



THE *Minnesota* PREP COACH

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MSHSCA INTRODUCES NEW ACADEMIC RECOGNITION PROGRAM

With the start of the 2008-09 school year the MSHSCA has unveiled and new academic recognition program. The decision to change the academic state championship program that had been in place for the past 18 years was made after reviewing the former program with sport associations and delegates. The Executive Board voted to go with the new program at their regular summer meeting held in June. There were several concerns about the former program that drove the change. One of the issues was that schools that had won many academic state championship banners were not able to display them just because of the amount of space they took up on gym walls. There were several schools who did not have any of their banners displayed. We have received support for this program for many years from McDonalds restaurants and there golden arches logo appeared on the banners and plaques. When those banners are not displayed we are not in compliance with our agreement with the McDonald restaurants.

A second significant concern was finding consistency in determining state champions. There is not a lot of consistency because of the various grading systems involved by schools. Weighted grades made it difficult to arrive at team grade point averages when the team roster included students involved in advance placement classes and those students in-

involved in a more traditional academic program. Sport associations tried many different methods to determine who in fact was their section and state academic champions. Various formulas were used as well as using class rank instead of grade point averages. There were always obstacles in the way of finding a quick and efficient model to get this task done each year. In the end there were many teams who were within one hundredth a point from the section or state championship. These teams were not recognized for their academic excellence. The new program will help in recognizing all teams who earn the right to be in the spotlight for their academic excellence.

The academic recognition program that has been established by the MSHSCA and McDonalds will recognize all teams that reach the academic gold and silver standards. The standards that have been established are a team GPA of 3.75 and above for the gold standard and 3.50 and above for the silver standard. The decision to set the gold and silver standards at these levels was made through the input from the sport associations. The Executive Board of the MSHSCA would like to thank those sport associations who helped in the discussion that led to the consensus on these standards.

The new program will not be awarding section plaques as it did in the past. The

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2008-2009 DELEGATES

RETIRED COACHES

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Section 8

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Section 5

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Section 6

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Schools

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GATORADE...Official Sport Drink of the MSHSCA

President's Message

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

Assistant Coaches, the Good, the Bad, and the Ugly

The winter sport season is in full swing. The gyms are bustling with basketball activity. The rinks are afire with skaters practicing their graceful moves. The skiers are dryland training on the local trails while anxiously awaiting the season's first snowfall. It seems at this time of year that almost anything is possible. The athletes have settled into school, a season of activity is under their belts and they are all excited to be back doing the sports that they love. At this juncture in the season a coach's mind wanders. He/she might even daydream about sending a few kids to state, grabbing that conference title, winning sections or should all the stars align correctly... winning a state title. During this exciting time of the season I like to think about the folks that I share this job with; my assistant coaches. I deeply appreciate the skills, enthusiasm and energy that assistant coaches bring to a program.

At this year's MSHSCA Hall of Fame dinner the hall of fame recipients each had a few moments to share their

thoughts and thanks with the audience. Each of these accomplished individuals offered praise and an enormous amount of credit to their assistant coaches. Many of the coaches had assistants who had been with them for 10, 20 and even 30 years. They described assistant coaches who worked tirelessly, loved kids and were masters of their craft. What are some of the attributes of a first class assistant coach?

To answer that question, let's look at the 2007-2008 Assistant Nordic Ski Coach of the Year, Fred Kueffer of Roseville High School. Fred has been an assistant coach for the past 38 years. In the nomination letter, Roseville's head coach, Jamie Misner, wrote:

"This year in particular Fred has been instrumental in the smooth transition between head coaches, the first head coaching change in the history of the program. He has maintained stability at practices, been reliable in making sure no detail has been missed logistically, has established permanence with parents and is someone the kids depend on to answer questions.."

I have been honored to be colleague of

Fred's in the Nordic coaching community. In addition to the attributes that Jamie writes of, I would add that Fred possess a deep knowledge of the sport, a youthful enthusiasm, a sense of mission and a willingness to work long hours in support of each of the skiers on his team. Fred is also deeply involved in the coaches association and has headed up the nordic skiing academic awards program for as long as I can recall.

What do you appreciate about the assistant coaches in your program? Do you give your assistants all of the "tools" that they need to be the best that they can be? How much power and control do you share with the members of your staff? Is yours a top down model or do you structure your program in such a way that all coaches are a part of the decision making process? I would be very interested in what you feel makes a great assistant coach. If you would like to share your thoughts please email me at djohnson@marshallschool.org

Oh, about that title, it was just to get you to read the article, as short as life is let's take the biggest opportunities to focus on what is positive and good.



The article entitled "Synchronized Swimming - Simply Breathtaking" was not submitted for this issue. Hopefully it will appear in upcoming editions.



VISIT MCDONALD'S AFTER THE GAME





Ramblings from the Big Dog

by, John Erickson. MSHSCA
EXECUTIVE DIRECTOR
DETROIT LAKES

Seasons greetings to Minnesota's finest! My wife Mary and I would like to wish each of you the very best as we approach the Holiday season. Each year as the fall tournaments come to a conclusion I cannot help but feel that student athletes in Minnesota are indeed very fortunate to have each of you as role models, leaders and mentors in their lives. There is no question that these are indeed very challenging times for life as we know it. We all have apprehensions about what the future holds and how life as we know it today may change before the world economies are brought back to some form of stability. I know that for many families these are very anxious times and that many of our student athletes will be affected by the economy. I believe the role of the coach in their lives will become even more important as our students seek out stability and some degree of normalcy. Thank you each for the very important role you play in the lives of your student athletes.

The fall has provided us with many opportunities to visit with you at clinics, banquets and meetings. We appreciate the opportunity to listen to you and have you share your ideas and concerns with us. I believe that the process of reflecting on where we have been, where we are and where we are going in the future is greatly enhanced when the membership takes the time to express their opinions and their ideas. Keeping the membership as the focal point of the MSHSCA is a position that I believe in very strongly. My wife and I feel very blessed to have the opportunity to work with and for coaches on a daily basis and we take the responsibilities you have given us very seriously.

We are starting to get award lists ready for the 2009 Hall of Fame and Awards Banquet as the fall sport champions are crowned and sport associations select their coaches and assistant coaches of the year. The 2008 banquet was a huge success and we wish to thank all who attended to receive their awards. Next years banquet is scheduled for October 3, 2009 at the Sheraton Minneapolis West. I would urge all of our award winners to mark this on your calendar and make every effort to be there to be recognized by your peers. The folks at the Sheraton do a fantastic job of making this banquet a great experience for all those who attend. The Executive Board of the MSHSCA did make one change in the award process for the 2008-09 year and that is to require membership in the MSHSCA in order to qualify as an award winner. We would ask that all of the sport associations check with the MSHSCA office to verify membership before naming award winners. We would appreciate any help in this area that we can get from head coaches in encouraging their assistants to be members.

The election of a new Vice President for the Executive Board of the MSHSCA will be taking place in the month of April. We will need to have candidates named before the March 1st deadline for the Prep Coach. As per our constitutional change made at the time of the merger of the MSHSCA and the MSHSCAGS we will have a slate of five candidates. The class A candidate will be selected from administrative sections 1,2,3 and 4. The class AA candidate will be selected from administrative sections 5,6,7 and 8. We will have one candidate from the boys sports and one candidate from the girls sports. We will also have one at large candidate. The MSHSCA has always been blessed to have great leadership on the Executive Board and we know that this year will see the same great leadership we have had in the past. I will be contacting section delegates and sport association officers to provide assistance in identifying candidates. If you have an interest in running for the VP position in one of these slots please contact me.

I would like to take this opportunity to thank the members of the Executive Board and the Finance Committee for their continued hard work, support and leadership. We have some folks that work very hard to provide the various services and opportunities that we all enjoy. A big thanks to Jim and Jan Baker for their time and talents they bring to organizing and putting on the Annual Hall of Fame and Awards Banquet. Thank you to Darien DeRocher and the hard work and diligence he gives to all of us in editing and organizing the Prep Coach. Our Prep Coach is a great tool to share what each sport association is doing and to address issues that face coaches. Thank you to Rob Nielsen and his hard work as our MSHSCA Web Master. The Web Site is a great tool for all of the coaches in Minnesota and we will continue to solicit your input on how to improve the site and provide information that is timely and important to coaches. Thank you to all of the delegates and sport association officers for so generously giving of your time to represent your sport and the coaches of your section. Your dedication is appreciated and it is not taken for granted.

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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.



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ACADEMIC RECOGNITION PROGRAM... continued from page 1

new program will award a 24 tab plaque to each school who qualifies a team at either the gold or silver level. A new tab will be awarded for every team that school qualifies at either standard and once a plaque is filled a new plaque will be awarded. These plaques should be much easier to display than the old banners were. They are attractive plaques that can be easily displayed in a schools award displays. McDonalds has offered to continue in their support of this program and we want to thank Fred Keller and Jeff Grayson for their help in continuing the sponsorship from McDonalds.

The number of schools that are qualifying teams has grown dramatically from the old recognition program. With most of the fall sports reporting their gold and silver qualifiers we have purchased 281 plaques. This is a big commitment financially for the MSHSCA and that is where each of you can step forward and help us. Liberty Mutual Insurance, a long time corporate partner of the MSHSCA, has stepped forward with a way for us to secure funding for this new program. Liberty Mutual will provide \$10 to the MSHSCA for every member who requests a quote on their insurance for automobile or home. This will in no way obligate you to purchase your insurance from Liberty and your decision to purchase or not purchase from Liberty will be yours. You will not be contacted by any sales representatives other than just being sent the rates that you would qualify for. The Executive Board has determined that \$5 of the \$10 being provided to the MSHSCA will be given back to the sport association that the coach belongs to. This is a great opportunity for each of you to help in bringing academic recognition to our student athletes and the schools they represent.

I would like to emphasize again that

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 Insurance Dwelling Coverage \$ _____
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 david.gunderson@libertymutual.com**

in order for a team to qualify for the awards the head coach must be a member of the MSHSCA. The membership of the MSHSCA pays for these awards through their dues and it is only rea-

sonable that the privilege of receiving these awards should be reserved for the membership.



VISIT MCDONALD'S AFTER THE GAME



LETTER TO THE EDITOR

Dear Darien ,

Already this fall, one Minnesota student has collapsed and died from sudden cardiac arrest (SCA). Every year in Minnesota an average of four students die or nearly die from SCA. Starting November 28, an innovative program designed for Minnesota high schools may help save those lives.

The Minnesota State High School League (MSHSL) is partnering with the Medtronic Foundation to launch “Anyone Can Save a Life,” a national, first-of-its-kind emergency response program that trains school officials and students how to recognize and respond quickly to sudden cardiac arrest with CPR and automated external defibrillators (AEDs).

Shockingly, while the vast majority of Minnesota high schools have at least one automatic external defibrillator, less than half have plans in place for how to access and use those defibrillators in the three to five minutes during which victims can be saved. Without that immediate intervention, sudden cardiac arrest is almost always fatal.

This program officially will be announced at the State High School Football Tournament in Minneapolis on November 28. It will reach MSHSL member schools in January for implementation in the fall of 2009. SCA is an issue that touches families, schools and entire communities, and we think your readers can benefit from knowing when this program will be implemented in their schools.

I can put you in touch with families of sudden cardiac arrest (SCA) victims, families of SCA survivors, rescuers, school administrators, and representatives from the MSHSL and Medtronic Foundation. Feel free to call me at 952.851.7240 or e-mail me to discuss what you might need. Thanks very much for your time!

Best regards,

Kristopher K. Jensen, Account Executive • Tunheim Partners

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PSYCHOLOGY OF COACHING:

Tips for Effective Motivation

This Fall I had the opportunity to give a talk about motivation at the MSHSCA annual delegate meeting. As a former coach at the high school and collegiate levels I often wondered about how I could more effectively motivate my athletes, but rarely found concrete answers. I left coaching to pursue a graduate degree in sport psychology in part to find those elusive answers, and to be able to take what I learned and help other coaches. Coaches are hungry for information about sport psychology and this appears true in the MSHSCA ranks as I got many emails from coaches who had heard about my talk and wanted more information—so here you go! I’ve also found coaches are often leery about sport psychology, have misconceptions about what it is, or don’t know where to start but discovered motivation is usually a good place to start because *everything* a coach does is related to motivation. The most sophisticated and well thought out training plan or practice can fall flat if athletes don’t give full effort and intensity—we’ve all been there! *How can coaches increase the likelihood that athletes are motivated?* I often hear from coaches that athletes today have little work ethic, are lazy, and are less motivated than when they played. Certainly the *Millennial Generation* athletes (or “Generation Y” as some call them, http://en.wikipedia.org/wiki/Generation_Y) of today are often characterized by their entitled attitudes, need for instant gratification, short attention spans, and techno-savvy—are changing the ways we coach. There is no universal recipe for motivation but the more motivation is understood, the more effectively it can be developed. So here are five motivation “tips” to think about.

Arousal level (degree of being psyched up, energy level needed to perform optimally) and motivation are not the same. Motivation is the direction and intensity of effort—meaning, motivation is what athletes are drawn to (direction) and how much effort they are will-

ing to exert for that given activity (intensity).

Coaches cannot give, instill motivation or “motivate” athletes. Coach *can* create a climate where intrinsic motivation is more likely to flourish.

There are different types of motivation but coaches should strive to foster intrinsic motivation because it leads to a host of positive outcomes for athletes. Intrinsic motivation comes from within when athletes inherently enjoy an activity in and of itself—not to get a scholarship, be popular, or please parents.

Intrinsic motivation is more likely to flourish when coaches meet athlete essential needs for competence, belongingness, and self-determination. I’ve found this idea to be one of *the most helpful* ideas in my teaching, coaching, and educational sessions with coaches and parents.

How a coach defines success is a critical factor in developing a climate where intrinsic motivation flourishes or is thwarted. Defining success is intimately tied to a coach’s philosophy. How do you define success? Winning? Athlete development? Improvement? I get to keep my job?

Coaches mostly learn motivational tactics through trial and error or from coach-mentors. But proven research-based ideas (like the five above and many others) can help coaches speed up their pathway to motivational effectiveness. I’ll be coming out to some of your annual coaches’ association meetings in the next year, so I can elaborate in more detail on this important issue. I look forward to seeing you then! For those with upcoming or remaining seasons, best to you, your coaching staff, and athletes.

Nicole M. LaVoi, Ph.D.

Associate Director, Tucker Center for Research on Girls & Women in Sport [www.tuckercenter.org]

Minnesota Youth Sport Research Consortium [www.mnysrc.org]

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SPORTS MEDICINE COMMITTEE REPORT

By: Donna Johansen
Murray County Central

The Sports Medicine Committee met on October 31st sans Halloween costumes.

1.) Jody Redman spoke to us about a new program, "Anyone Can Save a Life." Members of the committee received a copy and Ms Redman went through the program with committee members. Information will go out to schools at a later date.

(Editor's Note: This is a Letter To The Editor found in this newsletter dealing with the program.)

2.) Dr. Stuart led a discussion on concussions. Basically they are trying to get out more information on protocol as to when an athlete should return to practice.

3.) PPE is trying to get a pilot program from athletes around MN (four schools) to try an electronic PPE.

4.) Same day multiple contests was discussed with consideration of Adapted Sports and two basketball games up to five halves in one day. Was it safe for the athlete to compete in two basketball games in one day.

5.) Mandatory drug testing is not being backed by the MMA.

Next meeting is schedule for April 17, 2009 at 9:00AM

MnIAAA CORNER

By: Fred Sailer, President
A.D. Perham High School

My Dad was a high school coach and athletic director for over 30 years. He coached at all levels and while primarily a varsity basketball coach he also pitched in with other sports including football, cross country, baseball, and track. He passed away four years ago and his coaching career ended twenty years prior to that, but many of his beliefs still hold true today. I think of him often, especially when I'm most challenged by the job.

While a strict disciplinarian he had a soft spot in his heart for kids who came from the "wrong side of the tracks" or from tough homes whether it was due poverty, abuse, or loss of a parent. A graduate of Marquette University in Milwaukee, he got his start in tiny Hill City, Minnesota located on the edge of the Iron Range. Times were tough through the 20s and 30s but his parents were able to help him earn a college degree with the profits they gained at their pool hall, Sailer's Rainbow Tavern. Folk lore has it he paid for his travel to and from Milwaukee by hustling games of eight ball while home on break.

Archie Sailer was a character to be sure; but he wasn't unique. He was one of thousands of WWII veterans that came home to build a life in the 40s. You know these guys; they raised many of us. They were our teachers, coaches, pastors, and local cops. Somewhere along the line they "got it" when it came to service not only to one's country but also to one's community. What a tremendous gift they gave our generation. Our challenge is whether or not we will pass on that gift to the next generation.

As coaches, teachers and A.D.s, we too are provided with an awesome opportunity to make a difference in the lives of those we mentor. On the surface we provide young people with opportunities; on a much deeper level, hope. Few people, other than you, will ever know the difference that can be made in a young person's life. You know their challenges, their fears, and weaknesses; thus it is reasonable to suggest that no one is in a better position to help them achieve their dreams.

I have no doubt that you have one of the toughest jobs in your school system, but I also know you have the most rewarding. If we are able and willing to use our position to build people up then we will become the "characters" of the future and will have left a mark. Be a "servant leader" to the youth of your community.

Thanks for all you do!

NJPA is proud to sponsor NOCAD and we are committed to growing this relationship. NJPA competitively bids contracts at a no cost membership saving k-12 school districts time and money. NJPA and our vendor partners feel that these savings can be used to help maintain programs and staff which results in more opportunities for their student athletes.

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VISIT MCDONALD'S AFTER THE GAME



HOOP SCOOP



By: Bill Gottenborg
Hawley School
2008-09 MGBCA President

I hope everyone's 2008-09 season is off to a great start. We always need to have patience when injuries, sickness, and other problems arise. Coaches have a tremendous opportunity to influence the young women we coach in a positive way as role models. A lot of us will be spending more time with our players than their parents do. Thank you to all of you for all that you do for the student athletes of our state!

The Fall Clinic was held at Williams Arena October 24th and at Hill-Murray School October 25th. Jen Rademacher again served as the clinic coordinator and was assisted by Erin Herman who together organized another outstanding clinic. The clinic was a great learning experience with excellent speakers and topics. A special thank you goes to Pam Borton and the Golden Gopher staff of Barb Smith, Ted Rivero, Marisa Moseley, and Abby Kalland, for speaking at the clinic on the 24th. It was fun watching the Gopher Women's practice. The women work extremely hard and move from drill to drill very quickly.

On Saturday, Hill Murray graciously hosted the clinic and we had another fun day listening to Rick Rassier from Teamwork/Performance; Laura Henn from the Institute of Athletic Medicine; Mike Thibault of the Connecticut Sun; and Tammy Metcalf-Filzen, Head Women's Basketball Coach from Carleton College.

Recently a group of girl's basketball section representative coaches met to discuss ethics that should be followed by coaches during games. This Ethics Committee was set up to discuss the mercy rule before the MSHSL put one in place. Even though, the mercy rule is already in place, the committee has the following suggestions. 1) Starters should not be in the final 9:00 if you are way ahead. 2) Pressing should be taken off when you are ahead by 20 points. When the team

that's ahead has taken off the press, the team behind should not put the press on. 3) When way ahead you should not leave a starter in to score their 1,000th point or achieve other records. 4) If a player starts on the varsity, they should not play down on a B or JV team. 5) Neither you nor one of your parents should videotape a game that your team is not playing in. 6) Refs should be treated with respect even when they're obviously having a bad game. 7) No team, player, or coach should ever be embarrassed by what you do as a coach.

The Mercy Rule will occur in a game when the point differential reaches 35 points or more, with less than nine (9) minutes to play, the clock will go to running time. The clock will only be stopped for time-outs (team or technical). Regular timing rules will be used if the point differential drops back to less than 30 points.

It was interesting this year viewing the on-line Basketball Rules. I know I had to answer a few questions again. The on-line rules interpretation was a nice way of saving time driving to and from a meeting.

The State Tournament will be held at the Target Center and Williams Arena, March 18-21, 2009. The Class 3A and 4A Tournaments will be seeded again, however only the top 4 will be seeded and positions 5-8 will be determined by a drawing.

Check our website, www.mshsca.org/girlsbasketball periodically. All Nomination forms for all the Association awards may be found there. A reminder that coaches need to be a member of the coaches association so their athletes are eligible for association awards. Coaches Association Membership is due by **January 1, 2009**. Miss Basketball nominations are due by **December 8, 2008** to Erin Herman. All-Star/All-State nominations will be accepted from **January 1, 2009 through January 19, 2009** to Jenny Johnson. Nominations received after the January 19, 2009 deadline will **NOT** be eligible for any All-State Award. Team and Individual Academic nominations are due by **February 9, 2009** to Jenny Johnson. The All-Star Series will be played at the University of St. Thomas this Spring.

Please feel free to contact any of the association officers or your section repre-

sentative about any ideas or concerns that you may have regarding girls basketball---your input, suggestions and ideas are always welcome. Have a Great season!

BANK SHOTS



By: Kris Fadness - MBCA President
Austin High School • kfadness@austin.k12.mn.us

The start of every season brings renewed optimism and a dream of going to the state tournament. I hope that the start of practice has your team off and running.

This should be another year of great high school basketball across our state as we have many talented teams and a number of young players to keep an eye on that will impress and entertain. Through the course of the season let's all remember that the game is for the student-athletes and as Ron Larson and Reggie Perkins stated at the fall clinic "Stay Above the Line" and pursue victory with honor.

I want to congratulate our Hall of Fame inductees; Tom Ihnot (St. Thomas Academy, Cannon Falls), Al Baumann (Little Falls), Loren Marschel (Heron Lake - Okabena), Bob Nelson (Pine River - Backus), and Tom Vix (Rushford-Petersen). These five coaches between them won close to 1900 games. More importantly, they have left indelible marks as teachers and role models. The induction ceremony was outstanding and it was great to hear their stories and see the support they received from family, friends, former players, and coaching colleagues. Thanks to Jim Galvin and Tom Critchley for helping to make this event special.

The fall clinic was attended by close to 450 coaches, another great turnout. I want to thank our clinicians for sharing the knowledge. Mike Leaf and his staff (Winona State), Tubby Smith and the Gopher staff, Randy Wittman and the Timberwolves who do so many great things for our organization, Jim Russell (Central Lakes), Dan Brink (sharing insights from his over 35 years of coaching), Ron Lar-

... continues on page 9



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Bank Shots. . . continues from page 8

son (St. Francis and now Anoka Ramsey), Reggie Perkins (Washburn), and lastly Tom Billeter and his Augustana team who took to the court and gave us a strong on-court showing. I would also like to thank Kevin Merkle from the MSHSL and the officials who presented with him on the rules interpretation. The clinic once again was a great time and it was good to see old friends and make new ones.

Please make sure that as the season progresses to nominate your candidates for the All-Star series. This needs to be done by January 30th. Team academic and individual academic all-state nomination forms are due by March 1st. Assistant coach of the year and hall of fame nominations are also due by March 1st. All of these forms are available for print from the MBCA website. <http://www.mshsca.org/boysbasketball>

The MBCA is hoping that all of our coaches will take part in the coaches vs. cancer week. We are looking at the last week in January. This will be a great opportunity for all of us to help out and attack something that has affected us all. You will be hearing more on this from area delegates. The hope is to raise some money for a local establishment, chapter, clinic, etc..., rather than see the money go national.

I wish you all the best of luck, and have a super season.

Smooth.Fast .Natural.

By: Derek Nash
Burnsville High School Alpine

"Make changes that make sense." -Spoken by Dave Stead at the fall coaches' association delegate assembly. This is precisely what we are trying to accomplish in Alpine Ski racing. With the persistence and dedication of the alpine ski racing advisory council; Jon McAlpin, Caryn Jones, Steve Lindemer and Nicole Rasmussen, from Orono, Bloomington Jefferson, Minnetonka, and Benilde St. Margaret, respectively, changes are already taking place.

If you have not been informed of the changes for this year's State meet, here is a brief update. We are changing for a two-race format where individuals and teams ran separate races, to a one race combined team and individuals race. In a poll ran last fall a wide majority of coaches were in favor of making this change. The advisory council pursued this agenda with the MSHSL and passed the changes. This allows for more competitors to enter the state meet, a common goal for every coach. Get in contact with the advisory council or myself if you need more information on the changes.

We are also closely following the summer waiver, which allows coaches to conduct summer camps and coach athletes outside of the regular season. This waiver is not beneficial to alpine ski racers, as there is no snow in the summertime, unless you are able to make it to the mountains, which a vast majority of us are not financially able to do. Therefore, we are pushing for a waiver, or exception for alpine ski racers to be able to attend camps for a period of time in our post season when there is snow remaining at local hills. We will keep you all updated on our progress.

We all owe huge thank you to both Bob Teslow and Bob Hakkinen for their commitment and dedication to our sport for so many years. They have worked tirelessly over the years to represent Alpine ski racing and the coaches with a passion and dedication that I hope to duplicate. Secondly I am flattered and honored to be voted president by my colleagues. Thank you all for your confidence. If there are any issues that need to be discussed, please contact me whenever you can and we can discuss things. I look forward to serving as president for the next few years.

As always, we need more membership and then participation in the coaches association. If you are reading this article chances are you are already a member of the MSHSCA. Please pass the word along to fellow coaches to become members of the association. We are presently the smallest sport with the smallest number of coaches in membership. This needs to change, quickly. Registration can be done online at the MSHSCA website and takes about ten minutes. Only with a unified voice can we really make changes. Get on board.

See you on the slopes!

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MEMBERSHIP PERKS

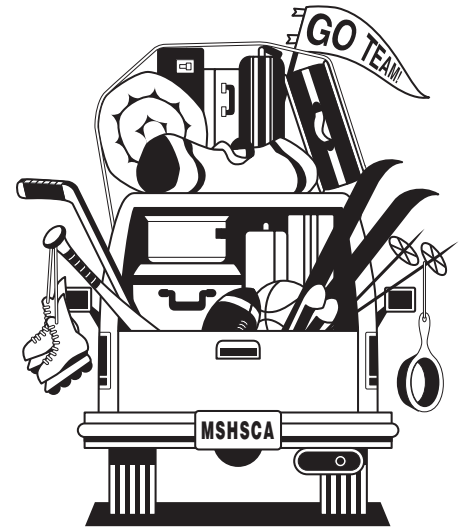
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- **ROSEVILLE VISITORS BUREAU DISCOUNTS -** www.mshsca.org under the corporate sponsor link
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***Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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



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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Minnesota State High School Coaches Association, Inc.

Executive Committee Liaison Assignments 2008-2009

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

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

GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

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

POLICY PERIOD

August 1, 2008 – August 1, 2009

LIMITS OF INSURANCE

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

For any additional information please contact Loomis & LaPann, Inc. 18 Exchange St., Glens Falls, NY 12801

Greg Joly, Kevin Joyce, Karen Boller
800-566-6479 Fax 518-792-3426

CAMP COVERAGE

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

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

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

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

www.loomislapann.com

gjoly@loomislapann.com

kjoyce@loomislapann.com

kboller@loomislapann.com

MSHSCA 2008-2009 MEETING DATES

January 16, 17, 18	NOCAD Meetings Jackson Hole, WY Spring Delegate Assembly, Mancini's Char House, St. Paul 9:00 am
May 2	Spring Executive meeting if needed (Site to be determined)
June 23, 24, 25, 2009	Summer Executive Meeting - Detroit Lakes

PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1 December 1 March 1 May 1



VISIT MCDONALD'S AFTER THE GAME



PERFORMANCE PLAYBOOK

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Fueling First-Class Athletes

JULIE BURNS, M.S., R.D., CCN, is the founder of SportFuel, Inc. and Eat Like the Pros, LLC.

The hours that athletes spend in practices, training, and competing place large demands on the physical conditioning of players. The peak energy level and power needed to compete in any sport can be maximized with a balanced whole-foods diet focused on high-quality protein, healthy fats, and whole-grain carbohydrates.

To fuel power workouts, enhance stamina, energy, strength, and quickness, athletes need to eat and drink the proper foods. Use these recommendations to assist the athlete in reaching their goals:

Eat adequate dietary carbohydrates daily to fuel training and competition.

Many athletes need help identifying foods that contain carbohydrates. They may know that white pasta is a good source of carbohydrates, but they are not aware that whole-grain pasta, cereals and breads, fruits, vegetables, dried peas and beans, brown rice, and potatoes (especially sweet) also contain carbohydrates and are more nutrient-rich choices.

Choose mostly unprocessed carbs, when possible.

Some athletes rely heavily on highly processed foods with refined ingredients rather than whole-grains (e.g., white bagels, french fries, white pasta, white sugar). Whole-grain minimally processed bagels, breads, muffins, and cereals contain more nutrients. Choose those that do not contain hydrogenated or partially hydrogenated oils (trans fats). Add ground flax to any homemade whole-grain items to add even more balanced power fuel.

Choose high-quality protein.

- While protein is not a primary fuel for working muscles, it is the main component of muscles, organs, enzymes, and oxygen-carrying hemoglobin. Amino acids are the building blocks of protein. High-quality protein foods contain all the essential amino acids needed to build and repair body tissues.
- Athletes should consume a wide variety of high-quality lean protein foods, such as chicken, turkey,

beef, lamb, pork, fermented soy, eggs (omega-3 fortified), legumes (beans), milk, and nuts.

Choose healthy and healing fats.

- Fat is needed in the diet – the right type of fat is key. Aside from being a concentrated source of dietary energy, fats form essential tissue-building blocks and hormone-regulating substances.
- Athletes should incorporate a variety of natural fats into their daily diet, such as nuts, nut butters, oils and seeds, cold water fish, olives, and avocados.

INSTEAD OF THIS...	TRY THIS...
Donut or sweet roll	Whole-grain bagel with nut butter and ground flax
Chips and dip for a snack	Tuna fish salad on mini whole-grain rice crackers with romaine
Sugar cereal with 2% milk and a fruit bar	Whole-grain cereal with omega-3 fortified egg and berries.
Hamburger on a white bun	Salmon, turkey, beef or veggie burger on a whole-grain roll with fresh spinach and onion
Cake or cookies	Fresh fruit dipped in natural almond butter
Sausage or pepperoni pizza	Hot turkey or other minimally processed meat sandwich with peppers on whole-grain pita with a colorful salad and vinaigrette

Nutrition practices can have a significant impact on the overall development of a first-class athlete. The proper fuel can help athletes reach their potential.



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MSHSCA's CORPORATE SPONSORS 2008-09



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

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- The Breakdown - Becker
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COACHES:

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

Good luck in 2008-09

Thanks for your support



VISIT MCDONALD'S AFTER THE GAME



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

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as 36 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2008-09 school year.

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

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

Another example of the MSHSCA at work for the membership!

Minnesota State High School Coaches Association



HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

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

ELIGIBILITY REQUIREMENTS

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

SEND NOMINATIONS TO:  

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

MINNESOTA STATE COACHES ASSOCIATION HALL OF FAME NOMINATING FORM

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____
College: _____ Year: _____
College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach Awards, Honors & Highlights: _____

Are you currently an inductee to a Sport Association? If yes, please list: _____

Present Status: _____ Organizations & Honors (other than coaching): _____

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

Nominated by: _____ Date: _____



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Bounce Shots

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



As winter once again settles across the state of Minnesota, lacrosse players and fans are chased indoors to huddle by the fire and think of warm spring days to come. The fall in Minnesota was a particularly colorful one and the weather was just gorgeous. For the sport of lacrosse, as it grows by leaps and bounds, fall was an especially historic time. The lacrosse community got to show its true spirit as Minnesota Lacrosse, in association with the Minnesota Swarm and US Lacrosse, hosted the first ever Men's Division I lacrosse game in the state.

October 11th saw a brilliant blue sky with temperatures pushing 70 degrees. The National Sports Center in Blaine was brimming with activity as the usual soccer matches and ice hockey games took place. But this day was special for lacrosse. The annual Hot Dish Tournament, put on by the Lax Loons, was expanded to include a Division I lacrosse game.

The Hot Dish Tournament by itself is a great event not to be missed. Legions of fans and players descend on the fields for a couple of days of great lacrosse and, of course, good home-made food. College and high school club teams from across the region attend the event to play a handful of fun, no pressure lacrosse games. Players will often put their own teams together of friends and teammates, just to spend some time together. It truly speaks to the sense of community that lacrosse constantly instills in its players and fans. But the best part of the weekend is knowing that it is all done for a great cause; to raise money for the American Cancer Society. Once the games have been played and people are enjoying seeing friends once again, there is a Hot Dish contest with some great food.

This year's tournament was all the more special as the University of Notre Dame and the West Point Military Academy decided to play an exhibition game as the feature game. Both teams have a great lacrosse history and both are consistently ranked in the Top 20 programs in the country. In addition to Notre Dame and Army playing, the University of Minnesota – Duluth was invited to play and before you knew it, lacrosse fans had three additional fantastic games to watch.

While people may wonder what compelled Notre Dame and Army to come to Minnesota, it really boils down to a committed ownership with the Minnesota Swarm, some great play over the years by teams at Notre Dame's Summer camps and an exploding interest in the sport. New Swarm owner John Arlotta, an ND alum, contacted head coach Kevin Corrigan about the possibility of Notre Dame playing a scrimmage in

Minnesota. Coach Corrigan said that he and Coach Alberici at Army, had been talking about a fall scrimmage and Minnesota might work out great if Army agreed. With some sponsorship help, both teams thought it was a great idea and before anyone could say "bounce shots" the game was set up.

Without knowing what to expect, but definitely planning for the best, the Swarm's marketing department took over and word spread like wildfire—Minnesota was indeed getting its first Division I Men's lacrosse game. In addition, the college coaches put on a coaches clinic the night before to help spread the game and their knowledge. The well attended clinic lasted well past its original end time as the lacrosse discussion continued and thrived.

Hot Dish games started early the next day and Notre Dame and Duluth faced-off mid-morning. Duluth, made up of almost exclusively players from Minnesota showed their talent but were eventually overmatched by Notre Dame. The main event turned out to be a game for the ages. Scrimmages are usually meant to help teams prepare for the upcoming season and the final score is usually of no concern. That is, until you have 5000 fans in attendance, all enjoying the experience and not wanting the game to end. Both team battled hard for everyone ground ball only to have the score remain a tie. As the shots came fast and furious and as the players raced up and down the field, it was clear this one was going to take some extra time. And even an extra overtime wasn't enough. Two overtimes finally settled it with Army edging Notre Dame 9-8 in the historic game.

In addition to the game, the gracious players from Army offered a clinic for local high school players. The event was well attended and the Army players took their time helping players develop their skills-- equally amazed at that talent level in a region not known for developing lacrosse players.

The Hot Dish was again a rousing success and this year it was a historic day in Minnesota lacrosse history. As the day came to a close all were left hoping for many days in the future of Division I lacrosse in Minnesota and I don't think anyone can argue against the idea. The American Cancer Society benefited as well with a huge number of donations and silent auction. The players and coaches were overwhelmed with the hospitality and enthusiasm for the game and vowed to return at some point.

So as the temperatures fall and winter settles in, it is worth remembering what a special fall it was in our area. The sport is thriving and this winter will be busier than ever. Don't forget the Minnesota Swarm begin their season in January at the Xcel Energy Center and in domes across the state high school winter lacrosse leagues will start play soon.

Before long, the ice will be melting and our game will take to the field once again for a much anticipated season. This will be our third.. and on track to be the best ever.



VISIT MCDONALD'S AFTER THE GAME



DECEMBER MEMBERSHIP REPORT

<u>Types of Membership</u>	<u>2007-08</u>	<u>2008-09</u>
Active Class A & AA	5660	4770
Associates	1,183	1131
Active Life	358	521
Retired Life	1,007	990
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,211	7,415

Seven dance team coaches have joined and their association will vote on membership for next year. The wrestling membership is not accurate, at this time. Several coaches who joined wrestling through their association prior to becoming part of the MSHSCA have joined since, but did not pay their dues through us. As a result, only a portion of their actual is reported.

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

Adapted Athletics (24) 14	Boys Lacrosse (16) 10
Alpine Skiing (62) 44	Girls Lacrosse (9) 19
Athletic Directors (231) 255	Football (867) 917
Baseball (338) 322	Boys Hockey (266) 197
Boys Basketball (722) 634	Golf (boys & girls) (373) 222
Girls Basketball (639) 524	Soccer (boys & girls) (389) 375
Cross Country (298) 283	Softball (450) 248
Gymnastics (174) 148	Synchronized Swimming (20) 9
Nordic Skiing (98) 102	Swimming (girls & boys) (242) 203
Volleyball (688) 653	Tennis (boys & girls) (212) 201
Wrestling (41) 65	Track & Field (531) 428

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part of the
game is?
The opportunity
to play.”*

- Mike Singletary

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FAST TRACKS

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

As I sit down and write Fast Tracks, we are now into our 2nd week of the season. As hectic as the first weeks are, I enjoy the enthusiasm, excitement, and in some cases, nervousness, (what did I get myself into) from our new and returning athletes. Unlike club programs which generally add and subtract a small number of athletes each year, we are unique where we can change a third of our team in a season.

I look forward to the first year skiers to see how far they can challenge themselves during their first year. We start by checking their athleticism, who can run 100 meters and who can run 5k. We also look to see who can coordinate walking and using poles simultaneously? At Anoka, we pole hike during our first few days of practice. Not only is it an effective training tool used by National Teams throughout the world, but it also develops balance and coordination. Very few of our athletes roller ski and none of our 1st years do. With the limited time we have with our athletes, (most of our members are three season athletes) the only time they spend roller skiing is during the ski season. Roller skiing can be an excellent form of technique training given enough proper training, good skis, and an experienced skiing base to start with. What we try to do is get our athletes on snow as soon as possible to teach technique.

Once on snow, (after we have shown them how to put on the ski's and not fall down) we start without poles (our first practice is generally skate) to move forward. After several minutes and a few good laughs (by both skiers and the coaching staff) we add poles to see who is capable of coordinating both skis and poles, (again a few good laughs). This process is repeated at the 2nd practice with the exchange of skate for classic. In my mind this is a critical time for coaches to analyze what the potential is for a new first time skier and where we need to work with our returning athletes.

As you know, Skate and Classic are two unique techniques and it is difficult with the limited time we have to make 1st year skiers proficient at both. Our hope is to create success in one technique and hope through patience and practice; the other technique will get stronger.

So, exactly where is this leading you might ask? Here are some thoughts on our current Pursuit format. Pursuit is geared to those who generally have three plus years of skiing experience (at the Section and State level). It recognizes the best of both disciplines combined (the best Classic or Skate skier may not win the race). For some it may be exciting to watch, for the athletes waiting for the bibs to be reshuffled, start delays, plus

the "middle of packers" that have to pass to make up time, it can be nerve racking.

I know this is only our 2nd year of "True Pursuit" and any changes we propose to the MN State High School League would take effect two years later, (so at minimum we would have a "True Pursuit" format four years, more likely 5-6 years) so we need to plan and act towards the future now. Many alternative proposals have been brought forward and as an organization we need to decide what direction to go.

That being said, we must be aware of who we are and more importantly who we are not. Who we are is a collection of 3400+ seasonal athletes trying to creating a life long experience, improving athleticism, and learning skate and classic ski techniques. What we are not is year around clubs (i.e. CXC) with a focus of creating elite Nordic competitors for the "National Stage" and following the ever changing Nordic Competition formats, (Pursuit Racing came and went, being replaced with Sprints and Continuous Pursuit).

Your feedback is critical. To move forward, I have heard from many of you and sought out your advice and opinions. I believe we have a great organization and will continue to provide our athletes with a lifelong experience.

See you on the snow.

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 Eligible: MN Secondary, Jr. High,
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 (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	NORDIC SKIING (Dec. 15 deadline)\$10
ATHLETIC ADMINISTRATORS\$40	ALPINE SKIING (Jan. 15 deadline).....\$10(H); \$6(A)
BASEBALL (Mar. 7 deadline)\$10(H); \$5(A)	BOYS SOCCER (Oct. 1 deadline)\$10(H); \$5(A)
BOYS BASKETBALL (Dec. 1 deadline)\$10(H); \$5(A)	GIRLS SOCCER (Oct. 1 deadline).....\$10(H); \$5(A)
GIRLS BASKETBALL (Dec.1 deadline)\$15(H); \$10(A)	SOFTBALL (May 15 deadline).....\$10(H); \$5(A)
CROSS COUNTRY (Oct. 1 deadline) (B)(G)(B/G).....\$15(H); \$5(A)	BOYS SWIMMING (Jan. 30 deadline).....\$10(H); \$5(A)
FOOTBALL (Oct. 1 deadline)\$20(H); \$10(A)	GIRLS SWIMMING (Oct. 1 deadline)\$10(H); \$5(A)
Retired Life.....\$25	SYNCHRONIZED SWIMMING\$10(H); \$5(A)
GOLF (April 15 deadline)\$10 (B); \$10 (G); \$10 (B/G)	BOYS TENNIS (Mar. 15 deadline).....\$10(H); \$5(A)
GYMNASTICS (Jan. 15 Deadline).....\$10 (H); \$5 (A)	GIRLS TENNIS (Oct. 1 deadline).....\$10(H); \$5(A)
HOCKEY (Jan. 7 deadline).....\$25 (H); \$15 (A)	TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G)\$15(H); \$5(A)
Retired Life\$15	VOLLEYBALL (Oct. 15 deadline)\$10(H); \$5(A)
BOYS LACROSSE (May 15 deadline)\$10(H); \$5(A)	Wrestling (Jan. 31 deadline)(H) or (A) \$27
GIRLS LACROSSE (May 15 deadline).....\$10(H); \$5(A)	

ANNUAL MSHSCA DUES\$30.00

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

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

SPORT ASS'N DUES\$ _____

SPORT ASS'N DUES\$ _____

Head or Ass't

Head, Ass't or Ret'd

TOTAL\$ _____

TOTAL\$ _____



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THE OTHER SIDE OF THE NET



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

Time sure does fly! As I'm writing this article we will be in the middle of the voting for our next president. My

two year term has really gone quick. It has been a very busy, but exciting tenure and I met many great people involved with the state. We have four super candidates and whoever takes over will do a great job.

Congratulations on all the teams that won state titles. Shakopee defended in 'AAA', Jordan won for the second time in three years in 'AA', and Windom fended off a pesky Bethlehem Academy team to win the 'A' title. Congratulations are in order also for the 2008 Minnesota MS Volleyball Amy Braun from Lakeville North. Our coaches of the year have also been voted on. The Head Coaches of the Year are 'AAA' Becky Egan from Eastview, 'AA' Dan Westby from Marshall, and 'A' Ron Wendorff from Windom. The Assistant Coaches of the Year are 'AAA' Jeff Groves from Apple Valley, 'AA' Jon Hegerle from Marshall, and 'A' Gene Lovell from Windom.

This was the first state tournament that was seeded. All the finals matched the 1 seed versus the 2 seed. There may be some slight changes to the format, but at least this season the two best teams on paper also met on the court.

Congratulations to Bethlehem Academy Head Coach Franz Boelter for being inducted into the MNVBCA Hall of Fame. Franz has been the head coach at FBA for 17 seasons and has built one of the top volleyball programs in the state. This past season, FBA played in their 7th straight Class A championship match. What an incredible run!

Looking ahead to next fall our clinic will be held at Sauk Rapids-Rice High School again. The dates will be July 29-30. The all-star game will be played July 29th. We took a major step this season by putting as many forms as possible online. Keep checking the website for details and deadlines.

Thanks for everybody that helped me "survive" these two years! As always feel free to contact me at lmorken@mabel-canton.k12.mn.us



Ice Chips

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

The 2008-2009 season is in full motion and MHCA executive committee wishes everyone well this hockey season.

The pre-season was highlighted by our fall clinic in downtown St. Paul. We would like to thank the MIAC coaches and Minnesota Wild for the presentations they provided us. A special thanks to the Wild for opening a practice session to us and providing game tickets for the coaches on Thursday and Saturday.

A highlight of the fall clinic is always the nominations and approval of the next Hall of Fame class and MHCA award honorees.

The Hall of Fame Class for 2009

- | | |
|----------------------|-------------------------------------|
| Bill Kennedy | Cloquet High School |
| Terry Shercliffe | Moorhead High School |
| Tom Macho | New Ulm High School |
| Jack Blatherwick | Benilde St. Margaret's among others |
| Dave Peterson Award: | John Russo |
| Cliff Thompson: | Tom Saterdalen |

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

We have a great web presence at www.mnhockeyhub.com and all our statistical information through pointstreak. Check it out!

Have a great season! Never waste a day, a drop of the puck, an opportunity.

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VISIT MCDONALD'S AFTER THE GAME



dugout chatter



Pat Collins

President - Minnesota High School Baseball Coaches Association
Chisago Lakes H.S.

As I write this issue of Dugout Chatter I am interrupted by a flurry of emails from baseball coaches around the state who are concerned about possible changes being discussed that might move baseball from its traditional spring season. The proposals discussed would delay the start of the season two to three weeks to help avoid weather issues and to equalize the competitive balance between the Northern and Southern schools. I am sure, or at least hope, it is just discussion, as I really don't think the coaches and communities involved would allow such a thing to happen. Yes, I know this format happens in Iowa and it has happened in Wisconsin, but Minnesota has a rich baseball tradition that we feel strongly about, and don't believe needs changing.

Last spring was as bad, weather wise, as any spring that this old coach can remember. My Chisago Lakes baseball team lost two games that we just couldn't get made up but never missed one minute of school. Our season wasn't perfect, but they seldom are. I think "Change" is on the horizon for many reasons that may be valid, such as transportation costs or reducing transportation for ecological reasons. Change is the only constant in life and we should never fear it, but change should be done for good reason. I don't think that moving the spring season later in the year due to "one" bad spring would be a prudent move. Unfortunately or fortunately, our climate change issues will lead to better weather in the springs than we have had in the past; the last one was an aberration.

There are too many negatives to this type of change that we would have to think through before we decided it would be a good move.

If we made this move would there be issues with kids and their summer employment? With the costs of college today, kids need to work more than ever to help fund their college expenses. How do you argue with an athlete who says he needs to work and can't come to the game or practice that day? Do you tell him that base-

ball is more important than his education? I wonder how many coaches we would lose if the season was extended and I wonder how long it would be before some schools abandoned their baseball programs and let the community pick it up? Kids would get less instruction as camps would be during the season instead of after. Less instruction, less practice and fewer games would really put the Minnesota kids at a competitive disadvantage to the kids from Southern states for scholarships and opportunities to play college ball. What would be the fate of VFW baseball and American Legion baseball? Would this change put our State tournament into July? Would any of our fans really care if we achieved our goals and dreams and made it into the State Tourney or would they be on a summer vacation? All of these reasons are important but the bottom line is I think we would lose kids and kids need to participate in sports for all of the reasons that we are so well versed on.

What about the competitive balance argument? I think the Northern schools are very tough as it is. Brainerd, Greenway, Duluth East, Grand Rapids and Royalton (to name a few) have all had great success in baseball over the years. Grand Rapids beats us way too often as it is. I can't look my kids in the eye and say, "I know Bill Kinnunen is a better coach and I know they have better athletes, but darn it, we are further south geographically, so we should win this one!" Every sport is affected by geography. The football kids up North probably are less likely to run a spread offense but the Hockey teams may get two more weeks of outdoor ice time in hockey. Are we moving hockey ahead to help out the Southern schools? The skiers in the North are certainly at an advantage but that isn't their fault. Some schools have longer travel than others while others have smaller enrollments. There are many issues that compose competitive balance; geography is only one of them.

Change should be made for valid reasons and only when the reason for change benefits the group as a whole. If we need to limit our dates to get in our twenty games or have to play a few double-headers to cut down Carbon emissions impacting Global Warming or to save districts money, count me in. I know that baseball coaches cooperate with each other for the good of this wonderful sport but I know they would be incensed, but united on this issue.

The bottom line is, we all need to work together and to have a voice in any changes that affect our kids and the sports that we love. The Baseball Coaches Association looks forward to working with Mr. Stead and the representatives of the MSHSL to make sports, like Baseball, into the best opportunity it can be for our student-athletes.

Over Hill and Dale

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

It's hard to believe snow is on the ground and winter is setting in. The Cross Country season seemed to go quick this fall. Hopefully each of you had an enjoyable season and experienced success with your team. We were fortunate this fall to have one of the best teams that I have ever had in my 27 years of coaching. We had a great group of athletes and supportive parents. Our community also provided much support. It seems like our sport of Cross Country is growing and gaining popularity. Several of

the meets our team competed in this year had 200 to 300 runners in the JV races. With the growth of our sport, many of our coaches would like to see improvements made in our state meet. Our advisory committee met with Lisa Lissimore of the MSHSL in September to discuss some of these improvements and make proposals to the MSHSL board.

You are all familiar with the 3-class proposal that was put together last year and discussed at our clinic last summer. Our advisory committee did not submit this proposal this fall because we are a few teams short of the 288 recommended by the MSHSL board for considering the implementation of a 3 class state tournament for a sport. We were advised to not submit this

proposal until our sport has over 288 teams. Hopefully with new high schools opening in Chanhassen and Woodbury next fall there will be enough teams and we can submit our 3-class proposal. Our advisory committee did submit two proposals this year. One was for increasing the number of medals awarded at the state meet from 8 to 10 places in each race. The other proposal was for qualifying additional individual runners from each section to compete in the state meet. Our proposal calls for the top 10 individual runners in each section meet who are not part of a state qualifying team to qualify for the state meet. This would increase the number of competitors in each

... continues on page 21



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Notes from the Wrestling Room

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



For those of you who are regular readers of *The Guillotine*, this column will sound quite familiar! With the start of practice, this is about as creative as I can be. As you will read, the MWCA has taken the position of strongly recommending membership in the MSHCA for their member head coaches and encourages other coaches to join.

Hopefully you were able to attend either the Gopher Clinic or the MWCA Fall Clinic or maybe even both. Both events had something for everyone. On Friday at the University, Cary Kolat demonstrated why he is a first rate clinician. Even the Energizer Bunny would look like he was running low on juice next to Kolat! He demonstrated a variety of techniques ranging from high school appropriate to things you would only see at the top levels of the sport. The presentation by Dr. Gregory Dale of Duke University was very interesting and I wish that we would have had an even longer session with him. He has a web site: www.excellenceinperformance.com for those of you who want more information. On Saturday at Coon Rapids HS, we had a full agenda starting with the rules interpretation meeting with Byron Olson, continuing with J. Robinson, Jim Makovsky, Bob Adams, and then a few words from me, before the door prizes were given. We want to say a special thanks to our vendors who were generous enough to give a variety of items as door prizes.

race to 192. This year there were 160 competitors in the Class AA boys' race.

Congratulations to the 2008 state champion teams and coaches! Girls' championship teams were Class A: Adrian coached by Doug Peterson, Class AA: Eden Prairie coached by Jeff Lindleif. Boys' championship teams were Class A: Blake coached by Gary Lee, Class AA: Wayzata coached by Bill Miles. A new academic award was implemented by the MSHSCA this fall. This is the Academic Excellence Award which recognizes team GPAs with a silver award for a 3.5 to 3.74 GPA and gold award for a team GPA of 3.75 and above. 116 girls teams achieved the gold award and 30 the silver. 81 boys teams achieved the gold award and 53 the silver. Plaques and nameplates will be sent to schools later this school year. Thanks Mike Niziolek and our section reps for helping to coordinate all of this data.

There are a few other items to take note of. Our Cross Country Coaches Rap Session is scheduled for 3:15 PM on January

24th at Park Center High School. This will be held during the Track Coaches Clinic again this year. Please email me any items you wish to have on the agenda. Our association still needs a vice-president, preferably a female coach. Please contact me if you are interested. Please send me nominations for Hall of Fame candidates. We need female coaches nominated for this honor. Nomination forms are available on the Cross Country page of the MSHSCA website. Hopefully we will have dates and information about our summer clinic available at the rap session.

Here is a brief description of a situation I learned about while I was talking with some of the coaches at the state meet. This happened in a girls' varsity race at one of the section meets. Apparently after the race was finished, it was brought to the attention of the meet official that some of the runners from a team ran the race with paint on their faces. The official then disqualified these girls from the race, which resulted in changing places and scores for the other

A number of items were discussed during the section rep meeting on Saturday. It was decided that next year's NWCA Fall Clinic will be held at Elk River High School on Saturday, October 31st. After a very successful time at Coon Rapids, the reps felt that with John Peterson becoming the Executive Secretary it would work best at Elk River. We want to thank Bob Adams, Adam Thronson, and Roger Gorham for their work in securing the facility at Coon Rapids for the many years the clinic has been held in their school. We also voted to maintain separate memberships for the MWCA and the MSHSCA. The MWCA strongly recommends that at least the head coach of a school joins the MSHSCA and urges other coaches to do the same.

Major rule changes this year are minimal. However, one change that will undoubtedly affect wrestlers is the requirement that an athlete be ready to wrestle when he reports for check in at the score table. Many wrestlers and coaches will need to review how and when the give/receive last minute instructions or they will be in violation of the rule. Basically what it says is that you must be **ready to wrestle** when you report to the table for check in. You are not allowed to return to your corner to take your t-shirt off or talk to your coach. My reaction is that I wish we could have taken a season to educate and implement this but the League has decided this is the way to go. Speaking of decisions, the League also has declined to move the January 15 weigh-in date a week later to correspond with our later start. On one hand I can understand not wanting to change the date after working with coaches to get them to comply with the rule. On the other hand, we have been able to get other information out to coaches, why not move the date back to January 22 and inform member schools of the change? Why not make a decision based on what might help our student athletes?

Well I've been on my soap box enough for this month except for my usual plea for improved coaches' dress at dual meets and tournaments. As we prepare to begin the season, make a pledge to yourself that you will show your respect for the sport by the way you dress.

teams in the meet. Initially there was a tie for first place and after using the number six runner from each team for the tiebreaker, the first and second place teams were named. However, after the disqualifications were made the scores changed and the original first place team now was second place. Fortunately this did not cause a team to lose out on qualifying for the state meet. As coaches, hopefully we can always be observant of the rules and make sure these types of situations don't happen to our runners. I had to have a few of my runners wash out hair dye and adjust their uniforms before they competed in our section meet this year. I thanked them for their school spirit, but explained the rules to them and that they must always be followed.

I wish all of you a nice and relaxing holiday season. You all have worked hard this fall to motivate and inspire our athletes to do well in the classroom and on the CC course. I hope to see many of you at our Rap Session in January.



VISIT MCDONALD'S AFTER THE GAME



CLEARING THE HURDLES

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



The snow is flying and winter is back in Minnesota. The best thing about winter in Minnesota is that spring is sure to follow and that means Track season is just around the corner! I'm sure you have been busy putting the final touches on your 2009 meet schedule and planning practices. But, before you get too excited for spring, don't forget to register for the 2009 Minnesota Track Coaches Association Clinic at Park Center High School in January. Del Motaz and Tim Hollis have been hard at work putting together a schedule of excellent speakers and presenters and I'm sure you will find it a valuable experience professionally,

now and, it never fails, I learn something new each time. This year, in addition to the collegiate and university speakers, there will be an excellent slate of high school coaches from around the state speaking on topics from specialized endurance training to rotational shot put.

There are a few news items coming out of the MSHSL that could impact Track & Field coaches. Be aware that you must have a chauffeurs license to transport athletes in vans, contact your school district transportation department to find out how to get certified. Any volunteer coaches on your staff must have background checks done

MINNESOTA PREP COACH

through the school district and any compensation they receive must be through the school district. You must have your complete roster certified and entered onto the MSHSL website by the Monday before your first possible contest (March 16, 2009) or your school could be fined \$150.

Please look for the survey regarding three class track and field that should be coming out soon. One boys head coach and one girls head coach from each school may vote. No proposal has been made to the MSHSL as of yet. The results of this survey should give us some direction as to whether the membership supports putting forth a proposal and if so what issues are important to include in it. Please respond to the survey when you get the email and be thoughtful in your response.

I look forward to seeing all of you at the January Clinic! Don't forget to renew your Coaches Association membership and encourage new coaches to join!!

Minnesota Track Coaches Clinic

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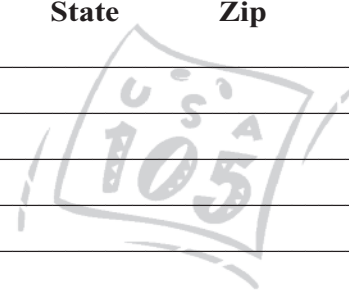
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Coach of Men, Women or Both

(circle)	Name	Street Address	City	State	Zip
M W	_____	_____	_____	_____	_____
M W	_____	_____	_____	_____	_____
M W	_____	_____	_____	_____	_____
M W	_____	_____	_____	_____	_____
M W	_____	_____	_____	_____	_____
M W	_____	_____	_____	_____	_____



Track Clinic Schedule on next page ...



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ADAPTED UPDATES

By: Barb Becker
President MAACA

MAAA Adapted Soccer Conference Champions 2008

The 2008 C.I. Division North Conference Champion: Park Center with a 10-0-0 record, Dakota United & South Suburban both finished 9-1-0 and will share the C.I. Division South Conference Championship. In the P.I. Division, Robbinsdale/Hopkins/Mound-Westonka won the North Conference Championship with a 10-0-0 record and Dakota United won the South Conference Championship with a 8-1-1 record. Congratulations to the Conference Champions for their great seasons!

2008 Adapted Soccer State Tournaments were held at Stillwater Area High School on November 14th and 15th.

PI Division State Champs Robbinsdale/Hopkins/Mound-We-

stonka(Coach Marcus Onsum), 2nd place Anoka-Hennepin (Coach Suzanne Opat), 3rd place South Suburban Flyers (Coach Brett Johnson), Consolation Champs Moundsview/Irondale/Roseville (Coach Mike Churchill) other teams participating in the tournament:

St. Paul Humboldt, Park Center, Burnsville/Farmington/Lakeville/New Prague, Dakota United.

CI Division State Champs Park Center(Coach Doug Anderson), 2nd place Dakota United(Coach Tom Grothe),

3rd place Anoka-Hennepin(Coach Ted Johnson), Consolation Champs South Suburban(Coach Barb Becker)

other teams participating were: Chaska/Prior Lake/Shakopee, Moundsview/Irondale/Roseville, Burnsville/Farmington/Lakeville, South Washington County.

Thanks to all of the teams in both divisions for a good soccer season.

Minnesota Track Coaches Clinic Schedule

FRIDAY – JANUARY 23, 2009

2:15 PM	<u>Registration</u>	6:00 PM	<u>Correcting Common Problems in Jumps</u> Dick Railsback – Nebraska
3:00 PM	<u>The Sprints Relays</u> Dick Railsback – Nebraska		<u>Relays</u> Trevor Bolt - Jamaica
	<u>Dynamic Exercise Training</u> Stevie Keller – North Dakota State U		<u>Shot</u> Lynden Reder – University of Minnesota
	<u>High Jump</u> Mark Prince – Jamaica		<u>Building the Endurance Athlete from the Inside Out</u> Scott Christensen – Stillwater HS
	<u>Throws Training Program</u> Mike Turgeon – Winona State U		<u>Nutrition</u> Jim Timp – Bethel University
	<u>Triple Jump</u> Brent Parmer – North Dakota State U	7:00 PM	<u>MN State High School League Rules Meeting</u>
4:00 PM	<u>Proactive Training vs Injuries</u> Dick Railsback – Nebraska	8:00 PM	<u>Minnesota Track Coaches Meeting</u>
	<u>Sprints</u> Steve Dalbed – Augsburg College	8:30 PM	<u>Clinic Social</u>

SATURDAY – JANUARY 24, 2009

	<u>Triple Jump</u> Milan Donley – Kansas	7:00 PM	<u>FCA Breakfast</u>
	<u>Mid to Long Distance</u> Paul Schmaedeke – Hamline U	8:00 AM	<u>Power Position in Throws</u> Dick Railsback – Nebraska
	<u>Short Hurdles</u> Mason Rebarchek – Winona State U		<u>Sprints</u> Mark Prince - Jamaica
5:00 PM	<u>Pole Vaulting #1</u> Matt Kolb – Minnesota State Mankato		<u>Discus</u> Ron Backes - FCA
	<u>High Hurdles</u> Trevor Bolt – Jamaica		<u>Hurdle</u> Matt Bingle – University of Minnesota
	<u>Multi Even Athlete</u> Stevie Keller – North Dakota State U		<u>Building a High School Distance Program</u> Dan Kovacich – White Bear Lake HS
	<u>Triple Jump</u> Paul Thornton – University of MN	9:00 AM	<u>Vendor Drawing (\$100.00)</u>
	<u>Sprints</u> Brent Parmer – North Dakota State U	9:30 AM	<u>Throwing the Shot</u> Dick Railsback - Nebraska
			<u>Mid-Distance</u> Trevor Bolt - Jamaica

Long Sprints
Ryun Godfrey – North Dakota State U

Training Theory
Milan Donley - Kansas

Pole Vault 101
Jamie Steffen – Apple Valley HS

Exploring the Mind - Body Connection In Athletics: Using Hypnosis & Visualization
Cay Chock - Stillwater

10:30 AM Throwing the Discus
Dick Railsback - Nebraska

Blocks Start
Trevor Bolt - Jamaica

High Jump
Mark Prince - Jamaica

200-400-800
Bruce Whiting – BW Enterprises

Building a Track Program
Craig Nelson – Luverne HS

11:30 AM Pole Vaulting #2
Matt Kolb – Minnesota State Mankato

High Hurdles
Mark Prince - Jamaica

Coaching Two Event Athletes
Milan Donley - Kansas

Beginning Throws
Rob Lasorsa – M-F Athletics

Strength Training with Kettlebells
Steve Thompson – Faribault HS

12:30 PM BANQUET

2:15 PM "Ask the Coach"
Dick Railsback – Nebraska

Training Components
Martha Brennan – U of W-River Falls

Rotational Shot Put for HS Throwers
Erin Elder - Windom HS

3:15PM Cross Country Coaches Meeting

SUNDAY, JANUARY 25, 2009

8:00 AM Rolls and Coffee

8:45 AM Beginning Throws
Rob Lasorsa – M-F Athletics

Distance Training
Steve Plasencia – University of MN

Hurdles
Seth Mischke – St Cloud State University

Mark Schuck – Minnesota State Mankato

9:45 AM Vendor Drawing (\$100.00)

10:00 AM Long Jump
Paul Thornton – University of Minnesota

Warm-up to Short Hurdles
Martin Peper – Macalaster College

Pole Vaulting #3
Matt Kolb – Minnesota State Mankato

Recruiting & Motivation
Mark Schuck – Minnesota State Mankato

TBA - University of St. Thomas

11:00 AM Discus
Lynden Reder – University of Minnesota

Strength Training
Travis Zins – St Cloud State University

Effective Distance Training
Matt Haugen – Macalaster College

TBA - University of St Thomas

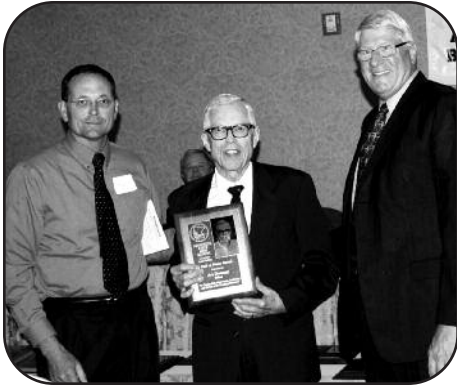


VISIT MCDONALD'S AFTER THE GAME



HALL OF FAME

SIX TO BE ADDED TO MSHSCA HALL OF FAME



Art Downey



Eldon Sparby



Gary Hokanson



John Delozier



Stuart Nordquist



Warren Bailey

GEORGE HAUN AWARD



Becky Leuer



John Eberhart



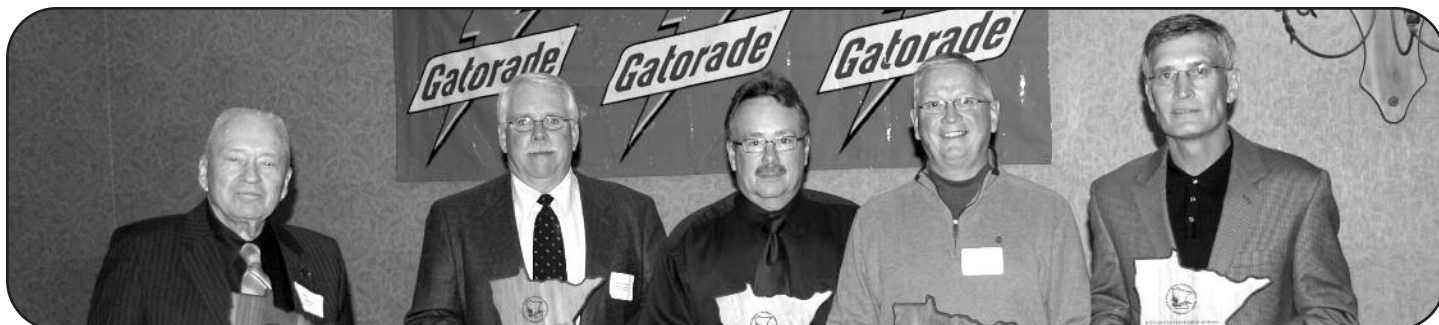
Past President, Gregg Martig, thanks fellow officers and coaches for four great years of advancement toward unity and positive change for all coaches.



Dave Stead, MSHSL as he accepts the NHSACA Distinguished Service Award.

OFFICIALS FAME

OFFICIALS DISTINGUISHED SERVICE AWARD



These five men received an Officials Distinguished Service Award. They are from left to right: Jake Boomgaarden, Pat Whalen, Charlie Johnson, Buzz Olson and Dale Freese.

COACH OF THE YEAR AWARDS



**Championship
Coach Award**



**Assistant
Coach of the Year Award**



GIRLS LACROSSE

By Bill Moir
Robbinsdale Armstrong Head
Coach

Girl's lacrosse is like finding the "All Spanish Channel" on your television. It looks like something you recognize, but what the heck are they saying and doing? So just in case someone in your community asks you about girl's lacrosse, here's what you need to look like a genius and help promote our sport at the same time. AND you don't even have to speak Spanish.

The Good Old Days

Lacrosse was being "played" by the indigenous peoples of our young country for practical and spiritual reasons long before 1636 when it was first observed by a young French missionary looking for something to do on a Saturday afternoon.

This newly discovered activity was used for conflict resolution, to honor their creator, and conditioning/training for the younger men in the tribes.

ESPN didn't cover these early "games" but nobody cared. The journey was more important than the destination in those days.

Let The Changes Begin!

In 1867 the first rules of the modern game were put in place because everyone was having way too much fun.

The first women's game was played at St. Andrew's Scotland in 1890. I don't know how it got there but often wonder "what could have been" if golf hadn't been invented earlier.

"Let 'em play!"

The evolution of the game took a drastic change in the mid 1930s, two great (but very different) games came from one. The men's game would continue to emphasize the "practical" aspects of the early game (banging, crashing, protective equipment & survival) and the women's game would retain the "spirit of the game" by emphasizing the game's stick skills, finesse (minimal physical contact), teamwork and the freedom to be athletic.

Note: It doesn't matter what sport you coach, the unsolicited help you get from the fans can be great entertainment. In girl's lacrosse the most common phase bellowed from the stands after illegal contact is, "Let 'em play!". That's like reacting during a debate competition by screaming from the darkness of the auditorium, "woohoo, take that!" Great phrase, wrong place and time.

Minnesota Girl's Lacrosse Growth Spurt

The MSHSL first sanctioned girl's lacrosse in the 2001-2002

MINNESOTA PREP COACH

school year. Eight Varsity teams participated and played a crossover nine week schedule with the approx 36 club teams in the state.

A steady shift for school teams, from club to varsity, allowed the MSHSL to sponsor their first sections and state tournament in the spring of 2007 when sanctioned teams numbered 32.

In this 2008-2009 school year we will have 48 Varsity teams playing a 13 game / 11 week season. That is a 600% growth in teams that now serve an estimated 2000+ female student-athletes!

While growth is good, growing too fast can magnify previously un-noticed issues.

Girl's lacrosse soon developed a shortage of coaches and seasoned referees. Being the upstart "spring sport" we started getting stares (and glares) from softball and track coaches as we competed for the quality athletes. And dare I mention the BEAUTIFUL GAME coaches from club soccer? *Their only reason to live is State Cup which is played in May just when our season gets to crunch time.*

The MSHSCA-GL Advisory Board was formed this past summer to build on the successes of our predecessors, address the current needs of our sport, and to direct our future growth and to define target goals.

Under the organizational guidance of Sarah Bourne (Columbia Heights) the group is in the process of developing a mentor program for coaches to "get on the same page" when it comes to the responsibilities of running a high school lacrosse program.

Our member coaches have sponsored referee training workshops and scrimmages to meet the needs of the additional games we now play.

The board works with our governing body, U.S. Lacrosse, and the MSHSL on rule changes and interpretations.

The board has also established procedures regarding Minnesota select teams so they can continue to compete around the country at various off season tournaments. This was done with the intent of exposing our talent to college coaches who are recruiting for their programs. Because of those efforts, more and more young women from Minnesota are now competing at the highest level of collegiate competition each year and we hope to continue that success.

The next priority is to bolster our association membership with coaches from around the state so we can communicate easier than in years past. Topics for discussion will include All State Team selection, post season awards, media coverage for games and possible private sector support for the teams.

Up Coming Events & Important Dates

January 16-18 U.S. Lacrosse National Convention – Baltimore, MD

January – MSHSL-GL Coaches Clinic TBD

March 10 – 7pm Rules Interpretation Meeting – Ro-

... continues on page 25



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- seville Area Schools – TBA
- March 18 – 7pm Rule Interpretation Meeting – Edina.
W/MSHSL-GL Coaches Association Meeting following! TBA
- March 23 – 1st Day of Practice w/coaches
- March 30 – Women's Division National Tournament (WDNT) nominations & waivers due. More to follow.
- April 01 – All America Pre-Nomination forms due.
- April 19 – WDNT Try-outs – Armstrong H.S. TBA
- May 19-28 – Section Play
- May 20 – All America and Academic All America Nominations due.
- May 25 – All State Team and Award nominations due.
- June 01 – All State & Awards Voting
- June 02-04 – State Tournament

To steal the motto of the St. Paul Saints Baseball Club... "Fun is Good". So we will continue to work hard and make the sport as fun possible for our student-athletes.

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Delegates Corner

By: Don Tangen

MSHSLA President Elect

Glendcoe-Silver Lake HS

It is already December 1. Today at GSL we collected the football equipment. Later this week boys basketball will start. Tomorrow the girls basketball team has their first game. We completed the first trimester and are now in the second trimester. It doesn't seem like three months since I last wrote about the MSHSCA Delegate Assembly.

The MSHSCA will soon be electing a new vice president. Our outgoing past-president, Gregg Martig, will be completing his term this spring. We have recognized the need to restructure the delegate assembly. This is the project we are currently working on. Hopefully, we will have concrete information by the fall of 2009. We are attempting to become more efficient. We are trying to insure representation of both boys and girls sports, large and small schools, and all geographical areas of the state of Minnesota. As you can see this is a major project. We are happy with any help or input you might have.

The delegate assembly meets twice a year, once in the fall and once in the spring. Our delegates represent almost 9,000 member coaches. Over the last few years, our relationship with the MSHSL and Dave Stead has been very positive and professional. We are looking for delegates who are committed to sustaining our goals and obligations. We want to continue the progress and the momentum we have achieved. We want to solidify our delegate representation. With the ever expanding membership, we need to continue to work to improve the MSHSCA. We need to continue to find ways of increasing benefits for our members.

If you have input or are interested in the MSHSCA Delegate Assembly, please contact John Erickson or myself.



Milo Larson receiving the Kerzie Award from President, Dave Johnson.



VISIT MCDONALD'S AFTER THE GAME



Swim Strokes

By: Mike Veneziano - President
Girls' Swimming & Diving Coaches Association
Hibbing High School
mvenz55746@yahoo.com



We have now wrapped up another Girls' Season! Congratulations to all of the Section Champs and to Visitation (A) and Stillwater (AA) on their State Titles. Also, congratulations to all award winners that we as a Coaches Association recognize. The Academic State Champs are St. Cloud Apollo (A) at 0.897 and Stillwater (AA) at 0.887.

The Coaching Clinic will be April 3rd and 4th with the All-State Banquet to be held Friday, April 3rd at the Prom Center in Woodbury. This year's balloting for State Coach of the Year and Athletes of the Year will be paperless! Clinic, Banquet and Voting information will all be on the coaches website.

Items of note: We as an Association are proposing that Single A Boys' Diving adds a 5th diver out of each section to qualify for the State Tournament. This will increase the Number of divers at State to 20. This will force a cut to 16 divers for Finals, therefore increasing the competitive nature of the event. The other item of note is the eventual use of Pressure Pads for relay takeoffs at the State Meet. Presently, this is not happening, but it is the wave of the future.

I wish the best of luck to everyone in their Boys' season. Have a safe and happy Holiday Season.

GIRLS SWIMMING POST SEASON AWARDS

Upon completion of the Girls Swimming season, the coaches took time to recognize their peers for jobs well done by selecting Sectional Coaches of the Year and Team Academic Champions.

Sectional Coaches and Assistant Coaches of the Year:

2AA	Katie Haycroft	Prior Lake	Ass't COTY
4AA	Tess Radecke	Stillwater	Ass't COTY
5AA	Lindsey Schiffler	Armstrong	COTY
6AA	Dan Tripps	Eden Prairie	COTY
3A	Rory Fairbanks	Hutchinson	COTY
5A	Tom Cannon	Monticello	COTY
8A	Tom Uvaas	Fergus Falls	COTY
	Tom Fritze	Park Rapids	COTY
	Sheri Ressler	Perham	COTY

The MSHSCA no longer awards banners for Team Academic Champions but Girls Swimming continues to recognize team winners. This year St Cloud Apollo was declared the Class A State Champion and Stillwater Area was the Class AA winner.

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David.Gunderson@LibertyMutual.com

Robert.Ackermann@LibertyMutual.com

Now through the end of January 2009, Liberty Mutual will donate \$10 towards the MSHSCA Academic Recognition Program for every auto and home insurance quote requested by you! Just mention this promotion when calling the number listed above†.

*Discounts and credits are available where state laws and regulations allow, and may vary by state. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. **Figure based on a March 2007 sample of auto policyholder savings when comparing their former premium with those of Liberty Mutual's group auto and home program. Individual premiums and savings will vary. †No purchase necessary; limit one donation per household. Donation available through your local Liberty Mutual Representatives only. Offer ends 1/31/09; void in AK, GA, HI, MA, ME, NJ, NV, NY, OK, SC, TX and UT.



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MSHSCA SALUTES FALL

The fall of 2008 provided players, coaches, parents and fans, in general, with huge volumes of thrills as teams marched their way to the eventual season beginning goal.

That goal was the state championship.

The end of November brought an end to the fall season and a total of nine sports crowned state champions. The MSHSCA would like to take this opportunity to congratulate all of the coaches and players for jobs well done.

2008 Fall State Champions and Head Coaches

GIRLS SWIMMING (TRUE TEAM)

A	Monticello	Tom Cannon
AA	Stillwater	Brian Luke

BOYS SOCCER

A	The Blake School	Charlie Seel
AA	Osseo	Scott Smith

GIRLS SOCCER

A	Mahtomedi	Dave Wald
AA	Woodbury	Bill Ebertz; Pat Malicki

GIRLS TENNIS

A	Rochester Lourdes	Kevin Rust
AA	Edina	Steve Paulsen

BOYS CROSS COUNTRY

A	The Blake School	Gary Lee
AA	Wayzata	Bill Miles

GIRLS CROSS COUNTRY

A	Adrian	Doug Peterson
AA	Eden Prairie	Jeff Lindlieff

VOLLEYBALL

A	Windom	Ron Wendorff
AA	Jordan	Colleen Chambers
AAA	Shakopee	Matt Busch

ADAPTED SOCCER

CI	Park Center	Doug Anderson
PI	Robbinsdale/Hopkins/ Mound Westonka	Marcus Onsum

GIRLS SWIMMING

A	Visitation	Nate Linscheid
AA	Stillwater	Brian Luke

FOOTBALL

9 Man	Houston	Jason Freed
1A	Kerkhoven-Murdock-Sunberg	James Cortez
2A	Caledonia	Carl Fruechte
3A	Glencoe-Silver Lake	Scott Tschimperle
4A	Mankato West	Mark Esch
5A	Wayzata	Brad Anderson

USE YOUR MEMBERSHIP CARD

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter was sent to the Activity Directors of all schools in July and all schools were asked to inform us if their school would not accept the card. We only heard back from two schools who indicated they do not honor the card, those schools are Brainerd and Esko. It has also been brought to our attention over the past that some private venues do not accept the card for admission and this is especially true for hockey schools using private venues for their contests.

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Executive Director



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JOHN ERICKSON, Exec. Dir. **Detroit Lakes**

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|---|--|
| <input type="checkbox"/> Adapted Athletics | <input type="checkbox"/> Alpine Skiing |
| <input type="checkbox"/> Athletic Admin. | <input type="checkbox"/> Nordic Skiing |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> (B) ___ (G) Soccer |
| <input type="checkbox"/> Boys basketball | <input type="checkbox"/> Softball |
| <input type="checkbox"/> Girls basketball | <input type="checkbox"/> Boys Swimming |
| <input type="checkbox"/> (B) Cross Country | <input type="checkbox"/> Girls Swimming |
| <input type="checkbox"/> (G) Cross Country | <input type="checkbox"/> Synchronized Swimming |
| <input type="checkbox"/> Football | <input type="checkbox"/> (B) ___ (G) Tennis |
| <input type="checkbox"/> (B) ___ (G) Golf | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Hockey | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> (B) ___ (G) Lacrosse | |



VISIT MCDONALD'S AFTER THE GAME



2008 FALL TEAM ACADEMIC RESULTS

281 Schools have received Academic Plaques

As you can see from the overwhelming number of schools that have been recognized for their academic excellence, our new program is working to honor all deserving member schools. Each of the 281 schools recognized this fall has received a plaque containing 24 plates. At least one of those plates recognizes a team as a gold or silver award winner. As other teams from member schools reach the gold 3.75 or silver 3.50 GPA standard, the Athletic Administrator will receive a placement plate to be added to the plaque. As a coach of an award winning team, please alert your Athletic Administrator of the new program and how it works.



Another of McDonald's Student Recognition Programs Congratulations to the Marching Knights!

Valerie Johnson (third from right), owner/operator of the McDonald's restaurant in New Brighton, presented a check for \$1,700 to the Irondale High School Marching Band, the 2008 Grand Champion of the Minnesota State Fair High School Marching Band Competition. Since 2005, Twin Cities McDonald's owner/operators have proudly sponsored the Fair's daily afternoon parade featuring Minnesota's top bands. Congratulations to Irondale Band Director Bill Sucha and the Marching Knights!



GIRLS CROSS COUNTRY TEAM ACADEMIC

Gold

Foley	East Grand Forks	Thief River Falls
Staples-Motley	Roseau	Perham
Pillager	Bagley/Fosston	Hawley/Ulen Hitterdal
United North Central	Maranatha Christian Academy	Chatfield
LaCrescent	Rochester Lourdes	Plainview-Elgin-Millville
Blooming Prairie	Hayfield	Stewartville
USC/Alden-Conger	Winona Cotter	Big Lake
St Michael-Albertville	Bemidji	Little Falls
Brainerd	Fergus Falls	Becker Monticello
Sartell	Rocori	Moorhead
Alexandria	St Cloud Apollo	White Bear Lake
St Paul Como Park	Woodbury	North St Paul

Stillwater	Mahtomedi	Osseo
Centennial	Andover	Champlin Park
Park Center	Maple Grove	St Peter
Mt Lake/Butterfield - Oden	Blue Earth	Jackson County Central
Mankato Loyola	LeSueur-Henderson	Fairmont
Annandale	Rush City	Watertown-Mayer
Mora	MilleLacs-Isle-Onamia	Providence Academy
Rockford	Edina	Minneapolis South
Benilde-St Margaret's	Hopkins	Eden Prairie
St Louis Park	Minneapolis Southwest	Adrian
Redwood Valley	Springfield-Cedar Mt	Worthington
Montevideo	Canby-Minneota-Lincoln	Owatonna
Red Wing	Waseca	Winona
Northfield	Rochester Mayo	Albert Lea
Rochester John Marshall	Rochester Century	Eden Valley-Watkins/Kimball
Albany	Lac qui Parle Valley/Dawson-Boyd	
Benson/KMS	Sauk Centre	Hutchinson
Mankato East	Willmar	Dassel-Colkato
Shakopee	Chaska	New Prague
Mound-Westonka	Park	Visitation
Eagan	Eastview	Apple Valley
Holy Angels	Hastings	Prior Lake
Math & Science Academy	Minnehaha Academy	East Central
Holy Family Catholic	Deer River/Northland	Virginia Cook
Cty/Two Harbors	Pequot Lakes	St Francis
Princeton	North Branch	Forest Lake
Elk River	St Anthony Village	

Silver

Park Rapids	Warroad	Pelican Rapids
Wadena-Deer Creek	Kingsland	Byron
Pine Island	Medford	Lake City
Sauk Rapids-Rice	Roseville Area	Maple River
Gibbon-Fairfax-Winthrop	St Cloud Cathedral	Minnnetonka
Tracy-Milroy-Balaton	Austin	Litchfield
New London-Spicer	Orono	Mankato West
Richfield	Crosby-Ironton	Eveleth-Gilbert
Mesabi East	Greenway of Coleraine	Hermantown
Rosemount	Moose/Willow River/Barnum	
Lewiston-Altura/Rushford-Peterson		

BOYS CROSS COUNTRY Gold

Big Lake	St Michael-Albertville	Little Falls
Monticello	Moorhead	Sauk Rapids- Rice
Alexandria	Roseville Area	Tartan
Stillwater	North St Paul	Hill-Murray
St Paul Como Park	Mahtomedi	Winona Cotter
Plainview-Elgin-Millville	LaCrescent	Stewartville
Hayfield	Rochester Lourdes	USC/Alden-Conger
Irondale	Fridley	Andover
Park Center	Maple Grove	Jackson County Cen-
tral	Blue Earth Area	St Peter
St James	Mankato Loyola	Fairmont
Annandale	Mora	Pierz
Watertown-Mayer	Milaca	Owatonna
Eden Prairie		

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MINNESOTA PREP COACH

Edina	Minneapolis South	Wayzata	Minneapolis	Class 3A Gold	Litchfield	East Grand Forks
Southwest	Redwood Valley		Tracy-Milroy-	Albany	Montevideo	Melrose
Balaton	Waseca	Winona		Dassel-Cokato	New London-Spicer	Foley
Rochester Mayo	Austin	Red Wing		Class 3A Silver	Maple River	Pine City
Litchfield	Albany	Long Prairie-Grey Eagle		Glencoe-Silver Lake	Minnewaska Area	Plainview/Elgin-Millville
West Central	Mound-Westonka	Orono		Class 4A Gold	Willmar	Sauk Rapids-Rice
Chaska	Mankato West	New Prague		New Prague	Spring Lake Park	Detroit Lakes
Holy Angels	Apple Valley	Richfield		Chisago Lakes	St Michael-Albertville	Northfield
Lac qui Parle/Dawson-Boyd	The Blake School	East central		Class 4A Silver	Holy Angels	Little Falls
St Thomas Academy	Math & Science Academy	Minnehaha Academy		Mound-Westonka	Orono	Princeton
Cook Cty/Two Harbors	Esko	International Falls		Richfield	Red Wing	
Virginia	Pequot Lakes	St Francis		Class 5A Gold	Eastview	White Bear Lake
St Anthony Village	Hawley/Ulen-Hitterdal	United North Central		Cambridge-Isanti	Edina	Eden Prairie
Thief River Falls	Bagley/Fosston	Perham		Brainerd	Lakeville North	Andover
Silver				Class 5A Silver	Rosemount	Woodbury
Sartell	Bemidji	Fergus Falls		Shakopee	Rochester Mayo	Lakeville South
St Cloud Apollo	St Paul Arlington	Woodbury		Blaine	Minnetonka	Farmington
White Bear Lake	Osseo	Blooming Prairie		St Louis Park		
Byron	Lewiston-Altura/Rushford-Peterson	Chatfield		BOYS SOCCER	Class A Silver	
Pine Island	Kingsland	Medford		North Branch	Minnewaska Area	
Mt Lake/Butterfield-Oden	Martin County West	Sibley East		Class AA Silver	Bloomington Jefferson	Appley Valley
Champlin Park	Spring Lake Park	Centennial		Eastview	Hopkins	Blaine
Providence Academy	Rush City	St Cloud Cathedral		GIRLS SOCCER	Class A Gold	
Hopkins	St Louis Park	Benilde-St Margaret's		St Croix Lutheran	Waconia	Grand Rapids
Adrian	Worthington	Canby-Minnetonka-Lincoln HI		Class A Silver	Stewartville	Kasson-Mantorville
Northfield	West Central	Sauk Centre		St Peter	Willmar	New Ulm
New London-Spicer	Benson/KMS	Willmar		St Paul Highland Park	Mahtomedi	Mounds Park Academy
Hutchinson	Shakopee	Mankato East		St Paul Como Park	Simley	Concordia Academy
Eastview	Prior Lake	Eagan		Providence Academy	Orono	Esko-Carleton
Mesabi East	Deer River/Northland	Hermantown		North Branch	St Cloud Cathedral	Zimmerman
Princeton	Elk River	Pelican Rapids		St John's Prep	Fergus Falls	Crookston
Warroad	Staples-Motley	Pillager		Class AA Gold	Bloomington Jefferson	Cretin-Derham Hall
East Grand Forks	Roseau			Woodbury	Wayzata	Hopkins
FOOTBALL	9 Man Gold			Class AA Silver	Rochester Mayo	Rochester Century
Wheaton	Stephen-Argyle	Ada- Borup		Eden Prairie	Prior Lake	Eastview Park of Cot-
Nicollet	Verndale	Cleveland		tage Grove	Rosemount	Hill-Murray
Hills-Beaver Creek/Ellsworth	Westbrook-Walnut Grove			Stillwater Area	Tartan	Roseville Area
9 Man Silver	Nevis			White Bear Lake	North St Paul	Park Center
Class 1A Gold	Wabasso	Osakis		Centennial	Maple Grove	Champlin Park
Springfield	Mankato Loyola	Adrian		Osseo	Mounds View	Cambridge-Isanti
LeCenter	Rushford-Peterson	Fillmore Central		Duluth East	Brainerd	Moorhead
Class 1A Silver	Red Lake County	Wabasha-Kellogg		VOLLEYBALL	Class 3A Gold	
Bethlehem Academy	Parkers Prairie	Royalton		Apple Valley	Grand Rapids	St Cloud Tech
Lakeview	KMS	Lewiston-Altura		Austin	Irondale	St Francis
Cook County				Bemidji	Maple Grove	Waconia
Class 2A Gold	Minnesota Valley Lutheran	Eden Valley-Watkins				
Pelican Rapids	Hayfield	Pierz				
Tracy Area	Montgomery-Lonsdale	St James				
Class 2A Silver	Caledonia	Benson				
United South Central	Luverne	Frazee				
Waterville-Elysian/Morristown						

... continues on page 32



VISIT MCDONALD'S AFTER THE GAME



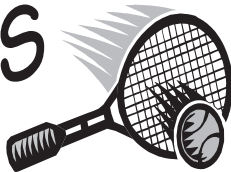
Buffalo	Moorhead	Wayzata	Duluth Marshall	Pequot Lakes	Pierz
Chaska	Osseo	White Bear Lake	New York Mills	Park Rapids	
Benilde-St Margaret's	Eden Prairie	Roseville Area			
Class 2A Gold			Class 1A Silver		
Pipestone Area	Belle Plaine	LeSeuer-Henderson	Blue Earth Area	Cannon Falls	Rochester Lourdes
St Croix Lutheran	Delano	Milaca	River Valley	LeSeuer-Henderson	St Peter
Wadena-Deer Creek	Detroit Lakes	Minnehaha Academy	Litchfield	St James	Yellow Medicine East
Worthington	Hinckley-Finlayson	Pelican Rapids	Melrose	Providence Academy	MACCRAY
Jordan	Holy Family Catholic	Perham	West Central Area	New London-Spicer	Minnewaska Area
	Jackson County Central	Pine City	Roseau	Eveleth-Gilbert	Foley
Class1A Gold			Class 2A Gold		
Ashby	Ada-Borup	Mankato Loyola	Lakeville South	Albert Lea	Lakeville North
rosa	Minnesota Valley Lutheran	Belgrade-Brooten-El-	Buffalo	Red Wing	Rochester Mayo
Parkers Prairie	Norman County West	Blooming Prairie	Simley	Orono	Eastview
Hayfield	Eden Valley-Watkins	Stephen-Argyle Central	White Bear Lake	South St Paul	Cretin-Derham Hall
Southwest Star Concept	West Central Area	Mahnomen	Hopkins	Spring Lake Park	Totino Grace
			Chisago Lakes	Wayzata	Andover
Class 3A Silver			Monticello	Hibbing/Chisholm	North Branch
Richfield	Alexandria	Forest Lake		Rocori	
Sartell	Blaine	Hastings	Class 2A Silver		
Spring Lake Park	Centennial	Lakeville North	Shakopee	Waseca	Delano
St Louis Park	Chisago Lakes	Lakeville South	Henry Sibley	Apple Valley	Eagan
St Michael-Albertville	Duluth East	Mahtomedi	Mounds View	Hill-Murray	Woodbury
Stillwater	Eagan	North	Princeton	Roseville Area	Duluth East
Willmar	Faribault	Owatonna	Fergus Falls	Bemidji	Brainerd
				St Michael-Albertville	
Class 2A Silver			GIRLS SWIMMING	Class AA Gold	
Redwood Valley	Albany	Howard Lake-Waverly	Bloomington Jefferson	Highland Park/SPA	Stillwater
Rocori	Blue Earth	Kingsland	St Paul Harding	Eden Prairie	Champlin Park
Eagle	Byron	Long Prairie-Grey	Maple Grove	Bemidji	
Minnewaska Area	Roseau	Cloquet			
Montevideo	Sibley East	DeLaSalle	Class AA Silver	Rochester Century	Winona
New London-Spicer	St Charles	Dilworth-Glyndon-Felton	Faribault	Rochester John Marshall	Bloomington Kennedy
New Ulm	St Peter	Eveleth-Gilbert	Burnsville	Lakeville North	Lakeville South
Orono	Stewartville	Fergus Falls	Prior Lake	Hastings	Eagan
Mpls Patrick Henry	Tartan	Hibbing	Rosemount	Park of Cottage Grove	Park Center
Holdingford	Pierz	Zumbrota-Mazeppa	Wayzata	Robbinsdale Armstrong	Metro United Coop
			Hopkins	Edina	Centennial
Class 1A Silver			Forest Lake	Blaine	Brainerd
Braham	Atwater-Cosmos-Grove City	Bagley	Alexandria	Buffalo	
Buffalo Lake-Hector	Brandon-Evansville	Browerville			
Cook County	Cannon Falls	Cedar Mountain-Comfrey	Class A Gold		
Dawson-Boyd	Chokio-Alberta/Herman-Norcross	Cromwell-Wright	Becker	Albert Lea	Red Wing
Glenville-Emmons	Deer River	Gibbon-Fairfax-Winthrop	ROCORI	Cloquet/Esko/Carlton	Milaca
Sunberg Lakeview	Hawley	Kerkhoven-Murdock-	Perham/NY Mills	St Cloud Apollo	Duluth East
Nevis	LeRoy-Ostrander	Lewiston-Altura			
Onamia	Little Fork-Big Falls	NHREG			
Red Lake County Central	Park Christian	Pillager			
Sleepy Eye	Red Rock Central	Renville County West			
Underwood	Spring Grove	Sleepy Eye St Mary's			
	West Lutheran				
GIRLS TENNIS	Class 1A Gold				
LeCenter	United South Central	Redwood Valley			
Holy Family Catholic	Benson	Glencoe-Silver Lake			
Staples-Motley	Wadena-Deer Creek	Aitkin			



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SERVICE ACES

Rick Engelstad
mshstca@mac.com



Another season of Girl's Tennis has come to a conclusion with the completion of the State Tournament. Congratulations to Rochester Lourdes and Edina on winning state championships. The 11th Annual State Tournament Banquet was a real success. The banquet was well attended and really provides an opportunity for the State Tournament players to have center stage for an evening. Thanks to Mark Hultgren for his effort to make this event more successful each year.

2009 COACHES CLINIC

Mark your calendar for our annual tennis clinic. The dates are Friday evening, March 6 and Saturday, March 7, 2009. Registration forms can be found on our website (www.mshsca.org/tennis). Remember to register by February 23rd for the best rate! Our ANNUAL MEETING will again be held after the Friday night mixer. This year's meeting is important, as members will be voting on President-Elect and revisions to our constitution. Section reps are required to attend the annual meeting on March 6, but all members are welcome.

To qualify for the 2009 President-Elect position, you must be a tennis coach in a "A" school. We rotate this position every 2 years in order to represent each class fairly. Please contact any of our current officers if you are interested in being on the ballot for either of these offices or if you have any questions. Serving as an officer is a great experience and wonderful opportunity to meet many coaches.

COACH OF THE YEAR AWARDS

Congratulations to our Coaches of the Year. Class AA Co-Head Coaches of the Year are Tim Spika, Cretin-Derham Hall and Scott Engelstad, Bemidji, Class A Coach of the Year is Tim Anderson of Maple River. These coaches have steered successful programs and contributed a lot of energy for High School tennis. Thanks Tim, Scott and Tim for what you do for tennis. Also, Congratulations to our Assistant Coaches of the year, Lynn Mauston (Virginia) and Scott Boyer (Rochester Century). As a head coach, I do know how important it is to have a good assistant coach. Thanks Lynn and Scott for helping improve high school girls' tennis.

Section Coaches of the Year (head and assistant) were named in sections whose section rep conducted a vote. Thank you very much to the section reps who conducted votes in their section and thank you to everyone who voted on-line for the state award. Congratulations to our 2008 Girls' Tennis Section Coaches of the Year. Check our website (www.mshsca.org/tennis) for the list of those coaches.



2008 Class A Girls COY: Tim Anderson, Maple River

Maple River started girls tennis in 1990.

I was the head tennis coach at Maple River in 1991 and 1992 and then was Asst. in 02 and 03 and then taking over the head job from 04- the present. We have won the Gopher -Valley Conf. title the last two years. This year was our first trip to the state as a team. We have had singles and doubles teams qualify for the state the past two years.

I have been at Maple River (Amboy, Good Thunder,Mapleton, Minnesota Lake) for 23 years. I am a Elementary and Middle School counselor. I have been the head boys basketball coach the past 14 years having taken the team to the state tournament the last 3 years. We finished 3rd last year and 2nd the previous year. I have been honored to be selected the Minnesota COY in 2006 in basketball.

Family: Wife, Lois of 21 years teaches biology at Minnesota State Univ., Mankato. Son, Seth is a freshman at Gustavus Adolphus College. Daughter, Sara is a High School Junior who plays on the tennis team.

Having been able to coach both my son and daughter in sports and sharing state tournaments with both has been a real blessing for me.



2008 Class AA Girls Co-COY: Tim Spika, Cretin-Derham Hall

Tim has coached varsity tennis at Cretin-Derham Hall since 1989. During that time his teams have been to seven section finals, advancing to the State Tournament in 1998, 2001 (finishing in 3rd place) and 2008.

Tim grew up in La Crosse, Wi. and became interested in tennis during the era of Jimmy Connors, Chris Evert, John McEnroe and Martina Navratilova. Watching these players helped Tim appreciate the fact that success in tennis could be achieved by players with a wide range of styles, strategies and temperments. This realization has allowed Tim to focus on the various strengths players might have, rather than trying to have players conform to one particular style.

Outside of tennis, Tim has taught Religion at Cretin-Derham since 1988. He spends his free time following the activities of his children in music, basketball, tennis, baseball, softball and cross country. Tim has also coached softball at Cretin-Derham for the past 20 years, including the past 4 years as the varsity coach. He spends his summers immersed in youth tennis, softball and short family trips.

Tim states: "I'm overwhelmed to have received this award. To have been selected by my peers makes the honor even more meaningful. I've been fortunate to work with so many outstanding young women over the years. I owe special thanks to the 2008 team, whose tremendous effort and competitiveness throughout the season are the real reasons for our success."

Tim and his wife Ellen have two children: Rachel(15) and Dan(13).

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VISIT MCDONALD'S AFTER THE GAME





2008 Class AA Girls Co-COY: Scott Engelstad, Bemidji

Scott has been the Bemidji Head Girls Tennis Coach for the past 16 years. His girls teams have accumulated a 217-48 record. He is also the head boys tennis coach. Scott is a Thief River Falls native where he grew up learning to play tennis with big brother Tim and little brother Rick.

This fall, Scott was fortunate enough to coach his third girls team in the state tournament (others were 1999 & 2007). The Bemidji Lumberjacks compete in Section 8AA. The Jacks ended 16-2 for the year. He has also coached four girls doubles teams in the state tournament in 2002, 2006, 2007 and 2008. This years doubles team finished 3rd at the state tournament.

Scott spends countless hours on court in the summer with private and group lessons as well as running a local junior tennis tournament. He also serves as president elect and section 8AA rep for the Minnesota State High School Tennis Coaches Association.

Outside of tennis, Scott has worked for the Bemidji school district for the past 28 years. He and his wife Laura have been married 29 years and have two grown children, Peder & Linnea (Lindstrom). Scott is a new grandpa, Rowan Scott Lindstrom, born in June. He is also an avid gardener.

Reflection: "It's a blessing to be able to give back to this great game that has given so much to me. I am indebted to all the tremendous kids and assistant coaches that have made me look so good as a head coach!" Scott also gives a lot of credit to his wife Laura for being patient and loving over the last 16 years of craziness and fun. "Coaching for me doesn't work well without tremendous family support."

2008 Class AA Assistant Girls COY: Scott Boyer – Rochester Century

Scott has served the Rochester Athletic Club as Racquet Sports Director since 1998. Previously, Scott was the USTA/Northern Section Player Development Director from 1995 - 1998. Scott holds

certifications from the United States Tennis Professional Association (USPTA) P1 and the Professional Tennis Registry (PTR). Scott graduated from Southwest State University in the honors program with majors in history, political science and a degree in social science secondary education and a coaching certification. Coaching experience Foley High School, Sartell High School, Winona Cotter High School, Lourdes High School and Rochester Century High School. Scott also serves as the Region 1 AA section representative. College coaching experience at Southwest State University, St. John's University both as assistant coach and Winona State University as Head Coach.

Lynn Mauston's Tennis Biography

Lynn was the Junior High/assistant coach and ran the summer tennis recreation program when she first moved to Virginia with her husband, Jeff, in the late 1980's. She helped out with both the boys' and girls' tennis teams for many years until she took a break and decided to raise her family.

After a brief period away from the courts she came back to help her long time mentor Dave Gunderson continue his many successful seasons with the Virginia Girls tennis team. She is proud to be a part of the wonderful Virginia tennis program where all three of her children; Casey, Cody, and Callie are actively involved.

Lynn enjoys spending time with her family at their cabin, traveling, skiing, snowmobiling, reading and scrapbooking. She is a third grade teacher in Virginia and loves working with all ages of children.

ACADEMIC AWARDS

This fall our association recognized girls' tennis teams who had outstanding GPA's. Teams with GPA's of 3.4-3.74 were named "Silver Academic Teams" and those with GPA's of 3.75-4.0 were named "Gold Academic Teams". Individual certificates for the All-State Academic team were given to those seniors who had a 3.7 or higher and were an important contributor to your varsity team. Check our website (www.mshsca.org/tennis) for a list of these teams and individuals.

2009 MSHSTCA TENNIS CLINIC

March 6 and 7 Fred Wells Tennis & Education Center
100 Federal Drive, St. Paul, MN 55111
612-252-8367

Friday, March 6 Mixer: 7:00 - 9:00 • Social: 9:00
Saturday, March 7 Clinic Sessions: 8:00 - 4:00
Clinicians Steve Wilkinson, Steve Paulson, Wilson
will provide keynote speaker,
and others TBA.

Clinic Features Coaches handouts, clinic t-shirts, lunch,
and door prizes.
Sessions will be on court!!

PLEASE RETURN THIS PORTION WITH YOUR PAYMENT

NAME: _____

PHONE: _____

SCHOOL: _____

HOME ADDRESS: _____

E-MAIL: _____

Will you attend the Friday night mixer?

Yes _____ No _____ Maybe _____

COST:

CURRENT MEMBER
OF THE MSHSTCA ASSOCIATION \$45.00 _____
NON-MEMBER \$55.00 _____
REGISTER AT THE DOOR \$65.00 _____

Make checks payable to: Rick Engelstad, MSHSTCA

Mail to: Rick Engelstad
21167 Crab Apple Drive
Pine City, MN 55063

For Information: (C) 763-242-1451
(H) 320-629-5025
email: rengelstad@pinecity.k12.mn.us
or
mshstca@mac.com

Deadline for Preregistration is February 23rd, 2009
Please Copy and distribute to members of your coaching staff.



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FLIP NOTES



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

Hi Everyone! I hope everyone is off to a great start! Please remember to call your team scores into the newspapers so that gymnastics can continue to get some media attention. You can contact the Star Tribune at 612-673-4447 and the Pioneer Press at 651-228-5518. Don't forget about your local papers as well! If we don't turn in scores, they're not going to print anything about our sport. You will also need to send you team scores to Colleen Stark-Haws for team rankings. You can email them to her at jtgstcloud@yahoo.com. Please begin this after your second meet and then update her weekly with your updated three-meet average.

Liberty Mutual is offering a wonderful opportunity for our association. Please contact David Gunderson at david.gunderson@libertymutual.com to get a free quote on home and auto insurance. There is no obligation to buy anything! For every free quote Liberty Mutual will donate \$10 to the MSHSCA. Of that \$10, \$5 will go directly to our association, so make sure to tell them that you are a gymnastics coach.

The MSHSL is looking at shortening the summer waiver option again. As gymnastics coaches, we know how important those training months with our athletes are. If you would like to help influence the decision, please have parents contact the high school league to let their voices be heard.

In your upcoming chalk talk, you will see a letter supporting the recommendation to the MSHSL about changing how our classes are separated, and a letter opposing the recommendation. Please take the time to read both letters so that you can form your own opinion. Surveys will be sent out to every head coach to find out whether or not we should pursue this recommendation.

Season timelines are also in the latest Chalk Talk, but you can also access it online by going to www.mshsca.org and selecting the gymnastics link that's listed under Sports Associations.

Good luck to everyone on a fun and healthy season!

MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby - Sparbi-NHREG
John Schumacher - Park Rapids Area

The board has really spent a lot of time focusing on what our board goals for the year will be.

A hot topic item has been making sure, as coaches, we work with our athletic directors to get rosters and schedules on the MSHSL web-site. There are specific deadlines that each sport has to meet, so please be aware of that.

Webcasting is another hot topic at the league. The MSHSL is working with Hubbard Broadcasting to Webcast all of the MSHSL state tournaments.

The summer waiver has been talked about in length at the area meetings, and we will be receiving feed back at our next board meeting in December. Athletic Directors were surveyed as to which of the three options they were in favor of.

Option 1: Seasonal Block for Fall/Winter/Spring

Option 2: Dead Period

Option 3: Maximum number of contact days

Finally, all coaches associated with your program are required to have a background check. This includes all coaches in your program, even volunteers. Please make sure you are compliant.

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

“Start off every day with a smile and get it over with.”

- W.C. Fields



VISIT MCDONALD'S AFTER THE GAME





Softball...

A Five Star Sport

By: Shelly Hotzler
Jackson County Central

I hope your holidays went well. We have our winter clinic scheduled for February 6th and 7th in St. Cloud at the Holiday Inn. We have great presenters on schedule. Linda Wells, former Gophers Coach and is a member of our Hall of Fame, will be our key speaker. Along with Coach Wells, we will have John Tschida of St. Thomas, Paula U'Ren of St. Cloud State and Shawn Semler of Southwest State University, all very qualified coaches. Some of the topics covered will be: The fundamentals of hitting, Hitting drills to correct common flaws, Catching, Defensive Strategies, and Slap hitting. We will also have Dr. Nicole LaVoi speaking on "The psychology of coaching- effective motivational strategies" and the team from Velocity Sports Performance instructing on Dynamic Warm ups and Strength training.

Registration will be open after Dec. 1st and will all be done online thru the Coaches Association website. We will be the first to try this option. You will also be able to book your room for the Holiday Inn right on the website. It can't get any easier. Please watch your emails for the information. If you still need to register by sending in your payment that option will be available also. Head coaches must be members of the coaches association; all others are recommended but not required. Although to qualify for Assistant coach of the Year honors they have to be members. So please encourage your assistants and other support staff to become members. To see a list of all the other perks, see www.mshsca.org under memberships.

The Hall of Fame banquet will be Thursday February 5th also at the St. Cloud Holiday Inn. Tickets are \$35 and should be a great evening. We are in the process of collecting nominations please if you have a deserving person get their names in. Application forms can be found on our website, www.mshsca.org.

You should have been receiving contacts and updates from your Section Reps, if you are not receiving these emails, please contact me as coaching positions and emails change we may not have your current information. You can reach me at shelly_hotzler@jccschools.com or 507-847-5963.

Thanks and see you in February! _____

Minnesota Fastpitch Coaches' Association 2009 Winter Clinic

Friday February 6th &
Saturday February 7th



Cost: Pre-registration on or before January 10th
\$80 with a Free T-Shirt
After January 10th and at the door Cost is \$95

Head coaches have to be a member of the MSHSCA;
Any other support staff it is not recommended
but is encouraged.

Registration Form

Name: _____

School: _____

Mailing address: _____

Phone number: _____

Fax number: _____

E-mail address: _____

Before January 10th T-Shirt Size: (please circle)

S M L XL XXL XXXL

Mail: Minnesota Fastpitch Coaches' Association
Stacey Sheetz
500 School St.
Elk River MN 55330

Email: stacey.sheetz@elkriver.k12.mn.us



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2009 Minnesota Fastpitch Coaches' Association Winter Clinic Schedule

FRIDAY FEBRUARY 6th

- 11-1:00 – Registration- Vendors Available
- 1:00 pm – Main Hall- The Fundamentals of Hitting- John Tschida
- 2:00 pm – Main Hall- Hitting Drills to correct common flaws of the swing. Linda Wells
- 3:00 pm – Dr. Nicole LaVoi – “The Psychology of Coaching- Effective Motivational Strategies” – Strategies for Developing and Motivating Champions.
- 4:00 -6:00pm – Dinner provided – 5:30 Association Meeting
- 6:00 pm – Main Hall- Situations- Offense vs Defense- John Tschida and Shawn Semler
- 7:00 pm – Main Hall- Catching- Teaching the skills and drills – Paula U'ren- St. Cloud State
- 8:00 pm – Main Hall- Pitching- Developing a pitcher-Everything you need to know to teach it. Linda Wells
- 9-11 pm – Coaches Social in the Vendor area- Some refreshments provided.

SATURDAY FEBRUARY 7th

- 8-8:55 am – Main Hall – 8-8:25 – Defensive Strategies- Preparations you can make at practice- John Tschida
- 8-8:55 am – Gym Area- Dynamic Warm ups with Velocity Sports Performance
- 8:55-9:05 am – Vendor Area
- 9:05-10:00 am – Main Hall- 9:05-9:30 am – Slap hitting the Basics – Linda Wells
- 9:30- 10:00 am – Defending the Slap – Linda Wells
- 9:05-10:00 am – Gym Area- Strength Training with Velocity Sports Performance
- 10:00- 10:10 am – Vendor Area
- 10:10-11:10 am - Main Hall- Position Play: Teaching the corners and middle infielders- John Tschida
- 10:10-11:10 am – Gym Area- Outfield Skills and Drills – Shawn Semler
- 11:05-12:00 – Main Hall- Pitching Drills to increase Speed- Linda Wells

Bio's of Instructors

LINDA WELLS

Linda Wells, NFCA member since 1983 and president of the association from 1984 to 1987, is one of the game's greatest prodigies. With her playing career spanning 30 years and her coaching lifetime approaching the 36-year mark, Wells also is one of the world's most sought-after and knowledgeable speakers in the game today.

Her most recent pursuit was as pitching coach for the Dutch Olympic team in the 2008 Beijing Olympics, and previously, she served as head coach of the Greek National Team from 2002 to 2007, including the team's participation in the 2004 Olympics. In the 2005 European Championships, Wells coached the Greeks to the finals for the only time in the championship's history.

Wells retired from collegiate coaching in 2005, after 16 years as Arizona State head coach (1989-2005) and 17 years as head coach at the University of Minnesota (1972-1989). While at Arizona State, she led the Sun Devils to 12 NCAA regional appearances and two trips to the Women's College World Series (1999 and 2002). She reached the 900-win mark during her final season in Phoenix.

In 2004, Wells was honored by Arizona State, receiving the university's Sparky Award for Outstanding Service. She is a member of the University of Minnesota's softball, volleyball and athletics department Halls of Fame, and was inducted into the NFCA Hall of Fame in the first year of its existence — 1991.

More recently, Wells received the Alumni Merit Award from her alma mater, Southeast Missouri State, where she was a five-sport athlete. Her hometown of Pacific, Missouri, retired her number (No. 6), and she is the only woman ever to have received this honor (there is only one man as well). Recently, her hometown renamed its softball park “Linda Wells Park.”

An all-around athlete in her playing days, Wells competed at the national level in volleyball (USVBA), basketball (AAU), field hockey (USFHA) and softball (ASA). She played 18 years of women's major fastpitch and also in the International Women's Professional Softball League (IWPSA).

Wells started the Wells Sports Corporation in 1982, and it specializes in products and services for youth sports, instructional camps, clinics and video.

JOHN TSCHIDA - UNIVERSITY OF ST. THOMAS

John Tschida is the only NCAA coach to lead two different institutions to NCAA softball titles. It took just two years to get the University of St. Thomas to the national championships and just four years to lead the University of St. Thomas (Minn.) to two consecutive Division III national titles in 2004 and 2005. He guided his alma mater, Saint Mary's, to the 2000 NCAA Division III championship in just his fifth year of coaching.

He and his staff has earned NFCA National Coaching Staff of the Year honors twice in the last five years. In his 14-year college career, Tschida has become the winningest Division III softball coach, active or retired, with a 533-92 record (.853 winning percentage). Every team ever coached by Tschida has been nationally ranked.

As a player, Tschida been a two-time NAFA All-World player, five-time ASA Class “A” All-American, 2006 ASA Men's Open All-American, and an ISC All-World Team player. He has competed in 17 ISC World Tournaments, 18 ASA National Tournaments, and 8 NAFA World Series. In 1998, Tschida was the leadoff hitter for the 1998 ASA Class “A” National Champion DMS Knights and the NAFA World Series Open title in 2005. The teams he has played on are typically ranked in the top ten in the ISC World Rankings.

SHAWN SEMLER – SOUTHWEST MINNESOTA STATE

Shawn Semler begins his sixth season as head coach at Southwest Minnesota State in 2009. In his past three seasons at SMSU, the Mustangs are an astonishing 47-3 in conference games. Semler, a three-time NSIC Coach of the Year, has led the SMSU softball team to four regular season conference championships and three NCAA Tournament appearances in his five-year tenure.

In 2004, his first season at SMSU, Semler led the Mustangs to their first NSIC regular season title since 1999. He has a 162-93 record in four seasons at SMSU and a 332-191 record overall in 11 years of coaching at the collegiate level.

In 2007, SMSU finished with a 38-13 overall record and a 16-2 conference record, claimed the NSIC tournament title and became NSIC regular season co-champions. He also led the Mustangs to their second consecutive NCAA tournament appearance as they earned the region's No. 3 seed and won their first two games at the regional tournament.

Over the course of the 2007 season, Semler led SMSU to achieve many milestones. SMSU was ranked in the National Fastpitch Coaches Association (NFCA) poll for the first time since becoming NCAA Division II in 1996. It also broke the NSIC consecutive wins record, winning 30 straight conference games, broke the school record for home runs in a single game with six and had two players become the school career record holders for strikeouts and home runs.

The Mustangs continued dominance in 2008, achieving their highest national ranking in school history, while finishing 39-12 overall and 17-1 in the NSIC, claiming their four NSIC regular season title in Semler's five years. Southwest was ranked seventh in NCAA Division II in the April 9 NFCA top-25 poll and was ranked throughout the entire season. SMSU also reached the NCAA regional tournament for the third consecutive season. Catcher Erin Dickhausen graduated as the career record holder for nearly every offensive category. She has earned an invitation to training camp in 2009 with the Rockford Thunder of the National Pro Fastpitch league.

Semler has coached SMSU's first-ever NCAA All-Region players. In both the 2006 and 2007 seasons he had one player earn first team NFCA All-Region honors and one individual earn second team all-region accolades. Also in 2007, four players earned Daktronics All-Region, with two making the first team and two

making the second team. In 2008, pitcher Amanda Johnson and catcher Erin Dickhausen both earned all-region honors from both AFCA and Daktronics.

He guided SMSU to a 41-12 overall record and a 14-0 NSIC finish in 1996 to claim the conference title for the second time under his helm. The 41 wins set a single season school record. Semler also led the Mustangs to make their first-ever NCAA Tournament appearance as the region's No. 2 seed. In 2004, he also led his team to a successful finish as they went 22-31 overall and had a 14-2 NSIC record, earning the conference title. The Mustangs finished 2005 with a 22-25 overall record and a 6-8 mark in conference play.

Semler, who became the ninth head coach in SMSU history, spent six years at the College of Saint Mary in Omaha, Nebraska, posting an overall record of 170-98 (.634). Semler has also spent four years as the head softball coach at Marian High School (Neb.).

A native of Bellevue, Neb., Semler led the College of St. Mary (Neb.) to a 35-9 overall record in 2003, winning the Midlands Collegiate Athletic Conference title before losing in the NAIA IV regional finals to Midland Lutheran. The team received national rankings in three of his last four seasons.

Prior to his coaching career, Semler received his bachelor's degree in secondary physical education and special education at Peru State College (Neb.) in 1991. He was a four-year starter for the Peru State baseball team, where he was the first player to be named All-America in school history. In 2000, Semler then received his master's degree at Lesley University in Cambridge, Mass., in computer technology. He began his coaching career at Bellevue East High School where he took over the reigns of a struggling program (4-20 his first season). After Semler implemented Bellevue's first girls' fastpitch summer organization for high school players, the Chieftains showed signs of improvement moving to a mark of 14-16 in Semler's third season. At Marian High School, Semler was the head softball coach while also teaching physical education, weightlifting and computer application classes. During his stay at Marian, he helped the Crusaders to an 83-53 record including state final top-10 ranking three of the four seasons.

Semler lives in Marshall with his wife, Dani and son, Toby.

PAULA U'REN – ST. CLOUD STATE UNIVERSITY

Paula U'Ren completed her 11th season as head coach of the St. Cloud State University softball team in 2007-08. In U'Ren's tenure the Huskies have qualified for the NCAA Regional Tournament six times and have won the North Central Conference playoff championship three times (including the 2003 and 2004 NCC titles).

Heading into the 2008 season, U'Ren's 391-176 career record at SCSU ranked 16th all-time among NCAA DII coaches for best winning percentage at .690. Her 391 career victories also ranked 37th among active Division II coaches.

On Sunday, Feb. 24, Coach U'Ren reached a milestone, garnering her **400th career coaching win** against the University of Minnesota, Crookston, by a score of 9-1. Coach U'Ren's career mark now stands at 426-197, good for a .684 winning percentage.

In her first year with the program in 1998, U'Ren and the Huskies brought home SCSU's first North Central Conference championship. The Huskies also advanced to the championship round of the NCAA Division II North Central Regional Tournament before ending their season with a then-record 42 wins (42-14 overall).

In 1999, SCSU posted a 44-14 overall record and also advanced to the championship round of the NCAA regionals. In 2000, the Huskies chalked up their third consecutive 40-win season with a 41-10 record that included another trip to the NCAA regional tournament. The following year in 2001, the Huskies did not receive an NCAA bid but they did post a solid 37-15 overall record and placed second in the always rugged NCC.

The Huskies returned to the dance in 2002, with their fourth NCAA bid under the leadership of U'Ren. SCSU placed second in the league once more and charted a 44-13 overall record. In 2003, SCSU claimed its second NCC title and went on to gain a runner-up spot at the 2003 NCAA Division II North Central Regional. U'Ren also gained personal recognition in 2003 after being awarded the 2003 Ole Odney Award, which is presented each year by Augustana College (S.D.) for outstanding achievement in coaching by an Augustana graduate.

History was made during the 2004 season, as U'Ren led SCSU to a first place finish at the NCAA Division II North Central Regional tournament. At the 2004 NCAA Division II National Championships in Altamonte Springs, Fla., U'Ren's troops marched to a third place finish - thus marking the highest finish at the national level in team history.

From 1998-2004, U'Ren ranked 41st among active NCAA DII coaches for career wins. In fact, no other NCAA DII coach with eight or less years of coaching experience has had more wins than U'Ren.

In 2007, the Huskies went 28-30 overall record and 5-7 in the NCC. This past year, the 2008 Husky squad produced the best record since the 2004 season finishing 35-21 overall. In the final NCC Tournament, SCSU went 1-2 to finish in fifth place in the league. Some marquee wins from the 2008 season included an 8-5 victory on March 29th over 24th-ranked Lewis University, and a 4-3 win on April 9th against 7th-ranked Southwest Minnesota State University.

In her career, U'Ren owns an impressive 426-197 (.684) record as a collegiate coach. She is a 1995 graduate of Augustana College (S.D.), where she majored in Fitness/Exercise Physiology. U'Ren received her M.S. in exercise sports science from St. Cloud State University. As a graduate student at SCSU, U'Ren served as a graduate assistant coach under Dr. Sue Becker. As a collegiate player at Augustana, U'Ren was named a three-time All-Region, All-NCC and NCAA Division II All-American selection in 1993, 1994 and 1995 and finished among the top 10 players in NCAA Division II softball in batting average, home runs and RBIs. In her tenure at Augie, the Vikings posted a 207-45 record - including a 5-7 record her junior season. In the all-time NCAA Division II records, U'Ren ranks fourth for career RBIs with 192, sixth with 32 career homers and 15th with 41 career doubles.

She is a native of Mapleton, Minnesota.



VISIT MCDONALD'S AFTER THE GAME



CHIP SHOTS



By: Todd Petterson
Red Wing H.S.

A few weeks ago I visited a golf course and noticed a pond by the clubhouse with ice forming. Just today there were snowflakes in the air—these are not the types of events which have us thinking about golf. But there are other things going on which have us thinking of the upcoming golf season—the skins game on television, our schedules are getting set for the spring, golf trips for some to the south are getting planned and every once in a while we pick up the putter in the corner of the den and practice a few putts. I have a couple of reminders for you to think about until the season starts next spring.

First, plan on attending the Sunshine Golf Clinics on one of the dates March 7th or 14th. The first is held in the cities and the

second one is held in Staples-Motley. I have spoken with George Reynolds, the director of the clinic, and I know the plans are in the works to make this another great event. Look around in the rest of this newsletter because I know there is supposed to be more information on the clinics and the correct forms to register and mail in, or contact me by email and I will make sure you get the information to register. One reminder is that the only way to register for the clinic is by regular mail.

This past month I sent a note out to my golfers that I have coming back for this season—I reminded them of the fundraiser we run which is the PGA golf card—I asked them to think about using it as a gift. Or think about relatives you might see or other golfers you run into and think of selling them a card. The Golf Coaches Association endorses this fundraiser and the teams which have won the drawing and \$500.00 are very happy they did. Remember a team has to sell only 25 cards and they would qualify for the drawing—I already got my note in the mail on selling this golf card a few weeks ago.

This brings me to the second topic—“what great ideas do you have for fundrais-

ers?” This past fall many schools held referendums—some of which did not pass. Can you share any ideas on fundraising with your fellow coaches? If you have any ideas I will pass them on in the email letters I am trying to get off each month. This email goes out to the members of the Golf Coaches Association—so watch for it and get your dues paid so you can find out all that is going on.

Last, in the email version of newsletter which I send directly to you, and which I am trying to get out monthly, I am attempting to bring up other topics of interest and get some other dialog going. Just after I get this out I am going to add to this article and cover additional ideas in that email to the coaches—so watch for it. I am trying to run all of my correspondence through the email of mnhsgolfer@charter.net but I get my emails many ways so write if you have questions or concerns and I will see if others have additional ideas.

Spring always comes pretty fast and before you know it we will be out again in the partially snow covered fields hitting balls and getting ready for the season—until then, I hope your golf seasons plans and winter plans go well.

THE SUNSHINE GOLF CLINIC

Hopkins High School

2400 Lindbergh Drive, Minnetonka, Mn. 55305

Saturday March 7, 2009

OR

Staples -Motley High School

Saturday March 14, 2009

INSTRUCTORS	Local PGA and LPGA professionals, area golf experts and experts on rules and sports psychology.
CLINIC HOURS	9:00 am to 1:30 pm. Registration 8:15 am.
REGISTRATION FEE	\$40.00 includes coffee & breakfast rolls, and noon lunch
CLINIC CONTENT	Full swing drills, short game, grip and set up, error correction, rules, practice suggestions, and coaching techniques
SWING ANALYSIS	Take a few swings to help your own game.
COACHES MEETING	A STATE COACHES MEETING will be held during the noon Lunch.
RULES	THIS IS NOT A RULES CERTIFICATION YEAR. HOWEVER RULES QUESTIONS WILL BE ADDRESSED.

Return this portion with your \$40:00 fee payable to The Sunshine Golf Clinic

Name _____
Address _____
School Name _____
Position _____

I will attend at: Hopkins - March 7, 2009
 Staples-Motley - March 14 2009



Return all registrations to: George Reynolds • 3320 Alabama Ave, So, • St, Louis Park, MN. 55416 • Phone 952- 929-1402

MAKE AS MANY COPIES AS YOUR SCHOOL NEEDS

SUNSHINE GOLF CLINIC

Welcome to the 2009 Sunshine Golf Clinics. One clinic will be held on Saturday, March 7, 2009 at Hopkins High School. The second clinic will be on March 14 2009 at Staples-Motley High School.

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

- A session will be held for first year coaches.
- Each clinic will have a swing area. You can receive an analysis of your swing .
- PGA and LPGA Professionals will be available at each swing area.

2009 IS NOT A RULES CERTIFICATION YEAR. HOWEVER RULES QUESTIONS WILL BE ADDRESSED.

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

GOLF CLUBS WILL BE GIVEN AWAY FOR YOUR SCHOOL.

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

Come and have some fun, see old friends, improve your golf swing, and be prepared to lead your team to a great 2009 season

REMEMBER: The clinics are designed for COACHES ONLY. This is not a golf team member event.

MARK THE DATE AND LOCATION ON YOUR CALENDAR NOW!

SEND IN YOUR REGISTRATION A.S.A.P.

March 7, 2009 Hopkins High School
March 14 2009 Staples- Motley High School

Looking forward to seeing you at the clinic.

George Reynolds, Director - Sunshine Golf Clinics



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CORNER KICKS

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



When you receive this issue as a Coach, all the fall sports tournaments will be completed and winter sports will be in full swing. As I write this time, our winter is about to start and that just reminds us we live in Minnesota and we have changing seasons.

The tournament is now history and we have new champions.

Congratulations to the following teams and their coaches:

Class A	Girls	Mahtomedi Dave Wald
Class A	Boys	Blake School Charlie Seel
Class AA	Girls	Woodbury Pat Malicki Bill Ebertz
Class AA	Boys	Osseo Scott Smith

When you get to this time of the year, there are many honors given to coaches, athletes and schools by the MSHSSCA. These are the awards that were presented.

The prestigious Mr. and Ms. Soccer Awards were presented at the State Tournament Banquet in October at the River Centre. These fine soccer athletes were the recipients:

Class A	Girls	Brittany Henry Mahtomedi
Class A	Boys	Dan Killen St. Bernards
Class AA	Girls	Stephanie Brandt Rochester Century
Class AA	Boys	Whitney Browne Osseo

The second of the Awards are the Coach of the Year and Assistant Coach of the Year. These awards are voted on by the coaches and honor their colleagues

for their outstanding service to High School Soccer and the MSHSSCA.

Class A Boys

Coach of the Year

Jeff Lightfoot, Grand Rapids

Assistant Coach of the Year

John Lee, Trinity School at River Ridge

Class AA Boys

Coach of the Year

Jason Jacobs, Coon Rapids

Assistant Coach of the Year

Karl Peterson, Rosemount

Class A Girls

Coach of the Year

Paul Menge, Blake School

Assistant Coach of the Year

Bob Lahr, St. Cloud Cathedral

Class AA Girls

Coach of the Year

Karen LaDue, Rochester Lourdes

Assistant Coach of the Year

Stacy Paleen, Park of Cottage Grove

Thanks to Mark Haltgren and his great crew for hosting the State Tournament Banquet. Between 2400-2600 people attended the Class A and Class AA event.

It is certainly the highlight of the season.

Dave Halgren, Ron Kruschwitz and the section representatives worked as a group to get the membership of our soccer coaches in the Minnesota State High School Coaches Association and the Minnesota State High School Soccer Coaches Association increased. The final numbers will be in the next issue.

The MSHSSCA has moved to a Gold and Silver Award for academic excellence. The Gold Award is for a team GPA of 3.75-4.00 and the Silver is given to teams with a 3.50 to 3.74 GPA. Gold Awards were given to 6 girls Class AA teams and 3 Class A girls' teams. Silver Awards were presented to 20 Class A girls' teams and 23 Class AA girls teams.

There were no Gold awards given to boys teams and 5 Silver honors were given to Class AA boys and 2 were awarded to Class A boy's team. You may view the complete list of the winners at our website, MSHSSCA.org.

MINNESOTA PREP COACH

The MSHSCA welcomed four new members to the Hall of Fame. Inducted at the State Tournament Banquet were Berry Arrowsmith(Blaine Boys), Jeff Dennehy(Totino Grace Girls) Tony Peszneker(Wayzata Girls) and Ron Sellnow(Hopkins Boys). Short biographies follow.

On behalf of the Minnesota State High School Soccer Coaches Association and the Hall of Fame Committee, I would like to congratulate the following coaches on their induction into the MSHSSCA Hall of Fame. This year nine coaches were nominated to the Hall and four were selected. Since its inception in 1991, the Hall of Fame has existed to honor those coaches who have demonstrated an outstanding achievement and commitment to our coaches' association, high school soccer, as well as soccer throughout Minnesota. These coaches exemplify all that is good about high school soccer including conference, section, and state championships, positive role modeling, and promotion of soccer in our schools and communities.

Berry Arrowsmith—As varsity boys coach at St. Francis and Blaine high schools, Berry has served in numerous roles in the coaches' association including Section Representative, All-State Coordinator, and President during his 19 years as a varsity soccer coach. With a career record of 185-139-34, he has coached seven teams to the state tournament, placing 4th in 06. He has organized and hosted coaching clinics as well as soccer camps in his community.

Two examples of Berry working tirelessly to improve Minnesota soccer include his efforts with numerous referee groups in Minnesota and his Senior Classic role in bringing college coaches to recruit our players. Congratulations Berry.

Jeff Dennehy—Jeff boasts a career record of 242 wins, 84 losses and 38 ties in his 18-year career as a varsity girls soccer coach at Totino-Grace. He has been a section representative, worked on the all-state committee, and the coach of the year committee. Jeff's teams have

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won 10 conference titles, played in the state tournament 10 times and won the state championship three times. He was coach of the year multiple years and was NSCAA Midwest region coach of the year in 2004. Congratulations Jeff.

The Puma/Soccer Express Senior Classic was played in the Dome on Wednesday November 5. The information below is a summary of the results and scoring.

The annual Puma/Soccer Express Senior Classic was played on Wednesday November 5th Metrodome. The format for the game was changed to have Class A play Class AA in each of the games. The coaches in the MSHSSCA voted for the change in the team

Makeup. The following is a summary of the game. A committee picks three athletes from each team to be honored after the game.

The Boys played the first game and the Class A Boys and the Class AA Boys tied 0-0

The Class AA team was coached by Class AA Boys State Champion Osseo and Scott Smith. Chato Alvarado from runnerup St. Louis Park assisted Coach Smith. The Class A team was coached by Class A Champion Blake and their Head Coach Charlie Seel. Bill Vance of runner up Totino Grace assisted the A Boys Team.

The second half of the doubleheader was the Girls game. The class AA Girls defeated the Class A girls 3-0

The Class A team was coached the Class A Girls Champions Mathtomedil and their head coach Dave Wald. The Class AA team was coached by Class AA Girls Champions Woodbury and their coach Pat Malicki. As one of the coordinators of the Senior Classic, along with Chris Laird (Heritage Boys), I would like to thank all of the players, coaches and parents that helped make this game a success.

Special thanks go to Greg Juba (Park of Cottage Grove Girls) for his work with Soccer Express and Puma to help sponsor the event. A very special kudos to Berry Arrowsmith (Blaine Boys) for or-

ganizing the booklet for college coaches and getting the Classic information out to the colleges, Art Seplak (retired) for his help with the financial part of the game, and Keith Randa (Apple Valley Girls) for his photography skills. We appreciate Crissy Makela (Mankato West Girls) Len Woelfel (Mankato West Boys), Brian Steuter (Elk River Girls) and Ted Hill (Minnewaska Boys) for their continuing help as MSHSSA Representative Managers to the Senior Classic teams. You four are super and we thank you.

Thanks to Soccer Express and Puma for helping with sponsoring the game.

Thanks to Principal Tom Harrold and Athletic Director Sue Akervik from Skyview Middle School in Oakdale for helping arrange for the ball chasers from Skyview Middle School Girls Soccer team. Thanks also to Principal Dr. Nancy Weinand, Athletic Director Paul Baden and girls soccer coach Diane Sleeman from John Glenn Middle School in Maplewood for their assistance in providing ball personnel for the game.

To Ron Sellanow, Ira Gurewitz and Keith Pavelka our on site field volunteers we appreciate all the time you took to help us. Dave Giles did a super job on the announcing. Very special thanks to Doctor Dave Olson for his help as the doctor/trainer on game day. It is a great a privilege to have one of your former students help you with this game. Thanks Dave! We offer our thanks to Julie Miller, trainer from North High in North St. Paul for her help on the medical staff of the Classic. Once again I need to thank Chris Laird (Heritage Boys) who serves as my co-coordinator. You are the best.

As you know, I very seldom write anything personal in the column. However, I want to thank personally my wife Peggy for all of the help with the Senior Classic.

For three weeks she answers the telephone, takes messages, proof reads letters, handouts and the Senior Classic program. Thanks Peg, it would not get done without your help.

President Pat Malicki (Woodbury

Girls) has released the schedule for meetings of the Executive Board for the spring of 2009. They are February 4th,

March 11th and May 13th. Meetings are held at Bloomington Jefferson. If you need information about the meeting or have an item for the agenda, please contact Pat.

Do not forget to check the website for any other information that you might need. We are trying to work together to get less paper involved in communication and the website is our tool.

Coaches of senior soccer players do not forget to make your athletes aware of the Mike Warter Memorial Senior Awards. This provides two \$1000 awards to graduating seniors. The application materials are available at the mshssca.org website under Mike Warter Scholarship information.

That brings this all to a close. The MSHSSCA and this columnist wish each and every one of you a very happy holiday season and a very Happy New Year.

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

- Bill Cosby



VISIT MCDONALD'S AFTER THE GAME





Goal Posts

Terry Turek
Le Sueur-Henderson High School

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

The 27th Prep Bowl was celebrated at the Metrodome this past fall. The two day format was continued and seemed to be successful once again with attendance over 31,000. 9 Man champion Houston, coached by Jason Freed, defeated Clinton-Graceville-Beardsley, coached by Steve Jipson and Brian Dahl. Class 1A saw James Cortez' Kerkhoven-Murdock-Sunburg team defeat Royalton, coached by Joel Swenson. The Class 2A was a repeat of 2007 as Carl Fruechte's Caledonia team defeated Luverne, coached by

Todd Oye. Glencoe-Silver Lake captured its third consecutive title, in another "repeat" game, though this time under the direction of first year head coach Scott Tschimperle, with a victory over Dick Weinberger's DeLaSalle squad in the 3A game. In class 4A, Mankato West, led by Mark Esch defeated Bubba Sullivan's Northfield team. And Brad Anderson led Wayzata to the Class 5A title with a win over Blaine, coached by Shannon Gerety. Congratulations to the teams and their coaches.

The fall meeting for the MFCA was well attended. University of Minnesota head coach Tim Brewster addressed the group briefly. Cooperation with the U of M staff will be crucial for the success of the spring clinic which will be held at the Double Tree Hotel, April 2-4. The University and the MFCA will be running this clinic exclusively and after a successful start, the MFCA looks to create the best football clinics in the upper midwest. Don Swanson and his staff will

MINNESOTA PREP COACH
once again provide their many years of experience. Coaches are reminded that this is a new venture for the U and the MFCA and completely separate from the old Coach of the Year clinic which will not be holding a Minnesota event this year.

The MFCA will be sponsoring the Mr. Football for the fifth season. Clay Anderson of Albert Lea chairs the selection committee that is responsible for selecting the player judged to be the state's top high school player. The award is presented at the Mr. Football Award banquet on December 14th, at the Double Tree Hotel.

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

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2009 MINNESOTA FOOTBALL COACHES CLINIC

www.mnfootballcoaches.com

The Official Clinic of our MFCA in partnership with the University of Minnesota and the Minnesota Vikings

If you can attend just one clinic, this is the one!! Don't miss it!!
DoubleTree Hotel in St. Louis Park

APRIL 2-4, 2009

FEATURED IN 2009

Partnership with the Coach Brewster and staff
(some breakout sessions at the Bierman complex)

More Speakers & Breakouts

AWARDS!

Tailgate Party!

CLINIC STAFF

Don Swanson, Clinic Director (763) 533-9083

Ron Stolski, MFCA Exec. Director stolski@yahoo.com

Dave Nigon, Booths & Display dlnigon@yahoo.com

Claud Allaire, Schedule & Speakers claud.allaire@comcast.net

Jim Dotseth, Registration & Finances dotsethj@comcast.net

MFCA – "the keepers of the game"



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and Bronze designation.

MFCA membership has increased from last year's membership numbers at this time, as over 900 coaches are currently members and more are joining. The leadership and communication skills of our MFCA President can be credited some of the increase. The MFCA is still looking for more members and would still like to achieve a near perfect membership by the state's head coaches. Flint Motschenbacher of Detroit Lakes is in charge of membership,

Jim Dotseth is the MFCA's new Secretary-Treasurer and has been doing a great job as he gets off to a busy start to the year. He is also coordinating Conference Coaches of the Year, the Butch Nash Award and Coach of the Year selections. Jim is undertaking the job of trying to contact all schools via e-mail to find the necessary winners. Coaches who have not been contacted may get in touch with Jim to verify the Conference Coach recipients. Coaches wishing to nominate a worthy candidate for the Butch Nash award may also contact Jim or the website for details. The deadline for nominations is January 1st, 2009.

The MFCA is also fine tuning the president's term to make it coincide with the calendar. Our current president, Shannon Gerrety, graciously volunteered to extend his term to help make the adjustment, so that now the president's term will begin in the fall and end in the spring.

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

Hall of Fame nominations can be made by contacting Paul Lemke or Scott Tschimperle of Glencoe-Silver Lake. The

nomination deadline for the Hall of Fame is January 1st, 2009. Nominating information can also be obtained on the MFCA website.

The Hall of Fame awards banquet, coordinated by Dave Nelson of Minnetonka, is set for Sat., April 4th, 2009 with the social hour beginning at 5:00 pm and the dinner at 6:00 pm. The banquet will be held at the Double Tree hotel in St. Louis Park. The Double Tree is also the home for the Wall of Fame and coaches and fans may check out the Wall any time the hotel is open.

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

The MFCA summer coaches magazine was sent out and hopefully was received by most coaches. If any coaches would like the magazine, please contact me and I will send one, as long as the supply lasts.

All football conference representatives should still be writing a conference summary for the MHSFCA magazine, or possible internet site posting, and sending it in to me. I would appreciate all conference articles being sent in before Feb. 1st. And coaches with special interest ideas pertaining to techniques, practices, schemes, program building, etc. are greatly encouraged to submit an article for publication in the magazine.

Coaches who are approaching landmark wins such as 100, 150, 200, or 250 wins should let me know so that we may "track" their progress. Please don't be too humble about informing about your records because if you don't report it, the MFCA really has no other way of obtaining the information. Also, the Hall of Fame banquet is where coaches will be recognized to service awards. Plaques are presented to coaches who have achieved 200, 250, and 300 wins during their career as a head coach. I have a listing of the wins, but it may be "off" due to typographical errors or errors in computation.

And years of service is recognized for coaches who have coached for 30 years receiving a plaque, 35 years of coaching a wristwatch, and those with 40 years of coaching get a very high quality ring. Coaches who qualify should contact me and provide the total number of years coached and at what school(s). And any coach wishing to obtain a copy of the record book should feel free to contact me. Members should also contact me with any questions/concerns regarding association issues.

***“Punt returns
will kill you
quicker than a
minnow can
swim a dipper”***

**- Darrell Royal,
University of Texas,
Football Coach**



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

Paying Accolades to Officials???

"Officiating is the only occupation in the world where the highest accolade is _____." Where the highest accolade is what? You must first define what is meant by "accolade." While there are a variety of definitions, we'll go with "*a tangible symbol signifying approval or distinction.*" That being said, reflect back for a moment and take the challenge to fill in the blank above.

As a coach, when have you had officials work a contest so well – that you paid accolades to them? What were your criteria? What made them so much better than other officials? What did they do to make you walk away from the contest feeling appreciative of their efforts? At times it seems some coaches simply expect officials to bring their "A game" each and every night and never miss a call, and in turn, no officials are deserving of their appreciation. Well, that just simply can't happen. While officials strive for consistency night after night, you can't officiate your **best** every night. Not meant to be apologetic, it is simply reality. I am sure several coaches sometimes wonder why they happen to get officials who have off nights only for their contests. How would an official know that you as a coach appreciated their efforts?

As a fan, when was the last time that you walked away from a contest saying, "I tell ya what Junior, we may have lost the game, but them there officials did a heckuv a job." Not very likely I am guessing. Many times it appears that fans feel as though they have bought the right to abuse officials when they bought their ticket. What behaviors have you modeled for the kids participating in the game? In all sincerity, what would it take to let the officials know that they did a commend-

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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GATORADE...Official Sport Drink of the MSHSCA

able job? How would an official know that you as a fan appreciated their efforts?

As an administrator, how much of an effort do you make to let your officials know that you appreciate the service they provide? Or is simply handing the check over thanks enough? I have mentioned before that the Minnesota State High School League has a brochure for schools to use that outlines items to consider while hosting events. Are you aware of it and have you implemented it into your school? The disparity in which schools host officials is great. How would an official know that you as an administrator appreciated their efforts?

As an official, what accolades have you given other officials when they have brought their "A game" and made the tough call when it was needed? Do you still support your partner when they aren't at their best? Or do you find ways to knock them down a bit to enhance yourself. What is the top accolade for an official? How would an official know that you as a fellow official appreciated their efforts?

"Officiating is the only occupation in the world where the highest accolade is _____" Not sure what you may have used to fill in the blank. This was an actual quote from a former National Basketball Association official. The late, great Earl Strom was a NBA official during five different decades. A controversial figure from time to time, he had a lot of flair as he called the game and was part of the "professional

entertainment." It was Strom that said, "Officiating is the only occupation in the world where the highest accolade is **silence**" As an official working a game, it is an awesome feeling when you experience your own type of silence during the game. What does that mean? It means....

Coaches are coaching their athletes. Players are executing their game plan. Fans are there as a supporting cast. Administration has made you feel welcome

and safe. And officials are calling the game. Seems simple.

Earl, rest in Silence.

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'S #1 BASKETBALL RESOURCE
BREAK DOWN
MNSPORTSPREVIEW.COM

CHECK OUT ALL 3 ANNUAL EDITIONS

Football
Boy's Basketball
Girl's Basketball

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MSHSL COACHES EDUCATION PROGRAM

Head Coaches Requirements

MSHSL SPORT EDUCATION PROGRAM • Registration Form • Head Coaches Requirements

What are the requirements in Minnesota to be a head varsity coach?

The Minnesota Department of Education requirements for a head varsity coach are as follows:

122A.33 License and degree exemption for head coach.

Notwithstanding section 122A.15, subdivision 1, a school district may employ as a head varsity coach of an interscholastic sport at its secondary school a person who does not have a license as head varsity coach of interscholastic sports and who does not have a bachelor's degree if:

(1) in the judgment of the school board, the person has the knowledge and experience necessary to coach the sport;

(2) can verify completion of six quarter credits, or the equivalent, or 60 clock hours of instruction in first aid and the care and prevention of athletic injuries; and

(3) can verify completion of a coaching methods or theory course.

Notwithstanding section 122A.58, a person employed as a head varsity coach under this section has an annual contract as a coach that the school board may or may not renew as the board sees fit.

Where can I get the required training?

The American Sport Education Program (ASEP)

The Minnesota State High School League (MSHSL) and the Minnesota Interscholastic Athletic Administrators Association (MNIAAA) jointly offers **The American Sport Education Program**. A coach education program, which meets the above stated requirements.

Coaches who satisfactorily complete this 60-hour program are el-

igible to accept head-coaching positions under the provisions of the Minnesota Department of Education.

The course includes eleven hours of attendance and study at a seminar site, and 49 additional hours of home study materials to be completed. When the coach completes the home study materials, he/she will take a test and send it to the ASEP office for scoring. ASEP will then send the participant a letter for successful completion of the course of study. The course will cost \$250 for the materials and instruction, and must be paid in advance of the course to insure proper registration. This is the only approved coach education program exclusively taught and sponsored by the Minnesota Interscholastic Athletic Administrators and the Minnesota State High School League.

How long is the Certificate good for?

The ASEP certificates have no expiration dates. Continuing education in the field of coaching is strongly recommended, but not required.

How do I register?

Class schedules and instructors are listed below. You should contact the Instructor to register. The Instructor will also address any questions that you might have regarding the course work.

To make arrangements to host an ASEP Coaching certification class in your area:

Please contact Mary Eigner at maryeigner@comcast.net or 612-819-2808. You must have a minimum of six students to offer this class.

MINNESOTA STATE HIGH SCHOOL LEAGUE ASEP TRAINING COURSE SCHEDULE

Updated 6/10/2008

Trainer	Site	Day/Date	Times
Dr. David Hartmann, Alexandria HS 320-762-7754 dhartman@alexandria.k12.mn.us	Alexandria H.S. (Media Center) 1401 Jefferson Alexandria, MN 56308-2588	April 18, 2009 June 8, 2009	8:00 am - 8:00 pm 8:00 am - 8:00 pm
Ed Rundell 835 Church Street St. Peter, MN 56082 (h) 507-380-1716 e.rundell@yahoo.com	Mankato Loyola High School Conference Room 145 Good Counsel Drive Mankato MN 56001	April 11, 2009	8:00 am - 7:00 pm
Becky Leuer North Branch HS 651-674-1512 bleuer@northbranch.k12.mn.us	North Branch High School 38175 Grand Ave. North Branch, MN 55056-0314	January 31, 2009 April 4, 2009	8:00 am - 7:00 pm 8:00 am - 7:00 pm
Mary Eigner 3157 Webster Ave S St. Louis Park, MN 55416 (h) 612-819-2808 maryeigner@comcast.net	Rosemount High School 3335 142nd Street West Rosemount, MN 55068 St. Paul Highland Park High School 1015 S Snelling St. Paul, MN 55116 Brainerd High School 702 South 5th Street Brainerd, MN 56401	January 10, 2009 February 28, 2009 June 17, 2009 July 15, 2009 August 5, 2008 August 7, 2008	8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm



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John Gunderson, Center City, MN

"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!"

Julie Detjen, 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 practices, 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 no matter what profession 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 so they too will gain the positive inspiration that I received and will also be reminded as to why we all got into teaching/coaching - **TO IMPACT THE LIVES OF OUR YOUTH.**"

Daren Sagedahl, Olivia, MN



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