



# THE *Minnesota* PREP COACH

Vol. 46 No. 4 Published by the Minnesota State High School Coaches Association May 2009

## LEUER WINS MSHSCA VICE PRESIDENCY

In one of the closest elections in the history of the MSHSCA, Becky Leuer of North Branch edged out four other candidates for the position of Vice President. The other four candidates in the hotly contested race were Susan Alstrom ( Buffalo Lake-Hector), Dave Bauer ( Park Center ), Donna Johanson (Murray County Central ) and Keith Randa ( Apple Valley).

The MSHSCA would like to extend appreciation to all five candidates for their interest in serving the association.

Leuer will serve a four year term which will see her become President of the MSHSCA in the third year. She will officially begin her term of office with attendance in the annual summer meeting of the association.

### **Becky Leuer**

*North Branch*



Following her graduation from Wayzata High School, Leuer enrolled at St Cloud State University where she received her BS degree in Phy Ed and Health in 1975. She later earned a MA degree from St Thomas University in 1981.

She has spent her entire professional career at North Branch High School. She taught Phy Ed and Health from

1975 until 2000 when she was named Activities Director for all of the Vikings programs.

During her career she has coached Track and Field, Gymnastics and Softball. Her most notable coaching was in the sport of Volleyball.

Her accomplishments are numerous including the following— member of the MSHSL Board of Directors, 2006 recipient of the Marie Berg Award, Region 7AA Activities Director of the Year (2005), Instructor of the

American Coaching Effectiveness (2000 to present), member of the MSHSCA since 2000, representative of the MSHSL Rep Assembly representing girls sports, President of Volleyball Coaches Association, established a website for volleyball and organized a state wide volleyball coaching clinic, established All Star match, created academic all state award, recipient of Breaking Barriers Award for Women's Sports in 1998, Region 7AA VB Coach of the Year (1992,93 and 94) and member of the Girls Coaches Association from 1975 until 2007.

She participated in a CATEX Domestic Terrorism Exercise in 1999.

Leuer is very active in educational activities and volleyball accreditation.

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## MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

### PRESIDENT:

David Johnson  
The Marshall School, Duluth

### PRESIDENT-ELECT:

Don Tangen - Glencoe-Silver Lake

### VICE PRESIDENT:

Shelly Hotzler - Jackson County Central

### PAST PRESIDENT:

Gregg Martig - St. Cloud Tech.

### HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

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John Schumacher, Park Rapids

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John Schumacher, Park Rapids

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## 2008-2009 DELEGATES

### RETIRED COACHES

Chuck Elias, Minneapolis  
Jim Dotseth - Chaska

### MSHSL BOARD OF DIRECTORS

Mindy Sparby - NRHEG  
John Schumacher - Park Rapids

### CLASS A DELEGATES

#### Section 1

- Gordon Klomps, Zumbrota-Mazeppa
- Gary Prantner, Byron
- Jeff Johnson, Chatfield

#### Section 2

Rob Stervermer, United South Central  
Donna Johansen - Murray County Central

#### Section 3

Dave Blank, Wabasso  
• Milo Larson, Canby  
Todd Tinklenberg, Pipestone

#### Section 4

- Jeff Wall, Maranatha Christian
- Chris Laird, Heritage Christian Academy
- Tim Herman, Heritage Christian Academy

#### Section 5

- Tom Lawrence, Foley
- Dawn Engebretson - Rockford

#### Section 6

Diane Petits - Sebeka  
• Mike Peterson, Perham  
Tom Van Erp, Wadena-Deer Creek

#### Section 7

Dan Stifter - Aitkin  
Dennis Holsman - Hill City  
Derek Parendo - Proctor

#### Section 8

John Schumacher, Park Rapids  
Janet Golden-Landquist - Nevis

### CLASS AA DELEGATES

#### Section 1

Terry Heiderscheit, Rochester John Marshall  
• Rod Schwartz, Winona  
John Cassellius, Winona

#### Section 2

Mike Lhotka, Dassel - Cokato  
Tim Johnson, Mankato East

#### Section 3

Gordy Genz, Roseville Area  
• Jerry Utecht, St Paul Harding  
Gerald Keenan, St Paul Harding

### Section 4

Tim Ryan - Hill-Morray  
Mark O'Neill, Champlin Park  
• Tom Paulson, White Bear Lake

### Section 5

- Mark Loahr, Totino Grace
- Ranoy Glassman - Maple Grove
- Chad Kuehne - Coon Rapids

### Section 6

Greg Miller, Robbinsdale Armstrong  
• Jim Baker, Richfield

### Section 7

Mark Solberg, Cambridge-Isanti  
• Bill Baumann, North Branch

### Section 8

Jon Roesch, Sauk Rapids-Rice  
Bill Magnuson, Sauk Rapids-Rice  
• Rob Nielsen, Detroit Lakes  
Gregg Martig - St. Cloud Tech

## SPORT ASSOCIATION DELEGATES

### ADAPTED ATHLETICS

Barb Becker - Bloomington Schools

### ATHLETIC DIRECTORS

Mark Solberg - Cambridge-Isanti  
Pete Veldman - Sec'y, South St. Paul

### BASEBALL

Pat Collins - Chisago Lakes  
John Wilkens - Sec'y,  
St Michael-Albertville

### BOYS BASKETBALL

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Tom Critchley - Sec'y,  
Roseville Area

### GIRLS BASKETBALL

Bill Gottenborg - Hawley  
Jenny Johnson - Sec'y, Edina

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Dave Bauer - Brooklyn Center Treas.

### FOOTBALL

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Jim Dotseth - Chaska (Sec'y)  
Ron Stolski, Executive Director -  
Brainerd

### BOYS AND GIRLS GOLF

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### GIRLS GYMNASTICS

Wendy Rooney - Cambridge-Isanti  
Shelly Eklund - Rosemount - Sec'y Treas.

## MINNESOTA PREP COACH

### BOYS HOCKEY

Jerry Hayes - Apply Valley  
Mike Macmillan - Sec'y Buffalo

### BOYS LACROSSE

Adam Crane - Wayzata

### GIRLS LACROSSE

Kristin Opalinski, Mounds View

### BOYS AND GIRLS NORDIC SKIING

Mike Hecker - Andover

### BOYS AND GIRLS ALPINE SKIING

Derek Nash - Burnsville

### BOYS AND GIRLS SOCCER

Pat Malicki - Woodbury  
Dave Halgren - Sec'y, Elk River

### SOFTBALL

Kim Bowmen - Big Lake (Co-Pres.)  
Kathy Mason - Big Lake (Co-Pres.)  
Shelly Hotzler -  
Jackson County Central (Elec-Sec'y.)  
Stacey Schoenrock -  
Elk River - (Treas.)

### BOYS SWIMMING

Nathan Linscheid -  
Bloomington Jefferson  
Rick Ringeisen - Lakeville  
B&G SW Secretary

### GIRLS SWIMMING

Mike Veneziano - Hibbing  
Rick Ringeisen - Lakeville  
B&G SW Secretary

### SYNCHRONIZED SWIMMING

Signe Hensel - Wayzata

### BOYS AND GIRLS TENNIS

Scott Engelstad - Bemidji  
Mike Cartwright - Moundsview Sec'y

### BOYS AND GIRLS TRACK AND FIELD

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Scott Christensen - Stillwater - Sec'y

### VOLLEYBALL

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Janet Golden - Lanquist-Nevis,  
Exel Sec'y

### WRESTLING

Paul Cyr - NRHEG  
John Peterson - Elk River, Exel Sec'y

• Donotes Section Chairpersons



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# President's Message

By: Dave Johnson - Marshall School, Duluth, MN  
President MSHSCA

A gentle reminder from our Prep Coach editor, Darien DeRocher, about the tardiness of this article brought a simple fact to life: this is my last Prep Coach article as president. I am soon to move into the position of past president for my final year of service to the MSHSCA. Because this is my last article, I wanted to write something profound, something that would make a difference to the coaches who take a moment to read the ramblings of a Nordic ski coach lucky enough to be the president of this fine organization.

Where does one go to find the inspiration to write profound thoughts? I am not really sure, so I took a break from my writing, connected my new puppy to her leash and went for a walk on the Marshall School trails. As we walked down the trails, Annie's thoughts seemed to be preoccupied with the number, size and type of animals who had been that way before her. My thoughts were on the question, what profound message can I share with the high school coaches of Minnesota? On the way back up the hill to my house the answer became quite clear. I didn't really have any profound thoughts to share, but I have had the opportunity as president to serve over 8000 profound people.

Who are these profound people? The high school coaches of Minnesota, of course. You are the people who give generously of your time, talents, skills, energy and enthusiasm. You work long hours reviewing game tapes, planning effective practice sessions, or researching the latest training techniques. You sacrifice your weekends to go on long bus rides to distant cities in the company of teenagers

to play a game or attend a skills camp. You are the first one at practice and the last one to leave, waiting patiently with the young man whose parents aren't answering their cell phone. You are the people who graciously endure the late night phone calls from parents concerned about equal playing time for their precious offspring. You are the folks whose own offspring drive past the school gym with your spouse and your child proclaims, "That is where daddy (mommy!) lives!"

Why do you do this? Is it for money? If you've taken the time to figure out your hourly coaching wage, you will quickly laugh that suggestion off. Is it for fame? No, you would most likely have a better chance at fame by trying out for American Idol. I suggest that you do what you do for love of the sport and hope for the future. This is what makes you profound, you endure all that coaches endure because you love your sport and you love working with students. When you coach you inspire young people to excel, learn new skills and you challenge them to stretch their boundaries. You know that coaching isn't just about X's and O's nor is it just about the win/loss record. You do what you do because have a profound hope for the future. You work with our nation's most precious resource and freely give them your time, talents, and energy to them without any reservation. You, the high school coaches of Minnesota are an amazing group of people and it has been an honor to serve as your president.

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

## HALL OF FAME CANDIDATES NEEDED

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

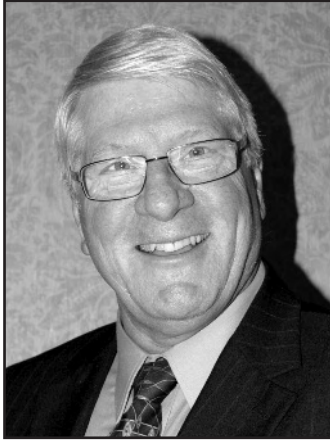
There are a lot of deserved people that should be nominated.

Use the form found page 14 of this issue of The Minnesota Prep Coach and submit one or more coaches that deserve to be recognized as a Hall of Fame inductee.



**VISIT MCDONALD'S AFTER THE GAME**





## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

It is hard to believe that we are bringing a close to the 2008-09 school year and sport season. We are still searching for a string of nice days or at least some indication that there truly is something called spring. As we get ready to say goodbye to April, West Central Minnesota is still trying to

climb out of a cycle of cool damp weather that seems more appropriate for the fall and hunting than spring sports and garden planting. It has been a real challenge in our part of the country and our heart goes out to all in Red River valley that have had their lives disrupted with the flooding.

As we bring a close to another year it is time to say thank you to our membership. Thank you for setting another membership record. Thank you for choosing to your belong to your professional association. This has been a year of change for the MSHSCA and the membership. We have been in the process of developing an on line registration that will allow you to renew your memberships quickly and accurately. There is more information available in this Prep Coach regarding that opportunity. We are urging all sport associations to take advantage of the new system for registering for their clinics and other functions. I want to remind you that the association year is from August 1 through July 31 of the following year. It makes sense to belong for the entire year as your insurance expires on July 31 and is renewed upon receipt of your membership application.

The structure of the MSHSCA delegate assembly has begun a change where each section will be represented by one girls sports association delegate and one boys sports association delegate. During the transition we will have a number of delegates continuing as at large delegates from those sections. Many of our delegates have given their time and dedication to the MSHSCA and the Executive Board feels it should be left up to those delegates to determine when it is time to step down.

We have added a number of new delegates and I want to thank those coaches who have stepped up to take on those leadership positions. There are other ways for each of your to get involved as members of the MSHSCA. Mindy Sparby, MSHSL Board of Directors representing the MSHSCA and girls sports, has sent out an email survey and has asked for you to respond regarding several discussions that have taken place at the League offices. I would ask you to all keep in mind that the forces for change do not come from the League office alone and if you are not going to be informed and your are not going to be active and involved in the process of review and change then you can't complain after the fact. We have great

representation on the board and they want to have you input as they enter in future discussions.

The MSHSCA Executive Board voted to change the academic state championship program to an academic recognition program. We have a great response to the new program and as of the writing of this column there have been 323 schools awarded plaques and many of those schools have had several of their athletic teams qualify for either gold or silver recognition tabs. I sincerely hope that all of you will help in the funding of this by doing one simple task. Fill in the quote request and send it in for a quote on automobile and home insurance through Liberty Mutual. If you simply ask for a quote we will receive \$10. \$5 will be earmarked for the academic recognition program and \$5 will be given to the sport association the you belong to. We had a very response this year and as a result we have entered into some deficit spending for the first time. We will kick off the new program in August and would ask that you take five minutes to help us out. **THERE IS NO OBLIGATION ON YOUR PART, OTHER THAN TO ASK FOR A QUOTE.**

The MSHSCA Executive Board voted at their annual summer meeting to discontinue providing plaques to non-member coaches. Any Coach who wins a state championship or is chosen by their sport association as a coach of the year or assistant coach of the year will not be recognized if they are not a member. Head coaches please help us out by getting your assistant coaches signed up. Championship coaches, coaches of the year and assistant coaches of the year will be honored at the Annual Hall of Fame and Awards Banquet on Saturday October 4<sup>th</sup> at the Sheraton Minneapolis West. It is our goal to have all of our award winners in attendance and we are asking you to mark your calendar for this great event.

I would like to say a special thanks to the MSHSCA officers, our MSHSL Board of Director representatives, Jim Baker and the hall of fame committee, John Schumacher and his time and effort in the distinguished award for officials, Gregg Martig and the scholarship committee, Darien DeRocher and all the hard work he does to make our Prep Coach a great tool of communication and Rob Nielsen for his hard work and dedication to the web site. I also want to extend a big thank you to all the sport associations and their officers. We are blessed to have great people involved in keeping the MSHSCA a great association serving the best coaches in the world, the high school coaches of Minnesota. I would like to thank the membership for allowing my wife Mary and me the opportunity to work for and serve all of you as your Executive Director and Assistant Director.

I hope you all have a great summer and take every opportunity to find time for yourselves and your families. We look forward to next year and to another year of working with and for the coaches of Minnesota.



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# QUICK STICKS

By: Kristen Opalinski  
Mounds View Girls Lacrosse

## “Behold, The Great Crossover Sport”

The game of lacrosse has been growing here in Minnesota at a booming pace over the past decade. Each year new programs are born and veteran ones continue the development process.

For many of us coaches it is a tough spot to find ourselves in, the excitement that comes with building a new program paired with the drive to bring in top notch athletes to ensure a competitive environment. Early in my career as coach of the NSLA’s North Suburban program I found it surprisingly easy to garner interest. A lot of that early interest came from the excitement of student athletes wanting to try “the new sport” at school, some of it came from our success on the field, and the intrigue of the game itself.

In 2007 we split our North Suburban co-op and gained MSHSL status as separate Mounds View and Irondale programs. The move to the MSHSL was a great step for our programs, but it also brought about some new and unforeseen challenges. Our biggest challenge was to try and maintain our numbers at both schools. I found it surprisingly harder to drum up higher levels interest after the split, a challenge that continues to this day.

I’m a firm believer that once you are able to put a lacrosse stick in someone’s hands chances are pretty good they will fall in love with the sport. This great game we coach has a certain spirit to it that I have trouble finding in other sports. Maybe it’s the traditions that surround the game, grounded in a sense of high class and sportsmanship. Maybe it’s the type of people who tend to coach, umpire, and play the game. These things are important aspects, but so is the sport’s truly unique mix of skills and attributes that make it a great crossover sport. With the hand-eye coordination of hockey, the endurance of soccer, the defensive and offensive flow of basketball, lacrosse melds so many dimensions of various sports into a single body.

I think as we look to continue to grow the sport here in Minnesota we must not lose sight of how we “sell” the game, if you will, to potential buyers. We must focus on the game as both a great crossover sport as well as one that can stand on its own in the ultra-competitive landscape that is MSHSL athletics. We can learn from the downfalls of the year-round, single sport mindset of the past and move towards developing more well-rounded athletes. Just as students need to develop multiple skills in the classroom, student athletes need to

develop multiple skills on the playing field.

Our tendencies as coaches can be that of protective self interest, wanting to ensure our best players remain healthy in the off-season, ready to go all out come March. But if this is our mindset, I think we’re missing the boat. Sure, it can be frustrating to have a player get injured playing another sport, so many of us have found ourselves in that situation, it can be a tough pill to swallow. Our focus must turn to the athletes and their self-interests. Multi-sport athletes tend to stay fresh and because of this gain a better athletic experience. So many of our players may only be lacrosse players, which is great, but we should always try to encourage multi-sport athletes to stay multi-sport. I’ve seen single sport, year-round athletes burn out in just 4-5 years of high school competition, ultra talented individuals who, because of a lack of diversity, forgo college athletics. For many of you, buying into this idea is a no-brainer, pardon me if I’m preaching to the choir, but I felt it was worth diving into a bit.

This brings me to my main point, which is, how to get more student athletes interested in our sport. We can begin to do this by creating an atmosphere of value and passion. We all know that Minnesota is “the state of hockey” and as an assistant hockey coach at Eden Prairie I realize just how much value is placed on playing the sport at the high school level here. I think that the passion we see for hockey can help us develop lacrosse on a number of fronts. First and foremost, understand the game’s history and traditions. By doing so we can create a unique environment to teach the game, founded in a spirit of sportsmanship and class. Secondly, we need to work towards encouraging top athletes from other sports to give lacrosse a try to create better balance and diversity. I encourage you to talk to other coaches at your school to get a better understanding of what types of players they have in their programs and what skills taking up lacrosse can offer them. Whether its basketball, soccer, hockey, swimming, tennis, etc...make sure to highlight with potential players and their other coaches the tremendous spectrum of lacrosse’s skill set. By building relationships we can create better opportunities for the student athletes, which is what its all about. Encourage your multi-sport athletes to become vocal advocates for the sport of lacrosse, this often takes little convincing, the sport tends to sell itself. Last, but not least, educate your players and others about the opportunities that playing lacrosse can offer beyond the high school level. Lacrosse still has one of the best participant-to-scholarship ratios in the NCAA, a great selling point to those who wish to further their development at a higher level.

As we move into another off-season, remember that we as lacrosse coaches need to be advocates of growth, focused of the best the game has to offer so that we may continue to see consistent growth here in Minnesota for years to come.



VISIT MCDONALD’S AFTER THE GAME



## IF IT ISN'T BROKEN...WHY FIX IT?

Holy Cow! What a difference a year makes! Last year at this time we were still shoveling snow off of the pitchers mound and this year I am looking for more sunscreen for this svelte little body of mine. The baseball season is off to a great start and the weather just couldn't be better. The fields are dry and the grass is even starting to turn green here as I write this on April 22<sup>nd</sup>. The weather is changing for the better but I am not sure all the changes that lie ahead for us are for the best.

With that in mind, I wanted to give you an update on discussions that have been ongoing and the most recent updates from the MSHSL Board of Directors meeting in mid April. The MSHSL is looking at ways to help families and schools out during these difficult times and has considered a number of ideas to do so. It is the duty of the MSHSL board to work to better the opportunities for all student athletes and to receive feedback from those impacted by those decisions. Some of these possible moves may have unintended negative effects and some are worthwhile.

Moving the state tournament back a week or more is still a possibility but I think people are realizing all the headaches that would come with that. Our numbers in all sports are down here at Chisago Lakes and I know that we would lose even more kids if we tried to compete with summer jobs in this economy. Parents need their kids working to help families out and I believe extending the season would hurt families more than it would help them.

The MSHSL Board also wants to keep kids in school which is always a good idea but if a blanket ruling is made to not allow students in activities out of school then obviously it will impact others too. I feel badly for the FFA and BPA kids and those who are so involved in Choir and Band as you would guess an initiative to keep baseball kids in school would apply to all activities. The few teams that travel south for scrimmages, team building and practices would miss those trips just about as much as the high school bands that travel south to play in the bowl games and parades. My only problem here is I just can't figure out who is getting out of school. We don't miss one minute of the school day for any of our 20 baseball games. What other sports or activities can say that?

The board is also considering going to single elimination which is a foreign concept to baseball at all levels. The College World Series is double elimination and the MLB World Series is best 4 of 7. The Super Bowl is one game and the March Madness is one and out too. Why is baseball

different? The answer is pitching. You don't put the same baseball team on the field every day which is different from virtually every sport. Going to a form of single elimination will put pressures on coaches to pitch kids more and that leads to arm injuries. The rules allow us to throw our pitchers 14 innings in one day if we wanted, but we don't out of concern for the pitcher. Baseball needs double elimination to determine the true best team. If we go to single elimination we would seed 1-16 in most sections and create some long bus rides for kids and their fans. Does this save money and does it keep kids in school?

I think most coaches could agree to play their 20 games in 18 dates with two doubleheaders. This is environmentally friendly, gives families more time and saves money and probably gets more kids in the games. To baseball coaches, this makes sense and that is all we ask that any decision make sense.

Baseball is different and we like it that way. As coaches we tend to get along with opposing coaches as we realize we are all in the **"Do It Yourself Fraternity."** We build our own mounds, cut our own grass and line up volunteer announcers for our own games. In return all we ask is that we be allowed to be stewards of our own game and to use the same common sense that has allowed us to bring the game to the level it is achieved today. Baseball isn't broken so why do we insist on trying to fix it?

Please talk to your Athletic Directors about your concerns coaches. Take a look at the MSHSL website and find the Board of Directors or members of the Representative Assembly and share your concerns with them, especially if you know them personally. They are good people and will look out for the best interest of kids.

Now back to the "good stuff". Tomorrow will bring kids chattering away from the dugout with cheeks, striped in eye black, filled with seeds. The weather forecast is for 83 sunny and we **get** to play baseball. How does it get any better than that?

***"On this team,  
we are all united  
in a common goal:  
to keep my job."***

**- Lou Holtz**



**GATORADE...Official Sport Drink of the MSHSCA**

# Smooth.Fast .Natural.

By: Derek Nash

Burnsville High School - Alpine Skiing

The spring sports delegate meeting was an interesting meeting and it was a good time to meet with coaches of other sports to hear about successes and struggles and how similar and different other sports are compared to our sport. It came as no surprise to hear that other sports have similar issues as those with Alpine Ski Racing. Several other sports are continuously evolving and trying to make changes in how their sports are run, just as we are in ski racing. The advisory council and coaches association are continuing the quest to find a summer training waiver to allow the months after our state meet to be used by teams to train with their athletes. The state coaches' association board-of-directors appeared to be in favor of the idea, but it is the MSHSL who need to be swayed in order to make any real changes, which may prove to be a long and difficult road. The off season is when many changes can take place, and we are working to enact some changes.

The off season is a vital part to any athletes training regimen and needs to be utilized to its fullest potential. There are numerous off season training options available to our alpine ski racers, including on snow training, weight training, and the often neglected rest. Several of our fellow coaches are involved heavily in off season training options and each coach may recommend a different mode of training for their own athletes.

Here are only a few training options (in no particular order) for ski racers to be involved in during the off season:

Mt. Hood Summer Ski Camps, Oregon. Mt. Hood offers what is perceived as the 'best' off season ski race training. Many of the largest race clubs, national teams and college

race teams all train at Mt. Hood at some point through the summer. Ski manufacturers have the newest batch of skis and boots to test for the upcoming season while athletes are in camp. Contact: [mike@mthood.com](mailto:mike@mthood.com) for more info.

Erich Sailer race camps are the Buck Hill associated race camps run on Mt. Hood through the summer. Camps are open to everyone even if you are not part of the Buck Hill Race Club. Contact Erich & Ursula Sailer (952) 431-4477, or the website [www.skicamp.com](http://www.skicamp.com) for more information.

Another ski racing camp also located on Mount Hood: Tichy Race camps. The Tichy family offer excellent race training with a low coach to athlete ratio. Stay right in the Tichy's home and eat home cooked meals from Mrs. Tichy! Contact Martin Tichy (503) 704-0002 or email: [info@tichyracing.com](mailto:info@tichyracing.com) or website at: [www.Tichyracing.com](http://www.Tichyracing.com)

Red Lodge Montana also offers high quality training in the off season as well. Red Lodge is perhaps less well known than other camps, but offers high quality coaching on difficult terrain and low athlete to coach ratios as well as a much lower cost to athletes and families. Contact Cole Greer (406) 425-1474 or at: [april.cole@gmail.com](mailto:april.cole@gmail.com) for more information.

Your high school weight room offers excellent strength training options which are usually very low cost and highly effective. Contact your coach or Phys. Ed. Teachers for details.

Velocity Sports Training is offering a ski specific training regimen for ski racers. Several adult racers have joined this program and seen excellent results in their racing and also free skiing abilities. Contact your local Velocity Sports Training Center for details.

Get into one of these off season training options and see results next race season!

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VISIT MCDONALD'S AFTER THE GAME



# HOOP SCOOP



By: Bill Gottenborg  
Hawley School  
2008-09 MGBCA President

Congratulations to the 2009 Minnesota State Girls Basketball Champions and Runner-ups. In Class AAAA, Minneapolis South defeated Centennial. Class AAA Saint Michael-Albertville won over Minneapolis North. Class AA Caledonia topped Howard Lake-Waverly-Winsted. Class A Ada-Borup defeated Cedar Mountain/Comfrey. Check out the MGBCA web site, [www.mshsca.org/girlsbasketball](http://www.mshsca.org/girlsbasketball), for a complete listing of section and state coaches of the year. Also included are the 2008-09 All-State Teams, Team Academic Awards, and All-Star rosters. Thank you to Rob Neilson from Detroit Lakes for his work with our Web-site.

The MGBCA All-Star Series was held April 24 and 25 at Macalester College and Edina High School. It was really fun to watch the skilled athletes compete. The 2A All-Stars defeated the 1A All-Stars for third place on Saturday afternoon and the 4A All-Stars won the series by defeating both the 2A All-Stars on Friday night and the 3A All-Stars on Saturday afternoon.

Congratulations to all the Senior All Star participants and this years' Coaches; Class 1A Head Coach Randy Strand from Adrian High School and Assistant Coach Jeff Shaner from Red Rock Central, Class 2A Head Coach Paul Lambrecht and Assistant Coach Drew Sinke from Jordan High School, Class 3A Head Coach Matt Stueber from Princeton High School and Assistant Coach Jeremy Digiovanni from Rogers High School and Class 4A Head Coach Stephanie Tolkinen and Assistant Coach Eric Prose from Park High School.

Thank you so much to our All-Star Committee chairs, Kris Jones, Jenny Johnson and Carla Young and our class

coordinators, Rick Uttech, Brian Atkinson and Dave Preller. The Minnesota Lynx was a major sponsor for the All-Star event and we would like to thank them for their partnership.

On Friday, April 24th, we inducted four new members into the Minnesota Girls Basketball Coaches Hall of Fame. 2009 marks the 16<sup>th</sup> year of our Hall of Fame ceremonies and we now have 73 members that have been inducted over the years. The MGBCA is very proud of the 2009 inductees who have made an extraordinary effort to Minnesota Girls Basketball. The 2009 inductees are: Lisa Lissimore, Pat Bowlin, Tom Gunderson and Willie Taylor.

A new addition to the All Star Series was the All Star/Miss Basketball Brunch. Emily Fox from the University of Minnesota Women's Basketball Team was our guest speaker. She talked about her career in basketball and gave the athletes some advice. Emily told the girls that the freshman year in college is hard and that they will have to earn and work hard for everything they get. She told the girls to be mentally tough, to enjoy their time in college as it goes fast, and finally to be appreciative and tell people thank you.

Pat Barrett and the rest of the Miss Basketball Committee did a tremendous job covering the four corners of the state of Minnesota observing the talented girls basketball players. The Miss Basketball Committee arrived with 6 senior finalists. Brittany Chambers of Jordan High School, Tayler Hill of Minneapolis South High School, Hannah Linz of Eden Valley-Watkins High School, Katie Loberg of Princeton High School, Megan Nipe of Centennial High School and Theairra Taylor of St. Paul Central. The honor of Miss Basketball 2009 went to Tayler Hill.

The planning for the 2009 fall clinic is underway. Jen Rademacher from Robbinsdale Cooper with her committee will be working with the Women's Basketball Coaching Staff at the University of Minnesota. You will be receiving more details about the upcoming fall clinic.

## MINNESOTA PREP COACH

Lastly, it has been an honor and privilege to serve as President of the MGBCA. I have learned a lot and am very thankful for the experience. Please welcome Dawn Baudoin from Grand Meadow High School as the incoming President of the MGBCA. Dawn will work hard as our new President and do a great job!! Have a nice summer!



By: Kris Fadness - MBCA President  
Austin High School • [kfadness@austin.k12.mn.us](mailto:kfadness@austin.k12.mn.us)

Lastly, it has been an honor and

Talented, well coached teams playing great team basketball helped bring about another fantastic state tournament. Congratulations to all the teams that made it to the big show, and especially our state champions, 4A winner Hopkins, 3A winner Washburn, 2A Pelican Rapids, and 1A Granada – Huntley - East Chain.

The MBCA would like to thank the Minnesota Timberwolves once again for their continued support of high school basketball, the Cambria room served as a wonderful hospitality room for our MBCA members during the state tournament.

The MBCA All-Star series took place on April 3<sup>rd</sup> at St. Cloud State University, and on April 4<sup>th</sup> at Macalester College. A special thanks go out to Rich Decker and Tom Critchley for organizing this event. This year's field of players was extremely talented. I can tell you from being directly involved in the series that Minnesota's coaches, teachers, and parents are doing outstanding jobs with their kids, as these young men were class acts on and off the court.

The MBCA gives out many awards at the end of each season.

The Academic State Champions:  
Class A Canby – Jon Hanson



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Class AA Pelican Rapids  
Brad Strand  
Class AAA Austin – Kris Fadness  
Class AAAA Anoka  
Paul Broberg  
State Coach of the Year:

Class A Bob McDonald  
Chisholm  
Class AA Brad Strand  
Pelican Rapids  
Class AAA Reggie Perkins  
MPLS Washburn  
Class AAAA Randy Jordan  
St. Cloud Tech

#### Assistant Coaches of the Year:

Ralph Hagen – Minneota Craig  
Johnson – Browerville Mike Nolan-  
Lakeville North Brian Schwantz –  
Perham Brian Snell –  
Shakopee

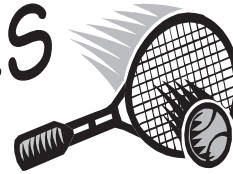
To check out the MBCA Individual Academic All-State Team, and the Team Academic Section Champs, as well as our Section Coaches of the Year, please check out our web-site at [www.mshsca.org/boysbasketball](http://www.mshsca.org/boysbasketball). Congratulations to all of our award recipients. Thanks to Ted Critchley for his work in dealing with our academic awards.

I would like to thank everybody for allowing me to represent you this past year as the so-called figurehead of the MBCA. We all know that Tom Critchley is the man who makes this organization go and it has been a pleasure to work with him. Matt Addington from Kenyon-Wanamingo will take over the reigns. Matt is a personal friend and I look forward to him taking over our leadership.

The current economic situation affecting schools nation-wide will present challenges for us. We are seeing overwhelming numbers of staff reductions and the elimination of many school programs, kids and families continue to get hammered with ever increasing athletic fees in many school districts. Within our sport we will continue to be faced with mounting pressures to find ways to cut back on spending. I can say

# SERVICE ACES

Scott Engelstad (Bemidji)  
President MSHSTCA



## MSHSTCA CLINIC

This year's MSHSTCA Clinic was a big hit. Attendance reached an all time high of 190. Thanks to Rick Engelstad for all his work and passion in making this a great event each year. Stay tuned for future information on next year's event.

At the clinic we had our annual meeting where we adopted a new constitution. You can access it at <http://www.mshsca.org/tennis/index.htm>.

We also added Robb DeCorsey (Glencoe Silver Lake) as our new President-Elect. Mike Cartwright (Mounds View) moved into the Past President position filling a vacancy there. Scott Engelstad (Bemidji) moved up to President. Dave Gunderson (Virginia) continues in his role as Hall of Fame Director. A new position of Executive Secretary is being filled by Rick Engelstad (Pine City). Thanks to these coaches for serving the association in these capacities!

## SECTION REALIGNMENTS

Sections have been realigned for the next two years. If you have not viewed them yet, go to <http://www.mshsl.org/mshsl/competitiveSections09.asp> to check on your school and section. Because of realignment we may need some new section reps. Section reps encourage each coach in their section to become a member of our association, forward reminder e-mails regarding

## Bank Shots . . . continued

that within the MBCA our organization is strong, and has great leadership. I know that Minnesota Basketball will continue to thrive even in these tough times.

Thanks again, and there is no off-season, get those summer tourneys and camps lined up.

important deadlines, conduct section coach of the year votes, and represent your section at the annual meeting. Please let us know if you would be interested or have questions about becoming a section rep.

## COACH OF THE YEAR

This spring we will be naming Section Coaches of the Year in addition to the State Coach of the Year Award. Your section rep will be contacting you regarding the voting process. If you would like to nominate your assistant coach for the Section Assistant Coach of the Year, be sure to let your section rep know. To be nominated for these awards, you must be a member of the association. Section Coaches of the Year, plus any other coaches whose team wins their section, will be placed on the State Coach of the Year ballot. Association members may vote for the State COY award on our website at a time to be announced.

## BOYS STATE BANQUET

The boys tennis season is quickly coming to a close. If you have a team and/or individual(s) who qualify for state, please go to <http://www.mshsl.org/mshsl/sports/BTN2009Banquet.pdf> for the banquet information. We need you to RSVP to the banquet whether or not you will be attending. Please do all you can to get your team and/or individuals to the banquet so they can be honored.

## SUMMER

Up north we are still looking for spring but summer is right around the corner as well. The board and I hope you have a great and enjoyable summer! Please let me know if there is anything our association can do to make tennis better for kids in Minnesota.



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# MEMBERSHIP PERKS

MEMBERSHIP PERKS

- **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 3/31/2010
- **AMERICINN - Ham Lake** - Contact Al Patel, 763-755-2100. 13440 Highway 65 NE, Ham Lake, MN. \$59-\$99 Includes Breakfast. 4/1/2010
- **BEST WESTERN NORMANDY DOWNTOWN** - 1-800-372-3131 or Christine Peach at 612-370-1400 Ext. 503. Corporate Rate from \$74.00 which includes a Deluxe Breakfast.
- **COUNTRY INN & SUITES** - 2250 Freeway Boulevard, Brooklyn Center, MN 55430, Contact Amanda Gustafson 763-561-0900 \$99-129 includes breakfast + gift card to Oak City. 12/31/2009
- **COUNTRY INN & SUITES - Shoreview** - Contact Kathy Huston, 651-784-6000. 5995 Rice Creek Parkway, Shoreview, MN. 2nd night 50% off! Free breakfast. 12/31/2009
- **COURTYARD BY MARRIOT - Maple Grove** - Contact Megan Diaz, 763-425-5355. 11871 Fountains Way N, Maple Grove, MN. \$99 Bring this Ad and receive \$15 off your room. 4/30/2009
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Contact Tyler Damlo 763-489-2568
- **DAYS INN - Mounds View** - Contact Pravin Patek, 763-786-2465. 2149 Program Avenue Mounds View, MN. \$64.99 12/31/2010
- **FOUR POINTS SHERATON HOTEL - Minneapolis** - \$85.00 - (612) 331-1900
- **HAMPTON INN - Maple Grove** - Contact Sherry Tolette, 763-494-4498. 7745 Elk Creek Blvd., Maple Grove, MN. \$69 Includes breakfast. 8/16/2009
- **HAMPTON INN - Shoreview** - Contact Kory Lesnick, 651-482-0402. 1000 Gramsie Road, Shoreview, MN. \$69 Hot breakfast included, on site restaurant. 12/31/2009
- **HILTON GARDEN INN - Maple Grove** - Contact Theresa McKenna, 763-509-9500. 6350 Vinewood Lane Maple Grove, MN. \$79 Standard room with breakfast. 8/31/2009
- **HOLIDAY INN HOTEL & SUITES - Maple Grove** - Contact Megan Diaz, 763-425-3800. 11801 Fountains Way N, Maple Grove, MN. \$109 Bring this Ad and receive 10% off your room. 4/30/2009
- **LAQUINTA INN & SUITES - Brooklyn Park** - Contact Chad Marek, 763-971-8000. 7011 Northland Circle, Brooklyn Park, MN. \$57-\$77 Deluxe breakfast included. 3/1/2010
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - 20% OFF on all admissions. 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 12/31/2009
- **SUPER 8 - Arden Hills** - Contact Vik Bhartia, 651-484-6552. 1125 Red Fox Road, Arden Hills, MN. \$86.99 Complimentary YMCA pass and free breakfast. 12/31/2009

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

## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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



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## Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2008-2009

<b>Gregg Martig</b> Past President	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
<b>David Johnson</b> President	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
<b>Don Tangen</b> President Elect.	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
<b>Shelly Hotzler</b> Vice President	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

**Sports Associations** - If you with assistance form the MSHSCA for any reason, please contact your Liasion person listed above.

## 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](mailto: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.

## ATTENTION ATHLETIC ADMINISTRATORS



The MSHSCA has introduced a new Academic Awards program

Many schools have received a plaque similar to the one pictured for Fall sports that qualified as a gold or silver academic team.

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.

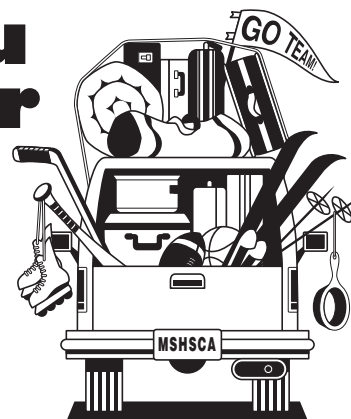
Your school will receive a plate for each of the teams that qualify.

**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**

## Have You Moved or Changed Your Email?



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

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



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# PERFORMANCE PLAYBOOK

**Gatorade  
Sports  
Science  
Institute**

gssiweb.org

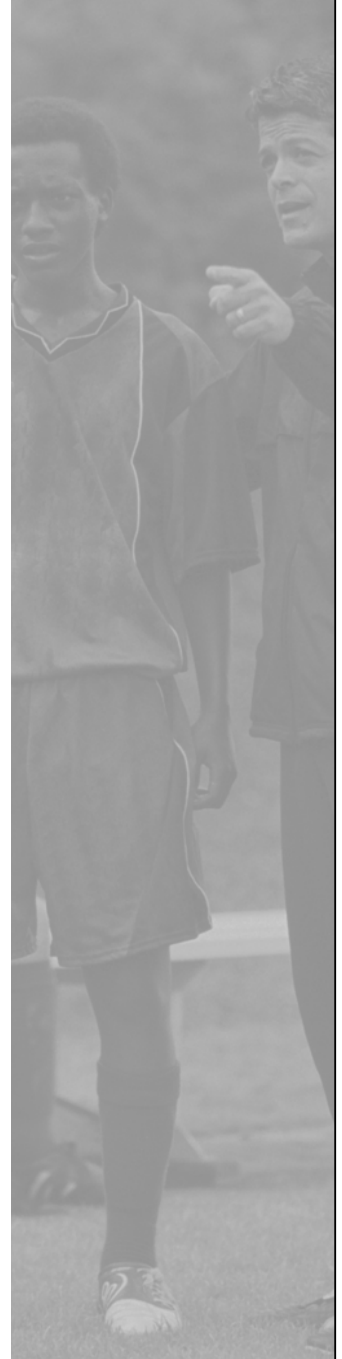
## Communicating With Athletes and Their Readiness to Change

**BRENT STEUERWALD, M.A.**, is the head football coach at Shenendehowa High School (Clifton Park, N.Y.) and the 1995 National Coach of the Year.

The success of any coach, at perhaps every level of competition, is determined by his ability to effectively communicate with athletes in a mutually supporting manner. Coaches may be knowledgeable and highly organized, but without open communication skills, these attributes may never be reflected in the performance of their athletes. The following points of consideration may help coaches develop their capacity to effect desired change.

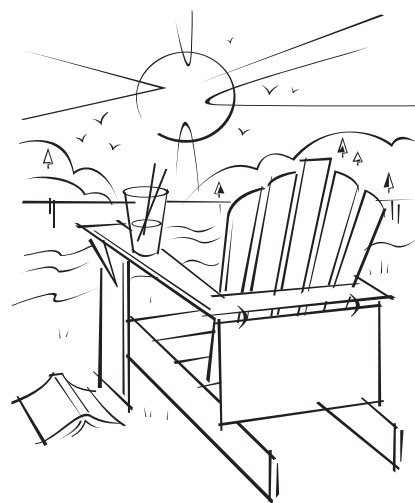
- 1. Role Definition** - Give every athlete a sense of how he or she fits into the big picture. By recognizing the role each player contributes to the team, coaches can give an athlete a sense of worth and achievement. A coach should instill in every team member a sense that they can improve their status by hard work and commitment.
- 2. Set Goals** - Encourage athletes to set realistic and measurable goals, and communicate how to achieve them. Discuss the differences between individual and team goals and the need to sometimes sacrifice personal goals for team objectives. The ability to set goals with a sense of purpose is a life skill that will help athletes beyond their sport.
- 3. Mutual Trust** - Positive relationships are built on mutual respect and trust. Athletes must know that they can depend on their coach to be fair and positive, even in intense competition. Coaches can criticize but must leave personality out of it. Criticism must be constructive, positive, consistent, and oriented around improving performance. No player improves when made to feel worse about himself.
- 4. Empower Athletes** - Within the context of a disciplined and structured environment, coaches should empower their athletes to make decisions and control various aspects of a contest. Coaches should thoroughly teach concepts with each athlete understanding his part. Then, charge athletes to execute their part by making adjustments on the run and communicating problems with the coaches. Responsibility and authority must go hand in hand.
- 5. Fuel Athletes** - Athletes will not be able to perform mentally and physically without the proper foods and fluids. Coaches should team up with registered dietitians and athletic trainers to educate their athletes about food and fluid selections that focus on carbohydrates, because carbohydrates are the primary fuel for athletes. Fluids, such as sports drinks, offer athletes more than water. Sports drinks replace fluids and electrolytes lost in sweat and put back carbohydrate energy. Properly fueled athletes are able to perform at a higher level mentally.
- 6. Develop a Plan** - Coaches must plan for communication opportunities just as they plan for game structure. Opportunities for communication can be as simple as searching out an athlete after a difficult practice and asking if he understands the reasons for the criticisms given. Athletes can only apply coaching guidance insofar as they understand what is desired of them. An excellent technique for developing lines of communication is a season-end interview of all returning athletes. A coach can engage an athlete in 20 questions in a quiet environment so that the athlete feels that the coach is interested in him as a person. The coach should be willing to accept and evaluate dissent when appropriate.
- 7. Caring and Approval** - Coaches must consistently remind athletes that caring isn't conditional, approval is. Caring about athletes as individuals creates confidence in the coaches' support that allows them to grow as athletes and as people. Coaches must avoid coaching a fear of failure into their methods of communication, and encourage risk-taking as an integral part of athletic competition.

Overall, effective communication skills can have a dramatic impact on coach-player relationships. Creating the atmosphere in which positive changes can be attained can pay great dividends for coaches and athletes alike.



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# MSHSCA's CORPORATE SPONSORS 2008-09



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.

- Gatorade
- McDonald's  
Restaurants of Minnesota
- Computer Professionals  
Unlimited, Inc. - Morris
- Airware America - Elbow Lake
- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Hedberg Maps, Minneapolis
- Jostens
- R.L. Wendorff Insurance - Fulda
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing -  
Detroit Lakes
- Velocity Sports Performance - Champlin
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- The Breakdown - Becker
- JK Sports, Fergus Falls
- Beach's Awards, Wayzata
- Cosmos Enterprises, Inc (Elbow Lake)
- RJY Development Inc - Rochester
- Amerivision - Larry Mollins - Perham
- T.J. Potter Trucking/Becker Warehouse  
(Becker, MN)
- Educational Resources of MN  
(Springfield)
- Icon Designs - St. Louis Park

## COACHES:

Please support the sponsors who are concerned  
about your athletes and your programs!

Good luck in 2008-09

Thanks for your support



VISIT MCDONALD'S AFTER THE GAME



**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 36 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2008-09 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)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
- Bethany Lutheran College (Mankato MN)
- Bethel College (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- Crown College (St Bonifacius MN)
- Fergus Falls Community College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University - Moorhead (Moorhead MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- Northwestern College (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St. John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- U of MN - Crookston (Crookston MN)
- U of MN - Duluth (Duluth MN)
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

Another example of the MSHSCA at work for the membership!

Minnesota State High School Coaches Association

**HALL OF FAME**

**CRITERIA FOR THE SELECTION OF CANDIDATES**

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

**ELIGIBILITY REQUIREMENTS**

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

**SEND NOMINATIONS TO:**

**Jim Baker**  
8185 E. Courthouse Blvd. Ct.  
Inner Grove Heights, MN 55076



**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: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Date: \_\_\_\_\_

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



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# Bounce Shots

By Adam Crane  
Head Coach, Wayzata Boys Lacrosse  
President, MSHSBLCA



“And down the stretch they come!” Famous, timely words that also work for the sprint to the finish of the boy’s lacrosse season. By any standard for Minnesota springs this has been a mild one. 47 thankful teams have embraced the warmer weather and gleefully held practices under clear skies and with cooperative temperatures. Teams found themselves under the stars for early season practices rather than cramped and crowded gyms. All in all, it has been fantastic and a welcome change.

The play on the field has improved as well as our sport continues to grow. Just recently, US Lacrosse reported a 9% increase in participation nationwide, once again solidifying lacrosse as the fastest growing sport in the US. In Minnesota, the number of sanctioned teams continues to grow and the player participation has kept pace. Across the state the youth programs find themselves flush with players as out-state programs get started and plant roots in the community. Back at the high school level, teams have continued to improve and deliver some truly outstanding and enjoyable games for fans and spectators.

Aside from the great weather we have had the sport of lacrosse in Minnesota is finally stretching its legs and shaking off the badge of “newest sport in the neighborhood.” The coaches, players, officials and fans have all entered our third season with all the experience learned in our first two years. The coaches feel more comfortable working in the school districts and understanding the MSHSL. The players have come to expect lacrosse to be on par with any number of other sanctioned sports. Attendance has continued to grow and the officiating has become even better. Through many countless hours of hard

work, organization and training the sport of lacrosse in Minnesota finds itself a model of how new sports should burst onto the landscape.

When lacrosse first entered the MSHSL the coaches new the talent that was assembling on the field. After a number of years, that talent has only grown and Minnesota sees more and more of its players move to higher level college ranks including Division 1 players. What I’m sure seemed like a pipe dream only a couple years ago, area schools now find players signing National Letters of Intent for lacrosse— a welcome addition to the festivities.

As I have written about in previous columns, the view of Minnesota as a hotbed of lacrosse has also changed over the last few years. This summer, some of the best players in Minnesota will be part of the adidas National Lacrosse Classic, a national event that brings together some of the best players in the country. Last year’s event was a tremendous success with the Minnesota players taking part as members of the Midwest team along with players from the Chicago area. Encouraged by local coaches and with feedback from coaches at the event, Minnesota was granted its own team based on the athleticism and talent of our players. This year’s event will take place in early July outside Washington D.C. and the entire community wishes the boys well and good luck to bring home a championship!

But our season isn’t finished yet and many, many games need to be played. I continued to encourage everyone to stop by and check out one of the high school games and see the talent of these young men. We will have another champion in early June as the boys state championship has been moved back two weeks. Our first two seasons have produced exceptional teams in Benilde-St. Margaret’s and The Blake School. Both finished their seasons without a loss. Will we have another undefeated winner? Will we have a repeat champion for the first time? There are many great questions left to be answered and once again it will be awesome to watch them play out on the field.

## Over Hill and Dale

By: Dave Chatelaine,  
President of the Minnesota  
Cross Country Coaches Association  
Owatonna H.S.

Another school year is about to become history and many of us are looking forward to a much-needed break during the summer. We may not have students in our classrooms during the summer or athletes to coach, but we are still involved with planning for the next school year and Cross Country season. As you are planning and preparing for the upcoming Cross

Country season, I encourage you to consider participating in our summer clinic on August 11<sup>th</sup> at Champlin Park High School. Kevin Morehead is in the process of coordinating some very informative sessions that would be beneficial to any coach. We will also be discussing an at-large team-qualifying proposal for the state meet at our coaches meeting as well as other issues that our association members may have.

Clinic registration information is located elsewhere in this publication. I have enjoyed attending our summer clinic during many of my years of

coaching not only for the information I received from the speakers but even more so for the camaraderie with other coaches. If you have a special topic that you would like to have presented at the clinic, please contact Kevin Morehead or myself. There is room in our clinic agenda for another speaker. We will present Coach of the Year and Hall of Fame awards during the clinic lunch.

In addition to planning workouts and team activities during the summer, many of us like to meet with our athletes for some running and team

... continues on page 17



VISIT MCDONALD'S AFTER THE GAME



## MAY MEMBERSHIP REPORT 2008-09

Types of Membership	2007-08	2008-09
Active Class A & AA	5660	5609
Associates	1,183	1134
Active Life	358	530
Retired Life	1,007	977
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,211	8,253

### Breakdown of membership by sport association (2007-08 totals in parenthesis)

Adapted Athletics (24) 23	Boys Lacrosse (16) 21
Alpine Skiing (62) 70	Girls Lacrosse (9) 33
Athletic Directors (231) 259	Football (867) 936
Baseball (338) 407	Boys Hockey (266) 257
Boys Basketball (722) 734	Golf (boys & girls) (373) 344
Girls Basketball (639) 620	Soccer (boys & girls) (389) 376
Cross Country (298) 284	Softball (450) 431
Gymnastics (174) 198	Synchronized Swimming (20) 15
Nordic Skiing (98) 127	Swimming (girls & boys) (242) 329
Volleyball (688) 655	Tennis (boys & girls) (212) 288
Wrestling (41) 65	Track & Field (531) 543

## ADAPTED UPDATES

By: Barb Becker - President MAACA  
Bloomington Schools

The first ever night at the dome will be held Wed. May 13th for the Adapted Athletics CI and Pi Divisions. The soft-ball teams will be down on the field for a short time while last years' State Champs will be on the mound. The MVP player for each division will throw out the pitch. The Twins is giving reduced prices for athletes, families and friends. A great turnout is expected. The twins play the Detroit Tigers at 7:10 PM.

Softball season is going on. State Tournament is at Coon Rapids High School the weekend of May 29th and 30th. Wishing all a restful summer. Thanks for all you do for the athletes.

## TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

**GETTING GATORADE TO THE FIELD EVERY DAY** is easy if you ask your athletic trainer to handle it, or appoint a Gatorade crew or Hydration Manager. It can be a great way for a student who can't play the game to join the team.

**PURCHASING GATORADE FOR THE SEASON** may be a stretch for your team's budget. But with the cost of safe hydration under \$6.00 a player for the entire season, parents' organizations and booster clubs can come to the rescue by holding "hydration fundraisers."

**UNTIL YOU CAN PUT GATORADE ON YOUR SIDELINES** ask your players to bring their own. Tell them how Gatorade can help them stay in the game.

***GATORADE DOES WHAT WATER ALONE JUST CAN'T***



For more information, log on to [www.gatorade.com/coaches](http://www.gatorade.com/coaches) and visit the Coaches' Corner.



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## Over Hill & Dale . . . . continued from page 15

building. The MSHSL would like to remind us to make sure we file a summer practice waiver with our Activities Director. As you may know, the MSHSL is also considering making some changes in the number of contests, out of state travel for competition, non-contact periods during the summer and holiday season and extending the spring sports season into the summer. Most of these changes will not have much of an effect

on our sport, but if you have any comments about this, please feel free to contact me so I can forward your input to the MSHSL. We should know by the beginning of June if our proposal for awarding additional medals at the state meet is approved by the MSHSL.

Good luck with the rest of the school year and your spring sports. I am looking forward to seeing you at our clinic in August. Please feel free to contact Kevin Morehead or myself with

any questions or suggestions you may have and if you need help with the clinic registration. I would also like to remind you to renew your membership in the MSHSCA and our Cross Country Coaches Association before the 2009 season begins. You should be able to complete your registration on-line. Registration can also be taken care of at our clinic. Thank you for your work in promoting fitness, health and the great sport of Cross Country!

## FAST TRACKS

By: Mike Hecker, President MNSCA  
Andover H.S.

As much as I like the cold and the snow, it's time for shorts and sandals. Minnesota is a state of seasonal change and, like the seasons, it is now time to plan for change in our sport. This past year we started the process moving to classic first at our state meet. So what did we learn? First, that as intimidating as the Silver Trail appeared to most coaches, our athletes handled themselves quite well. Was it a challenge? Yes, not only for the athlete, but for the coach who had to be "spot on" with the wax. Unlike the old classic trail where, if you had to, you could "muscle" your way through most of the course, you can't do that on the Silver Trail.

The other lesson we learned was that the competitors with similar ability, there is a severe weakness in our True Pursuit Format. We had 112 or our 120 male athletes leave the starting area in the first 3 minutes of the pursuit leg. Ever watch a NASCAR race? Even with a much wider course, we still had crowding and safety issues. Unfortunately, the reports back from some coaches and athletes was disappointing. There was a fair amount of unsportsmanlike conduct (inappropriate language, pushing and shoving, etc.) and in a few cases, athletes were forced off the track and into the woods.

So, what can we do to correct this? For next season our options are limited. We discussed at our spring meeting moving back to skate first, classic second. The thought is that athletes are in "tracks" for the pursuit leg and that because of the classic technique, there would be less contact. Again with 120 athletes of like ability, this will not elevate crowding, but hopefully will make a safer event. This does not mean mov-

ing back to the courses we used 2 years ago. A group of "senior" coaches lead by Jack Jefferies is investigating what options and alternatives are available to us. No change will be made without first consulting our membership, and then a vote taken once alternatives are presented.

The real answer is that we have to look at alternative formats that are challenging for the athlete. In the coming months, surveys will be sent out. One will address a creative alternative to our current meet format that was presented by Rolli Ring-Jarvi at our Spring meeting. Another will address the issue of the True Pursuit format and what alternatives are available to reduce crowding.

We also have another issue creeping up like the N1H1 flu outbreak. That is the health of our sport and our teams in these difficult financial times. On the good side, as a membership we grew 22% this year to 123 members (unofficially a new record). We also added a new team. Although unofficial (me making several phone calls to retailers) this was a good if not great year for Nordic equipment sales. On the opposite end however, was the elimination of the Buffalo High School program. Other coaches have commented that some districts, in their effort to trim budgets, are looking at Nordic Skiing as a way to "economize". Our "key" is participation. Large number of athletes and involved parents make a program much harder to cut.

We, as an association, need to work towards creative alternatives for struggling programs. At our fall meeting, I have asked Dave Johnson to lead a discussion of options and alternatives to maintaining a strong and healthy program.

As always if you have a question, concern or just want to become involved in our Association do not hesitate to send me an e-mail at [michael.hecker@anoka.k12.mn.us](mailto:michael.hecker@anoka.k12.mn.us)

Think Snow (well, maybe not until October...)! 

---



VISIT MCDONALD'S AFTER THE GAME





**Registration is now open for 2009-10**  
**Don't delay: fill out your 2009-10 Membership Application**  
**online today!**

All memberships run from Aug. 1 to July 31

In an attempt to become paperless, we are strongly advising coaches to use our online registration system. It gives you the option to pay by *credit card* money order or personal check. You will get a printable receipt for taxes or reimbursement.

For the retired coaches that annually contribute \$5 to the mailing of the Prep Coach, this system will update your addresses, for home and email.

1. To begin, go to [www.mshsca.org](http://www.mshsca.org).

2. Use the link for 2009-10 membership.

3. Use the right hand side to *join* for the new year.

**Several of the sport associations have added their coaching clinic registration into the system. If your sport association has joined us in online registration, you will be able to register for those clinics at the same time!**

4. Follow the steps to the last screen, where you will have a chance to choose your method of payment.

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

**The system has proven to be very helpful to us to**

- Maintain accurate email addresses for sport associations
- Assure us we have the correct mailing address for the Prep Coach
- Give coaches and MSHSCA a dated receipt
- Maintain a current membership list on our web site
- Have accurate coaching information from the coach, them self

Please call 218-847-6796 or email [jomar@lakesnet.net](mailto:jomar@lakesnet.net) with questions

Thank you for your help, *John and Mary Erickson*

If you would like to use the Postal Service, the application is available on our web site and can be down loaded.

Track coaches please note that your association fees have changed.



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# ATTENTION LIFE MEMBERS

As the MSHSCA went through the list of Retired Life members for 2007-2008, it was determined that more than three dozen coaches who are Retired Life are still coaching but not paying insurance or sport association dues.

The MSHSCA has a new system. Coaching lists for sport associations are updated regularly. If you are not listed with your sport association, it means that you are delinquent in the two previously mentioned areas — insurance and sport association dues.

Your insurance payment is \$10 yearly. In addition to insurance, our new academic and awards program require that the head must be a member of their sport association in order to claim that they as individuals or the honors achieved by their team will not be awarded without sport association membership.

*“You are a direct  
reflection of me.  
When you lose,  
I am a loser.  
When you fight,  
I am a fighter.  
When you win,  
I am a winner.  
When you and  
I work together,  
we are a team.”*

- Anonymus High School Coach

## 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, 2008 – August 1, 2009

### 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 \$300.00.
- 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](http://www.mshsca.org)

[www.loomislapann.com](http://www.loomislapann.com)

[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)

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[kboller@loomislapann.com](mailto:kboller@loomislapann.com)



VISIT MCDONALD'S AFTER THE GAME



# dugout chat



By: Bruce Woitas  
Sleepy Eye St. Mary's High School  
1st VP MBCA

The 2009 regular season is up and running, and our Section Tournaments and State Tournaments are right around the corner. I wish all the teams in the state the best of luck.

Spring is a very busy time for all of us, but please take time to get all of the necessary Minnesota High School Baseball Coaches Association forms sent in this spring. You need the following: 700 Lions All Star due May 10/15; 500 All State due June 1; 600 A&B Academic forms due June 1; and 1000 Coaching Award forms: Dick Siebert, Angelo Giuliani, Retired Coach, Assistant Coach of the Year and Groundskeeper/ Field of the Year due June 30th; 1400 Junior Showcase nomination due May 1; 1500 Hall of Fame nomination. These forms can be found on the web site ([mshsbca.org](http://mshsbca.org)) or by contacting your section rep. Thank you for your attention to this important matter!

Take time this spring to also read through the baseball rule book. As coaches, it is our job to teach and educate our players on the rules of the game. The new rule changes and points of emphasis can be found in the first pages of the rule book. We have an amazing privilege as we share our love and knowledge of the game with our players. It is a responsibility that we must take seriously.

The Baseball Coaches Association has been working very hard to make sure our season stays as we currently have it. As most know the High School League continues to look at length of season, moving spring seasons back,

ECT... Our Association likes what we have and would like to see our season stay as is. We need you to share with your administration on how you feel; all schools were given a survey from the High School league on this matter.

John Wilkens has been working very hard once again on getting a banquet in place for all classes at the state tournament. He has informed me that this year all 3 classes will once again have banquets. Look for more information in the spring newsletter. The Coaches Association will once again sponsor a

Junior Showcase this summer; the date will be July 9th at the Minnetonka complex. The showcase is supported by our association; be looking for more information in the newsletter and thanks to Tink Larson for his work on this showcase.

Good Luck to everyone in Section play. Please do your best to attend the state tournament of your class. Also make an effort to attend the Lions All Star Games on June 19 and 20 in Chaska. Please remember to call in your game results. It's our job to promote the great game of baseball in our state.



The  
**MINNESOTA**  
State High School  
Coaches Association

in cooperation with the



Are happy to announce a

## Fundraising Partnership Opportunity

for your School, Team, and Athletes

Through this exclusive program, your team can offer significantly reduced priced tickets to the community and you can raise funds to help your school. The Twins are generously donating a portion of the ticket proceeds to the MSHSCA scholarship fund.

To learn more register for next year's membership at  
[www.mshsca.org](http://www.mshsca.org) and click on *2009-10 Membership Registration*

or go to

[www.mshsca.org/WinWithTheTwins](http://www.mshsca.org/WinWithTheTwins)



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# Notes from the Wrestling Room



By: Paul T. Cyr  
 President of the MWCA  
[pcyr@nrheg.k12.mn.us](mailto:pcyr@nrheg.k12.mn.us)

This is my last regular column for the Guillotine as my term as President expired at the conclusion of the 2009 State Tournament. I want to thank the MWCA and all of its members for the opportunity to serve as your President. Our new President, Kurt Habeck will do a great job and is very much in tune to what is going on in Minnesota wrestling circles. I enjoyed my time as President, having the opportunity to attend the Advisory meeting in January and having the chance to be part of a very positive interaction with the MSHSL. I also strongly encourage other coaches, when asked to serve in some capacity, whether as a section rep or other position, that you will take the time to serve your sport. We continue to have issues that come up all the time and the support of wrestling is a never ending battle, so I urge you to participate in the process.

I want to take this opportunity to congratulate the Owatonna organizing committee and especially Scott Davis for their great program celebrating the induction of six members into the Minnesota Chapter of the National Wrestling Hall of Fame. My high school coach, Charlie Bishop, along with Jim Carr, Mike Sterner, Pete Veldman, Dave Sohn, and the late Dick Mueller were those inducted and it was a great show put on in Owatonna. I strongly urge you to put this on your calendar for next year.

I also need to thank Darien DeRocher for his patience with me and my aversion to the deadlines that he has for copy. Without his persistence, I certainly would have produced fewer columns!

And finally one last plea for wrestling coaches to dress like the professionals they are. I believe that my rants of the past year have made some inroads, but it is never so good that it couldn't be better. Have a great summer, knowing your ex-president will be shooting his shotgun as much as possible before we "fire" up again in the fall.

---

## Delegates Corner

By: Don Tangen  
 MSHSCA President Elect  
 Glencoe-Silver Lake HS

I am now concluding my second year as an officer for the Minnesota State High School Coaches Association. This has been a most rewarding two years. In June of 2007, I attended my first summer meeting of the officers of the MSHSCA. I was anticipating a positive experience. I did not realize at the time what was in front of me. Within an hour or two of calling the meeting to order, it became apparent that the MSHSCA and the Minnesota Girls Coaches Association were about to merge. It was a monumental historical event in the history of high school sports in the state of Minnesota. I am so proud of the many people I now work with who had a role in making this event occur. These people did a huge amount of "behind the scenes work" to allow the process to unfold. I regret that space will not allow me to list these people. The list would be long and incredible. I am so amazed at what has been accomplished over these last two years. As you can see, these first two years has been a "once in a lifetime experience" for myself. It has been, by far, more positive and rewarding than I could ever have envisioned in June of 2007. I am so pleased to be a part of the MSHSCA. It is the membership of the MSHSCA that I have to thank for this incredible experience. With the number of members well over 8000, I am now realizing how many really outstanding people there are in the coaching profession. I now appreciate, even more, the effort the MSHSCA, the parent organization, and all the individual sport associations expend to make high school sports in Minnesota as outstanding as it is.

As I am about to assume the presidency of the MSHSCA in June of 2009, I can only hope that I can do my part to continue all the positive avenues that the MSHSCA and the members have opened up. I am overwhelmed and in awe of the role of the MSHSCA in high school sports. I congratulate Dave Johnson and Gregg Martig, the outgoing president and past-president, on their long list of accomplishments. Their efforts were second to none. I congratulate and welcome the newly elected incoming vice president. The five people on the ballot all had as good of resumes as I have witnessed. It is unfortunate only one can be elected. I really appreciate these people's willingness to serve the MSHSCA. This willingness by the members of the MSHSCA is what makes the MSHSCA what it is. I am looking forward to the next 25 months. My anticipation is greater than ever. The resiliency of the membership will keep things moving in a positive direction. Good luck to all coaches in the completion of the 2009 spring sport seasons. By the time the next edition of the Minnesota Prep Coach is delivered, we will be in the fall sports season of 2009. Good luck to all.

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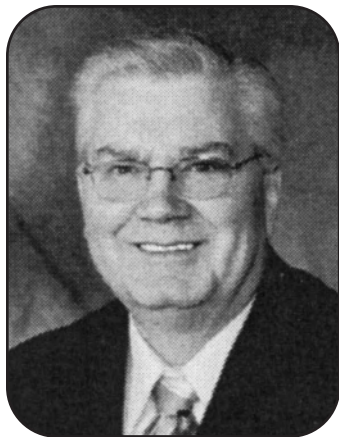
VISIT MCDONALD'S AFTER THE GAME



# ULFERTS, OLSON ARE NAMED ATHLETIC ADMINISTRATORS OF THE YEAR

During the April 2nd Minnesota Athletic Administrators State Convention, many were honored for dedicated service to Minnesota prep sports. Among the many recognized were the AD's of the Year. This year's honorees included Darrel Ulferts of Southwest Minnesota Christian and Byron Olson of Lakeville.

## Darrel Ulferts



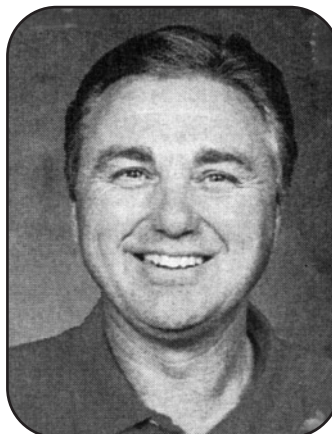
Darrel Ulferts is a graduate of Dordt College in Sioux Center, IA where he received his degree in Health, Physical education and Recreation in 1972. He earned his Master Degree from Winona State University in 1975. Darrel has taught and coached his entire career at SW Mn Christian. During that time he has served as teacher, coach, vice-principal, driver's education instructor and activities administrator. He has been the Activities Administrator for the past 23 years.

Ulferts has been actively involved at the state level. He was a member of the MSHSL Board of Directors for four years where he served as Treasurer of this prestigious body in 2007-08. Presently he is serving on the MnIAAA Athletic Administrator Advisory Committee for Region 3A. He is also an active member of the MnIAAA mentorship program.

His accomplishments include: 15 year certificate from the NIAAA, 25 years of service to the MN State High School Coaches Association, MN Girls Basketball Coaches Association Hall of Fame in 1993, Past President of Girls Basketball Coaches Association and National High School Coaches Award in 1987 along with numerous other coaching awards. Active in his community and school, Darrel is also the coordinator of the "Adopt a Grandparent Program" in Edgerton as well as, being the coordinator for the "Random Acts of Kindness" group at the high school.

Darrel and his wife Shirley have four children: Tamara, Heidi, Tiffany and Kipp.

## Byron Olson



Byron Olson is a graduate of Canby High School and the University of MN-Morris where he graduated in 1975. He taught coached and was Athletic Director at Benson from 1975-1998. During this time he served as assistant football coach and head wrestling coach. From there Byron went to Farmington where he served from 1988 to 1999 as a teacher, assistant wrestling coach and Activities

Director. He left Farmington in 1999 and moved on to Monticello where he was Activities Director from 1999 to 2002. For the past seven years, Byron has been employed by the Lakeville North School District as the Activities Director.

Since 1978, Byron has been actively involved at the state level. He has been a member of the MnIAAA, NIAAA and Minnesota State High School Coaches Association for 30 years. His service in the past ten years has included the MnIAAA National Awards Committee, Distinguished Service Committee, Hall of Fame Committee and Region Representative for 1AA. His contributions to the MSHSL over the years include being a member of the Representative Assembly, a member of the Wrestling Advisory Committee, Wrestling Rules Clinician, State Wrestling Tournament Director and section coordinator for numerous sports.

His accomplishments include: 1996 induction in the University of Mn-Morris Athletic Hall of Fame, 2003 induction in MN Wrestling Coaches Hall of Fame, 2004 MSHSL Merit Award and the 2004 MnIAAA Distinguished Service Award.

Olson has found time from his busy school duties to be actively involved in his community. He is a member of the Lion's Club, Jaycees, coaching youth sports and organizing athletic hall of fame events.

Byron and his wife Peg have three children: Chad, Scot and Kimberly.

Other awards presented during the convention included Hall of Fame induction for James Colletti of Irondale and Stan Wilfahrt of New Ulm Holy Trinity.

Distinguished Alumni that were recognized included Annie Adamczak-Glavan (Moose Lake), Leo Bond III (MN School of the Deaf), Mike Max (Gaylord), Linda Roberts (St Paul Central) and Pete Veldman (Albert Lea).

The State Award of Merit was presented to Rick Fischer of Sauk Centre. The gathering was held at The Best Western Kelly Inn and St Cloud Civic Center.



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# MSHSCA CONGRATULATES WINTER SPORT CHAMPIONS

The excellent athletes that compete in prep sports in Minnesota, once again provided their faithful fans to an exciting winter sport season.

Achieving a state championship is a goal that all teams and their coaches dream about and strive for. Along the way a lot of team effort and hard work provide the excitement that fills arenas all around the state.

The MSHSCA would like to take this opportunity to congratulate all of the team champions and their coaches as they achieved the ultimate goal of a state championship.

Listed below are the winter sport team champions and their head coaches.

## Boys True Team Swimming ( True Team )

AA	Edina	Art Downey
A	St. Thomas Academy	John Barnes

## Boys and Girls Alpine Skiing

Boys	St. Thomas Academy	Tom Carlson
Girls	Lakeville South Edina	Mark Moltzan Dave Nelson

## Boys and Girls Nordic Skiing

Boys	Forest Lake	Deno Johnson
Girls	Burnsville	Amy Cichanowski

## Girls Gymnastics

AA	Roseville Area	Mike Flatten Mark Curley
A	Perham	Charlie Fleck

## Wrestling

AAA	Apple Valley	Jim Jackson
AA	Simley	Will Short
A	Kerkhoven-Murdock-Sunberg	Wes Haglund Craig Johnson

## Boys Swimming ( MSHSL )

AA	Edina	Art Downey
A	Breck / Blake	Kris Rosenberg

## Boys Hockey

AA	Eden Prairie	Lee Smith
A	Breck	Les Larson

## Girls Basketball

4A	Minneapolis South	Ahmil Jihad
3A	St. Michael-Albertville	Kent Hamre
2A	Caledonia	Scott Sorenson
1A	Ada-Borup	David Smart

## Adapted Floor Hockey

CI	Dakota United	Dana Beck
PI	Robbinsdale/Hopkins/ Mound Westonka	Marcus Onsum

## Boys Basketball

4A	Hopkins	Ken Novak, Jr.
3A	Minneapolis Washburn	Reggie Perkins
2A	Pelican Rapids	Brad Strand
1A	Granada-Huntley-East Chain	Robbin Celander

All of the championship coaches will be recognized and presented with a plaque at the Annual Hall of Fame Banquet in October.

*“Sports creates a bond  
between contemporaries  
that lasts a lifetime.  
It also gives your  
life structure,  
discipline and a genuine,  
sincere, pure fulfillment  
that few other areas  
of endeavor provide.”*

- Bob Cousy



VISIT MCDONALD'S AFTER THE GAME



# MEET YOUR 2009 MSHSCA

The MSHSCA is proud to announce the 2009 scholarship winners. A big thank you goes to Gregg Martig and Jay Johnson for all their hard work and time in this selection process. The quality of the student athletes sending in applications is very impressive and is a very positive reflection on the quality of our student athletes. We would like to introduce to this year's scholarship winners.



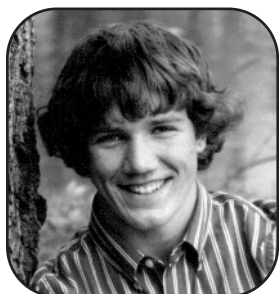
***Chad Gilmer*** attended Bloomington Jefferson high school where he participated in track, basketball, soccer and football. In his letter of application Chad talked about the role of teamwork in sports and emphasized how he expects that teamwork will be an important part of his life as he pursues his career. In addition to being an outstanding student Chad was named to Adidas All American team in soccer. Chad will attend Augsburg University in the fall.



***Matthew Haugen*** attended Pelican Rapids high school and participated in football, basketball and track and field. Matthew stated, in his letter of application, "the power of teamwork and trust is especially evident in sports, but is equally important elsewhere in life". Matthew carries a 4.0 GPA and is ranked number one in his graduating class. He will attend the University of Minnesota in the fall.



***John Gans*** attended Sauk Rapids-Rice high school and participated in football, wrestling and track and field. John has a 4.022 GPA on 4.0 scale. In addition to being an outstanding student John also demonstrated high levels of leadership. "I was voted captain for the 2008 football season by my teammates. It was a huge honor for me to know that my friends thought of me in that way and wanted me to help lead them to victory". John will attend Saint Johns University in the fall.



***Ryan Madson*** attended Hutchinson high school and participated in football, wrestling and tennis. Ryan has excelled in the classroom and is the second ranked student in his class of 223. Ryan said in his letter of application that "although my high school sport activities will soon end, the lessons and values I have learned will continue to shape me as a person and help me achieve future aspirations". Ryan has set the bar high and will attend MIT in the fall.



***Eli Eggen*** attended St. James high school and is the male alternate this year. Eli participated in cross country, wrestling and track and field. Eli emphasized accountability in his letter of application, "I also know that at the end of competition I must be accountable for my performance. My individual performance cannot be blamed on someone else's decisions, mistake or lack of motivation. Eli will attend the University of Minnesota in the fall.

# A SCHOLARSHIP WINNERS



***Sabrina Larson-Bushlack*** attended United South Central high school where she participated in volleyball, basketball, and track and field. Sabrina is proud to have served as captain of her volleyball and basketball teams and said, “being a captain helped me step out of my comfort zone and take on the role of leader. I pushed myself harder than ever to set an example for younger players and fellow teammates. Samantha is ranked number one her class and will enroll at Gustavus Adolphus college in the fall.



***Samantha Johnson*** attended Minneapolis Edison high school where she participated in swimming and gymnastics. Samantha is an outstanding who is ranked number one her class of 203. The same drive that Samantha has demonstrated in achieving a high level of academic excellence also appeared in her drive to excel in the pool. Samantha made the following statement in letter of application, “athletics has taught me that no matter how good or bad you are at something with enough practice, drive and faith you can exceed your goals. Samantha will enroll at the College of Saint Benedict next fall.



***Kayla Stursa*** attended Park Rapids high school and participated in cross country, basketball and track.. Kayla, like all if our winners, is an outstanding student and is number one her class of one hundred and six. Kayla, in her letter of application, stated; “because of athletics I am a better person who has dedication, hard work ethics and teamwork skills”. Kayla will attend Bemidji State University in the fall and will continue as a cross country runner.



***Brianna Engelson*** attended Two Harbors high school where she participated in soccer, basketball and softball. Brianna achieved the rand of number one her class of 94. Brianna attributes many of her skills to athletics. “Athletics has had a profound and positive impact on my life. I have gained friends, leadership skills as well as learned the importance of teamwork and dedication”. Brianna will enroll at Carleton College in the fall.



***Robin Hutchinson***, our female alternate, attended Detroit Lakes high school where she participated in volleyball, basketball and golf. Robin managed to maintain a GPA of 4.115 on a 4.0 scale in addition to her rigorous athletic schedule. Robin said “sports have always been a fun time for me. I love being able to spend extra time with my friends every night during practices and competition. Robin will enroll at the University of North Dakota in the fall.



Whether it's your first or 40<sup>th</sup> year coaching it's time to register for the

## **2009 Volleyball Clinic!**

plus free admission to the

## **Statewide All-Star Game**

Wednesday and Thursday

**July 29<sup>th</sup> and 30<sup>th</sup>**

on campus at

## **St. Cloud State University**

We have a great line-up of fun and exciting events and sessions!

- Network and socialize with new and experienced coaches
- Visit vendors who are awarding door prizes
- Earn CEUs
- Plus, don't miss Wednesday night's Reception with a cash bar and free appetizers!

All Minnesota High School Coaches attending the volleyball clinic must be members of MSHSCA.



**One step and online!**



Register for both the Clinic and 2009-10 MSHSCA membership at

[www.mshsca.org](http://www.mshsca.org)

Use credit card, check or money order.

A receipt for you, your school, or booster club is provided.

Out of State, College, or Club coaches: Although membership is optional, you are eligible to become an associate member. To register for the clinic on-line, join the Volleyball association.

Clinic fee: \$90 before July 23, \$110 after. Out of State, College and Club coaches, \$100.  
See page 26 for a snail-mail registration form



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## DIG THIS

By: Jim Lee  
Waconia HS

Geez, did I make a mistake yesterday!

I don't remember what it was, but I know I made a mistake.

Nobody died, lost a limb, or went to jail—but I know that I made a mistake.

But mistakes provide SO many opportunities to learn! That mistake may have allowed someone else to learn a valuable lesson or it may have allowed someone else to correct my error and become a hero for a moment or meet a new friend. But the whole key is to learn from the mistake and move on.

One mistake that you can't afford this summer is to miss our Minnesota Volleyball Coaches' Association Clinic!

Our preseason volleyball clinic will be held at St. Cloud State on July 29<sup>th</sup> and 30<sup>th</sup>. The clinic will begin in the afternoon on Wednesday, July 29<sup>th</sup> and will lead up to the All-Star Match at 6:30pm that evening. Within the short interval between the last session for Wednesday evening and the start of the All-Star match, we will be providing "a casual dining experience" which should provide a bridge for your hunger pains until the social at the Kelly Inn after the All-Star Match.

Thursday, July 30<sup>th</sup> will also be filled with numerous speakers including the well-respected Pete Waite from the University of Wisconsin. Coach Waite has guided his squads to nine consecutive NCAA tournament appearances including a 2<sup>nd</sup> place finish in 2000. Coach Waite has molded 10 All-Americans that has allowed his teams to be consistently ranked among the top 25 teams in the nation. Coach Waite is highly admired amongst his colleagues, and we are truly appreciative of him presenting at our clinic!

To hear what makes Coach Waite's teams so special, you can access the clinic's registration form at [http://www.mshsca.org/volleyball/VB\\_Clinic\\_09.pdf](http://www.mshsca.org/volleyball/VB_Clinic_09.pdf) and attend any of his sessions on July 29<sup>th</sup> and 30<sup>th</sup>. Or if you prefer a more social dialogue, join the many other coaches and Coach Waite after the All-Star Match at the coaches' social which will be held at the Kelly Inn.

The schedule for other renowned speakers at the clinic will be posted in the future at [www.mnvbca.org](http://www.mnvbca.org). In other news, rules interpretation meetings will be conducted on-line this fall. You will no longer have to attend a meeting with a clinician. Details will be provided in the future at: [www.mnvbca.org](http://www.mnvbca.org).

Leaving this world with no regrets is possible. Leaving without making any mistakes is impossible. Don't regret the

mistake of missing out on this opportunity to rub elbows with your colleagues while eating chicken wings, writing down points of interest from devoted speakers, or debating the next great issue in our highly-acclaimed sport of volleyball!

## 2009 VOLLEYBALL CLINIC

### Mail in Registration

Fill out the following information:

Name \_\_\_\_\_

Preferred Mailing Address:  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Preferred phone \_\_\_\_\_

E-Mail \_\_\_\_\_

High School Where you Coach:  
\_\_\_\_\_

Competitive Section/number \_\_\_\_\_

& circle class:    A        A A        AAA

### HEAD COACH

Clinic Fee                    \$90.00

Membership Fee\*        \$ 30.00

Sport Association Fee    \$10.00

TOTAL                        \$125.00

### ASSISTANT COACH

Clinic Fee                    \$ 90.00

Membership Fee         \$30.00

Sport Association Fee    \$5.00

TOTAL                        \$130.00

### Make checks payable to MNVBCA

Mail to Janet Golden-Landquist, 27524 Horseshoe Ave,  
Park Rapids, MN 56470

\*If you have coached for 25 years or more you qualify for a Lifetime Membership, the application is under the membership link at: [www.mshsca.org](http://www.mshsca.org)

### Out of State, College, Club coaches

(membership optional)

Clinic Fee Only                    \$ 100.00

(Checks payable to MNVBCA)

Clinic Fee and Membership Fee    \$115.00

(Checks payable to MNVBCA)



VISIT MCDONALD'S AFTER THE GAME



## 9th Annual "HODGE PODGE" GOLF OUTING

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

**Date:** Monday July 20<sup>th</sup>, 2009

**Where:** Mt. Frontenac, Fontenac, MN - Hwy 61 between Red Wing and Lake City, 651-345-3504

**Time:** 11:00 AM shot gun start

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

**Lunch:** Will be served at 4:30 PM

**Cost:** 18 Holes and 1/2 Cart = 37.00  
Lunch = 8.00  
Total = 45.00

Please no substitutes

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

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_

- I will sign up for the foursome on 7-20-09
- My spouse/guest will sign up for the foursome on 7-20-09
- I will create my own foursome. Names of others in foursome.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

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

## MnIAAA CORNER

By: Mark Solberg, Activities Director - Cambridge-Isanti Public Schools  
President of the Minnesota Interscholastic Athletic Administrators Association

Whether we coach student-athletes in a small rural school setting, a large urban school, or the inner city, we all share the same common goal. "We Provide Opportunities for Students to Excel."

According to the American College Testing Service (ACT), participating on a fine arts or athletic team while in high school is a 95% predictor of success in life. The experiences in activities help contribute to student's knowledge, skill and emotional growth, thereby making students better people and citizens. All across Minnesota, the lessons of teamwork, hard work, self discipline, pride, compassion, responsibility, overcoming adversity, and celebrating success are taught in athletics. Due in part to the positive efforts of coaches in our schools, we have former students succeeding as teachers, coaches, administrators, politicians, doctors, lawyers, plumbers, electricians, pastors, farmers, laborers, and many other professions.

I am impressed with the professionalism, energy, emotion, dedication, and expertise of coaches all over our great state! Thank you for your leadership efforts, and for the positive and significant impact and difference you make for students in your school.

According to President Abraham Lincoln, "A student is a person who is going to carry out what you have started. They are going to sit where you are sitting, and when you are gone, attend to those things you think are important."

## GROUP SAVINGS PLUS™

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As a MN State High School Coaches Association member you can save on the cost of your insurance with Liberty Mutual's *Group Savings Plus*® program through your benefits provider



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Liberty Mutual Group

701 Xenia Ave So. Ste. 400 • Minneapolis, MN 55416

\*To the extent permitted by law, applicants are individually underwritten, not all applicants may qualify. Group discounts are not available in all states and provinces discounts vary by state. \*\*Service applies to auto policyholders and is provided by Cross Country Motor Club of Boston, Inc., Boston, MA or through Cross Country Motor Club of California, Inc., Boston, MA



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# CHIP SHOTS



By: Todd Petterson  
Red Wing H.S.

I hope the season has been going well for everyone and your teams are starting to play better and better as the season goes on. I am writing this at about the half way point of the season so hopefully the scores will continue to drop. There are some important dates coming up which I am going to remind you about first—but then at the end of the article there is some very important news so read all the way to the end!

The first ratings stroke averages are out and remember each week you need to submit the individual/team stroke averages to Kerry Bidle through the mshsca.org website. They are due each Saturday night by 6:00 pm. The ratings will go through May 16th. A reminder is that you need to submit each week or your players will not get recognized the following week - good luck.

The academic all-state awards—both individual and team—need a signature of an administrator but they can also be emailed, faxed or mailed in to Steve Heslop of Pequot Lakes. The form can be found on the mshsca.org website under forms. Thanks to both Kerry and Steve for all of the help in tabulating these awards. Remember you need to be a member of the coaches association in order for your players to get the academic awards.

Next, this part of the newsletter has been changing daily due to emails and conversations I have had. In a meeting on April 9th the Board of Directors of the MSHSL addressed many topics but two came up which directly affect golf. It was reported in both the Tribune and Pioneer Press the next day that the League might eliminate classes (affecting golf) and it also had the heading—Golf in flux? The text of the second part of the article for those that have not seen it:

“Golf might be moving from spring to

summer or fall.” Kuisle (president of the board of directors) made a proposal to switch seasons because of scheduling conflicts in the spring with golf courses, and because students and teachers miss too much class time in the spring. For discussion purposes, he urged moving boys and girls golf to a June 15 start and ending the first week of August. His other proposal was to start golf the first week in August and to conclude it in October.

The board will make a formal decision at its June 8 meeting to determine the fate of the sport.

“We are in jeopardy of losing golf as a sport if we don’t do something,” Kuisle said.”

I also know at the spring area meetings the discussion of classes and the golf issue is being brought up for discussion. The golf coaches association has been asked to give some feedback on these two following questions:

The league has polled the Activities directors/Administrators at the spring area meetings and asked the following questions:

1.) If golf was moved from the spring of the year, would your school prefer the golf season to be

- a. From June 15 to August 15 (approximate timeline)
- b. From August 1 to October 1 (approximate timeline)

2.) If the golf season was moved to one of the times listed above, should schools be able to make an independent determination about whether they wanted to have their season in the summer or in the fall?

- a. Yes
- b. No

As representatives of golf, please poll your constituents and let us know your thoughts in regards to these two options.

In the words of a former president of the golf coaches association: You can go ahead and poll the membership, but the result is going to be the same as it has been for all of your predecessors—AAA Metro will support it and AAA outstate will be split but overall against.

Metro A and AA will oppose it by a significant margin and Outstate A and AA will oppose it by an almost unanimous vote. Overall, about 1/3 of the schools will favor it and two-thirds of the schools will oppose it.

I can easily reach about 300 coaches by email but that is not the entire list of coaches who coach golf. Also, with the timeline we are under try to get each coach you meet to respond so talk to everyone you see at meets. Make a copy of this and take it with you to tournaments—I would guess some might not be members of the coaches association—we want all of their feedback too. Maybe the membership wants summer golf or fall golf—and if that is the wish of the coaches—so be it—but get all to respond.

As I go to meets I try to discuss the issues with the coaches and try to see where each coach is at on these last two questions. I have had responses in my discussions, “it is high school golf and therefore it should be in the school year”, “they can not move golf to the fall there are already 5 girls sports in the fall”, “we will not be able to field a varsity team my top 6 golfers all play football”, “what would happen to the summer jobs, the PGA and MGA junior golf tournaments”, etc. I am planning on meeting with Dave Stead May 6th at an area meeting and I met with the Athletic Director who was quoted in the article—but in the meantime talk to the coaches you see at meets and then get back to me.

Respond with the following information from above and also what section and size school you represent, if you are a boys or girls coach, and do you have comments to add. Talk to your players, school administration, and those at the course you play at. I do not want to sound like “chicken little and the sky is falling” but I want you to take the threat seriously as well so get the feedback to me whatever your feelings. I would not like to be in a situation June 9th with changes we are not in favor of.

I hope the season finishes on a positive note for everyone and I will try to get more information out this spring as I hear more. This also might be a good time to encourage the coaches you see to become a member of the coaches association—it will be easier for me to reach them, and their players will be eligible for the year end awards. Hit it long and straight and I hope to hear back from each of you!

**Hodge Podge Golf Outing  
Registration on pg 28**



**VISIT MCDONALD'S AFTER THE GAME**



# CLEARING THE HURDLES

Dave Wieber  
Minnesota High School  
Track & Field Coaches Association  
Faribault H.S.



The 2009 Track & Field season is flying by awful fast! Here it is, mid season already and True Team Section meets will be taking place soon. In 2008 we again had a record number of schools participate and so I would like to encourage all schools to participate in the True Team series of meets this year. If you talk to teams who have participated in the past they will tell you how important True Team has become to their athletes and how they are able to use it as a way to build their programs. Scoring all of the athletes that participate in the meet really attracts the attention of the kids. I know in my own program, it is one meet that they look forward to all year long. Once again, the top team from each section will advance to True Team state and the 2nd place teams from each section will have their section meet results put into a computer meet to determine who will advance as the wild card. This is another aspect of True Team that has been very popular as there are many instances when the wild card team has placed very high or even won the True Team State meet. Stillwater High School will be the host of the True Team State Meet again this year on Friday, May 15 (AAA) and Saturday, May 16 (A, AA).

The MSHSL State Meet will again be held at Hamline University. This year the prelims will be on Friday June 5 and the finals will be Saturday June 6. Look for information on the MSHSL web page. There will be a Track & Field Coaches Association meeting between the Class AA meet and the Class A meet on Saturday June 6. Listen for announcements at the meet as to the meeting location. Please attend this meeting and give us your feedback and suggestions about how you would like your Association to help improve our sport. Please don't forget to pick up your All State certificates at the Coaches Association Rep. tent if you have athletes that make it to the awards stand for placing 9th or higher. Remember to get individual Academic All-State forms (available online at our Track Coaches Association web page <http://www.mshsca.org/track/index.htm>) which can be turned in at the rep tent during the state meet to receive your individual Academic All State certificates.

This year the Minnesota State Coaches Association has started a new team academic recognition program. If your team GPA is between 3.50 and 3.74, you qualify for a silver award and if your team GPA is above 3.75, you qualify for a

gold award. The plaques have been delivered to the schools and a gold or silver tab may be placed on the plaque for teams that qualify. Please help support this program which was a significant cost to the state coaches association by asking Liberty Mutual for a price quote on car insurance. There is no obligation to purchase, but just by asking for a quote, Liberty Mutual will donate \$10 to the Coaches Association. They have been very good about only contacting coaches who have requested it and not to use your information for cold calling in the future. Please consider this program fund raiser for our association.

Run Fast, Jump High, Throw Far, Turn Left!!  
Good luck with the rest of your season!

## 2009 Minnesota CROSS COUNTRY COACHES CLINIC

**Tuesday, August 11th**

**Champlin Park High School  
Clinic Fee: \$35**

### Session Schedule

Session 1:	9:00 a.m.	MN CC Coaches Assn Meeting Dave Chatelaine, President
Session 2:	10:15	Gait Analysis: Shoe Selection Wendi Pearson, GEAR WEST
Session 3:	11:30	Mental Prep for the HS Runner TBA
Lunch Brk:	12:45	COY's & Hall of Fame Presentations Note: Lunch provided, BWW's
Session 5:	1:45	Fueling the Body for Running Rasa Troup, MS, RD, LD
Session 6:	3:15	Down the Backstretch's Charlie Mahler
Session 7:	4:30	Charlie Mahler TBA TBA

**Clinic Sponsor: GEAR WEST**

**2009 MN CC Coaches Clinic Registration \$ 35**

Name: \_\_\_\_\_

School: \_\_\_\_\_

Home E-Mail: \_\_\_\_\_

School E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Telephone: (\_\_\_\_) \_\_\_\_\_

T-Shirt Size: ( S ), ( M ), ( L ), ( XL )

**Send Registration to: Kevin Moorhead,  
8416 34th Ave. N., New Hope, MN 55427**

**Clinic Web Site: <http://minnesotacc.blogspot.com>**



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# MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby - Sparby-NHREG

There continues to be many hot topics on the board agenda pertaining to our Athletic Activities. We have gotten a lot of feed back from coaches and appreciate your thoughts and ideas. It really does help us represent you better.

One major discussion item at this time is golf. Numerous administrators of our member schools have contacted the league regarding the amount of times golf participants and coaches are out of school. The league has polled the Activities directors/Administrators at the spring area meetings and asked the following questions:

If golf was moved from the spring of the year, would your school prefer the golf season to be

From June 15 to August 15 (approximate timeline)

From August 1 to October 1 (approximate timeline)

If the golf season was moved to one of the times listed above, should schools be able to make an independent determination about whether they wanted to have their season in the summer or in the fall?

a. Yes b. No

Other items that the league polled at spring area meetings were:

**Should there be a statewide policy for all schools regarding:**

Travel out of state for games and scrimmages?

Limitations on number of scrimmages and jamborees?

Tournament seeding at the sub-section / section level?

Double elimination tournaments?

A no contest / no competition period during the winter season?

One of the final questions was in regards to spring tournament dates. If the tournament dates for spring sports were moved from the first full week of June would you prefer:

The second full week of June for all sports?

The second full week for all sports for the first year and the third full week of June the following year?

As always, please let us know if you have questions, concerns or comments in regards to any of the items on the board agenda. We will represent you to the best of our abilities. Enjoy the remainder of your spring!

# USE YOUR MEMBERSHIP CARD

Your 2008-09 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. Only two schools here indicated they do not honor the card, those schools are Brainerd and Esko. 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 purple print for the year 2009-10.

## 2009-2010 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, Don Tangen, Glencoe - Silver Lake

**John Doe**  
Cambridge-Isanti H.S.



Asst. Football  
Head Wrestling  
Asst. B/G Track



VISIT MCDONALD'S AFTER THE GAME





MINNESOTA STATE HIGH SCHOOL  
SOCCER COACHES ASSOCIATION

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

# 19<sup>th</sup> ANNUAL SOCCER COACHES CLINIC

**WHO:** All interested soccer coaches  
**WHERE:** Hopkins High School  
 2400 Lindbergh Drive  
 Minnetonka, MN 55305  
**WHEN:** Friday, August 14<sup>th</sup>, 2009  
 7:30 AM – 3:30 PM  
**COST:** - See Box below  
 - Includes a box lunch  
 - T-Shirt for the first 250 registered coaches

For more information, please call:

Greg Juba, Director – Head Girls' Soccer Coach – Park (Cottage Grove) High School  
 HOME – 651.459.7241 – CELL – 651.260.1048 – SCHOOL – 651.768.3763

## AGENDA

7:30 – 8:15 AM	Sign-in / Registration	<b>NOTE:</b> There will be a <b>Head Coaches Meeting</b> during <b>Session III</b> . Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed. There will not be a <b>Rules Interpretation Meeting</b> at the clinic this year. <b>YOU</b> will be able to complete the test <b>On-Line!</b>
8:30 – 9:25 AM	Session I	
9:40 – 10:35 AM	Session II	
10:50 – 11:45 AM	Session III	
<b>Lunch</b>		
1:00 – 2:00 PM	Session IV	
2:15 – 3:15 PM	Session V	

# CORNER KICKS

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



Spring is finally here and outdoor soccer is getting started. I hope each of you is getting excited about the summer season and the return of high school soccer in the fall. There are some items that need your attention before next season starts. Special thanks to Dave Halgren, Pat Malicki, Greg Juba and Chris Laird for the help in putting this column together.

The first item that you need to be aware of is the rule changes for the 2009-2010 season that was proposed by the NFHS. We will try and address three of the four changes. The fourth deals with officials uniforms.

Each team shall submit a team roster to the officials at least five minutes prior to the start of the contest. The game shall not begin until this is complete. Players, bench personnel and coaches may be added to the roster after the start. Rationale: Coaches are usually busy with other matters just prior to the start of each game and may delegate this task to a team manager, an assistant coach, or even a student or player.

Shinguards must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications.

The NOCSAE seal and the appropriate height range of the player shall appear on the shinguard. Beginning with the 2012 fall season, the NOCSAE seal and height range shall be permanently marked on the front of the shinguard. Rationale: This will assist with the enforcement of this risk minimization rule and stays consistent with the spirit of the rule. This standardizes the way the shinguards are marked. 4-2-1g Illegal equipment shall not be worn by any player. This applies to any equipment which, in the opinion of the referee is dangerous or confusing. Types of equipment which are illegal include the following: ankle braces made

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

### Costs:

Clinic Registration = \$50 before August 1<sup>st</sup>, 2009  
 = \$60 after August 1<sup>st</sup>, 2009

NSCAA Dues = \$85 before August 1<sup>st</sup>, 2009  
 = \$95 after August 1<sup>st</sup>, 2009

**\*\*MSHSCA Dues\*\*** This year ALL Association dues need to be paid online by credit card or paid at the clinic. **DEADLINE for DUES PAYMENT is: October 1<sup>st</sup>, 2009.**  
**\*\*\*PLEASE go online and take care of it NOW!\*\*\***

Total for each Coach = \$135 including NSCAA.  
 = \$50 Clinic Only.

Add \$10 to all above if registration after August 1<sup>st</sup>, 2009

Registration Form is on page 33.

Please fill out and

Mail to

(Before August 1, 2009):

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

... continues on page 33



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of metal or unyielding materials, unless covered by a stocking or other suitable material. Ankle brace not made of metal or other suitable material may be worn outside the stocking. Rationale: The current rule allows the wearing of ankle braces but requires they be worn under stockings or other suitable material. However, ankle braces are designed to be worn over the stocking.

The second item for your information is the 19<sup>th</sup> Annual Soccer Coaches Clinic sponsored by the Minnesota State High School Soccer Coaches Association to be held on Friday August 14. This year the clinic will be held at Hopkins High School in Minnetonka. Greg Juba (Park of Cottage Grove Girls) the clinic director has registration forms in this issue of the Prep Coach or you can go online at mshssca.org to find out the same information. Please note several items of im-

portance to coaches. The first is that there will not be a Rules Interpretation Meeting at the clinic this year. You will be able to complete the test online. Second, all dues must be paid for online by credit card or paid at the clinic. Deadline for dues payment is **October 1, 2009**. Please take care of this so that there will not be any questions about All State Teams and Academic Awards. The third item is the registration deadline. You should mail your registration by August 1<sup>st</sup> to Art Seplak. The address is on the registration sheet.

Please consider joining the NSCAA this year. The more state coaches that belong to the national organization, the athletes can be considered for

National awards.

The board has been looking at a different way of rankings for the top ten. At this point in time the board has moved

ahead with a new format for this procedure. The top ten will now be ranked on a power ranking.

This new system will be presented at the clinic and will be on line for the 2009 season. Look for more information on the website and at the coaches meeting at the clinic.

The 2009 Soccer State Tournament dates have been set. The first round of the tournament will be played on various sites on Wednesday Oct 28<sup>th</sup>, Thursday Oct. 29<sup>th</sup> and Friday Oct. 30<sup>th</sup>. The tournament will move to the Dome with games on Monday Nov. 2<sup>nd</sup>, Tuesday Nov 3<sup>rd</sup> and Thursday Nov. 5<sup>th</sup>.

That will do if for now. Continue to use the website for information and get your clinic registration in. See you in August. Have a great summer.

Clinic information on page 32.

# 19<sup>TH</sup> ANNUAL SOCCOR COACHES CLINIC REGISTRATION FORM

—PLEASE PRINT this information—Mail BEFORE 8/1/09—

Please be sure to **CIRCLE** the (Head/Asst) (Girls/Boys) choice and also the lunch choice for each person registered. Please give PREFERRED mailing addresses and phone numbers for ALL coaches who join ANY of the organizations.

Your name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

**OTHER REGISTRANTS:**

#2 name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

#3 name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

#4 name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

**Fees:** (circle the choices for each registrant)

Registration	State Coaches' Association & (MSHSSCA) Dues	Clinic Registration	Nat'l Coaches' Association (NSCAA) Dues	Total
				(Include \$10 per registrant late fee if after 8/1)
Yours	Pay directly to mshsca.org	\$50 +	\$85	= .....
#2 Registrant	Pay directly to mshsca.org	\$50 +	\$85	= .....
#3 Registrant	Pay directly to mshsca.org	\$50 +	\$85	= .....
#4 Registrant	Pay directly to mshsca.org	\$50 +	\$85	= .....
				Total sent = .....

Please make checks payable to: MSHSSCA. CHECK TOTAL \_\_\_\_\_

Mail to: ART SEPLAK, 10077 UPTON ROAD, BLOOMINGTON, MN 55431-2849



VISIT MCDONALD'S AFTER THE GAME





# Goal Posts

*Terry Turek*

*Le Sueur-Henderson High School*

The MFCA is hoping that every coach is enjoying the spring and working their best for improvement of their programs.

The MFCA clinic was a great success as over 900 coaches were in attendance. This represents an increase over the previous year and is one of the largest turnouts for a Minnesota football clinic in many years. Don Swanson organized the clinic, which was held at the Double Tree Hotel in Minneapolis, and he and his staff did an outstanding job. The association was helped by the University of Minnesota, who held some of their spring practices in conjunction with the clinic. Initial feedback has been very positive and the MFCA looks to improve the clinic for next year.

The annual spring representative meeting was held at the clinic and several key issues were discussed under the leadership of association President Shannon Gerrety of Blaine and Executive Director Ron Stolski of Brainerd. The MSHSL's adoption of free/reduce lunch enrollment calculation, which effects schools placement in classes was discussed as some coaches feel it is unfair for school with large enrollments to be able to "opt down" a class and have a decided enrollment advantage. And the League apparently is discussing how sections seed teams and the "section schedule" idea is still being kicked around, even though the MFCA has been opposed to such a procedure. Discussion was held on how the League communicates with associations and makes decisions. The input of individual members is crucial if the MFCA is to have influence over the sports programs that it represents. Coaches should not hesitate to contact MFCA officers to let their views be known.

The 45th Annual Hall of Fame Banquet was held on Saturday, April 11th. Don Swanson was emcee for the banquet and provided an entertaining evening. Banquet Chairman Dave Nelson, once again did a great job in preparation for the banquet. The banquet was held at the Double Tree Hotel in Minneapolis, a sponsor of the association.

Paul Lemke and Scott Tschimperle of Glencoe-Silver Lake, who co-chair the Hall of Fame selection committee introduced a new method of introduction for incoming members. Inductees were introduced by a person of their choice. This method seemed to work well and was well received by all. In the high school coaches division: DeWayne Johnson, Anoka, Mike Mahlen, Verndale. Roger French Minneapolis Henry and Brigham Young University was selected in the College Division.

Winners of the Butch Nash Award were: Scott Berning of St. Michael-Albertville, Jeff Briard, Springfield, Dick Gaughran, Eden Prairie, Steve Guider, Blaine, Patrick Hudak, Farmington, Scott Parsons, Brainerd, Vern Schnathorst, Detroit Lakes, Jon Thielen Eden Valley-Watkins. From past Butch Nash Award winners, Mark Woitalla of Northfield was selected as the 2007 Minnesota Assistant Coach of the Year.

The Distinguished Service Award was presented to Brad Madson, representing the Minnesota Vikings in recognition of their sponsorship of the Camp Outreach program.

Conference and section coaches of the year were presented with awards for their achievements with each coach receiving a plaque. Class Coaches of the Year recognized were: Class 5A Shannon Gerrety Blaine; Class 4A Mark Esch, Mankato West; Class 3A Scott Tschimperle, Glencoe-Silver Lake; Class 2A Carl Fruechte, Caledonia; Class 1A; Jim Cortez, Kerkoven-Murdock-Sundberg; 9 Man, Jason Freed, Houston. From this outstanding group of coaches was selected as the 2008 Minnesota Football State Coach of the Year, Carl Fruechte.

Recognized with a plaque for 30 years

## MINNESOTA PREP COACH

of coaching were Jon Bakken, Waterville-Elysian-Morristown, Larry Thompson, Lakeville, Mike Grant, Eden Prairie, Kim Nelson, Edina, and Terry Karlsgodt, ACGC. Completing 35 years of coaching football and receiving a plaque was Bruce Rosenow, Hutchinson. Mike Mahlen, Verndale received a plaque and ring for 40 years of service. Recognized with a plaque for achieving 200 wins were Dave Nelson, Minnetonka, and Jon Bakken, W-E-M.

Coaches are reminded that if you or any football coach in your school reaches the milestones of 30, 35, or 40 years coaching and/or 200, 250, 300 wins next year to contact Terry Turek, so recognition can be given. I would also like all head coaches with more than 80 career victories to send their coaching record and number of years as a head coach to me.

Outgoing president Shannon Gerrety was recognized with an engraved gavel for his work as president. Shannon organized Code of Ethics for Minnesota football coaches and did an outstanding job. Shannon also handled the presidential duties for an "extra partial term" as he helped the association adjust the presidential terms so that the term will coincide with the school calendar.

The annual Minnesota High School Football Recruiting Night is being held on May 5th at the Double Tree at 7:00 pm, under the direction of Jeff Ferguson of Totino Grace. Online ability to enter information through the MFCA page on the MSHSCA website should also help in getting the word out on high school football players.

To reach the site go to [www.mshsca.org](http://www.mshsca.org). Click on "Sports Associations" and then click on "Football". Information on the MSHSCA pages includes committee members, executive officers, meeting agendas and minutes as well as the state records and statistics for Minnesota high school football.

The summer magazine is currently being put together. Feedback concerning the changes that have taken place has

. . . continues on page 35



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been positive and any coaches who would like to help with this endeavor are more than welcome to contact me.

Coaches, if you haven't already done so, please send conference articles and lots of pictures for the "Minnesota Football" magazine. A reminder that my address is Terry Turek, 901 E. Ferry St., Le Sueur, MN 56058. I can also be contacted via e-mail at: [tturek@isd2397.org](mailto:tturek@isd2397.org). And my school phone number is 507.665.3305. At home it is Box 81, Henderson MN 56044,

(507) 665-2212.

A reminder that association meetings are open to all coaches and are the medium for us to express our views, either in person or through our conference representative. The conference representative is a key person in the process and if you don't know who your representative is or if you are interested in becoming a conference representative please contact Jim Dotseth.

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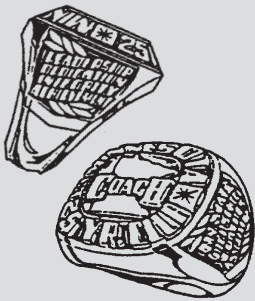
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Total \_\_\_\_\_

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 5044 Edgewater Drive  
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# LATE WINTER SPORT TEAM ACADEMIC RESULTS



Minneapolis South student Tayler Hill, center, celebrates her selection as a McDonald's All-American with Tony and Connie Williams, McDonald's owner/operators in Minneapolis. Tayler, the all-time scorer (boys and girls) in Minnesota high school basketball history, will attend The Ohio State University after leading the Tigers to the 4A state championship in March. The honor student is interested in pre-med studies. The McDonald's All-American High School Basketball Games were played on April 1 in Miami.



The March edition of The Minnesota Prep Coach included the listing of the winter sports that were completed in time for the press deadline. The early list included Alpine Skiing, Nordic Skiing, Girls and Girls Gymnastics. The updated list in this edition include Boys and Girls Basketball, Boys Hockey, Boys Swimming and Wrestling.

The awards are sponsored by the McDonald's Restaurants of Minnesota and the Minnesota State High School Coaches Association.

## Boys Swimming Gold

Rochester Century  
Cretin-Derham Hall

## Silver

Monticello  
Willmar  
Sauk Rapids-Rice  
Lakeville South  
St Louis Park  
Cambridge-Isanti  
Champlin Park

## Boys Hockey Gold

Eden Prairie  
Hopkins

## Silver

Lakeville North  
Bloomington Jefferson  
Chaska  
North St Paul  
Hill-Murray  
Roseville Area  
White Bear Lake  
Wayzata  
Forest Lake  
Faribault  
Thief River Falls  
Sartell-St Stephen  
Sauk Rapids-Rice  
St Cloud Cathedral  
Litchfield/Dassel-Cokato  
Delano  
Orono

## Boys Basketball

Note: Boys Basketball has opted to use the old Sectional and State Champion Program that has been changed by the MSHSCA.

## Class A

Section 1 LeRoy-Ostrander  
Section 2 Springfield  
Section 3 Canby  
Section 4 Maranatha  
Christian Academy  
Section 5 Nevis  
Section 6 Lake Park  
Audubon  
Section 7 Chisholm  
Section 8 Badger-  
Greenbush-  
Middle River  
State Champion Canby

## Class AA

Section 1 Stewartville  
Section 2 Hayfield  
Section 3 Montevideo  
Section 4 Holy Family  
Catholic  
Section 5 Glencoe-Silver  
Lake  
Section 6 Osakis  
Section 7 Mesabi East  
Section 8 Pelican Rapids  
State Champion Pelican  
Rapids

## Class AAA

Section 1 Austin  
Section 2 Mankato West  
Section 3 Chisago Lakes  
Section 4 St Paul Johnson  
Section 5 Princeton  
Section 6 Orono  
Section 7 Milaca  
Section 8 Fergus Falls  
State Champion Austin

## Class AAAA

Section 1 Northfield  
Section 2 Shakopee  
Section 3 Rosemount  
Section 4 Stillwater Area  
Section 5 Centennial  
Section 6 Robbinsdale  
Armstrong  
Section 7 Anoka  
Section 8 St Cloud Tech  
State Champion Anoka

## Girls Basketball Gold

Ada-Borup  
Austin  
Belle Plaine  
Esko  
Faribault  
Fillmore Central  
Hancock  
Heritage Christian Academy  
Jackson County Central  
Minneapolis Southwest  
Mora  
NRHEG  
Onamia  
Perham  
Sartell-St Stephen  
Sauk Centre  
Trinity School at River Ridge  
Waconia  
Warren/Alvarado/Oslo  
White Bear Lake  
Woodbury

## Silver

Albert Lea  
Adrian  
Barnum

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Bemidji	Northfield	Minnetonka	Scott West
Benson	Norwood-Young America	Northfield	South St Paul
Blooming Prairie	Orono	Rosemount	St Michael-Albertville
Blue Earth Area	Osseo	Roseville Area	St Peter
Braham Area	Pelican Rapids	Sauk Rapids-Rice	Totino-Grace
Brainerd	Pequot Lakes	St Cloud Tech	Windon/Mt Lake/ Butterfield-Odin
Breckenridge	Pine City	Tartan	Worthington
Buffalo	Pipestone Area	<b>Silver</b>	<b>Class A</b>
Byron	Proctor	Apple Valley	<b>Gold</b>
Caledonia	Providence Academy	Austin/Austin Pacelli	Bertha-Hewitt/Verndale
Cambridge-Isanti	Randolph	Centennial	KMS
Cannon Valley Lutheran	Red Lake County Central	Coon Rapids	LARP
Centennial	Red Lake Falls	Eagan	Minneota
Chaska	Red Rock Central	Faribault	Minnewaska Area
Chisago Lakes	Renville County West	Hastings	Morris Area
Chokio-Alberta	Robbinsdale Armstrong	Mounds View	River Valley
Cook	Rocori	Prior Lake	Trinity School
Cretin-Derham Hall	Rogers	Shakopee	<b>Silver</b>
Dassel-Cokato	Roseville Area	Shakopee	Aitkin
Dilworth-Glyndon-Felton	Rushford-Peterson	Spring Lake Park/ St Anthony	Atwater-Cosmos- Grove City
Eden Valley-Watkins	Sacred Heart	St Francis	Barnesville
Edina	Sebek	Stillwater	Blue Earth Area
Farmington	Shakopee	White Bear Lake	<b>BOLD</b>
Foley	Simley	Woodbury	Chatfield
Gibbon-Fairfax-Winthrop	Southwest Christian	<b>Class AA</b>	Crookston
Glenville-Emmons	Springfield	<b>Gold</b>	Dover-Eyota
Goodhue	St Croix Lutheran	DB/LQPV	Howard Lake-Waverly
Grand Rapids	St Francis	Delano	Kenyon-Wanamingo
Hastings	St John's Prep	Foley	Long Prairie-Grey Eagle
Hayfield	St Peter	Hutchinson	Maple River
Hermantown	Stewartville	North Branch	Mille Lacs
Hibbing	Stillwater Area	Perham	Ortonville
Hill-Murray	The Blake School	Plainview-Elgin-Millville	Pelican Rapids
Hinckley-Finlayson	Totino-Grace	<b>Silver</b>	Pierz
Howard Lake-Waverly Winsted	Triton	Albany	Pine Island
Jordan	Two Harbors	Byron	Redwood Valley
Kasson-Mantorville	Underwood	Becker	Royalton
Kingsland	United South Central	Chisago Lakes	Southland
Lakeville South	Wadena-Deer Creek	Dassel-Cokato	St James
Litchfield	Waseca	East Grand Forks/ EGF Sacred Heart	Staples-Motley
Long Prairie-Grey Eagle	Wayzata	Fergus Falls	Wabasha-Kellogg
Maple Grove	West Central Area	Fulda/Murray	Zumbrota-Mazeppa
Maple Grove	Willmar	County Central	
Martin County West	Yellow Medicine East	Glencoe-Silver Lake	
Meadow Creek Christian	Zumbrota-Mazeppa	Kasson-Mantorville	
Medford	<b>Wrestling</b>	Little Falls	
Melrose Area	<b>Class AAA</b>	Milaca	
Menahga	<b>Gold</b>	Minnehaha/Concordia/ Mounds Park	
Minnehaha Academy	Albert Lea	Mora	
Minnesota Valley Lutheran	Alexandria	Park Rapids	
Minnewaska Area	Anoka	Rogers	
Moorhead	Cambridge-Isanti		
Morris Area	Eastview		
Nevis	Mankato West		
Nicollet	Maple Grove		
North Branch			



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Michael Versland, Hastings, MN

"Forget the idea of doing the course at your convenience or other privileges a video course provides. The benefit of the video course for me was the fact that I kept rewinding for enjoyment and inspiration rather than assignment completion. Each video impacts you in the classroom, on the field, and life in general. When was the last time you asked your graduate instructor to repeat the last 45 minutes? This was the first graduate course I have ever taken that disappointment set in upon its completion."

John Gunderson, Center City, MN

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Jason Monke, Sauk Centre, MN



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# 2010 MN State Coaches Association Scholarship Form

Student Athlete \_\_\_\_\_

First

Last

Permanent Address \_\_\_\_\_

Street

City

Zip

Parent(s) Guardian(s) \_\_\_\_\_

Address \_\_\_\_\_

Street

City

Zip

Date of Birth \_\_\_\_\_

Gender:  Male  Female

Varsity Sports 2007-08 \_\_\_\_\_

High School Attended \_\_\_\_\_

Activities Administrator \_\_\_\_\_

Name

Phone

Class Rank \_\_\_\_\_ of \_\_\_\_\_

GPA \_\_\_\_\_ on scale of \_\_\_\_\_

ACT Score \_\_\_\_\_

SAT Score \_\_\_\_\_

Post Secondary School of Attendance \_\_\_\_\_

Street

City

Zip

**Application must include:**

- 1. Official H.S. Transcript**
- 2. One page letter outlying the role athletics has played in your life**
- 3. all application material must be postmarked by March 28th**

Mail application to: Gregg Martig  
3118 Partridge Circle • St. Cloud, MN 56301



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# 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.

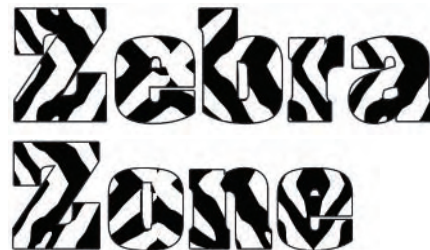
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to minnesota high school sports.

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

What is it that signals the **end** of one season and the beginning of a new one? It could be coaching or officiating your last game of the year or possibly attending the state tournament, or better yet winning your final game of the year. Whatever it is, every season does indeed end. What doesn't end is the preparation for the **next** season. It begins immediately.

Personally for me the basketball season ends with the same event each year. It's not officiating the last game, it's not attending the state tournament and it's doesn't end with the last game played. For me it's a tradition I have come to come to anticipate, even though it means "the end." It's exhilarating, yet kind of sad. For me, the end of the basketball season comes with the presentation of "One Shining Moment" just minutes after the NCAA championship game – it's become known as the "Anthem of College Basketball." It encompasses the passion of fans, coaches and athletes in just over 3 minutes.

A search of "**One Shining Moment**" on Wikipedia states that it: "*is an inspirational song written by David Barrett about the Men's College Basketball Championship (at the end of the NCAA Division I Men's Basketball Tournament). "One Shining Moment" is traditionally played at the end of CBS Sports' coverage of the championship game of the tournament. The song is played as the winning team's players cut down the nets, to a montage of highlights from the tournament.*

Barrett was the original artist, but CBS has also played remakes by Teddy Pen-dergrass and Luther Vandross (starting

## 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 41



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with the 2003 NCAA Tournament Montage). It is believed to be the last song Vandross recorded before his stroke and subsequent death. Vandross' version is the one that was played the most recently.

Barrett, a singer/songwriter from Michigan, wrote the song after seeing Larry Bird star for Indiana State in the 1979 NCAA tournament. In 1986, he passed the song along to high school friend Armen Keteyian, an investigative journalist for CBS Sports and also at the time Sports Illustrated, who in turn passed it to CBS Sports Creative Director Doug Towey. However, Towey originally planned to debut the song not after a basketball game, but after a football game, Super Bowl XXI. It was to have been the postgame montage from that

contest, but CBS ran past the expected airtime and had a primetime show to debut in the next time slot, so the montage was canceled.

CBS then asked Barrett for use of the song after the 1987 NCAA championship game, in which Indiana beat Syracuse. Barrett was asked to change the opening lyrics, "The ball is kicked," to "The ball is tipped." He agreed to the change, and Towey decided to use "One Shining Moment" to close CBS' coverage of the Tournament. The positive public response led to it becoming an annual feature. It has been used to end CBS' coverage ever since.

Doug Towey died on March 11, 2009 and was remembered with a tribute on CBS."

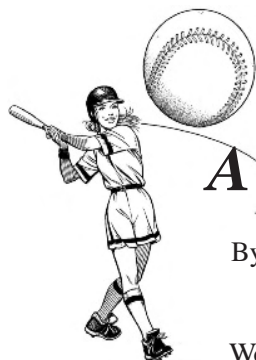
This years version was exceptionally

well done I felt. Perhaps the neatest thing I have witnessed with "One Shining Moment" is watching it presented on the big screens at the venue where the game is held, this year in downtown Detroit. Following the madness of the post game celebration the stadium comes to a complete stop as fans gawk up to the big screens to watch it play out. It is pretty impressive.

Now that the winter season is "officially" over it's time to move on.

Until next time....remember to keep the game fun.

Terry J. 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](mailto:dlref@hotmail.com).



## Softball... A Five Star Sport

By: Shelly Hotzler  
Jackson County Central

Wow..hard to believe we are half way thru our season as I write this and knock on wood it has turned out to be a great spring so far.

Upcoming we have the State tournament on June 4th and 5th and the Sunday to follow will be the All Star Series at Caswell park. I am always looking for volunteers to help with the event. If you are interested feel free to shoot me an email.

We have our new President's on board, Kim Bowen and Kathy Mason from Big Lake. I look forward to passing on the duties to them. If you are interested in getting more involved we will be looking for a new Vice President. If this is something you would like to do again send an email to me.

Good Luck with the rest of your seasons!!



## FLIP NOTES

By: Wendy Rooney  
President MGGCA  
Cambridge-Isanti H.S.

As the warm weather comes in we can take a quick breath before the summer waiver period begins. Please make sure to have your summer waiver signed and on file with your AD before your first contact with your athletes. You can get this form on the high school league website, or by contacting your AD.

Our most recent section rep meeting was a very productive one. We discussed the dress code for the state tournament and will have an official code finalized at the fall meeting. We want to make sure that our coaches all demonstrate their professionalism, both in their appearance and their conduct.

We were pleased to have a number of athletes achieve All-State and All-State Honorable Mention status. There were 265 athletes receiving Honorable Mention certificates (All-Around = 90 athletes, Vault = 126, Bars = 115, Beam = 136, Floor = 155 and 96 that received All-State certificates (All-Around = 32, Vault = 54, Bars = 31, Beam = 42, Floor = 40). I'd like to extend a big thanks to Martha Driscoll-Nelson for her lead in this area and for tallying the numbers.

Our fall clinic will be held October 1 and 2 at Big Lake High School. If you have any requests/suggestions about topics or presenters please let me know.

Thanks to all of the fabulous coaches around the state. You make a huge difference in your athlete's lives.



VISIT MCDONALD'S AFTER THE GAME





# Ice Chips

By: Chris Lonke, Communications Officer/Hockey Promotions Committee  
MN Boys Hockey Coaches Association  
New Prague High School

Welcome to spring and early summer, we hope. I hope all the coaches are getting their golf clubs or fishing poles out for a little time away from the game. It was another great winter of high school hockey topped off with our State Tournament.

Congratulations to the sixteen teams on their state tournament berth. The Class A teams were Rochester Lourdes, Breck, Hutchinson, Mahtomedi, St. Cloud Cathedral Little Falls, Virginia and Warroad. In AA, we had Rochester Century, Cretin-Derham Hall Hill-Murray, Blaine, Edina, Eden Prairie, Duluth East and Moorhead. The champions is Class A were Les Larson's Breck Mustangs and the Class AA champions were Lee Smith's Eden Prairie Eagles. Congratulations to both programs on their championships.

The section and state coaches of the year were recognized and chosen at the general membership meeting on Saturday March 14th: The head coaches of the year are listed on top and assistants of the year below.

Section 1A-	George Nemanich
Section 1AA-	Bruce Frutiger/Fran McDevitt Bob Rajanen/Ken Eddy Chris Collins
Section 2A-	Les Larson
Section 2AA-	Curt Giles Dick Emahiser Keith George
Section 3A-	Matt Telecky
Section 3AA-	Jim O'Neil Terry Dvorak Charlie Basco
Section 4A-	Jeff Poeschl
Section 4AA-	Steve Romancuk/Jim Mclemery Paul Moen Steve Houge
Section 5A-	Sherm Liimitainen
Section 5AA-	Pete Aus Brian Lent Scott Richart
Section 6A-	Tony Couture
Section 6AA-	Lee Smith Bob Stark Ty Eigner
Section 7A-	Keith Hendrickson
Section 7AA-	Mike Randolph Gary Cornell Terry Johnson
Section 8A-	Albert Hasbargen
Section 8AA-	Dave Morinville Tylor Palascino Erick Grafstrom

Class A Head Coach of the Year was Jeff Poeschl (Mahtomedi) and Assistant Class A Coach of the Year was Dick Emahiser (Mound Westonka). The Class AA Head Coach of the Year was Lee Smith (Eden Prairie) and Assistant Class AA Coach of the Year was Ty Eigner (Eden Prairie).

The Class A academic champion with a GPA of 3.67 was Sartell and the Class AA champion with a GPA of 3.76 was Eden Prairie. A very nice set of championships for the Eagles!

We honored four deserving individuals as our Hall of Fame class in 2009. Take a look at their biographies below. Congratulations!

## Jack Blatherwick

Jack Blatherwick is truly an original. Widely recognized as the top hockey physiologist in the country - NHL, College, and Olympic coaches have long sought his advice and guidance on how to train and develop their players. Beyond Dr. Blatherwick's expertise in training and conditioning, he is also recognized as one of the sport's most innovative thinkers. "Hockey Philosopher" would be a most fitting title for Jack. One cannot begin to count the hundreds of coaches and players that have sought out his advice and insight throughout the years.

While he has spent a considerable part of his career in the collegiate and professional ranks, Jack's true love has always been Minnesota high school hockey. His first high school coaching position was at Breck School where he served as the head coach for the Mustangs for 11 seasons. It was there where he began his path to researching how best to develop hockey players. It was a journey that would see him land on the staffs of the New York Rangers, Washington Capitals, two Olympic teams, and the University of Minnesota. In between some of those coaching stops he guided teams at Wayzata, Hamline University, Hopkins, and Minnehaha. Jack joined the staff of Benilde-St. Margaret's School in 1997 as an assistant coach for eight seasons - where he worked as the Director for Athletic Development. During that time BSM won two Class A state championships.

He has been Let's Play Hockey's most widely read and provocative columnist over the last decade. The author of the book Overspeed, he literally paved the way to a new way of on and off ice training for the hockey player.

Jack Blatherwick's impact in high school hockey spans over four decades. And it is an influence that has been far more profound than any external measurements. A devout believer in the potential of each individual, Jack has always believed that hockey served as the greatest classroom that a teacher could wish for. Jack Blatherick is the teacher and coach that all players wished they had had at least once in their lives.

## William Kennedy

I played a bit of hockey at Minneapolis Edison and St. Cloud State. My career was without merit, memories, helmet, and face-mask. I coached a few youth teams while in high school and coached Bantam A and B teams under Billy McKenzie at

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Gilbert High School. I was exposed to some great coaches over the years like Larry Ross and Bob Gernander and some great teams like Int'l Falls, Hibbing and Eveleth, and a lot of great high school players. When I got to Cloquet, we were an outdoor team in search of ice time. We skated on ponds, lakes, and streams. We tried a few bond issues that failed and decided we needed to try something different. Twenty guys collected \$35,000 house to house and built an arena! We started in July and finished before the first game. Hundreds of people helped; moms, dads, players, and fans. Fifty people putting plywood on a roof at night in October was quite a site! For 20+ years I worked with Dan Stanaway, Dick Barthod, and a lot of hockey loving tough kids to better Cloquet hockey. Our arena was for hockey. Ice time was 4-6:30, and 10-noon on Saturday. It took time to play with the better teams on "The Range" and Duluth. We had mostly hard working blue-collar kids with a few Division I players. When the Cory Millen group came along, we started to get some state recognition, and finally to state. Cloquet has had 30+ Division I kids and many more in Division III. Our kids have been on National teams, Olympic teams, and put names on the Stanley Cup. Five played a stint in the NHL, and 2 currently. Any recognition belongs to the people who built the Cloquet hockey tradition (many are gone) and those who keep it going!

### Tom Macho

My story is parallel to the growth of hockey in Southwestern Minnesota and it really shows how hard hockey people work for their programs. New Ulm hockey started with 1 outdoor rink and 5 youngsters and grew to a program that built 3 ice rinks. I started coaching 4 decades ago, 43 years to be exact. After playing for a short time on the Mankato State club program, I got the bug to be a hockey coach. I learned that starting a hockey program in the southwestern part of the state would hard work.

In 1969, with an education and coaching degree, I took a teaching job in New Ulm. Larry Kobs, New Ulm's first Park and Rec Director, was willing to give a new kid a chance to start hockey program. He built us a new outdoor hockey rink with square corners. In 2 years we had a Squirt in-house program, a traveling Pee Wee team and traveling Bantam and Midget teams, all of which I coached. We even had a girls Squirt league with 3 teams before girl's hockey was even thought to be an option. Our Bantam teams went to 3 VFW state tournaments and participated in 2 MAHA hockey tournaments. This was all accomplished on 2 outdoor rinks. This was "old time hockey" at it's finest.

This led to the formation of the New Ulm Hockey Association. I was blessed with a great group of parents who wanted only the best for the program, not just their son. I was fortunate to be named the first hockey coach at New Ulm High School and I was blessed with some of the best athletes in the area. The first 3 years we had 51 victories in out of 54 games. The highlight of the formative years was a major upset of Rochester Mayo and an appearance in the quarterfinals of Section 1, played at the Met Sport Center. We played Bloomington Lincoln and lost 6 to 1. We hadn't skated on ice for

over a week prior to the game due to warm weather. This sparked the parents to build an indoor rink. With the help of local businessmen Ken Fisher and Bob Utrecht (of Let's Play Hockey Fame), a golf tournament was started to help raise money and bring awareness to the need for an indoor rink. With the association and city working together to get an indoor rink in New Ulm, it finally became a reality and opened in 1979.

Becoming a member of the Coaches Association in 1975, I got to know many of the icons of coaching. My first experience, at my very first meeting, Dave Peterson came up and asked me where I was from and where I was coaching. I then knew that this was a group that was hard working and friendly, even the icons. I was very fortunate to have some of the best people and the best hockey coaches to work with during my 33 years at New Ulm High School. Great people like Mike Menard, Kevin Armstrong, Andy Shriver and Mike MacMillan. They were great coaches, great people, and good friends.

Every head coach cannot talk about success, especially longevity, without having the backing of his or her family. My wife, Marilyn, not only gave me the moral support needed, but got herself involved in the program even though she had a full time job herself, she took tickets for almost every home high school game I coached. She baked some of the best chocolate chip cookies for the referees for EVERY home game I coached. Lets Play Hockey named her "Hockey Mom" in 1996. My sons had to work twice as hard as any players in the program. They had to put up with the High School Coach for their entire hockey-playing career in New Ulm. Because of hockey, they went on to great colleges. My oldest son, Scott, played St. Olaf College and is now the head coach at Rosemount High School. My youngest son, Adam, will graduate from Gustavus Adolphus this spring and helps coach a local High School team.

In 2007, after 31 years behind the bench, my term at New Ulm High School came to an end, with a record of 375-290-11. I am retired now, but get my fix for hockey by working at both the New Ulm Civic Center and the Sleepy Eye Ice Arena.

### Terry Shercliffe

Terry Shercliffe enrolled at the University of Minnesota Duluth in 1962 and graduated in 1965. While at Duluth he was a 3-year letter winner in hockey, hockey captain and was honored as the Male Athlete of the Year.

Terry served as physical education instructor and head hockey coach at Osseo High School from 1965-1967. In the fall of 1967, he returned to UMD as physical education teacher and assistant hockey coach. Terry was assistant coach from 1967-71 and head coach from 1971-75.

Terry was hired in Moorhead in 1976 as a physical education teacher and head hockey coach. In 1986 and 87 he served as JV hockey coach and in 1988 became assistant hockey coach for the varsity, a position he held until 2007. Coach Shercliffe has held a variety of coaching positions in Moorhead including football and track coach.

Shercliffe served on the Moorhead Youth Hockey Board of Directors from 1976-1986. From 1988 until 1992, he served as

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VISIT MCDONALD'S AFTER THE GAME



Director of Hockey for MYHA and presently mentors the PeeWee program and coaches.

From 1994 until 2000 he was MAHA Section 15 coaching director. In 1995, Select 16 coach in Lake Placid, NY; and has served as a presenter, clinician, and evaluator at numerous MN Hockey and USA hockey functions. Coach Shercliffe served and continues to serve as coach and director of BlueLine Hockey School in Moorhead, which he started in 1987.

During his career with the Spuds of Moorhead, Terry played an integral role in 10 Minnesota State High School hockey tournament appearances: 1992, 93, 94, 95, 97, 2001, 02, 03, 04, and 05.

He has been recognized as the Section 8AA Assistant Coach of the Year 5 times and twice has been honored as Minnesota Assistant Coach of the Year by his peers.

Terry has coached in many Maroon and Gold and Great Eight end of the season tournaments.

To many Moorhead athletes who called Terry Shercliffe their coach, his name will always be synonymous with Spud Hockey. His legacy of service to the countless number of young people in the community has been etched in the history of Moorhead.

We honored three other deserving individuals during the banquet; Tom Saterdalen with Cliff Thompson Award, John Russo with the Dave Peterson Award and Chad Nyberg with the 1<sup>st</sup> annual Bruce Johnson Award. The Bruce Johnson award is presented to someone who goes above the call of duty in their responsibilities as a board member.

### **Tom Saterdalen**

Mr. Saterdalen graduated in 1964 with a Bachelor of Science degree in physical education, having played both tennis and hockey for Bemidji State College. He began his career as assistant hockey coach at Cloquet, MN, and then became the assistant hockey coach at Bemidji State. In 1966 Mr. Saterdalen became head hockey coach at Superior Senior High in Superior, WI, where he won two state championships. From 1970-1973 he was the assistant hockey coach at the University of Minnesota. Returning to high school coaching, Mr. Saterdalen became the hockey and tennis coach, as well as teacher at Jefferson High School in Bloomington, MN. His hockey record at Jefferson included 545 wins, 167 losses, and 21 ties. He won 13 Lake Conference titles, 15 section titles, 7 state championships (5 in MN and 2 in WI), and three third place titles. He was Minnesota High School Hockey Coach of the Year in 1981, 1988, 1993, and 2002. Mr. Saterdalen also was Section Coach of the Year in 1981, 1988, 1989, 1992, 1993, and 1998. In addition he won the Gunderson Award Lake Conference Coach of the year four times. In 1986 he was inducted into Bemidji State University's Athletic Hall of Fame. Mr. Saterdalen also won the 2003 John Mariucci Award presented by the American College Hockey Coaches Association in 2003. In all, he sent 70 players to Division I hockey, 85 to Division III, 21 to professional and 7 to the NHL. Others recognitions include being inducted into the Minnesota High School Hockey Coaches Hall of Fame and the Achievement Award for Distinguished Service to the Lake Conference. Not only did he excel in the

hockey world but also in the tennis world. His record was 284 wins and 102 losses with 8 Lake Conference champions, 3 sectional champions, and 2 state champions. Mr. Saterdalen was voted Minnesota Coach of the Year in 1996. In 2003 he was honored by the publication of a book that traces the development of his 2001-2002 hockey team as they make their way to the State Tournament. He is the central character in the book *Blades of Glory*. He has spent 30 years in organizing, training, and recruiting coaches and officials for the Youth Hockey League in Bloomington. He has also organized and presented numerous skill and fan clinics for youth and adults in both hockey and tennis.

### **John Russo**

Russo had a stalwart youth hockey background in Sault Ste Marie, Michigan, playing the tough American and Canadian leagues in the area. In 1962, he became the first signed recruit for the renewed varsity hockey program at the University of Wisconsin – that had been dropped in 1938. While at Wisconsin, he captained the team as it blossomed into one of the premier programs in the country. He was recently inducted into the U.W. Hockey Hall of Fame, along with 1963-64 teammates.

After additional schooling (MBA in 1970), he moved to Ames, Iowa, where he not only helped coach the Iowa State University Team in the early 1970's, but also was instrumental in developing the Ames Minor Hockey Association, which produced exceptional regional teams and national players during his involvement. He also spearheaded the fund raising and construction of the new ice arena in Ames while on the Construction Engineering faculty (ultimately its head), he also earned a Ph.D. in Industrial Engineering.

In the early 1980's, Russo helped initiate the USA Hockey affiliate Tri-State Midwest, and was its coaching director for several years; traveling to put on coaching clinics in several Midwest states.

Once moving to Minnesota in 1986, Russo put his "founders" genes into high gear. He initiated the now famous "Coaches Corner" column in the *Let's Play Hockey* magazine. This column has provided creative and innovative coaching advice for over 20 years and is still going strong. His writings are credited with helping change the views of hockey in the Midwest. He initiated the Russo Hockey Training Programs in the 1990's that provided innovative youth level "short interval" leg training that had been brought to the forefront by Olympic training coach Jack Blatherwick. His training programs that ultimately included stickhandling and shooting schools, reached literally thousands of players.

The most dramatic Russo creation came in 2001 when he initiated the Upper Midwest High School Elite League – in Minnesota, Wisconsin, and North Dakota. The league was formed to improve the quality of development of the top players in Minnesota, which in turn has improved the total high school game. A new "Minnesota Model" was envisioned. Minnesota had maintained its high school tradition, but by 2000 with game

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limits in place, dozens of players were leaving before graduation to play junior hockey. At the same time, fewer and fewer were excelling at the pro and college levels.

The Elite League stopped the exodus by creating a pre high-school season of 24 games with the best 150 players in the Upper Midwest. The success has been dramatic, with more high school players now staying, and with NHL draft lists and Division I college rosters across the country now bulging with Minnesota players. More than 50 scouts are not uncommon at Elite League games – and the early November NIT Tournament annually draws over 100 scouts from all parts of the USA and Canada. The league has several innovative rules that help with player development and game speed. The “Minnesota Model” is now considered by many professionals to be the top developmental model in the world.

While in Minnesota, Russo also coached at numerous high schools for over 15 years including Minneapolis South, Farmington, and Breck; as well as a long stretch at Blake School; where he “tested” his often-creative approach to the game. He often spends time mentoring and consulting youth hockey associations to assist with their development of players and teams. His concept of small games or what he calls “shinny” practices have been spread across the Midwest for 20 years through his writings.

Interestingly, John Russo does not make his living from hockey. He has a very successful construction and engineering company as well as a property development company. He is well known nationally in several aspects of his field. As he puts it

“Construction and engineering are my vocation and my love, but I’ve always had a passion for hockey. It has taken me from a small blue collar town to an exciting and rewarding life”

Russo has lived in Edina with his wife Susan for the past 21 years and has been active in many aspects of hockey in Minnesota as is evidenced by the award detail.

There is a great coaching education opportunity this August. St. Paul will be the host for the USA Hockey National Coaches Symposium. Please find details on USA Hockey’s website. Have a great summer!



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# Swim Strokes

By: Nate Linscheid

Boys' Swimming and Diving Coaches Association  
Bloomington Jefferson High School  
nlinschei@bloomington.k12.mn.us



The boys swimming and diving season came to a close in March with the crowning two state champions and a lot of fast swims. In class A, there was one individual record set with Breck/Blake taking home the class A championship for their first state title. In class AA there were three event records set and Edina was able to repeat in class AA for their 9<sup>th</sup> title overall. Academically, St. Paul Harding won the boys academic state title for Class AA and for boys class A the academic champion was Minneapolis Washburn.

Both boys and girls seasons were celebrated at the All-State banquet on April 3<sup>rd</sup> at the Prom Center in Oakdale. The all-state swimmers were recognized as well as a number of others who have contributed to our sport over the years. Mike McManus (Apple Valley) and Tim Johnson (Mankato East) were inducted into the Minnesota Swimming Hall of Fame. Charlie Featherstone and Elmer Luke (Hopkins, Stillwater) were rewarded for their years of service by receiving the Jerry Simpson Distinguished Service award. Luke and Mel Ivonon (Chisolm) were recognized for over 50 years of coaching and Carl Schirmers of Brainerd was named the Assistant Coach of the Year. The night culminated with the awarding of the following coaches and swimmers of the year:

#### Class A Girls:

Swimmer of the Year: Meghan Weiss, Visitation  
Coach of the Year: Tom Cannon, Monticello

#### Class AA Girls:

Swimmer of the Year: Hannah Bowen, Stillwater  
Coach of the Year: Brian Luke, Stillwater

#### Class A Boys:

Swimmer of the Year: Mike Hurley, Fergus Falls  
Coach of the Year: Kris Rosenberg, Blake/Breck

#### Class AA Boys:

Swimmer of the Year: Drew Johnson, Edina  
Coach of the Year: Jon Zemke, Brainerd

During the day on April 3<sup>rd</sup> and 4<sup>th</sup> the Upper Midwest Swimming and Diving Coaches Clinic was held at the

Minneapolis Gateway Hotel. This year's speakers included University of Florida and 6-time national coach Gregg Troy, and 3-time Olympian and University of Idaho swim coach Tom Jager. We were also blessed to have our own Art Downey share some observations from more than fifty years of coaching at Edina High School.

Believe it or not, next season will be here just three months from now, and if there are any coaches interested in having input into the organization of our true team meets we will be having a meeting on June 30<sup>th</sup> at Oak Grove Middle School in Bloomington at 9:00. Go to the website for more details.



## SNYNCHRONIZED SWIMMING

By: Signe Hensel  
Wayzata HS

As I write this article, we are all wrapping up the dual meet season, and perhaps your girls are begging to landrill outside! On a day like today it would be great to grant that request — but with the limited pool time there may be for all of the routines you need to choreograph, teach, coach, review, rewrite, revive, etc.... it hardly seems possible! It is easy to feel stretched to the limit during this final 2 week push; however, just knowing that it is the final push spurs us on.

We look forward to lively competitions at Sections and State. Here are a couple of practical reminders for all coaches:

Double check your music cuts for time maximum. As the competition heats up it is a great time to review sportsmanship. Mark your calendar for Monday, May 18<sup>th</sup> for the State meet draw. Mark your calendar for

Tuesday, June 16<sup>th</sup> for the post-season coaches' meeting.

You should receive email reminders regarding the meetings but you may want to pencil them in now.

In a sport that is often misunderstood and perhaps underappreciated I want you to know that I do appreciate all of the effort that each of you put into your program and the commitment that you have to your swimmers. Good Luck to everyone at Sections and State!



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