



THE *Minnesota* PREP COACH

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THREE CANDIDATES VIE FOR MSHSCA VICE PRESIDENCY

The annual election for the position of Vice President of the MSHSCA will take place from the reception of this issue of The MN Prep Coach until termination on April 28th.

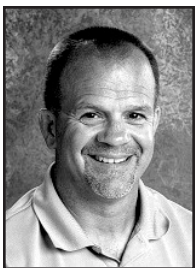
Outstanding candidates have thrown their hats into the ring. All of them display a very active interest in the position and display outstanding qualifications for the position.

This year's election candidates include Larry Herm of Foley, Patty Sorenson of Park Center and Troy Urdahl of St Anthony Village.

The election will be conducted electronically using a ballot that will appear on the MSHSCA website which is www.mshsca.org. These three candidates have indicated a strong desire to join the leadership committee of the MSHSCA. Please take a minute to cast a vote for the candidate of your choice.

Bios and photos of the candidates are included below and listed alphabetically.

Larry Herm Foley High School



Herm is a 1977 graduate from Amos Alonzo Stagg High School in Palos Hills, Illinois. He then traveled to Winona, Minnesota where he earned two degrees in Health Education and Physical Education.

While attending Winona State, he participated in both football and

wrestling.

Upon graduation from college, Larry accepted a position at Foley High School and has remained at that

position for the past 30 years. During his career, he has coached football, wrestling, track and field and tennis. He also has been the schools weight training room supervisor.

He has been a part of 17 trips to the dual meet state wrestling tournament as an assistant coach and as head football coach has enjoyed two trips to the Metrodome. In 1998, his Falcons won the State Championship and in 2000 reached the Final Four.

He added a MS degree at St Cloud State University in 2001.

His leadership is displayed as he has served as Physical Education Department Head, served on a number of church committees along with a number of athletic committees over the years. He currently is the football conference representative for the Granite Ledge Conference.

Herm states, "Working with student-athletes has been a passion for me. Class room connections with students can be special but the relationship that can be developed with student-athletes can be life changing. The extra time spent

... continues on page 3

Featured In This Issue

| | |
|---|-----|
| Partiat Winter Team Academics | 6-9 |
| Football Hall of Fame Banquet | 18 |
| Mac Dahl Tribute | 24 |

Clinic Information

| | |
|---------------------------|----|
| Football Clinic | 19 |
|---------------------------|----|

The Minnesota PREP COACH

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PRESIDENT-ELECT:

Jon Wagner - Eveleth-Gilbert

VICE PRESIDENT:

Tom Van Erp - Wadena-Deer Creek

PAST PRESIDENT:

Shelly Hotzler - Jackson County Central

HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

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John Schumacher - Park Rapids

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Jeri Dirth - Apple Valley

SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

2011-2012 Delegates and Sport Association Officers

SECTION GIRLS SPORTS DELEGATE

1A Gary Prantner (Byron)
2A Rick Burns (Lesueur-Henderson)
3A Milo Larson (Canby)
4A Chris Laird (Heritage)
5A Dawn Engebretson (Rockford)
6A Diane Pettis (Sebeka)
7A Dennis Holsman (Hill City)
8A Janet Golden-Landquist (Nevis)

BOYS SPORTS DELEGATE

Gordy Klomps (retired)
Rob Stevermer (United SC)
Dave Blank (Wabasso)
Jeff Wall (Maranatha)
Tom Lawrence (Foley)
Ton Van Erp (Wadena)
Derek Parendo (Proctor)
John Schumacher (Park Rapids)

AT LARGE DELEGATE

Jeff Johnson (Chatfield)
Bruce Belseth (Sleepy Eye)
Todd Tinklenberg (Pipestone)
Tim Herman (Heritage)
Alan Amdahl (Albany)
Mike Peterson (Perham)

AT LARGE DELEGATE

Craig Morgan
(MN Valley Luth)
Donna Johansen
(Murray County Central)

1AA Terry Heiderscheit (Roch. JM)
2AA Mike Lhotka (Dassel Cokato)
3AA Geri Dirth
4AA Gerald Keenan (Harding)
5AA Randy Glassmann (Maple Grove)
6AA Open
7AA Mark Solberg (Cambridge)
8AA Open

John Cassellius (Winona)
Tim Johnson (Mankato East)
Rod Dirth
Tom Paulson (White Bear Lk)
Mark Loahr (Totino Grace)
Greg Miller (Robbinsdale Arm)
Bill Baumann (North Branch)
Gregg Martig (St. Cloud Tech)

Rob Schwartz (Winona)
Tink Larson (Waseca)
Tim Ryan (Hill Murray)
Mark O'Neill (Champlin Park)
Jim Baker (Retired)

Rob Nielsen (Det. Lakes)
Jerry Utech (Harding)
Bill Magnuson-Fall
John Roesch -Spring
(Sauk Rapids-Rice)

SPORT ASSOC

PRESIDENT

PRESIDENT ELECT

EXECUTIVE SECRETARY

MEMBERSHIP/TREAS.

AD Tom Graupmann (Northfield)
Adapted Athletics Marcus Onsum (Robbinsdale)
Baseball Bruce Woitas (Sleepy Eye St Mary's) Todd Smrekar (Cambridge)
Boys Basketball Brad Strand (Pelican Rapids)
Girls Basketball Jen Rademacher (Robbinsdale Cooper)
Cross Country Chris Frye (Chatfield)
Football Jeff Weiland (Orono)
Golf Todd Petterson (Red Wing)
Gymnastics Jennifer Harmoning (Becker)
Hockey Ken Pauley (Benilde-St. Margaret's)
B-Lacrosse Scott Hugdahl (Eden Prairie)
G-Lacrosse Rachel Aiken (Chaska/Chanhassen)
Alpine Skiing Nelson Carlson (Eagan)
Nordic Skiing Pete Tremaine (Anoka)
Soccer Mark Obarski (Eagan)

Softball Steve Radniecki (NCE)
B-Swimming Mike Steineman (Cretin-Derham Hall)
G-Swimming Jennifer Marshall (Farmington)
Synch. Swim Signe Hensel (Wayzata)
Tennis Robb DeCorsey (Glencoe-Silver Lake)
Track Kent Viesselman (Cambridge Isanti)
Volleyball Jim Lee (Waconia)
Wrestling John Barlund (Frazee)
Retired Coaches Jim Dotseth

Pete Veldman (retired)
John Wilkins (retired)
Tom Critchley (retired)
Jen Johnson (Edina)
Jeff Schmidt (Hutchinson)
Ron Stolski (Brainerd)
Shelly Eklund (Rosemount)
Mike MacMillan (Buffalo)
Darren Nelson (Osseo)

Dave Halgren (Ret.)
Shelly Hotzler (JCC)
Rick Ringeisen (Lakeville)
Rick Englestad (Pine City)
Janet Golden-Landquist (Nevis)
John Peterson (Elk River)
Keith Randa (Apple Valley)
Art Seplak (Jefferson) Treas
Hilary Hansen (Burnsville)
Kate Steineman (Cretin-DH)
Kathy Bohnsack (Prior Lake)
Scott Christensen Treasurer
Sue Alstrom (Treasurer)
Roger Gorham (Elk River)

...continued from page 1

with young people as a coach and a mentor can lead to the develop of real productive people who then, in turn, influence our communities in a positive way. Coaching at all levels provides this opportunity to develop relationships with young people. Athletics is truly the second chance for educating and shaping our young people for productive futures.

Larry and his wife, Sue, have two sons. Eric will soon graduate Bethel University and Ryan will be finishing his graduate work at the University of Minnesota this spring.

Patty Sorenson
Park Center High School



Patty graduated from Duluth East HS. She then earned her BA from the University of Minnesota/Duluth in Physical Education and Coaching. She later earned her Special Education licensure in EBD from St Thomas University and her Master's Degree from St Mary's College. Sorenson has taught and coached in the Duluth Schools, Anoka-Hennepin School District and Osseo Area Schools over a period of 24 years. She has taught Special Education and Physical Education.

Sorenson has coached girls basketball for 24 years. Four years as an assistant at Duluth East, two at Blaine HS and four years as head coach at Duluth Central. During the past 12 years she has been at Park Center HS in Brooklyn Park where she continues to teach Physical Education. During her career, she has also coached fast pitch softball and golf at the high school level and at the junior high/middle school level she has coached basketball, golf and track and field.

She is Past President of the Girls Basketball Coaches Association and has served on the All Star Game Committee and has been a section rep for several years. Her efforts have rewarded her of as Section Coach of the Year twice in 5AAAA and was MN COTY in 2002. Most recently Patty was voted 3AAA COTY.

Patty and her husband, Bryan have two daughters.

Troy Urdahl
St Anthony Village High School



Troy Urdahl has spent his professional career at St Anthony Village High School, one of the smallest Twin Cities area schools. For the past ten years Urdahl has been the Huskies head baseball coach. In addition to his coaching duties, he has been a Social Studies teacher, middle school volleyball coach and is the Athletic Director at the school. Troy attributes much of his success in life to his involvement in athletics and coaching. He believes it is important to give back to the athletic community and giving others the opportunity for similar experience.

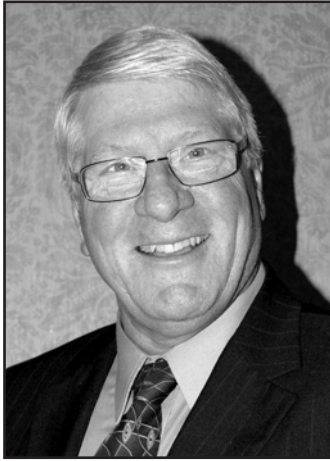
A graduate of Litchfield HS, played one year of junior A hockey before enrolling at Hamline University and earning a Bachelor's degree. While at Hamline, he received conference recognition in hockey and baseball and lettered for the Fighting Piper football team. Troy later added a Master's degree in Athletic Administration from St Thomas University and is current enrolled in an Ed.D program at Bethel University.

As the head baseball coach at St Anthony he has been very active in the MN Baseball Coaches Association as he serves on various committees along with serving as a Lion's All Star Baseball Coach. During his tenure, Urdahl has been named Section COTY six times and State Class AA COTY twice. During this time frame, the Huskies have been section champs five times and have won two Class AA titles. He volunteers as VFW coach over the past ten years including a VFW state crown. In 2008 he was selected for the Litchfield HS Hall of Fame.

Urdahl was named the Region 4A AD of the Year in 2010. He has served a a region representative and participated on numerous mentor ship and education committees for the MnIAAA. He provides the MSHSL with classes on coaching which includes hundreds of coaches. Working with and learning from adversity of other coaches has been a rewarding and enriching opportunity for Urdahl who provides support, training and educational opportunities for coaches is essential.

Troy comes from a proud family of teacher coaches including his grandfather, Bill Frantti long time hockey and football coach at St Cloud Tech. His father, Dean taught and coached at New London- Spicer HS for 35 years. (He authored a state law to provide coaches from unjust dismissal)

Urdahl and his wife, Rebecca, a gymnastic coach, have four children — Violet, Lincoln, Calvin and Mason.



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

The winter sports season is quickly coming to an end with the crowning of several new state champions over the past two weeks with many more to be determined in the next three weeks.

Congratulations go out to all teams and coaches on another year of great memories. You have all been willing to accept the challenge to be the best that you can be and your effort and dedication sets you apart from all those who are unwilling to accept the challenges of achieving success.

This has been a year of transition for the MSHSCA as we have gone from the traditional paper registration to paperless on line registration. Mary and I want to thank each of you for your cooperation in this transition. I know that a few of you did experience some difficulties for various reasons but your willingness to stick *with it is appreciated*. We want to assure you that we are here to help you with the process so don't hesitate to give us a call. If you have registered on line and used a password different from zzz please record it somewhere to help you register in the future or with logins for clinic registration etc.

Managing the MSHSCA and our nearly 9,000 members would be an impossible task without the help of a great number of people willing to help out. I want to thank some of those folks who have stepped forward to fill in where needed. Darien DeRocher continues to serve as our Prep Coach Editor and the amount of work and dedication he brings to that position is amazing. Thanks Darien. Rob Nielsen continues to serve as our Web Master. I know that all of the sport associations that work with Rob echo my thanks for the great job he does. Rob is very accessible and very talented in what he does and we want to continue to encourage each of sport association to help in out by keeping your sights up to date and relevant to your members. Jim Baker has served as our Hall of Fame chairman and works very hard at collecting nominations and information to help in recognizing deserving men and women for our Hall of Fame. Thanks Jim. John Schumacher continues to serve as our chairman for the Distinguished Service Award for Officials program. Thanks John. Gregg Martig has served as the chairman of our scholarship committee for several years and Gregg does a great job of reviewing all applications and along with his committee making the final selections for the scholarship recipients. this is no small undertaking and annually we

award \$10,000 to girl and boy athletes from around the state. Thanks Gregg.

I also want to thank the members of the Executive Board both past and present. We have been very blessed to have such great leadership and we look for it to continue into the future. Through the efforts and commitment of these outstanding men and women the MSHSCA has grown into one of the very best Coaches Association in the country. You as a member of the MSHSCA are part of this process and we want you to make sure you go our web site and place you vote. the election will be open from March 15th until April 28th. Thank you past and present board members.

We recently attended the annual NOCAD meeting in Portland. We had the opportunity to share common concerns and hear about what other states are doing in their associations. There are some great programs going on in some of the other states and we will bring some of them forward for discussion at our Spring Delegate Assembly on March 23rd. One of the real great pieces of news is that our insurance rates have been set for the next two years at the same rate. In an era when all insurance rates seem to be on the rise it is great news for our membership and budgets.

We want to wish each of the very best as you begin the spring sports season and bring closure to another school year. Thank you for your dedication and commitment to out future leaders. You are the shining lights in your schools, communities and in the lives of your athletes.

MSHSCA 2011-2012 MEETING DATES

MARCH 22: Finance Committee meeting
Crown Plaza Hotel, St. Paul

MARCH 23: Spring Delegate Assembly,
Mancini's Char House, St. Paul, 9:00 a.m.

DATE TO BE DETERMINED:
Summer Executive Meeting, Detroit Lakes

PREP COACH DEADLINES TO SUBMIT:
Sept. 1 Dec. 1 Mar. 1 May 15

President's Message

By: Becky Leuer - North Branch

If winter never arrives, will spring ever come? I was pondering that a week ago but now that I have finished shoveling several inches of the very heavy white stuff, I think I have my answer. Hopefully the end of the winter sports season and beginning of spring activities finds you both passionate and committed to your sport.

Last fall I received an email from the American Cancer Society. Because I worked on the local Relay for Life committee last year, they were wondering if I would spearhead a fund-raising activity in area elementary schools organized around recess activities. With both fall and winter sports teams sponsoring wonderful events that raise funds for cancer research, I started thinking about the

increased role schools play in fund-raising for outside organizations. Don't get me wrong, I fully support events that raise money for cancer, or diabetes, or MS or any number of other organizations. After all, we touch a large number of people through our sports. With the financial challenges faced by many school districts, when and where do we draw the line on fund-raising for our teams and/or other organizations? How do we chose which charity to support? There is no question the positive public relations gained in a community by sponsoring these charitable events is good. That request for elementary fund-raising just got me thinking.

Keep up the good work you do for kids!

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

The following sports did not respond to the request from the MN Prep Coach Adapted Athletics, Alpine Skiing and Synchronized Swimming. As a result, "Adapted Updates," "Smooth Fast Natural," and Synchronized Swimming - Simply Breathtaking" will not appear in this issue of the newsletter.

Hopefully, they will appear in the May issue.

LATE FALL AND EARLY WINTER TEAM ACADEMIC RESULTS

The Minnesota State High School Coaches is proud to recognize accomplishments in the class room, as well as, on the field of play.

Listed below is a late fall listing for Cross Country that did not appear in the December issue.

Early results from winter sports are included with the remaining winter sports to be recognized in May issue of The MN Prep Coach.

CROSS COUNTRY

Boys Gold

(Listed alphabetically regardless of class)

Andover
Anoka
Benilde-St Margaret's
Big Lake
Bloomington Jefferson
Centennial
Champlin Park
Chatfield
DESC
Duluth Denfeld
Duluth East
Eastview
Eden Prairie
Elk River
Foley
Fridley
Gibbon-Fairfax-Winthrop
Hayfield
Irondale
Kingsland
LaCrescent
Lakeville South
Legacy Christian
Lewiston-Altura/Rushford-Peterson
Luverne
Maple Grove
Martin County West
Mayer Lutheran/Lester Prairie/Holy Trinity
Mora
Mounds View
Montgomery-Lonsdale
Mountain Lake/Butterfield-Odin
Park Rapids
Perham
Pine Island
Plainview-Elgin-Milville
Princeton

Red Wing
Robbinsdale Armstrong
Rochester John Marshall
Rochester Mayo
Rochester Lourdes
St Cloud Cathedral
St Cloud Christian
St Francis
St Thomas Academy
St Michael-Albertville
Springfield-Cedar Mountain
United South Central
Waseca
Watertown-Mayer
Wayzata
Winona Cotter

Boys Silver

(Listed alphabetically regardless of class)

Annandale
Austin
Blaine
Blooming Prairie
Blue Earth Area
Braham
Byron
Canby-Minneota-Lincoln HI
Chisago Lakes
Coon Rapids
Eagan
Edina
Fairmont
Faribault
Grand Rapids
Hastings
Hibbing
Lac qui Parle Valley/Dawson-Boyd
Lake City
Mankato Loyola
Maple Lake
Maple River
Minneapolis Southwest
New Prague
North Branch
Northfield
Park Center
Park Cottage Grove
Prior Lake
Providence Academy
Redwood Valley
Rosemount
Rush City

St James
St Peter
Staples-Motley
Stewartville
Tracy Area
Wabasha-Kellogg
Watertown-Elysian-Morristown-Janesville
Warroad
Winona

Girls Gold

(Listed alphabetically regardless of class)

Adrian
Albert Lea
Alexandria
Andover
Anoka
Apple Valley
Bemidji
Big Lake
Blaine
Bloomington Jefferson
Brainerd
Braham
Burnsville
Canby-Mineota/Lincoln HI
Champlin Park
Chatfield
DESC
Duluth East
Eagan
East Grand Forks
Eden Prairie
Edina
Elk River
Fairmont
Faribault
Foley
Forest Lake
Fridley
Grand Rapids
Hastings
Hayfield
Hibbing
Hopkins
Irondale
Kingsland
LaCrescent
Lac qui Parle Valley/Dawson-Boyd
Lakeville North
Lakeville South
Little Falls

Luverne
 Mankato Loyola
 Maple Lake
 Mayer Lutheran/Lester Prairie/Holy Trinity
 Martin County West
 Mille Lacs
 Minneapolis Southwest
 Monticello
 Moorhead
 Montevideo
 Mora
 Mountain Lake-Butterfield-Odin
 Mountain Christian
 North Branch
 Northfield
 NRHEG
 Park of Cottage Grove
 Park Center
 Park Rapids
 Perham
 Pequot Lakes
 Plainview-Elgin-Milville
 Prior Lake
 Providence Academy
 Red Wing
 Redwood Valley
 Robbinsdale Armstrong
 Robbinsdale Cooper
 Rochester Centurt
 Rochester John Marshall
 Rochester Mayo
 Rochester Lourdes
 Rocori
 Rosemount
 St Cloud Cathedral
 St Cloud Christian
 St Francis
 St James
 Spectrum
 Staples-Motley
 Stephen-Argyle
 Stewartville
 Tracy Area
 Waseca
 Warroad
 Willmar
 Winona
 Winona Cotter

Girls Silver

(Listed alphabetically regardless of class)

Annandale
 Austin
 Becker

Benilde-St Margaret's
 Byron
 Chisago Lakes
 Duluth Denfeld
 Fergus Falls
 Lake City
 Lewiston-Altura/Rushford-Peterson
 Minnesota Valley Lutheran
 Minnetonka
 Montgomery-Lonsdale
 New Prague
 Pierz
 Pine City
 Pine Island
 Princeton
 Rush City
 St Louis Park
 St Michael-Albertville
 Visitation
 Wabasha-Kellogg
 Waterville-Elysian-Morristown-Janesville
 Windom Area

NORDIC SKIING**Boys Gold**

Andover
 Bemidji
 Bloomington Jefferson
 Detroit Lakes
 Duluth Marshall
 Eden Prairie
 Edina
 Elk River
 Holy Family Catholic
 Irondale
 Lakeville North
 Lakeville South
 Mahtomedi
 Mesabi East
 Minneapolis South
 Mound-Westonka
 Northfield
 Osseo
 Robbinsdale Armstrong
 St Cloud Cathedral-Sartell
 St Paul Como Park
 Two Harbors
 White Bear Lake
 Willmar
 Winona

Boys Silver

Alexandria
 Anoka

Brainerd
 Coon Rapids
 Duluth Denfeld
 Duluth East
 Ely
 Henry Sibley
 Hopkins
 Little Falls
 Park Center
 Prior Lake
 Roseville Area
 St Cloud Apollo
 St Louis Park
 St Paul Central
 Spring Lake Park-St Anthony Village
 Stillwater

Girls Gold

Andover
 Anoka
 Bemidji
 Brainerd
 Burnsville
 Champlin Park
 Detroit Lakes
 Duluth East
 Duluth Marshall
 Eden Prairie
 Edina
 Ely
 Holy Family Catholic
 Irondale
 Lakeville North
 Little Falls
 Mahtomedi
 Mesabi East
 Minneapolis South
 Mound-Westonka
 Northfield
 Osseo
 Park Center
 Robbinsdale Armstrong
 Roseville Area
 St Cloud Cathedral-Sartell
 St Louis Park
 St Paul Central
 St Paul Como Park
 St Paul Highland Park
 Spring Lake Park-St Anthony Village
 Stillwater
 Visitation
 White Bear Lake
 Willmar
 Winona

Academic - continued from page 7**Girls Silver**

St Paul Academy
Two Harbors

GIRLS GYMNASTICS

(Listed alphabetically regardless of class)

Gold

Alexandria
Benson
Big Lake
Bloomington Jefferson
Brainerd
Buffalo
Byron/Rochester Lourdes
Cambridge-Isanti
Chisago Lakes
Chanhassen
Cretin - Derham Hall
Eagan
Eastview
Eden Prairie
Edina
Farmington
Fridley
Glencoe-Silver Lake
Hastings
Hopkins
Irondale
Jackson County Central
LaCrescent *
Lakeville South
Litchfield
Mahtomedi **
Mankato West
Martin County West
Melrose
Minneapolis South
Monticello
Morris Area
Mounds View
New London-Spicer
New Prague
Northfield
Orono
Paynesville Area
Pine Island
Redwood Valley
Rush City
St Cloud Apollo
St Francis
St Paul Central
St Paul Highland Park

South St Paul
Sartell-St Stephen
Sauk Rapids-Rice
Stewartville
Watertown-Mayer
Windom Area
Willmar
Woodbury
Worthington

Silver

(Listed alphabetically regardless of class)

Annandale
Becker
Champlin Park
Dassel-Cokato
Detroit Lakes
East Ridge
Faribault
Forest Lake
Howard Lake-Waverly-Winsted
Lakeville North
Little Falls
Long Prairie-Grey Eagle
Luverne
Maple Grove
Marshall
Minneapolis Southwest
Moorhead
North Branch
North St Paul
Osseo
Owatonna
Park
Perham
Pipestone
Prior Lake
Princeton
Red Wing
Roseville Area
Rosemount
Rockford
Rush City
St Cloud Tech
St Louis Park
Simley
Stillwater
Tartan
Wayzata
Zimmerman-Spectrum

* - Denotes Class A State Champion

** - Denotes Class AA State Champion

GIRLS BASKETBALL**Gold**

(Listed alphabetically regardless of class)

Blue Earth Area
Cambridge-Isanti
Centennial
Climax - Fisher
Crosby - Ironton
Detroit Lakes
Edina
Jordan
Montevideo
New York Mills
PACT
Perham
Redwood Valley
SaukCentre
St Croix Lutheran
Thief River Falls
Tracy-Milroy-Balaton
Underwood
United South Central
West Central Area
Willmar

Silver

(Listed alphabetically regardless of class)

Ada-Borup
Adrian
Aitkin
Alden-Conger
Alexandria
Barnesville
Battle Lake
Bemidji
Bertha-Hewitt
Bethlehem Academy
Bloomington Jefferson
Brainerd
Buffalo
Buffalo Lake-Hector-Stewart
Byron
Canby
Central
Chanhassen
Chatfield
Cherry
Clearbrook-Gonvick
Coon Rapids
Cretin-Derham Hall
Crookston

Academic - continued from page 8

Deer River
 Dilworth-Glyndon-Felton
 Duluth East
 East Ridge
 Eastview
 Eden Prairie
 Ely
 Esko
 Faribault
 Fregus Falls
 Fillmore Central
 Foley
 Forest Lake
 Frazee
 Goodhue
 Goodridge-Grygla
 Grand Rapids
 Hawley
 Hayfield
 Henry Sibley
 Hibbing
 Hill - Murray
 Howard Lake-Waverly-Winsted
 Hopkins
 Hutchinson
 Isle
 Jackson County Central
 Kasson-Mantorville
 Kelliher/ Northome
 Kimball
 Kingsland
 Kittson County Central
 Lake City
 Lakeville North
 Lake Crystal Wellcome Memorial
 LeRoy-Ostrander
 Lester Prairie/ Holy Trinity
 LeSueur - Henderson
 Lewiston - Altura
 Lincoln HI
 Litchfield
 Little Falls
 Long Prairie - Grey Eagle
 MACCRAY
 Mankato Loyola
 Mankato West
 Maple Grove
 Maple Lake

Medford
 Melrose
 Minneapolis Washburn
 Minnehaha Academy
 Minneota
 Minnesota Valley Lutheran
 Moorhead
 Mora
 Morris Area-Chokio-Alberta
 Mountain Lake-Butterfield-Odin
 North Branch
 Northern Freeze
 Northfield
 NRHEG
 Onamia
 Orono
 Ortonville
 Osakis
 Osseo
 Paynesville Area
 Pequot Lakes
 Pine City
 Pine Island
 Pipestone Area
 Princeton
 Randolph
 Red Lake Falls
 Red Rock Central
 Robbinsdale Armstrong
 Rochester Century
 Rochester Lourdes
 Rocori
 Roseville Area
 Royalton
 St Peter
 Sartell- St Stephen
 Sauk Rapids- Rice
 Sebeka
 Sibley East
 Sleepy Eye
 Southland
 SW Minnesota Christian
 Springfield
 St James
 St Anthony Village
 St Charles
 St Cloud Cathedral
 St Francis

Stephen-Argyle Central
 Totino - Grace
 Triton
 Two Harbors
 Verndale
 Wadena - Deer Creek
 Waseca
 Watertown - Mayer
 Wayzata
 West Lutheran
 Westbrook- Walnut Grove
 White Bear Lake
 Windom Area
 Win - E - Mac
 Yellow Medicine East

Boys Swimming and Diving

(Listed alphabetically regardless of class)

Gold

Albert Lea

Silver

Bloomington Jefferson
 Brainerd
 Breck/ Blake
 Cambridge-Isanti
 Cretin-Derham Hall
 Eastview
 Maple Grove
 Monticello
 Orono
 Red Wing
 Richfield
 Rochester Century
 Rochester Mayo
 Robbinsdale Cooper
 St Louis Park
 Willmar

EARLY WINTER STATE CHAMPIONS

Prior to the organization of this issue of The MN Prep Coach, a number of sports had their state tournaments. The MSHSCA would like to take this opportunity to recognize and congratulate the early winter state champions and their coaches. The remaining state champions that were determined during the month of March will be recognized in the May issue of The MN Prep Coach.

Early 2012 Winter State Champions and Coaches
BOYS SWIMMING (TRUE TEAM) & MSHSL
 (A) St Thomas Academy John Barnes
 (AA) Eden Prairie Kelly Boston

BOYS ALPINE SKIING
 Minnetonka Greg Sand

GIRLS ALPINE SKIING
 Hermantown Michaela Borash

BOYS NORDIC SKIING
 Roseville Area Kevin Brochman

GIRLS NORDIC SKIING
 Duluth East Bonnie Fullar-Kask

GIRLS GYMNASTICS
 (A) Melrose Katie Masog
 (AA) Roseville Area Mike Flatten/Mark Curley

Wrestling is not listed as none of the championship coaches are members.

The coaches will be invited to attend and receive a plaque from the MSHSCA at the Annual Hall of Fame Banquet in October. Coaches will be reminded to respond to the Banquet invitation and need to be in attendance to receive the plaque.

HOOP SCOOP



By: Jen Rademacher
 Robbinsdale Cooper High School
 2011-2012 MGBCA President

March Madness is here! I hope you all have enjoyed another year of promoting our sport and providing opportunities for the young women athletes in our state. I want to thank you all for the endless hours that you put in to working with these young ladies!

As we move forward this looks to be another exciting Girls' Basketball State Tournament. The tournament will again be held at Williams Arena and Target Center March 14-17th. We will continue to seed the top four teams for the State Tournament in class AAA and AAAA and then conduct a blind draw for five-eight. It will be another week of exciting games where on Saturday we will crown Four State Championship Teams. Plan to stop by the Coaches' suite upstairs at the Target Center. Bring your Coaches' Association membership card with you. This year voting for All-State will all

be completed online February 27th – March 4th.

Mark your calendars for the 2012 Minnesota Girls Basketball Coaches' Association All-Star Series. Dates are Friday, April 20th (6:00 and 8:00PM) and Saturday, April 21st (1:00 and 3:00PM). All games will be played at Macalester College. We encourage you to bring your athletes with you to watch Minnesota's best seniors compete. In conjunction with this event, we will be honoring the 2012 Girls Basketball Coaches' Association Hall of Fame Inductees at a Banquet Friday night April 20th. On Saturday morning the 21st we will be holding the All Star Brunch where we will also be naming Ms. Basketball 2012. Thank you to our All-Star Basketball Committee Chairs, Jenny Johnson and Carla Young, their committee and the Class Coordinators for their hard work in making another successful All-Star weekend. Thank you to Rick Uttech our Hall of Fame Chair and Pat Barrett the Ms. Basketball Chair and their committee for the hard work and dedication to Minnesota Girls' Basketball.

News from the MSHSL - A reminder that effective for Fall 2012, one junior varsity coach and one B-

squad coach will need to also create a personalized Coaches Clipboard page and must complete an online rules meeting. Athletics/Activities Directors of member schools are charged with monitoring compliance with the educational program. There will be continued discussion about the possibility of seeding all teams in class AAAA. There will be mock seedings done on both the boys and girls teams for this year's tournament to use in future discussions. We are also celebrating 100 years of state tournament in basketball and you will see the celebration occurring during both the girls and boys tournaments.

Finally, thank you for everything you do for Minnesota Girls Basketball and good luck to each of you. The Executive Committee continues to look for your input to our Basketball Coaches' Association. Please feel free to contact any of the officers of the organization or your section representative with ideas, concerns, or needs. You can find all this contact information on our website. www.mshsca.org/girlsbasketball

COACHES CARING PROGRAM

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

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

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

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

GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will protect the Minnesota State High School Coaches Association and its members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

CARRIER

Lexington Insurance Company
Excess Surplus Lines ("A" A.M. Best)

POLICY PERIOD

August 1, 2011 – August 1, 2012

LIMITS OF INSURANCE

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

For any additional information please contact Loomis & LaPann, Inc. 18 Exchange St., Glens Falls, NY 12801
Greg Joly, Kevin Joyce, Karen Boller
800-566-6479 Fax 518-792-3426

CAMP COVERAGE

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

In addition, Participant/Accident Coverage is available that will cover coaches and/or participants. Should an accident occur during your camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

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 coaches association. 218-847-6796 www.mshsca.org

www.loomislapann.com
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@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/>

M MEMBERSHIP PERKS

S H S C A

- **AMERICINN LODGE & SUITES** - 2050 Freeway Blvd Brooklyn, Center MN 55430 - \$69.95 Includes full breakfast. Mention MNCS when making reservation. Contact Ralph Thomas 763-566-7500
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Ask for MN State High School Coaches Association Preferred Discounted Rate 1-800-481-3556 or Contact Angela Wisely 763-489-2568.
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - \$75.00 - (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
- **THE NORTHLAND INN** - 7025 Northland Dr Brooklyn Park, MN 55428 - Contact Jodie Fleck 10% off best rate available, mention MSHSCA 09 when making reservation. 800-441-6422
- **ROSEVILLE VISITORS Association DISCOUNTS** - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 \$82.00 (Weekends) Rest of week is limited availability 12/31/2012

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

Thank you coaches for your positive response to our online system.

Out of the 2500+ coaches that have registered throughout the summer, the number of problems have been few!

We have also had a good response to the one-of-a-kind Minnesota coaches t-shirt, "Unleashing Talent".

For those of you that didn't order a t-shirt at the time you registered and have changed your mind, our online system writer is working on getting it added to our edit page. John and Mary

Over Hill *and Dale*

By: Chris Frye
Chatfield High School

The opening part of this column is dedicated to something critical to distance runners — heart. Instead of the spiritual kind, I'm talking about the one that we spend so much time conditioning to efficiently carry oxygen-rich blood throughout the body.

I recently read a very moving article in Sports Illustrated about a small-town Michigan athlete who died of sudden cardiac arrest moments after scoring the winning basket in a game that completed an undefeated regular season for his team. He had no history of heart disease.

The story resonated with me perhaps more than usual because we have just launched a new book that focuses on heart health (I work in consumer book publishing at Mayo Clinic). In working on that project, I learned that although 80 percent of heart disease is preventable, it remains the No. 1 killer of men and women in the United States.

Working on that project also reinforced that time is critical in responding to a heart event. That was never more evident than when a co-worker — several years younger than I and with no history of heart disease — collapsed of sudden cardiac arrest while jogging at the Clinic's healthy living center. Fortunately, he was surrounded by medical professionals who were able to quickly take charge of the situation and revive him. If you're going to have a heart attack, that's not a bad place.

The high school athlete in Michigan was not so lucky. His collapse was followed by uncertainty, panic and confusion. It took officials precious minutes to find the school's automated external defibrillator (AED), only to discover too late that the battery was dead.

These incidents got me thinking about how I would respond if something like this happened to someone on my team, or to fan. Like all head coaches, I took the MSHSL online emergency response training. But how well do I remember it? Do I (and my team members) know exactly where our school's AED is? Do we have an action plan in case a team member or fan collapses? Have we practiced it? Does anyone on the team know CPR?

When I asked myself these questions, I didn't like and answers. But I can guarantee that by next season, I will. Many CC teams participate in community service programs. What better program than having the team take CPR training

together?

With the hundreds of thousands of students who participate in high school athletics each year, these incidents are rare. But they do happen. As coaches, we prepare training plans to help our athletes develop a heart that can be strong enough to help them achieve their performance goals. Devoting a little time to training for how to respond when a heart fails should be part of our plans.

Hey, to the first three CC coaches who email me at ccfrye53@gmail.com and mention this column, I will send a free copy of the new book Mayo Clinic Healthy Heart for Life!

Side note: I developed heartburn working on a digestive health book, and I gained weight from stress eating while working on a diet book. Those experiences almost prompted palpitations just thinking about doing a heart book. I've decided there's no way I'm doing a book on incontinence.

* * *

Speaking of books, Dennis "Barny" Bartz, who coached for 34 years at Bemidji, has written a book on running and coaching. It's entitled Run for Your Life, and it covers many of the things he learned over the years about running. To learn how to obtain a copy, email him at dbartz@paulbunyan.net.

* * *

If you read the email from association secretary Jeff Schmidt on minutes from the CC rap session at the track and field clinic, you know that the MSHSL advisory board approved the proposal to advance to State the top eight individual finishers at Section who are not on a team advancing to State. The full MSHSL board will now consider the proposal at its April meeting. Keep your fingers crossed. If approved, the change would take effect next fall.

A couple of other notes from the CC rap session:

- Look for next year's session at 8 a.m. on Saturday of the track and field clinic.
- Help is needed for next fall's CC State Meet Social. If you're interested in helping out, please email me.

* * *

Good luck to those of you who are beginning another track and field season. See you around the oval and later on the course.

Cheers

FLIP NOTES



By: Jen Harmoning
MGGCA President
Becker High School

We have just finished up our state tournament and crowned our state champions.

Congratulations to the 2012 State Championship teams! The Class A champion is Melrose Area High School, coached by Katie Masog, Cassie Schoenberg, Alex Bade, and Stacy Stine. The Class AA champion is Roseville Area High School, coached by Mark Curley, Mike Flatten, and Julie Castellano.

Individual champions were crowned as well.

Class A

Vault: Jessica Stelter, Detroit Lakes
Bars: Hailey Brinkman, Melrose Area
Beam: Hailey Brinkman, Melrose Area
Floor: Hailey Brinkman, Melrose Area
All-Around: Hailey Brinkman, Melrose

Area

Class AA

Vault: Leah Robinette, East Ridge
Bars: Mackenzie Dent, Eden Prairie
Beam: Katie Quigley, Roseville Area
Floor: Mackenzie Dent, Eden Prairie
All-Around: Julia Stedman, North

A huge thank you to Deana Walsh for her work organizing the banquet. This year's banquet was held at the Minneapolis Marriott Center for the first time and was a great success! Thank you to Sandy Boss, Dave Maras, and Colleen Stark-Haws for preparing and presenting awards. Also thank you to Martha Driscoll-Nelson for taking care of All-State awards.

It's been a wonderful season filled with some amazing gymnastics. Now it's time to get in a little relaxation before gearing up for summer training.

Happy Handstands!

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 jomar@lakesnet.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 2011-2012

| | | | |
|-----------------------------------|-------------------------------|---------------------------------|--------------------------|
| Shelly Holtzler Past President | B/G Soccer G Swimming | B Swimming Wrestling | Baseball B Hockey |
| Becky Leuer President | Football Adapted Athletics | G Basketball Gymnastics | G/B Golf |
| Jon Wagner President Elect | B/G Cross Country G Tennis | Nordic Skiing Alpine Skiing | B Tennis B/G Track |
| Tom Van Erp 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 Liasion person listed above.

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!!

MnIAAA CORNER

By: Tom Graupmann, President, MnIAAA
Northfield High School

In my first article for this publication back in May, 2011, I wrote the following:

“Coaches, you are the important people! You are the ones in the trenches working with our students each and every day. No one is more valuable than you. Providing an environment where educational athletics is fostered is paramount. The “life-skills,” learned and developed will stay with your students for a “life-time;” make those learning opportunities the very best they can be.”

I meant what I said then and today I feel even more strongly about it! Coaches, the work you do is critical in developing our young people today; it is life-molding and life changing! I felt for my last article I would go right to the experts, the head coaches in our athletic programs at Northfield High School and ask them for their thoughts to these two questions: What is the single biggest challenge in coaching today? Why do you choose to coach? Here are the replies below (from the experts)!

What is the single biggest challenge in coaching today?

- Over involved parents and needing to win at all costs.
- Motivating student-athletes to commit and expect more from the ability they have and not to settle for average.
- Dedication from athletes and parents; kids want to work and be in a sport at the same time.
- Fostering responsibility and dedication in a society that in my opinion has in some ways been moving away from these important core values.
- Changing attitude of parents.
- Dealing with the complexities of diversity.
- Time. Most coaches are full-time teachers on top of their coaching duties. Today’s coaches face increased demands for practice planning, scouting opponents, coordinating practices and camps, etc. It is a challenge to balance work, family, and coaching responsibilities.
- Kids are under enormous pressure and stress. They are over-extended with activities and expectations. Many feel they need to be perfect. Helping them find a balance between their commitments and obligations to their chosen activities, and their need to just be kids is very tough.
- Motivating athletes to put in the necessary time to prepare (in the weight room, etc.) when they are busy with so many other activities or distractions in their lives that may be “easier.”

Why do you choose to coach?

- For the love of the sport and competition.
- To meet the competitive drive I still have and for the opportunity to have a positive impact in the lives of the student/athletes I interact with each season and hopefully beyond their high school years.
- I enjoy the personal challenge of making an impact on the

decisions and values of the athletes whom I coach.

- I love the kids, my community, and the sport.
- The challenge to create a family and a cohesive group.
- I love the sport and how it helps kids believe in themselves.
- I believe most people who coach see the value of athletics in education. They like to help kids have success, not just in victories but also in working toward and achieving goals. In sports, kids learn to be successful through hard-work, dedication, teamwork, and positive thinking. These skills are often best learned through competition. I’m sure most coaches, like me, experienced this when they were student-athletes, and want to help other young people have the same great experiences.
- I love the sport and I love to teach. It is different from the classroom because the athletes really want to be there. This makes teaching them easy and progress is usually seen quite quickly. I also coach because I love sports and I grew up with them. It is a lifestyle that I enjoy and a culture I want to be around.
- Coaching provides a unique and very special way of developing relationships with young people. I believe that the most important learning in anyone’s life happens through the relationships they develop. I coach because I want to make a difference.
- To see kids set a goal, work hard and work together to achieve it, than celebrate together if they achieve their goal or deal with the adversity together if they don’t achieve their goal.
- Passion for the sport, and because I love to see young people grow. I like to challenge them to grow athletically and grow in the area of confidence. I enjoy getting to know my athletes on a more personal basis and see them have success individually or as a team.

As we all know the support we get from our office secretaries is vitally important to keep things moving forward in a positive direction. I asked our Activities Secretary for her perspective on working with our coaching staff. Here is the reply from my assistant, Sheryl Docken: “For me, the most important factors are trust and communication. We work so closely with coaches on a daily basis in regards to schedules, rosters, busing, and many other things. Some of the information we receive is very confidential and we need to trust each other with topics that are discussed. Communication is vital in being able to run a program smoothly. I am fortunate that I have wonderful coaches to work with; they love their jobs and the kids they coach.”

I sincerely thank my assistant, and our coaches in Northfield, and extend that thank you to all support staff and to all coaches across the state of Minnesota. Coaches, you have chosen arguably the most difficult and challenging of all jobs! Thanks for stepping up to the challenge and for providing life changing opportunities and fostering educational athletics. You are the important people!



FORTY-EIGHTH ANNUAL
FOOTBALL HALL OF FAME BANQUET
 MINNESOTA FOOTBALL COACHES ASSOCIATION



Date: Saturday, March 31, 2012

Place: Doubletree Hotel

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

Minneapolis Park Place
1500 Park Place Boulevard
Minneapolis, MN 55416
Phone: 952-542-8600

Ticket Price: \$30.00

Purchases tickets on-line:

www.mnfootballcoaches.com

RESERVATIONS MUST BE IN BY TUESDAY, MARCH 27

Banquet Chair:

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

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

BANQUET HIGHLIGHTS

2012 Hall of Fame Inductees

High School Division

- Earl Bauman, St. Michael-Albertville
- Paul Gasner, Totino-Grace
- Dick Hanson, Burnsville
- Steve Nunnink, Brainerd
- Terry Ogorek, Kittson Co Central
- Tyrone Wacker, Jackson/Gaylord

Michael Boomer, Cook County
Rick Haley, Delano
Thomas Pink, Northome
Patrick Rieder, Dilworth/Glyndon/Felton
Mark Ritter, Eden Prairie
Will Wackman, Spring Lake Park
Ralph Weber, Anoka

2012 Distinguished Service Award

Mike Turner, Varsity Photos, inc. & Varsity Awards

Conference and Section Coaches of the Year:

You must be present at the banquet to receive your Conference or Section Coach of the Year Award. In order to allow time for the plaques to be engraved, WE MUST HAVE YOUR R.S.V.P. BY FRIDAY, MARCH 16.

Conference Coaches of the Year

Section Coaches of the Year

Class Coaches of the Year

State Coach of the Year

Assistant Coach of the Year

Power of Influence Award

Don Swanson Award

2012 Butch Nash Outstanding

Assistant Coach Award Winners



Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

If I have learned anything over the last six decades, (I've learned much, and have so much left to learn), it is that, whether we are in it for a year or two or a lifetime, COACHING IS A JOURNEY, NOT A DESTINATION. Now, in the long winter of a career, I find myself being more reflective than ever about where we have been and where we are going. We began our journey in the summer of '62 in a farm community, on a farm field ,coaching kids who came, heart in hand, to learn and play football. Our heart was in our hand too. We hoped to make an impact; to do a bit of good. It was a marvelous time... one I treasure now and will until the last kickoff. Much has happened to all of us who choose to coach and teach since then. No matter when we got in, or what entry level we chose. Much has changed. One truth remains. Kids still

come with heart in hand to learn and play football. Perhaps, in another time when we all write that book we are going to write, each of us will recall fondly the joy of the journey.

There is not room ,or time, in this column to adequately reflect on the spent years or decades of football in Minnesota; yours or mine. That, for each of us, will happen when we feel the need or can 'take the time'. I do want to encourage you, though, to REFLECT ON YOUR JOURNEY; on your destination, your impact. Be certain that you realize you do have an impact. You make a difference in the lives you touch. You are important. You have influence far beyond your own realization. You are a Coach. You are a Keeper of the Game!

Pay attention to the things that matter to you!. Someone smarter than me told me that once. From time to time, we all need to be mindful of that good advice. Often, though, Life gets in the way. The pace of our lives, certainly as professionals, has changed dramatically...particularly in recent years. It seems the more we do, the more we are expected to do. In the classroom, on the field, in the

community, et al. And, these things are important to us...in all respects, they matter. But, we have so much access to information that we may forget or neglect what is most important.. our Relationships with family, friends, colleagues, players. Let us be certain we prioritize what matters!

Your MFCA gives you opportunities to aid you in your professional life. The MFCA Clinic, Mar. 29-31, a particularly important opportunity, is your Clinic. We are currently on a record pace for registrations. We hope you join your fellow coaches in attendance. At the Clinic, we salute accomplishments, recognize achievement, increase knowledge, share and enjoy relationships. We tell and add stories and experience to our journey. At the Clinic we are reminded again of the wonderful fraternity that is coaching. A significant piece of our life that matters to us. We look forward to seeing you again and joining the greatest huddle we know...

You have chosen to Coach. Thank you for making a difference. Thank you for being a part of the journey for so many.

2012 MINNESOTA FOOTBALL COACHES CLINIC

The Official Clinic of the MFCA in Partnership with the Minnesota Gophers & Vikings

If you can attend just one clinic, this should be THE ONE!!

DoubleTree Hotel in St. Louis Park, March 29 - March 31, 2012

Gopher Practice at TCF Stadium on March 31

Featured in 2012

Gophers & Vikings Headliners
Tony Levine, U of Houston Head Coach
Pittsburg State Staff, D2 National Champs
Mark Tommerdahl, Louisiana Tech
Bob Gillis & Staff, El Campo HS, Texas
Earl Garcia & Staff, Hillsboro HS, Florida
Hal Wasson, Southlake Carroll HS, Texas
NFL Veteran Coaches Carl Mauck and John Levra
Area High School & College Speakers

Clinic Committee

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

Doubletree Hotel Clinic Rate: \$89: Reserve soon to ensure availability: 800-245-9190

For more information or to register online, please visit

www.mnfootballclinic.com

**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 35 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2010-2011 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) | • Gustavus Adolphus College (St Peter MN) | • Northwestern College (St Paul MN) |
| • Augsburg College (Minneapolis MN) | • Hamline University (St Paul MN) | • Ridgewater Community College (Willmar MN) |
| • Bemidji State University (not hockey or playoffs) (Bemidji MN) | • Hibbing Community College (Hibbing MN) | • Riverland Community College (Austin MN) |
| • Bethany Lutheran College (Mankato MN) | • Itasca Community College (Grand Rapids MN) | • Rochester Community College (Rochester MN) |
| • Bethel University (St Paul MN) | • Macalester College (St. Paul MN) | • Southwest MN State University (Marshall MN) |
| • Carleton College (Northfield MN) | • Martin Luther College (New Ulm MN) | • St Cloud State University (St Cloud MN) |
| • Central Lakes College (Brainerd MN) | • Mesabi Community College (Virginia MN) | • St Cloud Tech College (St Cloud MN) |
| • Century College (White Bear Lake MN) | • Minnesota State University - Mankato (Mankato, MN) | • St John's University (Collegeville MN) |
| • College of St. Benedict (St Joseph MN) | • Minnesota State University - Moorhead (Moorhead MN) | • St Olaf College (Northfield MN) |
| • Concordia College (Moorhead MN) | • MN West Technical and Community College (Worthington MN) | • U of MN - Crookston (Crookston MN) |
| • Concordia University (St Paul MN) | • Northland Community College (Thief River Falls MN) | • U of MN - Duluth * Men's Hockey on Availability (Duluth MN) |
| • MN State Comm. & Tech College (Fergus Falls MN) | | • U of Mn - Morris (Morris MN) |
| | | • University of St Thomas (St Paul MN) |
| | | • Vermilion Community College (Ely MN) |

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

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

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

4. A coach with a MSHSCA card may receive one additional complimentary pass for a fellow assistant coach ONLY. A second pass is not intended for a coach's spouse/relative or alike.

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

Another example of the MSHSCA at work for the membership!



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Delegates Corner

By: Jon Wagner, President Elect, Eveleth-Gilbert School

Coaching Controversies – What to do?

Welcome to the start of the Spring sports season in Minnesota! If you live in the north, you'll know when spring arrives, because the sledding gets poor. A few months later the grass shows up, the birds sing, and the temperature rises above freezing. I envy my track and field athletes because they get to move around and stay warm, whereas I usually shiver and get windburn while standing around doing timing or other stationary duties. I'm actually looking forward to global warming.....

My topic of increasing personal interest is in how school districts handle coaching controversies. We all know that parents want coaches who are kind-hearted, dynamic, and wonderfully successful in terms of wins and losses. But above all, many parents automatically feel that any adequate coach should put their child in the top positions on the team and give him or her maximum playing time, regardless of talent, team dynamics, and the coach's observations of the child during hundreds of hours of practice each season. Because of this bias, all coaches will receive some critical reviews from parents and so-called fans. My question is: How should our school administrators handle complaints about coaches?

In most school districts, there are policies that cover coaching complaints. Most often the complainant is required to discuss the issue with the coach in question. If not satisfied, the complainant may then bring the issue to the Activities Director, the building Principal, and then the Superintendent, in that (or a similar) specific order. Ideally, facts will emerge in a confidential manner that can bring resolution to the issue, without inflaming the public or assassinating the character of the coach. If the issue has to do with amount of playing time or perception of talent, the complaint should be dismissed early in the process. If the issue has to do with coaching behavior that is alleged to be illegal, immoral, or unethical, then the complaint should proceed with all due speed up the chain of command, and can result in disciplinary action. If the issue is only a vague complaint about coaching performance, then the Activities Director is in a great position to examine performance and, if needed, prescribe improvements for the coach to make within an appropriate period of time.

Question to delegates: **How often are the above policies followed in your school district?** As a long-time athlete, parent, and coach, I'm concerned that complainants are gaining too much power in determining the fate of coaches. In many cases, school policies are not being followed, but rather an angry parent can "short-cut" the process by calling the media or a school board member directly. The result is

chaos: Administrators are put in a tough position to protect the athletes and reputation of the district, and the coach's reputation can be ruined by rumors and innuendo. I think we can all recall cases where a good coach lost his or her position due to an angry parent or vocal critic "short-cutting" the chain of command. And often, even if the coach is totally beyond reproach, the resulting chaos can result in hurt feelings, open hostility, deep family stress, and a decision to not return to coaching. And when good coaches decide not to coach, we all lose!

So delegates – Do you think that our coaches are being treated properly and are appropriately protected during coaching controversies? If not, what do you think can be done about it? I'm interested to hear any stories you have on this topic, whether they are success stories or horror stories. My goal is to shed light on this issue in the upcoming months. Please e-mail me at jonwagner74@gmail.com if you'd like to share your perspectives with me.

In the meantime, have a great Spring!



Diamond Cuts

By: Steve Radniecki
Norman County East

Rats, just when we are all itching to get the spring sports season underway, Mother Nature hits us with a big blast of winter. That seems to be the way it is for us "cold weather" spring sports coaches and players. Seems like it is almost worse this year due to the mild winter we just went through. There were several days in January and February that were warmer than a few of the days we played games during April last year. Oh well, get out the tractor and clear off a field or two and get on with the business of softball!

About 180 coaches attended the Feb 4th clinic at St. Cloud Apollo. Attendance was down slightly from the year before, but very good nonetheless. Darren Mueller and Brittany Weil of NDSU, John Tschida of St. Thomas and George Wares of Central College of Iowa gave outstanding presentations throughout the clinic. Almost twenty vendors were available

... continued on page 23

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Diamond Cuts . . . continued from page 21

to tout their wares to the coaches at the clinic. Over-all it was a very successful outing. Executive Secretary Shelly Hotzler, Kim Bowen and Stacey Sheets, among others, did another great job putting the clinic together.

In other news, the MSHSL Board of Directors has placed the double elimination section tournament proposal on its April 5th's meeting agenda as an action item. The regions split with eight regions against expanding from the current format which allows double elimination only after four teams are left in the tournament to allowing the double elimination after eight teams are left in the tournament. Seven regions were in favor of it and one region felt the decision should be left up to each individual region. The Athletic Directors' Advisory Committee come out in favor of the proposal. Please contact your region's representative on the Board of Directors to let them know how you feel about this proposal. I think it has a real chance of passing if we let the Board members know how we feel about it.

Also, here is a reminder about some important dates for you know about in order to submit information to the Softball Association. You must be a member of the Association by April 1st to be able to nominate any of your girls for the various awards. April 6th is the deadline for nominations for All-Academic honors, both team and individual. May 4th is the deadline for All-Star nominations and May 19th is the last date for All-State nominations.

The format for the All Star games held the Sunday after the state tournament in Mankato will be slightly different. It will consist of four teams made up of AAA schools and four teams made up of girls from A and AA schools. A and AA teams will play a round robin against each other. AAA teams will do the same.

It's time to start planning those practice sessions and figuring out how I'm going to implement into practice all the things I learned at the clinic to help make my team better. I'm sure all of you are doing the same thing and making Minnesota softball better each year. Should be another exciting year!

MEMBERSHIP REPORT March 2012

| <u>Types of Membership</u> | <u>2011-12</u> | <u>2010-11</u> |
|----------------------------|----------------|----------------|
| Active Class A & AA | 5815 | 6273 |
| Associates | 1043 | 1156 |
| Active Life | 693 | 564 |
| Retired Life | 967 | 984 |
| <u>Honorary</u> | <u>3</u> | <u>3</u> |
| | 8,521 | 8,980 |

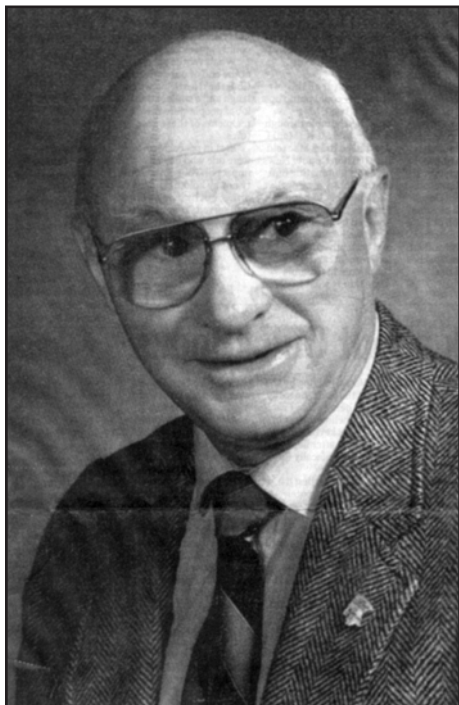
Breakdown of membership by sport association (2010-11 totals in parenthesis)

| | |
|-----------------------------|------|
| Adapted Athletics (19) | 20 |
| Boys Lacrosse (51) | 16 |
| Alpine Skiing (68) | 77 |
| Girls Lacrosse (47) | 25 |
| Athletic Directors (228) | 251 |
| Football (1105) | 1106 |
| Baseball (400) | 403 |
| Boys Hockey (259) | 231 |
| Boys Basketball (788) | 793 |
| Golf (boys & girls) (371) | 314 |
| Girls Basketball (736) | 717 |
| Soccer (boys & girls) (379) | 403 |
| Cross Country (316) | 334 |
| Softball (509) | 401 |
| Gymnastics (210) | 190 |
| Synchronized Swimming (16) | 6 |
| Nordic Skiing (114) | 105 |
| Girls Tennis (190) | 202 |
| Volleyball (740) | 693 |
| Boys Tennis (166) | 137 |
| Boys Swimming (165) | 180 |
| Track & Field (686) | 669 |
| Girls Swimming (217) | 224 |
| Wrestling (82) | 106 |

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

We have 71 coaches that have joined the MSHSCA and coach a sport that collects their own dues.
30- Girls Hockey, 17-Cheerleading, and 24-Dance

TRIBUTE



Malcolm "Mac" Dahl loved the fraternity of prep athletics. During his long teaching-coaching and Athletic Administrative career, "Mac" touched all bases including the coaching of highly successful football and golf programs that achieved memorable records.

During his time in prep athletics, he picked up numerous honors including selection in to the MN Athletic Directors Hall of Fame and the Minnesota State High School Coaches Hall of Fame.

The MSHSCA received the benefit of his leadership as he served a four year term on the Executive Committee including a Presidential year in 1978-79. Football coaches and AD's also benefited from his leadership

During and after his MSHSCA term of office, "Mac" remained to assist in the operation of the All Star Clinics sponsored by the coaches association.

Dahl passed away on December 26, 2011 at the age of 83.

Born in Staples, MN, Dahl attended Luther College and Moorhead State following his high school career. He had stints in Madison, MN, Lake Forest IL and Bagley, MN before arriving for the 1965 opening of LaCrescent High School.

"Mac" was an Army veteran having served in the 82nd Airborne.

Dahl is survived by his wife, Barbara and children, John and Nancy and five grandchildren.

MEMBERSHIP YEAR FOR THE MSHSCA!

In the last 2 months, we have gotten memberships from spring coaches that also coach a fall sport and are paying for both now.

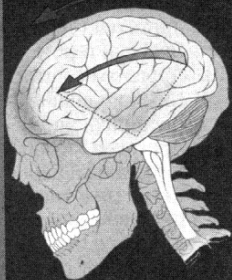
***We want to repeat, our membership year does NOT run from January 1 to December 31.**

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

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

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

The FACTS CONCUSSIONS



A concussion is a **brain injury**.

All concussions are **serious**.

Concussions can occur **without** loss of consciousness.

Concussions can occur **in any sport**.

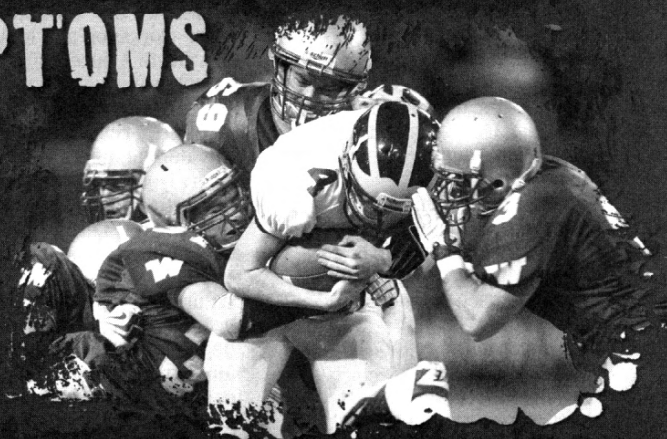
Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a **concussion**.

The SIGNS and SYMPTOMS

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to a hit or fall
- Can't recall events after a hit or fall



Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

**Information taken
from the Winter 2012
MSHSL Bulletin**

The ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the athlete is symptom-free and it's OK to return to play.

For more information on Concussion Management and the MSHSL Return to Play protocol, visit www.mshsl.org

Minnesota State High School League

Board of Directors Report

By: Mindy Sparby
Belle Plaine High School

Mark Solberg
Cambridge-Isanti High School

Bring on the Tournaments! Winter tournaments have officially begun and we are entering March madness! Of course there are predicted snowstorms in the mix after one of the mildest winters I can ever remember, but that is nothing new with tournament time approaching.

The MSHSL Board of Directors met on February 2nd, and there were numerous action items as well as discussion items. Here is a brief synopsis of the meeting written by Howard Voigt.

Action Items

Boys Basketball

The two smallest classes of boys' basketball will now have a seeded state tournament. The Board approved a recommendation from the Basketball Advisory Committee to seed Classes A and AA, just has been the case for Classes AAA and AAAA since 2008. The top four seeds will be determined by online coaches voting and then a blind draw conducted to determine the opponents of each. The seeding is effective with the upcoming 2012 state tournament. The girls' tournament is unaffected.

Boys' and Girls Lacrosse

Beginning with the 2013 state tournaments, both the boys' and girls' lacrosse tournaments will have eight qualifiers. Now only four teams qualify because fewer than 64 teams compete. However, Assistant Director Rich Matter, who oversees the activity, reported that there are currently 63 girls' teams registered and 57 boys' registered for the 2012 season. He expects that by the 2013 season that there will be more than enough girls' teams to meet that threshold, and even if the boys' teams don't quite make it, the Board action will serve to help grow additional participation.

Track and Field

Specific management procedures

were approved by the Board that may allow track athletes in the wheelchair division to compete alongside able-bodied runners. The criteria were created to accommodate a single athlete in the wheelchair division so that he or she didn't have to compete alone. It will apply to the 100-meter, 800-meter, 1,600-meter and 3,200-meter races. Specific lane buffers are included to ensure the safety of all the athletes. If more than one athlete in the wheelchair division chooses to compete in any one of those events, those athletes would compete in their own race and not with able-bodied athletes. For shot put and discus, athletes in the wheelchair division will always be flighted with the able-bodied athletes. The same proposal approved by the Board also features team scoring opportunities for athletes in the wheelchair division. For both the track and field wheelchair division events, athletes are eligible for individual awards. League staff is developing guidelines that member schools should use for regular-season meets and for region secretaries to use at subsection and section meets.

Coaches Education

Effective for Fall 2012, *all athletics coaches and fine arts coaches and directors* will be required to complete the League's Continuing Education Requirement (CER) once every three years. The action by the Board fulfills one of its goals to extend the benefits of continuing education to varsity assistant, junior varsity and B-squad athletics coaches, as well to fine arts coaches and directors. The CER involves about three hours of online training that was required of only head athletics coaches this school year. Any athletics coach or fine arts coach or director may access the training modules now and some member schools have already required all of their athletics coaches and fine arts

coaches and directors to take the training. The current education modules cover the philosophy of education-based activities, concussions, emergency planning, and a review of League bylaws.

Discussion Items

Advisory Committee

Recommendations

Tournament format adjustment recommendations proposed by several activity advisory committees garnered additional discussion based on responses from the administrative regions and the Athletics Directors Advisory Committee. For basketball, the proposal to seed teams 1 through 8 in all classes of boys' basketball and the same for Classes AAA and AAAA of girls' basketball was not supported by the administrative regions by a 2-to-1 margin. The ADs also opposed it, strongly supporting the current policy of seeding the top four teams and drawing their opponents. There is also interest in the possibility of seeding the top five teams. A second basketball proposal calling for the section seeding of all 64 teams in Class AAAA for both genders in an effort to get the best eight teams to the state tournament did not gain the support of the ADs and half of the regions, primarily those representing greater Minnesota, also opposed it. The hockey committee proposal to allow unlimited scrimmages during the first two weeks of the season, as opposed to current policy limiting teams to three calendar dates per season, was overwhelmingly opposed by the regions and the ADs also expressed opposition. The Baseball and Girls' Softball Advisory Committees are requesting a return to allowing double-elimination section competition when the final eight teams are decided. Current policy limits double elimination to the final four teams. The feedback from the administrative regions was about 50-50,

but the ADs supported it. The recommendations will be on the Board's action agenda in April.

Golf

Executive Director Dave Stead reported that member schools that have golf teams will be surveyed to determine if a fall season is supported for either gender. Schools will have an opportunity express interest in either a spring or fall season for either gender.

Co-op Rule

Board member Chris Laird asked his colleagues to consider recommending a revision to the current bylaw (Bylaw 403) that specifies how enrollment is used for classification in cooperative sponsorships. He said that he and others believe that participation opportunities by students of smaller schools are being denied because a larger school rejects a request to co-op due to the enrollment

formula bumping that team up into a larger competitive class.

NFHS competition rules

Staff recommended and the Board concurred that most NFHS competition rules that now apply only to varsity should be imposed on all levels of competition. Associate Director Kevin Merkle will draft language that will allow modifications that do not impact safety. He said that length of competition, uniforms and substitutions are logical areas that could be exempt from the NFHS rules. What prompted the proposal was concern that dangerous and illegal baseball bats under current rules might be passed down to lower levels.

Rule modification for Baseball and Softball in the Championship game of the State Tournament.

Staff proposed a rule modification

for baseball and softball that would require a full 6.5-to-7 inning game be completed in championship-round games in the state tournament only, unless the 10-run rule applies. If darkness, weather or other situation makes a complete game impossible, it would be suspended and resumed later when conditions permit. The rule modification would also allow a game to be terminated earlier if both teams agree.

The next regularly scheduled meeting of the League Board of Directors is Thursday, April 5, 2012, at the League office.

If you have any questions regarding the Board meeting or upcoming meetings, please feel free to contact Mark or myself. Good luck with the remainder of the winter season and this spring!



Ice Chips

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

As the 2011-12 season comes to a close, we look forward to one of the greatest high school events to take place every year in this country: the Minnesota State High School League boys hockey tournament.

The tournament has drawn nearly 122,000 fans per year over the last eight years and we look forward to another well-attended and exciting event this year.

A number of events will also be occurring during the state tournament weekend.

Thursday, March 8, the MHCA Executive Board will meet at the Crown Plaza Hotel, beginning at 8:30 a.m., while the 21st annual MHCA Hall of Dinner will take place between the afternoon and evening sessions of the Class AA quarterfinal games. Start time

for the event is approximately 3:45 p.m. at the RiverCentre Grand Ballroom.

Four people will be inducted into the MHCA Hall of Fame and four others will be honored for their contributions and accomplishments with individual awards.

Going into the hall of fame this year are Harry Brown (Minneapolis), Cary Eades (Warroad), Keith Schafer (Wayzata) and Chuck Watson (Moorhead).

Individual awards will be given to:

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—Bart Larson.

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

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

Bruce Johnson Award (given to an

MHCA board member who has made extraordinary contributions to the association)—Bob Rajanen.

There will also be a coach's social at the Crowne Plaza, Friday, March 9, between the Class A and AA sessions from 3:30-6:30 p.m. for all MHCA members and their guests.

The final event of the MHCA will be the annual Coaches Meeting and Breakfast at the Crowne Plaza. This meeting is for the entire MHCA membership and will be followed by individual section meetings with the event getting underway at 8:30 a.m.

This season has also brought about changes in the game in the wake of the injuries to Benilde-St. Margaret's Jack Jablonski and St. Croix Lutheran's Jenna Privette. The incidents which hospitalized both student-athletes have forged a renewed crackdown on hits from behind, to the head and into the boards.

As we launch into the state tournament and the ensuing off-season, we wish every the best of luck and well wishes.

dugout chat



By: Alan Amdahl
2nd Vice President - MN Baseball Coaches Association
Albany High School

We have had a very mild winter, and it looked like spring would be upon us shortly, but as I am putting together this article there is a severe winter warning for most of the state with snow totals predicted in the 8-12 inch range. Fear not, it will be spring shortly, and the balls will be flying before we know it as the 2012 season gets underway.

The clinic season is wrapping up as coaches have been able to take the opportunity to hear from many excellent colleagues about skills, drills, and strategies. Our association also puts on a really good clinic in the fall—thanks again to John Wilkens for all the work he does to make that run smoothly. The BCA was held in Raleigh, NC this year with four representatives from MN at this convention. The ABCA was in Anaheim, CA in January with many coaches from MN in attendance. I encourage you to become members of these great umbrella organizations and take advantage of what they have to offer. They are both tremendous opportunities. Next year the BCA will be in St. Louis, and the ABCA will be in Chicago in 2013! St. Olaf had another great clinic this winter as did St. Cloud State. We thank Matt McDonald and Pat Dolan and their staffs for these great opportunities. The U of MN is having their clinic in March this year, so look for that flyer to come out soon. John Anderson and his staff always put together a good day at Bierman complex.

Thanks to our leadership of Bruce Woitas, President, Todd Smrekar, Vice President, Pat Collins, Past President, and other baseball advisory committee members Tink Larson, Craig Anderson, Dale Welter, John Wilkens, Paul Twenge, and Troy Urdahl. They have been busy working on many things this past year. At the top of the list is trying to get double elimination back for tournament play. Bruce Woitas has been working diligently with the softball coaches association and their president, Shelly Hotzler, to get this returned for both sports. The Athletic Directors' committee gave it a favorable vote this winter, and it will be acted on at the High School Advisory committee meeting in April. We hope that we can see a positive decision there. We also thank the Twins organization for again allowing us to bring the championship

games for all three classes to Target Field on Monday, June 18th. What a great venue for our sport and our players! The state tourney will start on June 14th-15th with Class A again being held in Chaska and Jordan, AA in St. Cloud at Putz and Faber fields, and AAA will be in St. Paul again but at Dunning Field not Seibert Field as the U of M works on breaking ground for a new stadium. The advisory committee is also working on expanding tournament rosters for teams with the hope of adding two to six players to the rosters for schools.

Perhaps the biggest change will be the implementation of the BBCORE bats this season. It has been hanging out there for a couple of years, but this year they must be in use, and it is up to the coaches to be responsible for the team being properly equipped. We as an association encourage you to have all levels outfitted with the BBCORE bats starting this spring. Coaches, be sure that you check out the Coaches' Clipboard and take care of all needed items especially the concussion segment for your season. You can find the link at the high school league web site.

As you get ready for your season, don't forget to nominate worthy athletes for honors like Lion's All-Star, All-State, and Academic All-State. We need to have the best players who meet all of the eligibility requirements representing our sport. Section reps, we can use your help in this regard if you know of players in your section, get the word out. Also, coaches, don't forget your nominations for the Dick Siebert Award, the Jim Dimick Award, the Angelo Giuliani Award, and Assistant Coach of the Year, as well as Field of the Year. Thanks again to Tink Larson for all the work that he does for our association with the web site.

The fall clinic will be held October 26th-28th. Be sure to pencil in those dates; we have a fantastic class of Hall of Famers going in on Saturday night: Congratulations to Jerry Coe of Coon Rapids, Dick Jonckowski of Shakopee, Ricky Michel of Stillwater, Don Sauter of Arlington, Joe Sczublewski of Albert Lea, Chuck Tabor of Robbinsdale Cooper, Bob Wasko of South St. Paul, and Dave Wendland of Brownton. There will also be a number of other awards presented that night, so be sure to nominate deserving people for these great honors.

Looks like winter yet but not for long and I hope you can have a fun and successful season -good luck to all!

BANK SHOTS



By: Brad Strand,
MBCA President
Pelican Rapids HS

March madness is here! Tournament time brings a great deal of excitement to the schools and communities. The games are full of emotion as each player recognizes the fact that each game could be their last and for seniors this emotion is highlighted even more! High school athletics allows the opportunity for players to step up and reach new levels of play to help their team advance to the next level while others allow the pressure, tension, and stress prevent their from achieving their goals. It is vital that each coach remember the impact we all have on our student-athletes.

The season is definitely a journey and the relationships that are cultivated are what will be most remembered. I hope that each of you have been able to experience success this year and can look to the future with optimism. Remember everybody is soon to be 0-0 and make the most of the opportunity to advance game by game in the tournament.

There is a change for schools in the A and AA state tournament format this year. The smaller classes will be adopting the same seeding process that is used for AAA and AAAA. The top 4 teams will be seeded by coaches vote and a random draw will determine the placement of the other four teams as five-eight.

The section winning coaches will participate in a conference call and have the opportunity to lobby for their team at that time before a vote is taken to determine the top four teams. The hope is we will get the best four teams to the semi-finals and create more excitement for the tournament. State tournament games will once again be played at the Target Center and Williams Arena with the 3rd place games at Concordia University on Saturday. The Cambria Room at the Target Center will serve as our hospitality room and is great place to network with coaches from all over the state while enjoying some great basketball. Your MSHSCA card must be presented to gain access.

We thank the Timberwolves for their support of our association and of high school basketball in Minnesota.

Congratulations to all of the coaches and teams that made it to the 100th State Tournament!

The Minnesota Basketball Coaches Association participated in the Coaches vs Cancer initiative again this season. Our state has done an awesome job of generating money to help fight dreaded disease. We all have been affected either directly or indirectly by cancer.

The All-Star series is set for the weekend of March 30th and 31st. The games will be played at St Cloud State University on March 30th at 7:00 pm and 8:45 pm and at Macalester College on March 31st with game times slated for 2:15 pm and 4:00 pm. Congratulations to the coaches: Bob Schueller- Browerville, Ron Vorwald-Worthington, Joe Hyser-Mpls South, and Dan Elhard-Grand Rapids- who were selected to coach the 2012 All-Star series.

We have some great talent in our state and I encourage you to watch the games either at St. Cloud or Macalester.

As summer draws near please be aware of the No Contact Period for the summer of 2012. Dates for 2012 are June 30th - July 6th.

Thank you again for allowing me to represent all of your this year as the MBCA President. It has been a pleasure to work with so many great people in our organization. If there is anything I can do for you please let me know.

***“If you don’t practice,
you don’t deserve to win.”***

- Andre Agassi

CLEARING THE HURDLES

By: Kent D. Viesselman
 Minnesota High School Track & Field
 Coaches Association
 Cambridge – Isanti High school



Hi everyone. It's always exciting to see and feel the change of seasons in Minnesota, Track season, I mean spring, is finally here. It should be an interesting and exciting season with some of the new opportunities available for athletes in track and field. It will be particularly interesting to watch how the second automatic qualifying relay from the section to the state meet will impact both the section and state meets.

I want to touch on a couple of items. First of all, I think it is vital that we, as track coaches, do a better job of being organized and communicating with each other with respect to youth track and field. Quite honestly, I think this is an area that needs to improve. Hopefully you were able to attend the Track clinic panel discussion session on "Building a youth track program". If you were not able to do this I want to inform you of something our association needs your help with. We are attempting to put a master schedule of all the youth and summer track meets throughout the state online so that if anyone wants to know what track meets are going on in their area they can simply go to the website and see where things are happening. Please contact Mike Harris of Hopkins at mike_harris@hopkins.k12.mn.us if you have a track meet you host or if you are aware of one in your area. Make sure you give him specifics such as: specific location, date(s) and starting time(s). Again, we want to do a better job of promoting track at all age levels. We believe this would be a good place to start. Thanks in advance for your cooperation with this. Secondly, as this site grows we are planning on providing ideas for how you can build your community track program. Look for an email in the next few months giving more details from our association. If you have some creative or innovative ideas you would like to share in this arena, please do not hesitate to contact me or Mike. Thanks

I hope all of you who attended the clinic enjoyed it. If you did not attend the clinic I would really like to hear from you as to why you were unable to or chose not to attend. If there is something we can do to help with this let me know. I realize this is a scary request in that I may receive more emails that I anticipate but as someone who wants to be the very best coach they can be I don't understand why a track coach would not attend if they are able to. Please give some thought and consideration to your email before you send it but please let me know how we can help get you to the clinic. It is still a work in progress but it is something I am proud to say I am a part of and truly believe your attendance at our clinic will help you and your athletes.

I write this with a somewhat heavy heart, in that this is my last Prep coach article as President of the Minnesota State Track Coaches Association. I have really enjoyed serving our association in this capacity. As I have said before in the Prep Coach, I don't think many of you realize how blessed you are to have some of the folks behind the scenes working on the behalf of both our association and track athletes. If you get the chance please take the time to thank people who give so much of their time and effort to help make track and field what it is in Minnesota. As in past articles, I urge you to get involved. Our association needs hardworking people of integrity to step up as we move forward. If you have not been involved in the past please consider this. Thanks for allowing me to serve you. Thanks for all your hard work with young people. Know that what you do leaves an incredible and indelible mark on their lives. I am proud to say I am a track coach. I hope you feel the same way. I hope you, your team and your family have a successful track season.



By: Rachel Aiken
 Chaska/Chanhasen

I am excited to announce that the MSHSL has approved both boys and girls' lacrosse for eight sections starting in 2013. As most of you know this is huge step in our program and we look forward to giving more girls the opportunity to play in the state tournament. I will keep you posted on any new information when it is released.

As for this upcoming season the advisory board has been hard at work with many new and exciting opportunities for you as coaches. We would like to announce our Coaches Clinic again. This year we are partnering with Frost Lacrosse in providing a day for coaches by coaches. We have special guest coaches coming in and I think you will enjoy what we have planned.

Coaches Clinic March 24

Session I 8:30-10:00

Session II 10:00-1:00

Benilde St. Margarets

2501 Highway 100 South

St. Louis Park, MN 55416

This FREE COACHES CLINIC has something for everyone. In the morning session, we will address issues specific to high school coaches, immediately followed by an

. . . continued on page 31

Swim Strokes



By: Mike Steineman

Cretin-Derham Hall Boys Swimming & Diving
 President – Boys Swimming & Diving Coaches Association
msteineman@c-dh.org

Last year when I was writing this article, I asked if you were looking for a way to beat the cold and the snow. My advice was to check out your local swimming and diving team. While the weather has been considerably mild this year, the excitement at your local pool has remained!

As this article goes to press, many swimmers and divers across the state are preparing for the State Meet held at the University of Minnesota Aquatic Center March, 1-3. The Class A meet starts at noon each day and the Class AA Meet begins at six each evening. Both meets look to be very fast, exciting, and an awesome way to finish the season. During a period of training known as taper, teams wind down the length and yardage of their practices in an effort to rest and have a spectacular final dual meet, Conference Meet, Section Meet, or State Meet. Whichever meet you are preparing for, swimmers and divers are feeling good and coaches are planning and strategizing for the end of the season.

In preparation for the State Meet, the Coaches Association held the eighth annual True Team Section and State Meets. After some revision, the Coaches' Association again ran our Class A meet with six sections. With the continued goal to cut travel time and expenses, early reports look like the meets were successful. More discussion will occur at the upcoming

association meetings. If you have feedback, please attend these meetings and let the association know what you think. Congratulations to all the True Team Section Champions as well as the wild card teams that advanced to State! Finally, congrats to the teams from Eden Prairie (Class AA) and St. Thomas Academy (Class A) who were this year's True Team State Meet Champions.

When the State Meet has had its final swim, there are a couple more items to add to your calendar. First, The All-State banquet will be held at the Prom Center in Oakdale on Friday, April 13. The all-state swimmers, divers, coaches, teams, officials, and support staff for both Boys and Girls Swimming and Diving will be recognized for their accomplishments. More information can be found at the MSHSCA website by clicking on Sport Associations, Swimming & Diving, and Banquet.

The Upper Midwest Swimming and Diving Coach's Clinic will be held the same weekend at the Ramada Plaza in Minneapolis. More information will be coming soon. Again, please stay tuned to our website. The information will be found at the MSHSCA website by clicking on Sport Associations, Swimming & Diving, and Clinic.

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.

hour long session for the more advanced coach. This advanced session is open to everyone, regardless of which age group you coach. The second session, from 10am – 1pm, will follow the curriculum from the US Lacrosse Level 1 Coaches Education Program. This session is also open to everyone regardless of level coached. More information will be provided in the upcoming weeks.

All State: In January the All-State Committee met to improve our current All-State Selection process.

Our New Nomination Criteria

- Head Coach MUST be a member of the Coaches Association by March 26 2012
- We will have our top 24 be All State plus 2 Goal Keepers. Next best 12 are Honorable Mention plus 1 Goal Keeper Total=39 players
- To nominate your players: We will take the power-rankings from Laxpower at the end of the regular season. If you are not a member of the Association your team will be removed. Teams 1-5 get five nominations per team, 6-

15 get three nominations and 16-64 get one nomination per team. All Goalie stats must have Save Percentages.

Voting-

- Voting will take place on Sunday May 20 at Cretin Durham Hall

More information will be available throughout the season and at our Coaches Clinic.

All American deadlines- Heather Brick has step to be our coordinator this year, we are however looking for selectors. We are looking for individuals who have time to attend all the games of which nominees are participating in. Any suggestions would be appreciated.

Pre Nominations due April 2012

Final Nominations due April 20 2012

AA Submission to USL May 27 2012

I hope to see all of you on the 24 and look forward to a great 2012 season.

FAST TRACKS

By: Pete Tremaine,
President MN Nordic Ski Coaches Association
Anoka High School

What a weird year for Nordic skiing!! After one of the best snow seasons on record (2010-2011), we had one of the worst ever. The likes of Trollhaugen, Mt Itasca, Theodore Wirth and Elm Creek (to name a few) were a savior with their "man-made" snow. Even the Mesabi Invitational was run on a loop of "artificial" snow. Despite poor snow conditions, coaches and athletes persevered. The Charlie Banks coaches state relay had its biggest field ever (40 boys teams and 40 girls teams). We had an outstanding state championship with Ben Saxon (Lakeville North) and Nora Gilbertson (Stillwater) claiming the individual pursuit titles. Roseville boys and Duluth East girls captured the team titles. The following athletes earned all state honors based upon their state meet performance;

BOYS

| | |
|-------------------|-----------------------|
| Ben Saxon | Lakeville North |
| Jake Richards | Detroit Lakes |
| Ryan Davis | Duluth East |
| Jan Ketterson | Bloomington Jefferson |
| Harris Dirnberger | Hopkins |
| Samuel Elfstrom | Roseville |
| Jakob Ellingson | Hopkins |
| Luke Brown | Minnehaha Academy |
| Eric Slater | Henry Sibley |
| Michael Cork | St. Louis Park |
| Joe Jackson | Forest Lake |
| Calvin Mehrhof | Coon Rapids |
| Lucas Mason | Roseville |
| Zach Goldberg | Minnetonka |
| Kyle Marshall | Roseville |
| Anders Evenson | Osseo |
| Matthew Berntson | Edina |

Academy

| | |
|---------------|-----------------|
| Geoff Ash | Duluth East |
| Kelly Fisher | Mpls Southwest |
| Alex Kelley | Forest Lake |
| Tom Bye | Eden Prairie |
| Henry Zurn | Eden Prairie |
| Lewis Kunik | Lakeville North |
| Evie Vermeer | Mpls Southwest |
| Jordan Taylor | Hopkins |

GIRLS

| | |
|-----------------|-------------|
| Nora Gilbertson | Stillwater |
| Alayna Sonnesyn | Wayzata |
| Rocci Wohlk | Forest Lake |
| Annie Harvieux | Duluth East |
| Amy Bianco | Ely |

MINNESOTA PREP COACH

| | |
|-------------------|-----------------|
| Chelsey Youngberg | Duluth East |
| Claire Gavin | Mpls Southwest |
| Vivian Hett | Burnsville |
| Sarah Benton | Hopkins |
| Niki Reker | Roseville |
| Maddie McKeefry | Andover |
| Eryn Stewart | Eden Prairie |
| Beth Schaepe | Eden Prairie |
| Mattie Watts | Irondale |
| Marit Sonnesyn | Wayzata |
| Allison Ternes | White Bear Lake |
| Kristin Bourne | Mounds Park |
| Academy | |
| Cassie Thobe | Forest Lake |
| Nicole Schneider | Wayzata |
| Jenna Arvidson | Eden Prairie |
| Sophie Schuder | Duluth East |
| Kim Bourne | Mounds Park |
| Julia Lavanger | Hopkins |
| Siena Ellingson | Hopkins |
| Sonja Hedblom | Eagan |

Nordic Skiing also had a strong showing in academics as well. Listed below are the gold and silver ranked schools as well as the academic all state individuals.

Nordic Ski Academic Awards 2012

GOLD AWARDS

Boys

St. Cloud Cathedral/Sartell
Holy Family CHS
Bemidji

Mesabi East
Mahtomedi
Edina
Osseo
Armstrong
White Bear Lake
Jefferson
Irondale
Duluth Marshall
Andover
Mound Westonka
Northfield
Winona
Willmar
Two Harbors
Detroit Lakes
Eden Prairie
Como
MPLS South
Lakeville North
Lakeville South
Elk River

Girls

Roseville
Anoka
Visitation
Little Falls
St. Cloud Cathedral/ Sariell
Holy Family CHS
Champlin Park
Spring Lake Park/ St. Anthony
Bemidji
Central
Mesabi East
Mahtomedi
Highland Park
Edina
Osseo
Stillwater
Brainerd
Armstrong
Ely
White Bear Lake
Burnsville
St. Louis Park
Jefferson
Irondale
Duluth Marshall
Park Center
Andover

... continued on page 33

Girls

Mound Westonka
Northfield
Winona
Willmar
Detroit Lakes
Duluth East
Eden Prairie
Como
MPLS South
Lakeville North
Como
MPLS South
Lakeville North
Lakeville South
Elk River
Henry Sibley
Alexandria
Lakeville South
Hopkins
Prior Lake
Elk River
St. Cloud Apollo

Greta Danielson
Abby Scheller
Maria Trescony
Tori St. Martin
Erica Dombro
Erin Bjork
Nora Gilbertson
Anna Hjerpe
Berit Schlrke
Ann Farley
Lydia Brubaker
Morgan Nodsle
Alyssa Hess
Mabel Smebakken
Katie Eckstrom
Sara Donovan
Megan Kilbride
Laura Crepeau
Karly Boll
Helen Wieffering
Annie Harvieux
Emily Schoenrock
Carrie Hanson
Anna Watts

St. Cloud Cathedral
Champlin Park
Champlin Park
Mahtomedi
Highland Park
Highland Park
Stillwater
Armstrong
Ely
Ely
St. Louis Park
Detroit Lakes
Duluth East
Como
MPLS South
MPLS South
Lakeville South
Elk River
Mound Westonka
Central
Duluth East
Osseo
Lakeville North
Irondale

Individual Nordic Ski All State Academic Awards 2012

| Boys | School |
|----------------------|---------------------|
| Joe Lawson | St. Cloud Cathedral |
| Josh Hill | St. Cloud Cathedral |
| Alex Gulachek | Spring Lake Park |
| Elias Meyor-Grimberg | Central |
| Eric Corcoran | Stillwater |
| Adam Siegfried | Armstrong |
| Tyler Gieseke | Edina |
| Nate Lafond | Duluth Denfeld |
| Jan Ketterson | Jefferson |
| Sam Johnson | Duluth Marshall |
| Jack Inglis | Mound Westonka |
| Bauer LeSavage | Duluth East |
| Michael Chmielewski | Duluth East |
| Dean Shaff | Como |
| Liam Dizio | Como |
| Peder Erickson | Como |
| Adam Reece | Como |
| Lewis Kunik | Lakeville North |
| Eric Slater | Sibley |
| Karl Holub | Irondale |
| Peter Thor | Irondale |
| Jon Goetz | Central |
| Bennett Maki | Mesabi East |
| Pat Griffith | Osseo |
| Kobi Dansingburg | Winona |
| Michael Cork | St. Louis Park |
| Tyler Gilbert | Irondale |

| Girls | School |
|-------------------|---------------|
| Kate Boyles | Anoka |
| Ingrid Floersheim | Little Falls |

Nordic Ski Academic Awards 2012**SILVER AWARDS**

| Boys | Girls |
|-------------------------------|--------------|
| Roseville | Two Harbors |
| Anoka | SPA |
| Little Falls | |
| Spring Lake Park/ St. Anthony | |
| Coon Rapids | |
| Stillwater | |
| Brainard | |
| Ely | |
| Duluth Denfeld | |
| St. Louis Park | |
| Duluth East | |
| Henry Sibley | |
| Alexandria | |
| Hopkins | |
| Prior Lake | |
| St. Paul Central | |
| Park Center | |
| St. Cloud Apollo | |

As the wet snow that we received recently begins to melt and temperatures begin to rise, we begin to look towards spring. With that, just a reminder that the Spring Nordic Coaches Meeting is Saturday April 21st at 9:00AM in Mora at the Vasaloppet Center.

Mat Chatter

By: John Barlund
President of MWCA
Frazee High School



Welcome to tournament time! The time of year we all have been working toward is here. It is hard to believe that we are drawing closer to the state wrestling tournament of the 2011-12 season. We have all seen many spectacular duals and tournaments this year. I'm sure some will stick out in your mind as I too have a couple that will stay with me. As with any season there are high points and some low points as well. It has been said that it takes three or more positives to overcome one negative experience. I will start with a positive for you right now. Thanks for spending time making a difference in a student's life and making an effort to be a positive influence on him or her.

I would like to take some time to speak on behalf of the

MN wrestling coach's advisory committee. Typically we have the opportunity to meet with representatives of the MN High School League at least once a year. We sometimes have the opportunity to bring forward topics we would like to have the High School League discuss, and sometimes we will have the opportunity to bring forward recommendations that we would like to have the High School League move on to make changes for our sport. I know it sounds simple, but after being involved for a couple years now, nothing is as simple as it sounds.

We recently met and talked about these items: current state tournament and the future formats of the state tournament, three class system in MN wrestling, section boundary crossing (i.e.. super sections), middle school participation vs. Jr. high participation, weight classes, match counts, weight certification processes or lack thereof, all state teams, state tournament recognition brunch, academic all state awards, Hall of Fame Banquet, coach certification processes, state wrestling clinic, senior nationals, and a few other things most folks would talk about in a normal morning discussion. Seriously, however, we did have a lot of things to go over and we felt we made some progress in some areas.

I believe the High School League is going to be willing to work with our organizations in future recommendations knowing that we have been willing to work with them on a number of huge wrestling related changes we have gone through in the past couple years. We have one of the biggest and efficiently run state tournaments in MN.

I wanted to share some facts on these discussions. Our state tournament format was changed last year by reducing the days from four to three and running the team tournament on one day while the individual tournament ran on two days. This was going to be the case for two years. Going back to four days is unlikely. The format is more likely to be a point of future discussion though.

We were extremely excited to have the opportunity to present and get approval for an All State Team to be recognized at the team state tournament.

With the help of Wells Fargo and the MN State High School League a team of 14 from each class will be selected at the conclusion of the team tournament. A panel from each class will watch all



Procedure for Online Registration

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

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

- 1. To begin, go to www.mshsca.org.**
- 2. Use the link for 2011-12 membership.**
- 3. Use the right hand side to *join* for the new members.
Use left hand side for returning members.**
- 4. Login is your email address and your password is zzz if you mailed in your application, in the past.**
- 5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.**
- 6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)**
- 7. Print your receipt.**

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

Questions????

Please call 218-847-6796 or email jomar@lakesnet.net with questions

A membership application is not being printed this year. The paper copies have not always been clear and we have had incorrect emails and mailing addresses for cards. By using the online registration, you will be helping us to update our records and information. We will be happy to walk you through the process.

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

. . . continues on page 35

the duals and select individuals on sportsmanship, performance, team contribution, and team performance. This is a new award for wrestling and will give our athletes the recognition they deserve. I would like to thank Chad Johnson for his work in helping make this a go for the 2012 state wrestling tournament.

We recommended increasing the match count from 36 to 42 for the next wrestling season. We didn't want to increase the dates allotted, but wanted to accommodate for some of the growth our wrestling season is experiencing in the newer tournament formats we are seeing. Some of the larger tournaments are allowing athletes to compete in up to 10 matches over the course of two days. In our current rule setting this could potentially consume 1/3rd of a wrestler's season. Many wrestlers are being forced to sit duals or tournaments toward the end of the season as they are filling up their allowed matches.

Probably the next hottest topic to be discussed will be the "idea" of joining sections (super sections) so in theory the top teams will advance to the state team wrestling tournament. Under our current format the best geographically located teams advance to the state wrestling tournament. This has been the format for the entire history of sports in MN. Until now, Football moved to experimenting with the "super section" format in their largest class structure. I am sure this will stir many discussions both for and against this type of structure. Currently there is not a proposal on the table as it is at a discussion point.

The weight class debate continues on. After the Natl. Federation came to the conclusion that these new weights were the best for our sport and there have been many valid points countering their reasoning. I know from personal experience that the new classes have not been a huge boost in wrestling participation and unfortunately they have made filling these classes difficult at best. The dilemma lies in what is going to be the best answer to our wt class debate? If we look to cut wt. classes we eliminate opportunities for our athletes. I know the counter argument will be that these are not competitive weight classes in the first place. As of right now there are three states with wt. classes that do not match the Natl. federations. This will be another point of discussion.

Without our annual state tournament brunch we needed an avenue to award some of the MWCA awards. We will be presenting our Mr. Minnesota wrestling award, the scholarship award winners, coach of the year award presentation, and trophies to the top point scoring state teams in each class at the annual Hall of Fame banquet this spring. This event has been held in south central MN the past couple years and will be advertised on the Guillotine web site as well. I want to thank Steve Ricard for helping make this possible, and hopefully we will all be making this a great night to acknowledge these great athlete's both young and old.

I hope I gave some insight as to the MWCA's work and their work ahead. If you have questions please feel free to contact me at jbarlund@frazee.k12.mn.us

Thanks and good luck this section and state tournament.

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Thanks to Liberty Mutual

I was recently at the Spring Delegate meeting and filled out a quote form for Liberty Mutual. Thinking I was just benefiting the association little did I know it would benefit us greatly. We were able to save \$400 on our Auto Insurance and about \$900 on our Home owners policy. It was an awesome benefit . . . especially this close to the Holidays. It took 5 minutes to fill out the form! So a big "Thanks!" to Dave and the staff at Liberty Mutual!!

Shelly Hotzler - Past President of the MSHSCA



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You receive knowledgeable support, immediate claims assistance, and the latest information to keep you and your family safe.

Complete the form below for a no-obligation home and auto insurance quote.

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Date of Birth ____ / ____ / ____

Insured # 2

Full Legal Name

Date of Birth ____ / ____ / ____

Year / Make / Model or VIN (If available)

Coverage

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full liability

Vehicle 2:

full liability

Vehicle 3:

full liability

List names of all operators (include dates of birth and D.L. numbers):

Home Address

Address:

City _____ **State** _____

Zip _____

Year Built _____ **Age of Roof** _____

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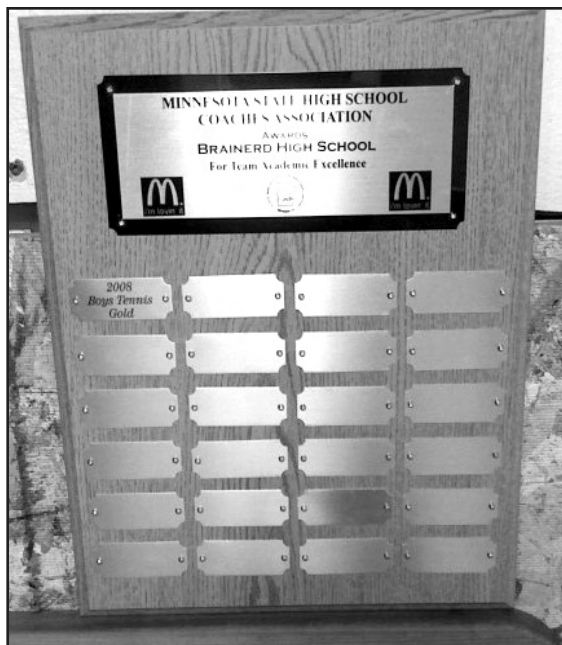
ATTENTION COACHES: **If your team qualifies for an academic** **award please notify your A.D. to look for it!**

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**

MSHSCA's CORPORATE SPONSORS



2011-2012


The following friends of Minnesota coaches and Minnesota prep sports have made contributions to the MSHSCA that will assist the association in providing opportunities for coaches to better their programs and provide the ultimate possible experience for the athletes that take part in their programs.

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- JK Sports, Fergus Falls
- RJY Development Inc - Rochester

COACHES:

Please support the sponsors who are concerned
about your athletes and your programs!
Good luck in 2011-2012
Thanks for your support

CHIP SHOTS



By: Todd Petterson
Red Wing H.S.

In our area of the state we really have not had much winter weather but we now have a chance of some severe weather tonight. Experience tells me it will not be long until the snow is gone and we are out hitting the courses.

By the time you get this we will have had our Sunshine Golf Coaches Association Clinic and I hope you were able to attend. We brought in Dr. David Cook-one of the top ten golf psychologists and golf motivational speakers according to Golf Digest. If you did not know about the speaker make sure your membership to the coaches association is up to date. This fall we also handed out eight five-hundred-dollar checks to the programs that had sold twenty-five golf cards through Birdie Marketing. Unfortunately, three schools were drawn and because the coaches were not members of the coaches association, they had to forfeit their awards. Make sure you keep your membership in the Golf Coaches Association up-to-date.

This fall I heard some rumblings

about the Coach of the Year award. It is a very difficult award to conduct a vote on this award because of timing. We have our state tournament after many, if not all, schools are out of session and getting coaches to respond to emails in the summer months is very difficult-so we hold the vote right away in the fall. This is not ideal because getting the section winning coaches names, holding the vote, getting the plaques engraved, and inviting and responding to the invitation takes time.

Out of three classes, and with both boy and girl nominees we should have forty-eight slots for Coach of the Year nominees. We have had as few as a dozen nominees in recent years and I want to get more coaches recognized each year. The past two years we have gone from 23 to 27 and I want the coaches that deserve this award to get recognized. Someone had a great suggestion of holding the vote just before the players and parents enter for the state tournament banquet. I love the idea but what about the coaches that do not go to the banquet; they would not get a chance to vote. The other problem is not getting the names of the section winners in time to have them be a part of a vote. We have tried to create section coach representatives and create an army of coaches holding the section votes and forwarding the information on. We are going to continue to work on this for the coaches in the state that

deserve to get recognized-so if asked to step up to help, please do so.

This year our players are allowed to use distance range finders. There are a lot of choices out there, and I sent out a note on the types and choices. I found that many companies have college pricing which is the same as what high school players can receive. Our family has a couple of the scopes where you focus it on the flag and it tells you the distance-these work fine. But if getting the other types, remind the players and their parents that any device they purchase can not measure anything but distance-cell phone apps on cell phones, and any device measuring wind, elevation, or temperature, etc. will cause your players to be disqualified. Remember to check out your players devices carefully and make sure the device does not have those capabilities. Even if those capabilities are turned off, the device is not allowed to be used for meets.

Continue to go to the mshsca.org website for the coach's association weekly ratings, the team and senior academic ratings and make sure your membership is up-to-date because your players are eligible for the awards if you are a member of the association.

Good luck this upcoming season and I hope all of your players have a positive experience this season.

SPRING CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

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

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

SPRING DELEGATE ASSEMBLY OF THE MSHSCA TO CONVENE MARCH 23RD

The Spring Delegate Assembly of the MSHSCA will convene at Mancini's Char House in St. Paul on Friday March 23rd. The Assembly will be called to order by President Becky Leuer at 9:00 a.m. The meeting will be proceeded by an opportunity to converse over coffee, rolls and juice.

If you have concerns or questions you would like to have discussed at the Assembly please contact your Section delegate or Sport Association to have the issue discussed.

PROPOSED AGENDA ITEMS

- A. MSHSL updates and information Dave Stead, Executive Director MSHSL
- B. MSHSL Board of Directors report. Mark Solberg and Mindy Sparby
- C. Executive Director Report, John Erickson
 1. Membership report
 2. Financial Report
 3. NOCAD report
 4. Finance Committee review and motions for approval Rick Ringeisen
- D. Delegate and Sport Association reports and issues to be discussed
- E. Scholarship Committee updates Gregg Martig
- F. Hall of Fame report and updates Jim Baker
- G. DSA report and update John Schumacher
- H. Web Site report and update
- I. Introduction of VP Candidates
- J. Lunch provided by MSHSCA for all delegates and sport association officers.

*“You wouldn't have won
if we had beaten you.”*

- Yogi Bear

USE YOUR MEMBERSHIP CARD

Your 2011-2012 Membership & Insurance
Expires July 31st.

Have your new card for fall sporting events.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA.

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Red Ink for the year 2011-2012.

2011-2012 Life Membership Card

Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar@lakesnet.net
Website: www.mshsca.org
President, Becky Leuer - North Branch



John Doe
North Branch H.S.

Asst. Football
Head Wrestling
Asst. B/G Track

SERVICE ACES

By: Robb DeCorsey
MSHSTCA President
Glencoe Silver Lake
High School

rdecorsey@gsl.k12.mn.us



Rick Engelstad (MSHSTCA Ex. Sec), Ken DeHart (Keynote Speaker), Randy Hart (Wilson Rep).

Ken DeHart was the main speaker brought from California in by Wilson to speak to the coaches.



audience on one side of the court during presentations.

HIGHLIGHTS OF THE ANNUAL MEETING:

- Discussed seeding process for Class AA team and Class A and AA singles.
 - Seeding starts in the fall of 2012.
- Rankings / Reporting Scores
 - Would like to do weekly rankings
 - Coaches MUST report scores and provide information to assist in rankings
 - Will check with other associations on how their ranking system is set up.
- Discussed the need for involvement of more of our membership.
 - Need section reps for:
- Boys: 3A, 5A, 1AA, and 3AA
- Girls: 1A, 4A, 1AA, and 6AA
 - Next year is an election year –

MINNESOTA PREP COACH

Class A rotation for president elect.

- Looking for interested coaches.
 - Advisory staff – meets yearly with the MSHSL.
- Need a Class A Boys member for this year
- Next year will be looking for more
- State Tournament Banquet: We have agreed to have Mark Hultgren continue to run our banquet through next year.

RANKINGS:

Coaches—it is up to you to keep our rankings up to date. Remember to help keep player and team rankings up to date. The rankings cannot be accurate if you do not help. Michael Cartwright is our rankings coordinator—not an easy job. If you know of a player/team who you feel deserves/needs to be ranked, email him at: michael.cartwright@moundsviewschools.org

MSHSTCA IMPORTANT DATES

Give input for team and individual rankings Ongoing

Deadline: Academic Award Team & Individual Applications 5/7/12. The Tennis Coaches Association recognizes teams who have outstanding GPAs. Teams with GPAs of 3.5-3.74, receive “Silver Academic Team” awards, and teams with GPAs of 3.75-4.0, are recognized as “Gold Academic Teams.” You can find the forms on the website, <http://www.mshsca.org/tennis/>, in the left hand column. Rick Engelstad, our Executive Secretary, will be sending you reminders. When ready, you can e-mail your forms to Rick: rengelstad@pinecity.k12.mn.us or mail them to:

Rick Engelstad
Pine City HS
1400 Main St. South
Pine City, MN 55063
2012 Boys State Tournament Banquet TBA
Boys State Coach of the Year On-line Voting (Members only) TBA

. . . continues on page 43



Dig This

By: Jim Lee
Waconia HS

Why DO we coach? With numerous surface problems thrown at us so often (budgets, parental issues, family responsibilities, etc), the deeper meaning of why so many of us sit on the bench seems to get lost in the season's shuffle. The bottom line is that some aspect of this sport of volleyball we, as coaches, deeply love. Whether it is the competition during matches, the challenge of bringing numerous participants to a higher echelon of skills, the thrill of watching the participants' pride after a momentous win, or another myriad of reasons that we keep coming back year after year, it comes back to one simple word: love.

The mere thought of love can trigger so many profound memories from our past and hopes for our futures. Likewise, last season's athletes will reflect on so many rewarding memories with our 2011 MNVBCA Head Coach and Assistant Coaches of the Year:

Class A: Franz Boelter, Bethlehem Academy; Rick Haberman, Tracy-Milroy-Balaton

Class AA: Dan Westby, Marshall; Sarah Quiram, Marshall

Class AAA: Chad Becker, Eden Prairie; Tim Carroll, Hutchinson

These praiseworthy recipients furnished their teams with memorable upsets during the season's tournaments or irreplaceable memories of their trip to the state tournament at season's end.

You can also find these instrumental leaders at one of our state's upcoming volleyball clinics:

MVI Spring Clinic (information and registration at: <http://mvicamps.com>) @ Apple Valley High School, March 31st-April 1st (with John Kessel, USA Volleyball Director and Bond Shamansky, Head Coach at Marquette University) or at the 2012 MNVBCA Coaches' Clinic at St. Michael-Albertville High School, July 25th-26th (registration and future information will soon be provided on our website: www.mshsca.org/volleyball). Once again (since everyone loved them so much at the 2011 clinic), this summer's MNVBCA clinic will furnish every head coach who attends with a free AVCA membership and the first 200 head coaches will receive a free Breakdown booklet!

Since it can drive anyone to feelings and actions beyond a "rational" person, the ancient Greeks referred to love as the "the madness of the Gods". Yet it is this love that propels us forward when the immediate looks bleak to all but the leader motivating that group of girls when the season starts. If you want to stir up those feelings of love before the season starts, be rational and drive over to the upcoming MVI clinic in March or the MNVBCA clinic in July before the "madness" of the season starts in August!

Service Aces . . . continued from page 40

MEMBERSHIP

Thank you to John Erickson for taking the time to talk to us about membership in the MSHSCA, and explaining the membership timelines and membership benefits.

It is important for you to join the coaches association: mshsca. I encourage you to join the association and your assistant(s) too. We are really pushing to get more assistants involved. Remember you need to join the sports association to be included in coach of the year, and more importantly, for your team and individuals to be eligible for academic honors. To join the coaches association, please go to <http://www.mshsca.org/membapp.htm>; to check out the benefits of being a member go to <http://www.mshsca.org> and click on Membership Benefits, on the left column.

Again...I wish everyone good luck for their upcoming seasons. I hope we have great weather, so everyone can get an early start getting outside.

*"Every great player has
learned the two C's:
how to concentrate and how
to maintain composure."*

- Byron Nelson, PGA golfer

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

While paging through some past issues of this publication I came to the realization that this column is definitely the misfit of the bunch. It's obvious that the majority of the space and articles are sport-specific. It's always been a challenge for Zebra Zone to find topics and information that covers the various backgrounds and interests within Prep Coach.

Zebra Zone has been criticized from time to time in regards to the content within. One article was a gag piece about answering machines that received the most responses. Surprisingly, both in support and against it. One gentlemen wrote, "if a parent or one of my players read your article (e.g. to lie about why your child missed practice) and asked me why such negative content appears in a coaching publication, i don't know how i would reply... i know it's attempt at humor but the article content is to negative and inappropriate in my view." Ok – I'm an official and have developed a pretty thick skin and went about my day after getting his feedback. Later, it admittedly bothered me a bit, so I went back and re-read the article trying to look at it from his perspective. Must be the stubborn German in me – but I just didn't see how it was "embarrassing to the coaching profession" as he stated in

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 (____) _____

... continues on page 45

another e-mail. I hope that isn't offensive to my fellow Germans.

I received many comments to the contrary. One wrote, "As a former athlete, coach and youth referee back in the day, I found your "answering messages" HILARIOUS!" Another said, "Your article in MN prep coach was hilarious and universally accurate. Would you please send me a copy so that I may forward to a few of my coaching pals? I have coached diving for the last 20 years and am also a ref. The longer you coach the more likely you've heard many of these. Take my hat off to you." Yeah, that's the response I was looking for! It was meant to be light-hearted and as was stated above – universal. Something that most all would look at and get a smile out of – not to be taken so seriously. As an official, attempting to find content that is "serious and universal" to all who read a primarily coaching publication is difficult.

I regress. "Perspective" has been a topic in previous articles as well. Maybe the topic needs to resurface.

Perhaps one of the more enjoyable aspects of officiating is the conversations that go on during a contest. While oblivious to most in the stadium, gym or field the conversations that go on amongst coaches, players and officials are normally quite cordial and interesting. While officiating a recent basketball game I made what was a "iffy" call. One of those that you'd like to call a "do-over" on. As soon as I blew my whistle and raised my fist to call the foul I felt doomed. It was early in the game and no one really reacted to the call. The next trip down the court I was standing next to the player whom I had whistled for the foul – he was 6'9" and a mound of muscle. I mentioned to him that it wasn't necessarily the best call I had ever made. His response was, "Sir, that's why we get 5 fouls. Don't worry about it." Words of wisdom from a young, gentle giant.

Another recent comment from a coach made me snicker. A coach who can sometimes be a challenge to work for was going through a difficult game. His players were not executing like they normally do and you could sense that the coaches frustration was building. In previous situations with this particular coach he often found blame in, not his players, but the officials. If they traveled – officials fault. If they fouled – officials fault – and on and on. But tonight he focused on his players, which was a pleasant surprise. During a free throw I commended him on his great demeanor. He

responded by saying, "This feels weird Terry, I didn't know I could be nice to you." I didn't either and it was a good ice-breaker. His team went on to win by 20 some.

On the lighter side – I was asked to share this at the request of a coach. It's that time of the year for youth basketball tournaments and this should hit home with many coaches, officials and yes – parents. At mid-point during a game, the coach calls one of his 7-year-old basketball players aside to talk with him. The coach asks, "Do you understand what cooperation is, and what a team is?" The little boy replies, "Yes."

"Do you also understand that what matters is not whether we win or lose, but how we play together as a team?" The little boy nods his head yes.

"So," the coach continues, "I'm sure you know, when a foul is called, you shouldn't argue, curse, or attack the referee. Do you understand all that?" Again the little boy nods his head yes.

"And when I call you off the court so that another teammate gets a chance to play, it's not good sportsmanship to call your coach an idiot, now is it?" The little boy answered, "No, sir." "Good," said the coach, "Now please go and explain all of that to your mother."

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

Eiter is a high school teacher and baseball coach in Detroit Lakes, MN. He currently officiates football and basketball and is a former baseball and softball umpire. He can be contacted at dlref@hotmail.com.

***"Most games are lost,
not won."***

- Casey Stengel

CORNER KICKS



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

The MSHSSCA has had a great year with many awards being given to Minnesota high school coaches and athletes. We are proud of our members and their athletes. The MSHSSCA continues to get additional coaches to join at the national level.

The NSCAA organization hands out awards to both coaches and athletes. Minnesota girl's soccer players were honored by having two All-American players and five All-Midwest selections. The following Minnesota girls were awarded both All-American honors and All-Midwest.

All-American

| | | |
|-----------------|----|-----------------|
| Alexis Foley | 12 | White Bear Lake |
| Jim Pelletier | | |
| Brianna Stelzer | 12 | Lakeville South |
| Dan Flood | | |

All-Midwest Regional Players

| | | |
|------------------|----|--------------|
| Maddie Tresbesch | 12 | Woodbury |
| Pat Malicki | | |
| Lesley Chilton | 12 | Eden Prairie |
| Anthony Bidwell | | |
| Jill Richgels | 12 | Simley |
| Cassie Husemann | | |
| Kristen Knutson | 12 | Eagan |
| Mark Obarski | | |
| Kylie Schwarz | 11 | Wayzata |
| Tony Peszneker | | |

The NSCAA awarded the following Minnesota girls coaches these honors:

| | | |
|---------------------|-----------------------|------------------------|
| Small Public School | Crissy Makela | Mankato West |
| Large Public School | Dave Wold | Mahtomedi |
| Private School | Scott Helling-Christy | Benilde-St. Margaret's |

The national awards for boy's soccer players are as follows:

All-American

| | | |
|-----------------|----|-------------------|
| Elliot Cassutt | 12 | Minneapolis South |
| Tamba Johnson | | |
| Matt Gweh | 11 | Eastview |
| Scott Gustafson | | |

All-Midwest Region Players

| | | |
|-----------------|----|-----------------------|
| Tyler Tumberg | 12 | Bloomington Jefferson |
| Danny Storlien | | |
| Adama Keita | 12 | Prairie Seeds Academy |
| Youssef Darbaki | | |

MINNESOTA PREP COACH

| | | |
|-----------------|----|-----------------------|
| Ryan McLean | 12 | Minneapolis Southwest |
| Jamie Plaisance | | |
| Charlie Adams | 12 | Stillwater |
| Phil Johnson | | |

The NSCAA awarded the following boys coach's these honors:

| | | |
|---------------------|--------------|------------------------|
| Large Public School | Vince Thomas | Eden Prairie |
| Small Public School | Len Woelful | Mankato West |
| Private School | Dave Platt | Benilde-St. Margaret's |

The Mike Warter Scholarship awards have been announced. This award is given to honor the late Eagan Girls Coach, Mark Warter. Art Seplak (Scholarship Committee Chair) has released the names of the awards given in honor of Mike Warter.

The girl's scholarship was given to Alyssa Frank of Sartell High School. Frank is a three time all conference player and was All-State in 2011. She coaches in the Sartell youth program and is involved in many school organizations as well. Currently she is deciding between St. Benedict's and North Dakota State University.

Brennan Espinda-Brink from Eastview High School is the boy's winner. Brennan is a three time All-Conference player and was awarded a NSCAA Senior Excellence Award. He also is involved in youth soccer and other community activities as well as school activities. Carleton or Drake University will be his college choice.

Congratulations to these fine student athletes.

There are several important summer items that coaches need to understand. The first is the Summer Waiver Period. It starts Friday June 1st and ends Tuesday July 31st. **Coaches can work camps, work clinics, and COACH athletes in YOUR program during this time.** The Second is the Blackout Period. This starts June 30th and ends Friday, July 6th. Coaches **cannot** have contact with **their** athletes from June 30th to July 6th.

Greg Juba (Park of Cottage Grove Girls) has announced the date for the annual MSHSSCA Annual Coaches Clinic. It will be held on Friday August 10th. Look for the clinic brochure in the May Prep Coach. The season will open with first practices scheduled for Monday August 13th. Your first opportunity to scrimmage will be Saturday August 18th. A reminder that **five** complete days of practice **must** take place prior to you first scrimmage. Teams can open up their regular season on Thursday August 23rd. Keep this in mind when you are planning your season.

State tournament information and dates will be in the May issue.

There are some very important rule changes coming. These rules are set forth by the Federation. The MSHSSCA does not have anything to do with the changes, but we are governed by the MSHSL and they belong to the Federation.

These are major rule changes for 2012: Goalkeepers will

be required to have a number on the back of their jerseys and the front of their jerseys or shorts that is different from any other number used by other players on the team (NFHS Rule 4-1-1-i-1). Secondly, beginning with the 2012 fall season, the National Operating Committee on Standards for Athletic Equipment (NOCSAE) seal and the height range shall be permanently marked on the front of the shinguard. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. This will be NFHS Rule 4-1-1.

The biggest rule change will be implemented in the fall of 2013. That season the home team shall wear solid white jerseys and solid white socks and the visiting team shall wear dark jerseys and socks. Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside. (NFHS 4-1-1b) This will give you time to get your uniforms in compliance with the new rule.

If you have further questions about rule changes, please go on the MSHSL page and look under soccer and you will find these changes in more detail.

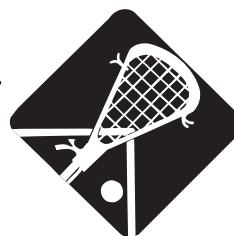
We need to continue to have Ron Sellnow in our thoughts as he continues with health problems. We would like give you the correct spelling of the Skyview Athletic Director, Sue Akervik. We are sorry for the mistake in the last issue of the Prep Coach. We meet as a board on March 7th at Bloomington Jefferson. If you need to get in touch with President or the Executive Secretary, check the address on our website,

MSGSSCA.org. Your section representatives are all listed on the site.

Good luck to all of you that coach a winters sport. Spring is just around the corner and that means outdoor soccer. Lots of additional information about the fall will be in the May issue of the Prep Coach.

Bounce Shots

Scott Hugdahl
Boys Lacrosse Coaches Association



TRANSFORMATIONAL COACHING

Having had the distinct opportunity to not only present at the 2012 US Lacrosse Convention in Philadelphia this January, but to also glean pertinent ideologies from some of the most experienced minds in the lacrosse world, I, along with several of our local coaches, was able to tuck a few reflective nougats into my bag to bring back home.

With the din of the Penn State and Syracuse University scandals unfortunately looming, the tone of this year's presentations centered on the more intrinsic concepts, and sometimes forgotten purpose, of what it means to coach. The messages were loudly pronounced and provided vivid reminders of what our true focus should be when it comes to mentoring today's young people. These were the major messages that resonated throughout the weekend's presentations.

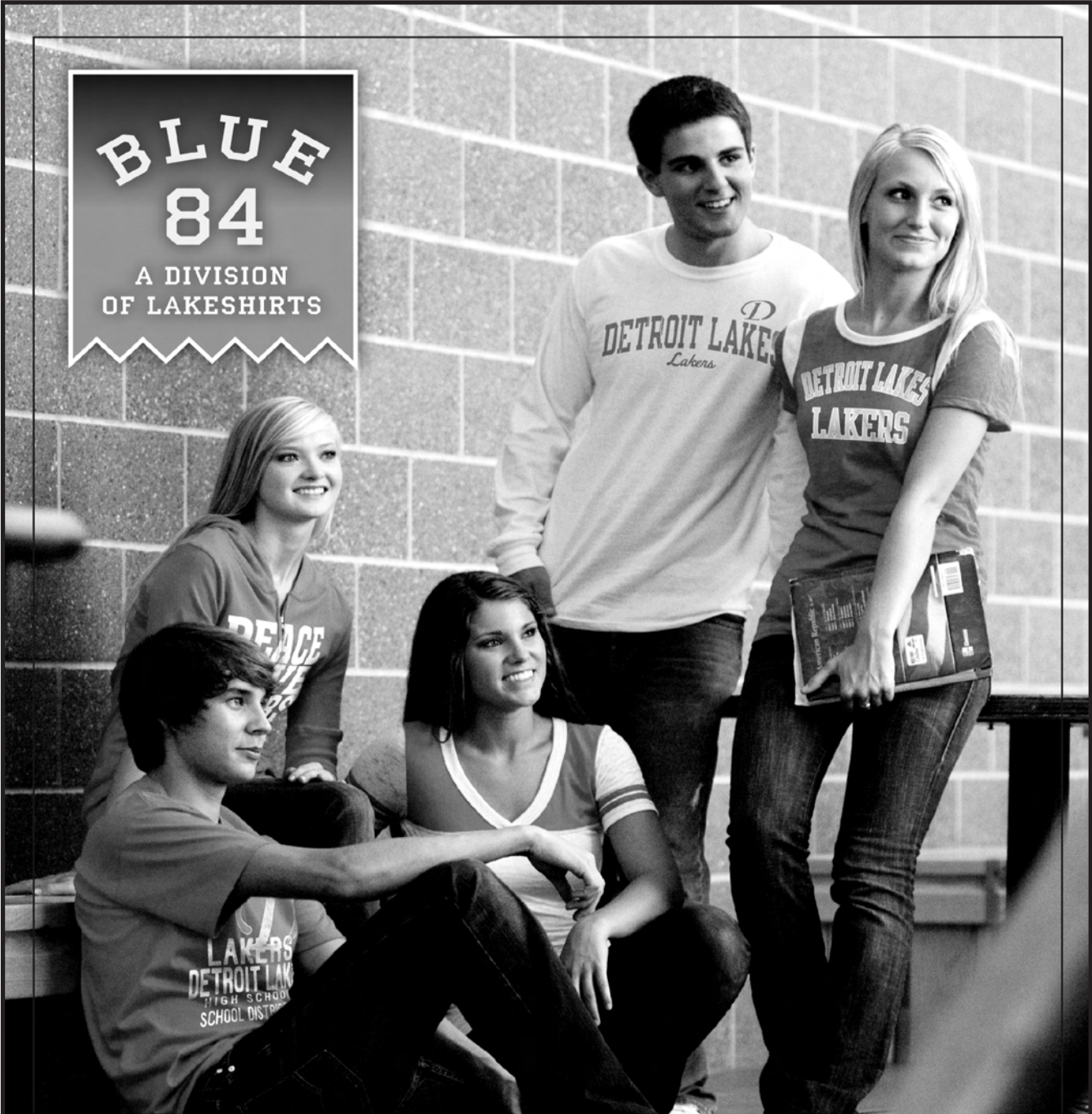
- The best things you will do this year will go unnoticed and underappreciated.
- A successful year is when all of your seniors are crying after the last game.
- Don't be reactive, be proactive.
- Beware the "Forces of Evil" – "The Corruptors" (sex, drugs, alcohol, social media, ego)
- Teach and follow the five Pillars of Leadership
 1. Compassion (caring, love, tolerance, sensitivity, understanding)
 2. Character (values, respect, honor, actions, responsibility)
 3. Commitment (work ethic, hustle, strength, desire, punctuality)

4. Competence (poise, skills, knowledge, ability)
 5. Courage (mental toughness, humility, sacrifice, decision making)
- Be a leader not an observer.
 - Leadership is a contact sport.
 - You are what your performance says you are.
 - Your standards are what you accept in your presence
 - Decision making should be based upon principal.
 - The road of humility is mostly an empty highway.
 - Invest in something that lives long after you are gone – a legacy.
 - What type of coach do you want to be?
 1. Transactional (self centered, extrinsic values, monitor players)
 2. Transformational (other centered, intrinsic values, mentor players)
 - Four questions to ask yourself:
 1. Why do I coach?
 2. Why do I coach the way I do?
 3. What does it feel like to be coached by me?
 4. What do I want to accomplish?
 - I won't know if this season was a success until 20 years down the road.

As you head into the spring seasons of your individual sports, think about what you can do to become a transformation coach to help create men and women of empathy and integrity, who might lead the world for good. It behooves you to ask what kind of legacy you want to leave.

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