



# THE *Minnesota* PREP COACH

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## THREE CANDIDATES SEEK MSHSL BOARD OF DIRECTORS POSITION

Becky Leuer of North Branch term on the MSHSL Board of Directors expires at the end of this year. She has served her contributions to the decision making process. This spring the responsibility of replacing her will be decided by an election conducted by the MSHSCA.

The guidelines for the election process are as follows:

1. Election to be conducted between March 1st and May 1st.
2. The candidates must be a female that has been identified as the Girls Sport Representative by her school.
3. Candidates are urged to discuss their candidacy with the school administration before being placed on the ballot.
4. Each member school's designated activity representative from girl's sports is eligible to vote and must receive a ballot. The MSHSL office can facilitate the dissemination of these ballots.

Three very highly qualified candidates have opted to seek the position on the MSHSL Board of Directors. The candidates are Kim Jensch of Triton High School, Mindy Sparby of NRHEG High School and Patti Weldon of Robbinsdale Armstrong High School.

Bios and photos of the candidates follow in alphabetical order.



### **Kim Jensch Triton High School**

#### **Dodge Center**

Jensch began her career in Cloquet as a middle school Physical Education and

Health teacher and a coach of track and field. Prior to her first teaching assignment she served as an assistant girls track and field coach at Mankato West High School.

After her stint at Cloquet (1981-82), she accepted a position at Triton High School where she teaches elementary Physical Education and DAPE. Her coaching assignment at Triton included head volleyball coach from 1983 to 2004. During her 25 years at Triton she has coached the following sports for a variety of time periods - head girls track and field, assistant boys and girls track and field, head and assistant softball, junior high softball and assistant girls basketball.

Kim displays a variety of leadership experiences which include:

- Current girls sport representative at Triton High School
- Late 1980's - recent restructuring of MSHSCAGS, Inc Delegate Assembly
- President of MSHSCAGS (2004-06)

- MN Volleyball Coaches Association Board of Control from late 1990's until 2006

... continues on page 5

### **MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS**

#### **PRESIDENT:**

Gregg Martig - St. Cloud Tech.

#### **PRESIDENT-ELECT:**

Dave Johnson - The Marshall School  
(Duluth)

#### **VICE PRESIDENT:**

Don Tangen - Glencoe-Silver Lake

#### **2ND VICE PRESIDENT:**

Shelly Hotzler - Jackson County Central

#### **PAST PRESIDENTS:**

Craig Anderson - Pine Island  
Nadeen Lunde - Pine Island

#### **HALL OF FAME COORDINATORS**

Jim & Janet Baker - Richfield

#### **OFFICIALS DSA**

John Schumacher, Park Rapids

#### **All Daily Communications should be addressed to:**

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MSHSCA  
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#### **ADMINISTRATIVE ASS'T:**

Mary Erickson, Detroit Lakes

#### **MSHSL BOARD OF DIRECTORS:**

Becky Leuer, North Branch  
John Schumacher, Park Rapids

## The Minnesota PREP COACH

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e-mail: mostest47@msn.com  
January to Mid-April

### 2007-2008 DELEGATES

#### RETIRED COACHES

Chuck Elias, Minneapolis  
Jim Dotseth - Chaska

#### MSHSL BOARD OF DIRECTORS

Becky Leuer - North Branch  
John Schumacher - Park Rapids

#### CLASS A DELEGATES

##### Section 1

Mike Jeppson, Plainview  
• Gordon Klomps, Zumbrota-Mazeppa  
Gary Prantner, Byron  
Jeff Johnson, Chatfield

##### Section 2

Rob Stervermer, United South Central  
• Bruce Belseth, Sleepy Eye  
Rick Bruns - LeSueur-Henderson  
Donna Johansen - Murray County Central

##### Section 3

Dave Blank, Wabasso  
• Milo Larson, Canby  
Roger Lindahl, Benson  
Todd Tinklenberg, Pipestone

##### Section 4

• Jeff Wall, Maranatha Christian  
Chris Laird, Heritage Christian Academy  
Tim Herman, Heritage Christian Academy  
Greg Sayuk, Southwest Christian

##### Section 5

• Tom Lawrence, Foley  
Al Amdahl - Albany  
Dawn Engebretson - Rockford  
Jay Johnson, Eden Valley -Watkins

##### Section 6

Diane Petits - Sebek  
Gary Vorachek, Osakis  
• Mike Peterson, Perham  
Tom Van Erp, Wadena-Deer Creek  
Craig Oftedahl - Warroad

##### Section 7

Brian Sandberg, Aitkin  
Lyle Anderson, Cook County  
Dennis Holsman - Hill City  
•Jon Wagner - Eveleth-Gilbert

##### Section 8

Wayne Folkers, Crookston  
John Schumacher, Park Rapids  
Al Colligan, Mahnomen

#### CLASS AA DELEGATES

##### Section 1

Terry Heiderscheit, Rochester John Marshall  
Jeff Williams, Owatonna  
• Rod Schwartz, Winona  
John Cassellius, Winona

##### Section 2

Mike Lhotka, Dassel - Cokato  
• Don Tangen, Glencoe-Silver Lake  
Tim Johnson, Mankato East  
"Tink" Larson, Waseca

##### Section 3

Gordy Genz, Roseville Area  
• Jerry Utecht, St Paul Harding  
Gerald Keenan, St Paul Harding  
Jim O'Neil, Cretin-Derham Hall

##### Section 4

Erin Herman, Hill-Murray  
Mark O'Neill, Champlin Park  
• Tom Paulson, White Bear Lake

##### Section 5

• Mark Loahr, Totino Grace

##### Section 6

Greg Miller, Robbinsdale  
Armstrong  
• Jim Baker, Richfield  
Dave Bole, Richfield  
Bruce Kugath - Shakopee

##### Section 7

Mark Solberg, Cambridge-Isanti  
• Bill Baumann, North Branch  
Dave Hylla, Proctor  
Joel McDonald, Hibbing

##### Section 8

Jon Roesch, Sauk Rapids-Rice  
Bill Magnuson, Sauk Rapids Rice  
• Rob Nielsen, Detroit Lakes  
Russ Hinrichs, Alexandria  
Kris Hagen - St. Cloud Tech

#### SPORT ASSOCIATION DELEGATES

##### ADAPTED ATHLETICS

Barb Becker - Bloomington  
Schools

##### ATHLETIC DIRECTORS

Dave Alto - Spring Lake Park  
Pete Veldman - Sec'y, South St.  
Paul

##### BASEBALL

Bruce Davis - Montgomery-  
Lonsdale  
John Wilkens - Sec'y,  
St Michael-Albertville

##### BOYS BASKETBALL

Tom Vix - Rushford-Peterson  
Tom Critchley - Sec'y,  
Roseville Area

##### GIRLS BASKETBALL

Erin Herman - Hill-Murray  
Jenny Johnson - Sec'y, Edina

##### BOYS AND GIRLS CROSS COUNTRY

Jon Wagner, Eveleth-Gilbert

##### FOOTBALL

Wayne Petermeier - Browerville  
Terry Turek - Sec'y,  
LeSueur/Henderson  
Ron Stolski, Executive Director -  
Brainerd

##### BOYS AND GIRLS GOLF

Glen Hasselberg, Staples/Motley

##### GIRLS GYMNASTICS

Wendy Rooney - Cambridge-Isanti

##### BOYS HOCKEY

David Aus, Blaine  
Mike Macmillan - Sec'y Buffalo

##### BOYS LACROSSE

Adam Crane - Wayzata

## MINNESOTA PREP COACH

#### BOYS AND GIRLS NORDIC SKIING

Paula Anderson, Ely

#### BOYS AND GIRLS ALPINE SKIING

The Blake School & Bob Hakkinen -  
Robbinsdale Aremsstrong

#### BOYS AND GIRLS SOCCER

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

#### SOFTBALL

Paul Virgin - Park of Cottage Grove

#### BOYS SWIMMING

Andy Viker, Mankato West  
Rick Ringeisen - Lakeville  
B&G SW Secretary

#### GIRLS SWIMMING

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

#### SYNCHRONIZED SWIMMING

Carla Steffen - Edina

#### BOYS AND GIRLS TENNIS

Dana Otto - Foley

#### BOYS AND GIRLS TRACK AND FIELD

Craig Nelson, Luverne

#### VOLLEYBALL

Lonnie Morken - Mabel-Canton

• Donotes Section Chairpersons

**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.**



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

# President's Message

By Gregg Martig - St Cloud Tech HS

**President**  
Minnesota State High School Coaches Association

Serving as president the past two years has been tremendously rewarding. The realization of one organization representing over 8000 coaches throughout Minnesota was due to the leadership from a wide variety of people from the Minnesota Coaches Association, the Minnesota Coaches Association for Girls Sports and the Minnesota State High School League. The end result of that commitment was a vibrant organization that stands ready to act and voice concerns of high school coaches throughout the state.

As part of our unification process, revising the organization's constitution became a critical project. I learned a great deal about the history of the MSHSCA during this process and was impressed once again by the commitment of individuals who stepped up to help when called upon. I would like to offer special thanks to Becky Leuer and Dave Hylla for their efforts reviewing the constitution.

Their knowledge, experience and enthusiasm helped move the process along in a productive manner. I would also like to thank John and Mary Erickson. Mary put in hours of work producing multiple revisions for the committee insuring that all parties had their views heard and that the final draft was organized in a manner that could be clearly understood by the membership.

Streamlining the scholarship application process was another project that proved beneficial significantly reducing the time required to sort through the hundreds of letters the organization receives each year from prospective recipients. As chair of the scholarship committee, I am rejuvenated every year by the stories athletes share on the profound impact athletics has had on their lives. Most of you have no idea how many athletes from around the state, big schools and small schools, out-state and metro accredited you, often by name, with being the

most positive influence in their life. While our profession certainly has its challenges and frustrations, few change the lives of our future leaders in such a positive way. As the winter season winds down, I encourage all of you to reflect on the impact you make on a daily basis in the lives of young people. Your dedication and leadership does not go unnoticed.

As I conclude my term as president of the MSHSCA, I have often thought about my own elementary, junior high and high school experiences and the great coaches that helped me grow as an athlete and more importantly as a person. Coaches do make a difference in the lives of kids and I hope I have passed on some of the lessons my coaches imparted to me over the years. Good luck to all of you as you continue to inspire your athletes and mold their character; it has truly been an honor to represent you the past two years.

## Life and Retired Life Members

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

### Need new Life Card?

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

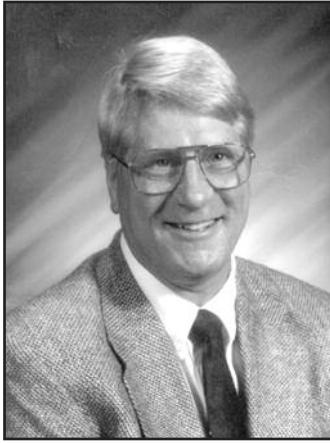
## COPY OF THE COACHES BILL FOR MINNESOTA

Subd. 3 NOTICE OF NONRENEWAL; OPPORTUNITY TO RESPOND.] A 76.5 school board that declines to renew the coaching contract of a 76.6 licensed or nonlicensed head varsity coach must notify the coach 76.7 within 14 days of that decision. If the coach requests reasons 76.8 for not renewing the coaching contract, the board must give the 76.9 coach its reason in writing within ten days of receiving the 76.10 request. Upon request, the board must provide the coach with a 76.11 reasonable opportunity to respond to the reasons at a board 76.12 meeting. The hearing may be opened or closed at the election of 76.13 the coach unless the board closes the meeting under section 76.14 13D05, subdivision 2, to discuss nonpublic data.



VISIT MCDONALD'S AFTER THE GAME





## Ramblings from the Big Dog

by, John Erickson. MSHSCA  
EXECUTIVE DIRECTOR  
DETROIT LAKES

Greetings MSHSCA members. We are winding down the winter sports season with the crowning of many state champions completed. I would like to congratulate all of you on your

efforts. We recognize the championship coaches but sometimes forget to thank all of the coaches for all you do. You provide great opportunities for our high school youth and through your efforts our athletes have been exposed to positive experiences that will help guide them to future leadership roles.

The 2007-08 year has been a very historical year for the MSHSCA. During the summer of 2007 the MSHSCAGS voted to merge with the MSHSCA to provide one coaches association for the coaches of Minnesota High School Sports. The merger of the two associations has moved along well and there have been very few glitches to work through if any at all. Mary and I have enjoyed attending and helping out at the clinics of our new sport association affiliates. We thank you for the great reception you have given us and are glad to have had the opportunity to work with so many great new MSHSCA coaches. It was great to have coaches come forward with questions and concerns giving us the opportunity to answer to those questions and concerns. By the time this Prep Coach is mailed we will have passed a membership total of 8,000. Thank you to all the sport associations for your hard work in providing membership opportunities to your coaches.

In January the annual NOCAD meeting was held in Charleston South Carolina. Mary and I were accompanied by Craig and Sue Anderson at the meeting. Our constitution states that if the Executive Director cannot continue for whatever reason the Past President will assume the duties of the Executive Director until such time as a new Director can be named. I felt it was important for the Past President to attend and to meet the contact people from NOCAD. Craig was able to sit in on all the sessions and meet our Insurance providers and Corporate sponsors. These folks are critical to our operation.

The meeting was very informative and we received some very good news regarding our insurance rates. In a market where rates have been steadily rising we are fortunate to be affiliated with the NOCAD family where we have experienced very stable rates and in fact will see a slight decrease in our rates for the coming year. Gatorade continues to be a strong partner with high school sports and will continue in their support of clinics and all star games. NOCAD has also brought in

a new corporate sponsor in the National Joint Powers Alliance (NJPA). NJPA will provide some great purchasing advantages to schools and coaches. If your school or a school near you is planning facility updates or building it would be well worth your time to contact NJPA for some very favorable pricing.

The area of technology was well represented at the meetings and we will be pursuing new on line registration programs. The program we are having built will include options for sport associations to utilize the program to register coaches for their clinics as well as conduct much of their day to day business of tracking membership and emailing correspondence. We will be providing more information as the program is developed. I will be looking forward to next years NOCAD meeting and representing Minnesota as the President of NOCAD.

There will not be an election for a Vice President position for the Executive Committee this year. The merger of the two associations has put a one year freeze on the election process in order to allow us to advance the President Elect of the MSHSCAGS to a position on the Executive Committee. Shelly Hotzler, Jackson County Central, is serving as a second Vice President this year and will serve as Vice President during the 2008-09 year as well. Shelly has been a great addition to the Executive Committee and I am sure that those of you who attended either the Delegate Assembly or Hall of Fame Banquet in October, can attest to her strong leadership skills.

I would like to remind our new members who were life members of the MSHSCAGS that you will be eligible for life membership in the MSHSCA. I would encourage you to contact our office if you have any questions regarding your eligibility for this status. If you indicate that you have coached for 25 or more years on your membership application we include a 25 year club application with your membership card and insurance bookmark

I would like to remind you that if you have issues that you would like to have discussed at the Delegate Assemblies you should contact your Delegate with that concern or issue. One of the goals of the MSHSCA continues to be to serve coaches.

We want to be continue to work on making the coaching profession attractive to professional teachers and leaders. Having a support group helps you be free to do your job. This is becoming more difficult as more and more special interests try to dictate how programs should be run. By helping us identify issues and concerns you are helping all coaches in the profession.

I hope you all have a great spring and finish to your school year. It has been a good old fashioned Minnesota winter and I think we are all ready to see the signs of spring and the thought of outdoor activities.



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**Three Candidates . . . continued from page 1**

- 1992-95 Section 1A Girls Sports representative to the Section Committee

In 2007, the National Girls and Women in Sports Day awarded her the "Breaking Barriers Award."



**Mindy Sparby**  
**NRHEG High School**  
**New Richland**

Sparby is a 1993 graduate of Lac qui Parle Valley High School and a 1997 graduate of Concordia College in Moorhead. In college she earned her B.A. in Physical Education and Health with a minor in Coaching. She later

completed her Masters in Sport Administration from MN State University - Mankato.

Her teaching and coaching career started at Dilworth-Glyndon-Felton where she taught Physical Education and Health and was head girls basketball coach in 1997-98. Owatonna became her home in 1998 and 2000 before moving to NHREG.

Responsibilities at NHREG include teaching Health and Physical Education, Activities Director and head girls basketball.

Professional contributions include having served as a moderator at the State Conference, AAA Selection Committee, ExCel Selection Committee member, volunteer worker at State Volleyball Tournament, Representative Assembly Delegate, Section 2A committee member and Board Member on Foundation Committee.

As an athlete she earned 18 letters in high school in volleyball (5), basketball (5), track and field (6) and softball (2). At Concordia she lettered four years in basketball and three in softball. She was named Honorable Mention in the MIAC in both sports. She has the distinction of holding the record in softball at Concordia for the most stolen bases in a season and a career.

Mindy coached the NHREG girls basketball team to a fourth place finish in the Girls State Basketball Tournament in 2004. It was the school's first tournament appearance.

She currently is President of Region 2A since 2005 and was selected at the Region 2A Athletic Administrator of the Year.

She is very active in community functions and church in her community.



**Patty Weldon**  
**Robbinsdale Armstrong High School**

Weldon graduated from Bemidji State University in 1985 with a degree in Physical Education and Health. She later added a M.A. in Kinesiology and DAPE in 1989.

Bloomington Hillcrest Elementary was her first teaching assignment from 1985-89. In 1989 until 1999 she taught at Meadow Lake Elementary in the Robbinsdale School District. She became Physical Education teacher at Robbinsdale Armstrong High School from 1999 until 2003. Patti was named Activities Director at Armstrong in 2003 until the present time.

As an athletic administrator she has served as Region 6A representative, Region 6AA boys and girls Lacrosse coordinator and an assistant to the MSHSL for the sport of LaCrosse. She oversees the daily operations for 30 athletic and 15 activities programs. She is also the Facilities Scheduler for building usage at Armstrong. The MSHSL benefits from her expertise as she addresses at the new Athletic Director Workshops.

She has coached basketball, swimming, track and field and golf during her career from 1985 until 2003. Her coaching assignments during that time included - assistant girls basketball at Bloomington Jefferson, head girls swimming at Jefferson, assistant girls track and field at Armstrong, assistant girls golf at Armstrong and head girls basketball at Armstrong from 1998 until 2003.

Weldon's cage teams won for Classic Lake titles and appeared in three state tournaments. Her success earned her Section Coach of the Year honors in 1997 and 1998. She has served as girls basketball section representative and Region 6AA MSHSL Delegate.

She describes herself as a professional with 21 years of experience in education. She possesses effective communication, organization and leadership skills. She also has strong work ethic, personal values and high level of integrity.

*Contact the female voting representative of  
 your school to make your voice heard!*

**Cast Your  
 VOTES**



**VISIT MCDONALD'S AFTER THE GAME**



# BANK SHOTS



By: Tom Vix, President-MBCA  
Rushford-Peterson H.S.  
tomvix@r-pschools.com

March Madness, Mad as a March Hare, March comes in like a lion and out like a lamb. All of these sayings show the effect March has on our culture. For those involved in basketball tournaments, you too are aware of the special time called March. There are game winning shots, upsets, and Cinderella stories. It brings special memories, incredible highs, and disappointing lows. The emotion it brings is why we love March!

Take time as coaches to reflect on your season and what the future brings. You have positively influenced young people this season. No matter what the season results were, the season was good for young people. Remember what Mike Ditka said, "Success isn't permanent and failure isn't fatal."

I encourage all of you to keep informed with what is going on with our sport on our website. Our website can be found at [www.mshsca.org/boysbasketball](http://www.mshsca.org/boysbasketball). We will have the Cambria Room as our hospitality room at the Target Center during the State Tournament. Your MSHSCA card must be presented to gain access. We thank the Timberwolves for their support of our association and of high school basketball in Minnesota. Thanks to the Timberwolves and 3M for their Section Coach of the Year program.

The State Tournament this year provided us many challenges. Williams Arena is not available for this year due to a scheduling conflict. We will be using Mariucci Arena for the

## MINNESOTA PREP COACH

first round games in some classes. Hotel accommodations have also been very difficult to secure. Please visit the web site for possible solutions.

Our association has been involved in several changes this year. First, we have implemented the experimental use of a 35 second shot clock beginning with the 2007-2008 season. The experiment required both schools to be in agreement and a survey was taken following the contest. Second, we now seed classes AAA and AAAA beginning with the 2007-2008 State Tournament. The accepted procedure calls for seeding 1-4 with a random draw among seeds 5-8 to determine first round opponents. The seeding will be done on March 20.


This season's All-Star Series is set for the weekend of April 3-5. The games will again be played at St. Cloud State University on April 4 with game times set for 7:00 P.M. and 8:45 P.M., and at Concordia University of St. Paul on April 5 with game times set for 2:30 P.M. and 4:15 P.M. Congratulations to the coaches who were selected to the 2008 All-Star Series; John Carlson-Litchfield, Randy Klasen-Elk River, Keith Klawitter-Cedar Mountain, and Reggie Perkins-Minneapolis Washburn. Thank you to Coach Rich Decker and the selection committee for their hard work. I would like to encourage all of you to take the time to see one or both of these games. It is a great experience for the players and coaches who are selected to be in this event.

The MBCA's thoughts go out to Jeff Gravon from New Prague. Jeff has been diagnosed with a rare form of cancer. Benefits are being done, and the MBCA has sent a donation. Please visit our website for further information. Good Luck, Jeff!

A special thanks to all the towns and teams that contributed to the Rushford-Peterson Flood Relief. Your generosity has helped tremendously on our road of recovery.

Please contact me if you have any questions or concerns of any kind that need to be brought to our attention.

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AWARDS INC

RICK KNUTSON

Office: (763) 263-9012

Hey - Guess what?  
There is a new kid on the block, Don Swanson Awards!  
We offer trophies, awards, medals, etc.

Swannie and his son-in-law Rick and his son Scott, have opened a new business and would be very pleased to hear from you!

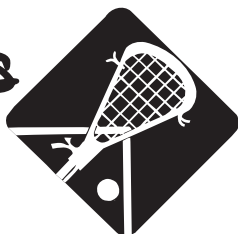
We are ready to roll and  
look forward to doing  
business with you!



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# Bounce Shots

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



Finally. We have a season again. With a Winter that seemed longer than most but in reality was simply...well, normal, Spring is here and that means our lacrosse season is here. The Fall Ball tournaments seem like they took place years ago and player's equipment is just now starting to dry out from Winter league play. Coaches have shifted into overdrive for season preparation and there is no more time for coaches clinics and conventions. Family members fondly and solemnly wave good-bye to husbands as they head off to practice, not to be seen again until June—wait, it isn't that bad, is it? Probably depends on who you ask.

Nine weeks. 12 games. Now that's a condensed season. When you consider the first 2 weeks are for tryouts and practices and the final 2 weeks are for playoffs, the reality is, the lacrosse season is just 5 weeks. The coaches and players all realize this and is in part why the season can be so hectic. Before you can say, "ok, let's practice our 'man-down' defense," you've already played 3 games and are starting to wonder what your house looks like in the daylight. If teams are unlucky enough to have a weather cancellation for a game, rescheduling the game becomes a nightmare and could result in one team playing 4 games in a row. Back-to-back games are the norm and having 2 or 3 back-to-back games in a season is not uncommon.

The season is shaping up to be a great one. The questions we asked at the end of last season will start playing out. Will we have a repeat champion? If not, who will step up and take the crown? How has graduation affected the best teams? Do they have the youth needed to continue to run with the big dogs? How about the younger teams from last year? Have their players learned enough to knock off the powerhouse programs? As you can see, we won't have to wait long get our answers.

One player of note to watch is Kip Dooley, senior attackman from The Blake School. Kip is a 2 time All-American who has already committed to Dartmouth College for next year. An explosive player with great quickness, Kip has been dazzling coaches and spectators since his freshman year. Kip has been a big part of the Bears' success the last number of years and the team once again looks like it is positioned to make another run at a championship.

For the juniors in our sport, the season is also a very important one. With the growth of Lacrosse across the country and certainly in Minnesota, colleges have started to recognize the talent in our borders and for juniors, this is the last season to impress. With video cameras rolling, parents (or coaches) will be recording in hopes of the film making it to the desk of a prospective college coach for viewing. Video has become an indispensable tool for players looking to play at the college level. And while the talent in Minnesota is growing, most colleges that are not in Minnesota will not travel here too see players first-hand. Since Lacrosse is a spring sport and given the timing of college admissions, a player's junior year is one of his last chances to prove his mettle.

Thankfully, our local colleges still have a leg up and usually get first crack at this great talent pool. Programs like University of Minnesota – Duluth, St. John's and St. Thomas have built great programs that have Minnesota addresses up and down the roster. These players have elevated the play of each program and raised them to the highest levels of club Lacrosse across the country.

It will also be fun to watch the newer players come into the sport. With Lacrosse now sanctioned as a varsity sport will coaches and administrators see an increase in enrollment? For some, Lacrosse has meant the possibility of drawing athletes away from other sports. While I certainly understand this concern, (and I fully admit I am biased) providing any opportunity for a player to remain active and build all the traits competitive sports build, we as coaches and administrators should encourage that growth. Now in our second season it will be interesting to see if that increase in participation or decreased participation in other sports comes true.

Lastly, I really hope we find new fans during this season. Our sensational championship game last year was played in front of 1,700 fans and I hope large crowds start showing up at regular season games. While we don't have the high school history of football or hockey, I have no doubt the game of lacrosse is just as exciting and worth a fans' time. From a coaches and players point of view there is nothing more exciting than jogging onto the field in front of packed sidelines or stadium. The energy and atmosphere of the game goes up a notch and everyone enjoys it.

Finally, our season is here. This is our identity and it is the sport we love. It arrives late and passes quickly. We'll have new stars of the game soon. We'll have new college recruits soon. We'll have a new champion soon.

And we'll have off season soon. Too soon.



**VISIT MCDONALD'S AFTER THE GAME**



2007-2008 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

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

SCHOOL

HOME MAILING ADDRESS

CITY ZIP CODE

ADMINISTRATIVE REGION NO. COMPETITIVE SECTION NO.

E-MAIL ADDRESS HOME PHONE # ( )

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: Card holding, 25 year coaches
( ) RETIRED LIFE MEMBER (without insurance) \$5.00

NUMBER OF YEARS COACHING, INCLUDING 2007-08 SCHOOL YEAR (This includes Minnesota and all states.)

SPORT ASSOCIATION DUES ....

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

- ADAPTED ATHLETICS \$10
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) \$10 (B); \$10 (G); \$10 (B/G)
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)
HOCKEY (Jan. 7 deadline) \$25 (H); \$15 (A) Retired Life \$15
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) \$15 (H); \$5 (A)
VOLLEYBALL (Oct. 15 deadline) \$10 (H); \$5 (A)

DIRECTORY INFORMATION

Blank lines for directory information.

MSHSCA DUES \$30.00

(INCLUDES \$1,000,000 LIABILITY INSURANCE)

LIFE MEMBERS, actively coaching \$10.00

SPORT ASS'N DUES \$

Head, Ass't or Ret'd

TOTAL \$



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# Swim Strokes

By: Andy Viker - President  
Boys' Swimming & Diving  
Coaches Association  
Mankato West High School  
veekx@hotmail.com



The State Swim Meet is just ahead of us right now as I write this early in the week of the season finale. With a number of high end athletes graduating in both classes within the last year, some new contenders are stepping up with the underclassmen that were making waves last year. Class A appears to have a leading contender with St.

Thomas leading the charge *and* looking to collect their fourth straight title. Some other teams appear to be narrowing the gap, with a rather young crew in the lower class.

The Class AA crystal ball doesn't look quite as clear with a number of teams surging toward the front of the pack at the end of the season. Good luck to all State meet

qualifiers.

The MSHSCA sponsored the True Team Section and State meets in 2007 for our fourth straight year with continued success.

The University of Minnesota's Aquatic Center served as the venue for both classes yet again, hosting ten teams in each meet. The Class A Team Champs wound up being St. Thomas Academy, easily holding off the second place finisher and first-time qualifier Mankato West. Minnetonka, a team that did not qualify for last year's meet cruised to a first place finish in the AA meet ahead of Edina. Of the twenty teams total in both classes, a semblance of parity started to show with eight teams competing that did not qualify for the True Team competition last year. Congratulations and thanks to all the teams that participated in the True Team meets.

The annual Upper Midwest Swimming & Diving Clinic will be held on the 11<sup>th</sup> – 13<sup>th</sup> of April at the Four Points Sheraton in Minneapolis. The headliner for the event is this year's Head Olympic Men's Coach, Eddie Reese (University of Texas). The other speakers at our clinic will include Bill Wadley from The Ohio State University (as the pros call it) and Todd Peters of Minnesota State University, Moorhead. The All-State banquet will be held on the Friday, April 11<sup>th</sup> at the Prom Center in Woodbury. More information regarding that weekend is available on the Swim Coaches link of the MSHSCA website.

Congratulations to all the Section swim coach, assistant coach, dive coach, athlete and academic award winners. The Big Nine Conference provides the third different team in two years collecting academic hardware with Rochester Century winning the Class AA distinction. Park Rapids edged out the Class A academic competition.

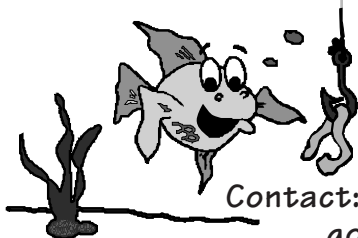
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# MEMBERSHIP PERKS

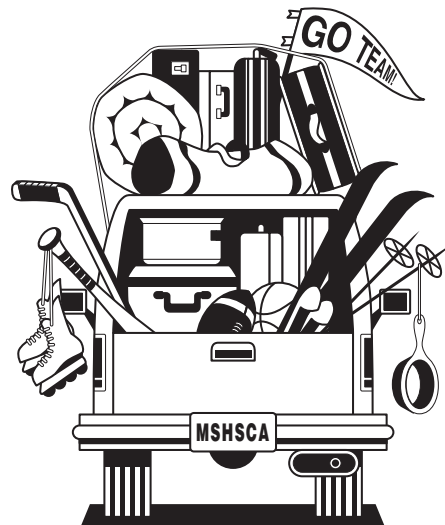
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## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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.



## Have You Moved or Changed Your Email?

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



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# MnIAAA CORNER

By: Dave Alto - President-MnIAAA  
Spring Lake Park High School

By the time you read this article, we (MnIAAA) will be in the final stages to prepare for our 39<sup>th</sup> state conference. This year's MnIAAA conference is coordinated by Fred Sailer (1<sup>st</sup> VP) with the theme of "Together We Can". Fred has put together a great conference program. The conference will have many opportunities for all attendees. Our conference has always been a great opportunity to take advantage of educational sessions, be recharged by speakers, and network with people from across the state. We are excited again to be back in St. Cloud!

If you have not visited our website (mniaaa.com) recently, please do so. This site has become our main information center and it has gone through some extensive changes during the past couple of years. Mike Smith (Athletic Administrator- Totino-Grace) is our webmaster in charge of the site. Mike brings an extensive back-

ground to the table and we are very fortunate to have him working with us.

We are continuing to work on some significant initiatives that originated from the Strategic Planning session of October 2005. All of the committees have been meeting and working hard to help achieve the goals that were set through the strategic plan. I encourage all of you to get involved with this if you haven't done so in the past. More information on how to do this will be given out at the state conference.

This is my last article that I write as the President of the MnIAAA. The time has gone by quickly. We have a great organization and it is reflective of its membership. It has been my honor to serve the MnIAAA. I am looking forward to seeing all of you in St. Cloud at the state conference.

## FLIP NOTES

By: Debbie Driscoll  
President MGGCA  
Mahtomedi High School



We have just finished up our state tournament and crowned our state champions. It is our last year of holding our state championships at the Roy Wilkins Auditorium. We will be at the U of M Sports Pavilion for the next five years. All of us will miss the tradition of going to Roy Wilkins to participate or watch the state meet but we also look forward to excel-

lent facility at the Pavilion.

Congratulations to the 2008 State Championship teams; Class AA – Roseville; coaches Mike Flatten, Mark Curley, Julie Castellano, and Rich Stenger. Class A - Perham; coach Charlie Fleck.

2008 Academic Team Winners are Class AA - Rochester Century and Class A – Worthington. State Coach of the year awards went to Ellie Berg, Stillwater (Class AA) and Joleen Winkelman from Princeton (Class A).

Congratulations to our Hall of Fame inductees; Martha Driscoll, Buffalo; Rachel Guckeen, and Jill Wahman, Judge, St. Cloud. They were inducted into the Hall of Fame at the State Meet Banquet and all three gave excellent acceptance speeches.

Thank you to Sandy Boss, Dave Maras and Colleen-Stark Haws for their help with the awards presented at the banquet.

We would also like to thank Tags Gymnastics, North Shore Gym Sales, and 5,6,7,8 Gymnastic Apparel for sponsoring our State Meet Banquet. A special shout out to Deena Walsh for organizing the banquet.

Finally, I would like take this opportunity to thank the MGGCA for allowing me to represent this fantastic organization the last two years. It has been an honor. Wendy Rooney, from Cambridge is now our President. At this time we do not have a President-Elect. Any one interested in volunteering for the position should contact Wendy.

Have a great spring coaches, catch up on your sleep and take a vacation. You've earned it.



By: Caria Steffen  
Edina H.S.

## SYNCHRONIZED SWIMMING, Simply breathtaking- Judging Opportunity

On March 3<sup>rd</sup>, the 2008 season will begin. The swimmers have registered and all of the coaches are in place. We were happy that Bloomington, Columbia Heights, and Hopkins each found new Head Coaches this season. Everyone has a game plan and high hopes that they will have a successful season. Those successes can be as large as a repeat win at State; to helping a swimmer master some synchronize swimming skills, to seeing a swimmer find a love for a new sport. May we all have more success than struggles as we navigate through the season.

### Central Sections

(Bloomington, Edina, Maple Grove/Osseo/Park Center, Saint Louis Park):

May 15<sup>th</sup>, Figures and May 17<sup>th</sup>, Routines

Location: South View Middle School, Edina

### East Section

(Columbia Heights, Forest Lake, Greenway, Richfield, Stillwater):

May 16<sup>th</sup>, Figures and May 17<sup>th</sup>, Routines

Location: Richfield Middle School, Richfield

### West Sections

(Eden Prairie, Hopkins, Prior Lake, Wayzata):

May 13<sup>th</sup>, Figures and May 17<sup>th</sup> Routines

Location: Oak Point Middle School Pool, Eden Prairie

**State:** May 22<sup>nd</sup>, Figures/Solos/Duets and May 23<sup>rd</sup>, Trios/Teams

Location: U of M Aquatic Center



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

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

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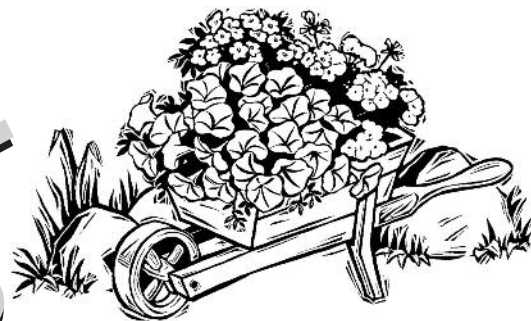


For more information, log on to [www.gatorade.com/coaches](http://www.gatorade.com/coaches) and visit the Coaches' Corner.



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# MSHSCA's CORPORATE SPONSORS 2007-08



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

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## COACHES:

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Good luck in 2007-08

Thanks for your support



VISIT MCDONALD'S AFTER THE GAME



# Delegates Corner

By: *Dave Johnson*  
*The Marshall School (Duluth)*

## Volunteers the Unsung Heroes of Successful Sports Teams

Be it youth basketball, soccer, hockey, golf, lacrosse or volleyball, positive volunteer participation is essential to the success of the team. In my chosen sport of Nordic skiing, volunteer participation means the difference between a great season and a mediocre season. Here at Marshall Nordic we are lucky to have outstanding volunteers who give freely of their time and talents to support the sport. So far this season the Marshall Nordic volunteers have been the essential ingredient to the success of three major team events, the Marshall Holiday Ski Camp, Marshall Sprints and the Duluth/CXC Super Tour Sprints.

What makes a great parent volunteer? How can a coach nurture the volunteer/team connection? These are two very important questions that every coach needs to answer for their specific sport or team.

The #1 attribute of a great volunteer is a willingness to contribute their time and talents for the good of the team. One of our most precious possessions is our time; when a volunteer donates their time it is a gift of great value. The wise coach understands this and

makes sure that every moment the volunteers is used wisely in endeavors that make a solid contribution to the team or event.

Match volunteer talents to the tasks needed to be performed. Every volunteer has a unique skill set; matching that skill set to the tasks that need to be performed is another key to success. I am lucky to have a skilled mechanic who loves to build and design equipment for the team, when I ask for his help; it is always in the area of his expertise. Likewise I have a mom this year who doesn't like spending time in the cold; her passion is food and hospitality. Recognizing her talents and keeping her inside and warm utilizes her abilities to the best advantage of all.

Communication: Like all great relationships, communication between a coach and the team volunteer is key to a successful volunteer program. If volunteer know there is a specific need and have the information that they need to complete the task, and then they will step forward to help. Setting up an email list, website or phone messaging line that your volunteers can access is essential to building the volunteer/team connection.

What else do you feel is essential to the success of the volunteer/team connection? If you are a coach, what systems have you set up to help your volunteers connect in meaningful ways? If you are interested, what needs to be in place before you will volunteer your time and energy to a team? I would love to hear your comments. Please email me at [djohnson@marshallschool.org](mailto:djohnson@marshallschool.org)

Minnesota State High School Coaches Association


## HALL OF FAME

**CRITERIA FOR THE SELECTION OF CANDIDATES**

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

**ELIGIBILITY REQUIREMENTS**

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

**SEND NOMINATIONS TO:**  

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

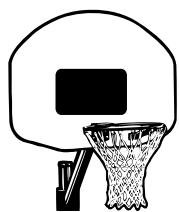
**MINNESOTA STATE COACHES ASSOCIATION HALL OF FAME NOMINATING FORM**

Name: \_\_\_\_\_  
 Last First Middle

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Birthdate: \_\_\_\_\_ Single: \_\_\_\_\_ Married: \_\_\_\_\_  
 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) \_\_\_\_\_  
 \_\_\_\_\_  
 Coaching Awards, Honors & Highlights: \_\_\_\_\_  
 \_\_\_\_\_  
 Present Status: \_\_\_\_\_ Organizations & Honors: (other than coaching) \_\_\_\_\_  
 \_\_\_\_\_  
 Coaches Association Involvement & Present Status: \_\_\_\_\_  
 \_\_\_\_\_  
 Please list Other Highlights & Experiences: \_\_\_\_\_  
 \_\_\_\_\_  
 Nominated by: \_\_\_\_\_ Date: \_\_\_\_\_





# Hoop Scoop

By: Erin Herman  
Hill-Murray School  
2007-08 MGBCA President

By the time you read this, we will have completed another outstanding season of girls' basketball. Thank you to all of you for all you have done to promote our sport and provide wonderful opportunities for our young women athletes on a daily basis throughout the long season. I hope that it was a fun and rewarding season for you and all your athletes!

I am looking forward to another tremendous Girls' Basketball State Tournament. The caliber of play and the competitiveness of the games and the tournament overall continues to improve and I am sure this year will be no exception. We will again be seeding the Class AAA and Class AAAA tournaments, as we did last year. This year's tournament will be held at Williams Arena and the Target Center, March 12-15. I am sure it will be a week of exciting games with fabulous finishes, culminating in the crowning of our Four State Championship Teams!

Make sure you mark your calendars for the 2008 All-Star Games which will be played on Saturday, April 19 (6:00 and 8:00 PM) and Sunday, April 20 (1:00 and 3:00 PM). All the games will be played at St. Thomas University. The players and coaches are all in place and we are looking forward to an excellent weekend of All-Star Basketball! Thank you to our All-Star Committee Chairs, Kris Jones, Jenny Johnson and Carla Young and our Class Coordinators, Rick Uttech, Bill Gottenborg, Brian Atkinson and Dave Preller for all their work in planning and carrying out this top notch event—it is a wonderful opportunity for our best senior players and it would not happen without a lot of hard work on the part of these coaches! Our hope is to have a large number of you in attendance to support our senior All-Stars. In conjunction with this event, we will be honoring the 2008 Girls Basketball Coaches' Association Hall Of Fame Inductees at a Banquet on Sunday, April 20. There will be more information available on the Hall Of Fame on our website as we get closer to the event.

One item that will be up for discussion at the Minnesota State High School League regarding basketball is the idea of incorporation a "Mercy Rule" (similar to running time in hockey or the 10-run rule in baseball or softball) into our game. If you have ideas or strong feelings about this possibility please contact your section rep or one of the officers.

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

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

- Bob Cousy

## MARCH MEMBERSHIP REPORT

<u>Types of Membership</u>	<u>2007-08</u>	<u>2006-07</u>
Active Class A & AA	5388	4,321
Associates	1,179	1,067
Active Life	358	441
Retired Life	1,002	841
<u>Honorary</u>	<u>3</u>	<u>3</u>
	7,928	6,673

There is a large difference in the life and retired life membership numbers. At the time of this mailing, if life members have not paid for insurance, we have moved their membership to retired life status.

### Breakdown of membership by sport association (2006-07 totals in parenthesis)

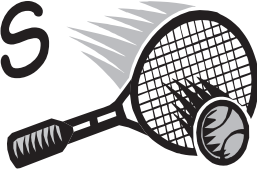
Adapted Athletics (25) 23	Athletic Directors (290) 231
Alpine Skiing (56) 62	Baseball (408) 354
Boys Basketball (702) 719	Cross Country (255) 298
Girls Basketball (568) 638	Football (816) 866
Golf (boys & girls) (407) 262	Hockey (265) 258
Gymnastics (169) 174	Synchronized Swimming (8) 16
Nordic Skiing (117) 98	Swimming (girls & boys) (231) 242
Soccer (boys & girls) (359) 389	Softball (389) 378
Boys Lacrosse (8) 12	Volleyball (645) 688
Girls Lacrosse 5	Tennis (boys & girls) (194) 197
	Track & Field (483) 485



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# SERVICE ACES



Dana Otto  
Foley High School  
dotto@foley.k12.mn.us

It is hard to believe that we are only weeks away from the 2008 spring boys tennis season. The winter has flown by and coaches are gearing up for another spring season. Shortly after the snow disappears many of us will be planning summer programs for our players.

Our association recently hosted our annual clinic. The numbers were strong! We had 160 coaches in attendance. We moved to a new location this year. The Fred Well's Tennis and Learning center (formally Fort Snelling Tennis and Learning Center) proved to be a great move for our annual clinic. Our keynote speaker was Ken Dehart. He is a very accomplished tennis professional from San Jose, California. Some of his accomplishments include:

USPTA and PTR Master Professional (one of only two in the

world).

Two-time NORCAL USPTA Pro of the Year, and two-time Southwest USPTA Pro of the Year.

PTR International Pro of the Year.

USA High Performance Coach and USA National Trainer for Development Coaches.

Gold Medalist, Huntsman World Senior Games, and California State Games, Men's 50 Singles.

Premier Advisory Staff, Wilson Racquet Sports

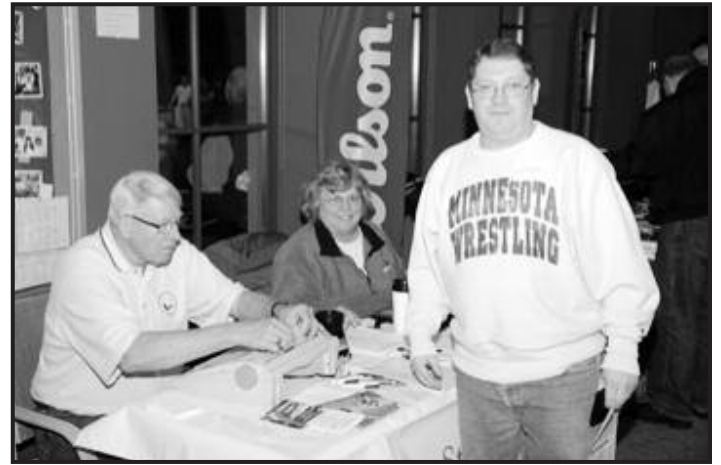
We also had the chance to have sessions with Mickey Maule, Scott Boyer, Bruce Gullickson and Tyler Thomson.

Congratulations to Ken Peterson, who was our newest inductee to the tennis coaches Hall of Fame. He joins an elite group of coaches. The deadline for the boys tennis association membership is May 1! Remember to check the website often and keep in contact with your section representative. The section reps are listed on the website: [www.mshsca.org/tennis](http://www.mshsca.org/tennis) Keep checking back and mark your calendars for the third annual boys tennis banquet.

Have a great spring!!



*Rick Engelstad, Clinic Director; Ken DeHart, Keynote Speaker; Randy Hart, Wilson Rep*



*John and Mary Erickson signing up another member*



*Ken DeHart timing one of his drills during his presentation.*



*Ken DeHart talking to the coaches on court during his presentation*



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

# THE OTHER SIDE OF THE NET

By: Lonnie Morken, Mabel-Canton H.S.

As we thaw out from another Minnesota winter, we are reminded that summer and then fall are right around the corner. There is some news that I would like to pass along. Our coaches clinic will be held July 30 and 31 at Sauk Rapids-Rice High School. We would like to thank Monticello for hosting it for the past few years and we look forward to going to the beautiful facility that Sauk Rapids-Rice offers. Continue checking the website for updates on registration and clinic information. Just a reminder that all forms for awards (all-state, etc.) will be online. The due dates will also be listed.

There are two proposals that are at the final step of becoming official. The proposals are allowing a team to play 2 matches in one day (it would still count as 2 of your 17 contests) and upping the tournament game limit from 12 to 15. Both of the proposals needed to be voted on by each of the 16 regions. Because at least 9 of the regions voted yes, the proposals are now passed onto the Rep Assembly. They vote on May 12. If 2/3 of the Rep Assembly vote "Yes" then it becomes official. We will keep you posted on that.

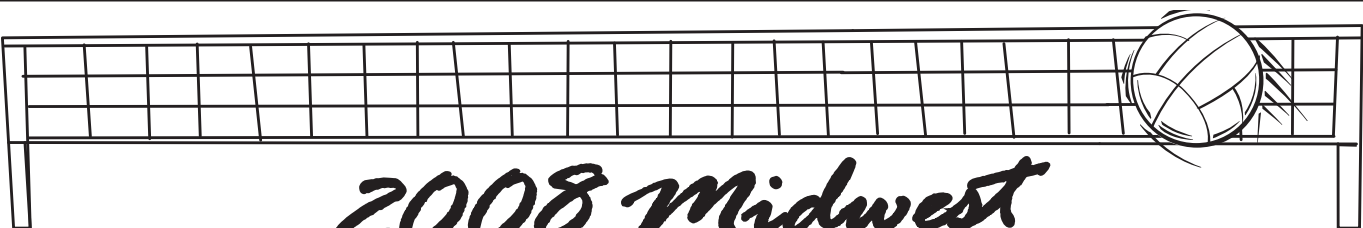
The MVI spring coaches clinic is being held March 29th and 30th at Apple Valley High School. The featured speakers are Russ Rose head coach of the national cham-

pion Penn State Nittany Lions and Kathy DeBoer the Executive Director of the AVCA. Information can be found at [www.mvicamps.com](http://www.mvicamps.com) on how to register.

We are very excited to have The Breakdown start covering volleyball. If you have not sent in your team's information you need to do that now! This will give volleyball some much needed exposure. It is easy to do! If you did not receive a letter in the mail, you can register online at <http://www.mnsportspreview.com/pages/form/2008/SelectSport.asp>

Even if you are unsure of your line-up or varsity team for the fall, fill out as much information as you can.

A reminder that the coaches association website is [www.mshca.org](http://www.mshca.org). You can still use the old volleyball website address if you would like which was [www.mnvbca.org](http://www.mnvbca.org). My e-mail address is [lmorken@mabelcanton.k12.mn.us](mailto:lmorken@mabelcanton.k12.mn.us). I hope everybody has a happy and healthy spring.




*2008 Midwest*  
**VOLLEYBALL INSTRUCTORS**  
**2 1st Annual Coaches Clinic**

**Featuring: Russ Rose - Penn State Head Coach**  
**2007 National Champions!**

Along with  
Kathy DeBoer - American Volleyball Coaches Association Executive Director  
And several other top college, high school, and junior club coaches!

**March 29-30, 2008**  
**At Apple Valley High School**  
**[www.mvicamps.com](http://www.mvicamps.com)**




VISIT MCDONALD'S AFTER THE GAME



# PERFORMANCE PLAYBOOK



gssiweb.org

## 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

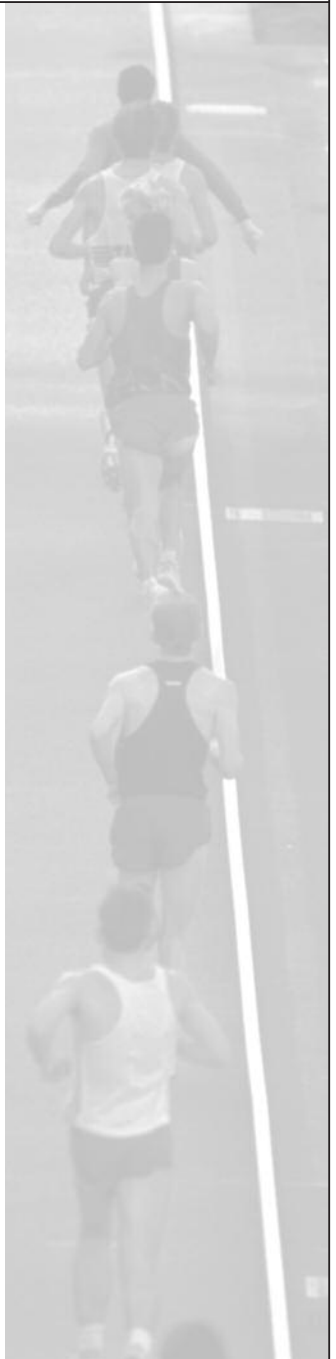
Grilled chicken/rice/fruit  
Turkey sandwich/raw carrots  
Spaghetti with meat sauce  
Trail mix with nuts/raisins  
Grilled chicken sandwich  
Energy bar/sports drinks  
String cheese/grapes/crackers

#### 2 to 3 hours before AND 2 hours after

Cereal/low-fat milk  
Fresh fruit  
Bagel with peanut butter  
Sports drink  
Baked potato  
Energy bar  
Fruit smoothie

#### 1 hour or less before AND 30 minutes after

½ whole-grain bagel  
Yogurt  
Energy bar  
Graham crackers  
Sports drink  
Pretzels  
Raisins



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

## STRAND SELECTED FOR NORDIC SKI COACHES HALL OF FAME

The Minnesota Nordic Ski Coaches inducted John Strand of the Roseville Area Schools into their Hall of fame. This transpired at the Fall meeting held in Mora.

Strand grew upon a farm in western Minnesota and learned to ski on wooden skies. He and friends would ski from farm to farm. They would take inner tubes and use them to strap the skis around their feet and behind their ankles. John went to New London High School located on the Shores of Norway Lake. He graduated from St. Cloud State where he earned both his undergraduate and graduate school degrees. He taught Biology for 39 years, starting at Jordan for six years and then at Roseville Area High School for 33 years. He retired from teaching in 1999. John was a head baseball coach for 30 years for 33 years and also coached JV basketball, junior high football and 9th grade volleyball. Although John has been retired from teaching since 1999, he has continued to be the Nordic Ski Coach at Roseville.

Strand coaches because he loves Nordic Skiing and he loves to teach. He has a wonderful personality for working with student skiers and he puts in countless dedicated hours. He treats every skier equally; spending time with everyone and showing concern for the development of each member of the team. Each season Roseville has 60 to 90 skiers participating what a grand total of over 1400 skiers. John created an atmosphere that makes skiing fun. As Roseville's only head Nordic Ski Coach for the past 26 years, John's knowledge and expertise has led the team to 18 sectional titles, 154 All Conference skiers and 65 All State Skiers. Yearly, Roseville is ranked or places very high in the state meet. Roseville girls were state champions in 1995 and 2000.

In addition to being Roseville's head Nordic Ski Coach, John has helped organize and run the Holiday Relays for many years. He has arranged back up sites at Trollhaugen for meets which would have otherwise been cancelled due to lack of snow. This has literally saved the sport in the years of snow droughts. John has been an active member in the Coaches Association as it has grown over the years. He was selected MN Nordic Ski Coach of the Year on two separate years.

Strand has skied in 24 Birkies, four Korties, 25 Mora Vasoloppets and many other ski events. He and his wife, Eleanor live in White Bear Lake. Their son, Paul, and his wife, Paula and children, David, Aron and John Paul live in California. John is an excellent grandfather whose eyes light up when talking about his grandchildren. They visit as often as they can.

Strand retired from coaching in 2007.

## JIM BAKER RECEIVES NIAAA AWARD FOR EXCELLENCE

Jim Baker, retired athletic administrator for Richfield Public Schools, is the 2007 recipient of the Thomas E. Fredrick Award of Excellence presented by the National Interscholastic Athletic Administrators Association (NIAAA).

Baker was presented the NIAAA Award of Excellence on December 17, 2007 in Nashville, TN, during luncheon festivities at the 38th Annual National Conference of High School Associations (NFHS) and the NIAAA.

The Thomas E. Fredrick Award of Excellence is a prestigious award presented each year to an NIAA member whose loyalty to the association and contribution to the profession represent excellence in achievement. The award is named after the late Thomas E. Fredrick, who served as NFHS Assistant and associate director for 22 years before his retirement in 1989. Fredrick was responsible for starting the National Conference of High School Directors of Athletics in 1971 as well as the NIAAA in 1977.

Jim Baker has spent his entire life and career in Minnesota. After graduation from Rochester Lourdes High School, Baker earned degrees at both Rochester Community College and Winona State University. In 1971 he began his career at Mora Public Schools and three years later, moved to the Albert Lea Public Schools. From 1984 to 1999 he was at Lake City Public Schools and from 1999 to 2005 he was at Richfield Public Schools.

A former wrestling coach, Baker has continued to be highly involved with the sport. Since 1976 he has been the weigh-in coordinator at the Minnesota state High School Wrestling Tournament, has co-managed the tournament the past six years and was state tournament floor manager for 11 years, and was meet manager at both sub-section and sectional tournaments for many years.

Among the various committees which he has served, Baker has been on the MSHSL Football Realignment Advisory committee, a member of the MSHSL Representative Assembly and served on the Athletic Advisory Committee.

At the state wide level, Baker served as second vice president and president of the Minnesota Interscholastic Athletic Administrators. He was president of the Minnesota State High School Coaches Association in 2000-01, and he received the George Haun Award from that organization in 2003.

Since 1998, Baker has been involved with the NIAAA Leadership Training Program at both the state and national levels. From 2000 to 2004 he was the Section V representative to the NIAAA Board of Directors.

Among other honors Baker has received include a League Award of Merit and has received the Richfield Chamber of Commerce Sports Award, the Minnesota Region 6AA Athletic Administrator of the Year, all in 2004. In addition, he was named MnIAA, Class AA Athletic Administrator for the Year in 2005 and was inducted into the MnIAAA Hall of Fame a year later.

The NIAAA is the largest national association for high school sports with more than 6000 individual members. All states including the district of Columbia are involved and include an efficient system for exchanges of ideas dealing with prep sport activities in the United States.



VISIT MCDONALD'S AFTER THE GAME



# HALL OF FAME



## Ice Chips

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

It is almost time to get those golf clubs out. It was a pretty long winter, weather wise, snow came early and it was one of the coldest winters we have had in awhile. In the world of us hockey coaches it never can be long enough and still seemed to come and go in a slap shot.

The State Tournament will conclude somewhere between our deadline and the official publication of this newsletter. Here are the 2007-2008 State Participants and congratulations to their Xcellent dreams coming true:

<b>CLASS AA</b>	<b>CLASS A</b>
#1 Roseau	St. Thomas Academy
#2 Edina	Duluth Marshall
#3 Benilde-St. Margaret's	Warroad
#4 Hill-Murray	St. Cloud Cathedral
Cloquet`	Mankato West
Woodbury	Litchfield/Dassel-Cokato
Blaine	Little Falls
Lakeville South	The Blake School

The MHCA would like to thank all the websites, newspapers, radio shows that help promote our great game and players. We would like to extend a special thanks to Fox Sports North for televising numerous games this year. I would like to encourage our body to drop them a note to show our appreciation.

The annual Hall of Fame banquet took place during the State Tournament. Hall of Fame inductees were: Bucky Kendig, Vic St. Martin, Jake McCoy and Bill Smrekar. We also honored Jim Pohl with our Cliff Thompson Award and Ty Eigner with our Dave Peterson Award.

Here is a closer look at these deserving individuals:

## HALL OF FAME

### Ernest "Bucky" Kendig

Bucky grew up in St. Paul, graduating from Washington High School in 1959. While at Washington, he was selected a captain in three sports: football, hockey, and baseball. He earned all-city honors in both hockey and baseball. He was as a member of the 1956 Minnesota Baseball State Championship team. After a stint in the U.S. Army where he served in Vietnam, Bucky went on to the University of St. Thomas where he continued playing both baseball and hockey. He earned All-Conference status in baseball as well as being named captain of both the baseball and hockey teams.

Bucky began his hockey-coaching career at the Academy of Holy Angels in 1972 by instituting the boys hockey program. He was the school's first Head Coach and remained there until 1976. He then went on to become the Head Coach at St. Bernard's school and coached there until the 1990 season. In 1990, Bucky joined the St. Paul Johnson hockey family and remained on staff through 1998. His awards and noted accomplishments throughout his tenure include:

Nine conference championships; three at St. Bernard's High School, six at Johnson High School.

Six Twin City championships at Johnson High School.

Section 4 champions, 1991; Section 2AA champions, 1995 at Johnson High School.

Section 4 Coach of the Year, 1987 and 1991; Section 2AA Co-Coach of the Year, 1995.

State High School AA Co-Coach of the Year, 1995.

Behind every great coach there is a great family. Led by Bucky's wife Phyllis, a librarian at the St. Paul Public Library, his family includes his son Eric and his wife Audrey, who live in St. Paul and is employed as an actuary and Audrey is currently a stay at home mom. They have a 3-month-old daughter (Madeline Grace). His daughter Tina and her husband James live in North Carolina where Tina is a social worker and James is a pilot with the United States Marine Corps and recently returned from a deployment in the Middle East.

# F F A M E

## Vic St. Martin

Vic grew up in the Como Park area of St. Paul and still resides there today. He came from a family of 9 children and first played the game of hockey at age 5. Growing up in St. Paul at this time allowed him to compete against Herb Brooks among others and some of those great Phalen teams. Vic went on to Cretin high School and played hockey for four years including being named captain his senior year in 1955. Upon graduating Cretin, he went on to the College of St. Thomas where he played for four years and was also a captain his senior year. He played many years of senior amateur hockey after his college years. When Vic realized his dream of playing pro hockey was not going to happen he chose teaching and coaching as a career Vic taught Social Studies and History for a total of 38 years. He taught 9 yrs. at Benilde High School and 29 yrs. in the North St. Paul-Maplewood-Oakdale District at Tartan High School and John Glenn Middle School. He coached high school hockey for 32 years including nine years at Benilde H.S., twelve years at Tartan H.S., eight years at St. Bernard's H.S., and three years at St. Paul Johnson.

Vic had some very good teams at Benilde in the late 60's and won 2 conference titles. Vic went on to start the hockey program at Tartan High School in 1970. St. Bernard's also had many strong teams in the 1980's with a number of conference titles. While at St. Paul Johnson with Bucky Kendig from 1990-1993, the Governors were able to win three conference titles. They went to the state tournament in 1991 at the St. Paul Civic Center, participating in the last year of the one class hockey tournament.

A few coaching highlight's/honors: Mn. Asst. Coach of the Year 1988 w/St. Bernard's and 1993/St. Paul Johnson Coach of Maroon & Gold High School All Star Teams in 1988 and 1993 Coached Johnson in State Tournament in 1991 Coaching clinics for many years at River Falls, Augsburg M.A.H.A. etc. Inducted to St. Paul Hockey Old-timer's Organization Hall of Fame (2007)

His family includes his wife of 44 years, Jan who he owes a great deal for her patience and love while he was coaching. He has four sons and their wives Marc & Cindy, Tim &

Lisa, Mike, Pat & Nicole along with five grandchildren Alex, Travis, Taylor, Matt, and Gavin.

A special thanks to his high school coach Mr. Ted Joyce and his college coach Mr. Ken Staples. They inspired him to choose coaching as a career. He would also like to thank all of his former players and co-coaches, especially Bucky Kendig and Larry Fronczak.

I always looked at coaching as an extension of teaching. I enjoyed seeing young men improve. Coaching gave me an avenue to teach life-long skills. I never got tired of going to the rink!

## Jake McCoy

Growing up in Minneapolis, his early experiences in the game of hockey were on the ponds and outdoor rinks of South Minneapolis. He played high school hockey at DeLaSalle, and college hockey at the University of Minnesota. He was a member of the 1964 United States Olympic hockey team.

Jake is currently in his forty-eighth year of coaching both high school and youth hockey. He started coaching in South Minneapolis after one of his mentors, Dick Erdall, got him involved in coaching a bantam hockey team in 1960. Jake spent thirty-three years as a physical education teacher in Richfield, Minnesota.

Jake's coaching career as follows: Nine years as the Head hockey coach at Richfield High School, fifteen years as the ninth grade, J.V., or Assistant coach at Richfield High School, four years as the Head hockey coach at Washburn High School, eight years as the Bantam "A" coach at Washburn High School, and twelve years as the Bantam coach at Richfield.

He has had the privilege of working with some wonderful coaches who have all had a great influence on him as a person and as a coach. His own youth coaches, Jack Marion and Dick Erdall, shaped the way he lived, played, and coached. Dick and Leda Bouchard game guidance and friendship as a young teacher and coach at Richfield High School. Larry Hendrickson gave him the chance to be a high school assistant coach, Todd Olson, Willie Spelts, and Steve Sertich provided

. . . continues on page 26

# HALL OF

many memorable practices and games at Richfield. Mike Thomas, along with his wife Sue, is a very close friend to both my wife and myself in and outside of hockey. Mike Thomas taught him that hockey is a great game and to enjoy the kids to the fullest, which we certainly always did. The kids themselves are the reason we coach and I have been lucky to have so many wonderful players over the years.

Among the many memorable moments, the two most vivid memories were the two state tournament teams I helped coach at Richfield. The 1975-76 team led by Steve Christoff, and the 1990-91 team led by Darby Hendrickson.

Jake would like to thank the following people: A special thanks to my family for all of their support through the many years, my wife Cathy, and three children, Jeanne, Patrick, and Maggie, as well as my three grandchildren and another on the way. My father Ken and mother Lucille who brought my brother Fred and I up in a family devoted to sports. Gene Olive and Bob Collison for giving me the chance to teach and coach in Richfield, and Mike and Sue Thomas along with their children for a life filled with wonderful memories.

“The best place in the world to be is at a hockey rink because for me the wonders never cease.”

## Bill Smerkar

Bill grew up in Ely, and played high school football, hockey and baseball. After graduating in 1963 he went on to play hockey at Bemidji State. In 1969-70 he started teaching at Cambridge Senior High School. It was somewhat disappointing to him that the school did not have a hockey program, but he was hired to teach and coach baseball. When teaching summer school in 1969, there were a couple of students who approached him about helping them get a hockey program started. Bill became involved with starting a hockey association and also a building a rink. The first year they were able to get a squirt, pee wee, and bantam team and they soon added mites and midgets. The midget team allowed all high school kids to play and he started coaching those kids.

After coaching midgets for 10 years and having high school

hockey turned down by the school board 2 times, it finally was approved as an official high school sport in 1981. The parents, through donations and fund raising, financed most of program the first couple of years, and Bill and his staff volunteered the coaching without salary. They traveled to practice 20 miles one way to get an hour of practice twice a week. Otherwise they practiced outdoors and did lots of dry land training. They traveled for practices and games for 17 years, in which Bill drove the bus for practices. He served on arena committees from 1976 until they finally got an arena built in 1998, in the city of Isanti.

Bill had the fortune to be named Section Coach of the Year in 1992 after Cambridge-Isanti won the Section, and earned the opportunity to play in the State Hockey Tournament that year. It was a great experience to help coach in the Maroon and Gold Series.

It is not possible to coach as long as he did without good and loyal assistants, Dave Roddy, Mike Anderson, Mike Hall, and Mark Bezek. Thank you! Bills family has been so instrumental in his passion to achieve the goals that have been reached. His wife Patty, now deceased, supported, helped, and sacrificed for him to be able to coach and serve on many committees to make it possible for Cambridge-Isanti to have a high school hockey program. Also his sons, Tom, Ron, and Todd had to sacrifice in their growing years and hockey continues in their lives with their kids.

Bill still lives in Cambridge with his wife Barbara. He is coaching Mites, supervising at high school games and still very much connected to the local scene of hockey.

The great relationships developed over the years with players, parents, coaches, officials, etc. have been one of the most rewarding parts of the game he continues to experience.



# FFAME

## CLIFF THOMPSON AWARD

### Jim Pohl

Jim grew up in St. Paul attending Cretin High School graduating in 1966. He spent the next four years at St. Mary's College in Winona where he was selected to the Minnesota Intercollegiate Athletic Conference All-Conference Team two times.

Jim went on to Rochester Lourdes High School where he helped start the high school hockey program as an assistant to Ken Johanssen. He became the head coach for the next three years at Lourdes high school. His next destination became White Bear Lake High School where he worked alongside Dean Boyum for the 73-74 season.

His final stop was in Red Wing where he was responsible for starting the Red Wing High School hockey program in 1974. He remained the Head Coach at Red Wing for 18 years coaching and teaching. He later worked as an administrator at Red Wing High School before his retirement a few years ago.

Jim was inducted into the Minnesota Hockey Coaches Association Hall of Fame in 1998 with a career record of 234-189-11 over the course of a 20-year career. In 2006, Jim was inducted into the St. Mary's University Sports Hall of Fame.

Jim's family includes four sons John (Krissy), Mark (Trisha), Mike and Tom. He is also expecting the birth of his first grandchild in June (John and Krissy). Jim's proudest accomplishment is that all four of his sons have played in the State High School Hockey Tournament, played in the championship game and were All-Tournament selections.

## DAVE PETERSON AWARD

### Ty Eigner

Ty was a 1986 graduate of Rosemount High School, where he played varsity hockey for Frank Senta. After graduation he played two seasons in the USHL, and was a part of the 1988 Junior A National Champion Rochester Mustangs. He then played college hockey at Bowling Green University where he

was a member of two NCAA Tournament teams and was a team Captain his senior year. His playing career finished after three seasons playing professionally in the East Coast Hockey League and Central Hockey Leagues. The highlight of his professional career was participating in the San Jose Sharks training camp in 1994.

Ty's coaching career started back at his alma mater Rosemount High School. He was the Head Boy's hockey coach there for three seasons. While at Rosemount, he also served as the Head Girl's hockey coach for one season. He could be the only coach that has ever been the Head coach of both a Boy's and Girl's Varsity team in the same season. He currently is the Head Boy's hockey coach at Brainerd High School and has been for 9 seasons.

He is also the hockey director for the Brainerd Amateur Hockey Association. This job includes, scheduling, tournaments, equipment handout, coaches education, program development and dealing with parents. Just like coaching, it is very challenging but also very rewarding.

Some highlights of his coaching career include having had 2 players go on and play in the NHL. Seeing more than 30 players move on to Div. 1 or 3 College hockey. He has had the opportunity to work with many great coaches and players in programs like Community ODP for girls, the USA Hockey National Advanced 15 and 17 programs, the Minnesota Advanced 16 program as well as being involved in Minnesota Hockey's Coaching Certification Program. Finally, he has had the honor of being the President of MHCA.

None of this would have been possible without the support of his wonderful family. As a coach, his wife Erika, son Peter (5) and daughters Ellie (3) and Kate (2) have made many sacrifices that have allowed him to pursue his passion. This passion for hockey was instilled in his brothers Trent and Troy and him by Chuck Grillo back in grade school, and continuously supported by their mother Mary Eigner.

Have a great spring and start cleaning those clubs! A national bestseller by Tony Dungy would make a great off-season read. The name of the book is Quiet Strength.



VISIT MCDONALD'S AFTER THE GAME





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

Its winter tournament time for high school sports in Minnesota and a fun time for high school athletes. If you and your teams are participating in one of these tournaments, we wish you the best of luck.

We have an item of concern. Chelon Danielson (North High Girls Soccer Coach) and her daughter Aaliyah were involved in a car accident in January. Both Chelon and her daughter spent time in the hospital and the daughter is still in the hospital. Aaliyah has been moved to her own room after a long stay in the ICU. On behalf of the MSHSSCA we wish both Chelon and the young lady best wishes. I am sure that if you wanted to send a card or note that would be appreciated. Her email address is [cdanielson@isd622.org](mailto:cdanielson@isd622.org). Our prayers and thoughts are with both of you. Hang in there Danielson's.

We are through the first year of section realignment and it looks like the job was well done. As usual there are some that do not like their placement, but overall an outstanding job by the MSHSL.

Dave Halgren (Executive Secretary) is busy updating the information about those in leadership roles. As the sections were re-assigned, there were some section repetitive jobs that needed filled. Dave has done a remarkable job with this task. Dave will report to the Executive Board at the March meeting.

The ongoing task of evaluating the seeding process continues. This process will again be discussed at the March meeting. There will be some changes in the procedure for the 2008 State Tournament. We are hoping to move forward in a positive manner on the seeding procedure.

The Minnesota Awards from the National Soccer Coaches Association were announced. We are proud of the coaches and athletes that have been honored at the national level. The Coaches Association recommends that you consider joining the NSCAA. The more members we have the more honors and awards that can be given to Minnesota athletes and members

The Girls athletes honored by the NSCAA are as follows:

All-America Players	
Krisa Lundgren	Lakeville South
Don Flood	
Brianna Westlund	Park of Cottage Grove
Greg Juba	

#### All-Midwest Regional Players

Holly Christian	Apple Valley	Keith Randa
Reegan Lloyd	Woodbury	Pat Malicki
Bergen Butala	Mounds View	Sharron Swallen
Josie Solie	Mahtomedi	Dan Wald
Jackie Voigt	Park of Cottage Grove	Greg Juba
Meredith Finsand	Edina	Simon Whitehead

The following Girls coaches were also honored.

Large School	Simon Whitehead	Edina
Small School	Dan Wald	Mahtomedi
Private School	Jeff Dennehy	Totino-Grace

The Mike Warter Scholarships will be awarded later this spring. The MSHSSCA gives these scholarships each year in honor of Mike Warter, who was the head coach of the Eagan Girls Soccer Team. Mike passed away in 2000 and these honor his memory. These scholarships are for 1000 dollars. Art Seplak (Bloomington)

... continues on page 25

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### Connecting With Today's Youth

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- Implement easy-to-use activities that motivate & engage all students to perform at a higher level
- Discover practical ways to build confidence, self-esteem and character
- Use research-based instructional strategies proven to raise student achievement
- Learn how to connect and build positive relationships to get positive results

**June 9-13**

Tom Boone.....Mankato  
Paul McDonald.....Esko

**July 7-11**

Tom Saterdalen.....Bloomington

### Achieving Peak Performance

3 Semester Hrs of Graduate Credit—Course Number CTED 580

- Learn highly effective performance feedback techniques
- Discussions on the "other things" teachers and coaches deal with
- Strategies to maximize your support from parents and students
- Learn how to create a motivating environment for students and athletes

**June 23-27**

Tom Saterdalen.....Bloomington

**July 28-August 1**

Don Peschel.....Sauk Centre

### Developing Excellence In Others

3 Semester Hrs of Graduate Credit—Course Number CTED 589

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Kennedy Girls Retired) is chairperson of this committee. One scholarship is given to a girl and one to a boy that were seniors in 2007. These awards are a one renewable grant.

If you want a good article to read, check out the latest MYSA magazine Soccer Times. Bill Vance (Totino-Grace Boys) wrote this excellent article. Bill is the President-Elect of the MSHSSCA.

The May column will have information on the March meeting of the MSHSSCA board. 2008 State Tournament information will be forthcoming from the High School League this spring. The League will be working on the quarterfinal sites and those will also be announced. In addition, Greg Juba (Park Cottage Grove) will release

information about the August clinic. I will also try and cover the rule changes for the fall season.

If you have questions about the MSHSSCA please go to the website for all of the information that you need. You can get access to the MSHSSCA site through the Minnesota State High School Coaches Association website. While you are on the MSHSSCA site, you can renew your membership in both organizations. If you have records you want to add please contact the person listed on the site. Thanks again to Jen Jaeger for all the hard work.

Enjoy the break before spring sports. You have been given the best job in the world, impacting kids for the rest of their lives.

## Smooth.Fast .Natural.

By: BJ Johnson

Mound-Westonka H.S.

Well the high school race season has ended but the snow is still calling!

Congratulations to the Lakeville schools on a sweep! North won Boys and South won Girls. Jake Olson and Kate Westby coached the Boys team and Mark Moltzan lead the Girls to victory.

Rounding out the Boys results was Duluth East placing second lead by Jason Baumgarth. Minnetonka was 3rd, lead by Steve Lindemer and Heidi Lindemer.

For the Girls Dave Nelson piloted the Edina juggernaut to second with Mary Parcheta getting the Pony's to show.

Congratulations to all of these coaches for some hard work!

The Awards Banquet at Giants Ridge sponsored by the Association continues to be a huge success with over 300 people attending. The only thing threatening it is that the popularity of it is taking it to the limits of the venue. Should we move it to the Onion? (NOT!) A very well received presentation was put on by Mark Halvorson.

Thanks to John McAlpin and Robert Teslow for hosting the Banquet on behalf of the Minnesota State High School Ski Coaches Association.

There was much talk at the Rules Interpretation meeting last fall about changes coaches want to see to our program. This resulted in an Advisory Committee consisting of Caryn Jones, Steve Lindemer, John McAlpin, and Nicole Rasmussen meeting with Rich Maters, our sport's liaison with the High School League, on Wednesday January 30.

The topics were selected by the online survey Robert Teslow organized and included Season length, state meet participation, recognition of entire squad at Sections & State, substitution in the individual race at State, and how do we officially propose changes to the MSHSL.

Out of the meeting the following information came back:

Season length – We would not be able to change the season length unless we went to the Representative Committee with proposals for the 09-10 season. We may be able to move the start date of the season later if we have proposed changes to the MSHSL by March 1st. This to address the concern about contact by coaches after the state meet but before the areas close.

State Meet Participation – We asked about adding additional teams and individuals to the meet. From their perspective this would

not be an option. Currently we have the highest percentage of athletes moving on to state in comparison to other sports. An option would be to potentially change the way athletes qualify for state so we would be similar to other individual/team sports (Golf, Cross Country, etc.) and that would be to have the top 2 teams qualify along with the next 10 individuals not on one of those teams which would guarantee 88 competitors for each sex. If that was to happen it may be necessary to change the format of the state meet to one race like the Section meet.

Recognition of the Entire Squad and Sections & State – 6 competitors, 2 alternates, 1 manager and 2 coaches – Discussion no definite direction – Other sports recognize substitutes but not alternates, not likely to pass but may be able to get a manager and additional coach recognized.

Substitution in the Individual Race at State – Proposal: If someone is not able to compete at state take the next finisher from the section to fill the spot. There is a definite standard set for qualifying for state and that is to be in the Top 10 of your section, if you don't meet that qualifying standard you do not get to compete. This is similar to other sports and will not likely change. Substitutions are available for the team competition but not the individual competition.

How do we propose changes – Changes must come through the Advisory Committee by the set date – Some changes go to the Board of Directors and others go to the Representative Assembly. Those that go to the Board of Directors are things that do not change a By Law other major changes such as length of season must go to the Representative Committee which is made up of representatives throughout the state. Also there must be a set number of representatives that bring the change forward to the MSHSL. There are 2 different dates for the changes on in March (Board) and the other in the Spring (Representative Assembly).

Some other topics that came up throughout the meeting were: Rule Concerns & Invitational races not sponsored by a MSHSL school.

This culminated in a proposal by the Committee on the 29th of February to be presented to MSHSL Board of Directors for those items that can be considered for the 08-09 season. Results of this are not available at press time.

Well, I hear my wax iron calling me to prep for the Ski Challenge finals this weekend. Enjoy the remainder of the season!



VISIT MCDONALD'S AFTER THE GAME



# Clearing the Hurdles

By: *Craig Nelson,  
President Minnesota High School  
Track & Field Coaches Association  
Luverne H.S.*



Greetings!

Thanks to Del Mottaz, Tim Hollis and the Park Center Staff for hosting another great Track & Field Clinic! Congratulations to the coaches for being selected as Coach of the Year:

Girls Class A: Gary Wade-Rushford-Peterson/Houston

Girls Class AA: Dawn Podolske-Stillwater Area

Boys Class A: Brent Schacht-St. Croix Lutheran

Boys Class AA: Mike Harris- Hopkins

Class A Assistant: Mike Hedlund- East Grand Forks

Class AA Assistant: Jerry Eggermont-Owatona

Special congratulations to Wayne Heisinger of Heron Lake/Okabena/Lakefield/Southwest Star Concept and Del Mottaz of Park Center for being inducted into the Minnesota Track & Field Coaches Hall of Fame, Class of 2008! Please take the time and nominate retired Coaches who you feel are deserving of this honor. Nomination forms are available on our website: [www.mshsca.org/track/](http://www.mshsca.org/track/)

In February, the Track & Field Advisory met with Jody Redman of the Minnesota High School League. Most of our discussion centered around the possibilities of three classes in MSHSL Track & Field. As of our meeting, Jody said the HS League was in the very early stages of discussing three classes and she did not have any specifics to share with us. She suggested that if our Association has proposals on how to do three classes that we are welcome to submit them. Our Advisory Board as well as Kevin Leonard of Hermantown and Rollin Timm of Minnesota Valley Lutheran will be putting together some options. If you would like to have some input on this, please email me or any of the other coaches listed.

Our own Scott Christensen of Stillwater High School will be coaching the USA Mens Elite Team at the World Cross Country Championships in Edinburgh, Scotland on March 30th. Scott serves as our Association Secretary/Treasurer and as the True Team State Championships Meet Manager. It is extremely rare for a High School Coach to be selected for this tremendous honor! Congratulations Scott, we are very proud of you!

Finally, as I write my last column (the only part of this job that I didn't enjoy) as President of the Track & Field Coaches Association, I want to express my thanks and appreciation for the opportunity to further my involvement in the sport that I love! Special thanks to Dave Wieber, who will be an outstanding President, Scott Christensen, Mark Alcorn, and the members of our True Team Track & Field Committee. You have made this experience fun and rewarding.

Hope to see you in Stillwater and at Hamline!

# NOCAD and NJPA have formed a national partnership

We are pleased to announce that the National Organization of Coaches Association Directors (NOCAD) and the National Joint Powers Alliance (NJPA) have formed an exclusive, national partnership that allows school districts the opportunity to purchase athletic equipment needs at a cost savings. These products, through our vendors, have satisfied the competitively bidding requirements, allowing coaches and athletic directors the choice of a quality product at a discounted price.



NJPA, a national contracting cooperative purchasing agency, is able to offer low prices because of the combined sales volume of our nearly 20,000 members. Schools cooperate in activities and facilities. Cooperative efforts are the way of the future. The NOCAD/NJPA partnership provides coaches, athletic directors, and purchasing personnel with a variety of choices, with no need to duplicate the competitive bid process.

We encourage you to contact us for your athletic needs such as gym floors, weight equipment, artificial turf, tracks, and tennis courts.

To learn more about this partnership, NOCAD, NJPA, and the MSHSCA, we encourage you to research the websites at: [www.nocad.org](http://www.nocad.org) [www.njpa.org](http://www.njpa.org) and [www.mshsca.org](http://www.mshsca.org) or contact Lynn Peterson at [lynn.peterson@njpacoop.org](mailto:lynn.peterson@njpacoop.org) or 218-371-7553 or John Erickson at [218-847-6796](tel:218-847-6796).

John Erickson  
Executive Director  
MSHSCA

Keith Richardson  
Executive Director  
NOCAD

Lynn Peterson  
Contract Manager  
NJPA



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## **MSHSL BOARD OF DIRECTORS REPORT**

There was a lot of lively discussion at the January board meeting. Seeding state tournaments was discussed at length. In the end, it was decided that the preferred method for seeding state tournaments would be seeding 1-4 and doing a random draw for the rest. Public comment has been very favorable about seeding state tournaments. There are some who believe that all state tournaments should be seeded and they should all be seeded the same way.

There was discussion on how the MSHSL constitution would need to be changed to reflect the combining of the two coaches associations. Because the change to the constitution would not change the intent of the constitution, the attorney commented that the wording could be changed without going through the process of formally changing the constitution. The girls sports representative to the Board of Directors will be selected this spring. Candidates must be listed as the girls sports representative to the MSHSL from their school and must be female. This will be voted on at the March coach's association meeting and, if passed, the wording will be changed in the constitution.

Other discussion items included the a mercy rule for basketball that will be looked at further, wrestling weight classes, and the possibility of the MSHSL offering a scheduling component on their website for schools to use.

As always, membership on the board continues to be an exciting and rewarding experience. If you have any issues or concerns, please feel free to contact one of us.

Becky Leuer - North Branch  
 John Schumacher - Park Rapids



**VISIT MCDONALD'S AFTER THE GAME**





By: Glen Hasselberg  
 Staples-Motley HS  
 Pres. - MN Golf Coaches Association

Greetings, Spring is on the way. Important information regarding coaches responsibilities for the upcoming season. First and foremost, have you joined the Minnesota State High School Coaches Association? Remember you must be a member to be eligible for coach of the year, assistant coach of the year, weekly team and or individual ratings and academic team and or individual awards. Encourage your assistants, junior high coaches and neighboring coaches to join the association.

New this season(2008). Coaches must report your weekly team and individual scores on the Minnesota State High School Coaches Association website: <http://www.mshsca.org/golf> if you have met the minimum requirements for ratings. Scores must be reported by 6:00 pm beginning on Saturday, April 19, 2008. There will be five ratings during the 2008 golf season. the first ratings date is April 19. The other four rating deadlines are: April 26th, May 3rd, May 10th, and May 17th. All players listed each week on the state ratings will be named to the All-State Team and will be recognized with certificates at the state banquets. Each weekly rating will be forwarded to the media and posted on the MSHSCA website: <http://www.mshsca.org/golf>. Email questions or to have local newspaper/media outlet included to: Kerry Bidle, Virginia, [kbidle@virginia.k12.mn.us](mailto:kbidle@virginia.k12.mn.us).

Academic all state awards also need your attention as Coaches. Please respect deadlines so that awards can be printed and winning teams notified in the timely fashion. We as coaches need to do a better job of getting the correct information to Steve Heslop from Pequot Lakes and, repeating- ON TIME. Download forms from the MSHSCA website. Email Steve @ [sheslop@tds.net](mailto:sheslop@tds.net) or [sheslop@pequotlakes.k12.mn.us](mailto:sheslop@pequotlakes.k12.mn.us).

State Tournament Banquet information: AAA Banquet will be Monday, June 2nd at Earl Brown Center. A Banquet will be Tuesday, June 3rd at the Holiday Inn in St. Cloud and the AA Banquet will be Wednesday, June 4th at the Park Ballroom in New Prague. Contacts for the respective banquets and email phone info include: AAA, Tim Kallevig from Park Center, [kallevigt@district279.org](mailto:kallevigt@district279.org) or 612-803-6666. AA, Mike Frankenfield from Shattuck St. Mary's, [mfrankenfield@s-sm.org](mailto:mfrankenfield@s-sm.org) or 507-333-1674/507-339-0195. A, Rich Aulie from Crosby-Ironton, [raulie@ci.k12.mn.us](mailto:raulie@ci.k12.mn.us) or 218-546-7355. Coaches and or AD's are the only ones that can reserve tickets. Please make sure that you confirm your reservations via email or phone. Just because you send an email or leave a phone message doesn't mean the other person received it. Ask for a confirmation please.

With our debut of three class golf our advisory committee will also be growing. We now can have two members by class and gen-

der. This increases our committee to twelve. We welcome new members, Duran Ornell AAA girls at Rogers, Tim Kallevig AAA boys at White Bear Lake, Eric Tollefson AAA boys at Moorhead, Bob Gorden AA boys at Detroit Lakes, Todd Petterson AA boys at Red Wing, Al Cue AA girls at Blue Earth, Carrie Johnson AA girls at Walker Hackensack Akeley, Peggy Larson A B/G at Springfield, Milo Larson A B/G at Canby, Mike Seiffert A boys at Providence Academy, Diane Spaeth A girls at Mahnommen. Glen Hasselberg will be outgoing or Past President. Todd Petterson from Red Wing will be taking over the Presidency after this years State Tournaments. Many thanks to our dedicated outgoing committee members, Keith Bangs from Owatonna, Mary Cannon from Monticello, Russ Holland from Park Center, Jeff Bernards from Kasson and Dave Harris from Alexandria. Many years of dedicated service to high school golf that will be missed. Thanks again and let's grow our membership in the association. Encourage fellow coaches, assistants and junior high coaches to become members.

Feel free to contact advisory committee members or me at: [ghasselberg@isd2170.k12.mn.us](mailto:ghasselberg@isd2170.k12.mn.us) or call 218-894-3844(home).

## MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

### Executive Committee Liaison Assignment 2007-08

**Don Tangen**  
 B/G Basketball  
 B/G Track & Field  
 Boys Lacrosse

**Craig Anderson**  
 Baseball  
 G/B CC  
 Athletic Directors

**Gregg Martig**  
 Football  
 Synchronized Swimming  
 Girls Gymnastics  
 B/G Golf

**Dave Johnson**  
 Apline Skiing  
 Nordic Skiing  
 B/G Soccer

**Shelly Hotzler**  
 Softball  
 B/G Swimming  
 Volleyball

**John Erickson**  
 Adapted Athletics  
 Hockey  
 G/B Tennis

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



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# MINNESOTA STATE HIGH SCHOOL GOLF COACHES ASSOCIATION WEEKLY RATINGS

**NEW FOR 2008:** COACHES MUST REPORT YOUR WEEKLY TEAM AND INDIVIDUAL SCORES ON THE MN STATE HS GOLF COACHES ASSN. WEBSITE: <http://www.mshsca.org/golf>

## SCORES MUST BE REPORTED BY 6:00 PM BEGINNING ON SATURDAY, APRIL 19.

- Each coach is responsible for computing the scoring average of their individuals and teams and reporting them. **In order for a team and/or individuals to be included in the weekly ratings the coach must be a member of the MSHSGCA.**
- An individual's score for rating purposes will be based on the USGA/MGA course rating of the course played and the score actually shot. Compare the course rating of the course you played to either 36 or 72 and find the difference.
- If the course rating is more than 72, subtract 72 from the course rating and subtract this difference from the individual's score. If the course rating is less than 72 (this is the case in most instances) subtract the course rating from 72 and add the difference to the individual's score. (Ex: Playing an 18 hole match the golfer shoots 78. The course rating is 69.6. The difference between 69.6 and 72 is 2.4. Since the course rating is less than 72, 2.4 would be added to 78 and the score to consider for rating purposes will be 80.4)
  - If you play on a course that is not rated, then use the course's par as your course rating.
  - The weekly ratings are based on 18 hole scores. If you play 9-hole matches, you will put two 9-holes together to make an 18 hole score.
  - All coaches are strongly encouraged to "play the ball down" (Don't use winter rules) in matches and tournaments.
- The ultimate scoring average for your individuals and teams will be to use the low 4 of the last 6 scores. In the early ratings, you will probably have to use rounds from last year to get six 18 hole scores. You will always work with their last six 18 hole rounds as a member or your high school team. (Non high School golf tournaments and practice rounds cannot be used.) In using the last six rounds, or for individuals who have not played six rounds, the following table will apply:

9 holes	No average
18 holes	This is your average
2-18 holes	Average the 2 rounds
3-18 holes	Average the 3 rounds
4-18 holes	Average the 4 rounds
5-18 holes	Drop the poorest round and average the other 4
6-18 holes	Drop the 2 poorest rounds and average the other 4

(Remember: Include course rating in calculating the averages)

COACHES MUST ENTER TEAM AND INDIVIDUAL SCORES ON THE MN GOLF COACHES ASSN. WEBSITE BY SATURDAY 6:00 PM EACH WEEK. THE WEBSITE ADDRESS IS: <http://www.mshsca.org/golf>

ALL PLAYERS LISTED EACH WEEK ON THE STATE RATINGS WILL BE NAMED TO THE ALL-STATE TEAM AND WILL BE RECOGNIZED WITH CERTIFICATES AT THE STATE BANQUETS.

- The top 10 boys' and girls' individuals and the top 10 boys' and girls' teams in each class (A, AA, AAA) will be rated each week using the following standards:

### STANDARDS

GIRLS' TEAM	405.00
GIRLS' INDIVIDUAL	94.0
BOYS' TEAM	330.0
BOYS' INDIVIDUAL	82.0

All individual and team scores (A,AA,AAA) at or below the minimum standard must be entered by **SATURDAY 6:00 PM EACH WEEK.** The Saturday due date is necessary in order to get the weekly ratings to the media outlets for print in Tuesday morning papers.

**Please make sure that you spell names correctly.**

**Follow the directions on the website to enter your weekly scores. Information that you will need to report is listed below.**

### FOR TEAM

School Name	Average Team Score
-------------	--------------------

### FOR INDIVIDUALS

Golfer's Name	School	Grade	Avg. Score
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**\*\* Remember that YOU MUST ENTER YOUR AVERAGES EACH WEEK if you have an individual or team that meets or exceeds the standards set above. If you don't enter scores each week your team and/or individuals will be dropped from the ratings.**

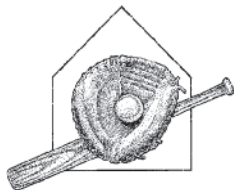
- There will be 5 ratings during the 2008 golf season. The first ratings will be due by 6:00 PM Saturday, April 19. The other 4 ratings deadlines are: April 26, May 3, May 10 and May 17. Each weekly ranking will be forwarded to the media and posted on the MN State HS Golf Coaches Assn. Website: <http://www.mshsca.org/golf>

Email questions or to have your local newspaper/media outlet included to: Kerry Bidle, Virginia HS Boys' Golf Coach Email address: [kbidle@virginia.k12.mn.us](mailto:kbidle@virginia.k12.mn.us)



**VISIT MCDONALD'S AFTER THE GAME**





## DUGOUT CHATTER

By: Bruce Waitas  
Sleepy Eye St. Mary's High School  
2<sup>nd</sup> VP MBCA

It won't be long until the cold is out of the air, the snow piles are melted away and the sound of baseball is in the gyms throughout the state.

There were many baseball clinics to attend this past year. Our fall coach's clinic, the St. Olaf Clinic and the University of Minnesota clinic were all outstanding opportunities to enhance your coaching. I hope that whichever clinic you attended, you gained many valuable ideas that you can use to improve your program.

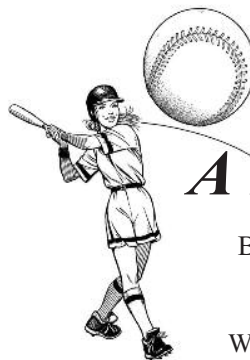
Spring is a very busy time for all of us, but please takes time to get all of the necessary Minnesota High School Baseball Coaches Association forms sent in this spring. You need the following: 707 Lions All Star due May 15; 505 All State due June 2; 606 A&B Academic forms due June 2; and 1010 Coaching Award forms: Dick Siebert, Angelo Giuliani, Retired Coach, Assistant Coach of the Year and Groundskeeper/ Field of the Year due June 30<sup>th</sup>. These forms can be found on the web site ([mshsbca.org](http://mshsbca.org)) or by contacting your section rep. Thank you for your attention to this important matter!

Take time this spring to also read through the baseball rule book. As coaches, it is our job to teach and educate our players on the rules of the game. The one major rule change is on obstruction. (2-22-3) The new rule changes and points of emphasis can be found in the first pages of the rule book. We have an amazing privilege as we share our love and knowledge of the game with our players. It is a responsibility that we must take seriously.

The Coaches Association took a survey on the use of wood bats. The results came back 80-NO and 41-YES; we received only 121 votes out of 400 programs. We need to make sure we do our part when things are brought forward to vote on. As most of you know our president Bruce Davis and others had been working hard on the amendment to get a week back to our season. We needed to get support from 9 of 16 regions; this did not happen as we only had support from 7 regions. We will be looking into bringing the amendment back; it is something that our association feels strong about and will be very important to us in the coming year.

John Wilkens has been working very hard on getting a banquet in place for our class AA state tournament. He has informed me that this year all 3 classes will have banquets. Look for more information in the spring newsletter. The Coaches Association will once again sponsor a junior showcase this summer; the date will be July 10<sup>th</sup> at the Minnetonka complex. The showcase is supported by our association; be looking for more information in the newsletter and thanks to Tink Larson for his work on this showcase.

Please remember to call in your game results. It's our job to promote the great game of baseball in our state. Good luck to all teams during this coming season.



## Softball... A Five Star Sport

By: Paul Virgin, Park of Cottage Grove

Spring 2008 already? Wow!

We just completed our annual winter meeting and clinic. It was a huge success. Over 250 coaches this year (a new record) we hope to continue to grow each year. If you attended the clinic please go the following website and let us know how we did. <http://www.district196.org/Survey/takeSurvey.asp?surveyID=429>

Your input is so valuable to us.

This year we inducted 6 people into our Hall of Fame. They were Angie Recknor from Hopkins, Amanda Schindlacker from Menasha, Kelly Connolly from Johnson, Lyn Peyer, Kristen Nagle from Minnetonka and long time coach Norn Setnicker from Tartan. It was a great night with a lot of wonderful stories. Please plan on attending next year it is only \$10 for coaches who are members of the association.

A big thank you to John Erickson, Becky Leuer and the rest of the people at the Coaches Association for all their hard work putting together this merger that will benefit all people involved. All of our dealings have been very positive and professional. It was a wise choice to merge and we are delighted we did.

As the season starts we are changing a few awards. The individual academic awards are the same. If you have any senior athlete that has a GPA of 3.75 or greater she will be academic all state. The team academic awards have changed, if your team has a GPA of 3.75 or higher they will receive the Gold award, if they have a GPA between 3.50 and 3.74 they will receive a Silver Award and if they have a GPA of 3.25 to 3.49 they will receive the Bronze award. Go to the website [www.mnhssca.org](http://www.mnhssca.org) to find all of your forms and the dates and names of the people you need to send it to.

This year we will have an assistant coach of the year award for the section and the state. Each section will decide how they want to give this award and the state assistants will be given to the state champions just as the head coach one is given. Please take the time to get to know your section rep. they are the people who make our association go. You can find their name and contact information on the website.

We also are proceeding with two proposals. One is to change when we can start to work with our pitchers and catchers. We will propose to be able to work with just pitchers and catchers two weeks before the season starts. The second proposal is to have EVERY VARSITY contest played on a field between 185' and 225' before the year 2010. We feel this is an equity issue that is long overdue and our athletes deserve to play on a consistent playing field all year. Look for these proposals to be presented to the league by the fall of 2008.

We have also change the All Star game a bit. We are going back

... continues on page 31



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## ADAPTED UPDATES

The Adapted Floor Hockey State Tournament will be held March 14th-15th at the Bloomington Jefferson High School. Eight teams from the CI and the PI division will participate. Good luck to all the teams. The next sport will be softball. Softball season will begin in April.

Barb Becker  
President MN Adapted Athletics Coaches Association

### *Softball . . . continued*

to Mankato and we are going back to 72 athletes. Please, if you know your athlete is NOT going to be able to participate in the all star game don't nominate her. We may have to go to a penalty system for coaches that nominate players who do not show up for the all star games. Again please check the website for the appropriate form and dates to honor your athletes.

This is the last letter from me as president. I have had a blast and have been honored to serve you. As I think back to all of the events of the last two years I find myself ever grateful to the people who have helped make our association better each year. We have a strong group of people and it amazes me at their willingness to always do what is best for our athletes and sport.

Lastly, I would like to wish Shelly Hotzler the best of luck as your new president. I know if she has half the fun I had it will be worthwhile. I wish you all the best for 2008 and hope to see you in-between the base paths this spring. Good Luck and here's hoping you make it to Mankato.

Paul Virgin  
President

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**VISIT MCDONALD'S AFTER THE GAME**



## MSHSCA Seeks Nominations for Officials Distinguished Service Award

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

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

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

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

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

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

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

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

John Schumacher  
16332 Deer View Rd  
Park Rapids, MN 56470



By: Terry Eiter  
Detroit Lakes

Winter doldrums. Sport burn out. Too many games. It seems that this time of year gets to be challenging for officials to sometimes stay sharp. The light at the end of the tunnel of the long season, is the hope for post-season assignments and that they are well played and well officiated.

Staying sharp and focused is no doubt a challenge for coaches and players as well. A recent basketball game I officiated found my partner and I calling over 50 fouls – I'm sure we probably missed another dozen or so. It was just short of a Hagler – Hearn brawl. Players, coaches or fans appeared not so happy to be there. Some might "blame" the number of fouls called because of the focus on "rough play" this year. This wasn't the case. It was just plain ol' rough.

Lo and behold, it just so happened that on this particular night an evaluator from the State High School League was in attendance. I was thankful that he acknowledged the rough play and he was appreciative of the job we did. Quite frankly, from an official's perspective, it was nice to get the game over. Though unfortunate, it does happen.

Some winter seasons are over and others are wrapping up. Whether you are blowing the whistle on the court or coaching from the sideline, I wish you well. Hoping to bring you a bit of cheer I'd like to share the following personal experiences...remember, – having a sense of humor is a healthy thing!

At a recent basketball game my 2 silver haired partners and I walked onto the court.

As we strolled to our pre-game positions I had made eye contact with a fan. Apparently she wasn't pleased to see us. She rolled her eyes, deeply sighed and nudged her friend next to her. It was a moment frozen in time. She spoke loud enough for me to hear her say to her friend as she shook her head, "Oh great, the boys got another weekend pass from the nursing home. Heere we go again." It was hard not to

... continues on page 33

### 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 ( ) \_\_\_\_\_



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McDonald's congratulates Jefferson graduate Cole Aldrich (left, with the manager of our Bloomington Valley West restaurant) for being selected to play in the 30<sup>th</sup> Anniversary McDonald's All-American High School Basketball Game last March in Louisville. Cole is the seventh McDonald's All-American from Minnesota, and the game has included the likes of Michael Jordan, Shaquille O'Neal, Kevin Garnett and LeBron James. Cole, now a freshman center at Kansas University, graduated as Jefferson's all-time scorer and several publications named him Minnesota's player of the year. The games, part of McDonald's commitment to youth sports and getting kids to live healthy and active lifestyles, have raised more than five million dollars for Ronald McDonald House Charities 1978.



## 2007-08 Academic Champions

### Fall Sports

#### Boys Cross Country

"A" Pine Island  
"AA" Chaska

#### Boys & Girls Soccer

Soccer has decided on a Gold and Silver Award to teams that achieve a 3.75-4.00 GPA or a 3.50-3.74 GPA. The entire list of qualifying teams appear in a separate Fall Team Academic article.

#### Football

Football has opted to award Gold and Silver Plaques for High Academic Team Achievements. The entire list of award winning teams appear in a separate Fall Team Academic Article.

#### Girls Cross Country

"A" Redwood Valley  
"AA" Hastings

#### Girls Swimming

"A" Becker  
"AA" St. Cloud Tech

#### Girls Tennis

"A" Redwood Valley  
"AA" Albert Lea

#### Volleyball

"A" Onamia  
"AA" Hinckley-Finlayson  
"AAA" St. Francis

### Winter Sports

#### Girls Gymnastics

"A" Worthington  
"AA" Rochester Century

#### Alpine Skiing

"A" Minnehaha Academy  
"AA" Brainerd/Pillager

#### Nordic Skiing

"A" St. Paul Como & Anoka Park  
"AA" St. Paul Como & Park Hastings

laugh.

I recall a few years back how much I had enjoyed officiating a play off basketball game that was very well played. Coaches coached. Players played. Officials officiated. And the fans were great as well. That is, until we got to under a minute to play. The game was tied and Team A was bringing the ball up court against great defensive pressure. It was a packed house with a great atmosphere. On this particular play the ball was loose with several players trying to get a handle on it. The crowd was standing and it was loud. The ball ricocheted out of bounds and the whistle was blown assertively. I pointed the direction the ball was to go. Half the crowd loved the call – the other half hated it.

As I approached the side line to inbound the ball I was met by an elderly "lady." She assured me that it was the wrong call and was about to call me a "stupid b-----." As she blurted out the first part of "stupid" her front four teeth popped out of her mouth onto her lap. It came out "toopid b-----." None the less – I knew what she meant. My partner was within listening distance – still can't believe we both kept our composure.

Remember to keep the game fun.....and have a sense of humor!

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 [dhref@hotmail.com](mailto:dhref@hotmail.com).



VISIT MCDONALD'S AFTER THE GAME



# WINTER TEAM ACADEMIC RESULTS

A few of the winter sports were able to submit their results prior to the deadline for this issue of The Minnesota Prep Coach.

Those winter sports that are not included in this report will be covered in the May issue of the Prep Coach.

The results of the sports reporting will include sectional winners and their head coaches and team Academic Champion.

## ALPINE SKIING

### Boys

Section 4	Minnehaha Academy	Sarah Halvorson
Section 5	Robbinsdale Armstrong	Bob Hakkinen
Section 6	Eastview	Dave Loeffler
Section 7	Hibbing	Bill Magajna
State Champion - Minnehaha Academy		

### Girls

Section 4	Hastings	Jim Peine
Section 5	Brainerd/Pillager	Jim Ruttger
Section 6	Eastview	Dave Loeffler
Section 7	Coon Rapids Duluth East	Danielle Dziedzic Jason Baumgarth
State Champion - Brainerd/Pillager		

## GIRLS GYMNASTICS

### Class A

Section 1	Austin	Mark Raymond
Section 2	Mankato West	Jacki Uselman
Section 3	Worthington	Shelly Eklund
Section 4	No Qualifier	
Section 5	Watertown-Meyer	Steve Hangartner
Section 6	Melrose	Glen Thieschaefer
Section 7	Big Lake	Joan Rosengren
Section 8	Park Rapids	Nathan Harsha
State Champion - Worthington		

### Class AA

Section 1	Rochester Century	Dan Christy
Section 2	Eden Prairie	Nancy Schmitt
Section 3	Apply Valley	Amy Meitz
Section 4	Stillwater Area	Ellie Berg
Section 5	Park Center	Bruce Smith
Section 7	Cambridge-Isanti	Wendy Rooney
Section 8	Moorhead	Toni Kleber
State Champion - Rochester Century		

## NORDIC SKIING

### Boys

Section 1	Northfield	Dan Kust
Section 2	Elk River	Kirsten Anderson
Section 3	St. Paul Como Park	Chris Lundstrom
Section 4	Woodbury	James Kyes

Section 5	Anoka	Pete Tremaine
Section 6	Eden Prairie	Doug Boonstra
Section 7	Mesabi East/Virginia	Jack Jeffery
Section 8	Little Falls	Terry Waslund
Stat Champions - Anoka & St. Paul Como Park		

### Girls

Section 1	Hastings	John Dewall
Section 2	Elk River	Kirsten Anderson
Section 3	St. Paul Como Park	Chris Lundstrom
Section 4	Roseville Area	Jamie Misner
Section 5	Anoka	Pete Tremaine
Section 6	St. Louis Park	Doug Peterson
Section 7	Duluth East	Bonnie Fuller-Kask
Section 8	Little Falls	Terry Washund
State Champions - Hastings & St. Paul Como Park		

# CONGRATULATIONS TO WINTER STATE CHAMPIONS

The MSHSCA would like to congratulate the teams and their coaches who have won state titles in the 2007-08 school year.

Listed below are the winning teams and their head coaches who were titlists prior to the deadline for this issue of The MN Prep Coach. Those sports not listed will be included in the May issue for recognition.

The sports listed below include the sport associations affiliated with the MSHSCA.

## TRUE TEAM BOYS SWIMMING AND DIVING

A	St Thomas Academy	John Barnes
AA	Minnetonka	Chris Guerrero

## ALPINE SKIING

Boys	Lakeville North	Jacob Olsen
Girls	Lakeville South	Mark Moltzan

## NORDIC SKING

Boys	Forest Lake	Deno Johnson
Girls	Stillwater Area	Kris Hansen

## GIRLS GYMNASTICS

A	Perham	Charlie Fleck
AA	Roseville Area	Mike Flatten and Mark Curley

## BOYS SWIMMING AND DIVING (MSHSL)

A	St Thomas Academy	John Barnes
AA	Edina	Ted Downey

Each of the coaches will be recognized for success with an award at the Annual Hall of Fame Banquet next fall.



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Secretary-Treasurer

Terry Turek

Le Sueur-Henderson High School

## Goal Posts

On behalf of the MHSFCA I'd like to express our hopes that your spring is successful and has your program headed in the right direction.

The Presidents Committee met in January and selected the recipients for various MHSFCA honors, including Class Coaches of the Year, Butch Nash award winners,

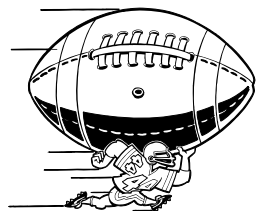
Distinguished Service award winner and the All Star coaches were finalized. These coaches will be honored at the annual Hall of Fame banquet. The MHSFCA Hall of Fame banquet is being held on Saturday, Mar. 29th at the Double Tree Hotel in Minneapolis. The program includes the induction of new Hall of Fame honorees, the naming of class coaches of the year, assistant coach of the year, Butch Nash award winners, Distinguished Service award winner, and conference and section coaches awards. Service awards are presented to coaches who have won 200, 250 and 300 games and to those who have coached for 30, 35, and 40 years. Any coaches who

## MINNESOTA PREP COACH

have reached those milestones should contact me as soon as possible, so that the appropriate award can be ordered in time. The social hour begins at 5:00 pm with the dinner at 6:00 pm and the honors program to follow. Anyone wishing to purchase tickets or in need of more information should contact Dave Nelson at Minnetonka high school.

The MHSFCA will be working in conjunction with the U of M staff to produce a football clinic this spring. Coach Brewster has committed to a cooperative effort and the MHSFCA looks forward to this endeavor. The clinic will be held at the Dou-

... continues on page 37



# 44th Annual FOOTBALL HALL OF FAME BANQUET

Minnesota High School  
Football Coaches Association

Time: 5:00 - 6:00 pm Social Hour  
6:00 pm Dinner

Ticket Price: \$28.00  
Make checks payable to MHSFCA

**Saturday, March 29, 2008**

**Reservations Deadline is ...  
Tuesday, March 25<sup>th</sup>**

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

Send your check and reservation to:  
Dave Nelson • Minnetonka High School  
18301 Hwy 7 • Minnetonka, MN 55345  
School phone: (952) 401-5948  
Home phone: (952) 401-0022

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

## BANQUET HIGHLIGHTS

### 2008 Hall of Fame

#### High School Division

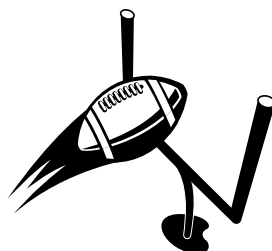
- Del Elston - Harmony
- Mario Lucia - Grand Rapids
- Ron Stolski - Brainerd
- Gary Trimble - Kimball

#### Citation Division

- Jim Sims - University of Minnesota Crookston

Conference Coaches of the Year  
Section Coaches of the Year  
Class Coaches of the Year  
Distinguished Service Award

State Coach of the Year  
Distinguished Service Award  
Assistant Coach of the Year  
Power of Influence Award



### 2008 Butch Nash Outstanding Assistant Coach Award Winner

Alan Amdahl - Albany  
Vaughn Glasener - Melrose  
Mark Johnson - Minneapolis Roosevelt  
Robert Nickleby - Woodbury  
Derek Parendo - Proctor  
Delles Solie - Owatonna  
David Style - Glencoe Silver Lake

**Conference and Section Coaches of the Year:** You must be present at the banquet to receive your Conference or Section Coach of the Year Award. In order to allow time for the plaques to be engraved, **WE MUST HAVE YOUR R.S.V.P. BY FRIDAY, MARCH 14.**



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## MINNESOTA PREP COACH

ble Tree Hotel on Mar. 27, 28, and 29th. Coaches should note that due to the popularity of the clinic that the Double Tree is already full. Coaches should go to the MHSFCA website at [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com) and click on the clinic link to get other hotel information.

The conference representatives will on Friday, Mar. 28th at the Double Tree Hotel at 8:00 am. Jeff Mumm, of Thief River Falls, takes over as MHSFCA President, replacing Wayne Petermeier, of Browerville. Wayne did a great job and the association thanks him for all of his efforts.

The Executive Committee has also been busy, with several new initiatives. The committee is looking for input from members. Several initiatives have become a reality, under the leadership of Executive Director Ron Stolski. The Coach to Coach program, utilizing retired coach's expertise; a Camp Outreach program that provides football camp opportunities, through the sponsorship of the Minnesota Vikings; an increased number of corporate sponsorships, and a scholarship program has been formulated under the direction of Will Wackman of Spring Lake Park. And the coaching clinic, being run in conjunction with the U of M

staff, at the Double Tree is a top priority of the association.

Regarding MSHSL news, the state quarterfinals being held at neutral, artificial turf sites met with a positive response. A contract with Wilson Sporting Goods has resulted in Wilson football being used as the "official" ball of the the state tournaments. A "mercy rule" is being discussed at the state level, although no firm format has been formalized at this time.

The process of organizing the summer magazine has begun. Coaches with any practical ideas that they feel will help with the magazine should contact me. Conference representatives have already begun sending in their articles. I would like to urge any of you who have not sent in your article to please do so as soon as possible and remember that we need pictures, and that hard print versions are best. And please remember that it is a coach's magazine, so make mention of any coach's accomplishments. Any changes in address should be sent to me, especially in regard to retired members, as they are sometimes the hardest to "track down". And please let me know of any head coaching changes for next season.

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The MHSFCA web page, on the MSHSCA website, is a very good way to get many of the MHSFCA forms and to check on information pertaining to Minnesota high school football. When time allows, the web pages will be expanded. Flint Motschenbacher and Rob Nielsen of Detroit Lakes have been doing a great job of keeping the website a useful tool for the organization. Claud Allaire, of Minnetonka, has also been helping with web policy. If members have any ideas, they should feel free to contact me. Coaches are also encouraged to send in any football records, regarding individuals or their team, from their program to be added to the association's database.

Have a great beginning to the spring sports season and remember to contact me if you ever have any questions concerning MHSFCA matters. I can be contacted using the information listed below.

Terry Turek  
901 E. Ferry St.  
Le Sueur-Henderson H.S.  
Le Sueur, MN 56058  
Phone: 507.665.3305

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# 2008 MINNESOTA FOOTBALL COACHES CLINIC

*The Official Clinic of our MHSFCA in Partnership with the University of Minnesota and the Minnesota Vikings*

*If you can attend just one clinic, this is the one!!* DoubleTree Hotel in St. Louis Park

## March 27-29, 2008

**"The Upper Midwest's Finest & Oldest Football Clinic"**

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MHSFCA - "the keepers of the game"

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VISIT MCDONALD'S AFTER THE GAME



# FAST TRACKS

By: Paula Anderson  
President - MN State Nordic Ski Coaches' Association  
Head Coach Ely High School Nordic Skiing

After being delayed an hour and half due to cold temperatures, the State Meet got underway at 11:30 on February 15<sup>th</sup> as temperatures just crept past the -4F threshold.

At the half way point, there was the possibility of a major upset in the boys division. Lakeville South's Hans Nygren skied the race of his life, finishing one second ahead of favorite Joe Dubay in the freestyle race. Bob Gertin, of St. Thomas-Academy pulled off an incredible race as well, finishing third. In the girls race, things went a bit closer to plan as Jessie Diggins, Stillwater, dominated the field, winning the freestyle race by over a minute. Libby Ellis, Minneapolis Southwest, and Grand Rapids Addie Byrne wrapped up the top three. In the team race, the Burnsville girls led Stillwater in a race separated by less than 10 points. The Forest Lake boys had a commanding leading going into the afternoon's classical pursuit.

In the afternoon pursuit classic race Joe Dubay passed Hans Nygren and skied in with a comfortable margin to repeat as the boys state champion. Nygren finished second, Ben Brodin, Forest Lake, moved up to take third. Jessie Diggins skied a victory tour to capture the second straight state title of her young career. Libby Ellis and Addie Byrne held their positions to take second and third. Forest Lake boys and Stillwater girls won the team titles.

The winter meeting for the MSHNSCA was held Thursday, Feb. 14<sup>th</sup> from 4:30-5:30. The main purpose of this meeting is to review rules and procedures for the state meet with a short amount of time spent reviewing current proposals being sent to the MSHSL and previewing topics to be discussed at the spring meeting. Two proposals have been sent to the MSHSL by the nordic skiing advisory committee this year. The first is asking for an increase in medals from 10 to 15 for section and state meet individual award winners; the second is asking to revise the section meet 48 hour form to include 2 alternates that can then be freely substituted for a sick athlete before a section meet. Upcoming topics to be discussed at the spring meeting include: Review of uniform rule, standardization within high school skiing, both scoring standardization and format order for section meets. Spring meeting is April 19<sup>th</sup>, 9:30 at the Mora Vasaloppet Nordic Center.

Dave Johnson gave an awards update. He experimented with electronic voting for COY, ACOY and VOY awards this year but it wasn't really successful. Only 25 votes were received and so Dave allowed those members who hadn't voted yet but were at the meeting to vote at that time. Votes were collected and it was announced that John Strand would be recognized as an inductee into the Hall of Fame at the banquet.

The banquet was held in the Giant's Ridge ski chalet and was a success with 285 participants. A running slide show featuring all of the state meet participants was a big hit. Coaching awards were announced and academic awards were announced and distributed.

The following nomination letters are for this year's winners of Coach of the Year, Assistant Coach of the Year, and Volunteer of the Year Awards from the Coaches' Association.

Congratulations to all nordic ski coaches for doing such a superb job orchestrating the endless details of nordic skiing in order to give kids the opportunity to experience this sport/lifestyle we love. Enjoy the spring skiing and don't forget the spring meeting

on April 19<sup>th</sup>. See you there!

## Coach of the Year - Paula Anderson - Ely

Each year the Nordic Ski Coaches Association selects an exemplar to honor for their work as a coach and ambassador for our sport. Paula Anderson has given of herself in ways that have not only provided success to the Ely High School ski team, but to the entire Minnesota high school skiing community.

Ely has one of the smallest student populations for schools with cross-country skiing, yet she continues to attract a team that makes up almost 10% of enrollment at the high school. The Ely ski team is a club team that is funded only from community supported fundraisers. Paula is involved with the yearly acquisition of funds to secure that another ski season will take place in Ely. She not only works to make sure the funds are developing, but that the skiers are developing as well by leading a summer workout program. Her ability to individualize the training for her athletes is a unique skill. I have observed her talking with athletes about their physical state and making adjustments to a workout program to best serve them. This is a manifestation of her commitment to the student athletes and the amount of time and effort she devotes to the sport. Both her boys and girls teams finished 2nd at the Section 7 ski meet. Seven individuals qualified for the state meet and all of those athletes are 10th grade or younger. This shows her ability to develop young athletes into well rounded skiers.

While Paula takes care of skiing matters in our community, she is also seeking to develop the presence of cross-country skiing within the Minnesota State High School League as our Coaches Association president. She makes the time to inform coaches of what is taking place around the state and acts on issues that concern us all.

When I reflect on the art of coaching and the complexities of athlete motivation, operational organization, technical knowledge, and group dynamics, Paula Anderson is the best model that I have had the pleasure to work with and know as a true friend.

*Nominated by Todd Hohenstein - Ely Assistant Coach*

## Assistant Coach of the Year - Fred Kueffer - Roseville

Fred Kueffer has been coaching at Roseville for 38 years. He has coached hundreds of kids that continue to ski recreationally and professionally within the community, at a college level and even at the elite racing level. He has coached countless Conference Team and Section Team Championships, as well as many State Team Championships and hundreds of individual podium results. In addition, Fred has compiled the All-State Academic Awards for the past 12 years.

This year in particular Fred has been instrumental in the smooth transition between head coaches, the first head coaching change in the history of the program. He has maintained stability at practices, been reliable in making sure no detail has been missed logistically, has established permanence with parents and is someone the kids depend on to answer questions. He is the only coach at Roseville that works at the school; therefore he is able to answer questions throughout the day from students, parents, teachers and administrators. Fred coaches because he loves being active, Nordic skiing, and he loves to teach. Each season Roseville has 50-90 skiers participating largely due to the relationships Fred has made with the students in class and in other sports. He often is the reason why some of the kids come out for skiing. Fred puts in countless dedicated hours, I often show up to the ski room to find everything out

... continues on page 27



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and ready to go for practices, races and ski trips. He treats every skier equally; spending time with everyone and showing concern for the development of each member of the team. Fred Kueffer is an outstanding candidate for the Nordic Assistant Ski Coach of the Year award.

*Nominated by Jamie Misner (Roseville)*

#### Volunteer of the Year - Steve & Alicia Deschene, Section 7

Steve and Alicia Deschene provide timing services for almost every section 7 and many section 8 ski meets. They only charge a small amount for mileage, supplies, and equipment upgrades, so that we can keep our meet entry fees low. Results at every meet are completed within minutes of the last skier crossing the finish line. Each coach receives a packet of results before or during the awards ceremony. Results are then posted on their website within hours of the race's completion. What more can we say... Steve and Alicia bring our sport up to the next level and make our jobs as coaches easier. The skiers appreciate the work that they do and we all feel that we could not do without Steve and Alicia!!! [Link to Steve's Website](#) *Unanimously chosen by the section 7 coaches!!!*

# Over Hill and Dale

*By: Jon Wagner, President of the  
Minnesota Cross Country Coaches  
Association  
Eveleth-Gilbert H.S.*

Dear Coaches:

Just a short article this month – It has been a busy winter, heading into a very busy spring season.

Hopefully you all received minutes from our Rap Session at the Annual Track Coaches clinic in February. If not, please let me know.

I've been receiving some great e-mails from a lot of coaches concerning a number of issues that we've already been discussing. I enjoy hearing from you, and learning your opinions on how we can improve the great sport of Cross Country. Keep it up!

Our executive committee is actively drafting proposals for a 3-class system. When we have some options in final form, we will send them to you for your evaluation. I do feel that the MSHSL is now open to considering a 3-class system for Cross Country, so our timing is right.

The MSHSCA is actively working with each sport to find a consensus on how to make Team Academic awards consistent from sport to sport. Most sports want to have a Gold and a Silver standard, but do not have agreement on how to set the standard (GPA vs. class rank), or what standards to use. Later this month I will attend the MSHSCA Delegates Meeting to contribute to this discussion. I will let you know if any agreement is reached.

In the meantime, keep on trucking! If you coach track, try to stay warm and keep your runners out of the halls as much as possible. Many years ago when I was a runner at Oak Creek High School, we lost 6 or our top 10 cross country runners to injury during the track season, when we tried to get into condition by running in the halls of good old OCHS while the weather was poor. Of course, our footwear has improved greatly and we now know stretches that help prevent shin and joint problems. Still, I hope we all get good running weather on or about March 10!

**Keep up your good work.**

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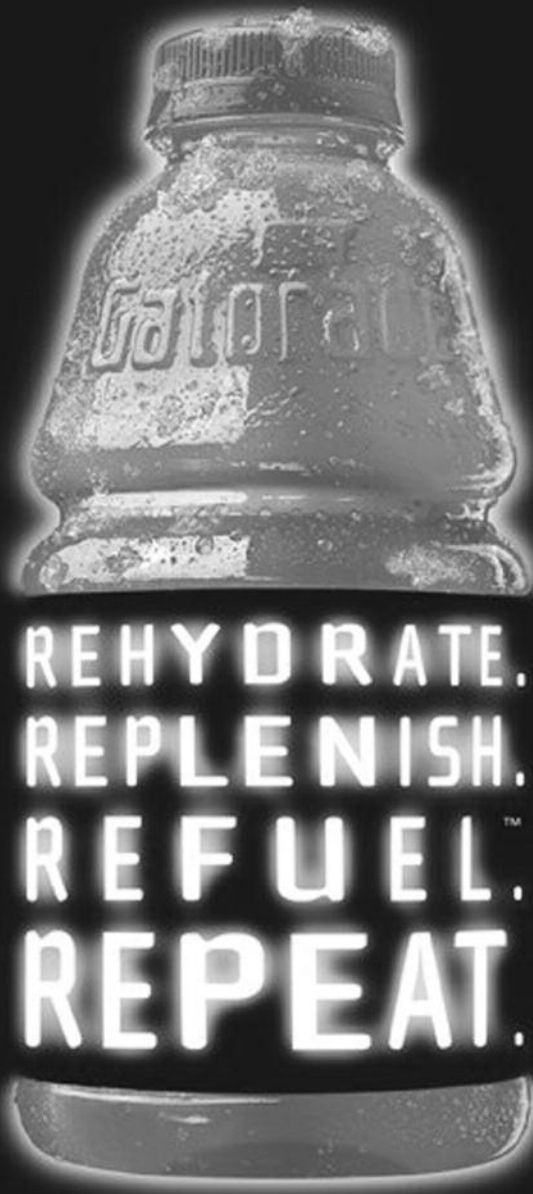
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