THE Minnesota PREP COACH

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# DUE PROCESS CONTINUES TO ELUDE COACHES

By: John Erickson
EXEC Director MSHSCA

In the September Prep Coach I addressed the challenges of coaching in the 21st century. I tried to highlight some of the challenges that may have intensified or are new challenges. Many of those challenges have resulted from the changes that have occurred with many of the sports. The attempt to provide more opportunities for our young athletes, in most cases, has been made with the best interest of the young athletes in mind. The problem that has been generated from the development of these opportunities is that they have taken the place of many of the more tightly controlled school programs. They also come with a price tag. This same price tag forced schools to cut many of the programs that were in place for youth teams. The cost of these programs is most often paid for by the parents of the participants on the non-school youth teams and by their booster clubs. One of the results of the parents paying the bills is that a sense of ownership is developed and in many cases a sense of entitlement to management.

The problem that has started to become more difficult to deal with is that once the athlete moves on from the non-school youth teams the unwillingness of parents to relinquish control of the teams and the coaches to the schools and the Activities Administrators. The failure to transition to the next level of athletics has helped evolve the profession into a new challenge. More and more parents are demanding and being allowed to micromanage coaches and teams. There appears to be a belief, in some instances, where the high school team is not the schools team.

The problems that this new mentality has caused have become more and more common. Four years ago the MSHSCA worked hard to get some sort of a process in place that would allow the coaches who were under fire and facing nonrenewal to address their accusers. Thanks to the legislative efforts of Dean Urdahl (R-New London-Spicer) a state law was put into effect that required school districts and their administrators to provide coaches with the reasons for their nonrenewal in writing and that the coach is given the right to an open hearing. We have seen two approaches to this legislation. The first reaction was noncompliance. This approach seems to have gone away but the second approach is equally disturbing.

During the past two years there have been numerous cases where a coach has been facing nonrenewal and has requested their right to the reasons and a hearing. In more than one case the hearing has been a travesty of the coaches' rights. More often than not the presiding

. . . continues on page 5

## Featured In This Issue

Liberty Mutual Offer . . . . . 26-27
Baseball Photos . . . . . 30-31
Hall of Fame Banquet Photos . . . . . 32-33

### Clinic Registrations

Softball Clinic . . . . . 18-19
Track & Field Clinic . . . . . 20-21
Tennis Clinic . . . . . 23
Football Clinic . . . . . 48
Golf Clinic . . . . . 51

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# President's Message

By: Don Tangen - President MSHSCA
Glencoe-Silver Lake

The fall sport seasons are complete and the winter seasons are either just under way with games or practicing for the season openers. I do congratulate all the sport teams that had successful season and played deep into the playoffs. I want to assure all coaches that there are certainly a multitude of teams and coaches who are very successful even if their teams bowed out of the playoffs somewhat early. I was reading the September issue of The Prep Coach and noticed in many of the articles the many forms of success noted by many of the authors in that paper. Only one team wins that state tournament championship in their sport. Only one of about 12,000 high school athletes will ever become a professional player. That leaves hundreds of teams and thousands of players who's successes are not part of the highlight films or newspaper headlines. It is very apparent there are hundreds of coaches who are successful and get very few accolades. Many of these individuals do not "toot" their own "horns" or spend time searching for headlines. They spend their time in their class rooms and on the athletic fields cultivating young adults as they mature in to future leaders. There are many forms of success. Hopefully, each of you in this profession of teaching and coaching understand your value to society. You do make a difference.

John Erickson is attempting to track coaches in Minnesota who were non-renewed. He has asked if any of us are aware of non-renewed coaches in your area. If you do, please let him know. This could be the beginning of legislation that could be beneficial to coaches that are successful but have been terminated for political situations. This seems to be the logical starting place for taking on a tough issue. The MSHSCA has a great working relationship with the MSHSL. The MSHSCA also has a positive relationship with some legislators who are responsible. We can make a difference!

Being a member of the MSHSCA has many benefits. They are listed in each issue of The MN Prep Coach. The liability insurance is certainly in the forefront. For this reason alone I ask Athletic Administrators and Head Coaches to help all coaches at all levels to become members and reap the benefits.

As we move deeper in to December, I would like to wish all coaches and athletes to have a successful winter season. Hopefully, Christmas and New Year will be happy times and 2010 will be more prosperous than previous years. May your efforts be appreciated. I sincerely wish your atheletes respond to your efforts and represent your school and your community in a positive manner.

**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.**

I'm lovin' it
VISIT MCDONALD'S AFTER THE GAME
I'm lovin' it

# Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Mary and I would like to wish each of you a very blessed Holiday Season. As we approach the holidays it is rewarding to look back on the first half of the year and give thanks for the great leadership that each sport association has. We have attended many of the sport association clinics and meetings since late July and have had the opportunity to address officers and members. The passion for coaching and the commitment of the leadership continues to speak volumes about the quality athletic programs offered to our students.

The fall sport season has ended and we would like to congratulate each of you on your year. We offer special congratulations to those who achieved the ultimate goal of a state championship. We have witnessed the continuation of dynasties in some of the sports as well as the thrill felt by those who have now collected their first state championship. The winter sports season is now well under way but the thrills of the fall sports season will live on in many players and coach's memories for a lifetime.

THERE'S NOT MUCH TIME LEFT! I would like to ask each of you to help us out! Liberty Mutual insurance has provided an opportunity for us to help fund the Academic Recognition program. I want to thank those of you who have already asked for a quote and make a plea to those who have not. Please submit your paperwork before the 1st of January. Liberty Mutual will contribute $10 back to the MSHSCA for each coach that asks for an insurance quote. You are under no obligation to purchase the insurance and you will not be contacted other than to be sent the quote. Please go to our web site and download the form and fax it or email it to the address on the form. The Executive Board of the MSHSCA has agreed to give $5 of the contribution back to the sport association the coach who asks for a quote belongs to. PLEASE HELP US OUT!!!

The second request we have is that you start to use the on-line registration program for renewing your membership. We would also like to have you monitor any changes in your contact information by going on line and making corrections to addresses, phone numbers or emails as they occur. If you have trouble remembering your password or did not submit one last year please use zzz as the password. Our goal is to be paperless in the registration process within two years. There have been question about having to use a credit card for payment and the answer is that you still have a choice of paying by either check, cash or credit card. If you choose to pay by check simply print out the receipt and send it to our office along with your payment and you will be processed upon receipt of payment. If you choose to use a credit card your registration will processed the same day it is completed.

My third request is that you encourage all of the assistant coaches in your program to be a member of the MSHSCA. The MSHSCA is the professional organization of Minnesota Coaches. We do not want to be involved in a law suit that involves an assistant coach who is not a member of the MSHSCA and has no insurance. This has occurred in another state. We also want to remind you that no coach will be provided with any awards presented to coaches by the MSHSCA who are not members of the association. We would like the sport associations to keep this in mind when selecting their coaches and assistant coaches of the year. The same is true for the academic recognition program. If a coach is not a member of the MSHSCA their teams will not be recognized for academic excellence.

I want to thank each of you for all you do for your students, schools and communities. Each of you do make a difference in the lives of countless students lives and in the schools and communities that you live and work in. We are blessed to have each of you and you are appreciated.

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## DUE PROCESS CONTINUES TO ELUDE COACHES . . . continued from page 1

administrator has directed the school board members in attendance to remain silent and not to enter into discussion or answer questions. The decision to take away the coaches position has been made well in advance of the open hearing. There is documentation of two hearings this year where the coaches had never received a negative evaluation prior to the nonrenewal and yet after an open hearing during which several people testified to the ability and quality of the coach they were still removed from the coaching position. One of the hearings has resulted in a brief being filed with Minnesota Appellate Court charging a violation of due process.

Where do we go from here? After hearing the same horror stories for the last several years it is time for coaches to stand up and fight back. Coaches need a meaningful due process bill. This bill should provide for a hearing officer to be present at the hearings and to conduct the hearing. Accusing parents, administrators or school board members should not be given immunity from being questioned. If they are empowered to take away a coaches' chosen profession they should be required to publicly state the reasons for the decision. If it is a parent who is driving the issue they should be required to testify and to give factual proof of their allegations. I think it is time for all coaches to contact their legislators and ask that they help bring some common sense via legislation that will put a stop to these senseless and vicious attacks on our coaches. This is not an attempt to create tenure for coaches. It is an attempt to bring back some sanity to the administration of our athletic programs. It is an attempt to put schools back in charge of the programs they provide. It is an attempt to provide coaches with the support they richly deserve for the sacrifices they make in their own lives in order to provide opportunities for student athletes.

# OMISSIONS APOLOGY

The September 09 issue of The MN Prep Coach listed
past recipients of a number of awards.

Unfortunately, there were some inadvertent omissions and spelling errors.

The list of previous George Haun winners should have included
Rick Johnson of Wabasso who received the award in 2003.

Dick Lawrence of Eveleth, a 1995 Hall of Fame inductee was accidentally excluded
among the recipients. "Skip" Boyum had his name spelled incorrectly and
Donald Nesheim has a letter missing from his first name.

The oversights will be corrected in the next issue that list previous award recipients

***The Editor issues an apology for the miscues.***

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# FAST TRACKS

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

So here it is almost December and we are still looking for snow! Go figure. Let's hope this is short term and we will have a long snowy winter. This has been a busy fall, our membership has made decisions that will help guide our future.

As we move forward, we must remain mindful of who we are and what is our mission. To educate and create for our athletes for a life long experience. While we total more than 3000+ male and female athletes, less than 10 percent will choose an active racing career out of high school.

How we can best help our athletes is to provide them with the basics. How to classic, and skate to the the best of their ability. Should they show an interest to progress further, direct them towards one of the many fine clubs available that specialize in Biathlon or Nordic Skiing.

A successful coach understands that working with an athlete requires balancing their Nordic goals with their other high school activities. Some our most gifted athletes are multi-sport athletes and Nordic may not be their first passion. Working with them can open the eyes of a coach to new training possibilities while earning the respect of non-nordic ski coaches.

Even those athletes who's first passion is Nordic may have unique training needs. "My way or the highway" approach to coaching will not work. We are not a "one size fit's all" sport. Learning the unique abilities of each athlete is the key to being a successful coach.

On the bright side of the High School Nordic world our teams and Association appears to growing. Our membership is at a record high at this time and, of the coaches I've asked, most team numbers appear to be on the rise. This is a nice problem to have considering all the challenges before us with the economy and lack of snow.

As our team numbers grow, so will the need for fund-raising. A proposal was brought forward at our Fall Meeting by Dave Johnson and Ben Dubay to publish on our website what fund-raising ideas work. In the coming weeks, we will setup a section of the site dedicated to fund raising. Stay tuned.

Even though the State meet is still two months away, now is the time to plan ahead. After trying Classic "first" at the meet last year, the decision was made to switch back to skate first to hopefully alleviate crowding issues. The course selection is Silver for skate and Cedar/Gold for classic. Clearly this is not the perfect solution. There are very few of the Section meets that can run this format. If crowding is still an issue, or there is lack of support for running this format, we will look of other options to present the High School League.

Giant's Ridge will have the State meet courses available for preview during the Holiday break. The Giant's Ridge Invite will use the Skate course, but not the classic. This is a matter of safety, the classic course is very challenging and felt to be beyond the ability level of the Junior Varsity athletes that will be competing.

Let's all think snow and hope for a long, white, winter.

***"Four things cannot come back: the spoken word, the spent arrow, the past life, and a neglected opportunity."***

**- Arabian Proverb**

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# Over Hill and Dale

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

Now that our season is over, the weather is nice. Fortunately we finished the season with a great day for the state meet. We all had to battle some pretty miserable weather in October, especially for our section meets as well has the H1N1 and other illnesses. Our section meet in Owatonna was a muddy mess and we had to cancel the JV races. Over 500 athletes would not have the opportunity to run their final race of the season.

We knew before the meet started that the JV races would not be run because of the wet course and miserable weather. Lakeville North coach Rich Heilman immediately volunteered to organize and run the JV races in Lakeville the following Tuesday so our JV kids would not miss their final opportunity of the season to run a race. I would like to commend Rich and Lakeville North boys coach Ryan Rapacz for all of their work in securing a permit for the park, setting up the course and organizing the JV races. We did run the Section 1AA JV races on November 3rd in cold, wet, snowy weather. Every team in the section was not able to participate in this meet but those who did had a great experience with the winning teams receiving a rubber boot which will be a traveling trophy for future Section 1AA JV races. Thanks again Rich and Ryan for going the extra mile to provide an opportunity for our kids to compete. I would also like to thank our Activities Directors for making arrangements for transportation and early dismissal from school.

It was nice to finish our season with beautiful weather at the state meet. Congratulations to all coaches who had individuals and teams compete. Congratulations to our state championship team coaches. Gary Meurer of Waseca, Class A girls. Mike Niziolek of Elk River, Class AA girls. Mike Andring of Plainview-Elgin-Millville, Class A boys. Jeff Lindleif of Eden Prairie, Class AA boys. Some changes we had at the state meet this year were medals for the top 10 individual finishers in each race, the top 16 individual finishers announced and All State certificates available at the awards ceremony. If you have any feedback about the state meet, please send me your comments and we will discuss at our rap session in January.

Our annual rap session will be held on Saturday, January 30th in the late afternoon during the Track Coaches clinic at Park Center High School. We will have discussion about our at-large team-qualifying proposal for the state meet. Dave Bauer and Lefty Wright are working with Lisa Lissimore of the MSHSL to gather information about at-large qualifying procedures from other states. We will also review the qualifications for the Academic Excellence Award, discuss feedback from the state meet and hear your ideas and requests for a social at the state meet. I plan on working with Dave Bauer to organize something for the 2010 state meet. Please contact me if you have any additional items for discussion.

The term of office for president of our coaches association is two years. Our vice-president Chris Frye will begin his term as president in the fall of 2010. That means the office of vice-president will be open. We need someone to volunteer for this position. This is a two-year term followed by a two-year term as president. Please contact me this winter if you are interested in serving our association in this capacity.

I wish each of you a happy holiday season and hope you find some time for rest and relaxation. Thanks again for all of the great work that you do with our youth. I look forward to seeing you at the rap session in January.

---

***"I don't think we can win every game, just the next one."***

**- Lou Holtz**

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# HOOP SCOOP

By: Dawn Baudoin
Grand Meadow School
2009-10 MGBCA President

I hope your 2009-10 season is off to a great start. The excitement and anticipation a new season brings is always so refreshing. As coaches, you give so much more to your student-athletes than basketball. You provide experiences that last a lifetime. Thanks to each of you for your countless time and energy spent working with the best in Minnesota.

Around 225 coaches attended our 31st annual Fall Clinic on Oct. 23rd and 24th at Williams Arena and Robbinsdale Cooper High School. Jen Rademacher again coordinated this year's clinic with assistance from Erin Herman and the Clinic Committee and presented us with another outstanding clinic to kickoff the new season. A special thank you to Gopher Coaching Staff; Pam Borton , Leigh Gregory, Ted Riverso, Barb Smith and Abby Kalland for speaking at the clinic and giving us the opportunity to observe a Gopher practice. The coaching staff offered a question and answers session afterwards and provided some insight to their practice and game preparations.

Tubby Smith also provided an entertaining hour of speaking and Dr. Nicole LaVoi, Sport Psychologist from the U of M finished up our Friday evening. Saturday was hosted by Robbinsdale Cooper High School and featured some outstanding coaches. Thank you to Mike Durbin and his staff and players from St. Ben's College, Ruth Sinn from the University of St. Thomas and Ellen Thompson from Macalester College. This year, Paul Bernabei and Tom Cody also presented the Top 20 Training which is a life changing presentation that I encourage all of you to inquire into if you aren't familiar with their program.

The Executive and Section Committee meetings were held the weekend of the clinic, and much discussion was generated on several items. Each of you should have received information on Coaches vs. Cancer from your Section Representative. Please register your team by sending the American Cancer Society the information attachment if your team is taking part. This is a great opportunity for our Association to provide a service to a disease that has touched all of us in some way. With this being our first year, I encourage you to share what activities, ideas, etc. with fellow coaches to promote and help support the fight against Cancer. A week in January has been designated as our Coaches vs. Cancer week, if you have questions contact your Section Representative or our website for more information.

It's not too late to register with Tom Critchley (Boy's BB Executive Secretary) for the Fast Draw program. The registration information is located on our website. Coaches who have purchased the program have been very excited to work with it Fast Draw will give you an opportunity to draw up playbooks, drills, etc. The cost is $25 for licensure through Sept. of 2010. Thanks to Tom for allowing our coaches to take advantage of this program.

The High School league again provided online only rules interpretation meetings. Please remember to keep your rule books from this year, as the H.S. League will be going to an every other year print of rule books to cut cost. Our H. S. League Liaison Officer Pat Barrett continues to do an outstanding job and if you have questions or concerns please contact him.

Coaches, watch for nomination deadlines for the 2009-10 awards. All nomination forms are submitted via our website. This includes All-State/All-Star/ Ms. Basketball/Individual Academic and Team Academic nominations. Coaches mark your calendar for the deadlines.

Ms. Basketball Dec. 11th Coaches Association Jan. 1st (Head Coach must be a member of our Association to nominate your athletes) All-State /All Star Nominations Jan 15th Individual/Team Academic Nominations Feb. 12th With the elimination of mail/email/and fax . . . DEADLINE DATES are firm. Coaches will receive an email to confirm that the nomination was received.

Please check our website, www.mshsca.org/girlsbasketball for online nominations and throughout the season for information. Please feel free to contact any of the association officers or your section representative about any ideas or concerns you may have regarding girls basketball. If you have an interest in getting more involved in the Association, you do not need to be an officer or section representative to help out, whether it is the Fall Clinic, the All-Star Game or other areas. We welcome your help and support to make our Association stronger. Have a Great Season!

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# BANK SHOTS

By: Matt Addington
MBCA President
Kenyon-Wanamingo High School
maddington@kw.k12.mn.us

Well here we are again. It's the time of year that we have poured many hours into preparing for and the balls bouncing, shoes squeaking and players talking reminds us of the passion we have for this game we love. I am sure you all have your teams off and running and moving ahead preparing for those early season games and holiday tournaments. It's amazing how the beginning of a new season gets you excited about new and returning players, their improvement from the off season and trying some new wrinkles to last year's stuff.

Our Fall Clinic was again a huge success and the lineup was one of the best in recent memory. Coach Tubby Smith gave us a little Golden Gopher insight and coaches in attendance couldn't scratch notes fast enough with legendary coach, Bob Hurley from St. Anthony HS sharing some of his best with us. Much thanks to Kevin Schlagel and his St. Cloud State team for the on-court sessions as well.

We got a great email the following week from a coaching colleague in Iowa:

*In my 30+ years of coaching, learning, and researching the game I've seen many things. On Saturday at the IBCA Clinic I saw one of the most amazing and telling things I've ever seen! After legendary high school coach Bob Hurley spoke at 10:30 am, I noticed him sitting just in front of me. As Fran Fraschilla spoke I saw Coach Hurley listening intently and taking notes. I saw this as a great lesson to all coaches in our state. Bob Hurley is hungry for knowledge to become a better and most effective coach. This is a great lesson to all of us because teaching and coaching is a continuous journey of experiences, highs and lows.*

I would like to congratulate our new Hall of Fame inductees Dale Champ of Elbow Lake-Wendell, Randy Taylor of Martin County West, Hib Hill of Robbinsdale, Dave Vanderwerf of Dawson-Boyd and Louie Mitteco, of Totino-Grace. Their induction was held following the Fall Clinic at the MBCA Hall of Fame Banquet on Sunday, November 1st. Though these men have countless wins amongst their resumes, the impression that they have made on so many student athletes is most commendable. As always, the induction ceremony was a great tribute from family, friends, former players, and coaching colleagues with many stories, laughs and tribute to the impact they've had on the game of basketball in our state. Thanks to Jim Galvin and Tom Critchley for helping to make this event special.

We are excited to again be participating in the Coaches vs. Cancer initiative during the last week of January and first week of February 2010. Continue to watch website for details and information including some great Coaches & Athletes vs Cancer apparel to help promote your events. Minnesota finished at the top of the five-state area in participation and fundraising last year, so we're hoping to get involved to that degree again this year.

MBCA members still have the opportunity to purchase the FastDraw Basic software program at the price of $25 per subscription with $5 being returned to the MBCA. A subscription sells on the open market for $199. Coaches that are using have had great feedback so it might be something to check out.

Congratulations to Brad Strand from Pelican Rapids who was chosen as our association's new secretary at the fall clinic. It will be a pleasure to work with Brad this next year.

Please remember to visit our website throughout the season and adhere to dates listed in the timeline for All Star nominations, Academic Awards, Assistant Coach of the Year, and Hall of Fame. Your membership in the MBCA is required for consideration for awards for athletes and coaches. MSHSCA lifetime members are also reminded that it is still necessary to join the MBCA each year.

Once again, it has been my pleasure to work with such great guys on the MBCA Executive Board and Section Reps. My best to you and your team this winter.

---

***"You are either green and growing or ripe and rotting."***

**- Frosty Westering**

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# MEMBERSHIP PERKS

MSHSCA

- **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 - MINNEAPOLIS** - 1-800-372-3131 Ask for the "Coaches" rate and receive 15% off our Best Available Rate. Contact Timothy Holden with questions. 12/31/2009
- **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
- **RAMADA PLAZA - Minneapolis** - $75.00 - (612) 334-1900
- **HAMPTON INN - Maple Grove** - Contact Sherry Tolette, 763-494-4498. 7745 Elk Creek Blvd., Maple Grove, MN. $69 Inlcudes 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 Assocation, Inc.
# Executive Committee Liaison Assignments 2008-2009

| | | |
|---|---|---|
| **Dave Johnson**<br>Past President | B/G Soccer<br>Baseball<br>Wrestling | B Swimming<br>G Swimming<br>B Hockey |
| **Don Tangen**<br>President | Football<br>G/B Golf<br>Gymnastics | G Basketball<br>Adapted Athletics |
| **Shelly Hotzler**<br>President Elect. | B/G Cross Country<br>B Tennis<br>Alpine Skiing | Nordic Skiing<br>G Tennis<br>B/G Track |
| **Becky Leuer**<br>Vice President | Volleyball<br>Softball<br>B/G Lacrosse | Synch. Swimming<br>B Basketball |

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

## Life and Retired Life Members

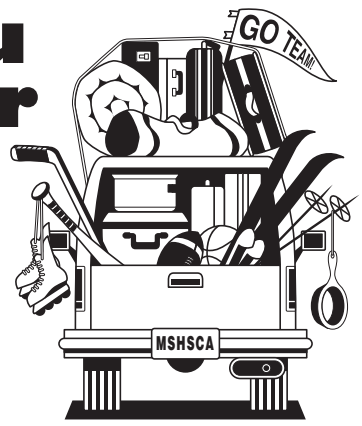
We would like to have all life and retired life members contact us if there has been any change in your address recently. It is important to let us know if you are receiving your *Prep Coach*. If you have access to email, we would like to have you email us at the following address ***jomar@lakesnet.net*** 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.

*"The eight laws of learning are explanation, demonstration, imitation, repetition, repetition, repetition, repetition and repetition."*

**- John Wooden**

## 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 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

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Printed by Gatorade Sports Science Institute has moved to a website that offers articles on every topic and sport specific!

For articles and podcasts on
Hydration, Nutrition, Training & performance and
Medical conditions & sports injuries

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# MSHSCA's CORPORATE SPONSORS 2009-10

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
- Trophies Plus - Templeton, IA
- R.L. Wendorff Insurance - Fulda
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing - Detroit Lakes
- Velocity Sports Performance - Champlin
- All Star Fundraising - Minneapolis
- 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)
- Precision Printing - Detroit Lakes

## COACHES:

**Please support the sponsors who are concerned about your athletes and your programs!**
**Good luck in 2009-10**
**Thanks for your support**

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## *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 37 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 University ( 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 )
- MN State Comm. & Tech 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 Mankato ( Mankato, 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 Cloud Tech College ( St Cloud MN )
- St John's University ( Collegeville MN )
- St Olaf College ( Northfield MN )
- St Mary's University ( Winona MN )
- U of MN - Crookston ( Crookston MN )
- U of MN - Duluth ( Duluth MN ) Men's Hockey on Availability
- 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 Associaiton? 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 Greg Visich
President, MSHSBLCA
Hill-Murray H.S.

I'd like to begin first, by thanking Adam Crane for his leadership and dedication during the past three seasons as the President of the MSHSBLCA. His efforts have certainly paved the way for the continued success and growth of Minnesota Lacrosse.

118 days, 9 hours, 51 minutes to the beginning of the 2010 season…

For players and parents, the off-season is just that – time off. But if you're like me, the off-season is a time for review, planning, preparation and a daily countdown to the upcoming season. The Awards Committee, in conjunction with the MSHSBLCA Board of Directors, has recently updated the nomination procedures for the All-State selection process. Each season provides us an opportunity to learn and fine-tune how we recognize our student-athletes. We received feedback and suggestions following the 2009 season on ways to improve the first year of the new selection process. As a result, we found that a few adjustments were necessary to ensure a cohesive process. The final version of the document will be emailed to all head coaches during the second half of December. If you do not receive it, please make sure to contact me for a copy.

Like us, the MSHSL has been reviewing policies and procedures for coaches and student-athletes. As you prepare for 2010, please take a few moments to familiarize yourself with three new rulings by the MSHSL. They include:

- Update of the Summer Coaching Waiver contact dates
- New travel restriction guidelines
- New limits with regard to scrimmages

As always, please check with your Athletic Director for clarification of these rules as they pertain to your plans for the season. Remember, violations can result in sanctions against you and your student-athletes.

The Coaches Association will be holding a preseason meeting in March 2010. We will notify all head coaches in February of the date. This meeting will be a great opportunity to meet and greet new coaches as they join the league. We will be welcoming at least four new teams into the MSHSL for the 2010 season. There has been incredible growth of our sport since 2007 – a trend I for one would like to see continue. As districts expand, so too does the opportunity for student-athletes to try something new and add lacrosse to the school's selection of athletic programs. With the rapid growth and popularity of youth lacrosse around the Metro and out-state areas, we are sure to see an influx of more experienced athletes looking for the opportunity to play at the Varsity level. We all look to the future when the Lacrosse State Tournament is anticipated and celebrated around the State with as much enthusiasm and fanfare as more established sports.

The MSHSBLCA Board of Directors wishes you all a very happy and healthy holiday season.

# MnIAAA CORNER

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

Across the great state of Minnesota are coaches who are role models to countless present and former students. These are coaches we admire, coaches who motivate and inspire, and coaches who have taught us life-long lessons. Each of us have been influenced by coaches who have made a significant and profound difference in each of our lives.

I was fortunate to be hired to teach social studies and coach football, girls basketball, and baseball at Cambridge High School in 1981, fresh out of Sioux Falls College. I would like to pay tribute to five individuals and tell you about some of the lessons learned from my role models as a young teacher and coach.

Coach George Larson, long time athletic director and highly successful football coach at Cambridge-Isanti. Coach Larson as a head football coach won 307 games and three state championships. I thank George for bringing me to Cambridge and for all that he has done for our school, communities, and now as one of our Isanti County Commissioners. George has taught me and thousands of others to never be outworked, to demand and expect excellence, to strive to play a perfect game, to always attempt to improve, and to never quit. As an athletic director, Coach Larson expected us to work hard for student athletes, to have plans to improve our programs, and made us proud to be Bluejacket Coaches. Coach Larson was instrumental in helping start the Minnesota Interscholastic Athletic Administrators Association 40 years ago.

Coach Jerry Carlson, long time teacher, coach, and athletic director at Cambridge-Isanti. Coach Carlson was a highly successful line coach for our football team, and outstanding head coach in baseball and softball, and was a tremendous athletic director. Jerry made football players for three decades at Cambridge-Isanti proud to be a lineman. He taught the importance of doing the little things that helped

. . . continues on page 16

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## MnIAAA Corner . . . continued from page 15

lead to success. There are former Bluejacket lineman all over our country that still could recite their line blocking rules. As an athletic director his door was always open, and when I and other coaches visited and left, we all felt better about what brought us to his office.

Coach Dean Allen, long time teacher and coach at Cambridge-Isanti. Dean was the offensive and defensive line coach for over 30 years and was the head baseball coach and middle school basketball coach earlier in his career. Coach Allen taught players to catch the ball correctly, run pass routes in a very precise and exact way, deny the off tackle play and be mentally tough. Coach Allen was well known for his outstanding speeches at our post season football banquets; his fellow coaches never wanted to follow Coach Allen as he was a tough act to follow. Dean would spend hours coming up with comments on his athletes, and each and every kid was bragged about in a specific way. He taught us to treat each athlete as we would want our son or daughter to be treated. He was a master of showing each athlete on our football team, regardless of talent level, that they were important.

Dr. Ray Hoheisel, my first superintendent at Cambridge. Ray was our assistant superintendent and then superintendent at Cambridge-Isanti for over two decades. As a summer baseball coach in early June of 1981, Dr. Hoheisel came by Adoplh Larson Field to welcome me to town. This was impressive and highly appreciated by a 22 year old coach, a week following college graduation. What he said stays with me every day. He told me that if I wanted to last at Cambridge-Isanti, I had to remember that loose lips sank ships, and that I should never kick the neighbors dog as every body was either related or that every body knew people. This was and still is brilliant advice.

Mr. Harland Johnson, my first principal at Cambridge High School, was our principal for 20 plus years. Mr. Johnson would be at his office every day by 7 a.m., and he would greet his teachers with a smile, an encouraging word, and for many years he asked what I was teaching kids each day. He believed that each child was important, deserved a great education, and regardless of aptitudes or interests each kid was destined for success. He made each adult educator at school, whether a teacher, administrative assistant, instructional assistant, cook, custodian, coach, or advisor, feel respected and valued.

We all share the common trait in that we have been influenced, molded, and shaped by positive role models.

I would ask you the question that was asked of me by Harland Johnson on a daily basis,

when student-athletes look back and think of you - what are you teaching them today?

Thank you coaches for all of the lessons you teach our student-athletes across Minnesota.

# MEMBERSHIP REPORT December 2009

| Types of Membership | Sept. 09 | Dec. 09 | 2008-09 |
|---|---|---|---|
| Active Class A & AA | 3116 | 4483 | 5632 |
| Associates | 1042 | 1095 | 1134 |
| Active Life | 572 | 581 | 530 |
| Retired Life | 975 | 973 | 977 |
| Honorary | 3 | 3 | 3 |
| | 5,708 | 7,132 | 8,276 |

**Breakdown of membership by sport association** (2008-09 totals in parenthesis)

Adapted Athletics (23) 15
Girls Lacrosse (36) 17
Baseball (409) 313
Golf (boys & girls) (358) 236
Cross Country (284) 297
Synchronized Swimming (18) 7
Volleyball (655) 631
Track & Field (557) 456
Boys Lacrosse (23) 17
Athletic Directors (259) 256
Boys Hockey (263) 199
Girls Basketball (621) 560
Softball (434) 265
Nordic Skiing (127) 113
Boys Tennis (125) 102
Girls Swimming (178) 210
Alpine Skiing (70) 50
Football (936) 1,008
Boys Basketball (735) 691
Soccer (boys & girls) (376) 347
Gymnastics (197) 166
Girls Tennis (169) 181
Boys Swimming (151) 128
Wrestling (65) 61

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

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**2009-2010 UNIFIED DUES APPLICATION FORM**

# Minnesota State High School Coaches Association, Inc.

PO Box 519, Detroit Lakes, MN 56502
**JOHN ERICKSON, EXECUTIVE DIRECTOR**
(218) 847-6796 (H) - (218) 847-5493(FAX)
www.mshsca.org jomar@lakesnet.net

*** The membership and insurance year runs from Aug. 1st to July 31st**

NAME (Print) _____
(Last) (First) (Middle Initial)

SCHOOL _____

HOME MAILING ADDRESS _____

CITY _____ ZIP CODE _____

COMPETITIVE SECTION NO. _____ HOME PHONE # ( ) _____

E-MAIL ADDRESS _____

DUES PAYABLE: Check One

( ) ANNUAL DUES PAYING MEMBER - $30.00
Eligible: MN Secondary, Jr. High, Elementary Coaches & ADs

( ) ASSOCIATE MEMBERS - $15.00
Eligible: Out of State Coaches and All College Coaches - MN Officials

( ) LIFE MEMBER (with insurance) $10.00
Eligible: 25 year coaches that have applied for and received a life card

( ) RETIRED LIFE MEMBER - $5.00
Optional: Helps defray cost of Minnesota Prep Coach

NUMBER OF YEARS COACHING, INCLUDING 2009-10 SCHOOL YEAR _____
(This includes Minnesota and all states.)

## SPORT ASSOCIATION DUES ....

(Must join parent organization before you can join individual Sport Association)
(Please circle your coaching assignments, Head, Asst, Jr. High, Middle School or Elementary)

ADAPTED ATHLETICS ..... (H) or (A).....$10 (CI).....$10 (PI)
ATHLETIC ADMINISTRATORS ..... $40
BASEBALL (Mar. 7 deadline)..... $10(H); $5(A)
BOYS BASKETBALL (Dec. 1 deadline)..... $10(H); $5(A)
GIRLS BASKETBALL (Dec.1 deadline)..... $15(H); $10(A)
CROSS COUNTRY (Oct. 1 deadline) (B)(G)(B/G) ..... $15(H); $5(A)
FOOTBALL (Oct. 1 deadline) ..... $20(H); $10(A)
Retired Life ..... $25
GOLF (April 15 deadline).....$10 (B); $10 (G); $10 (B/G)
GYMNASTICS (Jan. 15 Deadline) ..... $10 (H); $5 (A)
BOYS HOCKEY (March 1 deadline) ..... $25 (H); $15 (A)
Retired Life ..... $15
BOYS LACROSSE (May 15 deadline) ..... $10(H); $5(A)
GIRLS LACROSSE (May 15 deadline) ..... $10(H); $5(A)
NORDIC SKIING (Dec. 15 deadline)..... $10
ALPINE SKIING (Jan. 15 deadline) ..... $10(H); $6(A)
BOYS SOCCER (Oct. 1 deadline)..... $10(H); $5(A)
GIRLS SOCCER (Oct. 1 deadline) ..... $10(H); $5(A)
SOFTBALL (May 15 deadline)..... $10(H); $5(A)
BOYS SWIMMING (Jan. 30 deadline)..... $10(H); $5(A)
GIRLS SWIMMING (Oct. 1 deadline)..... $10(H); $5(A)
SYNCHRONIZED SWIMMING ..... $10(H); $5(A)
BOYS TENNIS (Mar. 15 deadline)..... $10(H); $5(A)
GIRLS TENNIS (Oct. 1 deadline)..... $10(H); $5(A)
TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G) ... $20(H); $10(A)
VOLLEYBALL (Oct. 15 deadline).....$10(H); $5(A)
WRESTLING (Jan. 31 deadline)..... (H) or (A) $27

**ANNUAL MSHSCA DUES**..... **$30.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
**SPORT ASS'N DUES** ..... **$**_____
Head or Ass't
**TOTAL** ..... **$**_____

**LIFE MEMBER DUES,** actively coaching..... **$10.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
**SPORT ASS'N DUES** ..... **$**_____
Head, Ass't or Ret'd
**TOTAL** ..... **$**_____

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# Softball... A Five Star Sport

By: Kim Bowen - Co-President
Big Lake H.S.

We are very excited to announce that Cindy Bristow will be presenting at the 2010 Minnesota Fastpitch Coach Association Winter Clinic. Cindy has been the head coach at Wichita State, New Mexico State, and the Women's Professional Softball League's Georgia Pride. She is the Director of National Teams and Coaching Development for USA Softball and President of the National Softball Coaches Association. Cindy has authored 8 books and 14 videos on softball instruction. Bristow is the founder of Softball Excellence one of the top online resources for softball instructional materials. Cindy will be presenting seven different sessions throughout the clinic on a variety of topics from offensive and defensive strategies to basic hitting and pitching techniques. Registration will begin at 11:00 am Friday, Feb. 5th with the first session beginning at noon. Sessions will wrap up for the evening at 8:00 pm with a Coaches Social to follow. Dinner will be provided. Sessions will begin again Saturday Feb 6th at 8:00 am with the clinic ending at noon. Preregistration for the clinic on or before Jan. 10th for head and assistant coaches will cost $65.00 and will include a free coaches bag. After Jan. 10th and at the door the cost is $80.00. Registration for the clinic can be done online at www.mshsca.org.

There has been a lot of discussion since the MSHSL announcement of its many rule changes for this year. There is currently a proposal before the MSHSL Representative Assembly authored by the baseball coach's association which would exempt softball and baseball from the one week coaching "blackout" period over the July 4th week. In order to provide input regarding this amendment please contact the Region Committee member who represents your school. The Fastpitch Coaches' Representative Assembly will be meeting in December with Lisa Lissamore from the MSHSL to discuss the many rule changes and their effects on softball. This is the first step in the process of trying to get some of these rules repealed. If you feel strongly about any of these issues, contact members of the Fastpitch Coaches' Representative Assembly or your MSHSL Region Committee member. The coaches' clinic will include an Association meeting where these rule changes will be discussed. We encourage all coaches to attend the clinic and meeting to stay informed of these important issues.

## Minnesota Fastpitch Coaches' Association Presents their *2010 Softball Clinic*

## FEBRUARY 5TH & 6TH
## At the St. Cloud Holiday Inn

- ***Network with new & experienced coaches***
- ***Visit vendors who are awarding door prizes***
- ***Experience a variety of speakers & topics***
- ***Socialize with fellow coaches, Friday night 7-11***
- ***Receive a coach's bag with pre-registration***

All Minnesota Head and Assistant Coaches have to be a member of the MSHSCA and the softball coaches association. Support staff is not required, but encouraged, to be a member..

**Register for BOTH clinic and membership ONLINE at www.mshsca.org**

Use credit card, check or money order.
A receipt for you, your school or booster club is provided at the end of your registration.

Clinic fee is $65 before January10th and includes a coaches bag at the door! Registration after January 10th is $80.

Support staff, club coaches and volunteer coaches attending the clinic only, register by mail using the form on next page.

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## Minnesota Fastpitch Coaches' Association
## 2010 Winter Clinic, St Cloud Holiday Inn

Feb. 5th & 6th

### Registration Form

www.mshsca.org follow this link for credit card, check or money order payments.

**Cost: Pre-registration on or before January 10th is $65 AND will receive a Free Coaches bag at the door. After January 10th and at the door Cost is $80.**

**All head and assistant coaches will pay the same fee of $65. Support staff, club coaches and volunteer staff attending the clinic only pay a fee of $45 and must mail in their registration.**

****Head coaches and Assistant coaches have to be a member of the MSHSCA; any other support staff it is not required but is encouraged.**

**If you choose to mail in your registration, please fill out this form and mail it along with your check to MSHSCA.**

Name:_____

Home Address:_____

City_____ Zip_____

Phone number: _____

E-mail address: _____

School_____

Competitive section #_____

Clinic fee: Circle Head or Assistant _____$65_____

Head coach MSHSCA membership $40 _____

Assistant coach MSHSCA membership $35 _____

Total enclosed _____

(Credit card information will not be accepted on mail in applications. Use on line registration for credit card payments.)

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

Email: jomar@lakesnet.net

## 2010 MFCA WINTER CLINIC

Speakers include:
Cindy Bristow-Softball Excellence
Paula U'ren- St. Cloud State Univ.

### FRIDAY FEBRUARY 5TH

| | |
|---|---|
| 11-12:00pm | Registration- Vendors Available |
| 12:00 pm | Main Hall- Hitting- How to take it from practice to games- Cindy Bristow |
| 1:00 pm | Main Hall- Hitting Drills to correct common flaws of the swing. Paula U'Ren |
| 2:00 pm | Main Hall- How to teach and practice the running slap- Cindy Bristow |
| 3:00 pm | Main Hall- Base running Basics- Paula U'Ren |
| 4:00 -6:00pm | Dinner provided – 5:30 Association Meeting |
| 6:00 pm | Main Hall- Catching Basics – Paula U'Ren |
| 7:00 pm | Main Hall- Beginning Pitching- Getting more speed and control- Cindy Bristow |
| 7-11pm | Coaches Social- Clinicians available for questions |

### SATURDAY FEBRUARY 6TH

| | |
|---|---|
| 8-8:55 am | Main Hall – Drills, Drills, Drills – Cindy Bristow |
| 8:55-9:05 am | Vendor Area |
| 9:05-10:00am | Main Hall- Offensive strategy- What plays- When and Why? Cindy Bristow and Paula U'Ren |
| 10:00- 10:10am | Vendor Area |
| 10:10-11:10am | Main Hall- Defensive Strategy- Where does everyone go and when? - Cindy Bristow and Paula U'Ren |
| 11:10-12:00pm | Main Hall- Advanced Pitching- Getting more movement- Cindy Bristow |

VISIT MCDONALD'S AFTER THE GAME

# CLEARING THE HURDLES

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

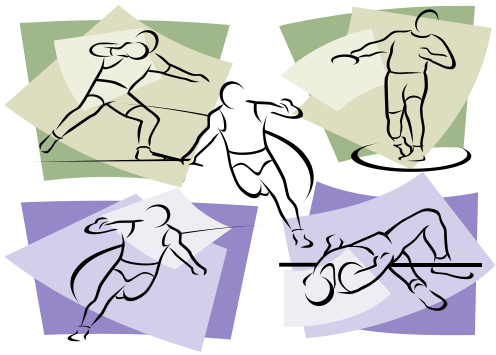
It's that time of the year again when you are busy putting the final touches on your meet schedule and planning practices for the 2010 Track & Field season. But, before you get too excited for spring, don't forget to register for the 2010 Minnesota Track Coaches Clinic at Park Center High School in January. The dates have been published two different ways, so be aware that the correct dates are January 29, 30, and 31. Del Motaz and Tim Hollis have been hard at work putting together a schedule of excellent speakers and presenters and I'm sure you will find it a valuable experience professionally, as well as a great time to get together with hundreds of other coaches who enjoy Track & Field as much as you do. I've been going to the Clinic every year for 20 years now and, it never fails, I learn something new each time. Once again, in addition to the collegiate and university speakers, there will an excellent slate of high school coaches from around the state speaking on topics from team building to hurdling technique. As usual, there will be a True Team meeting on Friday(Jan 29) at 5:00. If you are a meet manager for a True Team Section meet, or would like to be involved in True Team, please attend this meeting. The annual Track Coaches Association meeting will be later that same evening after the sessions are done, to be followed by the clinic social, which is always a great opportunity to share stories and some laughs. Look for the Clinic schedule on this page and page 21.

Don't forget to renew your Coaches Association membership and encourage new coaches to join. You can register online at our Association webpage mshsca.org or send in the form that is available online. The benefits of membership in the MN Track Coaches Association include $1,000,000 of liability insurance, your teams are eligible to earn academic team and individual honors, you are eligible to earn coach of the year awards, you receive The Prep Coach newspaper, and you are also a member of the USTFCCCA and receive Techniques magazine. These are just some of the many benefits of membership. Take advantage of all the perks!

I look forward to seeing you at the January Clinic!

# *Minnesota*

## *Track Coaches Clinic*



## *The Nation's Largest Track Clinic*

January 29, 30, 31, 2010

**FRIDAY – JANUARY 29, 2010**

2:15 PM ***Registration***

3:00 PM ***Sprints***
Bob Maybauer – Eastern Michigan

***Triple Jump Ratios***
Dick Railsback – Nebraska

***Goal Setting***
Desiree Larson – North Dakota State U

***Training for Middle & Distance Events***
Del Hessel – Colorado State

***Introduction- High Jump***
Hugo Munoz - Minnesota

4:00 PM ***Intermediate Hurdles***
Don Larson – North Dakota State U

***Training for Middle Distance & Distance Events***
Del Hessel – Colorado State

***Pole Vault***
Fred Berg–Gustavus Adolphus College

***Directing Athletes to College***
Lynden Reder – University of MN
Paul Schmaedeke – Hamline University

***High Jump Approach***
Dick Railsback - Nebraska

5:00 PM **BREAK**

5:30 PM ***Middle Distance Training***
Jim Timp – Bethel University

***A High School Distance Model That Works***
Will Freeman – Grinnell College, Iowa

***Triple Jump***
Bob Maybauer – Eastern Michigan

***Multiple Warm Up Plans to Match the Theme of the Day***
Evelyn Freeman – Grinnell College, IA

***Modern High Hurdles***
Trevor Bolt – Jamaica

5:30 PM **TRUE TEAM COACHES MEETING**

6:30 PM ***The Discus***
Dick Railsback – Nebraska

***Functional Long & Triple Jump Training***
Will Freeman – Grinnell College, Iowa

***Long Hurdles***
Trevor Bolt - Jamaica

***Vaulting***
Steve White – University of Minnesota

***Shot Put***
Drew Jones – Hamline University

7:30 PM **BREAK**

8:30 PM ***Coaches Meeting***

8:30 PM ***Clinic Social***

**SATURDAY – JANUARY 30, 2010**

7:00PM ***FCA Breakfast***

8:00 AM ***A Functional Plan for Hosting Home Meets***
Evelyn Freeman – Grinnell College, Iowa

***Middle Distance Strategy***
Del Hessel – Colorado State

***Horizontal Jumps & Pole Vault Approach***
Dick Railsback – Nebraska

***Sprints***
Trevor Bolt - Jamaica

GATORADE...Official Sport Drink of the MSHSCA

*Make check payable to*:
**MN TRACK COACHES ASSN. CLINIC**

**Clinic Tuition: $75.00 per coach – includes banquet**

**Return to:** **TRACK CLINIC**
Tim Hollis/Del Mottaz
Park Center High School
7300 Brooklyn Blvd.
Brooklyn Park, MN 55443

School_____SchoolAddress_____

City_____State_____Zip_____

**LIST ALL COACHES WHO WILL ATTEND**

| Coach of Men, Women or Both (circle) | Name | Street Address | City | State | Zip |
|---|---|---|---|---|---|
| M W | | | | | |
| M W | | | | | |
| M W | | | | | |
| M W | | | | | |
| M W | | | | | |
| M W | | | | | |

**TOTAL CLINIC FEE ENCLOSED $_____**

***The Approach Run in Jumps…the Key to Jumping Success***
Will Freeman – Grinnell College, Iowa

9:00 AM **BREAK**

9:30 AM ***Pole Vault***
Dick Railsback - Nebraska

***Fall Training for Sprints***
Matt Bingle, Head Coach – U of MN

***Training & Race Strategy for CC***
Del Hessel – Colorado State

***True Team Experience***
Kent Viesselman – Cambridge-Isanti HS

***Long Jump***
Bob Maybauer – Eastern Michigan

***Shot - Spin***
Ron Backes - FCA

10:30 AM ***Correcting Problems in the Jumps***
Dick Railsback - Nebraska

***Hurdle Techniques***
Boyd Emmel – Buffalo HS

***400 Meter***
Trevor Bolt - Jamaica

***High Jump***
Holly Thompson – MF Athletics

***Team Dynamics***
Liesa Hanson – E Grand Forks HS
Mike Mahar – E Grand Forks HS

***"Hy-Tek" Meet Manager for Special Meets***
Pete Robinet – Sauk Rapids HS

11:30 AM ***Team Building***
Jay Hatleli – Rosemount HS

***Triple Jump***
Matt Bingle, Head Coach – U of MN

***Understanding Competitive Anxiety…How to Deal With It***
Will Freeman – Grinnell College, Iowa

***High Jump - Advanced***
Hugo Munoz – Minnesota

***Short Relays***
Bob Maybauer – Eastern Michigan

***"Hy-Tek" Meet Manager for Special Meets***
Pete Robinet – Sauk Rapids HS

12:30 PM **BANQUET**

2:15 PM ***How to Run Fast***
Dick Railsback – Nebraska

***Developing High School Sprinters***
Todd Endersbe – Lakeville North HS

***Jr High School – Development & FUNdamentals***
Dave Bauer – Minnesota

***Middle Distance Look***
Mike Knutson – Buffalo HS

***Nutrition***
Rasa Troup – University of Minnesota

3:15PM ***Path to Greatness***
Will Freeman – Grinnell College, Iowa

***CC Coaches "Rap" Session***

**SUNDAY, JANUARY 31, 2010**

8:00 AM ***Rolls and Coffee***

8:45 AM ***Let's Talk Pole Vaulting #1***
Matt Kolb – Minnesota State Mankato

*Continued…..*

**SUNDAY, JANUARY 31, 2010, Con't.**

8:45 AM ***High Jump***
Desiree Larson – North Dakota State U

***Discus***
Lynne Anderson – University of MN

***Sprint Training***
Steve Mathre – University of St Thomas

9:45 AM ***Drawing***

10:00 AM ***Sprint Hurdles***
Don Larson – North Dakota State U

***Peaking – Sprint Training***
Steve Dahled – Augsburg College

***Ways of the Triple Jump***
Seth Mischke – St Cloud State University

***Conditioning for the Throws***
Travis Zins – St Cloud State University

11:00 AM ***Track As I See It***
Mark Schuck – Minnesota State Mankato

***Warm-Up***
Martin Peper – Macalaster College

***Middle Distance***
Tim Springfield – University of St Thomas

***Let's Talk Pole Vault, #2***
Matt Kolb – Minnesota State Mankato

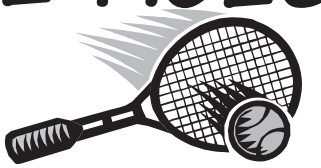
***Long Jump***
Paul Thornton – University of Minnesota

*** ***As of this mailing the clinic is working on adding a Rules Interpretation Meeting to the schedule. This is still pending.***

I'm lovin' it
VISIT MCDONALD'S AFTER THE GAME
I'm lovin' it

# SERVICE ACES

By: Scott Engelstad
MSHSTCA President
Bemidji High School
sengel@paulbunyan.net



## COACH OF THE YEAR AWARDS

Section Coaches of the Year were named in sections where the rep conducted a vote. The section COY winners, along with the coach whose team won that section, were placed on the state COY ballot. All members had the chance to vote on-line for the State Head Girls Tennis COY award. Please congratulate the following coaches, head & assistant, as you have opportunity to do so. Great job, coaches, and thanks for all you do for high school tennis and your kids!

**Girls Tennis Section Head & Assistant Coaches of the Year:**

| Section | Head Coach of the Year & Assistant Coach of the Year (Asst. COY) |
|---|---|
| 1A | Kevin Rust - Rochester Lourdes |
| | Nick Johnson - Stewartville (Asst. COY) |
| 2A | Tim Anderson - Maple River |
| | Cathy Schluter - LeSueur-Henderson(Asst. COY) |
| | Lynn Hansen - United South Central (Asst. COY) |
| 3A | Barry Brace - Montevideo |
| | David Lieser - Montevideo (Asst. COY) |
| 4A | Justen Seim - Mounds Park Academy |
| | Shauna Weaver - Holy Family Catholic(Asst. COY) |
| 5A | Jonas Grossman - Benson |
| | Dennis Rademacher - Melrose (Asst. COY) |
| 6A | Bruce Jarvi - Sauk Centre |
| | John Rasmussen - Sauk Centre (Asst. COY) |
| 7A | Dave Gunderson - Virginia |
| | Brandon Ostien - Mora (Asst. COY) |
| 8A | No Vote |
| | Brianne Morris - Park Rapids (Asst. COY) |
| 1AA | Tie: David Edwards - Rochester Mayo |
| | Tie: Trish Staehling - Lakeville North |
| | Beth LaCanne - Faribault (Asst. COY) |
| | Michael Kohel - Lakeville South (Asst. COY) |
| 2AA | Dave Stearns - Minnetonka |
| | Ford Rolfsrud - Shakopee (Asst. COY) |
| 3AA | Dana Beck - Rosemount |
| 4AA | Tim Spika - Cretin-Derham Hall |
| 5AA | Michael Cartwright - Mounds View |
| | Jeff Fedor - Blaine (Asst. COY) |
| 6AA | Drew Fernelius - Robinsdale Armstrong |
| | Perry Forrester - Edina (Asst. COY) |
| 7AA | Gary Conda - Hibbing |
| | Corey McKinnon - Chisago Lakes (Asst. COY) |
| 8AA | Paul Bates - St Cloud Tech |
| | Jason Koester - Bemidji (Asst. COY) |

**Girls Tennis Head Coaches of the Year:**
Class A: Kyle Collins, Waseca
Class AA: Dave Stearns, Minnetonka

**Girls Tennis Assistant Coaches of the Year:**
Class A: Dennis Rademacher, Melrose
Class AA: Jeff Fedor, Blaine

## STATE CHAMPIONS

Congratulations to our member coaches, Steve Paulsen & Perry Forrester/Edina in AA and Justen Seim/Mounds Park Academy in A for their state championship seasons. Great job coaches!

## ACADEMIC AWARDS

Our tennis coaches association recognizes tennis teams who had outstanding GPAs. Teams with GPAs of 3.5-3.74 were named "Silver Academic Teams" and those with GPAs of 3.75-4.0 were named "Gold Academic Teams." Go to http://www.mshsca.org/tennis/GAcademicteam09.pdf for a list of these teams. Our association also recognizes individuals for the academic all state team. To be recognized for either honor, the head coach must be a member of the tennis coaches association and complete the appropriate forms.

## SPRING CLINIC

Our Spring clinic will take on a different look this year. We are partnering with the USTA and others for what is being called the Tennis Festival of the North, April 9-11 at Eden Prairie High School. Expect further emails regarding this event, but you can also go to http://www.tennisfestivalofthenorth.com for further details. An MSHSTCA annual business meeting will be conducted during this event.

## MEMBERSHIP

As we look forward to the boys tennis season, I encourage boys coaches (head and assistants) who have not renewed your membership to get that done now. If you are a head coach and your assistant(s) has not joined the association, please encourage him/her to do so. We really want to see more assistants involved! Likewise, if you are an assistant and your head coach has not been a member, please encourage him/her to do so. To join please go to http://www.mshsca.org/membapp.htm; to check out the benefits of being a member go to http://www.mshsca.org/ and click on Membership Benefits on the left column.

## DEADLINES

Please keep our website bookmarked (http://www.mshsca.org/tennis/) and check it often during your season. There is a list of important dates right on the

. . . continues on page 23

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home page. Be sure to meet the deadlines for becoming a member, sending in academic forms, etc. so you and your team do not miss out on awards you and your kids deserve. Our Executive Secretary Rick Engelstad and your section rep will be sending you reminder e-mails. We need to abide by the deadlines so we have accurate membership lists, so awards can get ordered in a timely manner, etc. If you are not receiving notices please let us know. Contact information for board members can be found at http://www.mshsca.org/tennis/officers.htm.

HALL OF FAME

Consider nominating someone for the MSHSTCA Hall of Fame. Please note that coaches no longer need be retired from coaching to be nominated for our hall of fame, but must have 15 years of tennis coaching service.

SECTION REPS

Do you know who your section representative is? Find out on our website at http://www.mshsca.org/tennis/secreps.htm. Section reps have the duty of encouraging each coach in their section to become a member of our association, forwarding reminder e-mails regarding important deadlines, conducting section Coach of the Year votes, and representing your section at the annual meeting. Please let us know if you would be interested in being a section rep, or if you have questions about serving in this way.

RULES MEETING

In the works is an on-line rules meeting for tennis coaches and section managers. The MSHSL, along with your coaches association, is concerned about the lack of uniformity of how things are done around the state, as well as the lack of understanding of rules and policies that govern our sport. Whether it's a code violation issue, how to conduct team introductions, uniform issues, or many other various aspects, it has become increasingly evident that we as coaches (and section managers) need to be on the same page. So stay tuned to your email for further developments on this and other developments in our great sport.

Happy Holidays from the MSHSTCA Board

# GRAND SLAM CHAMPION LINDSAY DAVENPORT HEADLINES TENNIS FESTIVAL OF THE NORTH

TENNIS FESTIVAL OF THE NORTH

***By Lisa Mushett***

Save the date as three-time Grand Slam singles champion and 1996 Olympic gold medalist **Lindsay Davenport** headlines the inaugural **Tennis Festival of the North April 9-11, 2010, at Eden Prairie High School in Eden Prairie, Minn.** The Festival features both on-court and off-court sessions, a vendor fair, equipment demos, an exhibition featuring Davenport, prizes and much, much more.

Davenport, of Palos Verdes, Calif., is one of only four women since 1975 (the others being Chris Evert, Steffi Graf and Martina Navratilova) who has been year-end No. 1 at least four times in her career, achieving the top ranking in 1998, 2001, 2004 and 2005. She finished her career with a singles record of 753-194 and won 55 singles titles. She claimed her first Grand Slam singles title in 1998 at the US Open. She followed that by taking Wimbledon in 1999 and the Australian Open in 2000. She also won three Grand Slam doubles championships, including the French Open in 1996, the US Open in 1997 and Wimbledon in 1999. Davenport has won over $22 million in her career and was ranked 29th by *TENNIS Magazine* in its list of the greatest 40 players in tennis history. Currently retired and an analyst for Tennis Channel, Davenport is married to former All-America tennis player Jon Leach and has two children – son Jagger (2) and daughter Lauren (5 months).

Davenport will be one of many players and teaching professionals taking part in the three-day extravaganza with some proceeds benefitting the Fred Wells Tennis & Education Center, InnerCity Tennis and St. Paul Urban Tennis. Others participating in both on-and-off court sessions include 1993 French Open doubles champion and current Syracuse University women's tennis coach **Luke Jensen**; Wimbledon semifinalist and Minnesota native **David Wheaton**; former touring professional and USTA High Performance coach **Martin Blackman**; former WTA champion and Minnesota native **Ginger Helgeson-Nielsen**; current Northwestern women's tennis coach **Claire Pollard**; Tennis Corporation of America Director of Tennis **Ajay Pant**; On-Court, Off-Court President **Joe Dinoffer** and many, many more.

The Minnesota High School Coaches Annual Meeting will also be a part of the Tennis Festival of the North on Saturday afternoon prior to the exhibition at 4:30 p.m. All high school coaches are encouraged to attend and bring their teams for the weekend festivities.

Tickets go on sale for this exciting event January 1. For more information, to register for the Coaches Annual Meeting or to order tickets, please visit www.tennisfestivalofthenorth.com.

I'm lovin' it VISIT MCDONALD'S AFTER THE GAME I'm lovin' it

# Smooth • Fast • Natural

By, Derek Nash
Burnsville Alpine
MSHSCA Alpine President

As "nice" as the weather has been for most this fall, the weather has not been kind to us. Warm and dry weather in the most recent weeks has put a serious crimp in many local ski areas ability to make snow, driving us to extend our dry-land training longer that we had planned. We may have been spoiled by last season's early, ideal snowmaking conditions. I know that we are all hoping for great racing conditions for everyone this year, as usual.

The pre-season rules interpretation and conference meetings were a great time to meet and talk about a few ideas and issues that are relevant to our sport. The alpine advisory council and MSHSL representative, Rich Matter have met and discussed several issues this past fall. One issue facing us all is the use of single poles in replacement of the more traditional double gate slalom course. The advisory council and MSHSL came to a decision to use the traditional double gate slalom course at all section meets and also for the state meet, but left the decision to use single pole slalom courses in the regular season to each individual conference. I know that there will be a majority of races run this year following the traditional course setting, but to try a new method during the season would be wise as this recommendation for course setting may become a rule. Other issues include the method of seeding teams and individuals at the state meet. Many people feel that the individual race winners are not honored with a lower seeding at the state meet. This was done in order to honor the team champions from each section, thus keeping the focus more on teams rather than on the individuals. The present system will also stay for the next three years to let coaches, athletes and parents get used to a new system and also to let some of the kinks work themselves out. While this is not a perfect system, it seems to work well. Please remember that this was done in order to get more kids involved.

Still, other issues remain. Being that we are one of a handful of sports that allow student athletes to compete in club sports during the MSHSL season, we will always face a difficult battle of an athlete's commitment to their High School team. There is no singular solution to this issue and I'm sure that each team's coach and athletic director has their own take on what is required of their athletes on a daily basis.

Other topics remain. We continue to look for a Treasurer, Secretary and Vice-President for the coaches' association for Alpine Skiing. If you have interest in one of these positions, or just want to get more involved with the sport, please contact me this season. At present time, we do not have job descriptions, but here is a brief explanation for each position: The Vice-President would be a back up to the president in case of absence at a delegates meeting, or sport association meeting. The Vice President would hopefully be the successor to the President. The Treasurer would be in charge of the finances for the Alpine Sport Association. Our Secretary would be in charge of meeting minutes and communications to the association members. If you are interested in any of these positions, please contact Derek Nash, via email: Dnash@burnsville.k12.mn.us

See you on the slopes!

***"Human beings are the only creatures on earth that allow their children to come back home."***

**- Bill Cosby**

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# Ice Chips

By: Chris Lonke
MHCA Communications
New Prague High School

The hockey season is in full motion and we wish all the teams well during this coming season. It has been an extremely busy pre-season and that started with an outstanding fall clinic in Mankato.

The fall clinic was well attended by over 200 coaches and it was very well done once again. The MHCA is an ever-growing body and continues to try to set a high standard for the high school coaching fraternity. We feel there is great strength in numbers.

A big Thank You to the staffs from University of Minnesota State-Mankato and University of Wisconsin for their excellent presentations. We are grateful they take time to share with our body of coaches.

A great highlight of the fall clinic is announcing the next Hall of Fame class. The Hall of Fame class for 2010 is:

| | |
|---|---|
| John McNamara | Northfield |
| Gary Hokanson | Roseau |
| Steve Sertich | Roseville |
| Larry Hendrickson | Richfield, Apple Valley, BSM |

**Cliff Thompson Award:** Lyn Ellingson
Grand Rapids

**Dave Peterson Award:** Jerry Hayes
Apple Valley

**Oscar Almquist Award:** Terry Gotziaman
Roseau

**Bruce Johnson Award:** Ken Pauly
BSM

Congratulations to these well deserving individuals and we look forward to their speeches at the March Hall of Fame banquet.

We have a great web presence at www.mnhockeyhub.com. All Minnesota High School hockey information can be found at this one stop shop.

# USE YOUR MEMBERSHIP CARD

**Your 2009-10 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**

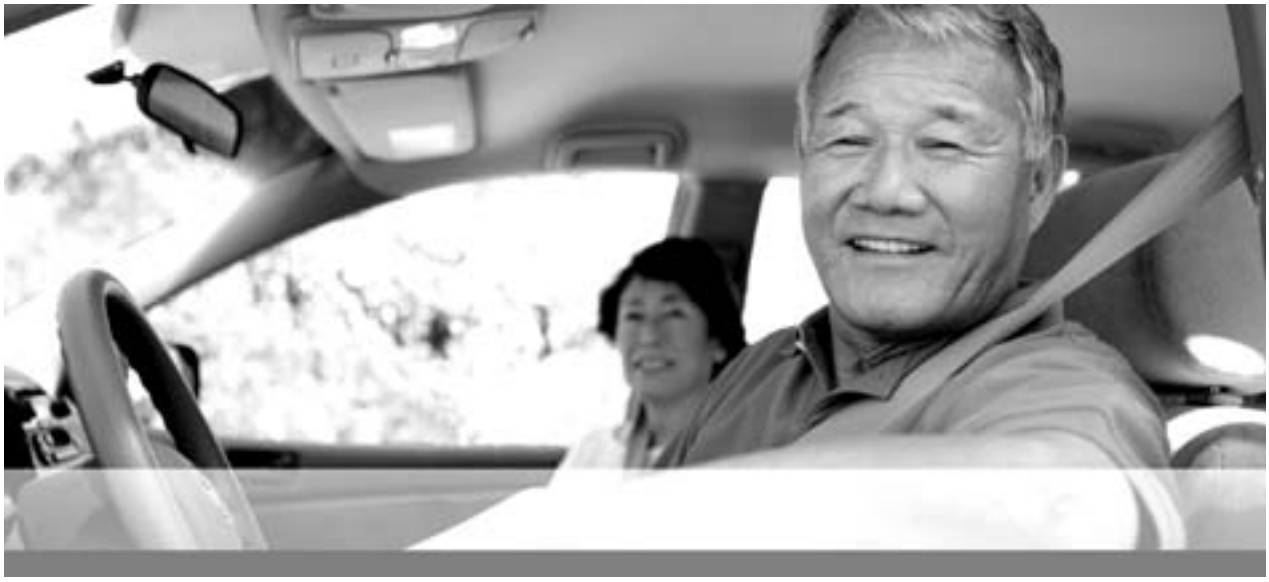
Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796
Email: jomar@lakesnet.net
Website: www.mshsca.org
President, Don Tangen, Glencoe - Silver Lake

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

Asst. Football
Head Wrestling
Asst. B/G Track

VISIT MCDONALD'S AFTER THE GAME

# Make Your Quote Count



## You can discover your insurance savings while also giving back to MSHSCA Academic Recognition Program.

If you receive a car insurance quote[1] from Dave Gunderson between Sept. 1, 2009 - Dec. 31, 2009, Liberty Mutual will donate $10 to MSHSCA Academic Recognition Program.

See for yourself how much money you could save with Liberty Mutual. And the best part—you receive knowledgeable support, immediate claims assistance and the latest information to help keep you and your family safe.

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**Dave Gunderson**
Phone: (763) 543-4344 Ext. 55219
David.Gunderson@LibertyMutual.com

701 Xenia Avenue S - Suite 400
Minneapolis, MN 55416
Be sure to mention this promotion when calling!

[1]Purchase not required. Only one donation will be made per household.

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Liberty Mutual

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# WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend the numerous winter clinic this winter are urged to obtain their membership in advance using the electronic membership opportunity.

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


## Auto & Home Insurance Quote Form

**REMEMBER! Your quote request is contributing to the MSHSCA Academic Recognition Program!**

Insured # 1 Full Legal Name
_____ Date of Birth _____/_____/_____

Insured # 2 Full Legal Name
_____ Date of Birth _____/_____/_____

Year / Make / Model or VIN (if available) Coverage
Vehicle 1: _____ full liability
Vehicle 2: _____ full liability
Vehicle 3: _____ full liability

**List names of all operators**
(please include dates of birth and drivers license numbers):

_____

**Address of property to be insured:**
Address:_____
City_____ State_____ Zip_____
Year Built _____ Insurance Dwelling Coverage $_____ (or purchase price if new purchase)

**Prior Address** (if less than three years):
Address:_____
City_____ State_____ Zip_____

**Contact Info:**
Daytime Telephone: _____ am / pm
Email Address: _____

PLEASE FAX OR E-MAIL A COPY OF THIS FORM TO:
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# MSHSCA 2009-2010 MEETING DATES

| | |
|---|---|
| **January 16, 17, 18** | NOCAD meetings, Oklahoma City, OK |
| **March 26** | Spring Delegate Assembly, Mancini's Char House, St. Paul, 9:00 am |
| **May 1** | Spring Executive meeting if needed (Site to be determined) |
| **June 22, 23, 24, 2010** | Summer Executive Meeting, Detroit Lakes |

## PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1 December 1 March 1 May 1

# FALL 2009 STATE CHAMPIONSHIP RECOGNITION

The final whistle of the 2009 Prep Bowl brought down the curtain of yet another exciting fall prp sport season for Minnesota fans.

There is so much enthusiasm and excitement that accompanies high school sports. It gains momentum as the "second season" beginsand reaches a crescendo as the state tournaments begin and come to a conclusion.

It is amazing what successful sport programs offer to communities. There is a significant degree of unification that occurs in communities as they assemble to cheer on their teams.

The Minnesota State High School Coaches Association would like to utilize this copy to congratulate the state championship teams and their head coaches.

The fall 2009 roster of state champions are listed below:

Girls Swimming ( True Team)

| | | |
|---|---|---|
| (AA) | Stillwater | Brian Luke |
| (A) | Hutchinson | Rory Fairbanks |

Girls Tennis

| | | |
|---|---|---|
| (AA) | Edina | Steve Paulsen |
| (A) | Mounds Park Academy | Justen Seim |

Boys Soccer

| | | |
|---|---|---|
| (AA) | Apple Valley | Chuck Scanlon |
| (A) | Mahtomedi | Paul Beggin |

Girls Soccer

| | | |
|---|---|---|
| (AA) | Wayzata | Tony Peszneker |
| (A) | Orono | Erin Murray |

Boys Cross Country

| | | |
|---|---|---|
| (AA) | Eden Prairie | Jeff Lindlief |
| (A) | Plainview-Elgin-Millville | Michael Andring |

Girls Cross Country

| | | |
|---|---|---|
| (AA) | Elk River | Mike Niziolek |
| (A) | Waseca | Gary Meurer |

Volleyball

| | | |
|---|---|---|
| (3A) | Shakopee | Matt Busch |
| (2A) | Marshall | Dan Westby |
| (1A) | Bethlehem Academy | Franz Boelter |

Adapted Soccer

| | | |
|---|---|---|
| (CI) | Park Center | Doug Anderson |
| (PI) | Robbinsdale/Hopkins/ Mound-Westonka | Marcus Onsum |

Girls Swimming

| | | |
|---|---|---|
| (AA) | Stillwater | Brian Luke |
| (A) | Sartell-St Stephen | David Olson |

Football

| | | |
|---|---|---|
| ( 9Man) | Stephen Argyle Central | Mark Kroulik |
| (1A) | Minneota | Chad Johnston |
| (2A) | Waterville-Elysian-Morristown | Jon Bakken |
| (3A) | New London-Spicer | Dan Essler |
| (4A) | Totino-Grace | Jeff Ferguson |
| (5A) | Cretin-Derham Hall | Mike Scanlan |

(AA) Apple Valley Chuck Scanlon

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# dugout chatter

By: Pat Collins - President
Minnesota State High School
Baseball Coaches Association
Chisago Lakes H.S.

This is the Time…..

It is hard to believe, but today is the first day of December and as a baseball coach this is one of my favorite times of the year. There should be snow on the ground and the temperatures are too cold to get out and do baseball stuff. I think the reason I like these months is because things slow down and you get to reflect on all that is good in life and you anticipate the upcoming season with hope. Everybody is undefeated and you can't work on the field anymore so that guilty feeling, that you should be doing something, goes away.

This is the relaxing time for coaches as we start planning for next year. We have these daydreams, hoping somehow that the time away from baseball will allow my number nine hitter to cut down on his strikeouts and my number three pitcher will suddenly find the strike zone. Neither one is likely to happen, but what if? This is the time where I get to sit in a warm, cozy, house and think about things that I hope to accomplish for next year; because in baseball, there is always next year. This is the time where we should thank all of those people that have worked so hard to make Minnesota High School Baseball such a great game.

In my brief tenure as President of the Minnesota High School Baseball Coaches Association, I have had my eyes opened by the vast amount of work done by so many people, for so long. They never ask for any recognition and work on behalf of kids out of a sense of duty and the camaraderie they have fostered over the years. It has been a humbling experience to stand on the shoulder of the giants who have worked tirelessly over the years because it is simply the right thing to do.

A perfect example of this was a baseball meeting I recently attended in Chaska on a Tuesday night to work on a plan to help us get our waiver back for summer ball. Craig Anderson and Todd Smrekar each drove an hour and a half to get there and share their views. Tink Larson showed up in his baseball pants and although he said he just came from practice at Mankato State, we think they might have been left on from last years legion season. Paul Twenge was there too, filled with so much passion, that we thought he would spontaneously combust at times. Dale Welter, although retired from coaching, showed up mainly for the dollar burgers but also to lend his expertise gleaned from years of coaching a great program. Bruce Woitas, the architect of the Sleepy Eye St. Mary's dynasty, showed us his plan to organize a groundswell that will attend each region meeting so that they hear our concerns.

Our plan is to send representatives to every region meeting to lobby to get a waiver back that was ours for over 50 years. Our region meetings will be attended by those who love the game of baseball. Some are young coaches and some are our retired friends and mentors. Guys like Dale Massey and Tom Everson continue to give back to the sport they love by speaking to region committees who respect these gentlemen as people and for their years of service to kids through the game of baseball. Coaches like Tracey Wensloff drove from Roseau to Thief River Falls to sell Region 8A on why we need our waiver passed. All of this effort began at the great fall baseball clinic that is put on every year by John Wilkens where Dave Stead and Kevin Merkle had the courage to face 500 angry baseball coaches and gives us a road map to recover what we lost.

Minnesota Baseball is in good hands, as it is in your hands and when asked for help, you do what it takes to get things done. We will get our summer waiver passed and perhaps future negative changes avoided if we each make the effort to tell the people who make the decisions how much we care for our sport.

I challenge you to take the time to each write one email or make one phone call to members of your region committee and do it now. Explain to them that we think kids deserve a break but this rule makes coaches take time off, not kids. Let them know that we have set summer schedules that go on with or without us as coaches. Share your concerns about liability and competence of the "substitute coach". Remind them of our limited time we have in the climate of Minnesota. Finally, ask them to respect the views of past MSHSL board members and region representatives who have given precedence to baseball and softball by granting the summer waiver.

Baba Dioum once said, "In the end we conserve what we love, we love what we understand and we understand what we are taught." As stewards of baseball, all of us need to work to conserve a game that is so great that it overwhelms any of the adjectives that you could even use to describe it.

Thanks for all of your work and I hope you have a great Christmas!

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# Baseball Hall of Fame

The Minnesota State High School Baseball Coaches Association had a Hall of Fame program on October 24th as part of their annual baseball clinic. Photos of award winners are posted below:

**Don Boelter**
**Sleepy Eye**

**Al Cassidy**
**Butterfield-Odin**

**Dave Cosgrove Son of Jim**
**Minneapolis Washburn**

**Tim Kiemel Sr.**
**St. Paul Harding**

**Jim Muchlinski**
**Marshall**

**Gary Porter**
**Maple Lake**

**Jeff Reese**
**New Richland-Hartland-Ellendale Geneva or NHREG**

**Mike Wilfahrt Son of Stan Wilfahrt**
**New Ulm Cathedral**

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# Baseball Awards

## DICK SIEBERT AWARD

Doug Hudson
Rochester Lourdes

## ANGELO GUILIANT AWARD

Rob Fornasiere
MN Gophers

## JIM DIMICK RETIRED COACHES AWARD

Rod Daniels
Bloomington Jefferson

Keith Lorenson
Osseo

## AAA COACH OF THE YEAR

Paul Schumm
St. Michael-Albertville

## AA COACH OF THE YEAR

Rick Boyer
La Crescent

## A COACH OF THE YEAR

Ted Perry
Maccray

## ASSISTANT COACHES OF THE YEAR

Steve Agre
Renville County West

Doug Schuette
McLeod West

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# HALL O

## HALL OF FAME AWARDS

**Wayne Heisinger**
**Heron Lake**

**Family of Glen Thieschafer**
**Melrose**

**Jerry Peterson**
**Bloomington Kennedy**

## HALL OF FAME AWARDS

**Ken VanDenBoom**
**Caledonia**

**Son of Jerry Simpson**
**Woodbury**

**Myron Glass**
**Rochester Lourdes**

## KERZIE AWARD

**Mike Lhotka**
**Dassel-Cokato**

***More Awards located on page 35***

# F FAME

## GEORGE HAUN AWARDS

This award is named after George Haun, first president of the MSHSCA. It is awarded each year to a life member of the MSHSCA who has proven exemplary in their efforts to strengthen and help in the growth of the MSHSCA.

**Dennis Kalpin - Alexandria**

**Gordon Klomps - Rochester**

## DISTINGUISHED SERVICE AWARDS

**Jim Erzar - Deer River**

**John Hovick - Fairmont**

**Ron Moog - St. Cloud**

**Bill Fisher - Alexandria**

# COACHES' EDUCATION CLASSES

To register, view schedules, etc., go to **www.mshsl.org/mshsl/coachesed/login.asp** and register for the a coach's clipboard and all of the information about upcoming classes is there. You can also register online via credit card.

If coaches have questions, please call the League (763) 560-2262.

## In-Person Coaches' Education Class Schedule

| Date | Location | Instructor |
|---|---|---|
| February 6th, 2010 | Alexandria H.S. | TBD |
| | Esko H.S. | TBD |
| | Lakeville South H.S. | TBD |
| | Marshall H.S. | TBD |
| June 21st, 2010 | Regional Site TBD | TBD |
| | Regional Site TBD | TBD |
| | Regional Site TBD | TBD |
| | Regional Site TBD | TBD |
| August 2, 2010 | Regional Site TBD | TBD |
| | Regional Site TBD | TBD |
| | Regional Site TBD | TBD |
| | Regional Site TBD | TBD |

## Instructors

| Name | Phone | Email |
|---|---|---|
| Jim Baker | Cell: 651-357-2937 | jbad154@hotmail.com |
| Mary Eigner | Cell: 612-819-2808 | mary@minn-e-rink.com |
| Tom Graupmann | Cell: 612-282-4105 | tom.graupmann@nfld.k12.mn.us |
| David Hartmann | Work: 320-762-7754 | dhartman@alexandria.k12.mn.us |
| Dan Johnson | Work: 952-988-4692 | dan.johnson@hopkinsschools.org |
| Becky Leuer | 651-674-7082 | becky.leuer@gmail.com |
| Diane Morin | Cell: 651-328-1420 | dmorin@proctor.k12.mn.us |
| Brad O'Donnell | Cell: 507-340-3902 | bodonnell@macsmn.com |

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## ASSISTANT COACHES OF THE YEAR

## CHAMPIONSHIP COACHES

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White Gold.....ea. $10.50
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Resize Larger 1 Size Max.....ea $32.50
Refurbish Ring (Include New Box).....ea. $20.50
Drop Ship.....mailing ea. $9.15

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# Notes from the Wrestling Room

*By: Kurt Habeck*
*President of MWCA*
*Eastview H.S.*

As the 2009-2010 wrestling season approaches, most coaches go through their annual "To Do List" in preparation for the upcoming season. Attending the annual Fall MWCA Coaches Clinic is always an event that tells us that the season is very near. This year, the coach's clinic was held at Elk River High School on Saturday, October 31st. The new venue turned out to be a great place to have the coach's clinic. The schools commons served as a place for coaches to reconnect and vendors space to display their merchandise. The auditorium was a great place for the clinicians to be visible and show their techniques while allowing coaches comfortable seating. **Thank-You** to John Peterson for hosting, Tom Gruhlke for directing, and Ron Ackerman, BJ Anderson, Scott Fransen, J Robinson, Doug Bullerman, Bruce Heitkamp, Mike Macarthur, and John May for presenting.

At the conclusion of the coach's clinic, the section reps conducted their annual fall meeting with many initiatives being discussed. Some highlights of the meeting are... Roger Gorham handed out the annual MWCA pins which will be delivered to all teams. He also emphasized the value that this fund-raiser gives the MWCA. John Peterson shared that membership is similar to last year with over 700 registered and that the annual directory will be e-mailed to all coaches as well as placed on the MWCA web link. Membership forms are still being accepted and are available on-line in the MWCA corner of the www.guillotine.com It was announced that the state tournament brunch will be back at the River Centre which was received with many cheers. A state wide JV tournament initiative was introduced last year by Bill Demaray but was never scheduled due to concerns about the date, location, and limited interest. This tournament initiative can benefit many wrestlers who do not get post season opportunities as well as help support the MWCA. This type of tournament may be explored again for next year.

I would like to recognize the Section Representatives for the 2009-2010 season and thank them for their willingness to serve the MWCA. Class A section reps are Brad Morgan, Randy Baker, Steve Ricard, Eugene Hildebrandt, Jeff Granrud, Steve Techam, Kevin Presler, and John Barlund. Class AA section reps are Roger Knutson, Darren Ripley, Dan Blankenship, Don Nihart, Doug Svihel, Jair Toedter, Shaw Frederixon, and Steve Bechtold. Serving Class AAA are Bill Kinney, Mark Neu, Travis Lee, Craig Nasvik, Robert Dahline, Ross Johnson, Adam Thronson, and Tom Ellison. It is important to know that many of the section reps offer to serve year after year. **Thank-You** for your leadership. These reps are the people to contact about any of your rule or procedure concerns for wrestling.

Ron Ackerman's presentation at the coaches clinic reviewed the (5) new rule changes by the NFHS Wrestling Rules Committee. "The main focus of the changes was clarifying some rules dealing with tournaments," said Bob Colgate, NFHS assistant director. "One of the changes also dealt with improving sportsmanship, which is always a high priority with all NFHS rules." The 2009-10 points of emphasis include excessive celebrations; awarding near-fall points; legalities of scissors, draping scissors and Figure 4; and skin disease. Ron also identified another point of emphasis that wrestlers may only move up one weight class from which they weighed in at, and that if a wrestler weigh's in 1 weight classes below his certified weight, he is ineligible to wrestle at any weight.

On behalf of the MSHSL, Ron also got the pleasure to inform coaches that the rule of 18/36 established back in 2001 refers to 18 allowable events (most often referred to 18 dates) and that 36 refers to allowable events for both individuals and teams. This was an interpretation not heard before by coaches and caused quite a ruckus among many. Leaders at the MSHSL have discussed the issue and plan on presenting it to the Board of Directors at the December 3rd meeting. Dave Stead and Craig Perry recommended coaches to not adjust their schedule until a final decision was made. The word "matches" seems to have a different meaning for wrestling coaches than for those who wrote and interpret the bylaw.

The Ninth Grade League will be entering its

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nineteenth year as a league. Dan Vandermyde of Totino Grace will serve another year as Executive Director. John Short is the League Treasurer and Paul Vaith is the State Team Tournament Director. The league continues to provide opportunities for students in the ninth grade and under age group to participate in a wrestling program that offers both team and individual competitions. For the 2009-2010 season, there will be over 110 teams participating in the league. The State Team Tournament is scheduled for January 23rd at Hastings and the State Individual Tournament will be on February 6th at Champlin Park.

The following is an update from the wrestling advisory committee. The (3) recommendations made last January were recently NOT approved by the MSHSL. The recommendations included allowing non-scoring participants in individual tournaments, the number of alternates at the state tournament be 1.5 times the number of weight classes, and having weigh-ins count towards section certification begin week #9 versus January 15th. One reason given for the first 2 recommendations not passing was due to inequities that may result between the have's and the have not's. Again, each of the above recommendations made were not approved. This year, the wrestling advisory committee will meet with the league on Tuesday, January 19th, 2010. Recommendations for this year are yet to be determined.

Finally, there are 253 wrestling programs placed in sections for the 2010 season. 92 teams compete in each Class A and in AA, and 69 teams in AAA.

Here is to a great wrestling season!


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# Swim Strokes

By: Chris Aarseth
Girls' Swimming and Diving Coaches Association
Minneapolis Edison High School
caarseth@mpls.k12.mn.us

Another Girl's High Swimming Season has come to a close. I would like to personally congratulate all teams for their fine showing this season. A special congrats goes out to our section champions and extraordinary congrats to our state championship teams from Sartell-St. Stephen in Class A and Stillwater in Class AA. Thanking our athletes in the pool for their superb talents is splendid, but also sending thanks to them for their work in the classroom is also sending the correct message to our student athletes. With that said, our Academic State Champions this year were from Becker (.934) in Class A and St. Paul Harding (.910) in Class AA.

A few items to share with you— This year brought forward the issue of the use of relay take off pads (RTOPs) at our state meet. After a trial run of these RTOPs at the True Team State Meet it was determined that the technology is not quite in tune for accurate use in our championship setting. Some of the concerns and issues that were identified at the TT State Meet were shared at our coaches meeting on Thursday night during the state meet. It was the general consensus that we would wait until a new generation of RTOPs came out before we explore this option again. If you would like to view these concerns and comments we will be posting them on website. Keep in mind that our coach's clinic will be the weekend of April 9th with the banquet being that Friday. This year's balloting for State Coach of the Year and Athletes of the Year will again be paperless! Clinic, Banquet and Voting information will also be on the coach's website. I again praise all of you for the work that you do for our sport. Good Luck to those of you that coach boys and to everyone have a safe and happy Holiday season.

# SECTION AWARDS

| Section Award | Award Winner/School (Section Champ in Bold) |
|---|---|
| **Section 1A NORTHFIELD** | |
| Coach of the Year | Doug Davis, Northfield/Mary Lager, St. Peter |
| Assistant Coach of the Year | Sue Bienfang, St. Peter |
| Diving Coach of the Year | Natalie Bonfig, East Ridge |
| Class Rank Winner | Red Wing, .881 |
| Swimmer of the Year | Kaitlin Kamm, St. Peter |
| Diver of the Year | Jenna Karrow, East Ridge |
| **Section 1AA ROCHESTER JOHN MARSHALL** | |
| Coach of the Year | Paul Bachman, Rochester John Marshall<br>Dale Magnuson, Rochester Century |
| Assistant Coach of the Year | Joscelyn Martin, Rochester Century |
| Diving Coach of the Year | Greg Andrews, Rochester Schools<br>Charlie Fuller, Faribault |
| Class Rank Winner | Rochester John Marshall, .820 |
| Swimmer of the Year | Brianna Fujan, Rochester John Marshall |
| Diver of the Year | Chelsea Borwege, Faribault |
| **Section 2A BRECK** | |
| Coach of the Year | Michelle Carlson, Breck |
| Assistant Coach of the Year | Brian Wright, Breck |
| Diving Coach of the Year | John Madura, Spring Lake Park |
| Class Rank Winner | Columbia Height, .802 |
| Swimmer of the Year | Taylor Foster, Breck |
| Diver of the Year | Tori Raihle, Spring Lake Park |
| **Section 2AA LAKEVILLE NORTH** | |
| Coach of the Year | Dan Schneider, Lakeville North |
| Assistant Coach of the Year | Katey Schneider, Lakeville North |
| Diving Coach of the Year | Nicole Fisher, Lakeville Schools |
| Class Rank Winner | Bloomington Kennedy, .849 |
| Swimmer of the Year | Hailey Campbell, Lakeville South |
| Diver of the Year | Merissa Gatti, Lakeville North |
| **Section 3A HUTCHINSON** | |
| Coach of the Year | Pete Buecher, Orono<br>Rory Fairbanks, Hutchinson<br>Nicole Peterson, Marshall |
| Assistant Coach of the Year | Nate Youngs, Dassel-Cokato |
| Diving Coach of the Year | Mary Pearce, Hutchinson<br>Rick Loge, Litchfield |
| Class Rank Winner | Litchfield, .823 |
| Swimmer of the Year | Audrey Kumm, Hutchinson<br>Alissa Tinklenberg, Willmar |
| Diver of the Year | Dayna Pitts, Mound Westonka |
| **Section 3AA WOODBURY** | |
| Coach of the Year | Jim Ertl, Rosemount<br>Katie McAlpin, Hastings<br>Steve VanDyne, Eagan |
| Assistant Coach of the Year | Gerry Rupp, Hastings |
| Diving Coach of the Year | Rick Light, Woodbury |
| Class Rank Winner | Woodbury, .787 |
| Swimmer of the Year | Kiera Janzen, Cretin-Derham Hall |
| Diver of the Year | Erin Kohlbeck, Woodbury |
| **Section 4A VISITATION** | |
| Coach of the Year | Susan Lee, Hill-Murray |
| Assistant Coach of the Year | Todd Benjamin, Mahtomedi<br>Krista Broton, Hill-Murray<br>Naomi Hamer, Visitation<br>Amy Knutson, Richfield |
| Diving Coach of the Year | Julie Linscheid, Visitation |
| Class Rank Winner | Hill-Murray, .671 |

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| | |
|---|---|
| Swimmer of the Year | Stephanie LeMire, Hill-Murray |
| Diver of the Year | Kelsey Metz, Richfield |

**Section 4AA STILLWATER**

| | |
|---|---|
| Coach of the Year | Brian Luke, Stillwater<br>Barb Vailodash, Roseville |
| Assistant Coach of the Year | |
| Diving Coach of the Year | Carrie Madline, Stillwater |
| Class Rank Winner | St. Paul Harding, .910 |
| Swimmer of the Year | Kaela Anderson, Stillwater |
| Diver of the Year | Maggie Keefer, Stillwater |

**Section 5A MONTICELLO**

| | |
|---|---|
| Coach of the Year | Tom Cannon/Kristen Otterson, Monticello<br>Ed Wakefield, Chisago Lakes |
| Assistant Coach of the Year | Shayne Kusler, Sauk Rapids/Rice |
| Diving Coach of the Year | Jon Hazen, Sauk Rapids/Rice |
| Class Rank Winner | Becker, .934 |
| Swimmer of the Year | Taryn Alexander, Princeton |
| Diver of the Year | Alex Thomsen, Chisago Lakes |

**Section 5AA WAYZATA**

| | |
|---|---|
| Coach of the Year | Elizabeth Hansen, Wayzata |
| Assistant Coach of the Year | Jen Steenerson, Robbinsdale Cooper<br>Beth Shimanski, Wayzata |
| Diving Coach of the Year | |
| Class Rank Winner | Robbinsdale Cooper, .843 |
| Swimmer of the Year | Emily Blasko, Robbinsdale Armstrong<br>Heather Arseth, Wayzata |
| Diver of the Year | Sammi Wright, Robbinsdale Armstrong |

**Section 6A SARTELL SAINT STEPHEN**

| | |
|---|---|
| Coach of the Year | Dave Olson, Sartell Saint Stephen |
| Assistant Coach of the Year | Kelley Kilanowski, Little Falls |
| Diving Coach of the Year | Kelsey Bremer, Sartell Saint Stephen |
| Class Rank Winner | Minnewaska/Morris Area, .8735 |
| Swimmer of the Year | Kate Hellie, Sartell Saint Stephen |
| Diver of the Year | Brandi Hanisch, St. Cloud Cathedral |

**Section 6AA MINNETONKA**

| | |
|---|---|
| Coach of the Year | Kristen Nicholson, Chaska/Chanhassen |
| Assistant Coach of the Year | Matt Crees, Chaska/Chanhassen |
| Diving Coach of the Year | Aaron Monson, Eden Prairie |
| Class Rank Winner | Minneapolis Southwest, .793 |
| Swimmer of the Year | Kelsey McMurtry, Minnetonka |
| Diver of the Year | Megan Sarahan, Eden Prairie |

**Section 7A HIBBING**

| | |
|---|---|
| Coach of the Year | Mike Veneziano, Hibbing |
| Assistant Coach of the Year | Ross Harvey, Hibbing |
| Diving Coach of the Year | Sara Willard, Hibbing |
| Class Rank Winner | Eveleth-Gilbert, .828 |
| Swimmer of the Year | Solveig Viren, Grand Rapids |
| Diver of the Year | Jade Anderson, Hibbing |

**Section 7AA COON RAPIDS**

| | |
|---|---|
| Coach of the Year | Sarah Valley, Coon Rapids |
| Assistant Coach of the Year | |
| Diving Coach of the Year | Deb Welch, Forest Lake |
| Class Rank Winner | Cambridge-Isanti, .807 |
| Swimmer of the Year | Abby Duncan, Champlin Park |
| Diver of the Year | Jessica Ramberg, Forest Lake |

**Section 8A PARK RAPIDS**

| | |
|---|---|
| Coach of the Year | Todd Fritze, Park Rapids |
| Assistant Coach of the Year | Meghan Carlson, Warroad |
| Diving Coach of the Year | Bobbi Jo Koons, Detroit Lakes |
| Class Rank Winner | Bemidji, .818 |
| Swimmer of the Year | Melissa Paakh, Detroit Lakes |
| Diver of the Year | Shayna Duggar, Detroit Lakes |

**Section 8AA MAPLE GROVE**

| | |
|---|---|
| Coach of the Year | Ryan Rehnstrand, Buffalo<br>Matthew Schoen, Maple Grove |
| Assistant Coach of the Year | Doug Bloom, Elk River |
| Diving Coach of the Year | Stacey Benjamin, Maple Grove |
| Class Rank Winner | St. Cloud Tech, .888 |
| Swimmer of the Year | Tess Behrens, Maple Grove |
| Diver of the Year | |

**GOLD STANDARD**

Becker - 3.855
Cambridge-Isanti
East Ridge 3.938
EP 3.756
Eveleth-Gilbert 3.772
Litchfield 3.771
Maple Grove-3.880
Milaca H.S. - 3.815
Perham 3.861
Red Wing 3.828
St. Paul Harding 4.00
Wayzata
Woodbury 3.767

GPA Above 3.75

**SILVER STANDARD**

Albert Lea 3.710
Alexandria High School 3.679
Apple Valley: 3.655
Austin 3.547
Babbitt/Ely/Tower Aquatics 3.535
Bemidji 3.734
Big Lake - 3.619
Bloomington Kennedy: 3.737
Brainerd-3.530
Buffalo-3.720
Champlin Park,
Chisago Lakes - 3.577
Columbia Heights
Cretin-Derham Hall 3.732
Duluth Central - 3.608
Duluth East,
Edina 3.573
Faribault (3.659)
Forest Lake
Fridley
Hastings 3.500
Henry Sibley 3.614
Highland/SPA 3.718
Hill-Murray - 3.593
Hopkins 3.688
Hutchinson 3.500
Lakeville North: 3.72
Lakeville South: 3.503
Mahtomedi - 3.552
Marshall 3.628
Metro United
Minnewaska/Morris 3.7150
Montevideo 3.550
Mpls Southwest 3.657
New Prague 3.508
Northfield 3.739
Orono 3.600
Park Center
Princeton - 3.736
Prior Lake High School: 3.624
Robbinsdale Cooper
Rochester Century (3.620)
Rochester John Marshall (3.620)
Roseville: 3.543
Saint Peter 3.603
Sartell High School 3.535
St Cloud Tech-3.662
St. Cloud Apollo High School 3.630
Stillwater: 3.665
The Blake School
Thief River Falls 3.567
Totino-Grace,
Waconia 3.539
White Bear Lake: 3.543
Winona (3.504)

GPA 3.5-3.74

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# ADAPTED UPDATES

By: Doug Anderson - President Mn Adapted Coaches Assn.
Maple Grove

Congratulations to both of our adapted soccer state championship teams. In the PI division, the Robbinsdale Robins won their 4th adapted soccer title as they defeated Anoka Hennepin in an overtime shoot out in the championship game. In the CI division, the Park Center Pirates won their second straight CI soccer championship. The Pirates defeated South Suburban also in an overtime shoot out, to win the CI soccer title. This is the first time in the history of the MSHSL Adapted Soccer tournament that both division championship games ended in overtime shoot outs. Congratulations again to Coach Marcus Onsum of Robbinsdale and Coach Doug Anderson of Park Center. Attendance at the tournament was up again. Thank you to all the parents and fans for helping the adapted athletic programs continue to grow.

Adapted Hockey is next on the agenda and our rules meetings are scheduled for Wednesday, December 2nd at Maple Grove Senior High School and Wednesday, December 9th at Bloomington Kennedy High School. Both meetings start at 7:15pm. These meetings are required for both coaches and officials. These meetings are critical to understand and discuss the different rule situations and changes. We want all coaches and the officials on the same page as our season begins. The State Adapted Floor Hockey Tournament is scheduled for March 19th and 20th at Bloomington Jefferson High School. Last years' champions, Dakota United in the CI division and Robbinsdale in the PI division, will both be out to defend their titles.

Adapted athletics is "not" Special Olympics or Special Education. Special Olympics is a tremendous program and meets the needs of thousands of worthy participants not only in our state, but across the nation. Adapted athletics is and should be looked at and treated as a "high school" sport. It should run under the umbrella of your high school athletic department and not treated as another division of Special Education. Adapted Athletics, just like regular athletics, is not for everyone. While there are many students who could benefit from an adapted program, we can not meet everyone's needs. Minnesota is the only state to offer adapted athletics as a ìhigh schoolî sport, where adapted athletes can ìletterî and earn the same awards and honors that ìregularî athletes earn.

One of my continuing goals is to try to encourage all of our adapted coaches and assistant coaches to become members of the Minnesota Adapted Coaches Association. We are only as strong as our united voice and that comes from being a member. With the addition of the Girls Coaches Assn, we are now over 7,000 members strong! John Erickson, our executive director, works many long hours representing and advocating for coaches rights and responsibilities. As adapted coaches, we work with a lot of athletes that have several different medical and physical needs. If you join for no other reason, join for the 1 million dollar liability insurance that covers you when you are coaching and working with our athletes. If you have not joined the adapted coaches association, please join. If you have, thank you!

A big thank you goes out to the MSHSCA for hosting their annual banquet in October. It is an honor to be a part of the great tradition and profession that high school coaching has become. Congratulations to Marcus Onsum of the Robbinsdale PI team for being named the 2009 Coach of the Year and Bill Newell of the Anoka CI team for being named 2009 Assistant Coach of the Year by Minnesota Adapted Coaches Assn. In order to be honored at this banquet, you must be an active member at the time of your selection.

Have a great 2010!!

## Attention Athletic Administrators

The MSHSCA has introduced a new Academic Awards program

Many schools have received a plaque similar to the one pictured for 2008-09 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**

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# For All Insurance Questions

General Liability Insurance Coverage
What to do if involved in a suit
Camp Coverage
Certificates of Insurance
Participant Accident Insurance

**Contact Information:**

| | |
|---|---|
| Greg Joly | gjoly@loomislapann.com |
| Kevin Joyce | kjoyce@loomislapann.com |
| Karen Boller | kboller@loomislapann.com |

Loomis & LaPann, Inc.
18 Exchange St
PO Box 2158
Glens Falls, NY 12801
800-566-6479
518-792-3426 FAX
http://www.loomislapann.com/

***"I celebrate a victory when I start walking off the field. By the time I get to the locker room, I'm done."***

**- Tom Osborne**

## HALL OF FAME CANDIDATES NEEDED

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

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

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

# 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, 2009 – August 1, 2010

### LIMITS OF INSURANCE

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

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

### CAMP COVERAGE

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

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

### CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

If you have a camp and require proof of insurance, certificates are at no additional charge.

If you have a camp and require a certificate of insurance naming an Additional Insured the cost is $150.00.

Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.

Certificates of Insurance and Participant/Accident request forms are available through your coaches association. 218-847-6796 www.mshsca.org

www.loomislapann.com
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kboller@loomislapann.com

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# 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 was played on April 1 in Miami.

i'm lovin' it

**ATTENTION COACHES**

Many of the plates for fall sports are being or have been sent to your Athletic Administrator. You know if your team won a gold or silver award.Please be on the lookout for the envelopes containing your plate for the academic plaque. They will be from Beach's Awards. There is one school plaque to recognize all sports. Please make sure that your plate gets placed on the plaque.

The fall sports of Cross Country, Football, Soccer,Girls Swimming, Girls Tennis and Volleyball have all submitted their results for Team Academic for fall 2009.

They are all listed below with the exception of Soccer which can be found in the "Corner Kicks" article.

BOYS CROSS COUNTRY
CLASS A GOLD

Plainview-Elgin-Millville
Winona Cotter
Hayfieldyron
LaCrescent
Stewartvilleary
Rochester Lourdes
Pine Islandankato Loyola
Chatfield
Byron
Blooming Prairie
Fairmont
LeSeuer-Henderson
Mankato Loyola
Sleepy Eye St Mary's/
New Ulm Cathedral
United South Central/
Alden-Conger
Waseca
Hills-Beaver
Creek-Ellsworth
BOLD
Holy Family Catholic
Mounds Park Academy
St Anthony Village
Math and Science Academy
Milaca
St Cloud Cathedral
Mora
Annandale
Daseel-Cokato
Long Prairie-Grey Eagle
Morris Area
Litchfield
Minnewaska Area
Albany
Hermantown
International Falls
Cook County/
Two Harbors
Esko
Virginia
Bagley/Fosston
Perham
Thief River Falls
United North Central
Hawley-Ulen-Hitterdal

BOYS CROSS COUNTRY
CLASS A - SILVER

Dover Eyota/ St Charles
Kingsland
Lewiston-Altura/
Rushford-Peterson
Medford
Blue Earth Area
Maple River
St James
St Peter
Mountain Lake-
Butterfield- Odin
Adrian
Murray County Central
Canby-Minneota-Lincoln HI
Montevideo
Luverne
Jackson County Central
Worthington
Springfield-Cedar Mountain
Tracy-Milroy-Balaton
Breck
Minnehaha Academy
Watertown-Mayer
Foley
Rush City
Rockford
West Central Area
New London-Spicer
Benson/KMS
Sauk Centre
Lac qui Parle Valley/
Dawson- Boyd
East Grand Forks
Pelican Rapids
Pillager
Roseau
Staples-Motley
Warroad

GIRLS CROSS COUNTRY
CLASS A GOLD

Chatfield
Dover-Eyota/St Charles
Winona Cotter
Hayfield
LaCrescent
Pine Island
Stewartville
Lewiston-Altura/
Rushford-Peterson
Medford
Plainview-Elgin-Millville
Rochester Lourdes
Blue Earth Area
Fairmont
LeSeuer-Henderson
Mankato Loyola
St James
Sleepy Eye St mary's/
New Ulm Cathedral
United South Central/
Alden-Conger
Waseca
Worthington
Jackson County Central
Luverne
Montevideo
Hermantown

. . . continues on page 43

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Canby-Minneota-Lincoln HI
Adrian
Redwood Valley
Mountain Lake-
Butterfield-Odin
Hills-Beaver
Creek-Ellsworth
Norwood-Young America
Math and Science Academy
St Anthony Village
Breck
Mounds Park Academy
Holy Family Catholic
Mayer Lutheran
Minnehaha Academy
Pierz
St Cloud Christian
Rockford
Braham
Foley
Mora
Watertown-Mayer
Providence Academy
Annandale
Maranatha Christian
Academy
Dassel-Cokato
West Central Area
Morris Area
Ottertail Central/Henning
New London-Spicer
Breckenridge/CT
EdenValley-Watkins/
Kimball
Benson/KMS
Albany
Sauk Centre
Lac qui Parle Valley/
Dawson-Boyd
International Falls
Ely
Cook County/ Two Harbors
Esko
Virginia
Eveleth-Gilbert
Pelican Rapids
United North Central
Pillager
Wadena-Deer Creek
Pequot Lakes
Roseau
Warroad
Staples-Motley

GIRLS CROSS COUNTRY
CLASS A SILVER
Blooming Prairie
Kingsland
Maple River
NHREG
St Peter
Waterville-Elysian
Morristown
Janesville-Waldorf
Pemberton
Tracy-Milroy-Balaton
Maple Lake
Rush City
Milaca
Litchfield
Thief River Falls
Park Rapids

BOYS CROSS COUNTRY
CLASS AA GOLD
Owatonna
Austin
Northfield
Red Wing
Rochester Century
Rochester Mayo
Chanhassen
Willmar
Mound-Westonka
Park
Apple Valley
St Thomas Academy
Eastview
Richfield
Eagan
Cambridge-Isanti
Forest Lake
Elk River
St Paul Highland Park
St Paul Como Park
Mahtomedi
Stillwater
Roseville Area
Andover
Irondale
Mounds View
Grand Rapids
Park Center
St Francis
Maple Grove
Eden Prairie
Edina
Benilde-St Margaret's
Wayzata
Brainerd
Fergus falls
Monticello
Moorhead
Rocori
St Michael-Albertville
Sartell-St Stephen
Sauk Rapids-Rice
Duluth East

BOYS CROSS COUNTRY
CLASS AA SILVER
Winona
New Prague
Mankato West
Marshall
Princeton
Orono
Prior Lake
Hill-Murray
St Paul Central
Champlin Park
Coon Rapids
Hibbing
Anoka
St Louis Park
Alexandria
St Cloud Tech

GIRLS CROSS COUNTRY
CLASSAA GOLD
Winona
Albert Lea
Rochester John Marshall
Red Wing
Rochester Mayo
Hastings
Chanhassen
Chaska
Orono
Forest Lake
Mankato East
Shakopee
New Prague
Willmar
Mound-Westonka
Prior Lake
Burnsville
Eastview
Richfield
Elk River
Eagan
Academy of the Holy Angels
Rosemount
Hill-Murray
St Paul Central
Roseville Area
St Paul Highland Park
St paul Como Park
North St Paul
Stillwater
White Bear Lake
Mahtomedi
Champlin Park
Spring Lake Park
Irondale
Maple Grove
Park Center
Anoka
Centennial
Eden Prairie
St Louis Park
Benilde-St Margaret's
Minnetonka
Cooper
Edina
Hopkins
Rocori
Alexandria
Little Falls
Sartell-St Stephen
Brainerd
St Michael-Albertville
Monticello
Big Lake
Bemidji
Grand Rapids
Fergus Falls
Moorhead
St Cloud Apollo
Duluth East

GIRLS CROSS COUNTRY
CLASS AA SILVER
Austin
Northfield
Buffalo
Andover
Becker
St Cloud Tech
Hibbing
St Francis

FOOTBALL
9 MAN GOLD
Hillcrest Lutheran
Stephen-Argyle Central
Hills-Beaver Creek
Ada-Borup
Nicollet
Cleveland
Cromwell
Verndale

. . . continues on page 44

VISIT MCDONALD'S AFTER THE GAME

## ACADEMIC RESULTS . . . continued from page 43

9 MAN SILVER
Nevis

CLASS 1A GOLD

Wabasso
Red Rock central
Fillmore Central
Springfield
Dodge Center
Wabasha-Kellogg
Royalton
Mankato Loyola
Rushford-Peterson

CLASS 1A SILVER
Fosston
Red lake County
Adrian
Bethlehem Academy
Browerville
Westbrook-Walnut Grove
St Agnes
Barnesville

CLASS 2A GOLD
Minnesota valley Lutheran
Eden Valley-Watkins
St James
Yellow Medicine East
Pierz
Tracy-Milroy-Balaton
Osakis
Maple River

CLASS 2A SILVER
Luverne
Benson
Lewiston-Altura
NRHEG
Minnewaska Area
Hawley
Waterville-Elysian
Morristown
Frazee

CLASS 3A GOLD
New London-Spicer
Holy Family Catholic
St Peter
Litchfield
Sauk Centre
Minnehaha Academy
Melrose
Montevideo

CLASS 3A SILVER
Dassel-Cokato
Kasson-Mantorville
Foley
East Grand Forks
Albany
Plainview-Elgin-Millville
Mora
Glencoe-Silver Lake
Proctor
Columbia Heightsa

CLASS 4A GOLD
South St Paul
Spring Lake Park
New Prague
Winona
North Branch
Northfield
Sauk Rapids-Rice
Albert Lea

CLASS 4A SILVER
Faribault
Mankato West
Fergus Falls
Totino-Grace
St Michael-Albertville
Mound-Westonka
Academy of the Holy Angels
Chisago Lakes
Orono
red Wing
St Louis Park

CLASS 5A GOLD
Cretin-Derham Hall
Cambridge-Isanti
White Bear Lake
Eagan
Eastview
Lakeville North
Rosemount
Andover

CLASS 5A SILVER
Eden Prairie
Edina
St Francis
Brainerd
Woodbury
Lakeville South
Anoka
Rochester Mayo
Shakopee
Minnetonka

Boys and Girls Soccer
(Refer to "Corner Kicks" article for results )

GIRLS SWIMMING
GOLD
Becker
Cambridge-Isanti
East Ridge
Eden Prairie
Eveleth- Gilbert
Litchfield
Maple Grove
Milaca
Perham
Red Wing
St Paul Harding
Wayzata
Woodbury

GIRLS SWIMMING
SILVER
Albert Lea
Alexandria
Apple Valley
Austin
Babbitt/Ely/Tower
Bemidji
Big Lake
Bloomington Kennedy
Brainerd
Buffalo
Champlin Park
Chisago Lakes
Columbia Heights
Crtin-Derham Hall
Duluth Central
Duluth East
Edina
Faribault
Forest Lake
Fridley
Hastings
Henry Sibley
St Paul Highland Park /SPA
Hill-Murray
Hopkins
Hutchinson
Lakeville North
Lakeville South
Mahtomedi
Marshall
Metro United
Minnewaska Area/
Morris Area
Montevideo
Minneapolis
Southwest
New Prague
Northfield
Orono
Park Center
Princeton
Prior Lake
Robbinsdale Cooper
Rochester Century
Rochester John Marshall
Roseville Area
St Peter
Sartell-St Stephen
St Cloud Tech
St Cloud Apollo
Stillwater
The Blake School
Thief River Falls
Totino-Grace
Waconia
White Bear Lake
Winona

GIRLS TENNIS
CLASS A GOLD
Rochester Lourdes
Lecenter-Cleveland
St Peter
United South Central
Waseca
St James
Minehaha Academy
Benson/KMS
Glencoe-Silver Lake
Litchfield
Melrose
Sauk Centre
Staples-Motley
Eveleth-Gilbert
Foley
Pequot Lakes
Crookston
Thief River Falls

GIRLS TENNIS
CLASS A SILVER
Cannon Falls
New Life Academy
Blue Earth Area
LeSeuer-Henderson
Maple River
MACCRAY
Montevideo
Yellow Medicine East
Holy Family Catholic
Annandale
Minnewaska Area

. . . continues on page 45

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Osakis
West Central Area
Aitkin
Mora
Pierz
Pine City
New York Mills
Park Rapids
Roseau
Wadena-Deer Creek

GIRLS TENNIS
CLASS AA GOLD
Albert Lea
lakeville North
Lakeville South
Northfield
Red Wing
Buffalo
Delano
New Ulm
Shakopee
Willmar
Chanhassen
Apple Valleys\
Burnsville
East Ridge
Hill-Murray
White Bear Lake
Woodbury
Coon Rapids
Mounds View
Spring Lake Park
Hopkins
Robbinsdale Armstrong
Roseville Area
Wayzata
Andover
Chisago Lakes
Forest Lake
Hibbing
North Branch
Big Lake
Brainerd
St Cloud Tech

GIRLS TENNIS
CLASS AA SILVER
Hutchinson
Marshall
Mound-Westonka
Eagan
Eastview
Henry Sibley
Rosemount
South St Paul
Academy of the Holy Angels
Cretin-Derham Hall
Champlin Park
St Michael-Albertville
Totino-Grace
Benilde-St Margaret's
Cambridge-Isanti
St Francis
Becker
Bemidji
Fergus Falls
Monticello
Sartell-St Stephen

VOLLEYBALL
GOLD
Ada-Borup
Adrian
Albany
Annandale
Apple Valley
Ashby
Austin
Bagley
Belle Plaine
Bemidji
Benson
Bethelehem Academy
Blue Earth Area
Breckenridge
Buffalo
Buffalo lake-Hector
Byron
CedarMountain-Comfrey
Centennial
Chaska
Chisago Lakes
Deer River
Delano
Detroit Lakes
Eden Prairie
Eden Valley-Watkins
Edina
Elk River
Faribault
Forest Lake
Gibbon-Fairfax-Winthrop
Hancock
Hayfield
Hermantown
Irondale
Jackson County Central
Jordan
KMS
Lakeview
Lewiston-Altura
Long Prairie-Grey Eagle
Mahnomen
Minnehaha Academy
Minneota
Minnesota Valley Lutheran
Montgomery-Lonsdale
Moorhead
Mora
Murray County Central
New Life Academy
New Prague
New Ulm
North
North Branch
Norwood-Young America
NRHEG
Onamia
Osseo
Parkers Prairie
Perham
Pine City
Pipestone
Redwood Valley
Rochester Century
Rothsay
St Croix Lutheran
St Francis
St Michael-Albertville
St Peter
Sauk Centra
Sauk Rapids-Rice
Sebeka
Shakopee
Sibley East
Simley
Spring Grove
Sleepy Eye
SW Star Concept
Stewartville
Stillwater
Thief River Falls
Tracy-Milroy-Balaton
Triton
Truman
Underwood
Wayzata
West Central Area
White Bear Lake

VOLLEYBALL
SILVER
ACGC
Alexandria
Andover
Anoka
barnesville
Belgrade-Brooten-Elrosa
Blaine
Braham
Caledonia
Canby
Cook County
Cromwell-Wright
DeLaSalle
Detroit Lakes
Dilworth-Glyndon-Felton
Duluth East
Eveleth-Gilbert
Fertile-Beltrami
Fregus Falls
Fosston
Glenville-Emmons
Hastings
Hibbing
St Paul Highland Park
Hinckley-Finlayson
Holdingford
Holy Family Catholic
Howard Lake-Waverly
Winsted
Hutchinson
kasson-Mantorville
Kingsland
Kittson Central
Lakeville North
Lecenter LeRoy-Ostrander
Litchfield
Little Fork-Big Falls
Makato Loyola
Maple River
Marshall
Marshall County Central/
Tri County
Meadow Creek Christian
Moose lake-Willow River
Mounds View
Ogilvie
Orono
Owatonna
Park Rapids
Minneapolis patrick Henry
Pelican Rapids
Prior Lake
red Lake County central
Renville County West
Rogers
Roseville Area
Round Lake-Brewster
St james
Sartell-St Stephen
Springfield
Spring Lake Park
Stephen- Argyle Central
Wabasha- Kellogg
Wadena-Deer Creek
Waconia
Warroad
Waterville-Elysian
Morristown
Waubun
Win-E-Mac
Zumbrota-Mazeppa

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# CORNER KICKS

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

The 2009 season has ended and four new champions have been crowned. The Mahtomedi Boys under the direction of Glenn Beggin won the Boys Class A title. The Orono Girls coached by Erin Murray won the Girls A crown. The Girls AA championship was won by Wayzata coached by Tony Peszneker. Chuck Scanlon led his Apple Valley team to the Boys AA trophy. Congratulations to each of these coaches and teams.

The Minnesota State High School Soccer Coaches Association honors coaches and assistant coaches with awards at the State Tournament Banquet. The following coaches and assistant coaches were honored for the 2009 season.

**Class A Girls**
Coach of the Year: Jessica Krog-East Grand Forks
Assistant Coach of the Year: Brad Brubaker-St. Louis Park

**Class A Boys**
Coach of the Year: David Thompson-Hermantown
Assistant Coach of the Year: Blair Wenndt-Brooklyn Center

**Class AA Girls**
Coach of the Year: Mark Johnson-St.Francis
Assistant Coach of the Year: Mary Dye-Eastview

**Class AA Boys**
Coach of the Year: Chuck Scanlon-Apple Valley
Assistant Coach of the Year: John Johnson-Stillwater

A list of all of the coaches that were chosen section coach and assistant coach of the year, check the MSHSSCA website.

The MSHSSCA annually awards a **Ms. and Mr. Soccer Award** to a player in each of the two classes. This year's winners were:

Ms. Soccer
Girls Class A Maddie Jobie(Keeper)-Benilde St. Margaret's
Mr. Soccer- Boys
Class A Paul Yonga (Midfielder) Totino-Grace
Ms. Soccer-Girls
Class AA Kassey Kallman (Defender)-Woodbury
Mr. Soccer
Boys Class AA Bijan Jabari (Defender)-Apple Valley

Each was presented with a plaque and a soccer warm-up set from Soccer Express. Congratulations to these fine soccer players.

Academics play a big role in athletics. The MSHSSCA believes that our soccer athletes are some of the best students in Minnesota. Each year our organization gives out Gold and Silver awards to teams based on their academic achievement. The Gold award is given to teams that have a cumulative GPA of 3.75 and up. The Silver Award is given to teams that have a GPA of 3.50-3.74. The following teams and their coaches were given these awards.

**GOLD AWARDS**

| | | |
|---|---|---|
| CLASS A GIRLS: | St. Peter | Kari Larson |
| | St. Croix Lutheran | David Huebner |
| | Esko-Carlton | Nicki Peterson |
| CLASS AA GIRLS | Bloomington Jefferson | Sarah Connelly |

**SILVER AWARDS**

| | | |
|---|---|---|
| CLASS AA GIRLS: | Rochester Century | Karen LaDue |
| | Lakeville North | Patrick Crandall |
| | Prior Lake | David Graham |
| | Park | Greg Juba |
| | Rosemount | Kevin Adams |
| | Hill-Murray | Sara Noble |
| | Roseville Area | Hedi Zerwas |
| | Cretin-Derham Hall | Stephanie Aumann |
| | White Bear Lake | Jim Pelletier |
| | Stillwater | Andrew Olson |
| | Woodbury | Pat Malicki/Bill Ebertz |
| | Maple Grove | Ben LeVahn |
| | Centennial | Ginger Flohaug |
| | Champlin Park | Meghann Green |
| | Wayzata | Tony Peszneker |
| | Hopkins | Keith Pavelka |
| | Minneapolis South | Lawerence Tsoi |
| CLASS A GIRLS: | Rochester Lourdes | Sarah Groven |
| | Byron | Mark Stangler |
| | Mankato West | Crissy Makela |
| | Hutchinson | Michael Jacobsen |
| | Trinity School at River Ridge | John Seipp |
| | Highland Park | Michael Sampson |
| | East Ridge | Mark Abboud |
| | Mahtomedi | Dave Wald |
| | Simley | Cassie Husemann |
| | St. Paul Como | Steve Cox |
| | Mounds Park Academy | Allen Greimel |
| | Concordia (Roseville) | Jared Rohwer |
| | Park Center | Sean McNattin |
| | Orono | Erin Murray |
| | Benilde-St. Margaret's | Scott Helling-Christy |
| | Zimmermann | Jeff Downing |
| | North Branch | Peter Grand |
| | Chisago Lakes | Chris Haggerty |
| | Fergus Falls | Karoline Brause |
| | Minnewaska | Brian Heiele |
| CLASS AA BOYS: | Lakeville North | Peter Tyma |

. . . continues on page 47

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| | | |
|---|---|---|
| | Bloomington Jefferson | Danny Storlien |
| | Eastview | Scott Gustafson |
| | Irondale | Meghan Tripp |
| CLASS A BOYS: | Mankato West | Len Woelfel |
| | Benilde-St.Margaret's | Dave Platt |
| | Grand Rapids | Jeff Lightfoot |
| | Minnewaska | Ted Hill |

The MSHSSCA/Soccer Express Senior Classic was played at the Dome on Wednesday November 11. The Class AA Girls defeated the Class A Girls 4-0. The Boys Class A Boys defeated the Class AA Boys 1-0. In each of the games there were three players chosen for awards. The following people were honored as **MVP of the Game:**

CLASS A GIRLS: Maddie Jobe (Benilde-St. Margaret's)
CLASS AA GIRLS: Lauren Digregio (Burnsville)
CLASS A BOYS: Ben Royce (Simley)
CLASS AA BOYS: Carlos Conteras (White Bear Lake)

**Given player of the game awards were:**

CLASS A GIRLS;
Ava Mokhtari (Breck)
Sophie Miller (Albert Lea)
CLASS AA GIRLS:
Courtney Vallarelli (Eagan)
Caitlin Graboski (Woodbury)
CLASS A BOYS:
Paul Yonga (Totino-Grace)
Brian Grand (North Branch)
CLASS AA BOYS:
Lawrence Talery (Coon Rapids)
Mason Harless (Robbinsdale Armstrong)

Chris Laird and I are the MSHSSCA/Soccer Express Senior Classic Coordinators and we want to thank all that helped us with this showcase event. Special thanks goes to Greg Juba (Park Girls) for the uniforms and dome arrangements, Art Seplak (Bloomington Kennedy Girls retired) for his help with the financial part of the classic, Berry Arrowsmith (Blaine Boys) serving as College Coaches Coordinator, Keith Randa (Apple Valley Girls) for his photography and Rob Murphy (Tartan Boys) for helping with out first attempt at filming the Classic. Four other really important people that are critical to our success, the MSHSSCA Representatives that are the hosts for the teams. Crissy Makela (Mankato West Girls) Len Woelfel (Mankato West Boys), Ted Hill (Minnewaska Boys) and Allen Greimel (Mounds Park Academy Girls) we thank you for all your help and support. Thanks again to Soccer Express and Andrew Hillsheim for you continuing sponsorship of this game.

A quick reminder to member coaches about the Mike Warter Scholarship. This is given each year to two outstanding soccer athletes. A scholarship will be given to one girl and one boy in the amount of 1000 dollars. These scholarships are given by our organization in honor of Mike Warter (Eagan Girls) coach who died in 2000. Scholarship applications are available on line at the website MSHSSCA.org. Deadline for application is December 28, 2009. The address where you submit the application is listed on the application form. Art Seplak and his committee will be awarding the two scholarships early in 2010.

Well that raps it up. We have completed all of the fall tournaments and the student athletes we coached are busy involved in other sports and academic pursuits. Thanks to all the soccer coaches in Minnesota for your continuing effort to make our sport better.

The next meeting for the organization is in January at Bloomington Jefferson. Bill Vance (Totino-Grace Boys) is our new president. Thanks and best wishes to Pat Malicki (Woodbury Girls) for the great job he did as president of the MSHSSCA for the past two years. Thanks Pat! You are much appreciated.

For all coaches, athletes, parents and athletic directors, have a very Merry Christmas and the best of life for 2010.

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# Goal Posts

*Terry Turek, Director of Publications*
*Le Sueur-Henderson High School*

The MFCA would like to wish everyone a happy holiday season and hope for continued success for the school year.

The 28th Prep Bowl was celebrated at the Metrodome this past fall. The two day format was continued and seemed to be successful once again. Congratulations to the championship teams and their coaches; 9 Man Class; Mark Kroulik, Stephen-Argyle Central, Class 1A Chad Johnston, Minneota, Class 2A Jon Bakken, Waterville-Elysian-Morristown, Class 3A, Dan Essler, New London-Spicer, Class 4A Jeff Ferguson, Totino Grace, Class 5A, Mike Scanlon, Cretin-Derham Hall.

The fall meeting for the MFCA was well attended. University of Minnesota was represented by Dan O'Brien who briefly addressed the members. Cooperation with the U of M staff will bw crucial for the success of the spring clinic which will be held at the Double Tree Hotel. The University and the MFCA will be running this clinic exclusively and after a successful start, the MFCA looks to create the best football clinics in the upper midwest. Coaches are reminded that this is a clinic sponsored by the U of M and the MFCA and completely seperate from the old Coach of the Year clinic which, as far as we currently know, will not be holding a Minnesota event this year. The MFCA clinic will be held the weekend of March 25th, 26th, and 27th at the Double Tree.

The MFCA will be sponsoring the Mr. Football for the sixth season. Clay Anderson of Albert Lea chairs the selection committee that is responsible for selecting the player judged to be the state's top high school player. The award is presented at the Mr. Football Award banquet, at the Double Tree Hotel, which will be held later in December.

Academic All State teams and individual teams were recognized again this fall by the MFCA. The Academic All State teams have been selected, under the chairmanship of Con Natvig. The Individual Academic All State players are organized by Mike Watson of Centennial. The format now uses a Gold, Silver, and Bronze designation.

MFCA membership has increased from last year's membership numbers at this time, as over 1000 coaches are currently members. This is the highest number recorded to date. The leadership and commmunication skills of our MFCA President and Membership chairman Flint Motschenbacher, can be credited some of the increase. The MFCA is still looking for more members and would still like to achieve a near perfect membership by the state's head coaches.

Jim Dotseth is the MFCA's new Secretary-Treasurer and has been doing a great job as he gets off to a busy start to the year. He is also coordinating Conference Coaches of

**. . . continues on page 49**


## 2010 MINNESOTA FOOTBALL COACHES CLINIC

*The Official Clinic of our MFCA in Partnership with the University of Minnesota*
***If you can attend just one clinic, this is THE ONE!!*** **DoubleTree Hotel in St. Louis Park**
**March 25-27, 2010**

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Dave Nigon, Booths dlnigon@yahoo.com
Jim Dotseth, Finances dotsethj@comcast.net
Claud Allaire, Speakers claud.allaire@comcast.net
Dave Nelson, Ads dave.nelson@minnetonka.k12.mn.us
Ray Kirch, Registration kirchr@district279.org

**Register on line at: www.mnfootballcoaches.com** • Conducted by the MFCA – "the keepers of the game"

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the Year, the Butch Nash Award and Coach of the Year selections. Jim is undertaking the job of trying to contact all schools via e-mail to find the necessary winners. Coaches who have not been contacted may get in touch with Jim to verify the Conference Coach recipients. Coaches wishing to nominate a worthy candidate for the Butch Nash award may also contact Jim or the website for details. The deadline for nominations is January 1st, 2009.

Jon Johnson of Litchfield is the current MFCA president.

The MFCA in particular, and high school in general, lost a great promoter and supporter of the game when Don Swanson passed away this fall. Don had been active in high school football since the 1950's and was one of the key people in making sure that high school football was heading in the right direction. He was extremely involved in numerous committees, groups, and organizations and his management skills, networking abilities, hard work, determination and sense of humor will be greatly missed.

Ron Stolski, MFCA Exectutive Director, continues to work hard on improving the association by coordinating meetings, the clinic and creating and maintaining sponsorship opportunities. Members with ideas for improvement of the association should feel free to attend meetings and participate in the process. If unable to attend, members should contact their conference representative or contact a member of the executive committee.

Hall of Fame nominations can be made by contacting Paul Lemke or Scott Tschimperle of Glencoe-Silver Lake. The nomination deadline for the Hall of Fame is January 1st, 2010. Nominating information can also be obtained on the MFCA website.

The Hall of Fame awards banquet, coordinated by Dave Nelson of Minnetonka, is set for Sat., March 27th, 2010 with the social hour beginning at 5:00 pm and the dinner at 6:00 pm. The banquet will be held at the Double Tree hotel. The Double Tree is also the home for the Wall of Fame and coaches and fans may check out the Wall any time the hotel is open. A new Wall of Fame has also been placed at TCF Bank Stadium through the efforts of Don Swanson, Ron Stolski and Jim Dotseth with the sponsorship of TCF Bank.

I would like to remind coaches to send in any outstanding records and statistics regarding their program or players to me so that they may be recorded in the Coaches Association record book. And those coaches who are getting more familiar with the internet should be sure to check out the MSHSCA website and visit the MFCA pages. Rob Nielsen and Flint Motschbacher of Detroit Lakes have done a great job establishing and maintaining a top notch site. Many football related forms and much information can be accessed through this website. The web address is: www.mshsca.org. Click on Sports Associations and then click on Football to get to the high school football information.

The MFCA summer coaches magazine was sent out and hopefully was received by most coaches. If any coaches would like the magazine, please contact me and I will send one, as long as the supply lasts. All football conference representatives should still be writing a conference summary for the MHSFCA magazine, or possible internet site posting, and sending it in to me. I would appreciate all conference articles being sent in before Feb. 1st. And coaches with special interest ideas pertaining to techniques, practices, schemes, program building, etc. are greatly encouraged to submit an article for publication in the magazine.

Also, coaches who are approaching landmark wins such as 100, 150, 200, or 250 wins should let me know so that we may "track" their progress. Please don't be too humble about informing about your records because if you don't report it, the MFCA really has no other way of obtaining the informaiton. Also, the Hall of Fame banquet is where coaches will be recognized to service awards. Plaques are presented to coaches who have achieved 200, 250, and 300 wins during their career as a head coach. I have a listing of the wins, but it may be "off" due to typographical errors or errors in computation. And years of service is recognized for coaches who have coached for 30 years receiving a plaque, 35 years of coaching a wristwatch, and those with 40 years of coaching get a very high quality ring. Coaches who qualify should contact me and provide the total number of years coached and at what school(s). And any coach wishing to obtain a copy of the record book should feel free to contact me. Members should also contact me with any questions/concerns regarding association issues.

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# CHIP SHOTS

By: Todd Petterson
Red Wing H.S.

Hope the summer and fall golf season were great for all of you. Many courses have closed for the fall and we now turn our thoughts to what new clubs are needed to improve our game for the upcoming season.

The writing of this article is a little like the golfer who comes to the last hole with a career round going. They are right in front of the last green, a par five in two shots, and a birdie gives them a career round by three strokes. They take out the trusty wedge and blade the shot over the green, out of bounds-and to add insult to injury they hit a brand new car in the parking lot—my computer crashed and now I have to start over at the last minute. In this article I have many smaller topics to address so if the first couple of topics do not hit a 'career shot' with you something later in the article might.

First, I would like to encourage all of you to make sure you are getting emails from me if you have joined the Golf Coaches Association. Each time I send out an email I usually get about 30 to 50 back as incorrect or errors. I usually send out an email suggesting that you might get duplicates—double check these and inform me of any changes needed to keep you up to date.

A few days ago I got my Birdie Marketing fundraiser renewal for the selling of golf cards. This weekend the golf advisory board is meeting for a number of reasons-one item we act on is the drawing of eight lucky winners which each sold over 25 cards-each lucky winner will receive $500. And believe me the odds are pretty good that you might win! There are other golf cards out there but the Golf Coaches Association endorses this card. Also remember the card supports the Minnesota Public Golf Association and their tournaments which many of your players participate in. Also, a thought is to start the sales of the cards before the holidays-the cards might make good gifts for the hard to shop for golfer!

Two items which have crossed my desk are the items you might find useful for your programs. A sales person who sells the Cayman golf balls approached me with the ability for players/programs to purchase these balls. We can buy them In bulk if we wish but the ball is a practice ball which goes very close to one half of the normal distance and reacts like a real golf ball. These might be good for the preseason or for the schools with a limited distance for practice.

A second item is the Radar Zelocity Doppler practice device which gives you an accurate reading as to how far you actually hit shots. Tour pros find the distance you actually hit the ball to be one of the most important bits of information available to them-and if you think about it-it probably is more important than using a GPS device-if you do not know how far you carry the ball how will you know if your shot will carry the bunker or the water? I have had a few coaches contact me in the past few weeks on these—if your program is interested in one there will be an order going out either later this month (Dec.) or early after the first of the year. The cost shipped to you will be around $200. My golfer who won the state last year uses one and I believe he finds it very valuable! Contact me on this if interested.

We were going to have the rules meeting on line this year but the rules schedule is set and published at the MSHSL website. We will again be having the meetings at different sites around the state like in the past. Also, not included on the MSHSL website is the sunshine clinic-and that, I believe, again will be a rules meeting site-more information will follow on this.

Two issues which came up last summer at the Board of Directors meeting in June were the 600 mile round trip distance for a team practice, tournament or trip, etc. you need to talk with your AD on this one. They also they passed the ability of coaching on the course during a meet. Both of these passed very quickly and with little discussion. Also, I have been told that coaches will not be able to play golf this year while a meet is in progress. I do not recall this being stated at the Board of Directors meeting-and I have not actually seen it on the MSHSL website when I have looked for it-but have been told, and it has been confirmed by some, that it is there-more will follow on this.

If you have questions or concerns let me know and I will get right back to you. I hope the golf seasons comes quickly-again if you have anything for the advisory board, for me or anyone else to discuss let us know.

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# THE SUNSHINE GOLF CLINICS

**Hopkins High School 2400 Lindbergh Drive, Minnetonka, Mn. 55305**

**Saturday March 20, 2010 Or Saturday March 27, 2010**

**at Staples -Motley High School**

Clinic is open to golf coaches of Senior High, Junior High, and Middle School Boys and Girls teams.

**INSTRUCTORS:** Local PGA and LPGA professionals, area golf experts and experts on rules and sports psychology.

**CLINIC HOURS:** 9:00 am to 3:00 pm. Registration 8:15 am. Includes rules. REGISTRATION FEE $45.00 includes clinic, coffee & breakfast rolls, and noon lunch

**CLINIC CONTENT:** Full swing drills, short game, grip and set up, error correction, rules, practice suggestions, and coaching techniques SWING ANALYSIS Take a few swings to help your own game.

**COACHES MEETING A STATE COACHES MEETING** will be held during the noon Lunch.

**RULES:** THIS IS A RULES CERTIFICATION YEAR. TAKE CARE OF YOUR RULES CERTICICATION AT THE CLINIC.

## SUNSHINE GOLF CLINIC 2010

Dear Golf Coach,

Welcome to the 2010 Sunshine Golf Clinics. One clinic will be held on Saturday, March 20 , 2010 at Hopkins High School. The second clinic will be on March 27 2010 at Staples-MotleyHigh School..

PGA and LPGA golf professionals will be featured as clinic presenters. Ball striking and short game fundamentals are the main themes of the clinic. Course management and sportpsychology are also included.

A session will be held for first year coaches.

Each clinic will have a swing area. You can receive an analysis of your swing .PGA and LPGA Professionals will be available at each swing area.

2010 IS A RULES CERTIFICATION YEAR. BECOME RULES CERTIFIED AT THE CLINIC.

The STATE COACHES MEETING will be held at each clinic during the lunch time.

GOLF CLUBS WILL BE GIVEN AWAY FOR YOUR SCHOOL.

Enclosed are the registration forms for your school. Please send them to the appropriate coachesin your district with a copy of this cover letter. MAKE AS MANY COPIES AS YOUR SCHOOL NEEDS.

Come and have some fun, see old friends, improve your golf swing, and be prepared to leadyour team to a great 2010 season REMEMBER: The clinics are designed for COACHES ONLY. This is not a golf team memberevent.

MARK THE DATE AND LOCATION ON YOUR CALENDAR NOW! SEND IN YOUR REGISTRATION A.S.A.P.

- March 20, 2010 Hopkins High School
- March 27, 2010 Staples-Motley High School

***Looking forward to seeing you at the clinic.***

George Reynolds, Coordinator - Sunshine Golf Clinics
georeynolds72@Gmail.com

Return this portion with your $45:00 fee payable to **The Sunshine Golf Clinic**

Name_____

Address_____ State_____ Zip _____

Tel._____

School Name_____

Position_____

Return all registrations to;

George Reynolds
3320 Alabama Ave, So, St, Louis Park, MN. 55416
Phone 952- 929-1402
Em: georeynolds72@Gmail.com

**MAKE AS MANY COPIES AS YOUR SCHOOL NEEDS**

I will attend at:

n Hopkins
March 20, 2010

n Staples-Motley
March 27, 2010

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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 Senior Year _____

High School Attended _____

Activities Administrator _____ _____
Name Phone

Class Rank _____ of _____

GPA _____ on scale of _____

ACT Score _____

SAT Score _____

College/University School of Attendance _____

_____ _____ _____
Street City Zip

**Application must include:**

1. **Offical 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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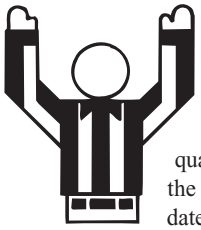
# MSHSCA Seeks Nominations for Officials Distinguished Service Award

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'a 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

## 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 (  ) _____

# Zebra Zone

By: Terry Eiter
Detroit Lakes

"If you don't have officials – it's just recess."

I recently recognized this statement lately while attending a meeting at the MSHSL offices. It certainly demonstrates the important roles that officials have in the "games" we play. While understanding the important roles that the games we play have in our lives, they are just that….games. With that in mind here's a lighter look at a few incidents that have happened over the years.

This came from an ol' friend and mentor of mine who I recently reconnected with.

Lyle wrote: *"It would have been good to talk with you after the football game but I know the ritual of getting one's hiney off the field as quick as possible! Which reminds me of one of a zillion stories! "Dan" and "Harvey" and I were working a game in a small community where they cherished their football. This was prior to the days of many co-ops and two teams in close proximity were playing each other. They didn't care much for each other and it was homecoming as well. Even with only a 3 man crew the game was going great. Hadn't had one close or controversial call until about 30 seconds left, "Harvey" calls a pass interference against the home team (on defense) in the end zone. Next play the visitors score. Game over. Visitors win and chaos reigns once the final gun goes off.*

*"Dan" (the elder statesman of the*

. . . continues on page 55

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*group and Referee) yells, "Get together, stay together and run for the car!" Behind us were wild-eyed, fist shaking fans hot on our tail from the home team. Some guys took off their coats and were swinging them over their heads like helicopter blades! We jump in the car and guys were knocking on our windows and shouting: "What's your names? What's your officials' numbers? Someone take down their license plate numbers!" There were many more unprintable words as well. We kept somber faces till we were on the road then "Dan" breaks out laughing, ""Man, that was fun!"*

Most officials have been in that situation and can relate to it. Interesting how we can go through that situation and have FUN doing it. We are a unique breed for sure.

That situation reminded me of a few other football officiating War Stories as well.

My very first football officiating experience was with a 3 man crew. We had a Referee, an Umpire and a Linesmen. I was a rookie in my first game and was the Linesmen. I was working the sideline with a coach who was a living legend and knew how to work officials. He looked at me and smelled blood. With weak knees and a rapid heart rate I took my position for the first play from scrimmage. Coach is now standing right next to me as his team lines up on offense, ok really he was standing in front of me. Peeking around him I see the ball is snapped. "Read the line" I think to myself……pass blocking is what I see. I release downfield just like I was taught. The pass is coming my way and I'm in perfect position. The D back hits the receiver while the ball is in the air. Obvious defensive pass interference. I throw the flag and blow the whistle. Great call I'm thinking, this isn't that tough. And ol' Coach is going to love the call against the other team. Or so I thought.

This was the first time my life flashed before me that night. You see, the play wasn't over yet. The receiver actually caught the ball and would have surely scored, but I blew my whistle when I threw the flag and ended the play. First game, first play from scrimmage. It was a long night.

That event leads to an incident that happened my first game I was the "White Hat" (Referee) in a football game. Working with a crew of experienced officials I felt confident that if a unique situation came up we could handle it together. It was a beautiful fall night and we had just completed the first quarter. At the quarter break the crew visited briefly and we agreed that things were going well. I was gaining more confidence.

The second play of the quarter was a pass play to the left side of the field away from me. Incomplete pass and I was ready to signal for 3rd down. At that point I hear a whistle from behind me and the official trotting towards me. I see his flag laying 5 yards down field. "What do ya got?" I ask. His response…."I'm not sure what happened over here, but it didn't look right." Huh? I was thankful I knew the signal for an inadvertent flag.

Next time we'll take a look at and provide information regarding the National Officials Summit to be held in Minneapolis this summer. It will be a once in a lifetime opportunity for officials in Minnesota and I certainly encourage you to become informed and involved.

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.*

# Delegates Corner

By: Shelly Hotzler
Jackson County
Central H.S.

It's amazing how fast a season goes, with the fall season wrapping up and the winter beginning, before you know it it will be spring. Becky Leuer and I are working together on our President-Elect project as it will take a few years to get established. We are going to try to put together an All Star weekend. The weekend would consist of multiple sports all star games and would have one gate fee. So you could watch the softball, baseball, football etc. all stars play at one venue one weekend. This is something that has been done in Colorado. So we are doing some research and checking with all the sport associations to see if this would be something they would be interested in. So check the next Prep coach with some updates.

***"Paralyze their resistance with your persistance"***

**- Woody Hayes**

VISIT MCDONALD'S AFTER THE GAME

# FLIP NOTES

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

Hi Everyone! I hope everyone is off to a great start! J

After a lot of discussion and input from coaches all around the state, it was agreed upon that we needed to make some changes to our academic awards program. Effective for this season you will need to use 60% of your entire team roster in determining your team's average GPA (standard rounding procedures in effect: 0 - .49 round down and .5 or higher round up). There is no maximum number of gymnasts used, and weighted classes aren't adjusted. Teams that have an average of 3.500 through 3.749 will receive the silver award and those teams averaging 3.750 or higher will receive the gold award. Please round out to three decimals places when determining your average. We are also bringing back Section and State Academic Champions. Using the same system, the highest average GPA in the section will win the Section Academic Championship and will go on to vie for the State Academic Championship. State winners for Class A and AA will be awarded at the state banquet. Academic forms are available on our website.

We are enforcing a dress code at the State Tournament. Once competition has begun, coaches are not allowed to wear jeans, shorts or any kind of headgear (hats, bandanas, etc). Please make every effort to comply with this dress code to help maintain a professional image for our coaches and our sport.

Please remember to call your team scores into the newspapers so that gymnastics can continue to get some media attention. You can contact the Star Tribune at 612-673-4447 and the Pioneer Press at 651-228-5518. Don't forget about your local papers as well! You will also need to send you team scores to Colleen Stark-Haws for team rankings. You can email them to her at jtgstcloud@yahoo.com. Please begin this after your second meet and then update her weekly with your updated three-meet average.

Check out the season timeline to know important deadlines. All deadlines will be enforced, so make sure you are aware of when things need to get done.

Good luck to everyone on a fun and healthy season!

## Gymnastics Season Timeline for 2009 - 2010

| Date/Deadline | Item Contact |
|---|---|
| **Friday, January 15** | Minnesota High School Coaches Association Membership<br>John Erickson<br>jomar@lakesnet.net |
| **After 2nd Meet then update weekly** | Team Average Rating<br>Team average scores for Coaches' Association Invitational<br>Colleen Stark-Haws<br>320-529-8713<br>jtgstcloud@yahoo.com |
| **Thursday, January 14** | Team Average Score for Coaches' Association Invitational<br>Colleen Stark-Haws<br>jtgstcloud@yahoo.com |
| **Friday, January 15** | All-American Membership applications due ($15 before January 1st; $20 after that) |
| **Monday, January 18** | Notification of teams for Coaches' Association Class A Invite<br>Colleen Stark-Haws<br>jtgstcloud@yahoo.com |
| **Friday, January 29** | Voting for Section Coach of the Year<br>Section Rep |
| **Saturday, January 30** | Coaches' Assocation Class A Invite hosted by Becker<br>Jen Harmoning<br>jharmoning@becker.k12.mn.us |
| **Saturday, February 6** | Team Academic Awards<br>Section Rep |
| **Saturday, February 6** | Section Coach of the Year to be turned in by Section Reps<br>Sandy Boss<br>jboss@myclearwave.net |
| **Sat/Sun February 20 & 21** | Reservation for State Banquet<br>Call in numbers; section champs fax in leotard order for shirts<br>Mark Hultgren<br>952-881-6721 (home)<br>612-790-2013 (cell) |
| **Sat/Sun February 20 & 21** | State Coach of the Year Voting<br>Sandy Boss<br>jboss@myclearwave.net |
| **Monday, February 22** | All-State Elite Forms Due<br>Dave Maras<br>*please fax Fax 218-829-8099 |
| **Thursday, February 25** | Gymnastics State Banquet<br>Deana Walsh<br>walshd@invergrove.k12.mn.us |
| **Banquet from 5 - 6 pm Team State from 2:00 - 3:00 and 5:00 - 6:00 pm** | All-State and Honorable Mention Certificates Picked Up<br>Martha Driscoll<br>manelson@buffalo.k12.mn.us |
| **July 1st** | Hall of Fame Nominations<br>Dave Maras<br>6375 Calcutta Rd N<br>Baxter, MN 56401<br>cdmaras@charter.net<br>218-829-3380 (home) |

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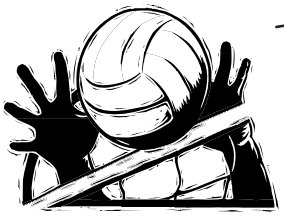

# Dig This

By: Jim Lee
Waconia HS

A lake does not ask for water; a sun does not ask for light; a beach does not ask for sand. Yet all three are continually valued, consciously admired, and collectively sought out for their ability to allow us to become a part of their environment whether it be for an hour, a day, or a season. Likewise, this past season has allowed our volleyball community to admire our three 2009 State Champions: Shakopee (AAA), Marshall (AA), and Bethlehem Academy (A). A lake, a sun, and a beach do not merely appear (or do they?) without a thorough plan of how they'll integrate with the other earthly elements that will surround them. Matt Busch of Shakopee, Dan Westby of Marshall, and Franz Boelter of Bethlehem Academy—our three coaches of our state champion teams—were voted as MN State Volleyball Coaches of the Year for their ability to not only construct a plan to achieve a state championship but to make it a reality. In fact, this is Shakopee's third championship in a row!

But there are other items surrounding the lakes, sun, and beaches that are just as vital to the survival of our environment—nurturing grass, sturdy trees, blooming flowers—that are often overlooked. Overlooked is not something that should be associated with the many high-quality assistant coaches we exhibit in the state. The 2009 Assistant Coaches of the Year were Chuck Zemek from Chaska (AAA), Troy Olson from Hawley/Laura Threinen from Byron (AA-tie), and Kelsey Morken from Mabel-Canton (A).

And you can't forget about the lightning that lights up the sky many times throughout the season! Although there were many bolts to choose from, our distinguished 2009 Ms. Volleyball was Ashley Wittman of Shakopee.

When you were young, you may have wished upon a star—hoping someday that wish would come true, knowing that it probably wouldn't. Something some of us may have wished for but only an elite few ever experience is to become a member of the MNVBCA Hall of Fame. Laura Klingsporn from Tartan who has glimmered so brightly throughout her career was our honorary 2009 inductee!

A final element that tends to hide during the day yet works so hard at night is the continually overlooked—but so valuable—moon. Our man in the moon—Rob Nielsen, the webmaster—has allowed our association to vote on-line for Coaches of the Year, All-State Team Academic, All-State Individual Academic, All-State Nominations, and a myriad of other items with disregard to sleep or sanity. Many thanks to this stabilizing force who has allowed us to evolve in so many ways!

The sun, lakes, beaches, grass, trees, flowers, lightning, stars, and moon: key elements to our survival as a planet and a respected sport that sometimes are taken for granted. Each item is so essential to the survival of our planet and our volleyball community that when all are coordinated towards a common goal, a true measure of beauty is realized. You may experience only thunder clouds and tornadoes throughout the season, but don't ever forget how important you are in the development of our adolescent achievers on the volleyball court—our rainbows.

***"Sports create 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

# QUICK STICKS

By: Sarah Bourne
MSHSCA-GL Chair
Columbia Heights H.S.

President's Project: To Increase Awareness in Minnesota of the Friends of Jaclyn Foundation

The time came to pick a president's project and I knew I wanted a chance to make an impact on girls' lacrosse here in Minnesota. Then, I really took the time the think about what to do, I wanted to make more of an impact than just lacrosse. Don't get me wrong, lacrosse is and (has been since I was 10 years old) a huge part of my life and I enjoy and treasure the opportunity to share it with as many people as possible. The more I coach and work with coaches, players and officials, the teaching of lacrosse becomes a vehicle for greater learning, compassion and understanding of other people.

There is someone that I have yet to meet that used the vehicle of sports to do something amazing for all of us and her name is Jaclyn Murphy. In 2004, at the age of 9, Jaclyn's lacrosse coach called home to see if she would be joining the team that year. Jaclyn's mother informed him that Jaclyn has been diagnosed with medulloblastoma, a malignant brain tumor. He decided he could do something to help and support Jaclyn through her treatment, appealing to Northwestern University Lacrosse coach Kelly Amonte-Hiller. The Northwestern Wildcats adopted Jaclyn and supported her through her treatment. Jaclyn has been with the Wildcats for all five of their National Championship games.

During her treatment, Jaclyn met another girl with a brain tumor in the waiting room. She asked Jaclyn who was texting her, who was she talking to. Jaclyn turned to her father and said, "We need to get this girl a team."

Jaclyn and her father started the Friends of Jaclyn Foundation:

"The Friends of Jaclyn Foundation is a 501(c)(3) non-profit, charitable organization that **improved the quality of life for children with pediatric brain tumors** and their families. We are all about love, support and friendship. We pair each child with a college or high school athletic team and that is when the *magic* happens."

"Our mission is to improve the quality of life for children with pediatric brain tumors. The foundation is based in love, support and friendship between the child, the team and the child's family. We pair a child with a college or high school athletic team base on proximity so the child can be involved with the team as much as possible. The child is `adopted' by the team and becomes an honorary team member. The gift is in the relationship. The child gains a new support network of loving friends and the team learns to see the world with new eyes."

Here's how we all get involved:

Go the Friends of Jaclyn website: www.friendsofjaclyn.org. Watch the videos, read the stories, sign up as a team/coach contact.

Spread the word! One of the biggest helps FOJ needs is making contacts with hospitals and treatment center to help find children and families that will benefit from FOJ.

Donate. Get your team together and have an event in support of FOJ. Read the list of needed in kind donations.

. . . continues on page 59

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Jaclyn Murphy walked by a photo of a women's lacrosse game everyday to get to her treatments. Everyday, she looked at the photo and looked forward to getting back on the field. The University of Maryland player in the photo turned out to be Kelly Amonte-Hiller.

In 2009, Jaclyn Murphy was back on the field with her high school JV lacrosse team.

If you would like more information, please feel to contact myself, Sarah Bourne at puppetdish@yahoo.com or the Friends of Jaclyn directly through their website, www.friendsofjaclyn.org.=

# MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

**CODE OF ETHICS**

*As a professional educator, I will...*

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

The Code of Ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate Assembly.

# MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby-NRHEG and John Schumacher - Park Rapids

It's that time of the year again when you are busy putting the final touches on your meet schedule and

MSHSL Board of Director's Report

Fall sports seasons are officially wrapped up with the conclusion of the Prep Bowl, and it was another exciting round of State tournaments! Congratulations to all the athletes and coaches on a great fall season!

At our Board of Director's Meeting December 3rd, there were many items discussed, and language clarified.

Jody Redman gave a fantastic presentation on "How'd Ya Do?" a Team Up video that many of us saw at our winter pre-season meetings. It is a great video about what is truly important to our students who participate in athletics. The focus is on playing for fun, sportsmanship, and respecting your opponents, as well as the great life lessons our students learn from athletics.

We also discussed the "Anyone Can Save a Life" program, and how the different schools around the state are implementing this important program.

Craig Perry discussed The Coaches Online Clip Board and Coaches Certification Courses. I encourage all coaches to use the Coaches Clipboard which can be found on the MSHSL web site. The League is continuing to provide assistance with coach's education, which is so beneficial to coaches of all levels, and levels of experience.

We've all noticed this fall that many teams are recognizing and raising money for different causes such as Breast Cancer Awareness. The MSHSL Board has

. . . continues on page 60

VISIT MCDONALD'S AFTER THE GAME

# Renew or join online!

## Memberships run from August 1st – July 31st

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 check. You will get a printable receipt for taxes or reimbursement.

1. Begin at www.mshsca.org
2. Use the link for 2009-10 membership
3. New members use the right had side of the next screen, to join for the first time.
4. Coaches that are renewing their membership, use the left had side of the screen and the password zzz
5. Follow the steps to the last screen where you will have a chance to choose the method of payment.

*Please note: if you choose to pay by check or money order, your card will be sent when payment is received. As in all online use of a credit card, there is a bank service charge for each transaction.*

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

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

As of 8-26-09, Life members are still not able to use the online registration. It's a "bug" that hasn't been worked out yet! We are sorry for the inconvenience.

John & Mary

## MSHSL Board of Directors

. . . continued from page 59

developed a policy and procedures in an effort to provide uniformity. Please use good judgment in deciding how to best recognize these special recognitions. We want to make sure that when doing these special recognition activities that we are not in any violation of uniform rules. This policy can be found on the League website or by calling the league office. Also posted on the League web-site is the League's Position Statement Regarding Tournaments and H1N1 Flu outbreaks.

As you all know the scrimmage policy was changed at the June Board meeting to allow 3 scrimmage dates per sport, or 2 scrimmages and 1 jamboree. With the incorporation of this rule many questions arose for the clear definition of "scrimmage". Mr. Perry and the Eligibility committee spent time reviewing the language and a clear definition will be sent out to all Athletic Director's in the upcoming weeks.

Discussion items also included the Class Competition Policy. We are reviewing the "Opt Down" Policy and hope to have that completed by the April Board meeting.

If you have any questions or concerns, please feel free to contact us anytime!

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# Keep Your Motor Running

**JACQUELINE BERNING, Ph.D., R.D., is an associate professor at the University of Colorado-Colorado Springs and the sports dietitian for the Denver Broncos and Cleveland Indians.**

**Many high school student athletes skip meals before they train or work out, especially if the workout happens to be in the early morning. Skipping meals or not eating before a workout can impair athletic performance, and not eating after a workout or competition leaves the athlete running on empty. Make nutrition a priority for your athletes before, during, and after exercise.**

### The Pre-Exercise Meal

The pre-event meal serves two purposes. First it keeps athletes from feeling hungry and sluggish before and during the game, and second, it helps to maintain optimal levels of energy (blood glucose) for the exercising muscles during training and competition.

Eating before exercise can be challenging for athletes. While they need fuel to perform, they will not want to exercise on a full stomach. Food that remains in the stomach during training or competition may cause indigestion, nausea and, possibly, vomiting. A good recommendation is to eat a meal 2 to 4 hours before exercise. If an athlete is nervous about his or her performance, the digestive process may take even longer.

The ideal pre-exercise meal should be primarily carbohydrates, moderate in protein and low in fat. Carbohydrates are digested rapidly. Protein and fat take longer to digest. Pre-exercise meals high in fat (like a lot of options at school and fast food restaurants) can cause stomach upset, gas, and bloating.

### Hydration During Exercise

The importance of nutrition does not stop with the pre-exercise meal. During practice or competition, remind athletes to drink sports drinks to avoid dehydration and to provide energy for working muscles.

### Recovery Nutrition

Eating for peak performance also includes making wise food choices post-exercise. Failing to eat or drink after a competition will have a negative effect on performance. This is especially true for sports that have repeated competition, such as tournament play found in sports like volleyball, basketball, soccer, swimming, and tennis. Athletes who fail to refuel or rehydrate after these activities will not have the optimal level of energy for the next day. A carbohydrate-rich snack consumed within the first 30 minutes after competition or practice will allow the body to recover faster than when eating past 30 minutes. Muscles are most receptive to recovery during the first 30 minutes after competition. Athletes should follow these tips:

- To completely restore muscle energy, eat within 30 minutes after exercise and then eat small meals at 2 hours and again at 4 hours.
- If you can't take solid foods 30 minutes after exercise or they are not available, try drinking a sports drink or eating an energy bar. Then eat more solid foods 2 and 4 hours later.
- Be sure to hydrate after a workout or game. Weigh yourself, and drink 20 to 24 ounces of fluid for each pound lost during the competition.
- Choose high-carbohydrate, moderate protein foods, like the examples shown.

**GET IN THE HABIT: KNOW WHAT TO EAT AND WHEN TO EAT IT**

Keep a snack supply in a backpack or locker to prevent exercising on empty. The same kind of high-carbohydrate, power-packed foods are recommended for BOTH before and after an event or competition:

| 4 or more hours before AND 4 hours after | 2 to 3 hours before AND 2 hours after | 1 hour or less before AND 30 minutes after |
|---|---|---|
| Grilled chicken/rice/fruit | Cereal/low-fat milk | ½ whole-grain bagel |
| Turkey sandwich/raw carrots | Fresh fruit | Yogurt |
| Spaghetti with meat sauce | Bagel with peanut butter | Energy bar |
| Trail mix with nuts/raisins | Sports drink | Graham crackers |
| Grilled chicken sandwich | Baked potato | Sports drink |
| Energy bar/sports drinks | Energy bar | Pretzels |
| String cheese/grapes/crackers | Fruit smoothie | Raisins |

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