continued, an exciting State tournament was held on February 21 and 22 at the University of Minnesota Sports Pavilion. Congratulations to all the Individual and Team State Tournament Champions as well as all the

qualifying teams and individuals. State tournaments are truly amazing experiences. In Class A, the Team Champion is Melrose Area High School. The Individual Class A champions include: Sela Fadness of Austin on Vault, Jailyn Brinkman of Melrose on Uneven Bars, Sela Fadness on Balance Beam, Sela Fadness on Floor Exercise, and the Class A All-Around Champion is Sela Fadness. In Class AA the Team Champion is Roseville Area High School. The Individual Class AA Champions include: Beth Etterman of Brainerd on Vault, Bailey DuPay of Northfield on Uneven Bars, Bailey DuPay on Balance Beam, Bailey DuPay on Floor Exercise, and Class AA All-Around Champion is Bailey DuPay.

Thank you to all the people who worked hard to make this a special weekend for our gymnastics student athletes. Each coach, meet worker, judge and parent shares in the memories created by state tournament trips. As you work toward your banquets, graduations and summer programs, remind your gymnasts that coaching and judging is a great way to stay involved in gymnastics after they graduate. There is a shortage of judges and coaches in every area of the state. Feel free to check with me or Ann Suits to find an organization or club to get start their "after being a gymnast" participation in gymnastics.

Our spring section rep meeting will be held Sat. April 5. Look for a flyer from Shelly shortly. Have a great spring and summer - there is only 238 days to the start of the 14-15 season!

SPRING CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Spring are urged to obtain their membership in advance using the electronic membership opportunity.

Due to location of many of the clinics, the MSHSCA may not be able to hook up to provide membership cards using their computer. As a result, it will simplify things if membership is obtained prior to clinics to eliminate a lot of potential confusion regarding the reception of membership cards at the site of the clinic.

MN State Coaches Association Scholarship Form

Student Athlete _____

First

Last

Permanent Address _____

Street

City

Zip

Parent(s)/ Guardian(s) _____

Address _____

Street

City

Zip

Home Phone _____

Gender

_____ male

_____ female

Date of Birth

Varsity Sports 2010-13 _____

High School Attended _____

Activities Director _____

Phone Number

Class Rank _____

of

GPA _____

on scale of

ACT Score _____

SAT Score _____

Post Secondary School of Attendance _____

Street

City

Zip

Application must include:

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

Mail applications to:

Gregg Martig
3118 Partridge Circle
St. Cloud, MN 56301



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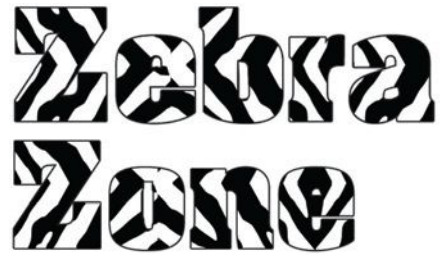


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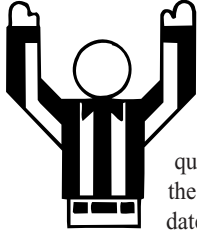
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After the Game Bring Your Team to **SUBWAY**



MSHSCA Seeks Nominations for Officials Distinguished Service Award

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



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

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

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

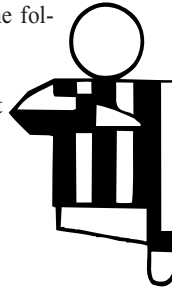
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

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

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

John Schumacher
16332 Deer View Rd
Park Rapids, MN 56470



By: Terry Eiter
Detroit Lakes

“You make the call!” That statement became famous back in the late 80’s as part of a TV commercial. Going into a NFL commercial break they would show a video clip of a controversial play. They would stop the clip and make the comment, “you make the call.” They would then cut away to the commercial selling IBM or some other products. It was the audience’s opportunity to play amateur referee and to mull over what you thought the official ruling should be. Looking ahead to some spring activities here is your opportunity to “make the call!” Here are several situations for your consideration, the rulings are towards the end of the article. Good luck!

Baseball: Play 1: Home team has a runner, Willie Makeet, on 3rd and 3-0 count on the batter, Willy Walker and no outs. The next pitch is a ball and gets away from the catcher, Tommy Thumbs. Makeet tries to score as Walker is removing his protective elbow pad and shin guard. Walker, the batter, gets in the way of the throw from the catcher to the pitcher who is making the play at home. The interference by the hitter, Walker, is unintentional. “You make the call!” Play 2: Home team is losing 2-0, bottom of the 7th. Prior to the first hitter, Homer Rhunner, coming to the plate the coach, Al Wright, tells the umpire that a substitute will be hitting in the third spot that inning. The first two hitters safely reach base. Coach Wright then changes his

Officials Distinguished Service Award Nomination Form

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

mind and doesn't want to make the substitution for the 3rd spot. Does the umpire, Seymore Strikes, allow this or not? "You make the call!"

Softball: Play 1: The batter, Kris Mass, hits a hard ground ball towards the shortstop, Val Entine, that deflects off of her shin and strikes the runner, Betty Kant just off of 2nd base. The fielder, Entine, was in position to field the ball and the runner was unable to avoid the ball. Is the runner out? Is this interference? You are the umpire, Dan Druff,.... "You make the call?"

Play 2: The runner, Marcia Mello, is standing on 2nd base when she is hit with a batted ball. The ball hits her in the helmet and caroms to the center fielder, Betty Kahn. Mello takes off running and is thrown out at third base by Kahn. Should the umpire, Hugh Morris, have called out Mello when she was hit by the ball? Should this have been a dead ball when she was hit? "You make the call!"

Track & Field: Situation 1: An athlete, Justin Tyme, preparing to run the 400 reports to the clerk, Justin Case, who observes him wearing two visible layers of compression style garments, which end above the knees, underneath the official school-issued track shorts. Each of the garments is of a different color. Is this considered legal equipment? If not, can the athlete still participate? "You make the call!"

Golf: Situation 1: High school golfer, Adam Baum, breaks the head off his club as a result of slamming it on the ground in anger, throwing it, or intentionally striking something (e.g. a tree) other than during a stroke, practice stroke, or practice swing. May he replace the damaged club before the completion of the stipulated round? "You make the call!" Situation 2: While chipping from off the green, Rick O'Shay strikes the ball once, and then strikes it a second and third time on his follow through. What is the ruling? "You make the call!"

Here are the answers - did you "make the right call?"

Baseball: Play 1: The umpire will rule that the batter is out and the runner on 3rd base will return to the base. Play 2: This is called a "projected substitution" by the coach and shall be ignored by the umpire.

Softball: Play 1: The runner is NOT out as she could not avoid being hit. The ball remains alive and in play. Play 2: The umpire correctly did NOT call the player out when she was struck standing on the base. Also, the umpire was correct to allow the play to continue as the ball passed the closest fielder near 2nd base. The umpire allowed the play to go on and correctly called out the runner at 3rd base.

Track & Field: Situation 1: The clerk should consider both as foundation garments and take no further action. Any visible undergarment(s) worn underneath the official school

uniform bottom that does not extend below the knees, as manufactured, is considered a foundation garment and not subject to single, solid color or multiple garments being the same color when worn under the uniform bottom.

Golf: Situation 1: Adam Baum may NOT replace the club as the club was damaged other than in the normal course of play, it may not be replaced during the round. Situation 2: Rick O'Shay has made a stroke and must add one penalty stroke to his score. The answer is the same regardless of how many times he struck the ball.

Remember it's just a game – try and keep it fun.

Eiter is a high school teacher in Detroit Lakes, MN. He currently officiates football and basketball. He has coached baseball, basketball and track and has also umpired baseball and softball. He can be contacted at dlref@hotmail.com.

***"I thought maybe
I had a chance as a coach.
I had been around some
good coaches and
some sorry coaches.
If some of those sorry coaches
could make a living,
I had a chance."***

- Steve Spurrier

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