



THE Minnesota PREP COACH

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TODD SMREKAR ELECTED TO MSHSCA VP POSITION

The highest number of votes cast in a number of years, found Todd Smrekar of Cambridge-Isanti surpassing the votes cast for the other candidate, Teresa Van Epps of Jackson County Central.

Smrekar will begin his four year term as a officer of the MSHSCA at the summer meeting to be held in Detroit Lakes. In the third year of the term, Smrekar will be the President.

Congratulations to the winner and a big thank you to Van Epps for her interest in seeking a leadership position for the MSHSCA.

Smrekar is a 1980 graduate of Cambridge High School. His participation in athletics istarted in his early years and has continued. In high school, he participated in football and baseball. Upon graduation, he received his degree in teaching and coaching at St Cloud State University in 1994. he later earned his Masters degree from St Mary's University in 1998.



Todd taught in the BOLD school district for a year where he was also the assistant baseball coach. In 1995, he returned home to Cambridge to teach and coach and remains there until the present time. Smrekar has taught Civics, General and College Psychology and General and College Sociology. He 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 HS at the 9th, 10th and Varsity levels. In 1999 and 2000, Todd was the offensive and defensive line coach for the 4A runnersup in 1999 and 2000 4A champions. In baseball he has coached PeeWee, Midget and VFW for six years at Cambridge and Princeton. he has been the head baseball coach at Cambridge -Isanti for the past 18years. During that time frame he also coached VFW and Legion teams at various times. He is the

longest tenured baseball coachin school history. His team won the 2008 Section 7AAA and conference title. 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.

He has served on the MN State HS Baseball Coaches Association Executive Board for the last six years and is currently in his second year as the Baseball President.. He has served as Section 7AAA representative, AAA All State Baseball Team Chairman and served on the North All Star Committee.

Todd comes from a family of educators. his father is a Life Member of the MSHSCA and started the C-I hockey program and is in the Hockey Coaches Hall of Fame.

Smrekar and his wife, Aaron have been married sixteen years and have two children, Addie and Finnleigh.

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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	M Sparby (Belle Plaine)		Mike Beck	
Adapted Athletics	Marcus Onsum (Robbinsdale)			
Baseball	Todd Smrekar (Cambridge)		John Wilkins (retired)	
Boys Basketball	Ron Vorwald (Worthington)		Tom Critchley (retired)	
Girls Basketball	Carl Pierson (Waconia)		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

Where did the time go? I began this four year journey at the MSHSCA summer meeting in 2011 as the Vice President. As I move into the 2014-2015 school year I assume the role of Past President for the MSHSCA. I remember looking at the list of Past Presidents last fall at the Hall of Fame Banquet. I am honored and very humbled to soon be listed among them as a Past President of this association.

I have had the privilege of meeting and working with many great people. John and Mary Erickson top the list. Their dedication and tireless work for this association is remarkable. The MSHSCA continues to be an efficient and effective organization because of their steady and focused leadership. As they look toward retirement in the next couple of years, our association has a big job to do in finding their replacement.

This spring has been yet another challenging season for spring sport coaches and AD's. Endless indoor practices, rescheduling events, altering practice plans and all the time keeping things going in a positive direction shows the

dedication coaches exhibit to ensure that Minnesota High School athletes have a fun and positive high school experience. Spring sport coaches, I congratulate you! You change, adjust, and bend more than any other sports season. Great Job!

As I wrap up my final article as President of the MSHSCA, I want to thank everyone who supported and worked for the organization this past year. The knowledge and energy displayed by our members is an inspiration and a credit to all Minnesota High School Coaches. Sport Association Presidents, Delegate Assembly Reps, Committee Members, and Executive Board Members give hours and hours of time to make the MSHSCA a top notch organization. As I move into the Past President role and beyond I hope to continue to serve the association in whatever capacity that may be needed. Have a great summer, enjoy your time with family and friends. Coaches, you've earned it!

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

**“Behind the Cage”
(Boys Lacrosse)**

**“Quick Sticks”
(Girls Lacrosse)**

“Adapted Updates”

**“Smooth, Fast, Natural”
(Alpine Skiing)**

Email Change:

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



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 _____

LATE WINTER TEAM ACADEMIC RESULTS

The MSHSCA and The Subway Restaurants of Minnesota are happy to be able to support the Team Academic Program for the prep sport programs in the state.

At the end of each season results of team members GPA is tabulated and compiled to arrive at a team GPA. If a team has a GPA of 3.76 to 4.00 they earn a gold rating. A score of 3.5 to 3.75 merits a silver rating.

A number of sports were reported in the March issue of the MN Prep Coach. A few more will be found below. If a sport does not appear in this issue or the March issue it is because they were not submitted for printing.

Boys Basketball

Boys basketball uses two different methods for Team Academics. The Prep Coach will print both at this time.

Listed alphabetically rather than by class

Gold

Red Rock Central

Silver

Aitkin

Barnesville

Battle Lake

Benson

Blue Earth Area

Browerville

Buffalo

Chatfield

Chisago Lakes

Crookston

Dawson-Boyd

Detroit Lakes

East Ridge

Fergus Falls

Kasson-Mantorville

Kittson County Central

. . . continued on page 5

**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.**

WINTER ACADEMICS . . . continued from page 4

LeRoy-Ostrander
 Little Falls
 Mahnommen
 MN Valley Lutheran
 New Life Academy
 New York Mills
 Norwood-Young America
 North Branch
 NRHEG
 Perham
 Rocori
 Sacred Heart
 St Cloud Tech
 West Central Area

2 Shakopee
 3 East Ridge *
 4 White Bear Lake
 5 Centennial
 6 Edina
 7 Forest Lake
 8 St Cloud Tech
 * - Denotes champion

SW Minnesota Christian
 Stephen-Argyle
 Trinity @River Ridge
 Wabasso
 Waseca
 Win-E-Mac
 Willmar
 White Bear Lake

**Girls Basketball
 Gold (Listed alphabetically)**

Adrian
 Aitkin
 Albert Lea
 Alden-Conger
 Anoka
 Blue Earth Area
 Canby
 Chatfield
 Crookston
 Crosby-Ironton
 Dassel-Cokato
 Detroit Lakes
 East Central
 Eden Valley-Watkins
 Edina
 Fillmore Central
 Hutchinson
 Kelliher-Northome
 Kenyon-Wanamingo
 Little Falls
 Mankato Loyola
 MN Valley Lutheran
 Morris Area/ Chokio-Alberta
 Murray County Central
 New Prague
 North Branch
 Pequot Lakes
 Princeton
 Red Rock Central
 Rocori
 Roseville Area
 Royalton
 Rochester Century
 St Anthony Village
 St Peter
 Sacred Heart
 Sauk Centre
 Spectrum
 Schaeffer Academy

Silver (Listed alphabetically)

Ada-Borup
 Albany
 Alexandria
 Annandale
 Belgrade-Brooten-Elrosa
 Badger-Greenbush-Middle River
 Belle Plaine
 Bemidji
 Benson
 Brainerd
 Brandon-Evansville
 Byron
 Carlton
 Centennial
 Chisholm
 Chisago Lakes
 Climax-Fisher
 Cloquet
 Cretin-Derham Hall
 Deer River
 Dover-Eyota
 East Grand Forks
 East Ridge
 Eastview
 Eden Prairie
 Elk River
 Esko
 Fergus Falls
 Frazee
 Fulda
 Goodhue
 Goodridge-Grykla
 Grand Rapids
 Hawley
 Hill-Murray
 Holdingford
 Holy Family Catholic

**Boys Basketball Team Academic
 Champion
 (Old Format)****Class A**

1 LeRoys-Ostrander
 2 MN Valley Lutheran
 3 Red Rock Central *
 4 Maranatha Christian Academy
 5 Browerville
 6 Battle Lake
 7 North Woods
 8 Kittson County Central

Class AA

1 Chatfield
 2 Norwood-Young America
 3 Blue Earth Area
 4 New Life Academy
 5 Foley
 6 Benson
 7 Aitkin *
 8 Perham

Class AAA

1 Kasson-Mantorville
 2 New Ulm
 3 DeLaSalle
 4 Simley
 5 Rocori
 6 Holy Family Catholic
 7 Chisago Lakes *
 8 Little Falls

Class AAAA

1 Rochester John Marshall

. . . continued on page 7



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings all! It is hard to believe that we are bringing down the curtain on another year with the MSHSCA. I am sure that most of you, like me, are ready to say goodbye to a very difficult weather year. I know that most Athletic Directors had to put in

some serious efforts to reschedule numerous events disrupted by the weather issues. There finally seems to be some light at the end of the tunnel and we hope that as we approach playoff season and conference events that the weather will smile more kindly on our state.

In closing out this year the first thing I want to do is to thank all of you who have stepped up to the leadership roles in your sports. The MSHSCA has been blessed to have had great leadership in all the sports associations and we are thankful for that continues strong leadership. It is through your leadership that our membership continues to grow. I want to thank the Executive Board for their dedication and efforts in overseeing the mission of the MSHSA. We have a great board and we want to welcome Todd Smrekar – Cambridge Isanti to the position of Vice President. I also want to thank Jon Wagner – Eveleth Gilbert for all his hard work and leadership as he completes his term of office.

The MSHSCA had continued to grow its membership every year for many years. I just want to remind you that our membership year runs from August 1st to July 31st each year. I would strongly encourage each of you to renew your membership for the 2014-2015 year this spring! This will insure that your insurance coverage is seamless. I know that once the new school year starts along with the fall sports it is easy to forget this important registration. Mary and I will be glad to help you out with your registration if you are having difficulty.

During the next three months all of the championship coaches for the 2013-2014 year along with all the coaches of the year, assistant coaches of the year and new life members will be receiving a ticket order for the 2014 Hall of Fame and Awards Banquet to be held on Saturday October 11th. This event has grown just as the membership. I hope every award member will make every effort to be in attendance at this banquet so we can recognize and thank you for the great things you do for your schools, your community and your athletes. The Executive Board of the

MSHSCA would like to see every award winner in attendance for this very special event.

I would like to endorse a great book for coaches and athletes. Many of you have heard Rick Rassier and his presentations at various coaching clinics as well as at school programs. Rick has written a book, Take it to the NEXT LEVEL, that is really a worth buying and using. The book has great potential in helping your team's leaders and your team in setting goals for personal growth, practice goals and the process for reaching a higher level. It is very well done. Rick's web site is www.rickraisser.weebly.com

I am starting to put together the agenda for our annual summer meeting which is held in June. I like to challenge the Executive Board to brainstorm ideas on how we can become a stronger and better association serving Minnesota Coaches. I have always felt that we need to continue to operate under the premise of we either get better or we get worse as we can never stay the same. The question is what are we as an association doing to get better? The 2012-13 year was a huge year for the MSHSCA as we saw the passage of the Legislation we had worked so hard for. The 2013-14 year saw the implementation of this legislation. I have had calls from school this spring with questions regarding the legislation so we do know that it is making an impact on coaching non renewals.

Remember, the MSHSCA is all about the membership! It is not about the Executive Director or the Executive Board. We are simply facilitators. You – the membership is what this great Association is all about. I want to encourage each and every one of you to be proactive in helping drive the MSHSCA. Bring your ideas forward. Is there something that you feel strongly about that can help our association grow? I want each of you to know that the most effective organizations are those driven by the grass roots of the organization. You are the grass roots. The MSHSCA is all about you and your profession. Be proud to be a member, be active in your sport associations and be proactive for all of your fellow coaches as we continue to find ways to create “forever moments” for our athletes, our schools and our communities. Thanks to all of you I observe this happening on very frequent number of times. Have a great summer – recharge – reload and get ready for even better 2014-15 year.

WINTER ACADEMICS . . . continued from page 7

Howard Lake-Waverly/Winsted	Milaca	St Croix Prep
Isle	Montevideo	St James
Jordan	Moorhead	Sartell-St Stephen
Kasson-Mantorville	New York Mills	Sebeka
Kimball	NRHEG	South St Paul
Kerkhoven-Murdock-Sunberg	Northfield	Sleepy Eye
Kittson County Central	North St Paul	Sleepy Eye St Mary's
Lakeview	Morwood-Young America	Springfield
Lester Prairie/Holy Trinity	Osakis	Staples-Motley
LeSeuer-Henderson	Owatonna	Tartan
Lincoln HI	Park	Thief River Falls
Litchfield	Perham	Tracy Area
MACCRAY	Pillager	Underwood
Madelia	Plainview-Elgin-Millville	United South Central
Mankato West	Red Lake Falls	Upsala
Maple Grove	Redwood Valley	Watertown-Mayer
Maple Lake	Rockford	Waterville - Elysian-Morristown
Martin County West	Roseau	Warren-Alvarado-Oslo
Marshall	Rosemount	Warroad
Medford	Rush City	Wayzata
Minnehaha Academy	Rushford-Peterson	West Central Area
Minneota	St Clair	Windom
Minnetonka	St Cloud Cathedral	Zumbrota-Mazeppa _____

Coaches that join in January!***You are joining for half a year.******Our membership runs from August 1st to July 31st.***

**You will receive your card and benefits as so as you join.
For a full year's use of your membership, join in August or September.**

Prep Coach Digital 2nd Request

If you want to continue receiving the Prep Coach in the mail!

(this only needs to be sent in once)

Please fill out the form and send it to:

MSHSCA, PO Box 519, Detroit Lakes, MN 56502

Name _____

Mailing Address _____

Current email address _____

Please return between now & August 1st, 2014. We will start building the mailing data base immediately,
but it will go into affect with the September 2014 Prep Coach.

The digital Prep Coach will be at www.mshsca.org. A new edition comes out four times a year in
September, December, March and May. You will receive an email reminder.



Ice Chips

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

In a continuing effort to promote our sport and our student-athletes, next season we will begin naming Class A and Class AA players of the week during the regular season. To do this, we will need input from our member coaches in nominating players, providing supporting information and player photos

With this effort, we feel that we can provide our student-athletes with recognition in their communities and throughout the state, as well as further promoting their abilities to junior and college coaches.

Like our current Alumni of the Week award, this will be promoted through the Hockey Hub and the MHCA web site and a press release will be issued to pertinent media.

One other topic on the promotion of our support comes from the media – broadcast, digital and print – in the form of player identification. In this day and age, people design jerseys without consideration of how they actually are viewed by the people who

promote the game.

Rule 2, Section 1, Article 2 of the NFHS rules book states “All players shall wear numbered uniforms. It is required that all players be numbered with at least 10-inch (25.4 CM) high Gothic, colored numbers on the back of their jerseys and the same numbers at least 4 inches (10.16 cm) in height on both sleeves of the jersey. The color of the numbers shall contrast with the color of the jersey.”

Many teams use dark numbers on dark jersey (ie: red numbers on black jerseys) and do not have numbers on the sleeves as required. This creates problems for broadcasters and on-ice officials, who cannot easily identify players.

Simply put, this is a rule that is already on the books and has been for quite a while. If we want to make the broadcasts of our events better, we need to help the broadcasters with this and, therefore, need to enforce this rule.

Although there is little “down time” for any of us, the spring is the time of year when we can all spend a little more time away from the rink before Summer Training Programs, hockey camps and clinics begin anew. We hope you’ve been able to recharge your batteries because we’ll all be back at it again soon.

Best wishes to all coaches this summer. We hope to see all of you, Oct. 24-25, for the fall clinic.

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MSHSCA's CORPORATE PARTNERS



2013-2014

Thank You

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

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**



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Options _____

Sub total _____

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MAY MEMBERSHIP REPORT 2014

<u>Types of Membership</u>	<u>2013-14</u>	<u>2012-13</u>
Active Class A & AA	6046	6315
Associates	1336	1331
Active Life	701	676
Retired Life	885	890
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,971	9,215

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

Adapted Athletics (19) 18
Boys Lacrosse (65) 72
Alpine Skiing (70) 68
Girls Lacrosse (68) 70
Athletic Directors (243) 90
Football (1114) 1140
Baseball (445) 480
Boys Hockey (248) 238
Boys Basketball (817) 786
Golf (boys & girls) (365) 330
Girls Basketball (736) 731
Soccer (boys & girls) (407) 409
Cross Country (356) 393
Softball (472) 483
Gymnastics (196) 203
Synchronized Swimming (12) 16
Nordic Skiing (106) 130
Girls Tennis (196) 208
Volleyball (647) 648
Boys Tennis (169) 172
Boys Swimming (178) 193
Track & Field (734) 752
Girls Swimming (225) 235
Wrestling (107) 100

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

Delegates Corner

By: Troy Urdahl
St Anthony Village HS

A laboratory for life lessons

As educators and advocates for high school sports, we do not need much of a sales pitch on the value of participation in our school programs that promote and encourage student activity. We are keenly aware of the many benefits of participation. Unfortunately, this message is not reaching everyone. Last fall an article in *The Atlantic* titled “The Case Against High-School Sports” sparked debate across the country and within the media regarding the place and role of athletics in our schools. The author of *The Atlantic’s* article asserted the United States would be well-served to devote precious school resources toward increasing student achievement, rather than subsidizing game-playing in our schools. Using the European model as an example, the author asserts sports should be a community function, not a school enterprise. So, if someone were to recognize you as a prep coach and stop you in the grocery store aisle to ask you why funding sports in our schools is worth limited school funding, how would you respond?

The National Federation of State High School Associations (NFHS) has compiled extensive research on the long-lasting benefits of high school sports. Life lessons that complement other academic lessons are taught every day in our gyms, courts, tracks, rinks, pools, and fields. Hard work, dedication, dealing with adversity, communication, academic success, health benefits, and the like are frequently cited as benefits of participation. This past year’s media coverage underscores our need to trumpet high school sports as laboratories for life lessons. Through prep sports and under the watchful eye of skilled coaches, students can hone those skills that can lead to a healthier and more successful life by improving their fitness, learning to deal with and mitigate stress, experiencing goal setting, developing emotional and social skills, teaching self-discipline, and molding moral development and leadership abilities. Think about those intangible skills we gained and our athletes are learning by playing sports. Some of these attributes are quite amazing: the ability to seemingly slow down time to make a decision, accept (sometimes public) criticism, to pick someone up when they are down, and to know the agonizing feeling of defeat and pure joy of success. The value of our traditional classrooms is undoubtedly great, but these same classrooms are not able to replicate the learning environment provided by the skilled interscholastic coach. We undoubtedly need an emphasis on science, math, English, and social studies in our schools. So, too, do we need (now more than ever) an outlet

to teach our youth how to work with, communicate, and succeed in a competitive environment our nation will rely on.

In a *Huffington Post* counter-commentary to “The Case Against High-School Sports,” writer Kai Sato (2013) offers testimonials from business leaders discussing what they look for in their employees:

We try to recruit people that can work in a team environment, are competitive and driven, and it is not a prerequisite, but many times athletes have those traits, says Ken Marschner, Executive Director of UBS (Sato, 2013).

In my 30 years in the business world, I have found that what an athlete brings to the workplace is discipline, teamwork, a drive for success, the desire to be held accountable and a willingness to have their performance measured, says Steve Reinemund, former Chairman & CEO, of PepsiCo (Sato, 2013).

As Sato (2013) comments, the benefits to our female participants are immense:

In 2002, a study by mutual fund company Oppenheimer revealed that a shocking 82% of women in executive-level jobs had played organized sports in middle, high or post-secondary school. Moreover, nearly half of women earning over \$75,000 identified themselves as ‘athletic’ (Sato, 2013).

The skills developed through high school sports participation are difficult to reproduce in a traditional classroom setting. Athletics remains as, and should be promoted as, a valuable laboratory for life lessons; a laboratory which plays an integral role in the promotion of citizenship skills and education of our youth. Please, do not be afraid to champion this truth at your next opportunity and every one thereafter!

Sources:

National Federation of State High School Associations. (2013). The case for high school activities. Retrieved from www.nfhs.org/content.aspx?id=3287

Ripley, A. (2013, October). The case against high-school sports. *The Atlantic Monthly*, 312(3), 72-78.

Sato, Kai. (2013, September 27). The case for high school sports. *The Huffington Post*.

Retrieved from www.huffingtonpost.com/kai-sato/high-school-sports_b_3997391.html

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)

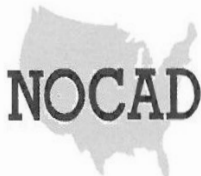
POLICY PERIOD

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



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

Jon 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*

Spring state tournaments are just around the corner and we did survive a long and cold winter. Most of you are busy making up games and events due to the wet season we have had. It will not be long and most of you will be back on the field with your summer soccer activities. Thanks again to our officers and reps for the great job they do to make the MSHSSCA such a strong organization.

We are proud as an organization to present an annual Mike Warder Scholarship to an outstanding soccer athlete in Minnesota. The award is given in honor of Mike Warder the Eagan Girls Coach who passed away several years ago. Art Seplak (Bloomington Kennedy Girls-retired) is the Chairperson of the Scholarship committee.

This year's boy's award is presented to Artis Coriskis of St. Louis Park High School. Coriskis was an All-State Player in 2012 and 2013. In addition he was a five year varsity player for St. Louis Park. He is a volunteer coach at Minneapolis Joy of the People coaching kids 5-14. Artis plans to attend Grinnell College in Grinnell, Iowa this fall. We wish him well in his college endeavors.

The MSHSSCA 24th Annual Soccer Coaches Clinic will be held on Friday August 8th at Benilde-St Margaret's in St Louis Park. Greg Juba (Park of Cottage Grove Girls) is the director for this event. The registration form for this event is in this issue of the Prep Coach. Please follow the instructions and send in your registration to Art Sepal. Please remember that the clinic fee does not include your MSHSSCA membership. Most of you know all the perks that go with being a member. Also you get a break on your NSCAA dues by paying at the clinic. There is a special Thursday night gathering for coaches. Please take a look at that information. You need to get the form in by August 1. We look forward to seeing all of you at Benilde-St. Margaret's.

The Advisory Committee met with Jody Redmond. There are several things that you need to know. The first item deals with adding an additional class to soccer. The MSHSL has criteria for adding classes. The numbers are as follows:

32 teams	1 class
96 teams	2 classes
288 teams	3 classes
320 teams	4 classes

At the present time we have 228 girls' soccer teams and 230 boy's teams. We need to add additional teams to get to our next class. There are more factors involved in a third

class such as cost, location, and other logistics. We are already on a two year program to have the state tournament at St. Cloud.

There are a couple of items about uniforms. There are no changes in the game uniforms, white is still solid white. The other issue is the Cancer Awareness games which in many cases involve pink. If you look on the MSHSL website there is a memo that says that teams can have pink-warm-ups (with regular team jerseys under them) but can not wear pink jerseys. The pink can not take place of the home teams white uniforms. In addition pink can not play white. Other items such as wrist bands, shoe laces and other items are allowed.

There is no change in the start date of the soccer season. The league has a two a day practice/heat climate policy. Because this is a health and safety issue for football all sports will be held to the same standard in the future.

In other items for your information, all coaches will have to redo their CE courses. The decision to have this done every three years, not matter when you started coaching. So even coaches that did it two years ago will have to do the courses this year, so that everyone is on the same 3 year schedule. This will be available to you starting July 1st. The MSHSL is doing the videos/tests. There will be no pre-tests and coaches should find them more valuable. The training modules are much improve. Again you need to check you coach's box on the website and make sure you follow the direction.

The Advisory Committee wishes to thank Jody for her time on behalf of soccer and meeting with us.

The State Tournament dates are set. The first round will take place on the 21st, 22nd and 23rd of October. The four sites will be announced later this summer. The State Tournament will be held at St. Cloud State University on October 28th, 29th and 30th. This is a Tuesday, Wednesday, and Thursday format. The games will be played at the SCSU Stadium. Third place games will be played at Selke Field. We are pleased to have SCSU host us for the next two years.

The Senior Classic will be moved outside as well and the site will be announced at the Clinic.

That brings us to one last paragraph. Vic St. Martin, long time hockey coach and teaching friend of mine at John Glenn Middle School in ISD622 passed away this month. Vic was a great guy, a real hockey coach and educator. We want to wish his family our condolences.

Lots more information for all coaches at annual clinic. Remember we have a Head Coaches Meeting during Session 3. Coaches will receive the Association information packets at this meeting. If you need any information about the organization or policies, visit the website at MSHSSCA.ORG

Have a great summer and enjoy the time with your families. Remember you have the greatest job in the world working with young athletes.



MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION

Website: www.mshssca.org

in conjunction with the Minnesota State High School Coaches Association, Inc.

24th ANNUAL SOCCER COACHES CLINIC

WHO: OPEN to ALL interested soccer coaches (youth, club, high school, college)

THURSDAY night August 7th: 6:30PM – 9:00PM

FRIDAY, August 8th: 7:30AM – 2:00PM

Keynote session plus social hour (NEW This Year)

**WHERE: Park Tavern
3401 Louisiana Avenue
St. Louis Park, MN**

**WHERE: Benilde-St. Margaret's School
2501 Highway 100 South
St. Louis Park, MN**

COST See Box below: Includes appetizers Thursday night and a box lunch on Friday
T-Shirt for the first 250 registered coaches

For more information, please call:

Greg Juba, Director -- Head Girls' Soccer Coach -- Park (Cottage Grove) High School
cell -- 651.260.1048 email -- gjuba@sowashco.k12.mn.us

AGENDA for Friday

- 7:30 – 8:15AM Sign-in / Registration
- 8:30 – 9:25AM Session I
- 9:45 – 10:40AM Session II
- 10:55 – 11:50AM Session III
- 11:50AM – 12:50PM LUNCH**
- 1:00 – 2:00PM Session IV

NOTE: There will be a **Head Coaches Meeting** during Session III. Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed. *Session for all NEW COACHES head and assistants, will occur during the lunch hour.*

To belong to the MSHSSCA, you must also join our parent organization - the MSHSCA.

Costs:

- Clinic Registration = \$50 before August 1st, 2014
= \$60 after August 1st, 2014
- NSCAA Dues = \$70 before August 1st, 2014
(National Soccer Assoc.) = \$85 after August 1st, 2014

****MSHSSCA Dues**** This year MN Soccer Coaches Assoc. dues need to be paid online by credit card or paid at the clinic. **DEADLINE for DUES PAYMENT is: October 1st, 2014.**
*****PLEASE go online and take care of it NOW!*****

Total for each Coach = \$50 Clinic Only
= \$120 including NSCAA

Above costs reflect registration BEFORE August 1

Please fill out the registration form and Mail to (Before August 1, 2014):

**Art Seplak • 10077 Upton Road Bloomington, MN 55431-2849
952.881.2898**

Clinic and National Coaches Association Registration Form

!!!! Please be sure to CIRCLE the (Head/Asst) (Girls/Boys) choice and also the LUNCH choice for EACH COACH registered. Please give YOUR Preferred mailing address and phone number. Current National Assn. members, please add MEMBER NUMBER. ADDRESSES AND PHONE #s needed for other registrants ONLY if they are joining the National Assn.!!!!

Your Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ (NSCAA #) _____
City _____ Zip _____ Phone _____

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie
Do YOU plan to attend Thursday evening at Park Tavern? (Circle) YES NO

OTHER REGISTRANTS:

#2 Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ (NSCAA #) _____
City _____ Zip _____ Phone _____

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie
Do YOU plan to attend Thursday evening at Park Tavern? (Circle) YES NO

#3 Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ (NSCAA #) _____
City _____ Zip _____ Phone _____

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie
Do YOU plan to attend Thursday evening at Park Tavern? (Circle) YES NO

#4 Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ (NSCAA #) _____
City _____ Zip _____ Phone _____

Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie
Do YOU plan to attend Thursday evening at Park Tavern? (Circle) YES NO

Fees: (circle the choices for each registrant)

Registration	Clinic Registration Attendee	National Soccer Coaches' Association of America (NSCAA) (Optional) Dues	Total
Yours	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
#2 Registrant	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
#3 Registrant	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
#4 Registrant	\$50 before 8/1 / \$60 after 8/1	+ \$70 before 8/1 / \$85 after 8/1	=
Make checks payable to MSHSSCA			TOTAL SENT =

REMINDER: Minnesota State Soccer Coaches Association membership MUST be done online at mshssca.org

(Clinic registration DOES NOT include MN State Soccer Coaches Assn. membership!)
Mail to: ART SEPLAK, 10077 UPTON ROAD, BLOOMINGTON, MN 55431-2849

Opportunity for Coaches: 2 day U of M Seminar

**Dr. Ralph Pim will be leading a Summer Coaches Seminar:
Winning on the Scoreboard and Beyond,
July 22nd-23rd from 6-9pm in the M Club Room at TCF Stadium,
located at 420 SE 23rd Ave, Minneapolis, MN.**

Below is a snapshot of Dr. Pim's bio, as well as an overview of his seminar.

Dr. Ralph Pim is recognized as a global expert in character and leader development through sport. He is an acclaimed author and dynamic speaker. Throughout his career, Dr. Pim has developed leaders of character and teams of significance as a professor, collegiate basketball coach, mentor, athletic administrator and physical education chairperson. He was a Professor of Physical Education and Director of Competitive Sports for 12 years at the United States Military Academy at West Point. He is currently a sport consultant and visiting fellow with national sport organizations in Singapore and New Zealand. Dr. Pim has authored or co-authored 9 books on coaching and leadership developments. He has been a featured clinician at the NCAA Division I Men's Basketball Final Four for the past 12 years.

The Winning on the Scoreboard and Beyond curriculum is based on the principles of competitive greatness & significance, and it answers 2 crucial questions for today's coaches:

1. Why is it that some cultures get their team members to wholeheartedly buy in and others don't?
2. What can coaches of any level do to develop athletes and teams to play their best?

Winning on the Scoreboard and Beyond provides a formula for winning dedicated to the development of talent, leadership, and character. Dr. Pim delivers a 7-Step plan built on how to build exemplary teams and create cultures of significance in life and sport. It is not limited to soccer or basketball...it is applicable for coaches of all sports.

Registration can be found online at www.mnsoccercamps.com and is \$375.00 per person, which includes all necessary seminar material as well as refreshments. There is a limited number of spots available, so please do not delay your registration.

If you have any questions, please do not hesitate to ask.

Stefanie Golan, Head Soccer Coach
University of Minnesota
612-626-1381 office • 612-799-9180 cell
www.gophersports.com



Minnesota State High School Coaches Association

HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

- 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.
- 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.
- They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

ELIGIBILITY REQUIREMENTS

- Nominees must have been active in coaching and/or athletic administration for a minimum of 25 years.
- 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!!**

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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at some of the lowest prices in the USA.

Over Hill *and Dale*

By: Thomas Sharp
Eastview High School

The end of another track season is coming to a close, which means all thoughts turn to the fall and Cross Country. Once this track season has ended, we will be working on the association website to make it the first stop in your CC needs; and become a viable source of communication.

Please try and clear your schedule for the Summer Clinic, because of scheduling conflicts, the clinic will be moving to early August this year, details will be sent out soon. Kevin Moorhead is doing a wonderful job again in lining up

excellent speakers, and Dave Chatelaine is working on some door prizes that can be awarded at the clinic. We need to revisit and have further discussion on the race distance for our female athletes. We are working on having information in regard to questions and concerns posed during our last discussion, as well as updating you on the most recent changes outside of Minnesota. The more coaches we can have in attendance, the better and more reflective of the association our discussion and decision will be. This is also the time that we honor our Coach of the Year recipients and Hall of Fame Coaches; they deserve our congratulations and appreciation through attendance at the ceremony.

Good luck with the rest of the track season, I look forward to seeing everyone this summer!



SNYNCHRONIZED SWIMMING

By: Jennifer Wood
Head Coach Eden Prairie Synchronized Swimming

Synchronized Swimming is a sport based on perfection. In the Synchronized Swimming Rule Book it states that “all judgments are made from a standpoint of perfection.” This perfection we strive for is what makes our end result so breathtaking! Whether it is an amazing throw in a team routine or a dazzling solo, there are many breathtaking moments in synchronized swimming.

Perhaps the most breathtaking moment comes in the moment our 12 week season begins! Twelve weeks is not a long time to swim a “perfect” routine. It takes lots of hard work from all involved. The swimmers all learn at least one new routine and many swimmers learn up to three routines. Our routine times range from short solos at two minutes long to extended teams which are four minutes in length. Not only do the swimmers need to learn their routine they need to synchronize it with up to 7 other team members! Not an easy task to complete in 12 short weeks!

In addition to learning routines, swimmers also need to perfect their figures. Each swimmer will swim four figures that will be judged individually. When it comes to final scores at sections and state, figure scores are equally important as the routine score. Just one more thing to work on and take our breath away!

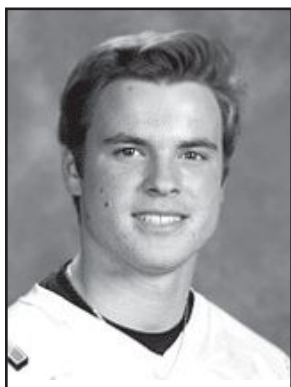
The creativity the swimmers demonstrate is also breathtaking. Besides swimming the routines they also work on the choreography, invent new moves in the water and take time outside of practice to create exactly the right suit and headpiece to help convey the theme of their routine.

New swimmers often have the toughest road ahead of them. Not only do they have to learn all their figures and at least one routine they have to learn the language of synchro and how to make their body do what they want it to do all while upside down, holding their breath, and swimming under the water. Even if you knew how to swim when you joined synchro you now need to learn many new ways to propel yourself across the surface of the water, how to make your legs rapidly rise vertically in the water and how to tread water looking effortless and with both of your arms out of the water. If all that work isn't breathtaking I don't know what is! I often wish I had taken a video of my new swimmers during the first week of practice so I could compare it to their last routine swim. You would never believe it was the same girls! I am sure they wouldn't want to see themselves struggling so much at the beginning just to stay afloat with their legs in the air but they may make the most breathtaking transformation of all!

Finally, the literal “breathless” portion of synchronized swimming comes during the actual swimming of routines. If the nerves of standing on deck waiting for your music to begin don't take your breath away your breath will surely be taken away the second you dive in! Routines are filled with many different formations, complicated leg positions, trying to cover all areas of the pool as many times as possible, all while being performed with precision and synchronization. How high does a swimmer get lifted out of the water with her teammates all under the water supporting her? How far can a team of girls throw a single swimmer out of the water? These are all just a few more things to try to make perfect during a routine swim. Of course this is all done with quick breaths before the team dives under the water again to do just one more hybrid! Synchronized Swimming turns out to be truly breathless all around.

After the Game Bring Your Team to 

SCHOLARSH



Riley Bates St. Cloud Tech HS: Riley, an athlete in the sports of football, hockey and tennis, found that athletics taught him time management, striking a balance between school and sports. In addition, Riley feels athletic teaches dedication and good decision making skills. He will attend St. Cloud State University in the fall.



Aubin Bruns LeSueur-Henderson HS: Aubin, also a three sport athlete, states that athletics have taught her lifelong skills of goal setting, fair play, self discipline, determination and being a team player. Aubin will attend the U of M, Twin Cities campus this fall.



Adam Essler New London-Spicer HS: Adam's participation in varsity athletics started as a 7th grader, when he made the track team. He feels that athletics teach dedication, hard work and the importance of being a role model to younger athletes. Adam plans to play football at U of M, Duluth, majoring in Exercise Science. He hopes to use his major to continue as a football coach after graduation.



Kennedy Janssen Martin County West HS: Kennedy feels the lessons learned in her three sports, were not only the skills needed, but communication, organization, leadership, focus and passion. She states sports taught her how to be competitive, not just in a game, but in all parts of life. Kennedy will attend the U of M, Twin Cities in the fall.



Christopher Lam Rochester John Marshall HS: Beginning with swimming, as a Freshman, and branching out to track and cross country, Christopher says he learned self confidence and determination to go long distances. He states, when classes get difficult, I have the willpower and drive to succeed. Christopher will attend the University of Illinois this fall.



Kristin Mehr ROCORI HS: Kristin began her sports career as the only 7th grade girl on the cross country team. As she branched out to basketball and softball, she learned leadership skills and to balance her time between school and sports. Kristin states that, through a challenging cross country season her Senior year, she learned the crucial lesson that times will get tough and it would be easier to quit, but I cannot. Kristin plans to attend the University of Wisconsin, LaCrosse.

SHIP WINNERS



Christopher Novak Blaine HS: For Christopher, athletics taught him that if a team acts like a family, it will succeed more than a team of individuals who only care about themselves. The idea that not blaming teammates or officials for a loss, that each member works together to accomplish a goal should carry over to any job a person may have. Chris plans to attend U of M, Duluth this fall.



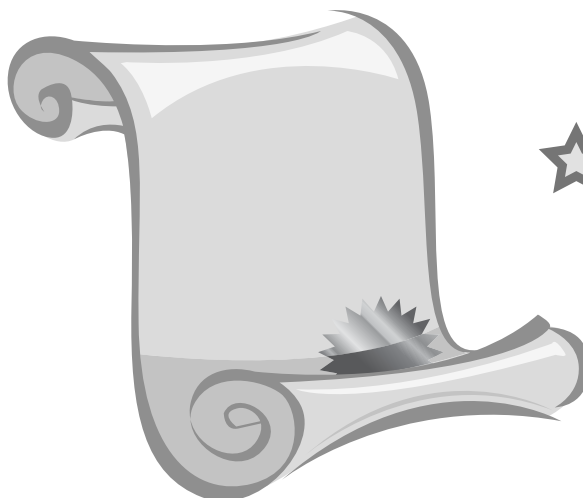
Marc Peterson Esko HS: Marc is a three sport athlete that also participates in band. He has had to be organized and manage his time efficiently. He believes athletics has taught him to be a leader that has vision, tackles problems and situations, and set goals to achieve. Marc plans to attend St. Scholastica in the fall.



Regina Schimek Deer River HS: Regina echoes the benefits of athletics that have been mentioned by the other recipients, but goes on to say that sports have taught her how to take care of her body by eating right and exercising. She also feels that athletics teach you how to build relationships and trust as a team and that will be a lifelong skill. Regina plans to attend North Dakota State University in the fall.



Erin Tolkinen Park HS: Erin enjoys the lifelong sport of running. She was a member of her high school track and cross country teams for four years. Erin believes that running has made her stronger both physically and mentally and given her a way to channel her energy. The physical training also teaches the discipline needed to succeed in the classroom. Erin will attend Bethel University in the fall.



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.



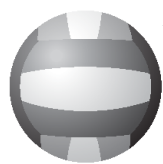
Dig This

By: Celeste Gorman
Blaine H.S.

Greetings volleyball coaches! I think spring is here and summer could definitely be close. That means it's time to start really getting ready for fall. If you're anything like me, this is the time of year when my brain is on fire with planning lineups and practices. I start wondering how the "off season" has treated my players and how will they respond to this challenge or that role. I am ready for it to start but I certainly don't want to take today or any day for granted. Our Association is filled with coaches who are passionate about what they do. Sports have a way of making us have to be better or get better in order to stand on the court of competition. It is important for us as coaches to remember that we must keep learning in order to be the best teachers. This summer marks the 35th annual Minnesota Volleyball Coaches Association clinic which will take place at St. Michael Albertville High School. Planning is well underway at this point with the goal of making the 2014 clinic the best yet. What really makes this clinic great is the coaches in attendance. While other states are reporting clinics with dwindling attendance ours is still strong. For this reason we are able to bring in the best our sport has to offer. 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 Wednesday afternoon, July 23, the clinic will begin with a featured speaker followed by several educational sessions. The evening will be highlighted with the annual All Star game featuring the state's top senior talent followed by a coaches' social. Thursday morning, July 24, there will be several hours of sessions on the court and in the classroom. After each session there will be giveaways but you must be present to win. AVCA Memberships will no longer be included in registration pricing but there is a link on the website for you to renew on your own. The Breakdown will be available at a significant discount on the registration form as well. This year coaches will receive a 35th Annual MNVBCA Signature t-shirt but you only get to pick your size if you pre-register so get online and take care of that today. Registration will only be available on the association website or at the clinic. Enjoy today but don't forget to prepare for tomorrow. See you in the gym!

"My great concern is not whether you have failed, but whether you are content with your failure."

- Abraham Lincoln



2014 VOLLEYBALL CLINIC

35th Annual Summer Coaches Clinic

July 23 & 24 • St. Michael-Albertville HS



Register for membership and the clinic online at www.mshsca.org

***ALL Coaches attending the volleyball clinic must be members of MSHSCA**

Out of state, college and club coaches can join as associate members

Login with your email and password from last year's online registration.

If you did not choose a password, your password is probably zzz.

Questions? Call: 218-847-6796 or email: jomar2@arvig.net

**Payment can be made using a credit card, check or money order.

One check can be sent for an entire staff. Each staff member enters their information and prints out a receipt to be included with one payment.

Mail online registration payment to:
MSHSCA, PO Box 519, Detroit Lakes,
MN 56502

**Register before July 18th
for the lowest rate**

Headquarter hotel is the
Country Inn & Suites by Carlson
6554 Lamplight Dr. Albertville
763-463-2600

Featured Speakers

**Baden featured speaker
Mick Haley, Head Coach, USC**

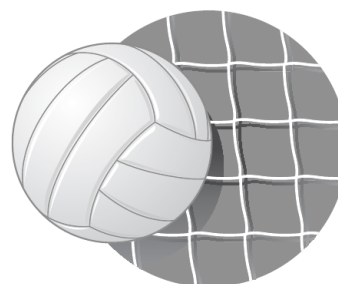
**Minnesota Gophers Volleyball Coach and
Former Men's and Women's medal winning
Olympic Coach Hugh McCutcheon**

Attention Volleyball Coaches,

Save the dates for July 23rd and 24th for our association's 35th Annual Coaches' Clinic. We are thriving community with great volleyball minds and resources in our backyard. Join us this summer for a pumped up version of our usual amazing clinic!

Clinic begins with our featured speakers on July 23rd followed by some of the best coaches of all levels that the midwest has to offer. We'll start the night out with dinner and the always entertaining All Star Game. Day one ends with a new and improved Coaches' Social featuring live entertainment at a nearby venue. Live entertainment could be you (karaoke style) or it could be a local 80's cover band featuring MNVBCA coach to be named at a later date. Day 2 will be filled with more from our featured speakers as well as area's top college, high school and club coaches presenting knowledge for coaches of all experience levels. We finish the clinic with our grand price giveaways. See you at the STMA HS in July!! *Everybody who is anybody will be there. * You will be smarter, stronger, healthier, wiser, funnier and way more popular if you attend.

*These claims have not been verified by the FDA, USDA or the MNVBCA.



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

dugout chat



By: Todd Smrekar

President - Minnesota State High School Baseball Coaches Association
Cambridge-Isanti High School

Mother Nature dealt us another challenging spring again this year. Indoor practices, cancelled games, and rescheduled games were the norm, not the exception. Hard to believe, but the reality is that our Section and State Tournaments are right around the corner and will be in full swing and nearly completed by the time this is published. Despite the fact that games will be played with a rapid pace in the weeks leading up to the sections tournaments. It will truly be a sprint to the finish. I want to wish all of your teams the very best in remaining season games and upcoming tournament play. I would also like to pass along a few important reminders, as season ending nominations and awards will be upon us before we know it.

The season is always busy once it gets going, but this is going to be an especially busy spring for us all, but please remember to nominate all deserving athletes for end of season awards and recognition. All of the necessary Minnesota High School Baseball Coaches Association forms can be found on our website; www.mshsbca.org (click on the online nominations link at the top of the page and it will take you right to the page with all of our nominations). The 2014 Play Ball! Minnesota High School All-Star Series presented by BIG and Cambria nomination will take place June 19th, 20th, and 21st in Chaska. The All-Star Series will kick off with our annual banquet at 7:00 p.m. on Thursday June 20th. Former Twins manager Tom Kelly will be the featured speaker this year. Tickets for the banquet are \$30 and can be purchased on the www.mshsbca.org website. The

banquet will be held at the Hazeltine National Golf Club in Chaska and feature an excellent meal. 2014 MSHSBCA Players of the Year in all three classes will be recognized at the banquet as well. All coaches who have a player selected for the series are encouraged to attend on Friday night to be introduced along with their player during opening ceremonies on June 20th at 6:00 p.m.. **This year will be the 40th Annual All-Star Series. All coaches are encouraged to check this event out.**

The nominations for All-State and All-State Academic (both team and individual) can be found under the information tab on our website, and click on online forms or click on online forms on the homepage(www.mshsbca.org). All-State nominations are all due on **June 1st**. Thank you for your attention to these details, one of our many duties as coach to promote our student/athletes for awards. Please be sure to note the due dates on the different forms.

Another item that coincides with promotion of our and tracking of our sport, is to be certain to communicate with the media and get as many high school baseball scores as we can in the paper and on the Baseball Hub(www.mnbaseballhub.com), according to the Hub we have seen an increase in the number of scores being reported in 2014, so this is great. It only takes a moment to enter your final score on the Hub after each game, and it will get in the Star Tribune, as well as being released via Twitter to other members of the media. You are also encouraged to use the website provided by the Hub to each team for statistic tracking.

The 2014 State Tournament will be held in Chaska and Jordan for Class A, St. Cloud for Class AA, and Midway Stadium, Siebert Field at the University of Minnesota for Class AAA on June 12th and 13th with all three finals again being hosted by the Twins at the splendor that is Target Field on Saturday June 14th. The Championship Series

MINNESOTA PREP COACH

Games at Target Field begin at noon (Class A) on June 14th and continue at 3 p.m.(Class AA) and 6 p.m. (Class AAA); we hope to see all of you there. Section champion coaches should be aware that all three classes will once again have a banquet the night before tournament play begins.

Other items of importance to note include the MSHSBCA Junior Showcase, which will be held in Minnetonka again this year. The date for this year's showcase is Thursday July 10th. Nominations were due on May 15th. There will be multiple college coaches and area scouts that attend. Thank you to Tink Larson and John Wilkens for all they do in coordinating this outstanding event and to Paul Twenge for hosting the event at the beautiful complex at Veteran's Field in Minnetonka(on the campus of Minnetonka High School).

A reminder that impacts us all is that our rosters will increase from 18 to 20 in the spring of 2015. Additionally, based on feedback from the membership, MSHSBCA Advisory Committee has proposed to add a 4th class in baseball. Class breakdowns will be similar to how basketball is divided. This proposal will make its way through the region committees and ultimately the MSHSL Board of Directors in the coming months. Please communicate with your Athletic/Activities Director your feelings about this.

John Wilkens and Paul Twenge are already hard at work planning our annual John Wilkens Fall Clinic. This year's clinic will be held at the Ramada Plaza on October 24th to the 26th. Information will be sent out soon. MSHSBCA will also issue a variety of awards at the annual Hall of Fame Banquet on Saturday October 25th. The 2014 Hall of Fame class includes: Pete Cheeley(St. John's Prep High School), Pat Collins(Chisago Lakes High School), Pat Held (Staples – Motley High School), Ken Mauer (St. Paul Humboldt High School), John

O'Brien(Centennial High School), Terry Ryan(Minnesota Twins), Bob Weier(New Ulm Cathedral High School), Bruce Woitas (Sleep Eye St. Mary's High School). Bring your staff with you for excellent clinicians and networking with other coaches in the state.

Finally, you are encouraged to look at the Minnesota State High School Baseball records that have been compiled by Tink Larson. These are also accessible on our coaches' association website, under the records tab. If you have an individual or team record to add to the list, as well as

coaching records, please send that to Tink Larson at tlarson@hickorytech.net. Thank you to Tink for all of his work on this, if you have not had a chance to check out the records, you should, it is awe inspiring the amount of work that Tink has put into this.

As the season comes to a close, I wish all of you the very best. Please remember that there are a lot of administrative tasks that each coach should complete to recognize their athletes and promote our great sport. See you at the park.

CLEARING THE HURDLES



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

This is my last column as president of the association for the *Prep Coach*. As I was thinking about what I should write, I thought of the need for more coaches to give back to the sport of track and field. Allow me to take a contrarian, life is not rosy view for a moment. One could argue that all is not well with track and field in Minnesota. The problem is not the athletes, it is coaches not getting involved in the sport beyond their own community. We are better off than many states in the country that do not even have a track coaches association, but we are also not doing as well as we might.

Please get involved in the statewide association or, at least, at the section level. Too many of us wish things were different, want things to be different, but we do nothing to make things better.

If you are asked to speak at the clinic, please say yes. If you are asked to speak at the clinic, it is because the clinic directors were given your name as somebody who knows his/her event.

If you are asked to be a section representative, please say yes.

Our sport will die in this state if coaches do not get involved.

For years, the coaches at Park Center worked their tails off to host the clinic so many of us attended. If they had not done that, we would not have had a clinic. The new clinic directors are working hard and the attendance figures demonstrate that the coaches of the state appreciate and value the product.

We need more coaches, younger coaches on the true team committee. I've been on the committee for twenty years and I don't think I'm in the top half of the group as far as age. Heck, at our meeting last Saturday, there was a table of six gentlemen and the conversation was about where their burial plots are located. If that is not an example of an aging group, I do not know what is. If we do not get more coaches on the true team committee in the next five years, I honestly see true team disappearing.

We have a new initiative in the association to honor a track and field volunteer from each section and then statewide. That came from an idea a member had, and pursued it, and now it will become reality with that member leading the effort. If you are asked to serve on the committee to select the volunteer of the year, please say yes.

Please...give back to the sport we all love.

If you want to know ways that you can get involved, please contact me.

MSHSCA 2014-2015 MEETING DATES

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

Well this is my last article that I will be writing for the Prep Coach as I turned over the reigns of the MSHSNCSA to Brian Abery, at our Spring Meeting, in April. I would like to thank our membership for the opportunity to lead this organization for the past two years. We have had the typical struggles with the weather, too warm or too cold and windy but in the end it has all worked out. We have looked at ways to improve our sport in adjustments from way we would like to see our kids advance to the state meet to looking at the feasibility of a multi-event format. We have seen the change in the state meet banquet and recognition

program. Although this is a work in progress the changes have all been positive and I feel we are moving in the right direction.

At our Spring Meeting we had our season recap and discussions for the future. We heard from our outgoing Victor C. Dunder Awards committee member Mike Miller. Mike and Chris Torvi are looking for replacements and if you are interested please contact Mike, Chris, Brian Abery or me to get lined up to take over this important program for our kids. We discussed to recognition that we need to provide Don Wolter and Robin Baker. We lost both long time coaches and Nordic ski advocates in the past year. We will be looking to induct both into our Hall of Fame and continue the discussions in being able to provide a scholarship program in their names for our skiers.

As we look forward we need to continue to make things better for our skiers and our ski community. With that being said we need to continue to be the leaders that our athletes depend on of guidance and support as they grew up and move on in their lives. It is important that we do take and active interest in where our kids are going after the graduate from our programs. We need to continue to make Minnesota a leader in Nordic Skiing and make sure we have a strong backbone heading into the future. It is important that we make our voices heard and not sit back and let ski programs at Macalester, Carlton, St. John's, St. Ben's, and now Gustavus be cut without notice. We do need local programs for our kids and it is becoming tougher and tougher for provide them when programs are being cut.

Once again thank you for the past couple of years and I look forward to sitting in the crowd again getting caught up with the things I missed out on being up front.

Do you need on-line registration for your

- Camps
- Events
- Community Education
- Leagues
- Classes
- Meetings



Manage your registrations just like the **MSHSCA**, **MNAHPERD**, and **MNIAAA** by using **Cordonco.com**

- Accept Credit Card Payments
- Manage Payments, Class Lists, & Rosters
- Set up as many Events as you want
- Share on-line with Coaches, Teachers and Volunteers
- Eliminate the paperwork hassle & gathering forms and checks



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.



HOOP SCOOP



By: Carl Pierson
Waconia High School
2014-2015 MGBCA President

As the school year draws to a close coaches across the state are gearing up for the “summer season”. But before we are consumed with open gyms, team camps, and summer leagues the 2013-2014 winter season deserves to be revisited and celebrated.

Congratulations to the state champions Eastview, Park Center, New Richland-H.E.G., and Win-E-Mac. It is also important to acknowledge our state coaches of the year:

Class A Coach:	Ian Hanson	Win-E-Mac
Assistant Coach:	Brian Buffetta	Mt. Iron-Buhl

Class AA Coach:	Brent Lurken	Kenyon-Wanamingo
Assistant Coach:	Jake Wieme	Kenyon-Wanamingo
Class AAA Coach:	Dan Westby	Marshall
Assistant Coach:	Steph Bot	Marshall
Class AAAA Coach:	Melissa Guebert	Eastview
Assistant Coach:	Ellen Spika	Eastview

A full listing of the section coaches and assistant coaches of the year can be found on our website: www.mshsca.org/girlsbasketball.

Northfield and Carleton College played host to our All Star games on April 26th. An enormous thank you goes out to this year’s all star committee of Stephanie Balvin, Tony Mathison, Paul Richardson, Melissa Guebert, Michelle Goodman, Emileana Graupmann, and Emily Monaghan. They put in countless hours and worked relentlessly to make this year’s event special for all involved.

In conjunction with the All Star event our association inducted four new members into our Hall of Fame. Gary Peterson, Beth Clark, Tim Teas, and Clark Worthington were enshrined for their considerable contributions to girls basketball in Minnesota.

Once again the Miss Basketball committee had a lengthy list of remarkably talented players to observe and consider but this year’s crown went to Carlie Wagner of New Richland-H.E.G. She proved to be a worthy choice as the Gopher recruit shattered several records while leading her team to a second consecutive state championship.

Looking forward, our association is working on several issues in an attempt to enhance and improve our game. We are in the preliminary stages of attempting to incorporate a consolation round to the state tournament so teams can enjoy more of a full experience rather than the “one and done” 16 teams currently face. We continue to lobby for seeding the class AAAA playoffs

in an NCAA style 1-64 bracket with the expectation that doing so would lead to a better state tournament and greater interest from the general public.

If you have any ideas or opinions on these or other issues we would love to hear from you. Feel free to contact me at cperson@waconia.k12.mn.us or reach out to your respective section representative. We are actively seeking new ideas and input that will help grow our game.

Thank you to Kent Hamre for his commitment and his contributions as our President for the past year. I hope I can equal his contributions during my tenure and I sincerely appreciate the opportunity to serve this outstanding organization of professionals for the 2014-2015 season.

Until next time, may all your parent phone calls be complimentary and may all your players make their layups!

Swim Strokes



By: Justin Haycraft
Prior Lake

President – Boys Swimming & Diving Coaches Association

In April, the coaches association recognized the All-State Athletes, Coaches of the year and section award winners. We also were able to award four \$1000 scholarships to athletes planning to swim or dive at the Division II or Division III level. At the All-State Banquet we had the largest attendance yet, hitting capacity.

With these issues, discussion occurred at our membership meeting on how to handle this in the future. The membership has decided to create an initial cap for parents and athletes and then the rest could be athletes only and scholarship recipients. We have made these decisions in order to ensure as many athletes are able to attend the banquet as possible before we reach the maximum capacity of the prom center. I suppose this is a good problem to have.

Also at the business meeting, we have decided to move away from the coaches meetings at the state meets. We all felt this was a poor use of resources and have decided to move to a digital newsletter instead.

There was also quite a bit of discussion about the awards for coaches, athletes, and academics. We could tell there is a need for further recognition of assistant and diving coaches and we will look into these other awards in the coming year. The academic awards have become even more problematic with some schools not ranking students anymore. We found that the academic champion for the sections, were not necessarily the highest GPA in each section and therefore the awards became confusing. We have decided to drop the

... continued on page 29

MSHSL BOARD OF DIRECTOR'S REPORT

By: Mark Solberg
Cambridge-Isanti Public Schools

As we approach the end of the school year, I want to thank coaches across Minnesota for their efforts to educate our students, provide life-long lessons, provide life-long memories, and develop future leaders. You help provide opportunities for our students to excel in academics, arts, and athletics!

In the winter of 2013-2014, more than 3,500 students from our state completed the Minnesota State High School

League's "Listening to Students Survey." Amy Doherty from the MSHSL has compiled the results and here is a brief highlight of what students had to say:

1. 98% agree that school activities and athletics instill a sense of school pride.
2. 97% agree that participation in school activities and athletics provides an opportunity to develop lessons not necessarily found in the classroom.
3. 94% agree that students who participate in school activities and athletics tend to be school leaders.
4. The most selected positive outcomes that student participation have experienced through activities and athletics participation: teamwork, self discipline, commitment, responsibility, fun.
5. The most selected "best qualities of a coach": gives a lot of his/her time, inspires and motivates students to perform at their best, cares about students as individuals.
6. The most selected things that you appreciate most about

your parents/guardians' attitudes toward your participation in athletics and activities: they attend my games or events, they encourage me, even when I lose, they let me participate in the activities or athletics that I choose.

7. In the days of fees to participate, I found the following statement alarming: 33% of students said that they or someone they know has not been able to participate in activities or athletics because of financial reasons.

8. The most selected critical sportsmanship issues in high school activities and athletics: loss of respect for officials, loss of respect for players on the other team.

In MSHSL news concerning education:

With the recommendation of the Board's Technology/Coaches and Officials Education Committee, a policy was approved that requires all athletic administrators to complete continuing education requirements every three years. Currently that policy only pertains to coaches. The new policy becomes effective this fall. The policy reads as follows:

Effective for the Fall of 2014, All athletic administrators, sport coaches at the B squad, JV and Varsity level and fine arts coaches and directors in speech, debate and one act play will be required to complete the League's Continuing Education Requirement once every three years. In addition, All coaches and fine arts coaches and directors are required to complete the sport are activity Rules Interpretation Meeting annually. The Continuing Education Requirement will be available after July 1, 2014 and will include the following requirements:

Chapter 1- Why We Play

Chapter 2- Concussion Management

Chapter 3- Coaching for Change- bylaw 209.00

Thank you and please enjoy your summer!

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

Swim Strokes . . . continued from page 27

section and state champions for academic awards and look into individual awards for Seniors.

Finally, will the term of president ending as of July 1st Rory Fairbanks will be taking over as the new Boys Swim and Dive Association President. Andrew Michaelson of Burnsville has been elected as the next Vice-President.

Other upcoming events. We will be having our annual True Team Committee Meeting on June 24th at 9:00am at Cretin Derham Hall. Please attend to provide your input. We have also been able to stream this meeting through our website the past couple years, so if you are unable to attend, join us online.

The diving officials will be offering a diving clinic between the Class A and Class AA girls state meets this next

fall. Contact Tom Madura for more information.

Lastly, thanks to all those throughout the state that make swimming and diving teams successful! Without your service, our sport would not be what it is today! Thank you for all the hard work, long hours, and last minute line-up changes that you endure throughout your season. You make a difference in the lives of your swimmers and divers that will help them be successful no matter what they choose to do after their time on the team is done.

Mat Chatter

By: *Jair Toedter*
New London - Spicer



The high school season is wrapped up and even the youth are turning in their singlets. What does a wrestler or wrestling coach do in the spring and summer? As a coach sometimes it is hard to know how much to offer and how much to ask of your wrestlers outside of the HS season. There are many options available, much more so than in the mid-eighties when I was a wee lad. (Probably a phrase that was never used to describe me!)

At NL-S which might be similar to a lot of A and AA schools I first encourage my guys to get involved in a spring sport and stay active. We need as many of our boys who are athletically inclined to take part in our sports year round so that we have the numbers to remain competitive. I believe that competition of any kind is helpful for a wrestler and sometimes a body can just use some time away from the mat. We encourage those who really want to stay on the mats to take part in freestyle or Greco training which can be a huge commitment in our area because of travel times to practice and competitions, but is worthwhile if the wrestler is excited about the opportunity.

Then there is the aspect of strength and speed training. In the past decade we have enjoyed some very competitive and fun seasons on the gridiron and on the mat, as well as in boys basketball. For each of those teams one could point to a strong

core of athletes that no matter what their abilities were they had increased them significantly through regular training. Faster and stronger are never negatives when it comes to trying to improve. I have had the luxury of being on the same page in training techniques with the football program because a great relationship with the head football coach. This cohesiveness in training has made for easier transitions from season to season. Most importantly, we encourage our athletes to never stop their training. The main objective is to tweak your training to fit into and around the sport in which you are currently competing.

As a coach my toughest hurdle is that I can very easily find what the guys are not doing and try to guilt them into changing. What I need to improve upon is to show guys how they can start something today that will make a difference in their future no matter what they did yesterday. November will come quickly, but if we can encourage our wrestlers to start something today they have eight months to make a change for the better. A lot can happen in eight months so good luck.

Finally, I am going to try to start a coaches' only portion on the Guillotine Forum page with the help of people who know a lot more than I about technology. I think we have an excellent source available to us as coaches for the sharing of ideas. I envision as a site where one would use their own name and be willing to brainstorm new ideas to try to keep this sport strong for generations to come. The football coaches use a marketing theme for their association called keepers of the game. Hopefully there are a lot of you that would join me in being the guardians and ambassadors for the great sport of wrestling. Look for an email to MWCA members inviting you to be a part of this forum sometime this spring. Have a great spring!

After the Game Bring Your Team to 



Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

* I continue to be amazed, invigorated, motivated, inspired and proud of the legions of people in our profession who contribute in so many ways, large and small, to enhance the experience that is football in our state. Some years ago (decades?), I discovered the phrase 'our job is to create and maintain an environment that people want to be a part of'. Now, I confess to proudly taken authorship of that, but age has taught me to be not quite sure it is mine. Nonetheless, it remains one of those that one can hang his hat on as a guidepost to strive to do things the 'right way' and to conduct our programs in a manner that, at day's end, has served our kids, school, community and profession well.

A reminiscence of the season past underlines and highlights, yet again, the many reasons so many of you, of us, are blessed to have chosen and devoted a time, a career, in some cases a life, in coaching. We are too busy too often to reflect on when, how, and why we made the choice, but reflection teaches us that it was a GOOD one. When we choose a life in teaching and coaching we choose to try to make a difference in the lives we touch. I remain confident that in schools small and large you do make a difference. That you are among the best teachers and leaders in your school. That when you are needed, when you are called, you do all you can to help and give. That is the nature of the Coach.

For certain, we teach our student athletes skills, strategies, work habits, loyalty, discipline, et al. Our classroom gives them the opportunity

to compete, to test, to win with humility and to lose with grace. There are few metaphors for life as beautiful or meaningful as playing on a football team. While winning a game, a conference title, a section, is a goal, we know it is not the only thing. Far from it... it is the other 'stuff' that remains the essence of our calling.

Those in the record attendance at the recent MFCA awards banquet were reminded of that calling in a marvelous manner when the seven Hall of Fame inductees, Tom Idstrom, Mike Grant, Dave Nelson, Jon Bakken, Dave Fritze, Larry Thompson, and Marc Trestman spoke so eloquently about their life in football and what it meant to them. During the acceptance remarks, NOT A ONE OF THEM spoke about winning as an end game. (And these men represented hundreds of victories on the field of play.) Rather, they recalled with passion and humility the relationships (each and everyone gave special recognition and thanks to their spouse) they shared and espoused a genuine love for the game and the values learned and taught in their illustrious time. Especially telling was that of Marc Trestman, when he stood at the podium following the testimony of the previous six, and said, simply 'after listening to these men, I need to put my notes aside'. Coach Trestman then followed with an emotional tribute to his fellow inductees and to the impact of football in his life. All in the room that evening shared the special glow and pride that is being a part of the coaching fraternity... our very best taught us once again why we are privileged to be called 'Coach'.

Such a grand evening... congratulations to Jeff Williams, Owatonna, on his recognition as Coach of The Year... and to all the many deserving award recipients. Now, summer. Enjoy your time with family and friends. Let's all remember that we are there for the kids, and to give them a chance to be just kids... they are not

there for us. Soon enough we will be on our fields again trying to do a bit of good.

*"I don't believe
you have to be
better than
everybody else.
I believe you
have to be better
than you
ever thought you
could be."*

- Ken Venturi





By: Bob Gorden
 Golf Coaches Association President
 Detroit Lakes HS

Wow, where did April go and now we are at the end of May, and where is our spring weather? It seems like rain, wind and or cold at just about every event and every practice day this golf season.

Remember to fill out online your Academic teams info for State Academic awards, these are due by May 28.

Hope fully you have been doing your teams individual and team weekly rankings, these can be done online. Some classes have not had enough teams to rank 10 and individuals to rank 10 each week. Remember if a player gets in top 10 anytime during rating, they receive all-state at the end of the year. These can be done every Sunday to beginning of June.

We will be doing Coach of the Year voting on line this year. So what we need is a volunteer to make sure that at your first round of your section tournament that somebody handles the process and get me their coach and assistant of year for that section. Then week before the State tournaments we will have on line all section winners for a vote for our coach of the year for all 3 classes. Remember for a coach to be selected they have to belong to our association. So if you would be the one to volunteer, please email me your name and then your section results.

Again heading up the banquets at the State tournaments are: Class A, Rich Aulie 218-838-2899 and class A banquet will be at Holiday Inn in St. Cloud. Class AA, Mike Frankenfield 507-413-2632 and class AA banquet will be at the Park Ball room in New Prague. Class AAA, Tim Kallevig 763-569-7600 ext. 88539 and AAA banquet will be held at the Earle Brown Heritage Center in Brooklyn Park. Any questions for the banquets contact these event chairman.

Coaches when our advisory board met with Dave Stead, two changes in the coaching sheet from the State High School League, coaches can use distance measuring device just like a player and coaches can t use cell phones to communicate your players progress etc during the round.

Anything, concerns, questions you might have and want to bring to your board to bring to the State High School league and Dave Stead, please email me bgorden@detlakes.k12.mn.us or any Advisory member, they are listed on our Coaches website at mshsca.org. We will be having a meeting following our June State tournaments.

As you finish your 2014 golf season, good luck to your teams and hope to see you on a course soon.

15th Annual "HODGE PODGE" GOLF OUTING

Open to:
 Wrestling "Weigh In Crew," Retired A.D.'s, MADA Past Presidents, HVL A.D.'s Missotta A.D.'s, Classic Suburban A.D.'s, spouses and guests (or anyone that knows Jim Baker)

Date: Monday July 21st, 2014

Where: Mt. Frontenac, Fontenac, MN - Hwy 61 between Red Wing and Lake City.
 651-345-3504
 A way to stay in touch!

Time: 11:30 AM shot gun start

First come, first serve:
 You can put together your own foursome or sign in at 11AM, day of outing to be placed in foursome - door prizes for all.

Cost: 18 Holes and 1/2 Cart & Beverage Tickets = \$45.00

Please no substitutes

Send Registration and money to:
 Jim Baker
 8185 E. Courthouse Blvd. Ct.
 Inver Grove Heights, MN 55077
 (h) 651-306-0328

REGISTRATION

Name _____
 Address _____
 State _____ Zip _____
 Phone Number (_____) _____

I will sign up for the foursome on 7-21-14
 My spouse/guest will sign up for the foursome on 7-21-14
 I will create my own foursome. Names of others in foursome.

1) _____
 2) _____
 3) _____
 4) _____

Total money enclosed (\$45.00 each)
 Payable to Mt. Frontenac Golf or Jim Baker
**Need good turnout to keep this function
 going beyond this year!**



BANK SHOTS



By: Tom Critchley
Exec' Secretary

(In lieu of the Bank Shots article that has not appeared in the past number of issues, The MN Prep Coach will include Section, State Coaches of the Year and Assistant Coaches of the Year)

2013-14 Section Coaches of the Year

- 1A Tom Vix (Rushford-Peterson)
- 2A Rob Stevermer (United South Central)
- 3A Jon Hanson (Canby)
- 4A Jeff Wall (Marantha Christian Academy)
- 5A Dave Montbriand (Belgrade-Brooten-Elrosa)
- 6A Dan Peterka (Battle Lake)
- 7A Bob McDonald (Chisholm)
Carl Grussendorg (South Ridge)
- 8A Roger White (Red Lake)

- 1AA Josh Diersen (Caledonia)
- 2AA Sean Keating (St Peter)
- 3AA Jared Thompson (Fairmont)
Steve Walker (St James)
- 4AA Kevin McKenzie (St Paul Academy)
- 5AA Skip Dolan (Annandale)
Chad Gagnon (Howard Lake-Waverly - Winsted)

- 6AA Chad Schmiesing (New London-Spicer)
- 7AA Rich Newman (Barnum)
- 8AA Travis Lindgren (East Grand Forks)

- 1AAA Kris Fadness (Austin)
- 2AAA Travis Carroll (Marshall)
- 3AAA Kevin Seim (Totino Grace)
- 4AAA Scott Howell (St Paul Central)
- 5AAA Barry Wohler (Orono)
- 6AAA Matt Thuli (Holy Famiy Catholic)
- 7AAA Steve Battaglia (Cloquet)
- 8AAA Forrest Witt (Alexandria)

- 1AAAA John Oxton (Lakeville North)
- 2AAAA Bruce Kugath (Shakopee)
- 3AAAA Paul Vergin (East Ridge)
- 4AAAA Dave Leiser (Mounds View)
- 5AAAA Nick Schroeder (Maple Grove)

- 6AAAA Ken Novak, Jr (Hopkins)
- 7AAAA Ryan Hauge (St Francis)
- 8AAAA Nick Guida (Buffalo)
Mike Trewick (St Cloud Tech)

MBCA State Coaches of the Year

- 4A Bruce Kugath (Shakopee)
John Oxton (Lakeville North)
- 3A Kris Fadness (Austin)
- 2A Don 'Skip' Dolan (Annandale)
- 1A Jon Hanson (Canby)

MBCA Assistant Coaches of the Year

- Todd Anderson (DeLaSalle)
- Jeff Butorac (Burnsville)
- Jon Miller (Shakopee)
- Jack Negen (Robbinsdale Armstrong)
- Terry Pederson (Kasson-Mantorville)
- Pierre Stencil (United South Central)



Diamond Cuts

By: Terry Sadler
Warroad

And people thought last year's weather was bad!?!?

In my 22 years of coaching softball, this has been, by far, the most challenging to even get outside to practice, let alone get on a field or play games. The final week of the regular season is upon us and Mother Nature still has an angry grip on our spring seasons.

Coaches are stressed out over the weather, figuring out just how many games they want to play in a week, honoring conference games over non-conference games, where are we going to practice today and just what can we accomplish being in the gym for yet another day. Fortunately my players have been resilient and upbeat for practice each day despite their disappointment in not playing their game. If spring-season athletes learn nothing else, they should walk away an understanding of the importance of time management and planning. I hope all the coaches had as understanding of a teaching staff as I experienced this spring.

It has been brought to my attention by too many several coaches this spring that we, as coaches, are not doing a very

... continued on page 33

good job of teaching the pitching position. What has driven coaches to contact me is the frustration and aggravation they feel when umpires don't call the illegal pitch. Items such as: not starting with hands apart, not bringing hands together for a minimum of one second, too many passes past the hip with the ball, not starting within the width of pitching rubber, not finishing within the width of the pitching rubber, pausing or stopping and restarting the pitching motion, crow hopping, and leaping have all been addressed to me. The integrity of the game is compromised when we as coaches don't do our due diligence in learning more about the position and teach our pitchers correctly. The Association puts on a clinic each year in February, which you can attend to learn more. There are more videos produced about pitching than there are pitchers in the world. You can freely access a plethora of YouTube videos on pitching. I'm sure your local college coaches would be eager to share their knowledge. The bottom line is that the rules are to be enforced by umpires, but we can do a much better job as coaches to eliminate a lot of the issues. The umpires are certainly not blameless in this matter. They must also take pride in learning the rules and applying them. The coaches who contacted me expressed great concern about feeling like they were close to being ejected from the game for demanding the umpires enforce the rules of the game. If this does not create an unfair advantage to one team over another, I don't know what does. Please take the time to learn the rules of the game and all the positions to make your game, "our" game, better!

It is "our" game, it is the umpires' job to enforce the rules.

This is my last writing of "Diamond Cuts" as James Wajer from Murray County Central will take over the helm as President of the Softball Coaches' Association.

Best of luck to all the teams headed in to the playoffs and I look forward to seeing you at the state tournament and senior all-star series in North Mankato in early June. I sure hope my team can take me; it's lonely going to the state tournament by myself! See you all in North Mankato.

***"The idea is not to
block every shot.
The idea is to make your
opponent believe
that you might block
every shot."***

- Bill Russell

USE YOUR MEMBERSHIP CARD

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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.

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Website: www.mshsca.org
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John Doe
Wadena-Deer Creek HS

Asst. Football
Head Wrestling
Asst. B/G Track

After the Game Bring Your Team to 

MnIAAA CORNER

By: Mindy Sparby
Belle Plaine

I had the opportunity tonight to attend our High School FFA Banquet. What a unique and fun experience it is to see activities in a different light. These students are also learning life's lessons on how to be good citizens, work as a team, public speak, and the value of hard work and dedication. The guest speaker at the banquet gave a great message, and one that I would like to relate to coaching young athletes.

As a coach we give each of our players a balloon and we ask them to blow it up. Some players put in very little air and want to tie it up quickly as to not break the balloon. Others continue to blow until the seams are ready to pop and then get too scared to break it so they tie it. While others go the distance, put all the air they can in the balloon and sometimes, that balloons ends up popping. It's then when we

as coaches need to help them pick up the pieces, grab another balloon out of the bag and let them try it again.

This message really hit home to me in relationship to coaching kids. We are constantly pushing our players to give 110%. Many students are scared to work hard enough to live up to their true potential. These athletes are satisfied by "good enough" and they tie the balloon too quickly. Other athletes live and breath off of every word you say, pushing themselves to their full potential. It's these athletes whose balloons will sometimes "pop" and there will be that time of disappointment. That is where true coaching steps in and teachable moments occur. If you can teach your athletes that failure is not scary, and that they actually need to fail at times to reach their full potential, you have succeed as a coach.

It is a pleasure to be able to work with great coaches, student athletes and parents every day. There is no greater way to impact kids than that of a teacher and coach. Use your avenue to impact kids in the right way, and thanks for all you do!

SERVICE ACES

By: Les Zellmann
MSHSTCA President
St James



"Spring" season certainly has been challenged with weather throughout the state. It has been a very tough weather season, for all sports. All of the coaches and student-athletes have been challenged with patience. Congratulations to everyone on managing the weather "challenge" and working towards making another terrific tennis season. The boys tennis season is coming to a quick end. We are in the process of identifying team and individual academic awards and may have to wait until the fall Prep Coach to identify all of the award winners.

COACH OF THE YEAR

Again, this spring we will be naming Section Coaches of the Year and the State Coach of the Year Award. Be sure to nominate a deserving an assistant coach for the Section Assistant Coach of the Year. To be nominated for these awards, you must be a member of the association. Section Coaches of the Year, plus any other coaches whose team wins their section, will be placed on the State Coach of the Year ballot. Association members may vote for the State COY award on our website at a time to be announced. Rest assured that you will receive an email reminder from our Executive Secretary, Rick Englestad.

BOYS STATE BANQUET

If you have a team and/or individual(s) who qualify for state, please make every attempt to attend the State Banquet. The banquet is at the Crown Plaza Hotel in St. Paul on June 2nd @7:00pm. It is important to have your team and/or individuals recognized and honored at the banquet.

We are always looking for ideas/suggestions to make our association the best it can be to serve you. Please direct your thoughts to Rick Engelstad at mshstca@mac.com. Your association executive board consists of the following coaches: Les Zellmann (St. James) serves as President, Ford Rolfsrud (Shakopee) is our President- Elect, Robb DeCorsey (Glencoe Silver Lake) is our Past President, Dave Gunderson (Virginia) continues in his role as Hall of Fame Director and Rick Engelstad (Pine City) is Executive Secretary. Thanks to these coaches for serving the association in these capacities! Check our website for updates and other important information: <http://www.mshsca.org/tennis/>.

With summer just around the corner, the board and I hope you have a great and enjoyable summer as well!

I love the winning, I can take the losing, but most of all I love to play. Boris Becker



FLIP NOTES

By: LeeAnn Steen
Martin City West

Almost Summer Greetings,

It is hard to believe summer is almost here! A few reminders about working with your athletes during the summer. All members of the B squad, JV and varsity coaching staffs must sign a summer waiver to work with their athletes during the summer. This includes volunteer coaches. Waiver forms can be found on the MSHSL site and are filed with your school district. Remember the no contact period from June 30 to July 6.

The advisory board met with Jody Redman on May 5th. We reviewed a very successful and enjoyable state tournament. A reminder to all state participant teams and individuals to strictly follow the rules for staff on the competition floor. Extra people including students too young to be covered by the liability insurance of the league (7th grade) and unofficial helpers (people not listed as staff that have not completed CE requirements and concussion training) should not be using the pass gate and floor pass access. Being able to bring spotters and extra event coaches on the floor is an opportunity we want to keep available. Please don't abuse this uniquely gymnastics option. Considering the difficult weather issue, all the members of the advisory committee and the league staff were very pleased with another successful state tournament event.

Members of the clinic planning committee will be meeting in June and July. With all the favorable feedback from last year's clinic, we have decided to follow a similar format for

this year's clinic. Coaches are invited to lead sessions for spotting, and teaching various aspects of all four events as well as other coaching hints like meet organization motivational activities for teams. If you are interested in being a presenter at the clinic, please contact Shelly, Debbie, Jen or I. There will be a small payment provided for each presenter as well as the gratitude of other coaches for sharing the expertise that will make the next season more successful and enjoyable for our members.

With that in mind, you might want to check out the following link. <http://www.DrZimmerman.com>. I subscribe to Dr. Zimmerman's Tuesday tips. Each week there is an e-mail that outlines positive thinking strategies. I see many parallels in the Tuesday Tips to the Top 20 program. I have not actually been to his seminars or webinars but would if I had the time (and funding). Hope you find it helpful.

Have a great summer. _____

*“If you want to be the best,
you have to do things that
other people aren't
willing to do.”*

- Michael Phelps

SUMMER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Summer 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.

M MEMBERSHIP PERKS

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- **COUNTRY INN & SUITES by Carlson** - Minneapolis West, MN - 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

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 *The Minnesota Prep Coach*, the MSHSCA newsletter which contains information about and for coaches and their association's activities.
8. Provides potential for clinics for any sport association that wishes assistance.
9. Up to date clinic schedules and educational opportunities on our website.
10. Opportunity to be recognized as a Minnesota Coach of the Year.
11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.
12. Delegate representation that allows coaches to remain fully updated on issues.
13. Close working relationship with all affiliated sport associations.
14. Provides active representation and support on the MSHSL Board of Directors.
15. Recognition for state team championships.
16. Opportunity for 25 Year Club and Life Membership of the MSHSCA.
17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame.
18. United support for each other's programs.
19. Mass membership email capability.



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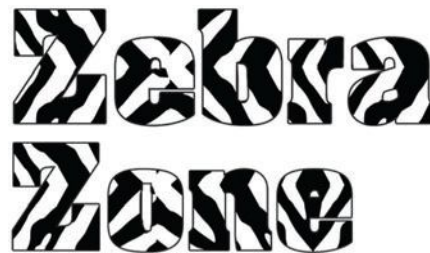


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After the Game Bring Your Team to **SUBWAY**

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.

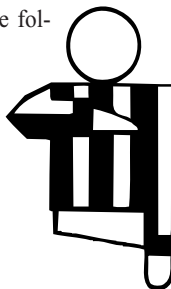
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

Spring is apparently here. That must mean summer is closing in and it's in the midst of the summer months that one can grow complacent. Or not. The summer months are the time when coaches and officials alike take their individual approaches to their next season. Some coaches work their tails off on preparing their student-athletes directly for the upcoming fall activities or they are priming them with off season conditioning to reform their skills for winter and fall. On the other hand - some coaches look at it as an opportunity to let the kids breathe, recover and to get away from it all. Everyone has their philosophies and everyone has their opinions. One thing for sure - there is no "one size fits all."

Much the same can be true about sports officials. There are some that literally pack up their gear the evening of the last contest they worked and they don't give it or their responsibilities another thought until game day 9 months or so later. Also, much the same as the coach who dedicates his summer or off season to his passion - there are officials who do the same.

Officials have opportunities to attend clinics, conventions or seminars. Every year there are more supplements, training materials and books available. Most coaches are aware of the endless training and educational opportunities for their profession. You would be

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 (____) _____

surprised that there almost as many for officials. They are written with the purpose of giving individuals the opportunity to go more in depth and to master officiating their individual sports. They are written from the perspective of officials for officials. While looking at some of these selections I wondered what these books would be like if written from the perspective of coaches. So, here we go!

Referee magazine offers a sneak peak of several selections on their web site that can be ordered. One such item is entitled “101 Tips for Better Officiating.” The on-line sneak peak “tip” #33 tells officials to “Understand the intent of the rule - not just the rule.” It goes on to tell the official that knowing the rule is needed to help you enforce it. In some cases the intent is obvious (player safety) while other times it may be to ensure that no team or player is put at an unfair advantage (3 seconds in basketball). The game officials need to know the rule, what the intent of the rule is and when to enforce it. Now, if this particular “tip” were written from a coaches perspective it may be interpreted a bit different. It may be - when my team is on defence that 3 seconds is 3 seconds come heck or high water and it had better be whistled at 3.00001 seconds. Without a doubt most parents of players have mastered counting to 3. Well, some anyhow. Now on the opposite end of the court that same coach may interpret the rule as 3 seconds is just a *starting point* for calling it a violation. “C’mon - really? He just got in there, dribbled only 17 times, pivoted 6 times and shot faked 9 times and then passed off. Juniors mom went to the bathroom, got a Coke and returned in that time. C’mon - that’s a quick call stripes!” As Charles Barkley would say - “that call was turrrible, juss turrrible.” We’ve all been there. If written from the coaches perspective it may read: “Understand the intent of *how I want you to interpret* the rule - not just the rule.”

I’d be remiss if I didn’t take a moment to make a request. Terry Knauf, a MSHSL basketball and football official for over 30 years suffered a massive stroke in late April. TK, as he is known, has had a long, slow recovery but nonetheless, is on the mend. Knauf has worked numerous State tournament games in both football and basketball and just this year starting umpiring softball and baseball. He always has fun. One particular situation comes to mind that demonstrated just that. It was a varsity basketball game and the score was quite lopsided. The team behind had installed one particular player who was a “crowd favorite” and had

seen very little playing time. The team repeatedly fed the ball to this player but he just couldn’t connect on a basket. Time was running out and an opportunity for this young man to score was running out. The ball was shot as time was nearing the end and happened to carom off of TK who was *standing out of bounds*. He nonchalantly tipped the ball back to the young man under the basket who promptly put it in for two points as the buzzer sounded! Now, THAT is knowing the INTENT of the rule! Please keep TK and his family in your thoughts and prayers. One thing TK always does - both on and off the court - he keeps the game fun!

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 swing big with
everything I’ve got.
I hit big or I miss big.
I like to live as big as I can.”***

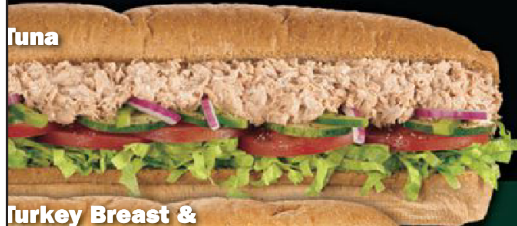
- Babe Ruth

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