



THE Minnesota PREP COACH

Vol. 54 No. 1

Published by the Minnesota State High School Coaches Association

March 2016

PETERSON, PIERSON SEEK MSHSCA VICE PRESIDENCY

Two very viable and successful coaches have shown strong interest in becoming the next Vice President of the MSHSCA as they recently “threw their hats” in the ring for the position.

The two coaches seeking the position are Mike Peterson of Perham and Carl Pierson of Waconia

The winner of the election will serve a four year term with the third year as President. The term of office will begin at the 2016 summer meeting to be held in Detroit Lakes.

The election runs from the time this edition of The MN Prep Coach reaches the membership and concludes on May 1, 2016.

All members, current and life members, are strongly urged to cast a vote for the person of their choice.

Voting is to be one on-line at www.mshsca.org.

Bios and photos of the candidates are listed below in alphabetical order.

MIKE PETERSON (PERHAM)



Mike Peterson is a 1984 graduate of Winona State University with majors in both Physical Education and Health. He was a five year wrestler at Winona State.

Peterson has taught Phy Ed and Health at Perham for 32 years at all three levels but is currently at the high school.

He has been the Head Boys and Girls Track and Field Coach for 32 years which makes his the longest tenured head coach in Perham history. He also serves as the Assistant Gymnastics Coach for the the past seven years. Volleyball was also included in his area of expertise for his first 26 years and he also has had a stint as Head Wrestling Coach.

Mike has been named the Section 6A Track and Field Coach of the Year on four different years. The MSHSCA has benefitted from his leadership as he has served as a Section 6A Delegate for 30 years. Peterson served on the MSHSL's Region

6 Executive Committee for two years. He was a three term six year President of the Yellowjackets Coaches Association and currently is Chairman of the Perham Hall of Fame Committee.

His Track and Field teams have won ten boys and Girls Heart of the Lakes Conference crowns, nine girls sub-section titles and five runner .up finishes, 12 boys sub-section titles with nine second place finishes, two section 6A girls titles with three seconds four boys Section A crowns and seven seconds, a State Class A Girls 3rd place and a State Boys Class A 4th and 5th place ending. Added to this four Section Boys True Team titles. The Perham track and field program has produced 12 state champions and has sent over 130 qualifiers.

Mike and his wife, Lisa live in Perham and have two children, Erin and Emily.

CARL PIERSON (WACONIA)



Carl Pierson has been a high school government teacher in Minnesota for 16 years at Red Wing, Chisago Lakes, Champlin Park and for the past five years at Waconia High School.

His coaching career began while he was still in college at Northern State University in Aberdeen, SD where he

... continued on page 5

Featured In This Issue

| | |
|---------------------------------|----|
| Football Banquet Info | 10 |
| Winter Team Academic | 27 |

Clinic Information

| | |
|---------------------------|---|
| Football Clinic | 9 |
|---------------------------|---|

The Minnesota PREP COACH

Published quarterly by the Minnesota State High School Coaches Association and distributed, without charge, to all members in good standing.
EDITOR - Darien DeRocher
Address all news communications and photos to:
Darien DeRocher
7101 Browns Ln
Brainerd MN 56401-6040
Phone (218) 825-8466
Fax (218) 825-8466
e-mail: mdder@q.com

MHSKA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:
Rob Nielsen - Detroit Lakes

PRESIDENT-ELECT:
Todd Smrekar - Cambridge-Isanti

VICE PRESIDENT:
Gary Prantner - Byron

PAST PRESIDENT:
Troy Urdahl - St Anthony Village

HALL OF FAME COORDINATORS
Jim & Janet Baker - Richfield

OFFICIALS DSA
John Schumacher - Park Rapids

**All Daily Communications should
be addressed to:**
EXECUTIVE DIRECTOR:
John Erickson
MSHSCA
PO Box 519 • Detroit Lakes, MN
56502
Fax (218) 847-5493
(H) (218) 847-6796
Email: jomar2@arvig.net

ADMINISTRATIVE ASS'T:
Mary Erickson, Detroit Lakes

MSHSL BOARD OF DIRECTORS:
Shelly Hotzler - Jackson County Central
Craig Anderson - Pine Island

FINANCE REPS:
Rick Ringeisen - Lakeville South

SCHOLARSHIP CHAIR:
Gregg Martig - St. Cloud Tech

SPORTS MEDICINE:
Randy Glasmann - Maple Grove

2015-2016 Delegates and Sport Association Officers

| SECTION | GIRLS SPORTS DELEGATE | BOYS SPORTS DELEGATE | AT LARGE DELEGATE | AT LARGE DELEGATE |
|-------------------|--------------------------------|---------------------------------|--------------------------------|--------------------------------|
| 1A | Gary Prantner (Byron) | Gordy Klomps (retired) | Jeff Johnson (Chatfield) | |
| 2A | Rick Bruns (LeSueur-Hend) | Rob Stevermer (United SC) | Craig Morgan (MN Valley Luth) | |
| 3A | Milo Larson (Canby) | Dave Blank (Wabasso) | Todd Tinklenberg (Pipestone) | |
| 4A | Chris Larid (Heritage) | Jeff Wall (Maranatha) | Tim Herman (Heritage) | |
| 5A | Dawn Engebretson (Rockford) | Tom Lawrence (Foley) | Al Amdahl (Albany) | |
| 6A | Tavia Bachmann (Frazee) | | Mike Peterson (Perham) | |
| 7A | | Derek Parendo (Proctor) | Jon Wagner (Eveleth-Gilbert) | |
| 8A | Terry Sadler (Warroad) | John Schumacher (Park Rpd.s.) | | |
| 1AA | | John Cassellius (Winona) | Rob Schwartz (Winona) | |
| 2AA | Mike Lhotka (Dassel Cokato) | Carl Pierson (Waconia) | Tink Larson (Waseca) | |
| 3AA | | Jeff Groves (Apple Valley) | Tom Sharp (Eastview) | |
| 4AA | Gerald Keenan (Harding) | Tom Paulson (White Bear Lk) | Tim Ryan (Hill Murray) | Jerry Utech (Harding) |
| 5AA | | Mark Loahr (Totino Grace) | Mark O'Neill (Champlin Prk) | |
| 6AA | | | Jim Baker (Retired) | |
| 7AA | Mark Solberg (Cambridge) | Bill Baumann (North Branch) | Herb Jangor (Chisago Lakes) | |
| 8AA | | Gregg Martig (St. Cloud Tech) | Rob Nielsen (Det. Lakes) | |
| SPORT ASSOC | PRESIDENT | PRESIDENT ELECT | EXECUTIVE SECRETARY | MEMBERSHIP/TREAS. |
| AD | Tim Hermann (White Bear Lake) | | Mike Beck | |
| Adapted Athletics | Marcus Onsum (Robbinsdale) | | | |
| Baseball | Al Amdahl (Albany) | | John Wilkins (retired) | |
| Boys Basketball | Chris Pack (Hayfield) | | Tom Critchley (retired) | |
| Girls Basketball | Craig Walker (Chisago Lakes) | | Jen Johnson (Edina) | |
| Cross Country | Pete Janiszkeski (Luverne) | | | Dave Chatelaine (Owatonna) |
| Football | Scott Tschimperle (Glencoe-SL) | | Ron Stolski (Brainerd) | Jim Dotseth (Treasurer) |
| Golf | Bob Gorden (Detroit Lakes) | | | |
| Gymnastics | Toni Kleber (Moorhead) | LeeAnn Steen Delegate | | |
| Hockey | Mark Manney (Andover) | | Mike MacMillan (Minneapolis) | |
| B-Lacrosse | Jon Junker (Chanhausen) | | | |
| G-Lacrosse | Alexandra Ross (Apple Valley) | | | Alex Erickson (Farmington) |
| Alpine Skiing | Jason Nickleson (Visitation) | | | |
| Nordic Skiing | Brain Aberly (Eastview) | | | |
| Soccer | Erin Murray (Orono) | | Dave Halgren (retired) | Keith Randa (Apple Valley) |
| Softball | James Wajer (Martin Cty Cent) | | Shelly Hotzler (JCC) | |
| B-Swimming | Rory Fairbanks (Hutchinson) | | Jen Marshall (Farmington) | Kate Steineman (Cretin-DH) |
| G-Swimming | Katie Haycraft (Prior Lake) | | | |
| Synch. Swim | Jennifer Wood (Eden Prairie) | | | Kathy Bohnsack (Prior Lake) |
| Tennis | Ford Rolfsrud (Shakopee) | | Rick Englestad (Pine City) | |
| Track | Johnny Josephson (New Prague) | | | Scott Christensen (Stillwater) |
| Volleyball | Greg Ueland (Roseville) | | Janet Golden-Landquist (Nevis) | Sue Alstrom (Treasurer) |
| Wrestling | Joe Block (Prior Lake) | Kurt Habeck (Eastview) Delegate | Kip Lynk (Dassel) | |

President's Message

By: Rob Nielsen, Detroit Lakes HS

Congratulations to all are winter sports coaches on completing another successful winter sports season. I think most schools enjoyed a rather uneventful season for weather. I am sure AD's enjoyed having very few rescheduled events.

On a positive note, it seems like I have heard of very few coaching controversies this winter. I am hoping this means that the hard work of Rep. Dean Urdahl and Rep. Paul Marquardt cosponsors of the statute passed in May of 2013 to help protect coaches is beginning to pay off. The legislation added one simple line to the existing statute "The existence of parent complaints must not be the sole reason for a board to not renew a coaching contract."

By the time you receive this issue of the Prep Coach our new website will be live. It has been a much greater challenge than I anticipated to get this rolling with all of the different sport associations that are transitioning along with the parent association. I think moving forward this will give all sport associations the ability to have a nice, well maintained, and up to date website. Details will be shared with your sport association leadership at the spring delegate assembly.

Once again we face the challenge of finding coaches who want to become involved in the leadership of the MSHSCA. It is that time of year where we are looking for Vice President candidates to serve on our executive board. Hopefully, by the time you receive this we will have found some interested and

qualified candidates. It is imperative to the continued success of our organization.

In these times when we all have busy lives it is difficult to commit to serve our organization. I can tell you that the commitment to serve the MSHSCA as a delegate or an officer is very manageable and rewarding. The opportunities I have had to build relationships with coaches all over the state of Minnesota have been very beneficial. It is so fun to attend sporting events throughout Minnesota and almost always run into a coach I know from my association with the MSHSCA. These relationships also provide great opportunities to become associated with coaches who have had so many different experiences. On many occasions, I have called on these MSHSCA friends and mentors for advice and or direction. It is nice to have coaching contacts from outside of your district that can look at things from an outside perspective.

Again, the opportunity to serve the MSHSCA has been very rewarding. If you have any desire to serve the MSHSCA in any capacity please reach out to me or any other member of the executive committee. We would be glad to help you find a place where you can help our association.

Thanks for the opportunity to serve this fine organization.

**The following articles
were not submitted
for this issue of
The MN Prep Coach:**

**Service Aces,
Boys and Girls Lacrosse,
Wrestling,
Alpine Skiing,**

**Hopefully they will be included
in the next issue**


Notice:

To Credit card users for
membership and/or clinics.
The charges will show a vendor
name of Register.Cordonco.com

This is the company we use
for online registration.

After the Game Bring Your Team to 

CHIP SHOTS



By: Bob Gorden
Detroit Lakes

Wow, don't know about you but the school year is flying by us way to fast! As you read this publication our season is soon to begin, March 21st is first official practice day. Hope your having a great school year and are as excited as I am to begin another High School golf season. Winter has been really nice as far as I can see from sunny Arizona. Read earlier that first course opening was February 27! Wow, history was made, a new record. Will we have an early start to our golf season? Understand only 14" of ice on some lakes, should be an early ice out, early golf?

Always JOIN the golf coaches association early in the school year, we use registered coaches email for correspondence during the entire school year, plus the insurance covers you from July 1 - June 30 yearly, and the other benefits can be used the entire school year. So never just join for the golf season, take advantage of being a member the entire school year.

State rankings will again be run by Barry Wallin Rosemount High School for girls, and Brian Johnson Eagen High School for boys. PLEASE enter weekly scores on line for you team and players, so all golfers can be recognized if deserving during our 2016 season. It is an easy on line weekly procedure to enter scores for the rankings. If every team enters their players and team scores we would have a very accurate weekly ranking, and players who deserve to get the all state award at end of season would do so for each class, boys and girls.

Academic awards, again Steve Heslop from Pequot Lakes will handle this. This info will be on line on our coaches website, with the due date May 27. These awards are presented at the banquets on June 13 during the state tournaments, if player isn't in attendance they will be mailed to the coaches. COACHES remember to honor your players if deserving by filling out these forms for Steve on line and on time.

State tournament banquets will be chaired by Rich Aulie Crosby for class A, Mike Frankenfield Shattuck for class AA, and Tim Kallevig Park Center for class AAA. When you have a team or player qualify for the State tournament, make sure you attend the banquet, very nice for them to be honored at these events. This information is also on our Coaches Association web site.

The Birdie Marketing Golf Card is the only golf card the Coaches Association endorses. This golf card give back to the coaches and your association. Each year we draw 8 teams who have sold at least 25 cards and they get a check for \$500 for their program. The info for selling these cards is on our coaches website. Also, Jeff Tollette who handles this card, will sell you team bags, balls, etc at his cost if your selling cards, just contact Jeff at 763-753-6988.

New for the 2016 golf season, all sections must use 36 hole scores to determine teams and individuals to qualify to the State tournament. I know there has been lot's of different

opinions on this topic, and the State High School league has discussed for some years and now thought this would be a very fair way for all sections qualifying using 36 hole totals starting in 2016, which mirrors our State tournament. This year section 8AA for example is doing a 18 hole North-South Sub-section qualifier, narrowing down to 3 teams and 6 individuals from each Sub-section, then those qualifiers play a 36 hole two day section tournament to find qualifiers for the State tournament. So there are lot's of ways to determine your section champion and section individual qualifiers to the state tournament.

2016 Dates:

- Practice start up date is Monday March 21
- Season moved back a week, which I like because we can play invites the entire month of May, use the nicest month of our season to get in our 16 matches.
- First contest date is March 31, and last day to hold a section qualifier is June 7
- Coaches on line rules begins March 14 and due completed April 5
- State tournament banquets Monday June 13, tournament play June 14-15

So as you start another golf season, have fun teaching this great game to your players and good luck, or should I say play well. Your players will be able to enjoy this great game for a lifetime, so have fun teaching them and remind them golf is suppose to be fun, and have a great 2016 High School season and hope to see you on a course somewhere.

Arnold Palmer said it best, "Golf is deceptively simple and endlessly complicated. It satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening, it is without a doubt the greatest game man kind has ever invented"

THINK GREEN, Bob Gorden President Golf Coaches Association.

Over Hill and Dale

By: Peter Janiszewski
President of the Cross Country Coaches Association
Head Coach
Luverne High School

First of all, I want to congratulate the programs and individuals who represented Minnesota cross country at the Nike Cross Nationals. On the girls side, Willmar finished 9th and Edina finished 16th, and on the boys side, Hopkins finished 7th, Edina finished 13th, and Wayzata finished 14th! Individually on the girls side, Bethany Hasz finished 5th, Grace Ping finished 14th, and Emma Benner finished 28th overall. Individually on the boys side, Jaret Carpenter finished 4th, and Micah Mather finished 24th overall. Congratulations to those teams, individuals and coaches!

In other news, Tom Sharp prepared and submitted a proposal to expand the number of individual medals at the State Meet from ten to fifteen. In a recent e-mail from Lisa Lissimore

VP President ... continued from page 1


served as assistant football coach for three years and 9th grade basketball coach at Aberdeen Central High School. He also coached VFW and Legion baseball in his hometown Mitchell SD for four years.

The first five years of his teaching career were spent in Red Wing where he was assistant football coach and baseball coach. He also enjoyed three seasons as head girls basketball coach for the Wingers. Coach Pierson recently finished his 14th season as head girls basketball coach.

He has been active in the girls basketball association serving as section representative for most of the past decade.

In 2014-15, Coach Pierson was president of the girls basketball coaches association.

**NCAA RULES AND
REGULATIONS CAN
BE FOUND ON
ASSOCIATION WEBSITE
WWW.MSHSCA.ORG**






3rd Annual
**WOMEN
COACHES
SYMPOSIUM**
TCF Bank Stadium DQ Club Room

APRIL 22, 2016 7 AM - 3 PM

FOR MORE INFORMATION
612.625.7327
www.TuckerCenter.org
info@tuckercenter.org

REGISTER AT
z.umn.edu/WCSreg
\$65 before March 1
\$80 after March 1
\$25 for Students

**Please save the date
and join us for the
third annual
Women Coaches
Symposium on
Friday, April 22, 2016
at TCF Bank Stadium
on the University of
Minnesota campus.**

**Our speaker line up
will be stellar and
you won't want
to miss this typically
SOLD OUT event!**

**To register:
www.tuckercenter.org**

After the Game Bring Your Team to 



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings to all!!! I would like to congratulate all the newly crowned state champions for winter sports. It has been a great tournament season and we are so fortunate to have an amazing group of coaches who commit themselves to their athletes and their schools.

I know that as one season ends you almost immediately began working on your next season. I just want to remind you to take time to enjoy the accomplishments of this season and the satisfaction of knowing that you have mentored another group of athletes who have grown from the experience and the process.

This past January I had the honor of attending the annual NOCAD meeting along with our Past President, Troy Urdahl. I felt that this was one of the best meetings I have attended in terms of learning about potential initiatives. I believe that we can support a couple of these programs in our state and help make a positive difference for our schools and communities. The first of these is the Jason Foundation which is a youth suicide prevention program. Suicide is the number one cause of death for the 12 -18 ages in Minnesota. The person that the students most frequently reach out to is their teachers and coaches and yet way too often there has not been adequate training for educators to recognize the symptoms and best practices for addressing the student's needs. The second area is one that the state of Texas and the Football Coaches across America have been addressing is a program called "Beyond the Game". This specifically addresses the absence of fathers in homes. D.W. Rutledge,

the Executive Director of the Texas Coaches Association, addressed the NOCAD members about the program and it is something I feel all Minnesota Coaches need to support and help grow. I look forward to reaching out to our membership to find ways to address these issues in an impactful way in our State.

One area that we need to continue to address is defining what high school athletics is all about. We cannot emphasize enough that we are Education Based Athletics!!!! We are different from the club, traveling teams, AAU team etc. etc. High school athletics is the culminating athletic experience for the vast majority of all students. Yes, there are many high school athletes that do go on to play on the collegiate level but again many of those are going to participate on the Division 3 level. Division 3 does not offer scholarships to their athletes. To support this argument I would suggest that you to the MSHSL participation figures and divide that into the number of athletes advancing to post high school athletes and the numbers will support this argument. I am not advocating in any way that we downplay the significance of athletics in the lives of our students. We all strive to help our athletes develop into the very best they are capable of being. The pursuit of excellence that we try to instill in all our athletes is a quality that we want all of our student athletes to learn and use for the rest of their lives.

At the Fall Delegate Assembly meeting the first reading to a dues increase for the 2016-2017 year was read. It was pointed out that the last dues increase was in 2002-2003. Since the last raise there has been a considerable increase in many areas that are out of the control of our control such as postage, printing cost of meetings etc. The MSHSCA has been diligent in looking at costs and implementing cost containments where possible. Those cost containments have been exhausted and further cuts would have a negative impact on the services we provide our membership. The Finance committee of the MSHSCA will make a second reading at the Spring Delegate meeting and call for a vote. The proposed dues increase will be \$5 per member.

I want to wish each of you the very best as you began the Spring Sport Season. You hold one of the most important jobs there is. Helping to mold our student athletes into tomorrow's leaders is so critical to this nation's future. It would be great if the commitment, values and honesty that we work every day to instill in our athletes would stay with them as they lead us in the future.

EMAIL CHANGE:

Contact
John & Mary Erickson
at
jomar2@arvig.net





Swim Strokes

By: Rory Fairbanks
Boys Swimming Coach's Association President
Hutchinson High School Swimming & Diving Head Coach

I would like to start out by thanking all of you coaches for the great work you are doing for our children. All too often, your practice is the only guidance they receive in becoming respectable young men and women. The late Tom Landry explained a coach like this, "A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be the be who you have always known you could be." How many times during a practice or meet do you have to give the feedback your athletes do not really want to hear, or how many sets have you given them that you know they really do not like? We do this so they can perform as well as they want to at the end of the season. This also holds true when we hold them accountable for their actions. They may not like it at that moment, but as they grow and mature into men and women, they will learn to appreciate what you have done for them. Swimmers and divers are some of the finest people I know. You have made an impact on who they will become. Thank you!

As this article goes to print, many boys are preparing for the state meet on March 3- at the University of Minnesota Aquatic Center. Both the Class A and AA meets look to be fast and very exciting for everyone involved. The class A meet will again take place at noon each day and the AA meet will be at 6:00PM each evening. I wish you the best of luck.

In the middle of our season, the Coaches Association held its 12th annual True Team Meets; with the section meets on January 23rd and the state meet on the 30th. At the Class A True Team State meet, St. Thomas Academy extended thier streak of State titles to make it a perfect 12 in a row and there was tie for second between Breck / Blake and Sartell / St. Stephen. It was an extremely fast meet with a total of seven meet records set. In the Class AA meet, Minnetonka won their 3rd consecutive True Team State title and 5th overall. In that meet, ten of the 11 swimming records were broken. Congratulation to both programs on the wins and to all of the teams who qualified for the meet.

This year's Upper Midwest Swimming and Diving Coach's Clinic will be changing locations. This year's clinic will be held at the Hilton Garden Inn located across from the Prom Center in Oakdale. The dates of the clinic are April 8-9. The speakers and schedule are being finalized, but will include Jason Baumann (Diving coach for Edina), as well as Dale and Megan Magnuson. Hope to see you there.

In conjunction with the clinic is the All-State banquet. The banquet will be held at the Prom Center in Oakdale on Friday, April 8th. We will be honoring the All-State athletes, Hall of Fame inductees, assistant coach of the year, Jerry Simpson Distinguished service award winner, as well as the athletes and coaches of the year recipients. This is always a fabulous celebration of the accomplishments of some of the state's

Over Hill & Dale ... continued from page 4

at the MSHSL, she said that the Board of Directors Awards Committee will review the proposal in either January or February of 2017, as that is when they review the current awards contract.

Our clinic directors, Tom Sharp of Eastview and Dave Chatelaine of Owatonna, are busy trying to nail down speakers for the upcoming summer clinic. As of now, they have Al Carius of North Central College committed to speaking and are trying to sure up one or two additional speakers. The clinic is scheduled for Monday, August 8th at Eastview High School. So, mark your calendars, and we hope to see all of you there. We would like to build the clinic participation up, so that we see a larger number of our coaches attending, especially since this is also the time we present our Coach of the Year Awards and introduce our new Hall of Fame Inductees. We really want to celebrate our sport and all that you do for kids!

At the clinic Jesse Nelson of Red Wing will take over as President for the 2016 and 2017 seasons. We will then be in need of someone from the Class A ranks to step up to fill the roll of Vice President. Please consider giving back to the sport and taking on this roll within our association. If you are interested in being Vice President, please contact me via email or phone.

One additional thing that I would like to remind coaches about is that if you have any of your coaching peers that you would like to nominate for the Cross Country Coaches Hall of Fame, please contact me. I would like all nominations by Friday, May 13th. With that said, may you all have an awesome track season and spring! I look forward to seeing many of you in the coming months!

Swim Strokes ... continued

greatest athletes and coaches. Keep checking the Coach's Association website for more information and to register.

We are always looking to add to the list of people nominated for the "Jerry Simpson" and assistant coach of the year awards. If you know of a coach, official or meet volunteer who is deserving of recognition, please email your section rep. or a member of the executive council.

Let me close with saying THANK YOU again for all you do for Minnesota swimming and the athletes on your team. You have given your time and energy to not only develop swimmers and divers, but to develop young men and women. Your hard work and dedication are making a difference in lives of the people you are coaching. What you do is very important; keep up the great work.

See you at the pool.

After the Game Bring Your Team to 

Goal Posts



By: *Ron Stolski - Brainerd*
Exec. Director MFCA

This writer, along with a dozen other football people including Mpls. Associate Athletic Director, Dave Wickeer, MSHSL Associate Director, Kevin Merkle, Tackle Cancer Chair, Dave Nelson, and several reps from Minnesota Youth Association football, just returned from the 2016 USA Football National conference in Indianapolis. The conference, attended by approximately 700 youth and high school coaches from across the country, was a very well organized, busy, and enlightening experience centered on the current state of youth football in the nation. Experts in football, medicine, and research huddled with us to further advance our sport and its standards for the good of our great game...It was an extremely busy two plus days featuring outstanding presentations from notables such as Grant Teaff, Director emeritus of the AFCA, and Dave Baker, CEO of the NFL Hall of Fame. Time was allotted to connect with leaders across our nation. A worthy use of our professional time...

During the short flight home, and then the drive, I mused on the State of our Game in Minnesota. I am pleased to report that you, and the MFCA, are not only in the game, but in so many good ways, leading and continuing to drive to the goal line; a valuable experience that enhances the education of all that play and coach. It was with a sense of pride that we were able to share the mission and progress of both the MFCA and our MSHSL. I thought, too, of the many challenges that confront us, and found comfort that we are trying to meet them with logical initiatives and programs that continue to enable us to keep our game viable and strong. There is one issue that I want to directly address.

Since the early 1900's the game of football has been under some form of scrutiny. In fact, in 1905, the game of football had become so violent that there was much talk of doing away with it. Teddy Roosevelt, however, stepped in with a plan to change the game. He called head Coaches from Eastern schools such as Harvard, Yale and Princeton together and challenged them to create a safer game. These coaches brought in others, and the game began to become a safer, more enjoyable game. In the ensuing years, with the onset of the NCAA, and, later, the AFCA, football rules were introduced, modified and changed to make the game safer...a process that exists still. The rest is a marvelous history of change, innovation, coaching methods, professionalism, etc. We know football is better, safer, and more popular than ever.

Yet, scrutiny exists. We realize the game will never be

without sceptics... the most recent publicity surrounding safety, ie concussions, creates attention that frightens and threatens the uninformed to hesitate to allow their child to participate in football, or any contact sport. Fortunately, many experts in the field of science have come to the forefront to support, even, encourage playing football as a much safer and valuable experience that many other forms of recreation. We have an obligation to elucidate and educate as well., but let's leave the science to the science. WE know that football is a marvelous game for all; filled with life lessons learned and experienced on our fields of fall. In addition to the many changes we have introduced and supported throughout the decades, we must continue to be in the forefront of the conversation re the worth of football at the youth and high school levels.

In order to frame the issue of safety through an educational process, the MFCA will: ;

- gather and compile essential published articles, significant research, editorials, opinion pieces, current data, related association position papers, et an and provide said information to our membership at the MFCA clinic in late March.
- leave the science of the concussion dialogue to the experts in the field., many of whom have written supportive opinions based on science. Note; Dr. Uzma Samadani will be presenting at the MFCA conference. As will Coach Gus Bradley, Head Coach Jacksonville Jaguars, in our 'Practice like the Pros' session.
- Collectively and individually, continue to emphasize in our schools and communities, to our parents and players the many benefits derived from participating in and playing football.
- As an association, provide helpful aids to our membership to identify, summarize and create significant learning experiences for staff and players.

Finally, the amateur component is inundating our game. It is an eight billion dollar a year business in the USA! Football continues to have a prescribed season... it continues to encourage multiple sport/activity participation, and resists the notion of specialization at youth levels... We must never abandon that position!! AS "Keepers of The Game" we must continue to model and teach safety, sportsmanship and values. The game has never been better. We, too, must never be better..

WE are looking forward to seeing you at the Clinic! Mar.31-April 2.

See you at the MFCA clinic.

2016 MINNESOTA FOOTBALL COACHES CLINIC

The Official Clinic of our MFCA in Partnership with the University of Minnesota

*If you can attend just one clinic, this is **THE ONE!!***

Doubletree Hotel in St. Louis Park

March 31 & April 1 & 2, 2016

FEATURED IN 2016

Gophers & Vikings Headliners
Bret Bielema, Arkansas
John Stiegelmeier, South Dakota State
P.J. Fleck, Western Michigan
H. S. Coaches from AR, TX & WI
Area High School & College Speakers
FCA Luncheon

2016 CLINIC COMMITTEE

Ron Stolski, MFCA Director stolski@yahoo.com
Dave Nigon, Exhibits dlnigon@yahoo.com
Jim Dotseth, Finances dotsethj@comcast.net
Ray Kirch, Registration kirchr@district279.org
Dave Nelson, Advertising dave.nelson@minnetonka.k12.mn.us
Claud Allaire, Schedule & Speakers claud.allaire@comcast.net

Check for additional speakers on the MFC Clinic website, plus on-line registration

“Don Swanson” Tailgate Party & AWARDS!

Conducted by the MFCA – “The Keepers of the Game”

www.mnfootballclinic.com

If you only attend one clinic, this is the one!

FEATURING DALE BASKETT

Revolutionary Concepts for Speed - Including Demonstrations

Football Speed Specialist Dale Baskett, regular contributor to American Football Monthly will be presenting **two sessions Friday April 1 starting at 9:00am**. Over the past 27 years, Dale Baskett has established himself as one of the premier football speed specialists in the country. has trained over 100 NFL players representing every NFL team including 21 All Pro's and two members of the **Pro Football Hall of Fame**.

NEW MFCA Youth Coaches Clinic

Friday April 1 and Saturday April 2

Information and Registration

The MFCA is excited to announce our 1st Annual MFCA Youth Coaches Clinic. This is a great opportunity for your youth associations coaches and leaders to hear outstanding keynotes Friday evening and top notch instruction on your football techniques and philosophies on Saturday morning.

TOP 10 REASONS TO ATTEND THE MFCA CLINIC

1. It is OUR clinic – WE are the “Keepers of the Game”!
2. Net proceeds SUPPORT MFCA programs: Scholarships, All-Star Game, Summer Manual and Recognition of Coaches and Players – Hall of Fame, Mr. Football, etc.
3. Outstanding EDUCATIONAL opportunities with TOP local speakers – high school, college and professional.
4. WE are a fraternity of SHARING – socials provide an environment for collegiality.
5. Myriad of opportunities for INVOLVEMENT in the Association – Rep Assembly, Business Meeting, Retired Coaches Gathering, etc.
6. LEARNING ENVIRONMENT about all things football in Minnesota.
7. Great FACILITY – hotel location, amenities and ease of parking help provide for a first-class clinic experience.
8. VENDORS to meet every need your program may have (including needs you didn't know you had!!)
9. We partner with the GOLDEN GOPHERS and the MINNESOTA VIKINGS.
10. NEW FEATURE this year – New Head Coaches Reception

After the Game Bring Your Team to 

FIFTY-SECOND ANNUAL
FOOTBALL HALL OF FAME BANQUET
MINNESOTA FOOTBALL COACHES ASSOCIATION

Date: Saturday, April 2, 2016

Place: Doubletree Hotel

Time: 5:00 ~ 6:00 PM Social Hour
6:00 PM Dinner

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

Ticket Price: \$35.00

Purchases tickets on-line:

www.mnfootballcoaches.com

RESERVATIONS MUST BE IN BY TUESDAY, MARCH 29TH

Banquet Chair:

Dave Nelson
Minnetonka High School
18301 Highway 7
Minnetonka, MN 55345
dave.nelson@minnetonka.k12.mn.us

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

BANQUET HIGHLIGHTS

2016 Hall of Fame Inductees

High School Division

- Don Henderson - Triton
- Bernie Litecky – Totino Grace
- Flint Motschenbacher – Detroit Lakes
- Leo Pholkamp, Pierz

College Division

- Steve Johnson, Bethel University

Citation Division

- Richard Middleton-*West Central Tribune, Willmar*

Sub-District Coaches of the Year

Section Coaches of the Year

Class Coaches of the Year

State Coach of the Year

Assistant Coach of the Year

Power of Influence Award

Don Swanson Award

Distinguished Service Award

- John Gross – Medford

2015 Butch Nash Assistant Coach Award

- Wayne Beisel – Winona
- Thomas Doyscher – Norwood Young American
- Bill Kinnunen – Grand Rapids
- Patrick Klubben – St. Peter
- Michael Langer – Brainerd
- Mike Lundeen – Becker
- Burt Roberts – Woodbury
- Brett Schmidt – Hawley
- Blaine Schnaible – Marshall
- Tom Sola – Northfield
- Phil Trowbridge – Barnesville
- Lindsay Wallace - Delano

Conference and Section Coaches of the Year:

You must be present at the banquet to receive your Sub-District or Section Coach of the Year Award.

In order to allow time for the plaques to be engraved, WE MUST HAVE YOUR ONLINE REGISTRATION BY FRIDAY, March 25, 2016

COACHES CARING PROGRAM

Do you know of a Minnesota high school coach who is facing a catastrophe and could use some financial assistance?

You can nominate a coach for a \$100.00 Coaches Caring assistance donation by emailing your nomination to Rick Ringeisen at rringerr@aol.com

When you nominate a coach for a Coaches Caring assistance donation, remember to provide background information for the committee to review.

Please note: A limited number of Coaches Caring Program assistance payments will be issued each year depending upon the amount of donations made by coaches association members.

WINTER TEAM CHAMPIONSHIP RECOGNITION

Every fall during the Hall of Fame Banquet, the MSHSCA takes time to reward championship coaches with a plaque and a remembrance of a job well done.

Listed below are the winter champions that were decided prior to the printing of this issue of The MN Prep Coach. If a sport or a team does not appear it is due to the fact that the coach was not a member of the MSHSCA.

BOYS SWIMMING (TRUE TEAM)

| | | |
|----|-------------------|-------------|
| A | St Thomas Academy | John Barnes |
| AA | Minnetonka | Dan Berve |

NORDIC SKIING

| | | |
|-------|-----------------------|-------------|
| Girls | Robbinsdale Armstrong | Steve Hopke |
|-------|-----------------------|-------------|

GYMNASTICS

| | | |
|----|---------------|-----------------|
| A | Detroit Lakes | Steve Zamzo |
| AA | St Cloud Tech | Joel Stark-Haws |

MSHSCA 2016 MEETING DATES

Spring Delegate Meeting: March 18, 2016
Mancini's - St. Paul

Summer Meeting: June 26-27, 2016
Detroit Lakes

President's Meeting: Marriott West - September 9, 2016

PREP COACH DEADLINES TO SUBMIT

Sept. 1 | Dec. 1 | Mar. 1 | May 15

After the Game Bring Your Team to 



CORNER KICKS

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

When you receive this issue of the Prep Coach, most of the winter state tournaments will have been completed. If you were part of any of them, we congratulate you and your team in your accomplishment. It is great to have kids and coaches in different sports. Lots of information to share with you in this column. The May column will have even more.

Art Seplak (Scholarship Committee Chair) will release the names of the Mark Warter Scholarship Awards later this month. As most of you know, this is the MSHSSCA's program that awards a scholarship to one girl and one boy who has competed in soccer in 2014 and are seniors. We, as an organization, are proud to give this in honor of Mike Warter. Mike was the Eagan Girls coach.

Our Clinic Coordinator, Greg Juba (Park of Cottage Grove Girls-Retired) has released preliminary information about Annual Clinic. The dates are Thursday night August 10th and all day Friday the 11th of August. The Clinic site will be determined at the March meeting at Orono. The clinic registration brochure will be included in the May Prep Coach. To clarify some misunderstandings, your dues are to be paid on an annual basis and must be paid through the Minnesota High School Coaches Association website. The dues are separate from the clinic registration. Make sure you understand that the MSHSCA and the clinic fees are separate entities. If you wish to join the NCSSA this will require an additional fee. Start planning for this event. More coaches need to be aware of the clinic and its importance.

At the January meeting, Sean Sittnick from the Minnesota United spoke to the board members. He explained that there will be new opportunities for us with their organization. This includes player visits, group rates and use of the new field. Our board then decided to compile a short and long term list of things we would like to see happen. Since that time their season ticket base has gone from 245 to 4500. An item of discussion on the agenda will be if we will incorporate the MN website with ours.

The board will also discuss the state tournament seeding process and give them our input. The question was to return to the 1-8 system or use the process in place now, seeding 1-5 spots, draw the other three and have no disclosure of the voting.

For further discussion at the meeting will be the replacement of the 8AA Boys Representative, Girls Top 10 Coordinator, Girls NSCAA Coordinator, and Girls AA All-State Coordinator.

The MSHSSCA advisory board committee submitted a proposal to the MSHSL to move to three classes for our sport. The MSHSL tabled the proposal as they are taking time to discuss classification of all league activities. At time of this article, they have not been made aware of anything from the

league on this matter.

Your organization also submitted recommendations to the Sports Health Committee for practice time guidelines. Each sport will be getting a set of guidelines for their specific sport. The MSHSSCA decided to write a set of guidelines for our sport so that we would have some say in the matter. No communication at this time from the League.

We still are working with US Bank on the use of their facilities for the state tournament this fall. Greg Juba has been our contact person and will continue to be involved in the plans for the dates for the state tournament. It appears that the quarterfinals will be played on the 25th, 26th and 27th of October. The dates for the quarterfinals and finals have not been announced. The plan was to follow what had been scheduled in the Dome, but nothing has been decided.

We are extremely proud that our President Erin Murray was selected as the National Soccer Coaches Association of America's Region Coach of the Year. She was honored on January 15th, in Baltimore at the National Convention. Congrats from all the members of the MSHSSCA.

As many of you know that one of our longtime friends, a soccer coach, Fred Adkins passed away. I asked Dave Halgren, our Executive Secretary to write about Fred.

"Noted Coon Rapids math teacher and soccer coach, Fred Adkins passed away from cancer at age 75 on February 2, 2016.

Fred coached the girls soccer team at Coon Rapids from 1978 to 1999. He coached 460 games, won 10 conference titles, 10 section titles and 2 State Championships. He was active in the MSHSSCA as an Association Representative and he was also active in the

MSHSSCAGS. Adkins was a member of the MSHSSCA Hall of Fame." Our condolences to the family.

We remind you that information about the organization can be obtained from our website at MSHSSCA.org. Questions can be sent to Dave Halgren and to President Erin Murray at Orono.

Enjoy the spring, the sunshine and green grass. And as always, remember you have the most important job in the world, working as a role model with high school athletes.

***"These are my new shoes.
They're good shoes. They won't
make you rich like me, they won't
make you rebound like me, they
definitely won't make you
handsome like me. They'll only
make you have shoes like me.
That's it."***

- Charles Barkley

Many articles are submitted by a designated member of particular sport associations and are not necessarily the feelings of other sports associations, the MSHSCA or the Editor.

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. Including Life and Retired Life members. Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar2@arvig.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.

Need new Life Card?

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

COACHES!

DO YOU KNOW WHERE YOUR ACADEMIC PLAQUES ARE DISPLAYED? LET'S MAKE SURE YOUR ATHLETES ARE HONORED & VISITORS, TO YOUR SCHOOL, KNOW IT!



Your school has received a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Beaches Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. Thank you for your help with this program to recognize your athletes.

After the Game Bring Your Team to 

Sport Specialization – Why???

By: Kevin Merkle, MSHSL Associate Director

In late October I had the opportunity to be part of a forum on Sports Specialization. This was an event sponsored by the Sports Alliance of Minnesota and the Positive Coaching Alliance. I'm a member of the Board of Directors for both organizations; both of which are working to provide training and education for youth sports -- athletes, coaches and parents -- at all levels and was asked to moderate this panel.

The panel consisted of Dr. Heather Bergeson, Sport Medicine and Pediatric Sports Medicine Physician at Tria Orthopedic Center, University of Minnesota Physician; Eric Klein the head strength and conditioning coach for Gopher football; and Goose Gosslin a former UMD and Olympic hockey player; former coach at various levels and now working with USA Hockey as a regional manager for their Development program. The panelists were experts on this topic and had great things to share. All I had to do is ask a question or give a statement to provide a spark, and they took it from there.

In preparing to be the moderator I reviewed current information on sports specialization. Not surprising, there is unending information on this topic. Personally I have always been against sport specialization, especially at young ages, and I was not surprised to see that the information and research are overwhelmingly against sports specialization. This was also the message that came from the experts on the panel.

Despite this information we continue to see more and more athletes specialize at younger levels. Why do parents, athletes and others (including coaches) feel the need for sport specialization? According to Robert M. Malina, a professor in Kinesiology and Health Education at the University of Texas, the roots of sports specialization come from Eastern European Countries who identified talent athletes at a young age and used systematic training that involved specialization and year around training. While this wasn't done in all sports; was usually not done until after puberty; and did include participation and training in a variety of sports; there was a perception that this type of training was necessary. That participation was picked by the West.

Other reasons outlined by Malina (and as we know) include: a parent's desire to give their child an edge; the pursuit of scholarships and professional contracts; the highly talent minority receiving the most visibility; and the sporting goods industry. I would add the every growing youth sports industry, many times driven by entrepreneurs looking to earn a living; and the pressure from those running those businesses; from coaches; and from other parents -- whether that pressure is real or perceived. I also believe that some of this comes from fear -- the fear from parents that if they don't specialize or have their child playing a sport year around, they will not be able to "make the team."

Evidence is overwhelming that specializing in one sport leads to injury issues (primarily from overuse); and burnout, amongst other problems. Orthopedic Surgeons, athletic trainers and other medical personnel are seeing a big increase in these types of injuries -- at a younger ages; and as these athletes

get older. A study of 1200 athletes by Dr. Neeru Jayanthi of Loyola University found that athletes who specialized were 70% -93% more likely to be injured than children who played multiple sports. Those who specialize earlier are also at a greater risk for burnout due to stress, decreased motivation and a lack of enjoyment.

The increase in youth sports has grown to what experts now term as epidemic. Arm injuries in baseball players; shoulder injuries in swimmers and volleyball players; joint injuries in gymnasts and dancers; are just a few examples. This was confirmed by Dr. Bergeson in her comments during the panel discussion. She is seeing these issues every day. Athletes, who play the same sport year around, put undue stress on their bodies, utilizing the same group of muscles over and over again. This results in fatigue and a higher risk of injury. Younger athletes face higher risks of injury and these injuries can have more lasting affects as they can affect the growth and physical development of the athlete. Year-around athletes also have little variation in the skills that are learned which can actually limit their development as an athlete.

While there are these negatives to sports specialization, at the same time there are many positives to multiple sport participation. Those benefits include:

Better overall skills and abilities -- which has been proven by research, which also shows longer playing careers; increased motivation; and smarter, more creative players who make better decisions.

More likely to be college athlete -- a survey in 2013 found that 88% of college athletes participated in more than one sport as a child. The NFL reports that 88% of the players drafted this past year played multiple sports in high school, and there are similar statistics in Major League Baseball.

The need for deliberate free play which increases skills, motivates, and increases enjoyment, which in turn means kids will spend more time engaged in the sport than those only receiving structured training from a coach. Year around and overly organized sports do not allow time for free play.

Many highly successful athletes reached those levels without specialization at a young age. Common sense would say that if you need to play a sport year around you likely do not have the talent to advance to high levels of play.

Most college coaches prefer multiple sport athletes and many times when recruiting will watch players play other sports to further access their skills and other attributes necessary to be a college athlete -- this was reiterated by Eric Klein from the U of M at the panel discussion.

Specific examples of successful athletes who credit multiple sport experience to their success include Jordan Speith; Alex Morgan and Amy Wambach (US Women's Soccer); Wayne Gretzke; Cal Ripken; Larry Fitzgerald; Joe Mauer; Tori Hunter and of course there are many, many others. These are all athletes who feel that skills gained through playing other sports were very beneficial to them.

Those of us involved in educational sports at the high school and youth levels must be leaders in providing education on this

topic. Athletic Directors need to educate coaches, who in turn need to educate their athletes and parents, as well as others involved in youth sports. The focus needs to be on development. Kristen Dieffenbach, a former Olympic athlete, now a professor in Coaching Education at West Virginia University, and a member of the Positive Coaching Alliance, states: “our sports culture emphasizes performance, not development, which is actually backwards. Encourage development on all levels for a well-rounded athlete – and child.”

Instead of kids working to become better players in specific sports, we need to provide the leadership for developing kids as athletes and as people. Instead of saying I’m a hockey or baseball player, kids should say I’m an athlete, and I play hockey, and baseball and soccer Focusing on development and laying multiple sports as long as possible, will benefit high school program, but more importantly the students will benefit – in the skills they develop and in the lessons that they learn.

This is way too big of a topic to cover in this short space, but this covers some of the basics. I plan to cover more in a future Bulletin article.

Minnesota State High School Coaches Association, Inc.

Executive Committee Liaison Assignments 2015-2016

Troy Urdahl - St. Anthony Village

| | | | |
|----------------|------------|------------|----------|
| Past President | B/G Soccer | B Swimming | Baseball |
| | G Swimming | Wrestling | |

Rob Nielsen - Detroit Lakes

| | | | |
|-----------|-------------------|--------------|----------|
| President | Football | G Basketball | G/B Golf |
| | Adapted Athletics | Gymnastics | |

Todd Smrekar - Cambridge-Isanti

| | | | |
|-----------------|-------------------|---------------|-----------|
| President Elect | B/G Cross Country | Nortic Skiing | B Tennis |
| | G Tennis | Alpine Skiing | B/G Track |

Gary Prantner - Byron

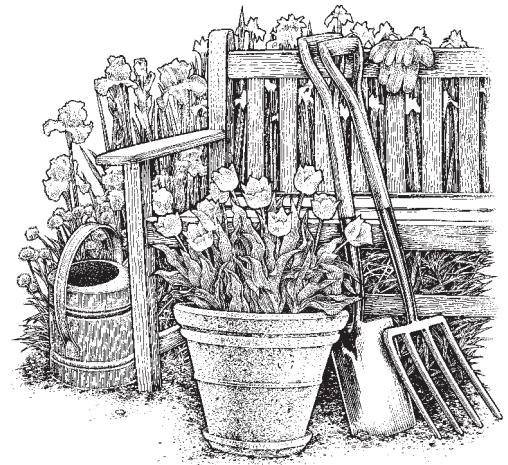
| | | | |
|----------------|------------|-----------------|--------------|
| Vice President | Volleyball | Snych. Swimming | Softball |
| | | B Basketball | B/G Lacrosse |

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

MSHSCA's 2015-2016

Thank You
to our

**CORPORATE
PARTNER**



**SUBWAY HELPS MAKE SOME OF
OUR PROGRAMS POSSIBLE!**

After the Game Bring Your Team to

**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
Email: jbad154@q.com



**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: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**More Hall of Fame Nominees are requested.
There are a lot of deserving coaches that should be recognized!!**



Dig This

By: *Greg Ueland*
Roseville Area

I would like to start off by saying how honored I am to continue to serve as your president. In serving in this role, I am constantly amazed with the level of coaching that I see all around the state. I am impressed with all of your ability to connect with your student-athletes and your knowledge and passion for the game. Some great examples of this are our 2015 Minnesota Volleyball Coaches Association Coaches of the Year. They are as follows:

Head Coaches

A – Crystal Lamont - Waterville-Elysian-Morristown

AA – Cassie Koch – Belle Plaine

AAA – Kath Gillen-Melville – Eagan

Assistant Coaches

A – Ken Trnka - Waterville-Elysian-Morristown

AA – Scott Willenborg – Stewartville

AAA – Allison Axness – Roseville, Ryan Wagner – Prior Lake, Steve Dickhudt – North Branch

Our goals as an organization are to continue to build on what we did last year. This is to include even greater transparency and role clarification from the board of control, advisory committee, and section representatives, in addition to all of the committees that organize our many great activities, awards, and events. In addition to this, we have decided to focus our attention on providing opportunities and mentoring for new coaches within our state. We have so many dedicated and talented people within our community and we need to continue to get more people involved and more voices heard. In addition to myself, please continue to also connect with your section representatives to communicate any questions, concerns, or ideas that you have.

Our website (<http://www.mnvbca.org>), designed and maintained by Greg Sayak continues to be one of our main forms of communication to all of our coaches. Please use this for updated information and resources. Lastly, please consider attending our annual Minnesota Volleyball Coaches Association Clinic. This year it will held on July 27 and 28 at St. Cloud State University. Heidi Hahn has again taken on the leadership of planning and organizing this event that consistently brings in many of the top names in volleyball. In addition to the many great speakers, you can also participate in a coaches social and the All-Star Match, featuring many of our great senior student-athletes.

Thanks again to everyone for all that you do for volleyball in the state of Minnesota!

HOOP SCOOP

Craig Walker
Chisago Lakes High School
2015-16 MGBCA President



It's official, March Madness is here! Congratulations to each of you on another year of working with some of the finest and most well trained athletes around! I'd like to say thank you for all you have done to promote our sport and provide challenging opportunities for our young athletes to grow as players and people on a daily basis throughout the season. Regardless of your record, I hope your season was rewarding and can be looked back on as a success.

This years Girls' Basketball State Tournament should be another tremendous event. The caliber of play and the competitiveness of the games and the tournament overall continues to improve and I am sure this year will be no exception. This year's tournament will again be held at Mariucci & Williams Arena on the University of Minnesota campus and at the Target Center, March 15-19. It will be a week of exciting games with fabulous finishes, culminating in the crowning of our State Championship Teams in all four classes, make an effort to attend!

Mark your calendars for the 2015 All-Star Games, which will be played on Saturday, April 9th at 1:00 and 3:00pm. All the games will be played at Carlton College in Northfield. The players and coaches are all in place and we are looking forward to an excellent weekend of All-Star Basketball! Thank you to our All-Star Committee Chairs, and coordinators for all their work in planning and carrying out this top notch event----it is a wonderful opportunity for our best senior players and it would not happen without a lot of hard work on the part of these coaches! Our hope is to have a large number of you in attendance to support our senior All-Stars. In conjunction with this event, a free youth clinic will be held from 11:00am to Noon on the 9th and we will be honoring the 2015 Miss Basketball finalists at a special banquet the evening of Friday, April 8th.

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



After the Game Bring Your Team to 

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 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2014-2015 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)
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
(Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- North Central University (Minneapolis)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

Another example of the MSHSCA at work for the membership!

- *1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D.at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.
6. The number to call for UND tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.
7. Complimentary passes are not available for Division I Hockey at Bemidji.



Trophies Plus Specializes in High School Awards
Chenille, Certificates, Medals, Ribbons, Trophies, Plaques. All customized in your school needs

800-397-9993

Website: www.trophiesplus.com • Email: trophyman@trophiesplus.com

Budget Crunch?

Check us out - Lowest prices in the USA!

**Chenille Letters and Champ Patches • Custom & Stock Medals
Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs
at some of the lowest prices in the USA.

MnIAAA CORNER

By: Tim Hermann
White Bear Lake

As is the fate of most elected officials, I find my time as the President of the Minnesota Interscholastic Athletic Administrators Association coming to an end. It has been a time of tremendous growth for me personally and professionally, and I thank my colleagues for the opportunities that they placed in front of me.

One of the most important of those was the opportunity to reach out on a regular basis to the Minnesota Coaches Association, a group in which I am a lifetime member. As an Activities Director and as a member of this coaches' fraternity, I value greatly the work that you do on a daily basis with your student-participants. I will forever look back with positive thoughts on my days as a coach, thinking of the friends that I was fortunate enough to have made, the athletes that I was fortunate enough to have coached, and the lessons that I was fortunate enough to have learned. With this being said, I would like to leave you with a few things upon which to reflect--

Having had the opportunity to listen to and work with the concepts of Joe Ehrmann and Jon Gordon has reaffirmed my belief that it is of utmost importance that all of us continually ask ourselves this question: What is it that we truly stand for?

The more that I work in my job as an Activities Director and the more that I hear from you as we discuss your work as coaches, it becomes very apparent that almost every day, we are all faced with challenges that test those values which we hold dear. My hope is that you, as coaches, have had the opportunity to create a culture within your program based on the core values that you have chosen and that you have seized each free moment to share your vision with the members of your coaching staff, your student-participants, their parents, and your community as a whole.

It is extremely important that remembering "why we do what we do" needs to drive us in each and every interaction with our stakeholders.

I am hopeful that we remind ourselves that "great coaches care more" and that we ask ourselves daily "are we coaches that care?"

We continually work to help fellow coaches, administrators, and parents understand that high school activities are educationally based and that they focus on the growth and development of student-participants, not only in the activity of their choice, but also, and perhaps more importantly, in their character strength.

High school activities are about building strong positive relationships with with our participants, parents, and community members, so that they might learn to give us their trust, and by gaining their trust, we can begin to gain their commitment to our programs and our purpose.

All of us have taken the challenge to be a "minister", not just a "manager".

2016 MnIAAA Awards

By: Mike Beck

MnIAAA Executive Secretary

Monticello, Minnesota 55362

Region Athletic/Activity Administrators of the Year

- 1A Doug Vaith, Lake City High School.
- 1AA Ken Hubert, Faribault High School
- 2A Jeff Visenor, Jordan High School
- 2AA Mike Lindquist, Delano High School
- 3A Tim Knapper, Yellow Medicine East High School
- 3AA Sandra Setter Larson, Eagan High School
- 4A Nick Rathmann, Blake School
- 4AA Treacy Funk, St. Paul Central High School
- 5A Dave Schroeder, Maple Lake High School
- 5AA Dan Roff, Fridley High School
- 6A Mark Ekren, Morris Area High School
- 6AA Troy Stein, Edina High School
- 7A Scott Ross, Two Harbors High School
- 7AA Tom Lenarz, Cloquet High School
- 8A Terry Ogorek, Kittson Central High School
- 8AA Gary Schuler, Fergus Falls High School

National High School Federation "State Award of Merit"

Jaime Sherwood, Wayzata High School

MnIAAA Student Athlete Scholarship Winners

Alex Borchardt, Le Sueur-Henderson High School
Katie Moynihan, Apple Valley High

Hall of Fame -

Glen Hasselberg, Staples-Motley High School
Wayne Huffman, Belgrade-Brooten-Elrosa High School
Scott Larson, Apple Valley High School

Athletic/Activity Administrators of the Year

Paul Krueger Class A Activity Administrator of the Year:
Dave Schroeder, Maple Lake High School

Pete Veldman Class AA Activity Administrator of the Year:
Ken Hubert, Faribault High School

MSHSL BOARD OF DIRECTORS REPORT

By: *Shelly Hotzler*
Girls Sports Rep
Jackson County Central

As the winter sport seasons wrap up, Craig Anderson and I would like to congratulate all the State Championship coaches on successful seasons.

Hard to believe we are moving into the spring seasons. I started my term on the Board 4 years ago, and how time flies. John will be looking for nominations for my position. I can tell you my term has been both rewarding and challenging, but have learned so much. The best part has been medaling state champions and participating in the state tournaments.

The “100 Years of Memories” reception will take place at Williams Arena during the girls’ basketball state tournament. The introduction of past board presidents and board members will take place during the tournament.

At the meeting in February, It was approved to submit information to member schools regarding an amendment that would have two superintendents simultaneously serve on the Board of Directors.

The board also approved a motion regarding physical contact with an official. This includes physical contact between a player and an official or a coach and an official when the contact falls below the level of assault. Penalties for the disrespectful and/or supporting behavior will be a suspension of two consecutive varsity, interscholastic contests or two weeks (14 calendar days), whichever is greater.

The District Football policy was passed. This policy describes the current District Football plan and establishes guidelines and requirements for the District Placement Committee and the District Committees.

Discussion items in February were state tournament seeding and League associate directors shared the seeding formats for the tournaments they oversee. Discussion on seeding will continue at the next board meeting.

The issue of whether or not ninth grade should come under MSHSL rules and policies was discussed. With a high majority of our schools in a grade 9-12 configuration, there is interest in further discussion on this topic.

Thank- you again for giving me the opportunity to serve all of you! Good luck to all the spring coaches.

Delegates Corner

By : *Todd Smrekar, President Elect, Cambridge-Isanti High School*

Spring is in the air! The winter state tournaments are in full swing, Major League Baseball pitchers and catchers have reported, and the grass is showing here in East Central Minnesota. All sure signs that spring is near, hard to believe! Another sign of spring and spring sports is our annual delegates meeting at Mancini’s on Friday March 18th. There will be many items to discuss on the agenda, as sport associations and regions will be given the opportunity to share initiatives and concerns that they have. We will also get an update of the progress of the conversion of our webpage platform to the Sport Ngin platform from President and Webmaster Rob Nielsen from Detroit Lakes.

As I watch the state tournament action, there are many things to be proud of in our great state and in the world of high school athletics. First, the skill level of our athletes. A real tribute to the commitment of the athletes who have put in countless hours to reach their potential. Also, the excellent coaches we have in our state. The many hours of preparation and exemplary commitment of our coaches is apparent. Additionally, the professional work of our officials to make the correct call. Finally, I am also reminded how fortunate we are to showcase our sports in the outstanding venues that host our state tournament action in the various sports through the fall,

winter, and spring. From TCF Bank Stadium, Excel Energy Center, the first class facilities at the University of Minnesota, CHS Stadium in St. Paul, Target Field, Target Center, and very soon US Bank Stadium, we have some fantastic venues for our teams to be on display. We have a great product and high school athletics are truly something to be proud of here in Minnesota for all of these reasons.

If you are on social media, the MSHSCA can be followed for updates, reminders, and other important information. Stay up to date and follow the association on Twitter @MSHSCA, and stay connected on Facebook at www.facebook.com/MSHSCA. This is a great way for all members to stay up to date on important announcements, reminders, and happenings within our organization, as well as information from specific sport associations that get pushed out through the MSHSCA account.

A great way for any member of MSHSCA to get involved in this great association is to become a delegate. For openings in the sections, look at the beginning of this edition of the Prep Coach. Being a delegate and serving others in our profession is a great way to be active in the MSHSCA and provide leadership. Take the time to encourage a fellow coach to get involved with MSHSCA.

After the Game Bring Your Team to 

FAST TRACKS

By: *Brian Abery*
Eastview

As I write this update, it's approximately two weeks since the conclusion of our Nordic Ski season and the State meet at Giant's Ridge. We had some exceptional performances at the meet with Senior Zak Ketterson of Bloomington Jefferson and Senior Margie Freed of Eastview (Apple Valley) High School winning individual state titles and the Minneapolis Southwest Boys and Armstrong Girls taking team honors. Although the meet needed to be delayed for a short period before the thermometer reached the legal mark, the lack of any wind all day made the competition tolerable for our athletes and pleasant for more warmly dressed coaches and spectators.

I know that for many coaches and teams, this was difficult season as the small amount of snow with which we were blessed came late and did not last long. After speaking with people at the State Meet, however, it was apparent that with their creative efforts of coaches, skiers, parents, and other supporters, teams were able to gain access to sufficient snow so that our athletes had opportunities to improve their technique and conditioning such that personal improvements in competition were realized.

As we put this year's season and state championships behind us and look forward to the future, we have much to do as an Association if we are to ensure the health of our sport. A good part of this is ensuring that the State meet and qualifying Section races employ formats that adequately reflect the team nature of our sport, are fair to small and large schools alike, and create interest among athletes and spectators. Given this responsibility, over the past several months, a number of coaches have been working together to develop a proposal for future state and section meets that we think will bring our sport in to the future in good shape.

Based on the ideas and contributions of at least a dozen coaches, a proposal (currently available on the Coaches Association website) is currently being circulated for comment that would entail adding a 3rd race to our section meets and state championships in the form of a 2-person sprint relay. The addition of this race would result in the State meet consisting of: (a) 5 skier pursuit competition run in the same manner as it is typically contested, of which 4 skiers would be scored; and (b) a 2-person team sprint/relay competition consisting of 4 laps of approximately 1.25 KM each that team members would alternate in skiing (i.e., Skier A would ski one 1.25 KM lap and tag off to Skier B via entering the tag zone (no physical tag would be required). Upon completing his/her lap Skier B would tag off to Skier A for another 1.25 KM lap until each skier had competed two 1.25 KM laps for a total distance of approximately 5 KM. As proposed, the sprint relay would be contested among skiers not involved in the pursuit races. The technique for these races would alternate every other year. During years in which the race was contested using the freestyle technique it would be scheduled for the first race of the day. During those years in which the classic technique was

utilized it would be scheduled as the last race of the day.

Qualification for the State meet under this format would be based on independent scoring of the pursuit and team sprint/relay competitions a Sections with the top 2 teams in each competition from each Section qualifying for the State Championships as well as up to 6 individual skiers. Overall team scoring at Sections and the State meet would reflect the number of skiers taking part in each competition (Pursuit = 66-70% of total team scores & Team Relay = 25-33% of total team scores). Because we are currently constituted as a "team" sport, only those placings of individuals qualifying as part of a team (pursuit or relay) would be counted for the team scoring. Skiers who qualified as individuals in the pursuit competition would not earn any team points even if their school qualified a sprint relay team. In order to ensure that the State Championships remain a meet for the best skiers in the state as opposed to a participatory competition and to minimize crowding and the difficulties that accompany it, the proposal also includes the addition of a specified criteria (e.g., top 10, top 12, top 15 overall; or placing within a specified % back) for individual qualifiers for the State Meet).

The changes to the Section and State Meets that we propose have a number of advantages that include: (a) bringing a relay race back in to the State meet; (b) using a greater proportion of the placings of skiers in team scoring so as to better reflect the team nature of our sport; (c) better alignment with the race emphasis our national governing body which includes sprint competitions; (d) Increasing the number of skiers who qualify for the state meet based on merit rather than on the basis of belonging to a strong team; (e) Minimizing congestion during the pursuit phase of the race; (f) decreasing the time necessary to run races; and (g) NOT reducing the overall number of skiers participating in Sections and the State meet.

The proposed format supports the continued inclusion of schools/teams of all sizes in the State Meet. With skiers being provided with the opportunity to qualify as: part of a 5-person pursuit team; a 2-person sprint relay team; or as an individual skier in the pursuit competition. The format allows schools from Sections traditionally dominated by one or two teams or who have typically had small number of skiers an additional avenue through which to qualify for the State Championships increasing the likelihood that additional schools will participate.

As coaches with many years of experience in both Section and State competition we fully understand that there are challenges associated with the proposed format changes. These include time constraints resulting from postponed starts; the need for conferences to incorporate team sprints in to their conference schedules; the need for Section meet managers to insure that venues are suitable for a sprint relay event; and for the selection of venues at which future State Meets are held to insure appropriate course set-up, tracking etc. that allow for this race format.

Considerable thought and work went in to developing this proposal for future State Championship meets. However, at this time, it is the work of a relatively small proportion of the members of our Association. Now that the season is completed, each coach needs to take the time to carefully review what is being suggested and provide constructive feedback to the

developers that will result in a stronger proposal that can be supported by our Association

The draft proposal currently posted on the Coaches Association website will be further discussed at the Spring Coaches Association meeting currently scheduled for the 3rd Saturday in April. We strongly encourage ALL coaches to attend this meeting so that they can make their voices heard and fulfill their responsibility to both their current and future skiers to participate in deciding the future direction of our sport.

If you have comments or ideas related to the proposal between now and then please forward them current Coaches Association President, Brian Abery @ abery001@umn.edu. He will summarize comments/thoughts and post them on the Association website prior to the spring meeting.



Diamond Cuts

By James Wajer
Martin County Central

As I begin this article I am reminded of Minnesota winter. Seems like yesterday I was playing catch outside in the 45 degree weather but today we are bundled up inside by the fire as it is 20 degrees outside. I would like to take this opportunity to remind ever one of some upcoming dates that are of softball importance. Our membership deadline is April 1st. Memberships have a variety of benefits. The biggest benefit is our liability coverage. Many of our programs have coaches that are not paid employees of a school district. This coverage would cover them in case of a situation would call for it. I would strongly encourage every member of your coaching staff to be a part of the association. As a member you could get into any regular season activity that MSHSL sanctions. I have even used mine to attend some college games.

Another benefit is why we all coach. It allows us to honor our athletes by nominating them for section awards, all-state awards and the all-star series. All-State Academic Team and Individual deadlines are April 8, 2016. All-Star nominations are due no later than April 24, 2016. Please make sure your athlete would like to participate in this event before nominating them. Please remind them of the responsibilities that go with the honor of being selected. The last important date to write in the calendar is May 22, 2016. That is the deadline for All-State nominations. Just a friendly reminder that these dates are concrete and they are not flexible. Please update your career

FLIP NOTES

By: Toni Kleber
Moorhead High School



Spring is almost here, yeah! I want to share a few reminders about working with your athletes during the summer. All members of the B squad, JV and varsity coaching staffs must sign a summer waiver to work with their athletes during the summer. This includes volunteer coaches. Waiver forms can be found on the MSHSL site under Coaches Clipboard and are filed with your school district. Remember, the no contact period is from July 2 - July 8.

Congratulations to Detroit Lakes Class A State Team Champions and St Cloud Tech Class AA State Team Champions. Congrats to all the individuals champions and participants as well. What an exciting state meet!

This year's state banquet was the best attended ever with over 900 guests! It was a wonderful evening celebrating the many accomplishments from this past season. Special congrats to the State Coach of the Year from Class A Debbie Driscoll Mahtomedi and Class AA Tom Smith Owatonna. As well as the Assistant State Coach of the Year from Class A Ron McClure Bloomington Kennedy and Class AA Charlie Wilson Cambridge Isanti.

Plans will be underway for our clinic to be held this fall, check the mggca.org website for updates. If you have any ideas please feel free to contact me.

Enjoy your spring and summer!



win/loss records before March. Our association clinic was held February 6, 2016. I would like to thank our speakers Cindy Bristow and John Tschida for making our coaches clinic a huge success. Also thank you to all the section reps who were able to help out during the clinic.

At the Softball Advisory Committee meeting in December with Lisa Lissimore of the MSHSL it was decided that three items needed to be voted on by all of the Head coaches.

1. Seeding for the State Tournament: Each Class (A, AA, AAA and AAAA) will be decided independently on whether it would be best if their class should do this. A majority of the coaches who were surveyed would like to see a seeding process for the state tournament.

After the Game Bring Your Team to 

DUGOUT CHATTER



By: *Al Amdahl – Albany High School*
President Minnesota State High School Baseball Coaches
Association

As I am hammering on the keys, the prediction for temperature is close to 60 degrees, I even heard that a few colleges are planning on getting a game or two in during the month of February. Spring is indeed in the air. Since I last typed up a piece for the Prep Coach there are a few things we want people to know about. The BCA national convention was held in St. Louis MO and Dick Gaughran of Chanhassen was honored as Assistant Coach of the year for the Midwest region. There was a nice group of MN coaches there to congratulate him and many other MN coaches who received nice years of service recognition. Next year's BCA convention will be held in Columbus, OH December 1st-4th. The ABCA was held in Nashville and many MN coaches were on hand to see Bob Karn of St. Cloud Cathedral recognized as High School Coach of the Year, congratulations Bob and the Crusaders. Next year the convention will be held in Anaheim January 5th-8th. Another nice recognition was earned by one of our legendary coaches, Craig Anderson of Pine Island was recognized by the MN Twins at their annual Diamond Awards as the Terry Ryan Friend of Baseball Award, it was a really great night and what a well deserving honor for coach Anderson.

The baseball coaches advisory board had their annual meeting with Kevin Merkle and the high school league in February to talk about policies, proposals and tournaments. Our proposal to increase games is in the hopper and the league board will be looking at it and other sport proposals later on, they have put a hold on scheduling expansion for the moment. We would like to encourage our membership to begin to advocate for the proposal with your Activities Directors. Pitch counts and arm injuries continues to be a big topic of discussion nationwide. USA Baseball is an advocate and a few states are beginning to implement pitch counts and days of rest. Alabama and Colorado are two that have policies in place. The MN board is in favor of being proactive and are in the process of putting together a committee of coaches and health care experts to look at creating a plan that will benefit and protect our athletes. More information will be forthcoming later on but you can count on some information in the rules interpretation slides.

2016 will be the first year that baseball will be competing in a four class state tournament. Beginning on June 16th, Chaska/Jordan will host Class A, The MAC = Putz/Faber for Class AA, Seibert Field/Northwestern U for Class AAA, CHS

field and Minnetonka for Class AAAA. We want to thank The Minnesota Twins for again hosting Championship Day at Target Field on June 18th for all four classes. Some other dates you should have on the calendar: March 14th the rules meeting will go live and must be completed by your whole staff by April 5th. Your deserving seniors should get online to apply for the MSHSBCA scholarship by April 1st, last year we gave out twelve awards. Thank you Todd Smrekar for heading up this effort. April first is also the deadline for joining the MN Coaches Association and for joining our association as well. We have raised the dues a little bit for head coaches and assistants, but they have not been raised in I think about 15-20 years. You get all of the regular perks of insurance, chance for post season and coaching awards as well as the added perk of Twins Tickets this year – what a great deal, two tickets a month to see our “Boys of Summer”. May 1st is the date you need to know to register your top juniors for the Junior Showcase in July thanks Tink Larson for again chairing this effort. May 13th is the deadline for you to nominate your seniors for the All Star series which will be six teams this year. May 20th will be selection Sunday for naming these players who will be chosen to play in this series. The day will again be hosted by the MN Twins. Please note that this year's All Star Series is at the same time as the Football All-Star game so if you have a multitalented player they will need to make a choice, please do not nominate a player if you know they are not going to commit to the three day event. Finally Thanks Don Gawreluk for making this the best series ever and we have had some awesome ones these past couple of years. June 24-25 are the days to be in Chaska and Chanhassen with our big honor day to be Saturday this year to recognize all the players, coaches and programs, including this year's Hall of Fame inductees who will throw out pitches at the Saturday event. Congratulations to Steve Davis of Princeton, David Glenn of Minnehaha Academy, Dave Lane of Mayer Lutheran, Lyle Rambow of Morris Area, Bob Schlagel of Rush City, and Richard Wasko of St. Paul Johnson what a tremendous honor for them, their families, their programs and communities. June 1st is the date for coaches to get your all state award nominees, individual and academic All State teams and players.

Last but not least, it is not too early to get your calendar marked for the John Wilkens Fall Clinic and Banquet at the Ramada Plaza October 28-30th bring your whole staff for great clinicians and vendors. Thanks John and gang for continuing to make this the best fall clinic in the Midwest! Good luck this spring to everyone and I hope that the sun is always shining!





ICE CHIPS

By: *Craig Roberts*

MHCA Director of Communications

The MHCA held its 25th annual Hall of Fame Dinner, Friday, March 4, at the RiverCentre Grand Ballroom. The date was changed, last year, from Thursday to Friday during the state tournament in order to be conducted on a day when both Class A and AA teams were competing.

Inducted into the Hall of Fame this year were: Keith Hendrickson (Virginia/Mountain Iron-Buhl), Erik Aus (Centennial), Dave Morinville (Moorhead) and Tom McFarlane (Cloquet).

Individual awards were given to:

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—John Bianchi, Bloomington Jefferson.

Oscar Almquist Award (given to a non-coach who has contributed to the success of high hockey by advancing opportunities for players and coaches)—Matt Majka and the Minnesota Wild.

Dave Peterson Award (given to a high school hockey coach whose efforts have helped strengthen the bond between youth and high school hockey)—Derek Brown, St. Cloud Cathedral.

Bruce Johnson Award (given to an MHCA board member who has made extraordinary contributions to the association)—Tom Peart.

The National Hockey League Central Scouting Bureau released its midterm rankings in January and seven Minnesota high school seniors appeared on the list. Among the North American skaters ranked were Blaine left wing Riley Tufte (17th), Grand Rapids center Michael Mattson (49th), Eden Prairie center Michael Graham (85th), Hibbing/Chisholm defenseman Scott Perunovich (109th), Farmington defenseman Tyler Jetter (168th), St. Thomas Academy center Billy Jerry (189th), and Hermantown defenseman Wyatt Aamodt (210th).

The High Performance Programs will take place in April. Anyone who would like to nominate players for the HP Program, or would like to coach a team, can contact their section representative.

We are always looking for coaches who are willing to serve the MHCA and ask that you contact your section representative if interested. More information on the MHCA can be found on our website at www.mnhockeycoach.sportngin.com.

With the 2015-16 season concluded, we hope everyone finds some time off from the rigors of coaching. Summer camps and preparations for next season will be here soon enough so enjoy some time away from the rink.

ADAPTED ATHLETICS

By: *Marcus Onsum, Robbinsdale*

President, Minnesota Adapted Coaches Association

Our adapted floor hockey regular season has now wrapped up, and the playoffs are just getting underway as this issue goes to press, with the adapted floor hockey state tournament being held at Bloomington Jefferson High School on March 11 & 12. This is probably the most exciting tournament of the adapted seasons, with fast-paced action and a very high level of competition in both the PI and CI Divisions. Regardless of which teams take home the championship trophies, you can rest assured it was hard fought and well earned!

It will be just a matter of days from the end of the floor hockey tournament before most of our teams start adapted softball practice...it's a busy time of year for our coaches and athletes! The adapted softball season is by far the fastest moving season for all of our programs. By the time we get through the early preparations and get the games under way, it's already May and the state tournament is just around the corner. This year's tournament will be held on June 3rd & 4th at Coon Rapids H.S.

Many of you are probably aware of our ongoing plans to have a new, interactive coaches association website, as I have been trying to get it set up for more than a year. We finally had our new site ready to go when the MSHSCA came forward with an offer to migrate our website to the Sport Ngin platform along with the rest of the MSHSCA websites. Despite the time and work we had put in to create our own website, this opportunity was too good to pass up. The crew at Sport Ngin has been working on our site for some time now, and should have it ready to go in the very near future. I will be contacting all member coaches with information regarding access to our new site.

Please feel free to get in touch with me or our vice president, Brett Kosidowski, at any time should you have any questions or need assistance with anything related to our sports.

Good luck to everyone this spring, and I hope everyone is able to enjoy a safe, fun filled adapted softball season!

“A bad attitude is like a flat tire. If you don't change it, you'll never go anywhere.”

- Anonymous

After the Game Bring Your Team to 

MEMBERSHIP PERKS

S

- **COUNTRY INN & SUITES - Eagan - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800**

H

- **COUNTRY INN & SUITES by Carlson - Minneapolis West, MN - 651-287-8800**

S

- **EMBASSY SUITES - Brooklyn Center - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR . 15% discount. Website: www.minneapolisbrooklyncenter.embassysuites.com**

C

- **RAMADA PLAZA - Minneapolis - Rate Code: L16 - (612) 331-1900 (Based on availability)**

A

- **MINNESOTA ZOO - Apple Valley Corporate Rates - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.**

Call John Erickson for discount card - (h) 218-847-6796

- **ROSEVILLE VISITORS Association DISCOUNTS - www.visitroseville.com**

- **SHERATON MINNEAPOLIS WEST HOTEL - 12201 Ridgedale Dr
Coaches Call 800-325-3535, ask for MN Coaches Association Rate**

- **MARIOTT MINNEAPOLIS WEST - St. Louis Park (952) 544-4400**

For Hotel rates, coaches should indicate membership in MSHSCA.

MEMBERSHIP PERKS

- 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.

Winter Academic Results

The following includes the results of team academics received in time for the March issue of The Prep Coach

GIRLS GYMNASTICS

Class A Gold

Austin *
Byron
LaCrescent
Kasson-Mantorville/Triton
Waconia *
Mankato West
Mankato East/Loyola
Worthington *
Hendricks/RTR
Jackson County Central
Luverne
Pipestone Area
South St Paul *
Simley
Mahtomedi
Watertown-Mayer/Mound-
Westonka
Columbia Heights
Breck
Delano
Dassel-Cokato *
Willmar
Paynesville/Eden Valley-
Watkins
Litchfield
New London-Spicer
Benson/KMS/Montevideo
Princeton *
Monticello

Becker
Rush City/Pine City/
Hinckley-Finlayson
Sauk Rapids-Rice
Chisago Lakes
North Branch
Sartell-St Stephen
MAHACA * **
Alexandria
Detroit Lakes

Class A Silver

Pine Island
Winona Cotter
Stewartville
Red Wing
Redwood Valley
Martin County Area
Marshall
St Paul Highland Park
Howard Lake-Waverly/
Winsted Holy Trinity
Melrose
Annandale
Maple Lake
Big Lake
Big Stone Lake Area
Long Prairie-Grey Eagle/
Browerville
Perham

Class AA Gold

Farmington *
Owatonna
Rochester Mayo
Northfield
Chanhassen * **

Lakeville South
Chaska
Bloomington Jefferson
Lakeville North
New Prague
Eastview *
Eagan
Henry Sibley
Rosemount
White Bear Lake *
St Paul Central
Stillwater
Maple Grove
Osseo
Champlin Park
Minneapolis Southwest *
Minneapolis Washburn
Edina
Eden Prairie
Minneapolis South
Cambridge-Isanti
Centennial
St Francis
Elk River * **
Buffalo
Bemidji
Brainerd
Moorhead
St Cloud Tech

Class AA Silver

Faribault
Hastings
Prior Lake
Apple Valley
East Ridge
Park

Woodbury
Roseville Area
Wayzata
Irondale
Rogers
Park Center
Hopkins
Minnetonka
St Louis Park
Blaine
St Michael-Albertville

Note: * = Section

Champion

** = State Champion

SPRING CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Spring are urged to obtain their membership in advance using the electronic membership opportunity.

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

After the Game Bring Your Team to 

USE YOUR MEMBERSHIP CARD

**Your 2015-2016 Membership & Insurance
Expires July 31st.**

Have your new card for fall sporting events.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA. The use of the MSHSCA card to gain admission to regular season high school events and some college events is controlled by the school at which the card is used to gain admission. There is a variety of policies that schools follow in regards to allowing admission with the card. The MSHSCA is not empowered to dictate to the schools what the school policy should be in terms of accepting the MSHSCA card or the number that will be admitted with each card. A letter is sent to the Activity Directors of all schools in July and all schools are asked to inform us if their school would not accept the card. 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.

Park Center does NOT accept Membership Cards for admission.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Red Ink for the year 2015-2016.

2015-2016 Membership Card

Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar2@arvig.net
Website: www.mshsca.org
President, Rob Nielsen - Detroit Lakes



John Doe
St Anthony Village

Asst. Football
Head Wrestling
Asst. B/G Track



SNYNCHRONIZED SWIMMING

By: Jennifer Wood
Head Coach Eden Prairie Synchronized Swimming

Important reminders and one rule change for the 2016 Synchronized Swimming Season

The Synchro season is just beginning!

Don't forget to register with the MSHSL and complete the rules interoperation meeting. If you are also an official don't forget to take the test by the due date. Also complete all requirements on your Coaches Clipboard and Official's Corner (if you are also an official). Check in with your assistant coaches to make sure they have done everything they need to do as well! <http://mshsl.org/mshsl/index.asp>

Register with the MSHSCA. <http://mshsca.org/> Head coaches must be a member for their team to be eligible for academic awards and coach of the year awards. Assistant coaches must join to be eligible for the assistant coach of the year award.

Register with the Officials Association if you are also an official. Coaching officials have until the due date for section and state entries to register with the Officials Association. However, if you fail to register in time you will not be entered in the draw for state officials. <https://sites.google.com/site/mnsynchroswimofficialsasn/home>

One rule change for this season: For section and state entries you are now allowed to list one alternate for each solo. For duets, trios and teams you can list two alternates for each routine.

Good luck to all teams! Have a fun and safe season!

CORRECTION!

The September issue indicated
the wrong school for
BOYS TENNIS
ASSISTANT COACH OF THE YEAR.

It should be:
Class A - Barbara Lawrence - Windholz
(St. Paul Humboldt)

Our Apologies!

Developing a sound Parent/Player Handbook

by: Gary Prantner

MSHSCA Vice President

So you just got hired at your dream school, coaching your dream sport. You have become the luckiest person in the world and are “Living the dream!” You have plans to turn the program around. Your first three practices are already planned. Your first pregame speech has been written, laminated, and is currently being prepped to be framed so it can be shown at your Hall of Fame induction speech.

Before you punch your ticket to the state tournament you need to win your pre-season organizational meeting. This meeting is your first chance to set the tone for the upcoming season as well as communicate important information to your players and more importantly the PARENTS in your program.

Developing a sound handbook for your program can help answer many questions that parents and players have before the season starts and on awards day. Items that are critical to have in your handbook would be practice times/locations, playing time expectations for each level of your program, lettering criteria, captain selection process, All-Conference selection process, bus riding expectations, eligibility rules from the MSHSL, school attendance policies, Academic requirements and goals, and a signature requirement for parents and players that needs to be returned to you.

Many of us in Minnesota spend time in gyms for practice and even rotating dates, times, and/or schools for practice. Having all of that information laid out for your players and parents for each level will make the season a little easier on you as the coach. Players will know where they need to get to for practice, and parents will know where to come pick their kids up.

Having playing time expectations spelled out for each level of team you have will take some of the heat off of your coaching staff. I hope your school has a defined policy on playing time. For example 7th grade everyone gets to play about the same amount. 8th/9th grades everyone gets to play but maybe not the same amount. B-Squad/Junior Varsity/Varsity teams play to win. Obviously these are just examples and this is where you would mix your school’s philosophies in with your own coaching goals and beliefs. Having this portion spelled out will allow parents and athletes to know up front what the playing time situation will be. Maybe your school/sport needs to cut players from teams, explaining the tryout process and what you are looking for will only help your players prepare for the upcoming season.

Unfortunately in our world the majority concern has become about getting awards. The biggest award that is handed out each year is the letter. Spelling out what is required to happen for a player to letter is very important, especially for the first time letter winners. Do they have to score so many points, play so many innings, on varsity for so many matches... whatever you think that is put it down for them to be able to see. Things to think about: Do all seniors letter? What if your best player gets hurt in the preseason and plays no contests? What if a player consistently chooses a club sport over your in-season

sport?

How do you select captains? Do you let kids vote? Do coaches pick? Is it a combo? Be open and honest with parents. They may not like the decisions that you make, but at least they know you are honest. In the end they will gain respect for you for laying it all out there. What if one of your athletes gets caught violating a MSHSL rule between the end of their Junior year and start of their Senior year? Are they still a captain? The best response you could have is our handbook says that... Students who have a MSHSL violation will forfeit their captain position and would not be eligible for a captaincy for one calendar year.

I have seen some of my coaching friends get raked over the coals over All-Conference selections. My question to them each time is Have you explained the process to your parents? Look conferences all over the state select kids differently. Some vote at one big meeting, so assign so many based on how your team finished and the coaches from other schools pick, some go by record and you pick your own kids from your team. It does not matter your process, but explain your methods. I have a formula that I use for softball. Paul Fischenich started using it before I took over and I have added a couple different stats to it but it goes something like this: All-conference players are going to be selected using a formula. Batting Average, Total Bases, Runs Batted In, Fielding Percentage, MVP votes by the team, and coach’s voting (All categories will be scored 10, 8, 6, 4, and 2). Look I am not arguing for my formula it could be flawed, should we use OPS, OBP, Slugging Percentages, ERA, but it is what we use and parents and players know it upfront. Things to think about: How do you value seniority? What if they have an MSHSL violation? What if they play a club sport over some of your games? These are all things that should be included in your handbook.

For some sports and players the bus rides are the things they will remember the most. Taking 400 selfies on the way to an away game might be the highlight of that rough season. Explain what you expect from you athletes as far as riding a bus to and from games. Explain the sign-out policy if you allow athletes to ride home with their parents.

Make sure you cover some of the basic MSHSL rules with your athletes at your meeting. Hit the big ones even if you have “good kids”. All it takes is that one time then you are left with the argument, but we didn’t know. Hit the major ones such as Theft, Sexual Harassment, Drugs/Alcohol, and Hazing.

Some schools have an attendance policy. Students must be in school by noon to be able to practice/play in a contest. Others have the day after policy, you can not show up late to school the day after a contest or you miss a game. Find out what your school does and make it well known how you stand on it.

Set an ACADEMIC goal for your student/athletes. This is the reason for the team after all being part of a school. Most sport associations do a nice job of setting requirements for earning a Gold or Silver rating. Prove to them that you believe that their education is as important if not more important than

... continued on page 32

After the Game Bring Your Team to 

Handbook ... continued from page 31

their athletic performances. The best athletes need to keep their grades up to be accepted to the next level anyway so they can be your leaders here too.

Finally at the bottom of the last page have the students sign and get a signature from a guardian to prove or at least sign off that they read the handbook. Hold each athlete responsible for returning it. No sheet, no practice. It is as simple as that.

PDF link to an example Parent/Player Handbook. Word Doc link to an example Parent/Player Handbook.



By: *Chris Pack*
MBCA President
Hayfield High School

March Madness is upon us! The best time of the year for basketball players, coaches, officials, and fans. Best of luck to all the teams playing in the state tournament this year. Congrats to the teams that qualified and especially to those coaches who led their teams to section titles. Enjoy the experience with your players and fans!

This time of the year is always hard too. Saying goodbye and thank you to all of our seniors is always tough. The last loss almost everyone has to endure is a tough one, no matter if it occurred in the first round of playoffs or the state championship. The experiences we all go through together during the journey make the end of their careers hard to accept. Hopefully they are able to look back on their careers and appreciate everything that went into it and know they are better people because of it. We as coaches have a huge impact on these young men and the relationships that are formed make it so tough to say goodbye to these fine young men.

The MBCA All-Star Games will be held April 1st and 2nd at St. Cloud St. University and Macalester College. 40 of the top seniors in the state have been selected to participate on four teams. There will be two games Friday night at SCSU and two more games Saturday afternoon at Macalaster. I am honored to have been selected as one of the four coaches for these games. The other three coaches are Dan Peterka of Battle Lake, Scott Howell of St. Paul Central, and Dean Kesler of St. Cloud Apollo. Thanks to All-Star Chairman Rich Decker, Tom Critchley, and the selection committee for all their work in making this event happen.

On behalf of the MBCA, I want to thank the Minnesota Timberwolves and especially Jeff Munneke and Matt Bare for all that they do for our organization throughout the year. On January 27th, Tom Critchley and I accepted the State Farm "Exist to Assist" Award, which included a \$1000 grant to the MBCA, from the Timberwolves during their game against the

Oklahoma City Thunder. Jeff, Matt, and the Timberwolves are huge supporters of the MBCA and we certainly appreciate everything they do for us.

I also want to thank a number of wonderful people that serve in various ways to help the MBCA: all of our section reps and officers for the work they do, Kelly Raymond for leading the Academic All-State committee and those members that help select the Academic All-State team, Ron Larson for setting up and running the MBCA Coaches Clinic, Dave Johnson for all his work as the MBCA historian, Bruce Kugath for his work as the Awards Chairman, Jim Galvin for everything he does as Hall of Fame Chairman, and especially Tom Critchley for the tireless work he does as the Executive Director.

Thank you again for allowing me to represent all of your this year as the MBCA President. It has been a pleasure to work with so many great people in our organization. If there is anything I can do for you please let me know.

DIVISION I ACADEMIC ELIGIBILITY

To be eligible to compete in NCAA sports during your first year at a Division I school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. The requirements are changing for students who enroll full-time at a Division I school after August 1, 2016.

If you enroll AFTER August 1, 2016

You must graduate high school and meet **ALL** the following requirements:

- Complete 16 core courses:
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.

Earn at least a 2.3 GPA in your core courses.

Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

Division II academic eligibility

Rules Change August 1, 2018. Details can be found here <http://goo.gl/tGE6KM>



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 provide general liability coverage to the Minnesota State High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2015– August 1, 2016

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 |
| \$ 300,000 | Fire Damage |
| \$ 25,000 | Sexual Abuse (per Member) |
| Excluded | Medical Payments |

COVERAGES

- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP COVERAGE

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

PARTICIPANT/ACCIDENT COVERAGE

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

CERTIFICATE OF INSURANCE

- ❖ If a member has a camp and requires proof of insurance, certificates are at no additional charge.
- ❖ If a member has a camp and requires a certificate of insurance naming an Additional Insured on the General Liability Policy, the cost is \$125.00.
- ❖ Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured on the General Liability Policy.
- ❖ Certificates of Insurance and Participant/Accident request forms are available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com
 (P) 800-566-6479 | (F) 518-792-3426

| | |
|--------------|--|
| Greg Joly | gjoly@loomislapann.com |
| Lori George | lgeorge@loomislapann.com |
| Karen Boller | kboller@loomislapann.com |

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



CLEARING HURDLES

By: Johnny Josephson
New Prague HS

Hello to one and all who have the awesome privilege of coaching/teaching in the great state of Minnesota. Thanks Dave Wieber, Craig Nelson, and Rod Fuchs for putting together another great Track & Field Clinic! Congratulations to the coaches for being selected as Coach of the Year: Girls Class A: Mark Alcorn – Holdingford Girls Class AA: Greg Ueland

Roseville Area Boys Class A: Dave Abel Waseca Boys Class AA: Brian Purrington and Paul Callahan Rochester Century

Class A Assistant: Lenne Holland Blue Earth Area Class AA Assistant: Jon Flatness Prior Lake. Congratulations to Wily McCoy for being awarded the President's award this year. There were also 2 Volunteer of the Year awards given out. They were: A recipient - Dennis Jaspersen – MN Valley Lutheran/ New Ulm Cathedral and AA recipient - Manny Day - Wayzata High School. Speaking of Wayzata, congrats to Aaron Berndt for becoming National Coach of the year. Also, Andy Hillard was MN Coach of the Year.

Special congratulations to Bob Bonk Fairmont , Jeff Kellerman Sartell and Geri Dirth Apple Valley for being inducted into the Minnesota Track & Field Coaches Hall of Fame, Class of 2015! Please take the time and nominate retired Coaches who you feel are deserving of this honor.

Thanks to all of you coaches who attended the coaches' clinic this year. This year we had many, many, many positive comments about the clinic. It seems a bit odd, but the clinic organizers consistently are told that the attendees love listening to their peers speak, but the organizers tell me it is difficult to get high school coaches to agree to speak. Please, if you are asked to contribute to the clinic by speaking, say, YES. It is fun, and all of us appreciate hearing from and learning from our coaching peers! One last thing, I hope everyone enjoyed the teachings of our keynote speaker Beth Alford Sullivan. I look forward to the clinic next year, with new thoughts, ideas, teaching, it should be another fantastic event. If you missed it this year, I hope you will find the way to attend next year. For a small fee you are treated to 8 sessions of teaching, 2 socials, annual coaches meeting, true team meeting, banquet and the awesome opportunity to see and speak with you coaching colleagues, mentors, friends!

Lastly, I say to each of you, please enjoy another outstanding season of MN T&F. We will be starting up soon. I am always asked if I am ready for the season. My response, it doesn't matter if I am ready or not. The kids will be here, eager to start, eager to learn, eager to strive to do their best, eager to

have FUN! Keep in mind those great memories that we all have each year, keep those positive thoughts close to you. We all need them as the season progresses, when the season hits that low point, injuries, cold wet days, bad practice or meets. Be ready with those thoughts of kids laughing, smiling, persevering, and surprising themselves with new a PR. Be ready with those thoughts of them having FUN. When we all look back at the season when it is done, we will always see more positives than the negatives. Remember, we are lucky to have the opportunity to coach and teach in the greatest sport in Minnesota, the nation, the world!! Remember we are lucky to have the opportunity to coach the greatest kids in Minnesota, the nation and the world!!! Be ready to make new, awesome, positive, fun filled memories with your team. Remember to persevere, smile, laugh, and always, always have FUN!

MARCH MEMBERSHIP REPORT 2015

| Types of Membership | 2015-16 | 2014-15 |
|---------------------|---------|---------|
| Active Class A & AA | 6003 | 6129 |
| Associates | 1335 | 1318 |
| Active Life | 382 | 681 |
| Retired Life | 910 | 939 |
| Honorary | 3 | 3 |
| | 8,633 | 9,070 |

Breakdown of membership by sport association
(2014-15 totals in parenthesis)

| | |
|-----------------------------|------|
| Adapted Athletics (22) | 26 |
| Boys Lacrosse (78) | 50 |
| Alpine Skiing (59) | 53 |
| Girls Lacrosse (73) | 26 |
| Athletic Directors (102) | 93 |
| Football (1152) | 1117 |
| Baseball (484) | 475 |
| Boys Hockey (237) | 245 |
| Boys Basketball (808) | 826 |
| Golf (boys & girls) (351) | 277 |
| Girls Basketball (700) | 697 |
| Soccer (boys & girls) (390) | 416 |
| Cross Country (391) | 415 |
| Softball (494) | 387 |
| Gymnastics (222) | 216 |
| Synchronized Swimming (15) | 12 |
| Nordic Skiing (118) | 112 |
| Girls Tennis (213) | 220 |
| Volleyball (674) | 663 |
| Boys Tennis (175) | 149 |
| Boys Swimming (200) | 195 |
| Track & Field (785) | 795 |
| Girls Swimming (246) | 251 |
| Wrestling (117) | 114 |

Sport associations that collect their own dues, but join the MSHSCA are Dance 25, Cheer 14, Clay Target 12, Badminton 4 and Girls Hockey 55.

THE WRIGHT WAY

By: *Jody Redman, Associate Director*

You may or may not have heard the name Lefty Wright. Yes, you heard me right—Lefty Wright. I met Lefty in 1999 when I was the Assistant Athletic Administrator at Hopkins High School and was assigned to manage the Section 6AA Track and Field Meet...a daunting task for someone who had never previously organized a meet of any kind. Lefty was a long-time teacher, track and field coach and official who had seen hundreds of meets to a successful end. I remember meeting with him to discuss the many details involved in organizing a meet of this size and feeling completely overwhelmed by the magnitude of it. After reviewing the many details, Lefty assured me this meet would come to a successful end. And in a way that only Lefty could, in his calm and confident manner, I believed him.

Lefty and I forged a wonderful personal and professional relationship over the course of the next 18 years as I transitioned to my position with the MN State High School League and in the administration of the State Track and Field Meet. Through the years of working with Lefty, I learned that he was passionate about his profession. He lived life with his arms open, welcoming all he encountered into his experience where growth would inevitably occur. He took every opportunity presented to him to coach those around him, never with a need to be right or in a demeaning way, but in a calm way that celebrated the learner. In every situation Lefty would do what was in the best interest of the student, even when the decision was difficult and disappointment was inevitable. He would look at every situation with clarity, calmness and through a transformational teacher-coach's mindset.

I remember having long conversations with Lefty that provided insight and clarity around the purpose of sports and competition and how we can truly determine whether or not we have been successful. I remember walking away from every conversation feeling blessed to have spent time with a wise man. We discussed the cultures narrow view of success and how we had arrived at this broken place where the worth of a student or an experience was based on performance instead of the wonderful opportunity for growth to occur. Lefty was a great teacher, who captured moments that led to a broader perspective and resulted in the development of the human potential. This is the true purpose of every great transformational teacher-coach—to share perspectives that challenge us and make us think, utilize struggle to help us grow and create a place where we know our value isn't dependent on performance, but instead on the uniqueness of who we are and what we offer the world.

The world lost a magnificent human being on October 12,

2015. A man who was a transformational teacher-coach with everyone he encountered. I was blessed to hear this shared perspective, from his son Todd, at Lefty's Celebration of Life.

"When I was little, my parents had a chalk board by the back door. It was used to communicate all sorts of information and advice. Every so often there would be a quote or saying. One saying I remember vividly is, "lesser people talk about people, good people talk about things, great people discuss ideas and inspire". I would like to convey to you some of the ideas and inspirations my father shared with me, for he was a great man.

My father loved to compete. He lived to watch and participate in sports. He followed all sports: track, cross country, tennis, golf, and any sport my sister or I showed any interest in playing. And he taught me the value of competing, both the creative and the social aspect. But the real gift my father gave me was recognizing the difference between winning and competing.

He taught me that just winning, in and of itself, was a hollow endeavor. The true value in playing sports or even competing in cribbage is the development of one's character, to better oneself through practice and failure. And in this light competition teaches us to succeed and excel in all aspects of life.

Dad taught me, and hundreds of other athletes and friends, that not everyone can win, but everyone can succeed. Success in sport as well as life is not measured in a win/loss column. It is measured through, growth as a human being, striving to do the right thing and living for a cause greater than ourselves. Success according to my father was in the journey of living each moment to its maximum potential, and in so doing, life is lived well.

Dad taught me that within this definition of success, we are all players—players striving to become better people, in a better community and a better world each and every day. In Lefty's definition of competition and success, we are all coaches, supporting, guiding and encouraging those around us to improve. And in this process of trying, we succeed.

My father challenged all of us through his words as a coach and a teacher. He challenged us to look inside ourselves for our true meaning of success. He challenged us to act to improve ourselves and to support those around us. He challenged us to truly love and not to be afraid to let our love show. He challenged us to succeed.

I don't know why I was so lucky to win the 'father lottery'. To have someone who was the definition of unconditional love, live and care for me. It was an honor to see him share this love with his family, friends, students and athletes.

We as parents, coaches, and teachers have an incredible opportunity to grow and develop our own children and those we have the privilege to coach and teach the 'Wright Way'. To see every moment as an opportunity to grow, to have respect for others, to do the right thing even when it's difficult, to see competition as a way to help those around us improve, to define success by how we face our struggles every day, and to live life with our arms open to every experience—not just those that provide us with what we want. Lefty blessed so many of us with his wisdom and support and today, because of him, the world is a better place.



After the Game Bring Your Team to 

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.

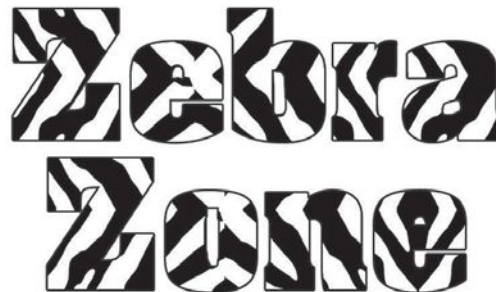
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

Well, you see, Norm, it's like this. A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it's the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers!"

It's a little known fact. The quote above which comes from the "Cheers" series strikes me as straightforward common sense thinking. The ol' postman, Cliff Clavin, uses simple logic and comes up with a working man's translation of Charles Darwin's Survival of the Fittest Theory. As heartbreaking as it may be - Cliffy was off a bit on his explanation. To those of you that may throw back a few that may come to a surprise - sorry about that. However ol' Cliffy may have been on to something as it relates to the world of officiating.

As each season comes and goes and as each year comes and goes it becomes more and more apparent that this gig is all about survival. There are younger officials that want to work more games - so the "more experienced" folks better stay on their A game. There are neighboring officials associations that are waiting for members of your group to have an off night so they can swoop up more assignments and contracts from that school. There are coaches that still see young, inexperienced officials as an opportunity to challenge them. There are Athletic Directors that won't hire an entire Association because they don't have the courage to tell an assignor that they don't want a specific official, so they blackball the entire group.

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 (____) _____

All of the aforementioned are scenarios that are going on now and have been for some time. In a way it's not necessarily a bad thing - all of them motivate one to be the best you can be, provide a superior service to the student-athletes and coaches and to always look to improve - regardless of an extenuating circumstances. As Norm Peterson said. "It's a dog eat dog world, and I'm wearin' milkbone underwear!" It is what it is - it's reality.

The "weakest brain cell" theory of Norm may apply to officials - if you aren't one of the strongest or work to be one of the strongest you may not last or be around for long as there are many factors working against you. Only the strongest of the lot will make it. In theory that sounds great, but in reality it may not be what's best.

Moving on. One item of discussion that came up this fall and winter was the matter of what constitutes "unsportsmanlike conduct" or behavior that would call for a technical foul. Just to be clear on a few things, here ya go: you don't have to swear to be penalized for either; either can be punished for non-verbal actions; what a coach says doesn't need to be heard by anyone else - if the official can hear it, that may be sufficient reason to assess a foul; if an official gives you a warning - don't look at it as you still have a 2nd chance to do the same thing over again - change your conduct after the warning. If you ask for an explanation on a call, a no call or a rules interpretation focus it on one particular situation. Officials have no problem with explaining any of the above, where it gets to be troublesome is when a coach moves onto something else once they get the explanation. Such as this scenario: Coach: "Terry can you explain to me what you saw on that play? I thought my guy was fouled." As a referee I think that is a fair question - asked a few times a game, not 3,429 times. As they say - pick your battles. My response "Coach, from my angle I saw the defender go straight up and your player actually initiated the contact on the play." That should be enough - it's a judgement call. Far too often though the response is, "Man you gotta call it on that end then too. Our guy went straight up 4 minutes ago and we didn't get that call. Plus, there was a travel you missed in the first half..." And on and on.

Again, moving on. It's been a very exciting year in our neck of the woods for new officials. I've seen first hand some new officials get started this year - it's been very rewarding to work with them. While the MSHSL and local Associations provide opportunities to to mentor new officials it also takes the efforts, and more so, the understanding of athletic directors and coaches that everyone needs to have a "first." This includes officials - they all will need to eventually work their first varsity contest. There were several AD's and coaches that welcomed this scenario and are to be commended for that. Congratulations to all officials that "got the call" to work their first varsity event this year - I sincerely hope it went well and will be the first of many. On behalf of all those officials who had that opportunity - thank you to the AD's and coaches that provided the learning experience.

Spring seasons are soon to be on their way and I'd like to wish all coaches and teams nothing but the best.

Remember it's just a game. Try and keep it fun.

Eiter is a high school teacher in Detroit Lakes, MN. He currently officiates football and basketball. He has coached baseball, basketball and track and has also umpired baseball and softball. He can be contacted at dlref@hotmail.com.



**25 YEAR
CLUB
RING**

RING OPTIONS

Man's 10K Ring
Price based on 350 per ounce gold.
(Optional) 6 pt. Diamonds

PRFCIUM is a bright silver colored jewelers alloy that is hard, durable and non-tarnishing

ENGRAVING:
Initials Inside Ring
Full Name Inside Ring

White Gold
Resize Smaller 1 Size Max
Resize Larger 1 Size Max
Refurbish Ring (Include New Box)
Drop Ship

Call Pat Furlong for Prices!

RING ORDER FORM

Name _____
Address _____
Phone _____
Finger Size _____

Ring _____
Stones _____
Options _____

Sub total _____
Add 6.5% State Tax _____
Total _____

SEND ORDER AND CHECK TO

Pat Furlong
5044 Edgewater Drive
Mound, Minnesota 55364
Phone 952-472-6738

MSHSCA
PO Box 519
Detroit Lakes, MN 56502



FUEL YOUR TEAM

Ordering is easy at 877-360-Cater (2283) or Subway.com
Catering orders must be placed 24 hours in advance.

©2015 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.



MINNESOTA
STATE HIGH SCHOOL COACHES ASSOCIATION