



THE *Minnesota* PREP COACH

Vol. 45 No. 4 Published by the Minnesota State High School Coaches Association May 2008

SPARBY ELECTED TO MSHSL BOARD

The election conducted by the MSHSCA to decide, among three candidates, concluded on May 1st with Mindy Sparby of NRHEG emerging as the winner. She outpolled Kim Jensch of Triton and Patty Weldon of Robbinsdale Armstrong for the position.

She will begin her term with the MSHSL Board of Directors this summer and will represent Girls Athletics.

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 Sports Administration from MN-State University -Mankato.

Her teaching and coaching career started in 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 before moving the NHREG in 2000.

Responsibilities at NHREG include teaching Health and Physical Education, Activities Director and Head Girls Basketball Coach. Professional contributions include having served as a Moderator at the State Conference, AAA Selection Committee, ExCel Se-

lection Committee member, volunteer worker at State Volleyball Tournament, Representative Assembly Delegate, Section 2A committee member and Board Member on the Foundation Committee.

As a high school athlete she earned 18 letters 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 is the career record holder for a season and career in stolen bases.

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

Since 2005, she has been President of Section 2A and was selected as the Section 2A Athletic Administrator of the Year.

The MSHSCA would like to extend their thanks and appreciation to all of the candidates that were involved in the election process.

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:

Gregg Martig - St. Cloud Tech.

PRESIDENT-ELECT:

Dave Johnson - The Marshall School
(Duluth)

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Don Tangen - Glencoe-Silver Lake

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John Schumacher, Park Rapids

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Becky Leuer, North Branch
John Schumacher, Park Rapids

The Minnesota PREP COACH

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Mid-April to December

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 - Sebeka

Gary Vorachek, Osakis

- Mike Peterson, Perham
- Tom Van Erp, Wadena-Deer Creek

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
Craig Oftedahl - Warroad

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

Fred Sailer - Perham

Pete Veldman - Sec'y, South St. Paul

BASEBALL

Bruce Davis - Montgomery-
Lonsdale

John Wilkens - Sec'y,
St Michael-Albertville

BOYS BASKETBALL

Kris Fadness - Austin

Tom Critchley - Sec'y,
Roseville Area

GIRLS BASKETBALL

Bill Gotenberg - Hawley

Jenny Johnson - Sec'y, Edina

BOYS AND GIRLS CROSS COUNTRY

Jon Wagner, Eveleth-Gilbert

FOOTBALL

Shannon Gerrety - Blaine

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

Jerry Hayes - Apply Valley

Mike Macmillan - Sec'y Buffalo

BOYS LACROSSE

Adam Crane - Wayzata

GIRLS LACROSSE

Sarah Bourne - Columbia Heights

BOYS AND GIRLS NORDIC SKIING

Paula Anderson, Ely

MINNESOTA PREP COACH

BOYS AND GIRLS ALPINE SKIING

Robert Teslow - The Blake School

Bob Hakkinen - Robinsdale
Armstrong

BOYS AND GIRLS SOCCER

Pat Malicki - Woodbury

Dave Halgren - Sec'y, Elk River

SOFTBALL

Shelly Hotzler - Jackson County
Central

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

Dave Wieber - Faribault

VOLLEYBALL

Lonnie Morken - Mabel-Canton

WRESTLING

Paul Cyr - Faribault

- Donotes Section Chairpersons

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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

Greetings to the over 8000 members of the MSHSCA!

It's hard to believe that the 2007-2008 school year is wrapping up and another class of young men and women will be moving on to college, the military or entering the workforce. The difference you made in their high school careers and the lessons you instilled will remain with them for the rest of their lives. Graduation ceremonies provide another opportunity to celebrate the accomplishments of this year's senior class and remind us that we have the ability to make a profound impact in the lives of kids.

The spring has been a challenge for all sports with the inclement weather conditions. Rescheduling events, al-

tering practice plans and keeping the ship afloat down the home stretch of the school year illustrates the dedication coaches exhibit to ensure that their athletes have a positive experience. I commend all of the spring coaches for their ability to adjust and roll with the punches Mother Nature dished out the past couple of months!

The scholarship committee met recently and selected this year's award winners. Please take time to read the article highlighting the 2007-2008 recipients. They are tremendous examples of the high caliber of kids found throughout the state of Minnesota. The organization's continued support of the scholarship program demonstrates your willingness to invest in the future

of our student-athletes.

Wrapping up my final article as President of the MSHSCA, I want to thank everyone who supported the work of the organization this past year.

The knowledge, expertise, drive and energy displayed by our members is truly inspirational and a credit to each and every one of you. Sports Association Presidents, Delegate Assembly Reps, and Committee Members give an enormous amount of their time making the MSHSCA a first class organization. I look forward to continue serving the association in whatever capacity I may be needed. Have a great summer with your friends and family!

Life and Retired Life Members

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

Need new Life Card?

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

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.

Synchronized Swimming and Alpine Skiing have opted not to submit an article for this issue. It is hoped that they will return for the September issue.



VISIT MCDONALD'S AFTER THE GAME





Ramblings from the Big Dog

by, John Erickson. MSHSCA
EXECUTIVE DIRECTOR
DETROIT LAKES

Greetings from the frozen tundra of Minnesota and the spring that never was. In a year when we finally had some decent snow for our ski coaches to work with Mother Nature has chal-

lenged our spring coaches with some very cold and snowy days. I am sure that the Athletic Administrators have had enough scheduling headaches to last them a life time. Hopefully by the time the Prep Coach is printed and mailed off we will have all experienced some relief from this weather set back.

This has been a very historic year for the MSHSCA and the membership. We started our summer Executive Board meeting in June by learning that the MSHSCAGS had voted to merge with the MSHSCA creating one unified association to represent the coaches of all girls and boys sports with the exception of girls hockey. In February the wrestling coaches association voted to rejoin the MSHSCA after being independent for many years. The completion of these actions will move the total membership of the MSHSCA to nearly 9,000 coaches by the end of the 2008-09 membership year.

The challenge for the Executive Board of the MSHSCA will be to listen to the needs and concerns of the membership and to address these concerns in a meaningful and effective way. Every sport has their own unique needs and issues. The needs and issues of each sport are best articulated by those who represent their individual sports. The MSHSCA will serve as a unified voice to help each of those sports work for the changes they determine are important for their sport. We will be asking each sport association to articulate these issues at our annual Sport Association Presidents meeting on Saturday September 6th at the Sheraton West Minneapolis.

There are a number of reminders that I need to re-emphasize. There seems to be some confusion on membership registration each year. **THE MEMBERSHIP YEAR FOR THE MSHSCA IS FROM AUGUST 1 THROUGH JULY 31!** We strongly encourage all members to renew their membership for the 2008-09 prior to any fall sports starting. Your membership card for admission into high school events needs to be current in order to use it for admission. If you are a spring sport coach and do not apply for membership until your spring season deadline your membership will expire on July 31 just as all the other memberships do.

One of the most important benefits of membership is the liability insurance that is included in the membership dues. Our affiliation with NOCAD has provided us the opportunity for affordable insurance due to the large membership of NOCAD. If you need a certificate of insurance (proof of insurance) for your summer camps or if you are working at a summer camp put on by someone else you may obtain that certificate by contacting our office. We will need to verify your membership for the insurance broker and provide you with the forms to complete.

We have changed the election process to elect a vice president to the executive board. The change was long overdue because of the long period of time between each sport associations right to put a candidate up for election. There was no election this year because of the merger of the two associations and the need to advance members of the leadership team of the MSHSCAGS to an executive board position. There can be up to five candidates in the 2009 election. The candidates will be selected from these areas: one candidate from class A sections 1,2,3,4 and one candidate from class AA sections 5,6,7,8. There may also be one candidate from a coach of girls sports and one candidate from a coach of boys sports as well as one candidate at large. In 2010 we will chose a candidate from class A section 5,6,7,8 and AA sections 1,2,3,4. If you have a strong desire to pursue a position on the executive board you may want to let your section delegates or sport association officers know in advance of the October delegate assembly.

If you have any questions or concerns please do not hesitate to contact us. As our membership numbers continues to grow we encounter many questions from you. We do want to help you with your membership in any way we can and we will keep the communication lines open.

In closing out another year I would like to thank all of you for your participation in the MSHSCA. We have a strong and growing association because of all of you. The student athletes of Minnesota are indeed fortunate to have the dedicated professional teacher/coach men and women we have as coaches. Thanks for all you do for your students, your schools and your communities.

I would like to extend a very special big thank you to Craig Anderson, past president of the MSHSCA, and Nadeen Lunde past president of the MSHSCAGS. These two along with Becky Leuer went the extra mile in bringing about this merger and we are very grateful for their strong leadership. I feel that the merger has already proved beneficial in terms of reviewing our constitution and the process we use to accomplish our business. I hope you all have a great summer and are all looking forward to spending time with your families and doing what you want to do.



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MnIAAA CORNER

By: Fred Sailer - President-MnIAAA
Perham High School

Athletic Administrators from across the state of Minnesota gathered at the St. Cloud Civic Center April 2-4 for our 37th annual state conference. St. Cloud has been a fabulous venue for our organization; great city, wonderful hospitality, and professional facility, the St. Cloud Civic Center.

During the conference we were able to recognize those who have served our respective communities and the state of Minnesota with a unique blend of integrity, work ethic, and most importantly a passion for student activities. Pete Cheeley of St. John's Prep was recognized as the Class "A" A.D of the Year while Mary Haugen of Prior Lake High School was selected by her peers as the Class "AA" winner.

Entering the MnIAAA Hall of Fame were Al Siegle of Pelican Rapids, Stephen Schultz of Eden Prairie, Connie Walker of Chatfield and Arley Ihrke of Houston High School.

Recognized for their volunteerism within our state's high schools were Bruce Frank of Anoka, John and Deb Gode of Red Rock Central, Dennis Johnson of St. James, and Dale Pudlitzke of Belle Plaine.

Joining our ranks as Distinguished Alumni were Steve Nelson, graduate of Anoka HS, his father Stan Nelson who Graduated from Dawson HS, Carrie Tollefson of Dawson-Boyd HS, and Dave Goltz of Rothsay High School.

Wayne Pender, A.D. at Grand Rapids was selected as the National Federation State Award of Merit.

While the Association continues to make progress on its Strategic Plan with working committees in the areas of Membership, Mentorship, Professional Development, Technology, Marketing, and Sponsorship; we continue to recognize the statewide funding issues surrounding public schools. A summit involving various lobbying groups, school administrators, state legislators and the MSHSL will be held in June at Ottertail, Minnesota to begin addressing how we might impact the legislative process.

"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

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VISIT MCDONALD'S AFTER THE GAME



BANK SHOTS



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

The 2007-2008 season has come and gone. The State Tournament again showcased the great talent that we have in Minnesota. Congratulations to all of the teams that made the state tournament, especially to the 2007-2008 State Champions: Ellsworth in Class A, New London-Spicer in Class AA, Benilde-St.Margaret's in Class AAA, and Minnetonka in Class AAAA.

During the state tournament, the Minnesota Timberwolves allowed our member coaches to use the Cambria Room as the coaches' hospitality room. On behalf the MBCA, I would like to thank them for their support and dedication to high school basketball in Minnesota.

The MBCA All-Star Series was held April 4-5. A special thank you goes out to Rich Decker and Tom Critchley. The event is always well organized and smoothly ran. By showcasing some of the top talent in the state, we continue to promote Minnesota basketball. Congratulations to all of those involved in this year's event!

We will be keeping the optional 35 second shot clock for the 2008-2009 season and also to continue seeding classes AAA and AAAA for the 2008-2009 State Tournament.

The MBCA is in charge of selecting numerous awards at the end of each season and we would like to congratulate all of the teams and individuals on a job well done.

Academic State Team Champions for the 2007-2008 sea-

MINNESOTA PREP COACH

son are as follows:

Class A Badger-Greenbush-Middle River
Class AA Pelican Rapids
Class AAA Thief River Falls
Class AAAA Cambridge-Isanti

State Coach of the Year for the 2007-2008 season are as follows:

Class A Robin Celandier, Granada-Huntley-East Chain
Class AA Steve Rohloff, Montevideo
Class AAA Jeff Gravon and Staff, New Prague
Class AAAA Ron Larson, St.Francis

Assistant Coach of the Year for the 2007-2008 season are as follows:


Scott Gonnerman Benson
Rod Heinrich Fairmont
Fred Liffbrig Zumbrota-Mazeppa
Larry Schlagel North Branch

Again, congratulations to all of the award winners! A special thank you to Ted Critchley for all his efforts in compiling the Academic Team and Individual awards. I encourage you to view our website: www.mshsca.org/boysbasketball to find the listing of all the Academic All-State Players, Section Academic Team Award, and Section Coach of the Year winners.

Please mark your calendars for the Fall Coaches Clinic at the Doubletree Park Place Hotel. The dates are set for Friday, October 24th and Saturday, October 25th.

I would like to thank all of you for allowing me to be President of this group this year. It was a honor to represent such a great group of people. A special thank you to Tom Critchley for all of his help and encouragement over the years. I hope everyone knows and appreciates the fact that when it comes to the MBCA, "Critch is the MAN". Best wishes to Kris Fadness of Austin as our new president. Kris and I go way back and I am excited to see him take over. Enjoy your summer!

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look forward to doing
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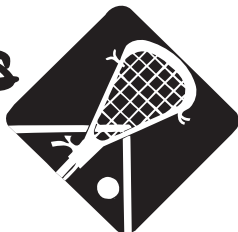


GATORADE...Official Sport Drink of the MSHSCA

Bounce Shots

By Adam Crane

Head Coach, Wayzata Boys Lacrosse
President, MSHSBLCA



Weather. Oh, what a Spring it has been. Like all Spring sports the Lacrosse community has been hit hard but the brutal (but normal?) Spring that Minnesota had endured. And actually, I'm only talking about the storms, rain, lightning and snow in the Twin Cities area. As many know, Lacrosse has yet to catch on out-state where they have been positively belted with feet of the white stuff. Lacrosse has one of the shortest seasons in the MSHSL currently sitting at a brief 9 weeks. Of those 9 weeks, two are for playoffs and two are for try-outs and practices. That leaves a microscopic 5 weeks of game time for 37 schools to each play 12 games. Factor in Minnesota's untamed weather patterns and coaches, referees, players, parents, administrators and fans will tell you, "It's a great but taxing season." The rise of turf fields helped some programs but too many condensed their seasons even further as postponements turned into cancellations and non-conference games gave way to required conference games. The last weeks of the season, which sat pristine at the beginning of the year with a game or two scheduled, quickly turned more crunched than a car at a junkyard and players were simply exhausted. There was no shortage of teams playing four games the last week of the season, each of which weighed heavy with sectional repercussions. With many sports able to get players rested in preparation for the playoffs, many lacrosse athletes were pushing even harder with little hope for a respite.

Not that this is unique to lacrosse, as I'm sure many Spring sports were scrambling to get games played. But with the physicality of lacrosse it is amazing to watch our athletes continue to perform at such a high level on the field. By the time this article is published my hope is the amendment brought forth by the Lacrosse Coaches' Association has passed and an additional two weeks have been added at the end of the season. This would provide a much needed buffer of playing and practice time for teams and remove the need to cram games into such a short window. Player's bodies begin to break down and players begin to have serious injuries if the short season were to continue for future years. The hope is not to add additional games but to provide an additional two weeks, when the weather is better and fields in better shape, that allows a team's games to be rescheduled if necessary. And as this Spring has shown, you might as well remove the "if necessary" from that last sentence.

And it has once again been a phenomenal season for boy's lacrosse. There were upsets, routs, nailbiters and cakewalks, but the sport once again showed its true colors. The players are gaining national exposure for their hard work and talent. New teams continue to gain experience to build their programs for the future. Already, club teams are laying plans to take the next step and we hope to have over 40 Varsity programs next year. The champion has been crowned and the Summer Leagues are underway. If you haven't had a chance, check out a local game and see what the buzz is all about.

And do it soon, because you never know when the weather will change.

GENERAL LIABILITY INSURANCE PROGRAM

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

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CAMP COVERAGE

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

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance, certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$300.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your coaches association. 218-847-6796 www.mshsca.org

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



VISIT MCDONALD'S AFTER THE GAME



2008-2009 UNIFIED DUES APPLICATION FORM

Minnesota State High School Coaches Association, Inc.



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NUMBER OF YEARS COACHING, INCLUDING 2008-09 SCHOOL YEAR
(This includes Minnesota and all states.)

SPORT ASSOCIATION DUES

(Must join parent organization before you can join individual Sport Association)
(Please circle your coaching assignments, Head, Asst, Jr. High 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) (B)(G)(B/G) \$15(H); \$5(A)
FOOTBALL (Oct. 1 deadline) \$20(H); \$10(A)
Retired Life \$25
GOLF (April 15 deadline) \$10 (B); \$10 (G); \$10 (B/G)
GYMNASTICS (Jan. 15 Deadline) \$10 (H); \$5 (A)
HOCKEY (Jan. 7 deadline) \$25 (H); \$15 (A)
Retired Life \$15
BOYS LACROSSE (May 15 deadline) \$10(H); \$5(A)
GIRLS LACROSSE (May 15 deadline) \$10(H); \$5(A)
NORDIC SKIING (Dec. 15 deadline) \$10
ALPINE SKIING (Jan. 15 deadline) \$10(H); \$6(A)
BOYS SOCCER (Oct. 1 deadline) \$10(H); \$5(A)
GIRLS SOCCER (Oct. 1 deadline) \$10(H); \$5(A)
SOFTBALL (May 15 deadline) \$10(H); \$5(A)
BOYS SWIMMING (Jan. 30 deadline) \$10(H); \$5(A)
GIRLS SWIMMING (Oct. 1 deadline) \$10(H); \$5(A)
SYNCHRONIZED SWIMMING \$10(H); \$5(A)
BOYS TENNIS (Mar. 15 deadline) \$10(H); \$5(A)
GIRLS TENNIS (Oct. 1 deadline) \$10(H); \$5(A)
TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G) \$15(H); \$5(A)
VOLLEYBALL (Oct. 15 deadline) \$10(H); \$5(A)
Wrestling (Jan. 31 deadline) (H) or (A) \$27

ANNUAL MSHSCA DUES \$30.00
(INCLUDES \$1,000,000 LIABILITY INSURANCE)

LIFE MEMBER DUES, actively coaching \$10.00
(INCLUDES \$1,000,000 LIABILITY INSURANCE)

SPORT ASS'N DUES \$
Head or Ass't

SPORT ASS'N DUES \$
Head, Ass't or Ret'd

TOTAL \$

TOTAL \$

EARLY BIRD MEMBERSHIP



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Swim Strokes

The beginning of March saw two team champions crowned in the Boys State Meets – St. Thomas capturing their fourth consecutive (9th of the last 10) Class A title and Edina took the Class AA honors. Edina improved upon last year's third place finish to claim their 8th title in team history.

The annual Upper Midwest Swimming & Diving Coaches Clinic was held in the middle of April in Minneapolis. This year the attendees were treated to a three day schedule that started off with Bill Wadley (Head Coach, The Ohio State University) and continued with a former swimmer from the Minnesota ranks, Todd Peters (Head Coach, MSU – Moorhead). Our "headliner" for the weekend was Eddie Reese (Head Coach, University of Texas). It was definitely a special year to have Coach Reese with us, as he has been named the Head Coach for Team USA's Men's team at this year's Olympics in Beijing. The American Swim Coaches Association also held training sessions over the course of the weekends, too.

In conjunction with the clinic weekend, the All-State Banquet was held on Friday, April 11th. The banquet recognized both the girl and boy swimmers & divers that were named to the All-State team. In addition, a few other honors were awarded at the ceremony. The Jerry Simpson Distinguished Service Award was awarded to Mankato East's Tim Johnson and Minneapolis Southwest's Dale Halvorson. The Assistant Coach of the Year nods went to Scott Johnson of Edina and Joel Kleffman of Hibbing. Kleffman usually is coaching a number of divers for a number of teams in the Iron Range area, not just Hibbing. The new inductees into the Minnesota Swimming & Diving Hall of Fame were Cheryl Tucker, one of the early ground breaking girls coaches in the state at Bloomington Kennedy; and Tom Madura of Prior Lake. Madura had been an accomplished diver prior to his coaching career. The All-State team is headlined by the following award winners:

2007-2008 Athletes of the Year

Girls Class A: Meghan Weiss, Visitation

Girls Class AA: Lauren Weis, Cretin-Derham Hall

Boys Class A: Zack Strumbell, Eveleth – Gilbert

Boys Class AA: Paul Tierney, Burnsville

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



2007-2008 Coaches of the Year
Girls Class A: Nate Linscheid, Visitation
Girls Class AA: Matt Schoen, Maple Grove

Boys Class A: Tom Uvaas, Fergus Falls

Boys Class AA: Art Downey, Edina

The list of all award nominees, as well as all section award winners, is accessible on the MSHSCA Website <http://web.mac.com/mn-swimmer>.

[swimmer](http://www.mn-swimmer.com). This is a website that has expanded exponentially in the last year with information that new and veteran coaches should be accessing. Congratulations to all Section coach, athlete and academic award winners. Park Rapids was the Class A Boys Academic Championship Team and Rochester Century Owatonna was the Class AA Boys Academic Champions.

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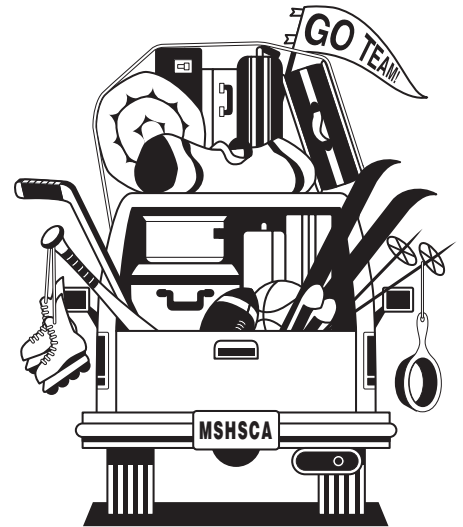
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REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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 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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LATE WINTER TEAM ACADEMIC RESULTS

Four winter sports programs completed their team academic results too late to be included in the March issue of The Minnesota Prep Coach.

The MSHSCA would like to congratulate and recognize the sectional winners and the eventual state team academic champions in the sports of Boys Swimming, Boys and Girls Basketball and Boys Hockey.

The program, the sectional winners and state champions and the head coaches are listed below:

BOYS SWIMMING

Class A

1	Albert Lea	Jon Schmitz
2	Monticello	Tom Cannon
3	Park Rapids	Todd Fritze
4	Sartell-St Stephen	David Olson
State Champion Park Rapids		

Class AA

1	Rochester Century	Dale Magnuson
2	Bloomington Kennedy	Todd Walsh
3	Prior Lake	Justin Haycraft
4	Woodbury	Chad Cronin
5	Robbinsdale Cooper	Mike Gerads
6	St Louis Park	Amanda Forsberg
7	Cambridge-Isanti	Gary Gotz
8	Brainerd	John Zemke
State Champion Rochester Century		

BOYS HOCKEY

Class A

1	Red Wing	George Nemanich
2	Mound-Westonka	Paul Willett
3	Litchfield/Dassel-Cokato	Chris Olson
4	South St Paul	Jeff Lagoo
5	St Cloud Cathedral	Eric Johnson
6	Sartell-St Stephen	Ryan Hacker
7	Greenway of Coleraine	Gary Gustafson
8	Crookston	Jon Bittner
State Champion Sartell-St Stephen		

Class AA

1	Winona	Fran McDevitt
2	Bloomington Jefferson	Jeff Lindquist
3	Eastview	Drey Bradley Bart Larson
4	White Bear Lake	Tim Sager
5	Centennial	Erik Aus
6	Hopkins	Chad Nyberg
7	Forest Lake	Aaron Forsythe
8	Brainerd	Ty Eigner
State Champion Bloomington Jefferson		

BOYS BASKETBALL

Class 1A

1	Goodhue	Tony Poncelet
2	Sleepy Eye	Brian Polesky
3	Red Rock Central	Brian Walker
4	Meadow Creek Christian	Darren Carlson
5	Cromwell	Bill Pocernich
6	Lake Park-Audubon	Lucas Isaacson
7	Ely	Tom McDonald
8	Badger-Greenbush-Middle River	Kent Christian
State Champion Badger-Greenbush-Middle River		

Class 2A

1	Stewartville	Tony Tuseth
2	Lake Crystal-Wellcome Memorial	John Madsen
3	Tracy-Milroy-Balaton	Rick Haberman
4	Holy Family Catholic	Matt Thuli
5	Rockford	Michael Tauber
6	Osakis	Christopher Stroup
7	Pine City	Eric Wicktor
8	Pelican Rapids	Brad Strand
State Champion Pelican Rapids		

Class 3A

1	Austin	Kris Fadness
2	Mankato West	Tom Boone
3	Chisago Lakes	Herb Jangor
4	St Paul Como Park	Dan Brink
5	Monticello	Bruce Balder-Lanoué
6	Orono	Barry Wohler
7	Hibbing	Joel McDonald
8	Thief River Falls	Chris McLean
State Champion Thief River Falls		

Class 4A

1	Farmington	Shane Wyandt
2	Shakopee	Bruce Kugath
3	Rosemount	Michael Manning
4	Stillwater Area	Dennis Bloom
5	Roseville Area	Bartt Pierce
6	Robbinsdale Armstrong	Greg Miller
7	Cambridge-Isanti	Mike McDonald
8	Elk River	Randy Klasen
State Champion Cambridge-Isanti		

GIRLS BASKETBALL

Class 1A

1	Fillmore Central	Sarah Tollefsrud
2	Sleepy Eye St Mary's	Bruce Woitas
3	Red Rock Central	Jeff Shaner
4	Heritage Christian Academy	Lori Crellin
5	Menahga	Allan Avelsgard

6	Ada-Borup	David Smart
7	Cook	Rick Scheuring
8	Warren/Alvarado/Oslo	Dennis Carpenter
State Champion Ada-Borup		

Class 2A

1	Zumbrota-Mazeppa	Angela Heitmann
2	Belle Plaine	Doug Anderson
3	Montevideo	Jamie Harrington
4	Providence Academy	Kurt Jaeger
5	Pierz	Rick Sczublewski
6	Benson	Mark Grussing
7	Esko	Sue Northey
8	Crookston	Kris Evje
State Champion Belle Plaine		

Class 3A

1	Albert Lea	Karol Hansen
2	Willmar	Brad Atchison
3	North Branch	Dan Schindler
4	Minnehaha Academy	Josh Thurov
5	Princeton	Matt Stueber
6	Orono	Amy Gould
7	Grand Rapids	Dave LaCoe
8	Detroit Lakes	Mike Hoganson
State Champion Albert Lea		

Class 4A

1	Hastings	Mike Harp
2	Chaska	Robert Downs
3	Eastview	Paul Goetz
4	White Bear Lake	Jeremy Post
5	Osseo	Mark Arzdorf
6	Minneapolis Southwest	Robert Grace
7	Cambridge-Isanti	Jody Ledahl
8	Moorhead	Jim Kapitan
State Champion Minneapolis Southwest		

Sectional awards and a separate state championship award are given to each winning team.

The team academic program is sponsored with financial assistance from Minnesota McDonald's Restaurants and the Minnesota State High School Coaches Association



VISIT MCDONALD'S AFTER THE GAME



PERFORMANCE PLAYBOOK



gssiweb.org

Grand-Slam Nutrition

MARJORIE T. HAGERMAN, M.S., R.D., L.D., is an assistant professor of Human and Consumer Sciences at Ohio University (Athens, Ohio) and the sports dietitian for the U.S. national rowing teams.

Players at all levels of baseball need to excel at throwing, hitting, running, and catching. That calls for a sound training program. Today, baseball coaches and athletic trainers may face a new training concern – overweight players. Lugging around excess fat baggage can reduce a player's speed and agility, diminish endurance, and make hot weather more uncomfortable. How can overweight players improve?

Reaching Appropriate Playing Weight

1. Base weight loss goals on the percent of body fat, measured by an experienced professional. Body mass index tables, suggested for the general population, are not appropriate for athletes who routinely carry heavier weights because of greater muscle mass. Appropriate fat percentages for baseball players are:

POSITION	RECOMMENDED PERCENT BODY FAT
Pitchers and Catchers	Approximately 12%
Infielders/Outfielders	Approximately 10%

If body fat percentage is high, it can be reduced. The athlete needs to consume less energy (calories) from food and expend more energy through additional activity.

2. To consume fewer calories, reduce foods that are high in sugar and/or fat and any alcoholic beverages. Some fat is necessary to provide a feeling of satiety or fullness, which prevents hunger from returning too soon. However, overindulging in sweets, high-fat snack foods (cheese, ice cream, chips, pizza), or beverages containing alcohol can send total calories soaring.
3. Balance eating throughout the day, and avoid oversized portions of any food. Include breakfast and lunch to prevent becoming ravenous at dinner. Visit MyPyramid.gov, and enter your sex, age, and activity level to receive an individualized eating plan.
4. To increase calorie expenditure, do additional walking, running, stair climbing, or cycling. Endurance activities will use some of the calories ingested, rather than storing calories as added fat.

Resistance training is also important to maintain lean muscle tissue.

5. All effective changes take time. Start early in the offseason, and set a weight loss goal of about 1/2 to 1 pound per week. That rate is safe and can usually be maintained until the desired weight and percent body fat are reached.
6. Caution! Players should never dehydrate to lose weight. An athlete who loses just 2% of body weight through dehydration (3 pounds for a 150-pound player), can drop 8% to 10% in performance. All players, including those trying to lose weight, should drink often and on a schedule, to replace sweat losses.

Tips for Preventing Dehydration

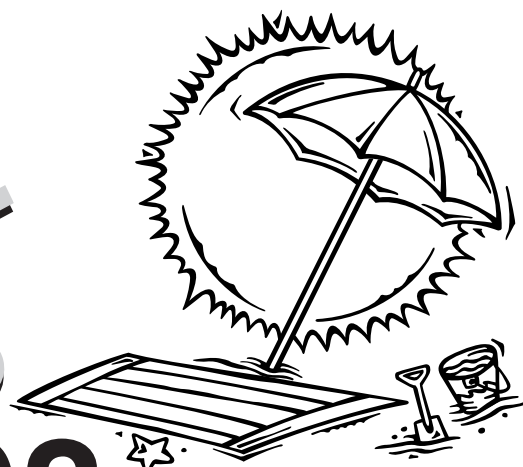
- Monitor fluid losses by weighing in and out of practices. Teach athletes to aim to drink enough during practice so that they don't lose or gain weight. During recovery and for every pound of weight lost through sweat, drink 20 to 24 ounces of fluid.
- Remind athletes to check the color of their urine. If it is pale like lemonade, that's a sign of good hydration. If it's dark like apple juice, they need more fluids.
- Favor a sports drink over water, because electrolytes replace the sodium lost in sweat, carbohydrates fuel working muscles, and flavor encourages drinking.

Choose a sports drink containing carbohydrate and adequate electrolytes (check labels for those providing approximately 14 grams of carbohydrate in 8 ounces of fluid) to provide muscles with energy as well as fluid. The carbohydrate and electrolytes in sports drinks provide athletes in stop-and-go sports, like baseball, greater endurance and power over the whole game. Sports drinks also taste good, so players tend to drink more and hydrate better.



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COACHES:

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Good luck in 2007-08

Thanks for your support



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**MINNESOTA COLLEGES & UNIVERSITIES
THAT HONOR MSHSCA MEMBERSHIP CARDS**

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as 37 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2007-08 school year.

As part of the arrangement, college coaches can use the MSHSCA membership card to obtain admission to high school events and in turn the high school coach can use the card to attend college most college games. Restrictions apply for college and high school playoff and post season tournament games.

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
- Bethany Lutheran College (Mankato MN)
- Bethel College (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- Crown College (St Bonifacius MN)
- Fergus Falls Community College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University - Moorhead (Moorhead MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- Northwestern College (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St. John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- U of MN - Crookston (Crookston MN)
- U of MN - Duluth (Duluth MN)
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)
- Winona State University (Winona MN)

Another example of the MSHSCA at work for the membership!

Minnesota State High School Coaches Association


HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

- 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

The MGBCA All-Star Series was held April 19 and 20 at the University of St. Thomas. The young women who participated in the event were just terrific; we were treated to some outstanding basketball! The 4A All-Stars defeated the 1A All-Stars for third place on Sunday afternoon and the 2A All-Stars won the series by defeating both the 4A All-Stars on Saturday night and the 3A All-Stars on Sunday afternoon. Congratulations to all the participants and this year's coaches; Class 1A: Al Avelsgard and Jason Daley from Menahga, Class 2A: Chuck Benda and Josh Davisson from Cannon Falls, Class 3A: Lamar Detert from Rogers and Justin Hegna from Becker and Class 4A: Amy Bellus and Tom Cross from Cretin-Derham Hall. This year's event was a tremendous success—Thank you so much 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—these people put in an unbelievable amount of time and effort to make this a classy event for our All-Stars.

This year the Minnesota Lynx came on board as a major sponsor for the All-Star event. We also need to send a big thank you to Angela Taylor, Vice-President for Business Operations for the Lynx, for her leadership and involvement in our All-Star Series.

On Sunday, April 20th, we inducted four new members into the Minnesota Girls Basketball Hall of Fame. 2008 marks the 15th year of

our Hall of Fame and we now have 69 members that have been inducted over the years. The 2008 inductees are an extremely talented group of coaches who have made outstanding contributions to women's basketball in the state of Minnesota. The 2008 inductees are: Jenny Johnson from Edina, Diane Morin from North St. Paul, Richard Petersson from Proctor, and Karen Stromme from the University of Minnesota-Duluth.

The Basketball Advisory Committee has not yet met this spring, as of the writing of this article, but, there are a couple things that you will be getting more information on over the next several months, regarding a Mercy Rule for basketball and a standard seeding procedure for all Minnesota State High School League State tournaments. The Board of Directors of the Minnesota State High School League has adopted both of these and the details will be shared with all of us soon.

The planning for the 2008 fall clinic is underway, under the direction of clinic director, Jen Rademacher from Robbinsdale Cooper. The clinic will be held Friday, October 24 and Saturday, October 25, 2008. We are working with the Women's Basketball Coaching Staff at the University of Minnesota, and it is shaping up to be an outstanding clinic. You will be receiving more details about the upcoming fall clinic soon.

Lastly, thank you to all of you for a wonderful year, serving as President this year and working with so many terrific people has been a truly been an honor. Please welcome Bill Gottenborg from Hawley as the incoming President of the MGBCA, he will be awesome as our new President!! Have a great summer!

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Resize Larger 1 Size Max.....ea \$32.50
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MAY MEMBERSHIP REPORT

<u>Types of Membership</u>	<u>2007-08</u>	<u>2006-07</u>
Active Class A & AA	5660	4,321
Associates	1,183	1,067
Active Life	358	441
Retired Life	1,007	841
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,211	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) 24	Boys Lacrosse (8) 16
Alpine Skiing (56) 62	Girls Lacrosse 9
Athletic Directors (290) 231	Football (816) 867
Baseball (408) 388	Boys Hockey (265) 266
Boys Basketball (702) 722	Golf (boys & girls) (407) 373
Girls Basketball (568) 639	Soccer (boys & girls) (359) 389
Cross Country (255) 298	Softball (389) 450
Gymnastics (169) 174	Synchronized Swimming (8) 20
Nordic Skiing (117) 98	Swimming (girls & boys) (231) 242
Volleyball (645) 688	Tennis (boys & girls) (194) 212
Wrestling 41	Track & Field (483) 531

The number reported for wrestling comes from MSHSCA member coaches reporting that they coach wrestling, as well as, another member sport.

TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

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

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

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

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For more information, log on to www.gatorade.com/coaches and visit the Coaches' Corner.



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THE OTHER SIDE OF THE NET



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

As the school year draws to an end our attention shifts to summer, which is a time for regenerating and spending some quality time away from the gym and school. We do realize however that fall activities will be upon us very soon. Our fall clinic will be held in Sauk Rapids this summer July 30 and 31. We will start our clinic in mid-afternoon on the 30th and the all-star match will be that evening. The 31st will be an entire day dedicated to speakers.

We are very excited to have Northwestern head coach Keylor Chan as our keynote speaker. Chan has been at Northwestern for eight seasons and has steadily built the Wildcats into a very competitive program in the Big Ten. Chan's Wildcats just missed out on an invitation to the NCAA national tournament this past fall despite finishing with wins over Minnesota and Michigan, who were ranked in the top 20, and having an overall 18-13 record. Chan is a very popular clinician and we are very fortunate to have him!

The fall clinic will be held July 30 and 31 at Sauk Rapids High

School. The clinic will begin midafternoon on the 30th and the first day will be capped off with the all-star match at 7:00. The 31st will be an all day event with breakfast and lunch provided. Keep checking the website www.mn-vbca.org for updates. You will be able to mail in your clinic registration or do it online. The

online option is not ready yet, but keep checking the website if you choose to do it that way. You can use the form found in the Prep Coach if you want to mail it in.

We are also offering the opportunity as a state to join the AVCA (American Volleyball Coaches Association). Many coaches are members of this already, but we are trying to get Minnesota to become an official state in the AVCA. We must have at least 100 coaches to become an official state. You will have the opportunity to join the AVCA this fall at our clinic. The cost to join will be \$60, but there are many perks to joining. Merchandise discounts and player/coaches awards are just a couple of reasons to consider joining. Their website is www.avca.org if you want to check them out more.

Our rules interpretation meetings will be done online this fall. You will no longer have to attend a meeting with a clinician. Details will soon follow on the www.mshsl.org website.

I hope everybody has a happy and healthy summer! It will go by faster then we can imagine!

VOLLEYBALL CLINIC REGISTRATION 2008

July 30 & 31 • Sauk Rapids High School



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

Fill out the following information:

Name _____

Preferred Mailing Address _____ City _____ State _____ Zip _____

Preferred phone _____ Preferred E-Mail _____

High School Where you Coach _____

Competitive Section _____ A AA AAA

HEAD COACH

Clinic Fee	\$ 90.00
Membership Fee*	\$ 30.00
Sport Association Fee	\$10.00
TOTAL	\$130.00 Checks payable to MNVBCA

*OPTIONAL *

IF you want to join the AVCA you need to	\$60.00
	\$190.00 Checks payable to MNVBCA

*If you have coaches for 25 years or more you qualify for a Lifetime Membership, please check on website to see the requirements. www.mnvbca.org

ASSISTANT COACH

Clinic Fee	\$90.00
Membership Fee*	\$30.00
Sport Association Fee	\$5.00
TOTAL	\$125.00 Checks payable to MNVBCA

*OPTIONAL *

IF you want to join the AVCA you need to	\$60.00
	\$190.00 Checks payable to MNVBCA

*If you have coaches for 25 years or more you qualify for a Lifetime Membership, please check on website to see the requirements. www.mnvbca.org

OUT OF STATE, COLLEGE, CLUB COACHES (membership is optional)

Clinic Fee Only	\$100.00	Checks payable to MNVBCA
Clinic Fee & Membership Fee	\$140.00	Checks payable to MNVBCA



VISIT MCDONALD'S AFTER THE GAME



MSHSCA SCHOLARSHIP WINNERS ANNOUNCED

The scholarship committee of the MSHSCA has completed their difficult task of naming the scholarship winners for the 2007-08 school year. The process of selection has become more difficult as more qualified applicants apply each year. The committee works hard at trying to balance the awards between; large school and small schools metro schools and out state schools and male and female applicants. On behalf of the membership of the MSHSCA I would like to thank the committee for all of their hard work and commitment of time. The scholarship winners each bring a wealth of talent and accomplishments that are a wonderful reflection of our student athletes. The awards will be made to each winner following the completion of the first semester of their freshman year of college.



Zachariah Loppnow, Lake City HS: Zach participated in football, wrestling and track. He plans to attend the Institute of Technology, U of M, Minneapolis in the fall. Zach credits athletics with helping a shy, overweight boy through his 7th grade year. With goal setting and hard work, his accomplishments grew, but beyond that he learned the characteristics of honesty, integrity and humility.



Alexander Thornton, Byron HS: While in high school Alex participated in cross country and track. He served as captain of his cross country team. Through his participation, Alex states that he has learned the skills of dedication, leadership and teamwork. Alex will attend Gustavus Adolphus College in the fall.



John Dunlap, Little Falls HS: John plans to attend the University of Notre Dame to pursue a degree in Business Administration, in the fall. He participated in cross country, basketball and track, while in high school. John feels the relationships, lessons, hardships and successes he has experienced through his involvement in athletics have taught him the importance and value of respect, teamwork, passion, self-confidence and perseverance.



Christopher Eichten, Wabasso HS: During his high school years, Chris participated in football, basketball and baseball. He will attend Southwest Minnesota State University for his undergraduate studies, but has plans for a career as a chiropractor. While many great memories and friendships have been created through athletics, Chris states that; "The work that you put in while no one is watching is what makes you a good player."



Abigail Thomas, Maple Lake HS: Abigail participated in cross country, basketball and track during her high school career. Through athletics, Abigail feels she has learned valuable lessons about sportsmanship and working as a team, but also how to set goals and work hard to achieve them.



Carrie Johnson, Montevideo HS: Tennis, basketball and softball were Carrie's sports during her high school years. Carrie states that athletics have given her many opportunities to be active in her school and community and allowed her to develop a work ethic, teamwork and leadership skills. She plans to attend Gustavus Adolphus College.



Brianna Duff, Anoka HS: Brianna plans to attend Bemidji State University this fall. From her three sports of soccer, Nordic skiing and track, Brianna states that she has learned that hard work and determination are two steps to success; everything in life takes hard work and sports have given her the mental toughness to know she can accomplish her goals.



Kira Peterson, Two Harbors HS: Kira brings the determination and perseverance she has learned from the sports of soccer, Nordic skiing and track to the classroom. With a special interest in physics and the environment, Kira is undecided where she will pursue her career. The two alternates will receive a \$500 scholarship



Christopher Dens, Brainerd HS: Christopher will attend the University of Minnesota, Twin Cities campus, this fall. He participated in soccer, swimming and track and attributes those sports to developing perseverance, dedication and a positive self image in himself.



Rachel Strobel, Chokio-Alberta HS: During high school, Rachel played volleyball, basketball and softball. Although these sports provided her with many memories and healthful exercise, she also attributes her goal setting, time management and determination to athletics. She will attend Minnesota State University, Moorhead.



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CHEELEY AND HAUGEN NAMED AS 2008 AD'S OF THE YEAR

The Annual Athletic Administrators Conference was held on April 3, 2008 at the Best Western Kelly Inn in St. Cloud. Numerous honors were awarded during the conference including the naming of the 2008 Athletic Administrators of the Year. Selected as this year's recipients were Pete Cheeley of St. John's Prep School and Mary Haugen of Prior Lake. They were selected from among a total of 16 candidates representing Class A and Class AA selections.

Fr. Timothy Backous, the president of St. John's Preparatory, in congratulating Mr. Cheeley on his award stated: "Pete has served as our Athletic Director for many years. This award recognizes his outstanding dedication and commitment to the students, community and sports programs at St. John's Prep. He has a tireless work ethic and will always go beyond the call of duty to benefit our student/athletes. He is certainly deserving of this award."

Pete and his wife Joyce live in St. Cloud and have three sons: Brock, Nathan and Blake. He is planning on retiring at the end of this current school year.



MARY HAUGEN Class AA Athletic Administrator of the Year - 2008

Mary Haugen, Activities Director at Prior Lake High School has been selected by a committee of her peers as the 1007-08 Minnesota Athletic Administrator of the Year for Class AA schools.

Mary is a graduate of Winona Senior High and Hamline University where she earned a B.A. in secondary social studies education.

She has also done graduate work in a variety of settings and her CAA certification. She began her career in education at Prior Lake High School in 1973 serving as a social studies teacher and the first girls' basketball coach for the school. She was not able to participate in organized athletic high school or college because Title IX had not yet become reality. With the onset of competitive sports for girls, Haugen's interest and involvement in developing those programs began.

Mary has been an athletic and activities administrator in Prior Lake for twenty eight of her thirty five year career in education. During the first seventeen years in that capacity, she shared the position with Bill Hanse. Since Bill's retirement twelve years ago, Mary has administered the entire activities and athletic program at the high school and provides oversight to the middle schools as well. She also served as the student council advisor for fifteen years.

Involvement beyond her school duties include work at her church, in youth organizations as her children were growing up and participation in community service activities. She has been on several MSHSL committees, and has actively participated in Missota Conference and Region business. She has been a MSHSL representative assembly delegate, a charter member of the former Women In Sports Leadership committee, a current chair of the Athena Awards committee, a facilitator of Missota Conference sportsmanship workshops, and leader in the development of high school lacrosse.

Dr. Craig Olson, former long time principal of PLHS says, "Mary has truly been an MVP of our staff." Tom Graupmann, ADL of Northfield High School says, "Honestly, integrity and sincerity are words that come quickly to mind when I think of Mary Haugen."

Mary and her husband Jack have two sons, Kyle and Andy and soon will add Deann to their family. Without her family's encouragement and constant support of her career, Mary would not be receiving this award.

* * * * *

Many other awards and recognitions were part of the conference and are mentioned in Fred Sailer's article entitled MnIAAA Corner. (found on page 5)

The MSHSCA would like to congratulate all of the award winners.

The Section AD of the Year included the following"

Class A

- | | | |
|---|---------------|-----------------------|
| 1 | Terry Nelsen | Kasson-Mantorville |
| 2 | Mindy Sparby | NHREG |
| 3 | Bill Tauer | Tracy-Milroy-Balaton |
| 4 | Kurt Jaeger | Providence Academy |
| 5 | Pete Cheeley | St John's Prep School |
| 6 | Mike Mahlen | Verndale |
| 7 | Lyle Anderson | Cook County |
| 8 | Terry Ogorek | Kittson Central |

Class AA

- | | | |
|---|----------------|-------------------|
| 1 | Mark Kuisle | Rochester Century |
| 2 | Paul Szymanski | Hutchinson |
| 3 | Mary Haugen | Prior Lake |
| 4 | Doug Peltier | Roseville Area |
| 5 | Dan Roff | Fridley |
| 6 | Barb Beise | Wayzata |
| 7 | Perry Aadland | Chisago Lakes |
| 8 | Jim Michaud | St Cloud Apollo |

Photos and bios of the AD of the Year are included below:



PETE CHEELEY Class A Athletic Administrator of the Year - 2008

Pete Cheeley, Athletic Administrator at St. John's Preparatory School, Collegeville, Minnesota has been selected by a committee of his peers as the 2007-09 Athletic Administrator of the Year for Class "A" schools in Minnesota.

Cheeley is a graduate of St. Boniface High School in Cold Spring and of St. John's University. He has been the Activities Director at St. John's Prep for the past thirty years. Cheeley also has taught biology, health and physical education while at SJP. He was the head baseball coach for twenty six years and was the head football coach for ten years. Cheeley has directed St. John's Summer Leadership Camps for the past twenty years.

Cheeley has been very involved in local, regional and state activities for the Minnesota State High School League during his tenure. He has served as the District #19 secretary for the past thirty years and been a past president of the Region 5A committee, Central Minnesota Conference and Section 5A football. He has also served terms as a delegate to the Representative Assembly and been on numerous committees for the MSHSL and Region 5A. He has served as the Region 5A track manager for the past six years. He also is a football and baseball official for the MSHSL.



VISIT MCDONALD'S AFTER THE GAME



HALL OF FAME

The following people were inducted into the Hall of Fame. In the high school coaches division: Gary Trimble, Kimball, Del Elston, Harmony, Mario Lucia, Grand Rapids, Ron Stolski, Brainerd were the high school coaches inducted. In the College division Jim Sims, Minnesota-Crookston was inducted.

Photos and bios are included below:

DEL ELSTON

**Harmony/Fillmore Central
High School
Harmony, Minnesota**



Del Elston graduated from Brookings High School in Brookings South Dakota in 1958. While at Brookings he earned three letters in football and was all-state. He also earned

three letters in both track and basketball. After graduation he went to South Dakota State University and received a degree in biology in 1964. He also did post graduate work at Winona State and University of Minnesota at Rochester.

Del's first job was at Tintah High School in Tintah, Minnesota in 1964. He then went to Big Stone, South Dakota, from 1965-1967. In 1967, Del went to Lyle High School in Lyle, Minnesota. In 1970, Del arrived at Harmony Area schools, where he taught for 26 years. In 1993, Harmony consolidated and became Fillmore Central High School. He was also the head basketball coach for 22 seasons. Throughout his career he was 311-176 at all schools. Del was the head football coach for Harmony from 1970-1992. As the Harmony head coach, Del led his teams to six state tournament appearances. He was a runner-up in 1979, 1980, 1983, 1989, 1990, and a 1984 Class C Champion. He was a section runner up six times as Fillmore Central High School. Del's career record is 187-139 with four conference championships with the six section titles and the state title. Del has received numerous awards: he is a four-time

conference coach of the year, the District I coach of the year, a three time Section 1 coach of the year, and Class C Coach of the Year. In 1997 he coached on the Outstate All-Star Team and is a life member of MSH-SCA. He was named the Sportsman of the Year in 1985 by the Winona Daily News.

Del's pastimes include fishing, golfing, travel and reading. He has traveled to Europe, Hawaii, and throughout the rest of the continental United States. He is married to Veda and has three children: Amy, 37, Dory, 33, and Beau, 29. Del sums up his career as a teacher and coach like this, "As a high school teacher-coach the ultimate experience was seeing young people do things right, do their best and treat other people the way they like to be treated."

GARY TRIMBLE

**Kimball High School
Kimball, Minnesota**



Gary Trimble graduated from Walker/Hackensack High School in Walker, Minnesota in 1966. While in high school, Gary lettered 10 times: four times in baseball and three times each in football and basketball.

After high school, Gary went to Bemidji State College where he earned a B.S. degree in Physical Education. Gary later went on to Augsburg and earned a health degree. While at Bemidji, Gary earned two letters in baseball before a knee injury kept him out of baseball, as well as football.

After college, Gary's first teaching and coaching job came at Fairmount, North Dakota, in 1971. He taught physical education and biology for six years. He was an assistant basketball and head track coach while at Fairmount as well as the head football coach for six seasons. After taking a struggling Fairmount program who hadn't won a game in five seasons, he amassed a 40-16 record in his six years with one conference championship. Gary then moved to Kimball in the fall of 1977. Gary still

teaches physical education and health. He was a junior high basketball coach for 18 years and a junior high baseball coach for 15 seasons. He was the head football coach for 19 seasons from 1977-1995. When Gary became head football coach at Kimball they had won 14 games in the past 20 years. As the head coach, he took the Kimble Cubs to four state tournament appearances and three conference championships. Gary's record at Kimball was 111-77. Gary's overall record is 151-93. He was twice named Central Minnesota Coach of the Year, in 1983 and 1986. He is also a member of the Kimball Hall of Fame.

After retiring from football, Gary spends his time hunting and fishing. He has been a fishing guide on Leech Lake for the past 35 years. He has traveled to the Caribbean, Belize, and New Zealand. He also manages the Kimball Country Club. He has been a member of the football coaches association since 1977. Gary's family includes his wife Peggy and three daughters, Stefinie, 31, Stacie, 27, and Shellie, 25.

JIM SIMS

**College Division
University of Minnesota Crookston**



Jim Sims is a graduate of Mahnomen High School in Mahnomen, Minnesota. He graduated in 1959 after earning a total of 12 letters in four different sports.

After graduation he went to Moorhead State University and lettered twice in football. He graduated from Moorhead in 1963 with a BS in Physical Education. He later received his masters' degree from Moorhead, in 1966.

Jim's first job in 1963 was at Eagle Bend High School in Eagle Bend, Minnesota: he was a PE instructor and head football and head track coach. He then went to Moorhead State and was a graduate assistant for a year. In 1966, he went to Thief River Falls where he was a PE instructor and coached

F F A M E

football and track. As the head football coach he won 59 games and five conference titles in ten years. In 1976, he went to the University of Minnesota at Crookston. He was an instructor in the PE department and was head football coach for 19 years. He amassed a career record of 93-66-1 while winning three conference titles. In 1995 he became the Activities Director at Thief River Falls until he retired in 2006. Some highlights of Jims career are: his 1971 undefeated Thief River Falls team, the 1982 Crookston team in the Midwest Bowl, his 1996 induction into Thief River Falls "Prowler" Hall of Fame, a 2002 induction into the University of Minnesota-Crookston Hall of Fame, and his 2005-06 school year as AD during Thief River Falls' most successful year of sports. He has received the MSHSCA Distinguished Service Award, a Region 8 Coach of the year in 1969, a two time Minnesota Community College Football Coach of the year in 1978 and 1982, and was the 2005-06 Region 8AA AD of the year.

Jim is extremely involved in his community; he is a member of five different community organizations. He has been the district chairman for Special Olympics as well. Jim is married to Sharon and has two children Sue, 36, and Steve, 32. Jim sums up his career like this, "For having had the opportunity to work, learn, and share with so many talented student - athletes and coaches. I'm proud to have been a part of the football coaching fraternity. This fraternity was, and still is as good as it gets!"

MARIO LUCIA

**Big Fork/Grand Rapids
ISD 318**

Grand Rapids, Minnesota



Mario Lucia graduated from Hibbing High School in Hibbing Minnesota in 1946, the son of immigrant parents. He later went to Eveleth Junior College where he played football and

basketball. After completing work there in 1951, he went to Hamline University and played football for one season. He graduated from Hamline in 1953 with a BS in Education, Social Studies, and Physical Education.

Mario then started working for the Big Fork/Grand Rapids school district. He taught for 37 years at Big Fork High School and Grand Rapids High School. Mario was the head football coach for twenty years with both Big Fork and then Grand Rapids.

While at Big Fork, from 1953-1966, Mario compiled a 73-25-4 record in thirteen seasons. He also won eight conference championships. While at Grand Rapids, his record was 40-22-1, with one conference championship. His career record is 113-47-5. During his twenty year career, Mario had seven undefeated seasons, nine conference championships, and four straight undefeated seasons, with a 34 game win streak during the 1957-1960 seasons. This was all at a time when there weren't any state playoffs. Mario was the first winner of the Hamline Graduate Coach of the Year in 1976.

Mario is married to Harriet and has two sons: Mick, 52, and Don, 49. Mario travels to Arizona every winter and enjoys it very much.

RON STOLSKI

**Brainerd High School
Brainerd, Minnesota**

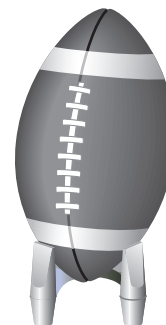


In 1957, Ron Stolski graduated from Minneapolis Patrick Henry High School. At Patrick Henry, he lettered twice and was the team captain in both football and basketball and also lettered twice in baseball. He then went to Macalester College in St. Paul, where he earned a degree in physical education and later his masters at St. Cloud State University. While at Macalester, he earned four letters in football during his time as the team's quarterback while also

being the team captain, MVP, and all-conference selection.

After college, he spent two years teaching and coaching at Kensington, then to Slayton for a year, on to Princeton for six years, and then to Park Center for five years. He was an English teacher and head football coach. In 1975, Ron made his last stop at Brainerd High School. He was the Activities Director from 1975-1999, and was named head coach in 1975, where he still coaches today. Ron has won numerous conference and section championships and has already been inducted into five different Halls of Fame with a career record is 304-141-5. He has been a frequent presenter at local, regional, and national football conferences. He was the Minnesota AD of the Year in 1996 and the 1997 Nike AD of the Year. He is a past president of the MHSFCA and MN Athletics Director's Association and is currently the Executive Director of the MHSFCA. The award that Ron is most proud of is the Gatorade National Power of Influence Recipient. Ron is a lifetime member and is part of the foundation of this great association.

Ron is married to Sharron, and has four children: Dawn, 47, Kim, 45, Jon, 41, and Suzanne, 38, along with 16 grandchildren. Other than football, Ron enjoys fishing and hunting. He has traveled around the country, primarily for football. Ron says, "I cannot remember an autumn without football. I began in the playgrounds of Minneapolis ... and so began a journey of the most exhilarating, exciting, fulfilling and rewarding sport."





Ice Chips

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

I hope all coaches have started re-charging the batteries and I think we can finally get the golf clubs out. The State of Hockey showed its full ability in March with our high school state tourney, college hockey and the Wild filling the Xcel Energy Center.

We set two attendance records during the State Tournament. The Friday night AA session was an all-time single session record around 19,000 fans. The second record was set for attendance at the Hall of Fame banquet with 381 attending.

We would like to congratulate the players and coaching staffs of St. Thomas Academy and Hill-Murray on their State Championships. It was another great State Tournament and congratulations to all participants on their excellent seasons.

During the State Tournament coaches held their general membership meeting where section and state coaches of the year were selected.

1A Head Ken Essay Mankato West Ass't Bob Rajanen Red Wing	1AA Kurt Weber Lakeville South Dan Rawley Lakeville South
2A Head John Hamre Blake Ass't Paul Olson St. Louis Park	2AA Curt Giles Edina Stan Palmer Jefferson
3A Head Chris Olson Litchfield Ass't Terry Dvorak Litchfield	3AA Wes Bolin Woodbury Mike Tollefsbol Woodbury
4A Head Jeff Lagoo South St. Paul Ass't Ed Aguirre St. Anges	4AA Moose Younghans Johnson Greg Pogreba Johnson
5A Head Eric Johnson St. Cloud Cathedral Ass't Tom Bruce St. Cloud Cathedral	5AA Dave Aus Blaine Scott Richart Blaine
6A Head Tony Couture Little Falls Ass't Jon Majerle Little Falls	6AA Chad Nyberg Hopkins Jeremy Stier Hopkins
7A Head John Pretzman Int'l Falls Ass't Dave Grannis Duluth Marshall	7AA Dave Esse Cloquet Terry Johnson Duluth East
8A Head Pete Stahnke Park Rapids Ass't Derek Lehrke Park Rapids	8AA Scott Oliver Roseau Bill Lund Roseau

Assistant Coaches of the Year

Class A- Bob Rajanen Red Wing

Class AA- Bill Lund Roseau

Head Coaches of the Year

Class A- Ken Essay Mankato West

Class AA- Curt Giles Edina

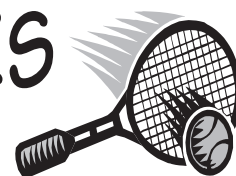
The section academic winners have also been determined for 2007-2008.

	Class A	Class AA
Section 1	Red Wing	Winona
Section 2	Mound Westonka	Bloomington Jefferson
Section 3	Litchfield D-C	Eastview
Section 4	South St. Paul	White Bear Lake
Section 5	St. Cloud Cathedral	Centennial
Section 6	Sartell	Hopkins
Section 7	Greenway	Forest Lake
Section 8	Crookston	Brainerd

If your looking for an interesting read about identifying your strengths and putting those talents to use in your leadership positions check out Strengths Finder 2.0 by Tom Rath.

Take Care and Have a Great start to summer!

SERVICE ACES



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

This spring has been challenging! I am sure that most coaches have rescheduled matches 3-4 times a week through May. It been a busy spring and the boys' season will soon come to an end. The academic deadline past on May 8. Look for changes in the academic procedures next fall.

The dates for the spring clinic will be March 6 and 7th 2009 at the Fred Wells Tennis and Learning Center. The survey results came back in favor of returning to Fred Wells for a 2nd year. Congratulations to Ken Peterson, who become our newest Hall of Fame inductee. The Fred Wells Tennis Center is allowing us to display our plaques at their facility. Hall of Fame deadline is November 1. Nominations may be submitted to Dave Gunderson at the Virginia School District.

We will be in the need of two officers and a few sections reps next year. Please email one of the current officers if you would be interested or if you know someone that might be. This will be the 3rd year of the Boys State Tournament banquet. Once again Mark Hultgren will be organizing the banquet. He does a great job every year, so we hope you can make it!

Encourage your assistant tennis coach to join our membership. They must be a member in order to qualify to be nominated for Assistant Coach of the Year. It also gives them liability insurance when they are coaching, including the summer.

Good Luck to the all the boy's coaches and players. Have great rest of the season.

Enjoy summer!



GATORADE...Official Sport Drink of the MSHSCA

CLEARING THE HURDLES

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



Is it spring yet? As I write this, the sun is starting to rise, the chill in the air is lifting and the forecast is for highs in the 50's! With winter hanging on so late, I know that many teams have had to cancel several of their early season meets. It has been difficult for everyone to hold productive practices as well, with competition for facilities among all the spring sports at many schools. Hopefully by the time you receive this, the weather will have turned, the skies will be sunny and blue and we will be back on track to having successful seasons.

The 2008 Hamline Elite Meet was run under very wintry conditions with temps in the 30's and a pretty stiff wind blowing. However, those that participated managed to produce some fantastic performances and set the stage for an exciting final half of the season. True Team section meets are coming up fast. Meet managers

are busily preparing and the True Team committee is set to put together another great True Team state meet.

One of the major points of discussion at the Clinic in January centered around the number of classes at the MSHSL state meet. It was finally decided to form a committee to research the possibility of presenting a 3 class proposal to the Advisory Board. This committee has been working hard toward that end and will be meeting to put together a survey for all head coaches across the state. The Advisory Board met with Jody Redman, the Track & Field liaison with the MSHSL, in February and also talked about three classes. She said that the MSHSL discussion so far had been mostly about moving to three classes of administrative regions, not moving specific sports to three classes. We will be paying close attention to any MSHSL discussions regarding 3 classes.

In closing, I would like to sincerely thank our President Craig Nelson for his leadership of the Association and his continued dedication to making Track and Field in Minnesota a great opportunity for kids. Kent Viesselman of Cambridge-Isanti High School has agreed to serve as our Vice President. Please contact either of us with any ideas to improve Minnesota Track and Field. Our contact information is on the website.

Good luck, and have a great finish to your season!

2008 Minnesota CROSS COUNTRY COACHES CLINIC

Tuesday, August 5th • Wayzata High School

Clinic Fee: \$35

SESSION SCHEDULE

Session 1:	9:00 a.m.	Championships Phase-Peak Performance	Bill Miles, Wayzata HS
Session 2:	10:15	Core Strength Exercises: Demo & L-by-Doing	Laura Amis
Session 3:	11:30	Distance Training Theory	Dennis Barker, Team MN
Session 4:	12:45	Panel Discussion: TBA	MN Class of 2007 Athletes
Session 5:	2:00	Pre/Post Competition Nutrition	Rasa Troup, MS, RD, LD
Session 6:	3:15	Meet Prep & Strategy, 4000 & 5000 Meters	Gary Wilson, UM XC
Session 7:	4:30	Gait Analysis: Shoe Selection	Wendy Pearson, GEARWEST
Session 8:	5:45	MN CC Coaches Assn Meeting	Pres. Jon Wagner



Sponsored by: GEARWEST



2008 MN CC Coaches Clinic Registration • Clinic Fee: \$35

Name: _____ School: _____

Home E-Mail: _____ School E-Mail: _____

Address: _____ City: _____ State _____ Zip: _____

Home Telephone: (____) _____ T-Shirt Size: (S), (M), (L), (XL)

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

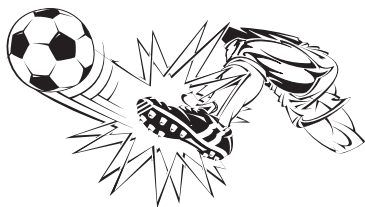
Clinic Web Site: <http://minnesotacc.blogspot.com>



VISIT MCDONALD'S AFTER THE GAME



CORNER KICKS



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

It might just be that when you get this column, we will have finally gotten rid of winter. It has been a long time since the end of fall soccer. There are many new items concerning soccer that have to be shared.

The first of these is the awarding of the Mike Werter Memorial Scholarships. Art Seplak (retired Bloomington Kennedy Girls) the chairperson for the scholarship committee has announced the two winners. The winner of the girl's scholarship is Elizabeth Stock (Prior Lake). She will be attending Hamline University this fall. The boy's winner is Jesse Geary of Duluth Marshall. Geary will attend Macalaster this fall. Both scholarship winners are attending Minnesota schools that are in the MIAC. Thanks again to Art and his committee.

The second item to be called to your attention is the clinic. Greg Juba (Park of Cottage Grove Girls) has announced that the 18th Annual Soccer Coaches Clinic for the MSHSSA will be held on Friday August 8, 2008 at Hopkins Senior High. The address for the school is 2400 Lindbergh Drive, Minnetonka. The clinic information will be printed in this edition of the Prep Coach. Please be aware of the following item. **There will not be a Rules Interpretation Meeting at the clinic this year. You will be able to complete this test On-Line.** The registration form can be sent to Art Seplak. His address is on the form. This needs to be sent in before August 1, 2008. A reminder to coaches that the membership fees are to be paid each year and to belong to the Minnesota State High School Soccer Coaches Association you must join the parent organization, the Minnesota State High School Coaches Association. We look forward to the Executive Director John Erickson and his wife Mary at our clinic.

The third item is something that the coaches have been concerned about come tournament time. The 2008 State Soccer Tournaments will have a different seeding format. The seeding has been done in the past using all 8 teams. The selection process will change and it will be the same for Class "AA" and "A" games. The top four teams will be seeded and the opponents for the top four seeded teams will be chosen in a lottery. The process will include an electronic ranking system submitted by the head coach of each qualified team and a conference call involving each head coach, MSHSL Tournament Director Jody Redman and the Soccer Coaches Association President or designee. The conference call will be used to determine the opponents for the top four seeded teams.

The head coach will rank the seven other qualifying teams. She/He must electronically submit his/her rankings on the dedicated site of the MSHSL webpage. The ranking must be submitted no later than the pre-determined date and time indicated by the League. The conference call will be used to confirm the top four

seeded teams and then to begin the lottery. The opponents for the top four seeded teams will be drawn. The first team drawn will play the 4th seeded team, the second team drawn will play the 3rd seeded team, the 3rd draw will play the 2nd seeded team and the remaining team will play the number 1 seeded team. A copy of this will be available to you at the clinic and on the website for the MSHSSCA.

Fourth on the list of items are the new rules for the 2008 season.

1. The rule that gave a yellow card to the coach for an illegal equipped player will be changed. Beginning this year, all subsequent cautions for illegally equipped players will be issued directly to the player and not to the coach. The coach is still held responsible for ensuring that each of their players is properly and **legally** equipped. (new this year).
2. Beginning with the 2008-09 high school soccer season, shin guards must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) standard. The new NOCSAE shin guards will be stamped or labeled with the NOCSAE logo. They will specify which size is correct for a particular-sized player, making it easy for players, coaches, and officials to differentiate which shin guards are to be worn.
3. In another change, the issue of sportsmanship will be addressed by the head referee in the pregame conference with the head coach and team captains. At this same meeting, the referee is to inquire of each head coach whether each of their players is properly and **legally** equipped.
4. The rules committee altered rule 1-1-1 regarding the allowable width of fields. To allow for use of other fields, the maximum width was expanded from 75 to 80 yards. The new recommendations are 100 to 120 yards long and 55 yards to 80 yards wide.

As a matter of information, soccer is the fifth most popular sport for boys and girls at the high school level. According to the most recent High School Athletics Participation Survey, 377,999 boys are involved in soccer and 337,632 girls participate in the sport.

We have been working on the end of the season Bylaw 411 and will be presenting this item to our membership. Your MSHSSCA Executive Committee will be making recommendations to the MSHSL. Dave Halgren, our Executive Secretary, will be presenting at the May 7th meeting three revisions of policies. The first concerns the Selection of Top Ten Teams; the second is selection process for Coach of the Year and Assistant Coach of the Year Awards. The third is the timeline for these awards.

State Quarter-Final sites are still in the selection process and will be announced by the MSHSL at a later date. The Quarter Finals will be held on October 22nd and 24th. The dates for the state tournament are Monday October 27th, Wednesday October 29th and Thursday October 30th. The Puma/Soccer Express Senior Classic will be held in the Dome on Wednesday November 5th. Senior Classic Coordinators, Chris Laird and Ron Kruschwitz, remind the coaches that the All-Star teams will practice on Sunday the 2nd of November. The State Tournament Banquet will be held on October 19th.

Last month I mentioned the accident North High Girls Coach Chelon Danielson and her daughter Aaliyah were involved in last February. We are excited to tell you that Aaliyah has gone home

... continues on page 25



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from Gillette Hospital and is attending school. We are happy for the Danielson's and wish both of them continued good health. Please continue to think about them as they complete their long road to recovery.

Clinic information is included in this edition of the Prep Coach and please get your reservations and dues in before the clinic date.

It makes it much easier for us if you do things in advance. Continue to use the MSHSSCA website for information and important dates.

Enjoy your summer, see you at the clinic and remember you have the best job in the whole world-helping young kids grow and mature.



MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION
in conjunction with the Minnesota State High School Coaches Association, Inc.

18th ANNUAL SOCCER COACHES CLINIC

Friday, August 8th, 2008

WHO: All interested soccer coaches
WHERE: Hopkins High School
 2400 Lindbergh Drive • Minnetonka, MN 55305
WHEN: Friday, August 8th, 2008 • 7:30 AM – 3:30 PM
COST: - See Box below • - Includes a box lunch
 - T-Shirt for the first 250 registered coaches

For more information, please call:
Greg Juba, Director - Head Girls' Soccer Coach,
Park (Cottage Grove) High School
HOME: 651.459.7241 • SCHOOL: 651. 768.3763

AGENDA

7:30 – 8:15 AM Sign-in /
 Registration **NOTE:** There will be a **Head Coaches Meeting** during **Session III**. Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed.

8:30 – 9:25 AM Session I

9:40 – 10:35 AM Session II

10:50 – 11:45 AM Session III

Lunch

1:00 – 1:55 PM Session IV

2:10 – 3:05 PM Session V There will not be a **Rules Interpretation Meeting** this year. It can be taken on-line.

3:15 – 4:00 PM Session VI

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

COSTS:
Clinic Registration = \$50 before August 1st, 2008
 = \$60 after August 1st, 2008
MSHSCA Dues = \$40 Head Coaches
 = \$35 Assistant Coaches
NSCAA Dues = \$70 before August 1st, 2008
 = \$80 after August 1st, 2008

Total Head Coaches = \$160 including all memberships.
 = \$90 Clinic and State Membership.

Total Asst. Coaches = \$155 including all memberships.
 = \$85 Clinic and State Membership.

Add \$10 to all above if registration after August 1st, 2008

Registration Form, please fill it out and mail BEFORE August 1, 2008

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

CLINIC REGISTRATION FORM:

Please make copies for other registrants (one form per person)
 Mail **BEFORE 8/1/08**

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

Your name _____
 School _____ (Head/Asst) (Girls/Boys)
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____

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

Registration	State Coaches Association (MSHSSCA) Dues	Clinic Registration Association	National Coaches' (NSCAA) Dues	Total
Yours	\$40 Head + \$35 Asst.	\$50 +	\$60	=
#2 Registrant	\$40 Head + \$35 Asst.	\$50 +	\$60	=
#3 Registrant	\$40 Head + \$35 Asst.	\$50 +	\$60	=
#4 Registrant	\$40 Head + \$35 Asst.	\$50 +	\$60	=
Total sent =				

Please make checks payable to MSHSSCA.

PLEASE DOUBLE CHECK YOUR TOTAL

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



VISIT MCDONALD'S AFTER THE GAME



Notes from the Wrestling Room

By: Paul T. Cyr
President of the MWCA
pcyr@nrheg.k12.mn.us



This is my first column for the *Minnesota Prep Coach* so let me introduce myself.

My name is Paul Cyr, I am the head coach at NRHEG, a position I have held for 22 years. Prior to that I was the head coach at Fertile-Beltrami for four years so I recently completed my 26th year as a head coach. I am currently in my 15th year as the Middle School principal, so while my role is not necessarily unique, it is different than many of you. When I was encouraged/coerced into running for this position last spring, I was reasonably confident that the weight class issue would have been voted on, and one way or another we would have it behind us. As many of you know, the MSHSL tabled the matter twice in the past year, finally bringing it to a vote last week. While the vote was close, the League decided that we would stay with the National Federation weight classes and remain with 14 weights. Many of you may have heard my comments on the Minnesota Radio network in the days following. My comments were, by design, very diplomatic and some might say, apathetic. It was my feeling that the League needed at some point to vote on the issue, one way or the other. There were very passionate arguments both for and against the reduction in weight classes. It was studied and polled, ad nauseam. Thankfully the MSHSL brought the issue to a vote. Now as members of a democratic society, I believe that we should accept

the results of this ballot and move on. We can expend our energies on other more pressing issues in the wrestling community, whatever they may be.

Another issue that is about to confront members of the MWCA is a move to once again align our membership with that of the Minnesota State High School Coaches Association (MSHSCA). Our members were polled by the section reps this spring and were in favor of this move. The wrestling coaches, as a group, have not been members of this organization for a number of years, and we are optimistic that a return to working with the MSHSCA will be mutually beneficial. From the wrestling coaches' perspective, there are benefits of belonging to the organization. We hope the MSHSCA feels that this is a good move for them, as well.

The wrestling coaches, like other groups, have requested that our state tournament be seeded. According to the minutes of the MSHSL January 31st board meeting, this option is available to sports that request it, seeding places 1-4 and drawing places 5-8. This is the only option available for the 2008-2009 school year.

I'll close this column with two items that I hope to work at in the coming months. Number one is the 64-96-remainder division for AAA-AA-A classes for wrestling. I am aware that the

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 www.njpa.org and www.mshsca.org or contact Lynn Peterson at lynn.peterson@njpacoop.org or 218-371-7553 or John Erickson at 218-847-6796.

John Erickson Executive Director MSHSCA	Keith Richardson Executive Director NOCAD	Lynn Peterson Contract Manager NJPA
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MSHSL wants some consistency with regard to sports that are in three classes, but somehow we must convince them that we are unique and should not be lumped into a group with all other sports that are divided into three classes. Hopefully we can make some inroads before we redraw the sections in the Spring of 2009. A second item is the manner in which some of our coaches dress. I find it disappointing that we will ask our athletes to do extraordinary things to reach great heights athletically, but some will show up for those competitions dressed

like we are going out do the chores or leaving on a hunting trip. Stop and think about it, coaches. When your athletes graduate or you are invited to their weddings, would you dress the same way to attend one of those functions? In many cases, I bet not. I'll be up on my soapbox about this issue more in later columns.

Hopefully you have had a chance to decompress a bit after the season, as I certainly have. This spring I'll be doing some umpiring and shooting as much trap as time allows. Until the next issue.



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 - Red Auerbach*



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MSHSL BOARD OF DIRECTORS REPORT

The April meeting saw changes in some sports and not in others. After months of talking, the BOD decided to leave wrestling as it currently is with 14 weight classes. A Mercy Rule was passed for both football and basketball. In basketball, there will be a running clock if the point differential is 35 points for more with 9 minutes to play. In football, if the point differential is 35 or more in the fourth quarter there will be running time with the clock only being stopped for timeouts and after scoring plays. The mercy rule would not be in effect during the state tournament championship bracket and lower levels could decide whether to use it or not. The Awards Committee continues to meet and has decided to re-bid trophies and medals for one year only and then come to agreement on what the changes would be prior to going out for bids for the next few years. Look for the elimination of participation plaques at the state tournament and reduced trophies or medals for sub-section play. Approval was given to a list of Membership Responsibilities that contains deadlines and a fine system that will go into effect next fall. Those schools that get their information into the MSHSL in a timely fashion will see little or no change. However, there are some new timelines that will need to be followed. Finally, the BOD approved an athletic directors' pass for state tournaments. Check the web page on the administrative side for details about how to purchase this.

Finally, from Becky, it has been a pleasure to serve the coaches of Minnesota as the girls' sports representative for the past four years. I did my best to educate myself on the issues and represent the interests of all involved. It was time well spent and I thank you for trusting me with this responsibility. It was a tremendous experience.

Sincerely,

Becky Leuer
 John Schumacher



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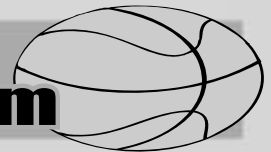
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VISIT MCDONALD'S AFTER THE GAME



dugout chat



By: Bruce Davis
Montgomery-Longdale High School

The 2008 regular season is coming to an end and the Section Tournaments and State Tournaments are right around the corner. I wish all the teams in the state the best of luck.

The Baseball Coaches Association's proposal to add a week of practice did not make it through the region committees. We needed 9 of the 16 regions to vote yes on the proposal for it to move on to the next level. We received 7 yes votes. The High School League told us we had a very strong case but the region committees did not feel the same way.

The 2007 Hall of Fame Class has been announced. The following coaches will be inducted into our Hall of Fame on October 25, 2008 at 7:00 PM at the Fall Clinic. They are Al Gisvold-Springfield, Dick Traen-Delano, Howard Schmidtke-St. James, Ned Thompson-Totino Grace, Duane Welch-Hopkins, Bill Kroschel-Park Cottage Grove, Norb Pastir-Roseau, and Doug Darnell-Brooklyn Center. Congratulations to all of the above. Please plan on attending the banquet next fall honoring these fine coaches.

All coaches should be aware of the following forms and dates they must be submitted by.

Form 707	Lions All Star Game	May 15
Form 505	All State Nominations	June 2
Form 606	Academic All State	June 2
Form 202	Rules/Policy Changes	June 30
Form 1010	Coaching Awards	June 30

All of these forms can be found on the Baseball Coaches website.

Please take the time to nominate a deserving person for the Coaching Awards. This includes the Hall of Fame, Dick Siebert Award, Angelo Giuliani Award, Assistant Coach of the Year, and Field of the Year. We want to honor people from all areas of the state.

The Lions All Star Games will be on June 20 and 21 in Chaska. Please try to attend and if you have a player in the games make an extra effort to attend. It really means a lot to the kids to have their coach attend at least one game!

The Minnesota State High School Baseball Coaches Association will be presenting the 2008 Gopher Classic Baseball Junior Showcase sponsored on July 10, 2008 at the Minnetonka High School all-turf baseball field. The purpose of the event is to allow the top junior baseball players in the state to showcase their abilities to college coaches and professional baseball scouts.

Good luck to everyone in Section Tournament play! If you get a chance, please attend the state tournament in your school's class! If you have been going to the state tournament that is great and if you have not been at the state tournament in a few years you do not know what you are missing!!

dugout chat



part 2

By: Pat Collins
Vice President
Minnesota High School Baseball Coaches Association

What a Spring?

This has been a tough spring for those of us lucky enough to call ourselves high school baseball coaches. I would guess the number of cancellations will be at an all time high. I am sure this lovely weather will rekindle a debate on moving baseball to the summer as is done in some other states.

Would moving baseball to the summer be beneficial for our kids? I don't think so. High school baseball is the last hurrah or fun part of school for many seniors. I can't imagine those seniors being as passionate about baseball if they had already graduated. We would end up dealing with work schedules, summer vacations and a lack of fans which give the ballpark some atmosphere. I like to see our students with their trucks pulled up to the fence grilling brats and listening to music. The ballpark would get too silent in the summer for this coach. Spring baseball reminds us to enjoy each spring day that is playable with the hope the weather is just going to get nicer and nicer.

Spring baseball also allows us to get in twenty plus games that we wouldn't get if we only played summer ball. I would think the quality of baseball would go down in the state if we only played in the summers. I am guaranteeing that the weather will get warmer and the days will get longer too, in the month of May.

As we get to the month of May don't forget to nominate your kids for all the awards they are eligible for. All State and All Academic nominations are due by June 2. The Lions All Star nominations are due by May 15th. All Section team information is due by June 9th.

Good luck to everyone in the rest of your games. Enjoy each and every game and cherish the beautiful weather that is just ahead.



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Over Hill and Dale

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

As Spring finally arrives, I'm sure we've all been busy with our lives in school, out of school, and with our families. Still, my thoughts jump ahead to Summer and Fall, when the great little sport of Cross Country gets center stage once again. I hope you are all ready for another wonderful CC season, with all the joys and challenges it brings. We all need to get our internal batteries recharged and ready to go, and our Summer Clinic is one way to help get this done. Please note the registration form in this issue, and plan to attend our Clinic. We are shooting for one full (and I mean FULL) day of activities, and I look forward to seeing you all again. Your enthusiasm and readiness to learn rubs off on me, and is much appreciated! I teach a little about this sport, but always learn much more than I teach.....

We are well on the way to making worthy changes regarding our Academic Awards program. All of the sports under the umbrella of the MSHSCA have agreed to provide "Silver" and "Gold" team awards, which are dependent on Grade Point Averages or Class Rankings. This will allow all great teams to be honored, if they meet certain criteria. Question for you: What criteria do you think we should use? Some sports are looking at 3.0 to 3.5 GPA as the Silver Standard, and 3.6 to 4.0 GPA as the Gold Standard. However, each sport can determine their own standards. For instance, for Football, these high GPA's probably wouldn't work for squads of 55-60 students. In Cross Country, where we rank the 9 runners on our Section Roster and use the best 5 class ranks, our standards can be quite a bit higher.

Again, I'm interested in hearing from you about the standards we should set. This is especially true for the Section Reps, who see the Team Academic scores year after year. So – Get in touch with me

and give me your 2 cents' worth!

Work is ongoing concerning a 3-Class proposal, increased medals at the State Meet, and increased individual qualifiers for the State Meet. I will be meeting with our officers in mid-May to have a final go-through on all of these issues. I still believe that the MSHSL is open to our ideas and will give them a fair shake. Unfortunately, this does not hold true for the idea of a "Wild Card" qualifier or qualifiers at this time.

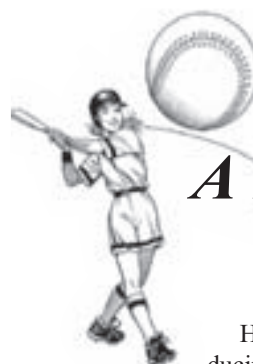
As soon as we get our proposals in final form, we will e-mail them to you for your evaluation and overall reaction. Then, at the Summer Clinic, we will again present all final modified proposals to you. This gives us 3 more months before the Nov. 1 submission date.

Keep thinking about these issues, and let me know your thoughts. I've been impressed with the depth of knowledge you have, and your abilities to express your ideas. The more I get to know our CC coaches throughout the state, the more I'm proud to consider myself one of you!

Meanwhile, keep your eyes on our Cross Country page at the MSHSCA website....by summer we hope to have all pertinent information put on, and look forward to your input concerning Upcoming Meets and Meet Results. This will be a great one-stop tool for getting good CC info. (Except if you want to hear gossip, you still have to check out Dyestat!)

As Always,

Keep putting your heart into your coaching – the kids notice it!



Softball... A Five Star Sport

By: Shelly Hotzler

Jackson County Central

Hello all, I would like to start out by introducing my self. I am Shelly Hotzler, Head coach at Jackson County Central Schools. I am looking forward to serving you as the President for the upcoming year. I would also like to thank Paul Virgin for the two years he has dedicated to helping the coaches association merge with the State coaches association. He would be modest in saying it wasn't much, but he has put in long hours it making the merge happen....So Thanks Paul!!

With a rocky start to the 2008 season, I hope all of you are finally getting your games in.

The State tournament will be held on June 5th and 6th at Caswell Park in Mankato, MN and I look forward to seeing all of you there.

On June 8th we, along with the Minnesota Sports Federation, will be hosting the 2008 Highschool All-Star Series in Mankato, MN. We will have the top 66 seniors in the State showcased at this event. It is truly an awesome event and hope that many of you will attend.

On another note, I would like to say Good Bye and Good Luck to John Chillman, Head coach at Concordia Academy and an active member in the coaches association. John and his family are moving to Las Vegas where he has taken a new position. He will be missed!!!

ADAPTED UPDATES

By Barb Becker
President Minnesota Adapted Athletics
Coaches Association

Adapted Athletics Softball for both CI and PI Divisions will have playoffs on May 22nd and May 23rd with the winners advancing to the Adapted Athletics Softball State Tournament Friday May 30th and Saturday May 31st at Coon Rapids High School. A thank you to all the Adapted Coaches for their dedication to the athletes.



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

Zebra Zone is taking a slightly different approach this issue. I thought it might be interesting to visit a bit with an individual who has experienced officiating and athletics from different perspectives and certainly from different levels. We'll be doing a Question / Answer session with former NFL player and current MSHSL football and basketball official Phil Hansen. After 3 National Championships at NDSU, Hansen was a 11 year starter for the Buffalo Bills where he still is the 2nd all time sack leader for the Bills. With 3 Super Bowl appearances under his belt Hansen retired in 2002. He currently is an analyst and host of NDSU's Craig Bohl football show and a host of NFL sponsored youth sportsmanship and fitness camps. Phil now resides in Detroit Lakes and officiates basketball and football.

Hansen brings a unique perspective to the high school game. Here are Hansen's 10 Questions in the Zebra Zone. I hope you enjoy.

Zebra Zone: What has been the biggest challenge going from NFL player to high school official? Hansen: In NFL play I concentrated on one thing, the person with the ball. With officiating you must have broader vision and see the entire field, and usually that involves knowing where the ball is but not watching the ball.

Zebra Zone: What sport do you enjoy officiating more – basketball or football? Why? Hansen: Football. It's in my blood, and I like being out in the elements. I also enjoy the challenges of basketball officiating.

Zebra Zone: Were you a student of the rules when you played in the NFL?

Hansen: No, I knew the rules that affected me, but didn't care much about how they applied to others on the field.

... 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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Zebra Zone: What do you find as the biggest challenge in preparing yourself to officiate high school sports? Hansen: In the beginning I studied and learned the rules as they were written in the book, but recalling and applying them on the field my first few years was difficult at times. However, with more repetitions you get the better.

Zebra Zone: What has been the most enjoyable aspect of officiating? Hansen: When late summer comes around and the air gets a little brisk at night, I start to get excited for another season. I guess it's a product of playing 23 years of organized football. To pick a single aspect is hard for me, but I'd have to say the start of the season, and the first game leading up to the nervous anticipation of the first kickoff. Yes, I still get nervous.

Zebra Zone: What is more of a challenge – battling offensive linemen in the NFL or an irate mother who believes you just missed a call on her child? Hansen: At least with the offensive lineman, I can look forward to the next play. With an irate mother who doesn't know the rules and won't listen, you just can't win. (with a smile)

Zebra Zone: If you were able to change one high school football rule what would it be? Hansen: Mercy rule. When the point spread is too great it is only an opportunity for someone to get hurt or to show some poor coaching or sportsmanship. (Zebra Zone Note: The "Mercy Rule" will be intact for the 2008 season – stay tuned for details)

Zebra Zone: All officials find themselves in tough situations, tell us about one of your tougher moments in officiating. Hansen: I'm the Line Judge on our football crew. Championship game in the Metrodome and the game was televised. The runner breaks free at opponents 40 yard line and is running along sideline for a possible TD. I'm running along sideline, but bump into a cameraman and am behind the play and out of position. Runner gets forced out at about the 3 yard line, but

reaches for the pylon airborne as he goes out or bounds. The pylon moved it or if 1 of 2 defenders knocked it over. I'm approaching the spot about where he intersected the sideline and I mark the spot, but am very unsure. Turns out (the replay showed later), he stepped on the sideline before he even went airborne which I didn't see, but luckily I got it right. Sometimes it's better to be lucky, than good.

Zebra Zone: As an official, what has been the biggest surprise since you have begun? Hansen: The coaching today is much better than I expected and has improved drastically in 25 years since I played high school football.

Zebra Zone: What advice would you give to someone who is not currently an official, but is considering it? Hansen: Don't do it for the money, because you'll be disappointed. Seek out a mentor who knows the rules and cares about the officiating mechanics, rules of the game and quality of the game.

Phil approaches each officiating season the way he did his professional football career – fully prepared and giving 110 percent. On a personal note I can tell you that Hansen is a class act. Phil and his wife, Dianna, are very humble and giving members of the community.

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

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

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.



VISIT MCDONALD'S AFTER THE GAME



Delegates Corner

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

Recently, I had the opportunity to attend a high school tennis match. It was a cold Minnesota spring day, overcast with a strong wind off the nearby lake. The players really didn't seem to mind since they were dressed in jackets and sweatpants rather than shorts and t-shirts. As the matches progressed my attention was continually drawn to one young man who appeared to be having a "bad" day. After any play where he made a mistake or missed hitting the ball he would yell out, "Come on!!!" As the match came to a close, he missed a well placed shot. His reaction was to pick up the ball and then hit it as hard as he could into the fence surrounding the court while yelling out a loud AAARGHH!

After the match was over I went for a walk and I began to think about this young man and his reactions to mistakes and disappointments. This led me to think about what makes sports like tennis, volleyball, golf exciting to play and watch. The common theme that I see is mistakes. Without a mistake by one player or team, then what happens? If the match was perfect, if both teams played perfectly, there would be no match or contest. The first volley would go on forever and only end when both teams dropped from exhaustion. A mistake; hitting the ball out, not covering the court, or hitting the net is what makes the game exciting. The winner of a match could be called the team or player who made the least mistakes or even better the side that learned best from their mistakes and capitalized the best on the mistakes of the opponent.

I don't think I am taking the role of a pessimist when I say that life is often a series of mistakes or disappointments. Rarely do we win the powerball, get offered that dream job with high pay or always hit the green light. More often than not we find there are no parking spots near the store, our kids have made a mess of the kitchen again or the dog has made a mess on the carpet. What determines who we are is not so much what happens to us, but rather what is our reaction to the things that life brings our way? Do we yell and "hit the ball into the fence" or do we brush it off and make the best of each situation?

How do you as a coach handle disappointment and mistakes? Do you take them as a learning opportunity and a teachable moment? I know of a coach who developed a hand signal for his team that they would use after making a mistake. It was a simple brushing off of the shoulder with a hand. That simple motion showed that mistakes happen and the best reaction is to brush it off. Take ownership for the mistake and then clear it off the body.

I would be very interested in your thoughts on mistakes and sport. Send me any stories or thoughts that you have about their role in sports or life to djohnson@marshallschool.org

FLIP NOTES

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



The 2007 – 2008 gymnastics season ended with style, crowning state champions Perham (Class A) and Roseville (Class AA). We had 284 of our athletes earn All-State Honorable Mention honors and 94 that earned All-State honors.

One of our big projects is to determine how to run the state meet next year, as it will move from Roy Wilkins Auditorium to the U of M Sports Pavilion. After an Advisory Board meeting with Jody Redman I can assure everyone that making sure our new location meets all of our needs is a number one priority for the high

... continues on page 35

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LATE WINTER SPORT CHAMPIONS

The March issue of The Minnesota Prep Coach covered the early winter sport champions. At this time the MSHSCA would like to congratulate the state champions and their coaches for the ultimate peak of their season.

Included in the late winter sport season championship recognition will be Adapted Floor Hockey, Boys and Girls Basketball, Boys Hockey and Wrestling.

The winning teams and coaches are listed below:

ADAPTED FLOOR HOCKEY

(PI)	Anoka-Hennepin	Suzanne Opat
(CI)	Maple Grove	Doug Anderson

BOYS BASKETBALL

1A	Ellsworth	Markus Okeson
2A	New London-Spicer	Matt Cordes
3A	Benilde-St Margaret's	John Moore
4A	Minnetonka	John Hedstrom

GIRLS BASKETBALL

1A	Ada-Borup	David Smart
2A	Albany	Jon Noreen
3A	Totino-Grace	Shannon Hartinger
4A	St Paul Central	Willie Taylor

BOY HOCKEY

1A	St Thomas Academy	Tom and Greg Vannelli
2A	Hill-Murray	Bill Lechner

WRESTLING

1A	Jackson County Central	Randy Baker
2A	Simley	Will Short
3A	Apple Valley	Jim Jackson

The coaches of all winning championship programs will be recognized at the Annual Hall of fame Awards Banquet that will be held next October.

Flip Notes continued . . .

school league. This change will also force us to change the location of our state banquet, possibly to the Holiday Inn near the Pavilion.

On the academic side of things we, along with the other sports, are trying to determine what GPAs we would like to use as our gold and silver standard. We have tentatively reached an agreement of 3.5 for silver and 3.75 for gold awards.

These numbers will be re-examined at our fall meeting once we see if we are in line with other sports of similar team size.

Our annual coaching clinic will be held October 2 and 3 at Big Lake High School. We are currently working on the agenda and presenters. Anyone that has requests or ideas for presenters is encouraged to contact me at wendymrooney@hotmail.com.

Thanks, and I hope everyone is gearing up for a fun and relaxing summer!

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John Gustafson, Coeur d'Alene, ID

"Entering into my 21st year in the teaching profession, I was absolutely thrilled by the pertinent information that was taught in this course. Whether it is in the classroom or on the court, the ideas presented will be a benefit to everyone that I come in contact with in the years to come. This was a very worthwhile endeavor and a great use of my time off this summer! I look forward to the next course!"
John Dreyer, New Ulm, MN

"Teaching to Impact Lives was very inspirational to me and was one of the best classes that I have taken. It gave me a new positive outlook on my career and helped me create new ideas for practice, games and also in my classroom. This course, as well as the other video courses, are probably the most practical courses that I have taken and have provided me with ideas that I can use immediately to make what professions I am doing at the time. As a teacher, a coach, and as a father I plan on using the ideas from this course in many years to come. I highly recommend this course to all educators as they too will gain the positive impression that I received and will also be reminded as to why we all got into teaching/coaching - TO IMPACT THE LIVES OF OUR YOUTH!"
Theresa Sigurdson, White, MN



VISIT MCDONALD'S AFTER THE GAME



Secretary-Treasurer

Terry Turek

Le Sueur-Henderson High School

Goal Posts

Welcome to spring! Or at least Minnesota's version of it.

Our association has undergone a name change. We have "streamlined" the name to Minnesota Football Coaches Association. The change was felt to be necessary as we have opened up our membership to include college, junior high, and youth coaches. So the shorter abbreviation, MFCA, replaces the old one, MHSFCA.

With a new name, the association also helped sponsor a new clinic, although there were many familiar faces. The clinic was a great success as over 800 coaches were in attendance. This represents one of the largest turnouts for a Minnesota football clinic in many years. Don Swanson kept most of his staff together for the new clinic, which was held at the Double Tree Hotel in Minneapolis, and they did an outstanding job. The association was helped by the University of Minnesota, who held some of their spring practices in conjunction with the clinic. The feedback has been very positive and the association looks to grow the clinic to one of the biggest and best in the upper Midwest.

The annual spring representative meeting was held at the clinic and several key issues were discussed under the leadership of new association President Shannon Gerety of Blaine and Executive Director Ron Stolski of Brainerd. The MSHSC's adoption of a "mercy rule" was opposed by the MFCA and much discussion was held on how the League communicates with associations and makes decisions. Their was positive feedback regarding the initial year of neutral, turf sites for the state playoffs. Nominations to the position of 2nd Vice President are being sought from a Class A program. Nominations should be directed to the Executive Director, Ron Stolski or Sec/Treas. Terry Turek.

The 44th Annual Hall of Fame Banquet was held on Saturday, March 29th. Don Swanson was emcee for the banquet and provided an entertaining evening. Banquet Chairman Dave Nelson, once again did a

great job in preparation for the banquet. The banquet was held at the Double Tree Hotel in Minneapolis, a sponsor of the association.

Paul Lemke and Scott Tschimperle, who did a fine job conducting the Hall of Fame induction, presented the following people for induction into the Hall of Fame. In the high school coaches division: Gary Trimble, Kimball, Del Elston, Harmony, Mario Lucia, Grand Rapids, Ron Stolski, Brainerd were the high school coaches inducted. In the College division Jim Sims, Minnesota-Crookston was inducted.

Winners of the Butch Nash Award were: Alan Amdahl, Albany, David Style, Glencoe-Silver Lake, Vaughn Glasener, Melrose, Mark Johnson, Mpls. Roosevelt Delles Solie, Owatonna, Robert Nickleby, Woodbury, Derek Parendo, Proctor

From past Butch Nash Award winners LeRoy Erickson, Buffalo, was selected as the 2007 Minnesota Assistant Coach of the Year.

The Distinguished Service Award was awarded to Dave Fritze, Eagan for his service and dedication to the All Star game.

Conference and section coaches of the year were presented with awards for their achievements with each coach receiving a plaque. Class Coaches of the Year recognized were: Class 5A Mike Grant, Eden Prairie; Class 4A Jeff Ferguson, Totino Grace; Class 3A Dave Dose, Glencoe-Silver Lake; Class 2A Carl Fruechte, Caledonia; Class 1A ; Clair Austin, Goodhue, 9 Man Mark Kroulik, Stephen-Argyle. From this outstanding group of coaches was selected as the 2006 Minnesota Football State Coach of the Year, Jeff Ferguson.

Recognized with a plaque for 30 years of coaching were Dave Nelson, Minnetonka, Larry Otterblad, Silver Bay, and Kyle Inforzato, Mound-Westonka. Completing 35 years of coaching football and receiving a plaque were Carl Lemke, St. Croix Lutheran, and Don Seipkes, Ottertail Central. Stuart Nordquist received a plaque and ring for 40 years of service. Recognized with a plaque for achieving 200 wins was Don Seipkes, Ottertail and Terry Karlsgodt, Atwater-Cosmos-Grove City. The milestone of 300 career wins was achieved and recognized with not just one, but two coaches doing so in the same season. Mike Mahlen of Verndale and Ron Stolski of Brainerd became only the second and third

MINNESOTA PREP COACH

coaches to reach 300. Congratulations to all of these fine coaches and their achievements!

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

The annual Minnesota High School Football Recruiting Night is being held on May 6th at the Double Tree at 7:00 pm, under the direction of Jeff Ferguson of Totino Grace. Online ability to enter information through the MHSFCA page on the MSHSCA website should also help in getting the word out on high school football players. There will also be a combine conducted on May 5th for high school players. Information is available at the website

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

The summer magazine is currently being put together. Feedback concerning the changes that have taken place has been positive and any coaches who would like to help with this endeavor are more than welcome to contact me.

Coaches, if you haven't already done so, please send conference articles and lots of pictures for the "Minnesota Football" magazine. A reminder that my address is Terry Turek, 901 E. Ferry St., Le Sueur, MN 56058. I can also be contacted via e-mail at: tturek@isd2397.org. And my school phone number is 507.665.3305. At home it is Box 81, Henderson MN 56044, (507) 665-2212.

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



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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 30th 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

"Sports creat 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

Winter Sports

Girls Gymnastics

"A" Worthington
"AA" Rochester Century

Alpine Skiing

"A" Minnehaha Academy
"AA" Brainerd/Pillager

Nordic Skiing

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

Boys Swimming

"A" Park Rapids
"AA" Rochester Century

Boys Hockey

"A" Sartell - St. Stephen
"AA" Bloomington - Jefferson

Boys Basketball

"A" Badger-Greenbush-Middle River
"AA" Pelican Rapids
"AAA" Thief River Falls
"AAAA" Cambridge-Isanti

Girls Basketball

"A" Ada-Borup
"AA" Belle Plaine
"AAA" Albert Lea
"AAAA" Minneapolis SW



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

Dear Coaches,

The high school coaches' association held its spring meeting on Saturday, April 19th at the Mora Vasaloppet Nordic Center. Once again the Mora volunteers treated us to a wonderful setting along with some great food by Susan France Weber and Wade Weber. Here are the minutes of that meeting. Our fall meeting will be October 25th, 2008 in Mora. See you there, have a nice summer.

Minutes from the MSHSNCSA

April 19, 2008

1. Meeting Called to Order 9:40 am—Paula Anderson
Welcome By Mora Vasaloppet & Wade
 2. The minutes from winter 2008 meeting were approved 1st Terry Waslund, 2nd Bob O'Hara
 3. Members of the Board and Advisory Committee introduced.
 - a. President - Paula Anderson, Ely (Term Ends Spring 2010); Past President - Matthew W. Laue, Orono (Term Ends Spring 2008); AC Member-at- Large - Joe Teff, St Cloud Cathedral (Term Ends Spring 2010); AC Member-at- Large - Jill Hanson, Buffalo (Term Ends Spring 2008)
 - b. Award Chairs: Dave Johnson- Duluth Marshall, Victor C. Dunder & Coaches' Awards; Fred Kueffer Roseville, All-State Academic Awards; Kevin Brochman, Mounds Park Academy- State Rankings Chairman, Susan Waananen , Maple Grove – All-State Awards
 - c. Nordic Skiing/MSHSL liaison, state meet manager, MSHSL rules interpretation – Bob O'Hara
 4. The AC is changing as Paula moves to Past President, Jill Hanson's term ends and currently there is no President or President Elect. Matt Laue offered to stay on the Advisory committee being appointed to the vacant member-at-large. Paula has offered stay on as the interim President with the hopes that someone will step up and fill the role ASAP..... *After the meeting Mike Hecker announced he was willing to take on the position of President. Paula will continue on thru fall and work to make the transition during and post the fall meeting. The President Elect position still needs to be filled. Susan Waananen will take over the Secretary/Treasurer position.*
 5. The Victor C. Dunder award was briefly discussed and coaches were asked to pay particular attention to the rules of the application and make sure athletes of the appropriate need are applying.
 6. Awards for Academic Teams of the year were introduced and distributed. An award to Fred Keuffer for assistant coach of the year was sent with Jamie. Paula Anderson was recognized as coach of the year. John Strand was present to give an acceptance speech and see his plaque posted to the Hall of Fame.
 7. Numbers of member schools and coaches was discussed
- FINAL MSHSNCSA MEMBERSHIP STATISTICS FOR 2007-2008

Total number of members: 96

Total number of member head coaches: 66

The following schools are NOT represented in the coaches' association this year:

Section 1 - Simley

Section 2 - Saint John's Prep

Section 3 - Henry Sibley, Mpls South, Mpls Washburn, Richfield

Section 4 - Forest Lake, St.Paul Harding, White Bear Lake

Section 5 - Blaine, Mpls Patrick Henry, Robbinsdale Cooper

Section 6 - Blake, Bloomington Jefferson, Breck, Mpls Southwest, St. Louis Park

Section 7 - Duluth Denfeld

Section 8 - Ellefson Home School, Long Prairie-Grey Eagle, Coop 120: Brainerd, Pillager

8. Update Section Reps: Currently all sections except Section 6 have active Section Reps

9. Finances: Actual account statement was not on hand but reported to be approximately \$2900. Our big fundraiser the State Meet Awards Banquet is no longer as much of a fundraiser for us now that we are at the Ridge. However, this year we had a great banquet and still made a couple of bucks (approx \$200-300).....Although the Charlie Banks Coaches Relay was cancelled due to cold wind chills and that not only meant lost revenues but we incurred cost for the awards that were already produced for 2008. Hopefully those awards can be used for 2009.

10. The State Meet date change was discussed. Currently Alpine skiing has a proposal to change their State Meet Date by two weeks later into the season. That means their season will start two weeks later allowing them to get onto man-made snow almost immediately. The meeting consensus was that while those changes work great for Alpine it is not the case for Nordic Skiing. We as Nordic skiers do not have the same availability to artificial snow early and particularly later in the season (conference champs section and state). The cost to metro schools could be high if all conference and section meets needed to take place in the Northland. No mention the added cost to finding available snow for training. The following action items were discussed

- a. Survey—Paula is going to issue a coaches survey to have “official “ results to pass on to the MSHSL
- b. A.D.'S — It is important that coaches discuss the impact of the potential date changes with their AD's so they pass on their wishes as well to the MSHSL
- c. MSHSL Board Section Reps—Coaches and Ad's should also contact their Section Representative s to the MSHSL Board. Bob O'Hara will supply those names to Paula for distribution.

11. Ben Dubay discussed and made some suggestions for the rules.

12. Rules were discussed both in general and specifically in accordance with the current uniform marking rules. The following suggestions were made.

- a. Uniforms – to follow the guidelines set forth by FIS with some modifications we would allow up to the uniform manufacture 100cm square total of logo on the racing suit. Since many suits are two pieces or have markings on them in two locations the total area of both markings must not be larger than 100cm square.

. . . continues on page 27



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- b. Hats- are to follow the guidelines set forth by FIS with some modifications, as well. The hat shall not have more than two areas of manufacture logo on them in excess of 15cm square each. In the event a hat only has one logo marking, it shall not be in excess of 15cm square.
- c. Additionally it was discussed to continue pursuing the switch of rules from NCAA to FIS.
- d. Particular interest was shown in having a written procedure for rules infraction violations. Currently the options are limited and the additional rules of verbal and written sanctions which are in the FIS rules would be a nice addition.
- e. In general it was stressed by many that coaches and skiers need to have a better understanding of the rules and guidelines.
- f. Many in attendance favored the continued goal of switch to FIS rules to help clean-up and clarify all of the current issues as well as many unforeseen that are not covered by NCAA since they do not cover all of our current race formats.
13. A short five minute break was taken to allow coffee and restrooms 11:35-11:45
14. Discussion was started on the Standardization of scoring meets. Kevin Brochman who had asked this item to be discussed was not present. The members present decided to briefly discuss the item while also planning to re-visit the discussion in the fall. Currently there is a set standard for scoring the Section meets; however, there is no set standard for conference meets. Many of the members present understood the scoring confusion from conference to conference; however most felt it was a conference issue to set their own scoring system and it should not be dictated by the Coaches Association.
15. Additional scoring of the state meet was discussed. The Questions were brought up by Doug Boonstra, and commented on by Bonnie Fuller-Kask, Terry Waslund, Kevin Kos, James Keyes, and Bob O'Hara. The questions concerned why skiers who qualify for the state meet as individuals do not score team points. It was mentioned this past year as many as 8 schools with at least 3-4 skiers were at the State Meet but did not score as they all qualified as individuals. The Answers rest with our current designation as a team sport by the MSHSL. Currently the MSHSL has Nordic Skiing specified as a team sport meaning we only score those teams that advance from each Section. Sports such as Track are individual sports and do not advance teams only individuals. Those individuals score points and then are added to other team mates to build a team score. The MSHSL is very adamant that a Sport is either a Team or an Individual and not both. We would have to ask to be changed to an Individual sport like Track or Swimming in order to resolve this issue. It was stressed by Paula and Matt that the MSHSL is ironclad on these designations and that there is no middle ground. It was decided by the members to include questions regarding this issue in the survey Paula sends out asking about season shifts. It will also continue to be discussed at the fall meeting.
16. Amy Cichanowski gave a presentation on the MYSL and how we can help them and they can help us!
17. 12:45 Lunch was served followed by a presentation from Bryan Fish of CXC
18. 2:30 adjournment.

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GATORADE...Official Sport Drink of the MSHSCA