

# 2012 HIGH SCHOOL FOOTBALL MINNESOTA

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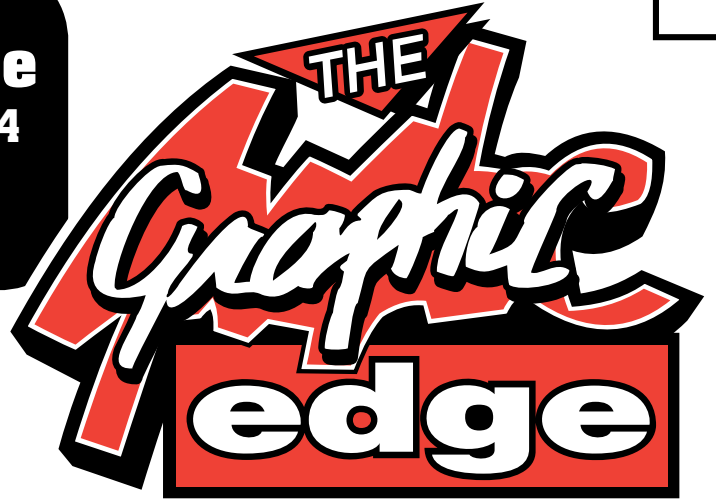
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A Publication of the Minnesota Football Coaches Association

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# EXECUTIVE DIRECTOR'S MESSAGE



**Ron Stolski**  
Executive Director

Fellow Coaches,

As members of the MFCA, we identify ourselves as "Keepers of the Game". We define ourselves as "The professional organization of high school football coaches serving and representing Minnesota High School Football for over 50 years". (With the addition and influx of college coaches now joining the MFCA, we will, happily, rewrite to recognize their inclusion). As an organization, we are now in the middle of our sixth decade of existence. Just as our game has evolved since the fifties, so have we. As we peruse the contents of this magazine we are reminded, again, just how much we do; how well we do it; how many we effect.

This past June, I was privileged to be invited, along with directors from Nebraska, Alabama, Michigan, Florida and Texas, to represent our respective associations at a two day, intense meeting in Waco Texas, at the home office of the AFCA. The invitation, extended by Grant Teaff, the Ex. Director of the AFCA, was to engage in dialogue and discussion about our respective associations' programs, initiatives, and challenges. The meetings, chaired by Coach Teaff, included key members of the AFCA, Gary Darnell, Associate Ex. Director, Johnny Tusa, Membership development, High Schools, and Tai Brown, Coordinator of Education for the AFCA. In addition to the hours of meetings on

a variety of topics, we had some time to visit the American Football Coaches Foundation 'Plaza of Influence'. The Plaza is a beautiful garden of flagstone walkways where coaches from all over the country are memorialized by family, friends and colleagues for their contributions to football and the and the people who have coached and played it. You may recall that since, 2010, our Hall of Fame Inductees have been forever remembered in this garden. I found our "spot" It was touching and moving....

The AFCA is committed to being an important resource for high school coaches throughout the country. It does not want to be thought of as a "college coaches" only organization. Over the courses of our two day meetings, a number of issues were discussed, ideas were shared, suggestions made; friendships formed. We learned that, while we share a number of common goals and problems, some issues are specific to our own state; our own organization. One COMMON issue of concern was the proliferation of non-school entities attempting to influence our game in ways that may not be in the best interest or welfare for the kids who play it. A common theme was that we cannot allow the game to go in direction(s) that are unhealthy. There was general agreement that we must be vigilant re too many 'elite' tournaments (7on7), combines illegal summer practice, even reports of agents approaching young athletes!! I believe this will be the challenge of our decade; keeping Football within the healthy participation of our schools, not turning them over programs to outside interests.

On the plane in the skies over Texas, Oklahoma, Kansas, heading North to our Minnesota home, I thought of the Plaza of Influence; our Hall of Famers forever immortalized by their comrades. It is still a coaches' game.. football. It is a game where we have influence far beyond our own realization. I thought of our commitment as its 'Keepers'. I thought of the many of our past and the many now who 'get it'. And I am so grateful and thankful for them. For you. It is a game for the kids. All of them. Let's keep it that way...

See you on the Field,

Ron Stolski

# 2011-2012 MINNESOTA FOOTBALL

## MINNESOTA FOOTBALL COACHES ASSOCIATION

### DIRECTOR OF PUBLICATIONS - TERRY TUREK

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*This publication is issued annually by the MFCA*

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|         |                                 |         |                                           |
|---------|---------------------------------|---------|-------------------------------------------|
| 1956-57 | Harvey Shew - Brainerd          | 1984-86 | Dick Walker - Richfield                   |
| 1957-58 | Lew Swearingen - Jackson        | 1986-87 | Jim Simser - New Richland - Hartland      |
| 1958-59 | Red Wilson - Bemidji            | 1987-88 | Dave Nigon - Totino Grace                 |
| 1959-60 | Loren Hagge - Rochester         | 1988-89 | Keith Swanson - Hoffman-Kensington        |
| 1960-61 | Frank Cleve - Minneapolis Henry | 1989-90 | Jerry Peterson - Owatonna                 |
| 1961-62 | Lew Barle - Greenway            | 1990-91 | Dave Brokke - Granite Falls               |
| 1962-63 | Tom Mahoney - Fairmont          | 1991-92 | Con Natvig - Swanville                    |
| 1963-64 | Steve Silianoff - So. St. Paul  | 1992-93 | George Larson - Cambridge                 |
| 1964-65 | Dale School - Redwood Falls     | 1993-94 | Buz Rumrill - Silver Lake                 |
| 1965-66 | Bill Hansen - Willmar           | 1994-95 | George Tuvey-Janesville-Waldorf-Pemberton |
| 1966-67 | Bob Roy - St. Louis Park        | 1995-96 | George Thole - Stillwater                 |
| 1967-68 | Marv Gunderson - Winona         | 1996-97 | Ken Baumann - Mahnomen                    |
| 1968-69 | Milt Osterberg - Worthington    | 1997-98 | Dave Hylla - Proctor                      |
| 1969-70 | Dick Lagergren - Brainerd       | 1998-99 | Neal Hofland - Chokio Alberta             |
| 1970-71 | Les Dreschsel - Ada             | 1999-00 | Ken Belanger - Zumbrota-Mazeppa           |
| 1971-72 | Don Varpness - New Ulm          | 2000-01 | Bubba Sullivan - Northfield               |
| 1972-73 | Ron Raveling - Columbia Heights | 2001-02 | Dick Strand - Southland                   |
| 1973-74 | Rollie Bromberg - Cloquet       | 2002-03 | Dave Nelson - Blaine                      |
| 1974-75 | Don Swanson - Minneapolis Henry | 2003-04 | Mike Mahlen-Verndale                      |
| 1975-76 | Don Stueve - Fergus Falls       | 2004-05 | Dwight Lundeen - Becker                   |
| 1976-77 | Dean Brown - Winona             | 2005-06 | Flint Motchenbacher - Detroit Lakes       |
| 1977-78 | Gary Gustafson - North St. Paul | 2006-07 | Clay Anderson - Albert Lea                |
| 1978-79 | Grady Rostberg - Hutchinson     | 2007-08 | Wayne Petermeier - Browerville            |
| 1979-80 | Dick Lawrence - Eveleth         | 2008-09 | Shannon Gerrety - Blaine                  |
| 1980-81 | Ron Scott - Coon Rapids         | 2009-10 | Jon Johnson - Litchfield                  |
| 1981-82 | Jim Roforth - Lake City         | 2010-11 | Paul Dunn - Springfield                   |
| 1982-83 | Ron Stolski - Brainerd          | 2011-12 | Jeff Weiland - Orono                      |
| 1983-84 | Tony Thiel - Battle Lake        |         |                                           |

## SECRETARY - TREASURER

|         |                                   |         |                                 |
|---------|-----------------------------------|---------|---------------------------------|
| 1956-57 | Frank Cleve - Minneapolis Henry   | 1983-87 | Don Larson - Albert Lea         |
| 1957-61 | Dwayne Hoberg - St. Louis Park    | 1987-00 | Jim Simser - Fairmont           |
| 1961-64 | Bob Roy - St. Louis Park          | 2000-08 | Terry Turek - LeSueur-Henderson |
| 1964-74 | Chuck Elias - Minneapolis Central | 2008-   | Jim Dotseth - Minneapolis Henry |
| 1974-83 | Jerry Peterson - Owatonna         |         |                                 |

# PRESIDENT'S MESSAGE

Hello to all football coaches in the great State of Minnesota.

I would like to thank the Minnesota Football Coaches Association for the opportunity to serve as the 55th president of this great association. I am impressed with what the executive committee led by Ron Stolski has done in building the association over the past few years. There are many programs that are instrumental in the overall theme of "Keepers of the Game."

I became an active part of the association in 1987 when John Gross and Jim Simser suggested that I should become conference representative. It has been a pleasure to serve on a variety of different committees such as the 1997 committee on creating the 6th class to now being President for the 2012-13 season. There are many areas that you can get involved in the association that will help you in your program or help others in theirs, from the 'Coach to Coach' program to the scholarship programs.

This year we are adding a super class to the state playoff division of the top 32 teams. This was set up to help in scheduling. Also since we have 14 semifinal games, these games will be on Thursday, Friday and Saturday next year. Presently, I believe there are four games on Thursday and five on both Friday and Saturday, watch for later information on what days the classes will play.

New this fall is the "Tackle Cancer" program. This information was sent to you last spring and you should have been contacted in July. If you have not been contacted please contact me or somebody else on the executive committee so you can be part of this new and exciting program.

"Tackle Cancer" is planned on being an annual event to collect money for the Randy Shaver Cancer Foundation - RSCF. As a member of the executive committee we are aware of many great organizations to donate money but one of the main reasons we chose RSCF is that the money is used for research within the State of Minnesota in combatting cancer, also 90% of the collected money go directly to research. Our association participation will be that during one of your home games during September you put a donation bucket/box in the area that fans can just drop money in during the game. Channel 11 in the Twin Cities will broadcast the total collected in October. The top team that fundraises will have the opportunity to have a special done by Channel 11. This is a volunteered program but, I think it would be great way of uniting the MFCA in a single cause.

A new area we wish to tackle is the scholarship program for the college athlete. This scholarship would begin after their freshmen year of college football. Since after your freshmen year all the special scholarships are gone and most of the Minnesota high school football players that play college football receive very little (DII) or no(DIII) money to play football. We are looking to set up a scholarship program for those athletes. Look in another part of this magazine for details about that application. Please help by sharing this information with past players that are now playing college football.

This fall remember what I have always told my athletes at WEM that tonight we get to play the great game of football and the game is supposed to be fun. Let's go out and have some fun this Friday night!!



## **PRESIDENT**

Jon Bakken - Waterville,  
Elysian, Morristown

# LETTER FROM COACH KILL UNIVERSITY OF MINNESOTA

Coaches,

First off, let me thank you for welcoming me, Rebecca and daughters, as well as my staff and their families to Minnesota. Our first 18 months here have been outstanding. I had no idea Minnesota would be such a great place to live. I have also learned how special the University of Minnesota is and how important it is to the people of Minnesota. The Twin Cities and the U offer much more than I anticipated when I accepted my position.

Secondly, I would like to thank you and your staff for your help in recruiting this past year. With your support we were able to secure an outstanding in-state recruiting class. As I have said from the day I arrived in Minnesota, we won't be successful until everyone in the state gets on the same page. As high school coaches, you certainly have done that. Through events like the MFCA clinic and our open door policy for high school coaches, I look forward to strengthening our relationship. My staff and I could not feel stronger about the importance Minnesota high school football has in the development of our program.

Lastly, I would like to congratulate you on a job well done. As a former high school head coach I know how hard you have worked this past off-season. I also know how important your role is in the development of the young men you coach. In addition, you play an important role in your community as well. I truly believe there is nothing better than Friday night high school football.

Thanks again for all you do for Gopher Football and good luck this season.

Coach Kill



# MINNESOTA FOOTBALL COACHES ASSOCIATION



**EXECUTIVE DIRECTOR**

Ron Stolski



**PRESIDENT**

Jon Bakken

Waterville, Elysian, Morristown



**SECRETARY - TREASURER**

Jim Dotseth

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Executive Director



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 Bubba Sullivan

Membership  
 Flint Motchenbacher

Scholarship  
 Will Wackman

Community Service  
 Beau LaBore

Historian  
 Dave Giles

# MFCA CODE OF ETHICS

## PREAMBLE

One of the distinguishing characteristics of a profession in education may be that its members are cognizant of, and perhaps dedicated to, rendering a service to humanity. As educators who choose to coach football, we must understand that the justification for football is that it provides educational and physical values for those who play the game, and the game essentially belongs to the players who choose to play it.

The welfare of the game depends on how coaches live up to the spirit and letter of ethical conduct, and how coaches, as educators, model ethical conduct, and remain mindful of the trust and confidence placed in them by colleagues, players, and the public.

## PURPOSE

This code of ethics has been developed to protect, promote, and preserve the best interests of the game and the coaching profession. Its primary purpose is to clarify and distinguish ethical and professional practices from those which are detrimental. Its secondary purpose is to emphasize the value of football as an experience that contributes to the overall education of the student-athlete and to stress proper functions in relation to schools, players, and the public.

---

### ARTICLE ONE – RESPONSIBILITY TO PLAYERS

1. Coaches shall be aware of the tremendous influence they have on the education of the student-athlete; therefore, they shall never place the value of winning above the value of instilling the highest ideals of character and integrity.
2. Coaches shall follow or create and enforce a set of training rules for players that reflect the positive values of abstaining from drugs, alcohol, and tobacco.
3. Coaches shall never place the value of winning over the safety and welfare of players.
4. Coaches shall not exert pressure on faculty members to give players special consideration.
5. Coaches shall show respect to all players by treating them with integrity and honesty in both verbal and nonverbal behavior, regardless of their role or contribution to the team.
6. Coaches are responsible for their players' actions on the field and must not permit them to perform with the intent of causing injury to opposing players.
7. Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players; they shall instruct players to play within the written rules and within the spirit of the game at all times.

### ARTICLE TWO – PROFESSIONAL BEHAVIOR

1. Coaches shall exemplify the highest moral character, behavior, and leadership.
2. Coaches shall display modesty in victory and be gracious in defeat.

3. Coaches shall promote ethical relationships among fellow coaches.
4. Prior to, and following contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

### ARTICLE THREE – SPORTSMANSHIP

1. Coaches shall exhibit, model, and teach good sportsmanship.
2. Coaches shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep clubs, booster groups, parents, and administrators.

### ARTICLE FOUR – SCOUTING

It is considered ethical to scout opponents only during games and agreed upon scrimmages, and within the designated rules of the conference or section by-laws. The head coach is responsible for the actions of his scouts.

### ARTICLE FIVE – RELATIONSHIPS WITH GAME OFFICIALS

Coaches shall respect the integrity and judgment of the game official. Coaches shall not indulge in conduct which would incite players or spectators against officials. Public criticism of officials is considered unethical.

# MFCA MEMBERS FOR 2011-2012

Listed below are the dues-paying head coaches of the MFCA for the year 2011-12.

These coaches are representative of the high school football teams in Minnesota. The association would like to remind all coaches to renew their membership for the upcoming year and to encourage their assistants to do the same.

The MFCA believes that it is realistic to have over 90% of all head coaches as members. Membership strengthens the association and allows for better representation for all teams and their concerns.

Remember, the MFCA is not just a "head coaches only" group, several teams have taken advantage of having assistants take a more active role in association meetings and it has improved participation and representation a great deal.

Please note that some coaches names may have been inadvertently omitted.

| Coach                   | School                           |
|-------------------------|----------------------------------|
| Aakre, Arek.....        | Fosston H.S.                     |
| Abbott, Chad.....       | Saint Thomas Academy             |
| Achterkirch, Marc ..... | Owatonna H.S.                    |
| Ackerman, Tom .....     | Murray County Central H.S.       |
| Ague, Kristopher.....   | Watertown-Mayer H.S.             |
| Aker, Dave .....        | East Grand Forks Sacred Heart Hs |
| Albers, Craig .....     | Jordan H.S.                      |
| Alexander, Harold ..... | Saint Cloud Apollo H.S.          |
| Algarin, Luis.....      | Little Falls H.S.                |
| Allaire, Claud .....    | Macalester College               |
| Allen, Bryan.....       | Mahtomedi H.S.                   |
| Allen, Michael .....    | Northfield H.S.                  |
| Allen, Scott.....       | Saint James H.S.                 |
| Alto, Dan .....         | Kelliher H.S.                    |
| Amdahl, Alan.....       | Albany H.S.                      |
| Amundson, Scott.....    | Barnesville H.S.                 |
| Anderson, Aron .....    | Brainerd H.S.                    |
| Anderson, Brad.....     | Wayzata H.S.                     |
| Anderson, Brody .....   | Saint Cloud Apollo H.S.          |
| Anderson, Chad .....    | Cretin-Derham Hall H.S.          |
| Anderson, Cory.....     | Milaca H.S.                      |
| Anderson, David .....   | Sauk Rapids-Rice H.S.            |
| Anderson, Dennis.....   | Murray County Central H.S.       |
| Anderson, Glen.....     | International Falls H.S.         |
| Anderson, Jacob .....   | Eden Valley-Watkins H.S.         |
| Anderson, John .....    | Pelican Rapids H.S.              |
| Anderson, Jon.....      | Bloomington Jefferson H.S.       |
| Anderson, Murray.....   | Virginia H.S.                    |
| Anderson, Robert .....  | Melrose Area H.S.                |
| Andres, Matt.....       | Sleepy Eye Saint Mary'S H.S.     |
| Anfenson, Tim.....      | Saint Michael-Albertville H.S.   |

| Coach                      | School                             |
|----------------------------|------------------------------------|
| Arduser, Terry .....       | Madelia H.S.                       |
| Armbrust, Kevin .....      | Onamia H.S.                        |
| Arndt, Steve .....         | Maple River H.S.                   |
| Aro, Michael.....          | Eveleth-Gilbert H.S.               |
| Ashfield, George .....     | Bloomington Kennedy H.S.           |
| Asuma, Robert.....         | Cherry H.S.                        |
| Atherton, Kyle.....        | Cleveland H.S.                     |
| Attig, Aric.....           | Thief River Falls Lincoln Hs       |
| Aufdenkamp, William.....   | Frazee H.S.                        |
| Auger, Andy.....           | Saint Cloud Cathedral H.S.         |
| Aurich, Dean.....          | Mayer Lutheran H.S.                |
| Austinson, John.....       | Byron H.S.                         |
| Aycock, Craig.....         | Saint Cloud Tech H.S.              |
| Bachman, Marc.....         | Saint Peter H.S.                   |
| Bahlmann, Terry .....      | Marshall H.S.                      |
| Bakken, Jon.....           | Waterville-Elysian-Morristown H.S. |
| Baldry, Dean .....         | Yellow Medicine East H.S.          |
| Barner, Adam.....          | Triton H.S.                        |
| Barnes, John .....         | Saint Thomas Academy               |
| Bartkey, Brett.....        | Hinckley-Finlayson H.S.            |
| Bartlett, Ryan.....        | Robbinsdale Armstrong H.S.         |
| Basil, Joseph .....        | Minneapolis Washburn H.S.          |
| Baumann, Bill .....        | North Branch H.S.                  |
| Baumann, Brad .....        | Maple Lake H.S.                    |
| Baumann, Britt.....        | North Branch H.S.                  |
| Baumgarten, Joel .....     | Rocori H.S.                        |
| Baumgartner, Michael ..... | Park Rapids Area H.S.              |
| Baynard, Jordan .....      | Minnehaha Academy                  |
| Becker, Alex.....          | SaUk Rapids-Rice H.S.              |
| Becker, Chad.....          | Browerville H.S.                   |
| Beckmann, James.....       | Bethlehem Academy                  |

| Coach                     | School                     |
|---------------------------|----------------------------|
| Bedel, Cory .....         | Hancock H.S.               |
| Behrens, Chris .....      | Watertown-Mayer H.S.       |
| Bell, Jason .....         | Minnetonka H.S.            |
| Bender, Collin .....      | Waconia H.S.               |
| Bengtson, Hokan .....     | Becker H.S.                |
| Benick, James .....       | New Prague H.S.            |
| Benning, Dan .....        | Browerville H.S.           |
| Benning, Ray .....        | Eagle Valley H.S.          |
| Bense, Keith .....        | Saint Peter H.S.           |
| Benson, David .....       | Park Rapids Area H.S.      |
| Benson, Jon .....         | Saint Cloud Tech H.S.      |
| Berdan, Ronald .....      | Sleepy Eye H.S.            |
| Berg, Grant .....         | New Richland-H-E-G H.S.    |
| Berg, Justin .....        | Browerville H.S.           |
| Bergene, Brett .....      | Breck School               |
| Bergeron, Andrew .....    | Cloquet H.S.               |
| Bernards, Jefferson ..... | Kasson-Mantorville H.S.    |
| Bernhard, Paul .....      | Northfield H.S.            |
| Berning, Scott .....      | Delano H.S.                |
| Bestor, Tim .....         | Stewartville H.S.          |
| Bettcher, Josh .....      | Detroit Lakes H.S.         |
| Betton, Ray .....         | Academy Of Holy Angels     |
| Beuning, Paul .....       | New London-Spicer H.S.     |
| Biermaier, Michael .....  | Browerville H.S.           |
| Biezuns, John .....       | Minneapolis Southwest H.S. |
| Birkholz, Adam .....      | Lester Prairie H.S.        |
| Bittner, Jon .....        | Crookston H.S.             |
| Bjerklie, Darrell .....   | Cherry H.S.                |
| Bjorklund, Randall .....  | South Saint Paul H.S.      |
| Bjornjeld, Mark .....     | Lac Qui Parle Valley H.S.  |
| Blair, Dean .....         | Saint Paul Humboldt H.S.   |
| Blank, David .....        | Wabasso H.S.               |
| Blankenship, Daniel ..... | Fulda H.S.                 |
| Blom, Gary .....          | Saint James H.S.           |
| Blom, Raymond .....       | Crosby-Ironton H.S.        |
| Blomdahl, David .....     | Braham H.S.                |
| Bobbe, John .....         | Andover H.S.               |
| Bobeldyk, Tim .....       | Murray County Central H.S. |
| Boe, Jason .....          | Triton H.S.                |
| Boese, Tom .....          | Minnehaha Academy          |
| Bohaty, James .....       | Moose Lake H.S.            |
| Bollinger, Brooks .....   | Hill-Murray School         |
| Boltmann, Reed .....      | Edina H.S.                 |
| Bonsante, Frank .....     | Crosby-Ironton H.S.        |

| Coach                          | School                      |
|--------------------------------|-----------------------------|
| Boomer, Mike .....             | Cook County H.S.            |
| Boomgaard, Brian .....         | Russell-Tyler-Ruthton H.S.  |
| Boran, Michael .....           | Brainerd H.S.               |
| Botsford, Timothy .....        | Grand Rapids H.S.           |
| Bouman, Troy .....             | Pipestone Area H.S.         |
| Braaten, Matthew .....         | Cambridge-Isanti H.S.       |
| Brager, Nathan .....           | Ada-Borup H.S.              |
| Brainard, Paul .....           | Hill City H.S.              |
| Brandl, Robert .....           | Comfrey H.S.                |
| Brekken, Joel .....            | Duluth East H.S.            |
| Brenner, Craig .....           | B O L D H.S.                |
| Brent, Kevin .....             | Dawson-Boyd H.S.            |
| Brevitz, Robert .....          | Stillwater Area H.S.        |
| Breyen, Michael .....          | Elk River H.S.              |
| Briard, Jeffrey .....          | Springfield H.S.            |
| Brighton, Bryan .....          | Plainview Community Hs      |
| Brinkman, Daniel .....         | Hutchinson H.S.             |
| Britten, Dante .....           | Minnehaha Academy           |
| Brouwer, Andrew .....          | Bagley H.S.                 |
| Brown Jr., Thomas (T.J.) ..... | Springfield H.S.            |
| Brown, Alex .....              | Hutchinson H.S.             |
| Brown, Brian .....             | Concordia Academy-Roseville |
| Brudellie, Ryan .....          | Truman H.S.                 |
| Brue, Charles .....            | Hillcrest Lutheran Academy  |
| Bruer, Steven .....            | Menahga H.S.                |
| Bryniarski, Robert .....       | Browerville H.S.            |
| Buboltz, James .....           | Minnesota Valley Lutheran   |
| Buck, John .....               | Forest Lake H.S.            |
| Budreau, John .....            | Elk River H.S.              |
| Buerkle, Jeff .....            | Anoka H.S.                  |
| Buffetta, Brian .....          | Mountain Iron-Buhl H.S.     |
| Buffetta, Jeff .....           | Mountain Iron-Buhl H.S.     |
| Buker, Daniel .....            | Litchfield H.S.             |
| Bunkers, Drew .....            | Tracy-Milroy-Balaton H.S.   |
| Buns, Gary .....               | Saint Charles H.S.          |
| Buntje, Scott .....            | Albany H.S.                 |
| Burmeister, Patrick .....      | Mankato West H.S.           |
| Bute, Rob .....                | New Ulm H.S.                |
| Butenhoff, Peder .....         | Fergus Falls H.S.           |
| Byklum, Darrin .....           | Fisher H.S.                 |
| Campbell, Philip .....         | Le Center H.S.              |
| Cannon, Timothy .....          | Morris Area School          |
| Card, Todd .....               | Hutchinson H.S.             |
| Carlson, Alexander .....       | Red Lake County Central     |

## "THE KEEPERS OF THE GAME"

| Coach                      | School                            |
|----------------------------|-----------------------------------|
| Carlson, Darby .....       | Maple Grove H.S.                  |
| Carlson, David.....        | Barnum H.S.                       |
| Carlson, Lee .....         | Saint James H.S.                  |
| Carlson, Tim .....         | Bloomington Jefferson H.S.        |
| Carr, Jim.....             | Robbinsdale Armstrong H.S.        |
| Carroll, John-Howard ..... | Rochester Lourdes H.S.            |
| Cassellius, John .....     | Winona H.S.                       |
| Casterton, Nick.....       | Jordan H.S.                       |
| Chamernick, Mark.....      | Saint Cloud Cathedral H.S.        |
| Christensen, Jeremy .....  | Clinton-Graceville-Beardsley H.S. |
| Christenson, David.....    | Eagan H.S.                        |
| Christianson, Bill .....   | Pine City H.S.                    |
| Christianson, Chad .....   | Hancock H.S.                      |
| Christianson, Jay .....    | Canby H.S.                        |
| Christianson, Martin ..... | Montevideo H.S.                   |
| Christie, Jeremy .....     | Sauk Rapids-Rice H.S.             |
| Clark Jr, John .....       | Mahnomen H.S.                     |
| Clark, Alan .....          | Monticello H.S.                   |
| Clark, Paul.....           | Waubun H.S.                       |
| Clark, Paul.....           | Warroad H.S.                      |
| Coenen, Jerome .....       | Chanhasen Hs                      |
| Coffee, Pat .....          | Anoka H.S.                        |
| Cohrs, Richard.....        | Glencoe-Silver Lake H.S.          |
| Comer, David.....          | Lakeville South H.S.              |
| Cook, Aaron.....           | Win-E-Mac H.S.                    |
| Cornell, Gary.....         | Virginia H.S.                     |
| Cornell, Keith.....        | Saint Michael-Albertville H.S.    |
| Cortez, James.....         | Kerkhoven-Murdock-Sunburg H.S.    |
| Cotter, Joseph.....        | Lakeville South H.S.              |
| Cousineau, Joe.....        | Stillwater Area H.S.              |
| Crabtree, Joshua .....     | Luverne H.S.                      |
| Cremers, Ed.....           | Virginia H.S.                     |
| Curry, Jonathon.....       | Medford H.S.                      |
| Czech, Bradley .....       | Little Falls H.S.                 |
| Dahl, JOel.....            | Mound-Westonka H.S.               |
| Dahl, Mark.....            | Luverne H.S.                      |
| Dahle, Darin.....          | Russell-Tyler-Ruthton H.S.        |
| Dahlman, Bradley .....     | Edina H.S.                        |
| Dahlstrom, David.....      | Foley H.S.                        |
| Darling, Matt .....        | Sartell-Saint Stephen H.S.        |
| David, Nick.....           | Montgomery-Lonsdale H.S.          |
| Davis, Chris.....          | Murray County Central H.S.        |
| Davis, Eric .....          | Mankato West H.S.                 |

| Coach                    | School                       |
|--------------------------|------------------------------|
| Davis, Timothy .....     | Shakopee H.S.                |
| Decann, Jay.....         | Melrose Area H.S.            |
| Deibele, Cole .....      | Monticello H.S.              |
| Deleon, James .....      | Stillwater Area H.S.         |
| Demars, Thomas .....     | Pine River-Backus H.S.       |
| Denhartog, John.....     | Hopkins H.S.                 |
| Derynck, Benjamin.....   | Worthington H.S.             |
| Deschneau, Brian.....    | Mounds View H.S.             |
| Deschneau, Mike .....    | Mankato West H.S.            |
| Destache, Dan.....       | White Bear Lake/Mahtomedi Hs |
| Develice, Thomas.....    | Blaine H.S.                  |
| Dewanz, Jeff .....       | Alexandria H.S.              |
| Diaz, Jeremy .....       | Concordia Academy-Roseville  |
| Diercks, William .....   | Goodhue H.S.                 |
| Dietel, John .....       | Monticello H.S.              |
| Diggins, Mike .....      | Centennial H.S.              |
| Digiovanni, Jeremy ..... | Rogers H.S.                  |
| Dinardo, Michael.....    | Minnehaha Academy            |
| Doeden, Tim .....        | Worthington H.S.             |
| Dombrovski, Noah .....   | White Bear Lake Area H.S.    |
| Domschot, Mark.....      | Centennial H.S.              |
| Donnay, Ryan .....       | Rogers H.S.                  |
| Dorn, Josh .....         | ALbany H.S.                  |
| Dorr, Mitch .....        | Cook County H.S.             |
| Dotter, Paul .....       | Robbinsdale Armstrong H.S.   |
| Douglas, Dan.....        | Montevideo H.S.              |
| Drews, John .....        | Rochester John Marshall      |
| Drexler, David.....      | West Central Area School     |
| Dunn, Paul.....          | Springfield H.S.             |
| Dyer, Lynn .....         | Thief River Falls H.S.       |
| Edblad, Jeffrey .....    | Cambridge-Isanti H.S.        |
| Edmunds, Erik.....       | Proctor H.S.                 |
| Eidelbes, Zach.....      | Zimmerman H.S.               |
| Elias, Nickolas.....     | Rochester Century H.S.       |
| Ellefson, David .....    | Hutchinson H.S.              |
| Ellefson, Tim.....       | Hutchinson H.S.              |
| Ellinghuysen, Joel.....  | Lewiston-Altura H.S.         |
| Ellingson, Daniel .....  | Hills-Beaver Creek H.S.      |
| Ellingson, Michael ..... | Triton H.S.                  |
| Elliott, Darin .....     | Nicollet H.S.                |
| Elmer, Mark .....        | Stillwater Area H.S.         |
| Elston, Chad.....        | Mora H.S.                    |
| Empting, Michael.....    | Alexandria H.S.              |

| Coach                    | School                         |
|--------------------------|--------------------------------|
| Enge, David.....         | Anoka H.S.                     |
| Engebretson, Dan.....    | Mounds View H.S.               |
| Eppen, Matthew .....     | Burnsville H.S.                |
| Erdmann, Greg .....      | Fulda H.S.                     |
| Erdmann, Jeff .....      | Rosemount H.S.                 |
| Esch, Mark .....         | Mankato West H.S.              |
| Essler, Dan .....        | New London-Spicer H.S.         |
| Essler, Jared.....       | Saint Michael-Albertville H.S. |
| Etienne, Jeff .....      | Richfield H.S.                 |
| Evenson, Julius .....    | Belgrade-Brooten-Elrosa H.S.   |
| Ewing, Gregory.....      | Hutchinson H.S.                |
| Fabish, Mark .....       | Northeast Range                |
| Fahleen, Michael.....    | Wheaton H.S.                   |
| Faust, David .....       | Henry Sibley H.S.              |
| Fellman, Joseph .....    | Staples-Motley H.S.            |
| Fenske, Andrew.....      | Princeton H.S.                 |
| Fenske, John.....        | Kingsland H.S.                 |
| Ferguson, Jeffrey .....  | Totino-Grace H.S.              |
| Ferraro, Sam.....        | Champlin Park H.S.             |
| Ferrier, Aaron.....      | Redwood Valley H.S.            |
| Ferris, Keith .....      | Wadena-Deer Creek H.S.         |
| Filstrup, Ron .....      | Academy Of Holy Angels         |
| Finanger, Phil.....      | Edina H.S.                     |
| Finlayson, Loren .....   | Sauk Rapids-Rice H.S.          |
| Finne, Jason .....       | Bloomington Kennedy H.S.       |
| Fischer, Adam.....       | Fridley H.S.                   |
| Flann, Derek.....        | TRacy-Milroy-Balaton H.S.      |
| Flaten, Dustin.....      | Ulen-Hitterdal H.S.            |
| Fleischman, Andrew ..... | Edgerton H.S.                  |
| Flieth, Doug .....       | Sibley East H.S.               |
| Flinn, James .....       | Saint Agnes H.S.               |
| Florek, Jason.....       | Saint Cloud Tech H.S.          |
| Floysand, David .....    | Park H.S.                      |
| Foley, Jim.....          | Champlin Park H.S.             |
| Foley, Patrick.....      | Waconia H.S.                   |
| Forsell, Tad.....        | Hermantown H.S.                |
| Foslien, Adam .....      | Benson H.S.                    |
| Fox, Darrin .....        | Norwood-Young America H.S.     |
| Franck, Larry .....      | Byron H.S.                     |
| Franz, Marc.....         | Rogers H.S.                    |
| Fredericksen, Chad ..... | Breckenridge H.S.              |
| Frederixon, Shawn .....  | Chisago Lakes Area H.S.        |
| Freed, Jason.....        | BraiNerd H.S.                  |

| Coach                    | School                       |
|--------------------------|------------------------------|
| Frethem, Mark.....       | Bertha-Hewitt H.S.           |
| Frisell, Dave .....      | Mankato East H.S.            |
| Fritze, Kent .....       | Park Rapids Area H.S.        |
| Fritze, Michael.....     | Apple Valley H.S.            |
| Froehling, Mark .....    | Farmington H.S.              |
| Fruechte, Carl .....     | Caledonia H.S.               |
| Frykman, Jon.....        | Hutchinson H.S.              |
| Gaffaney, Michael .....  | Yellow Medicine East H.S.    |
| Galvin, Jim.....         | Mounds View H.S.             |
| Gans, James .....        | Sauk Rapids-Rice H.S.        |
| Garry, Jerome.....       | Rochester Lourdes H.S.       |
| Garvin, Joseph .....     | Lake City H.S.               |
| Gatzlaff, Ryan .....     | Houston H.S.                 |
| Gaughran, Richard .....  | Eden Prairie H.S.            |
| Gegenheimer, Matt.....   | Prior Lake H.S.              |
| Geng, Donny .....        | South Saint Paul H.S.        |
| Gerads, Adam.....        | Swanville H.S.               |
| Geyen, Craig .....       | Monticello H.S.              |
| Gimbel, Chad .....       | Blooming Prairie H.S.        |
| Gindorff, Michael.....   | Crosby-Ironton H.S.          |
| Glasener, Vaughn.....    | Melrose Area H.S.            |
| Glass, Todd .....        | Red Lake Falls Lafayette Hs  |
| Glazier, Darin .....     | Park H.S.                    |
| Golberg, Kirk.....       | Lakeville South H.S.         |
| Gonnerman, Scott.....    | Benson H.S.                  |
| Gonnion, Mark.....       | Pine River-Backus H.S.       |
| Gorsline, Dennis.....    | New Ulm H.S.                 |
| Goslee, Kyle.....        | Montevideo H.S.              |
| Gossen, Rick.....        | Belgrade-Brooten-Elrosa H.S. |
| Gothmann, Steve.....     | Richfield H.S.               |
| Goudy, Bryan.....        | Orono H.S.                   |
| Goudy, Mick.....         | Rogers H.S.                  |
| Grams, Trent .....       | Lester Prairie H.S.          |
| Granning, Ty .....       | Alexandria H.S.              |
| Grant, Michael .....     | Minneapolis Washburn H.S.    |
| Grant, Mike.....         | Eden Prairie H.S.            |
| Grassel, Chad.....       | East Grand Forks H.S.        |
| Gravdahl, Steve .....    | Saint Francis H.S.           |
| Green, John.....         | Duluth Denfeld H.S.          |
| Greenwald, Seth.....     | Eagan H.S.                   |
| Griffin, John .....      | Woodbury H.S.                |
| Grimes, Paul (Joe) ..... | Park Rapids Area H.S.        |
| Grimmius, Brad.....      | Worthington H.S.             |

## "THE KEEPERS OF THE GAME"

| Coach                     | School                          |
|---------------------------|---------------------------------|
| Gronner, Jeff .....       | Cromwell H.S.                   |
| Gross, Bryce .....        | Brainerd H.S.                   |
| Gross, Chris .....        | Foley H.S.                      |
| Gross, Dan .....          | B O L D H.S.                    |
| Gross, Derrick .....      | Northome H.S.                   |
| Gross, Kevin .....        | Sartell-Saint Stephen H.S.      |
| Grossman, Jonas .....     | Benson H.S.                     |
| Grosz, Greg .....         | Minnetonka H.S.                 |
| Gullikson, Tony .....     | Warren-Alvarado-Oslo H.S.       |
| Gunderson, John .....     | Minnesota Valley Lutheran       |
| Gunderson, John .....     | Buffalo H.S.                    |
| Gustafson, Chad .....     | New London-Spicer H.S.          |
| Haala, Cory .....         | Sleepy Eye H.S.                 |
| Haataja, Steve .....      | Warroad H.S.                    |
| Habeck, Kurt .....        | Eastview H.S.                   |
| Hackett, Gabriel .....    | Saint Michael-Albertville H.S.  |
| Hagge, Kevin .....        | Lake Crystal-Wellcome Memorial  |
| Hahn, Eric .....          | Minnesota Valley Lutheran       |
| Hajek, Ryan .....         | Cambridge-Isanti H.S.           |
| HalE, Tim .....           | Anoka H.S.                      |
| Hale, Todd .....          | Wadena-Deer Creek H.S.          |
| Haley, Kevin .....        | Barnum H.S.                     |
| Haley, Rick .....         | Delano H.S.                     |
| Hall, Justin .....        | Bloomington Kennedy H.S.        |
| Halland, Daniel .....     | Crookston H.S.                  |
| Haller, Michael .....     | Sibley East H.S.                |
| Halvorson, David .....    | Ogilvie H.S.                    |
| Hamilton, Steve .....     | Elk River H.S.                  |
| Hamlin, David .....       | St. Cloud State Football        |
| Handt, Clayton .....      | Shakopee H.S.                   |
| Hanks, Jon .....          | Benilde-St. Margaret's H.S.     |
| Hanlon, Ryan .....        | Fosston H.S.                    |
| Hansen, Craig .....       | Maple Grove H.S.                |
| Hansmann, Wayne .....     | Pine City H.S.                  |
| Hanson, David .....       | Cambridge-Isanti H.S.           |
| Hanson, Erik .....        | Duluth Denfeld H.S.             |
| Hanson, Erik .....        | Monticello-Annandale-Maple Lake |
| Hanson, Keith .....       | Hawley H.S.                     |
| Hanson, Roger .....       | East Grand Forks H.S.           |
| Hanson, Scott .....       | Bethlehem Academy               |
| Harig, Rick .....         | Bertha-Hewitt H.S.              |
| Harmeyer, Christian ..... | Nicollet H.S.                   |
| Harrington, Nate .....    | Providence Academy              |

| Coach                      | School                             |
|----------------------------|------------------------------------|
| Harris, Brian .....        | Dover-Eyota H.S.                   |
| Harris, J Mark .....       | Stillwater Area H.S.               |
| Harris, Ryan .....         | Cretin-Derham Hall H.S.            |
| Hartman, Charles .....     | Sibley East H.S.                   |
| Harvey, Christian .....    | Saint Clair H.S.                   |
| Hauer, Gabriel .....       | Waterville-Elysian-Morristown H.S. |
| Haugen, David .....        | Pelican Rapids H.S.                |
| Hauser, Zach .....         | Spring Grove H.S.                  |
| Hedervare Jr, Joseph ..... | Waseca H.S.                        |
| Hedstrom, Peter .....      | Springfield H.S.                   |
| Heers, Chad .....          | Monticello H.S.                    |
| Heggedahl, Larry .....     | Floodwood H.S.                     |
| Hegland, Matthew .....     | Saint Cloud Tech H.S.              |
| Heid, Corey .....          | Browerville H.S.                   |
| Heille, William .....      | Worthington H.S.                   |
| Heise, James .....         | Lake City H.S.                     |
| Heiser, Mark .....         | St. Paul Academy And Summit School |
| Helget, Jeff .....         | Sleepy Eye Saint Mary's H.S.       |
| Helget, Jeffery .....      | Mankato West H.S.                  |
| Helland, Kenny .....       | Le Center H.S.                     |
| Hemberger, Benjamin .....  | Fosston H.S.                       |
| Hemberger, Mark .....      | Ulen-Hitterdal H.S.                |
| Hemenway, Matt .....       | Stillwater Area H.S.               |
| Hemming, Steve .....       | Richfield H.S.                     |
| Henderson, Donald .....    | Triton H.S.                        |
| Hendricks, Troy .....      | Bemidji H.S.                       |
| Hendrickson, Ryan .....    | Underwood H.S.                     |
| Henn, Paul .....           | Waconia H.S.                       |
| Hennen, Daniel .....       | Eden Prairie H.S.                  |
| Hennen, Michael .....      | Cambridge-Isanti H.S.              |
| Hentges, Patrick .....     | G-F-W H.S.                         |
| Hentges, Scott .....       | Sartell-Saint Stephen H.S.         |
| Herbes, Mark .....         | Upsala H.S.                        |
| Herder, Joel .....         | Breckenridge H.S.                  |
| Herm, Larry .....          | Foley H.S.                         |
| Hernandez, Timothy .....   | Saint Thomas Academy               |
| Heryla, Peter .....        | Columbia Heights H.S.              |
| Hickey, Tim .....          | Tartan H.S.                        |
| HieTala, Joseph .....      | Duluth East H.S.                   |
| Hill, Steven .....         | Minnewaska Area H.S.               |
| Hill, Tim .....            | Brainerd H.S.                      |
| Hillman, David .....       | Mesabi East H.S.                   |
| Hillmer, Todd .....        | Browerville H.S.                   |

| Coach                        | School                         |
|------------------------------|--------------------------------|
| Hinkle, Jordan .....         | Verndale H.S.                  |
| Hinrichs, Jon .....          | Hawley H.S.                    |
| Hinrichs, Russ .....         | Alexandria H.S.                |
| Hockinson, Randy .....       | Kenyon-Wanamingo H.S.          |
| Hoemke, Gregory .....        | Benilde-St. Margaret's H. S.   |
| Hofstedt, Josh .....         | Cannon Falls H.S.              |
| Hohn, Nick .....             | Braham H.S.                    |
| Holey, Joel .....            | Little Falls H.S.              |
| Holtkamp, Jeffrey .....      | Willmar H.S.                   |
| Holzhueter, Galen .....      | Minnesota Valley Lutheran      |
| Homstad, David .....         | Marshall School, Duluth        |
| Honken, Mike .....           | Rushford-Peterson H.S.         |
| Hook, Japel .....            | Eden Prairie H.S.              |
| Hopkins, David .....         | Holy Family Catholic H.S.      |
| Hoscheit, Seth .....         | Minnesota Valley Lutheran      |
| Houghton, Dan .....          | Rockford H.S.                  |
| Hovland, Brian .....         | Underwood H.S.                 |
| Howard, Dennis .....         | Pine City H.S.                 |
| Huber, Bruce .....           | Triton H.S.                    |
| Huberty, Dave .....          | Albany H.S.                    |
| Hudak, Pat .....             | Farmington H.S.                |
| Hudspith, Bill .....         | Esko H.S.                      |
| Huesmann, Mike .....         | Brainerd H.S.                  |
| Hughes, Curt .....           | Stewartville H.S.              |
| Hulke, Kevin .....           | Minnesota Valley Lutheran      |
| Hulse, Ryan .....            | Saint Croix Lutheran H.S.      |
| Hungerholt, Aaron .....      | Leroy-OstRander H.S.           |
| Hunt, John .....             | Buffalo H.S.                   |
| Hup, Daniel .....            | Renville County West H.S.      |
| Huse, Brad .....             | United South Central H.S.      |
| Ihrke, Josh .....            | Becker H.S.                    |
| Ihrke, William .....         | Plainview-Elgin-Millville H.S. |
| Illikainen, Daryl .....      | Hermantown H.S.                |
| Infanger, William .....      | Osakis H.S.                    |
| Inforzato, Kyle .....        | Mound-Westonka H.S.            |
| Isaacs, Charles(Chuck) ..... | Deer River H.S.                |
| Iten, Michael .....          | Browerville H.S.               |
| Jackson, Robert .....        | White Bear Lake Area H.S.      |
| Jacobs, Jon .....            | Mcgregor H.S.                  |
| Jacobson, Jim .....          | Frazee H.S.                    |
| Jacobson, Thomas .....       | Redwood Valley H.S.            |
| Jankowski, Jamie .....       | Woodbury H.S.                  |
| Jazdzewski, Timothy .....    | Duluth Denfeld H.S.            |

| Coach                     | School                            |
|---------------------------|-----------------------------------|
| Jemmings, Dwane .....     | Cedar Mountain H.S.               |
| Jenkins, Giovan .....     | Minneapolis Washburn H.S.         |
| Jenniges, Isaac .....     | Red Rock Central H.S.             |
| Jennissen, Mark .....     | Staples-Motley H.S.               |
| Jensen, Bradley .....     | East Central H.S.                 |
| Jeppson, Michael .....    | Plainview Community Hs            |
| Jevning, Bret .....       | Brainerd Forestview Ms            |
| Jipson, Steve .....       | Clinton-Graceville-Beardsley H.S. |
| Jirik, John .....         | North Woods                       |
| Johannes, Jerome .....    | Medford H.S.                      |
| Johnson Jr., Marvin ..... | Elk River H.S.                    |
| Johnson, Chris .....      | Browerville H.S.                  |
| Johnson, Cory .....       | Litchfield H.S.                   |
| Johnson, Craig .....      | Watertown-Mayer H.S.              |
| Johnson, Dan .....        | Parkers Prairie H.S.              |
| Johnson, Daniel .....     | Big Lake H.S.                     |
| Johnson, Erik .....       | Staples-Motley H.S.               |
| Johnson, Greg .....       | Delano H.S.                       |
| Johnson, Jonathan .....   | Litchfield H.S.                   |
| Johnson, Mark .....       | Montevideo H.S.                   |
| Johnson, Nathan .....     | Proctor H.S.                      |
| Johnson, Nathan .....     | Fosston H.S.                      |
| Johnson, Nick .....       | Eagan H.S.                        |
| Johnson, Phil .....       | Elk River H.S.                    |
| Johnson, Randy .....      | Milaca H.S.                       |
| Johnson, Rick .....       | Thief River Falls H.S.            |
| Johnson, Thor .....       | Bigfork H.S.                      |
| Johnson, Todd .....       | Mahnomen H.S.                     |
| Johnson, Tom .....        | Frazee H.S.                       |
| Johnston, Chad .....      | Minneota H.S.                     |
| Johnston, JuStin .....    | Belle Plaine H.S.                 |
| Jones, John .....         | Red Wing H.S.                     |
| Jones, Matt .....         | Wadena-Deer Creek H.S.            |
| Joran, Joe .....          | Eagan H.S.                        |
| Joran, Joe .....          | Eagan H.S.                        |
| Jordahl, Mike .....       | Perham H.S.                       |
| Jorgensen, Dan .....      | Norman County West H.S.           |
| Joyce, Joe .....          | United South Central H.S.         |
| Jude, Jason .....         | Leroy-Ostrander H.S.              |
| Junker, Josh .....        | Redwood Valley H.S.               |
| Jurkovich, James .....    | Saint Thomas Academy              |
| Kaczor, David .....       | Saint Cloud Tech H.S.             |
| Kaczor, Ruth .....        | Saint Cloud Tech H.S.             |

## "THE KEEPERS OF THE GAME"

| Coach                       | School                         |
|-----------------------------|--------------------------------|
| Kainz, Jason .....          | Tracy-Milroy-Balaton H.S.      |
| Kaiser, Ward .....          | Silver Bay (Wm. Kelley) H.S.   |
| Kalkbrenner, Dain .....     | Barnesville H.S.               |
| Kamphenkel, James .....     | Sauk Centre H.S.               |
| Karlsgodt, Terry .....      | Atwater-Cosmos-Grove City H.S. |
| Kasperek, Dean .....        | Richfield H.S.                 |
| Kauffmann, Eric .....       | Kerkhoven-Murdock-Sunburg H.S. |
| Keenan, Nick .....          | Saint Francis H.S.             |
| Kegler, Jared .....         | Faribault H.S.                 |
| Keister, Bryan .....        | Stillwater Area H.S.           |
| Kelash, Chris .....         | Hinckley-Finlayson H.S.        |
| Keller, Trevor .....        | Ortonville H.S.                |
| Kemp, Joe .....             | Wabasso H.S.                   |
| Kennedy, Shawn .....        | Southland H.S.                 |
| Kent, Terry .....           | Lancaster H.S.                 |
| Kerzman, John .....         | Detroit Lakes H.S.             |
| Kesler, Mike .....          | Rochester Lourdes H.S.         |
| Kessler, Michael .....      | Redwood Valley H.S.            |
| Ketchum, Mark .....         | Andover H.S.                   |
| King, Rex .....             | Simley H.S.                    |
| Kinnunen, Bill .....        | Grand Rapids H.S.              |
| Kirby, Paul .....           | Rush City H.S.                 |
| Kirk, Tim .....             | Mountain Lake H.S.             |
| Kirkeby, Kevin .....        | Rochester Lourdes H.S.         |
| Kirkeide, Shawn .....       | Cambridge-Isanti H.S.          |
| Kish, Tom .....             | Zimmerman H.S.                 |
| Kittelson, Matt .....       | Blooming Prairie H.S.          |
| Kjos, Brett .....           | Chisago Lakes Area H.S.        |
| Kleinschmidt, Michael ..... | Albany H.S.                    |
| Klennert, Grant .....       | Hayfield H.S.                  |
| Klimek, Shawn .....         | Nevis H.S.                     |
| Klingbeil, Tim .....        | Montgomery-Lonsdale H.S.       |
| Klubben, Patrick .....      | Saint Peter H.S.               |
| Klug, Nicholas .....        | Sauk Rapids-Rice H.S.          |
| Knapper, Tim .....          | Yellow Medicine East H.S.      |
| Knudsen, Tim .....          | Maple Lake H.S.                |
| Knutson, James .....        | Lakeville South H.S.           |
| Knutson, Kyle .....         | Perham H.S.                    |
| Knutson, Robert .....       | Champlin Park H.S.             |
| Kobernusz, Kelly .....      | Holdingford H.S.               |
| Kockelman, Nick .....       | Canby H.S.                     |
| Kokos, Brian .....          | Blue Earth Area H.S.           |
| Konold, Jon .....           | Willmar H.S.                   |

| Coach                         | School                       |
|-------------------------------|------------------------------|
| Korton, Mike .....            | Champlin Park H.S.           |
| Kosel, Scott .....            | Park Rapids Area H.S.        |
| Kosters, Lucas .....          | Alexandria H.S.              |
| Kostich, Wally .....          | Mountain Iron-Buhl H.S.      |
| Kovich, Robert .....          | Lakeville North H.S.         |
| Kowalski, Dan .....           | Park Christian H.S.          |
| KrambEer, Thomas .....        | Pine Island H.S.             |
| Kratt, Roy .....              | Byron H.S.                   |
| Kraus, Mathew .....           | Zimmerman H.S.               |
| Krebs, Tyler .....            | Burnsville H.S.              |
| Krenik, David .....           | Cleveland H.S.               |
| Krieger, Patrick .....        | Benilde-St. Margaret's H. S. |
| Kroulik, Casey .....          | Clearbrook-Gonvick H.S.      |
| Kroulik, Ivan .....           | Kasson-Mantorville H.S.      |
| Kroulik, Matt .....           | Red Lake County Central      |
| Kruse, Ryan .....             | Tracy-Milroy-Balaton H.S.    |
| Kubacki, Mark .....           | Stillwater Area H.S.         |
| Kucera, Brent .....           | Sleepy Eye Saint Mary's H.S. |
| Kucera, David .....           | Hutchinson H.S.              |
| Kuechenmeister, Randall ..... | Blue Earth Area H.S.         |
| Kuehn, Joe .....              | Park Rapids Area H.S.        |
| Kuhn, Todd .....              | Pelican Rapids H.S.          |
| Kuhnke, Shawn .....           | Braham H.S.                  |
| Kutches, Pete .....           | Andover H.S.                 |
| Labine, Mike .....            | Detroit Lakes H.S.           |
| Labore, Beau .....            | Stillwater Area H.S.         |
| Laine, Robert .....           | Lake Of The Woods H.S.       |
| Lalim, Jeff .....             | Yellow Medicine East H.S.    |
| Lamker, Derrin .....          | Osseo H.S.                   |
| Lamppa, Brian .....           | Ely H.S.                     |
| Lancaster, Andrew .....       | Eagle Valley H.S.            |
| Landherr, Kevin .....         | Rochester Mayo H.S.          |
| Langer, Adam .....            | Eden Valley-Watkins H.S.     |
| Langer, Michael .....         | Brainerd H.S.                |
| Langmade, Jeremy .....        | Bemidji H.S.                 |
| Lanners, Gregory .....        | Brandon H.S.                 |
| Lanners, Nicholas .....       | Royalton H.S.                |
| Lapointe, Ryan .....          | Rogers H.S.                  |
| Larsen, Joshua .....          | Monticello H.S.              |
| Larson, Allen .....           | Shakopee H.S.                |
| Larson, Bob .....             | Mahnomen H.S.                |
| Larson, Cory .....            | Dawson-Boyd H.S.             |
| Larson, Eric .....            | Westbrook-Walnut Grove H.S.  |

| Coach             | School                      |
|-------------------|-----------------------------|
| Larson, Nicholas  | Alexandria H.S.             |
| Law, Joseph       | Centennial H.S.             |
| Leintz, Jon       | Saint Cloud Cathedral H.S.  |
| Leither, Jamie    | Kimball Area H.S.           |
| Lemke, Carl       | Saint Croix Lutheran H.S.   |
| Lemke, Jeff       | Saint Croix Lutheran H.S.   |
| Lemke, Paul       | Glencoe-Silver Lake H.S.    |
| Lenarz, Thomas    | Cloquet H.S.                |
| Leppke, David     | Canby H.S.                  |
| Leuer, Theodore   | Minneapolis Southwest H.S.  |
| Liapis, Richard   | Worthington H.S.            |
| Lichty, Brent     | Rochester John Marshall     |
| Lieser, Brent     | Royalton H.S.               |
| Lindahl, Roger    | Benson H.S.                 |
| Lindberg, Brad    | Breckenridge H.S.           |
| Lindow, Bucky     | Cannon Falls H.S.           |
| Lindquist, Chris  | Saint Francis H.S.          |
| Lingen, Bryce     | Thief River Falls H.S.      |
| Litecky, Bernie   | Totino-Grace H.S.           |
| Loberg, Timothy   | Champlin Park H.S.          |
| Lofgren, Ben      | Hawley H.S.                 |
| Lohmiller, Chip   | Pequot Lakes H.S.           |
| Longerbone, Brian | Comfrey H.S.                |
| Louis, Ned        | Faribault H.S.              |
| Louzek, David     | Moose Lake H.S.             |
| Loven, Jay        | Swanville H.S.              |
| Lundeen, Matt     | Redwood Valley H.S.         |
| Lunsetter, Jamie  | Stephen-Argyle Central H.S. |
| Lux, Dennis       | New Ulm Cathedral H.S.      |
| Macken, Jerry     | Cretin-Derham Hall H.S.     |
| Madigan, Mark     | Simley H.S.                 |
| Magnuson, Bill    | Sauk Rapids-Rice H.S.       |
| Magnusson, Tim    | Thief River Falls H.S.      |
| Mahlen, Michael   | Verndale H.S.               |
| Mahoney, Mat      | Fairmont H.S.               |
| Maine, Douglas    | Owatonna H.S.               |
| Malone, Paul      | Rochester Century H.S.      |
| Malone, Tim       | Braham H.S.                 |
| Manthey, Todd     | Anoka H.S.                  |
| Marcussen, Don    | Lesueur-Henderson H.S.      |
| Marinero, Ronald  | East Range Hs               |
| Marmon, Jack      | Little Falls H.S.           |
| Martig, Gregg     | Saint Cloud Tech H.S.       |

| Coach              | School                             |
|--------------------|------------------------------------|
| Martin, Brett      | Shakopee H.S.                      |
| Martin, Jon        | Breck School                       |
| Martin, Zachary    | Wadena-Deer Creek H.S.             |
| Martinez, Andres   | Saint Cloud Tech H.S.              |
| Mathiasen, Jordan  | Saint Cloud Apollo H.S.            |
| Mayclin, Tim       | Bemidji H.S.                       |
| Mcbroom, Jon       | Shakopee H.S.                      |
| Mccready, Scott    | Saint Charles H.S.                 |
| Mcgowan, John      | Park H.S.                          |
| Mcintire, Randy    | Tracy-Milroy-Balaton H.S.          |
| Mcintyre, Ryan     | Two Harbors H.S.                   |
| Mclachlan, Scott   | Albany H.S.                        |
| Mcmenomy, Sean     | Delasalle H.S.                     |
| Mcmullen, Steve    | Mahnomen H.S.                      |
| Mcquillan, Dan     | Cretin-Derham Hall H.S.            |
| Meagher, Max       | Paynesville Area H.S.              |
| Meier, Aaron       | Royalton H.S.                      |
| Mensink, Chris     | Fillmore Central H.S.              |
| Meskan, Chris      | Waterville-Elysian-Morristown H.S. |
| Messman, Mark      | Holdingford H.S.                   |
| Mettler, Kevin     | Mankato Loyola H.S.                |
| Mettling, John     | Pine City H.S.                     |
| Metzger, Rex       | Hills-Beaver Creek H.S.            |
| Meuwissen, David   | White Bear Lake Area H.S.          |
| Meyer, Chris       | Monticello H.S.                    |
| Meyer, James       | Rocori H.S.                        |
| Meyer, Rick        | Sauk Centre H.S.                   |
| Michaels, Chad     | Concordia Academy-Roseville        |
| Michalak, Rick     | Elk River/Zimmerman/Rogers Hs      |
| Miheve, John       | New Ulm Cathedral H.S.             |
| Miller, Paul       | U Of M Twin City Campus            |
| Miska, Benjamin    | Warren-Alvarado-Oslo H.S.          |
| Miskowicz, Lewis   | Farmington H.S.                    |
| Mithun, Paul       | Staples-Motley H.S.                |
| Mitteness, Cory    | Watertown-Mayer H.S.               |
| Moeller, Gordy     | Minnewaska Area H.S.               |
| Monson, Ron        | Minnehaha Academy                  |
| Monson, Shane      | Braham H.S.                        |
| Montgomery, George | Howard Lake-Waverly-Winsted H.S.   |
| Moore, Jeff        | Verndale H.S.                      |
| Moos, Gary         | Saint Agnes H.S.                   |
| Morford, Jamie     | Royalton H.S.                      |
| Morgenroth, Jeremy | Win-E-Mac H.S.                     |

## "THE KEEPERS OF THE GAME"

| Coach                       | School                              |
|-----------------------------|-------------------------------------|
| Moriarty, ThomAs .....      | North Branch H.S.                   |
| Moritko, Jeffrey.....       | Totino-Grace H.S.                   |
| Mork, Paul .....            | New Life Academy Of Woodbury        |
| Morris, Aaron.....          | Park Rapids Area H.S.               |
| Mortensen, Jeremy .....     | Buffalo Lake-Hector H.S.            |
| Mortimer, Todd.....         | Warren-Alvarado-Oslo H.S.           |
| Moscho, Chris.....          | Belgrade-Brooten-Elrosa H.S.        |
| Motschenbacher, Flint ..... | Detroit Lakes H.S.                  |
| Mueller, Patrick.....       | Saint Michael-Albertville H.S.      |
| Muetzel, David.....         | Mahtomedi H.S.                      |
| Mumm, Jeff .....            | Thief River Falls Lincoln Hs        |
| Murphy, Thomas .....        | Nicollet H.S.                       |
| Murtha, Timothy .....       | Tartan H.S.                         |
| Mushatt, Brett .....        | Sauk Rapids-Rice H.S.               |
| Myers, Jeff .....           | Browerville H.S.                    |
| Myrvik, Matt .....          | Minneota H.S.                       |
| Naatz, Peder .....          | Hawley H.S.                         |
| Narum, Trevor .....         | Lake City H.S.                      |
| Natvig, Con .....           | Browerville H.S.                    |
| Nelson, Adam.....           | Red Wing H.S.                       |
| Nelson, Brian .....         | Fertile-Beltrami H.S.               |
| Nelson, Bruce .....         | East Grand Forks H.S.               |
| Nelson, Dave .....          | Lakeview H.S.                       |
| Nelson, David.....          | Minnetonka H.S.                     |
| Nelson, Matt .....          | Kasson-Mantorville/Kenyon Wanamingo |
| Nelson, Tom .....           | Two Harbors H.S.                    |
| Nelson, Troy .....          | Brainerd H.S.                       |
| Nemanich, Jerome .....      | Sartell-Saint Stephen H.S.          |
| Ness, Steve .....           | Norman County East H.S.             |
| Newgard, Tj.....            | Luverne H.S.                        |
| Nickels, Scott.....         | Rochester Lourdes H.S.              |
| Nielsen, Rob.....           | Detroit Lakes H.S.                  |
| Nielsen, Tom .....          | Dakota State University             |
| Nitti, Nick.....            | North Branch H.S.                   |
| Noll, Chuck.....            | Melrose Area H.S.                   |
| Norberg, Brandon.....       | Minnehaha Academy                   |
| Norland, Tyler.....         | Thief River Falls H.S.              |
| Norton, Matthew .....       | Saint Francis H.S.                  |
| Nowotny, Kevin .....        | Adrian H.S.                         |
| Nutt, Alan .....            | Monticello H.S.                     |
| Obr, Tim.....               | Stillwater Area H.S.                |
| Odland, Brian .....         | Saint Peter H.S.                    |
| Ohlgren, Dan.....           | Rogers H.S.                         |
| Ohm, Chuck.....             | Zumbrota-Mazeppa H.S.               |

| Coach                        | School                       |
|------------------------------|------------------------------|
| Oie, Justin .....            | Rogers H.S.                  |
| Oja, Daryl.....              | Melrose Area H.S.            |
| Ojanen, Jeffrey.....         | CIOquet H.S.                 |
| Okstad, Eric .....           | Byron H.S.                   |
| Oland, Andrew.....           | Rothsay H.S.                 |
| Olene, Tim .....             | Shakopee H.S.                |
| Oliver, Nathan .....         | Big Lake H.S.                |
| Olson, Brent .....           | Lewiston-Altura H.S.         |
| Olson, Chad .....            | Wabasso H.S.                 |
| Olson, Chad .....            | Farmington H.S.              |
| Olson, Curt.....             | Underwood H.S.               |
| Olson, Eric.....             | Battle Lake H.S.             |
| Olson, Jeremy .....          | Maple River H.S.             |
| Olson, Jerod.....            | Red Lake Falls Lafayette Hs  |
| Olson, Reid.....             | Lyle H.S.                    |
| Olson, Steve.....            | Fergus Falls H.S.            |
| Olson, Tim.....              | Thief River Falls Lincoln Hs |
| Olson, Todd.....             | Richfield H.S.               |
| Oneill, Mark.....            | Champlin Park H.S.           |
| Osmundson, Nathan .....      | Kimball ARea H.S.            |
| Oswald, Matthew.....         | Stillwater Area H.S.         |
| Otterblad, Jamie .....       | Silver Bay (Wm. Kelley) H.S. |
| Otterness, Christopher ..... | Kasson-Mantorville H.S.      |
| Otto, Josh .....             | Belle Plaine H.S.            |
| Oxton, John .....            | Lakeville North H.S.         |
| Oye, Todd.....               | Luverne H.S.                 |
| Page, Trevor .....           | Red Lake Falls H.S.          |
| Palke, Joe.....              | Mounds View H.S.             |
| Palmer, Scott .....          | Buffalo H.S.                 |
| Parendo, Derek.....          | Proctor H.S.                 |
| Parzyck, Ian .....           | Holy Family Catholic H.S.    |
| Patrin Jr., Timothy.....     | Brandon H.S.                 |
| Paukert, Scott.....          | Zumbrota-Mazeppa H.S.        |
| Paul, Eric.....              | Moorhead H.S.                |
| Pavlovich, Merrill .....     | Delano H.S.                  |
| Pearson, Keith.....          | Fergus Falls H.S.            |
| Pearson, Kevin .....         | Fergus Falls H.S.            |
| Pederson, Rob.....           | Eden Valley-Watkins H.S.     |
| Pederson, Robert.....        | Saint Cloud Apollo H.S.      |
| Perrault, Ed.....            | St. Paul Academy/Simley      |
| Perrault, Ed.....            | St. Paul Academy/Simley      |
| Perry, Bob .....             | Orono H.S.                   |
| Persons, Chadwick .....      | Grand Rapids H.S.            |
| Pervenanze, Larry.....       | Chisholm H.S.                |

| Coach                   | School                       |
|-------------------------|------------------------------|
| Petermeier, Wayne ..... | Browerville H.S.             |
| Peters, Brian .....     | Woodbury H.S.                |
| Peterson, Matthew ..... | Two Harbors H.S.             |
| Peterson, Sean .....    | Delano H.S.                  |
| Pfiefer, David .....    | Blooming Prairie H.S.        |
| Philipp, Steve .....    | Red Lake Falls Lafayette Hs  |
| Phillips, Michael ..... | Saint Francis H.S.           |
| Pierson, Carl .....     | Waconia H.S.                 |
| Piller, Nathan .....    | Blooming Prairie H.S.        |
| Pink, Tom .....         | Northome H.S.                |
| Plaisance, Don .....    | New Prague H.S.              |
| Plaschko, Jeff .....    | Saint Paul Johnson H.S.      |
| Pohlkamp, Joseph .....  | Brainerd H.S.                |
| Pohlkamp, Leo .....     | Pierz H.S.                   |
| Polzine, Jared .....    | Pine City H.S.               |
| Poncelet, Tony .....    | Goodhue H.S.                 |
| Potthoff, Doug .....    | Spring Lake Park H.S.        |
| Powell, Greg .....      | Bigfork H.S.                 |
| Presler, Kevin .....    | Royalton H.S.                |
| Prickett, Todd .....    | Thief River Falls Lincoln Hs |
| Prose, Eric .....       | Park H.S.                    |
| Puhrmann, Michael ..... | Stillwater Area H.S.         |
| Qual, RAndy .....       | Mora H.S.                    |
| Quinn, Collin .....     | Minneapolis Roosevelt H.S.   |
| Rader, Jim .....        | Frazee H.S.                  |
| Radloff, Tony .....     | Duluth Denfeld H.S.          |
| Radniecki, Matt .....   | New York Mills H.S.          |
| Ramey, Deryl .....      | Brainerd H.S.                |
| Ramey, Jeffrey .....    | Brainerd H.S.                |
| Ramp, Patrick .....     | Rochester John Marshall      |
| Rauen, William .....    | Zumbrota-Mazeppa H.S.        |
| Ray, Richard .....      | Two Harbors H.S.             |
| Redman, Aaron .....     | Mounds View H.S.             |
| Reed, Charles .....     | Cretin-Derham Hall H.S.      |
| Reetz, Russ .....       | Prior Lake H.S.              |
| Reiter, Dean .....      | Faribault H.S.               |
| Reker, Jon .....        | Red Wing H.S.                |
| Remick, Brian .....     | Red Lake Falls H.S.          |
| Richards, Gabe .....    | WaRroad H.S.                 |
| Richmond, Mike .....    | Braham H.S.                  |
| Richmond, Nick .....    | Wabasha-Kellogg H.S.         |
| Rieder, Patrick .....   | Dilworth-Glyndon-Felton H.S. |
| Riemer, Michael .....   | Winona H.S.                  |
| Riess, Paul .....       | Cloquet H.S.                 |

| Coach                   | School                      |
|-------------------------|-----------------------------|
| Rignell, Richard .....  | Anoka H.S.                  |
| Riley, Brian .....      | Sauk Centre H.S.            |
| Riley, Chris .....      | Zimmerman H.S.              |
| Ripley, Scott .....     | Montevideo H.S.             |
| Risbrudt, Richard ..... | Fergus Falls H.S.           |
| Ritter, Mark .....      | Eden Prairie H.S.           |
| Roberts, Wayne .....    | Eveleth-Gilbert H.S.        |
| Robertson, Brian .....  | Barnum H.S.                 |
| Rockwell, John .....    | Columbia Heights H.S.       |
| Roehrkashe, Shea .....  | Saint Peter H.S.            |
| Rogahn, Joshua .....    | RogerS H.S.                 |
| Rogalla, Carter .....   | Thief River Falls H.S.      |
| Rohweder, Tim .....     | Proctor H.S.                |
| Ronnenberg, Adam .....  | Maple Lake H.S.             |
| Rosburg, Bill .....     | Chanhassen Hs               |
| Rosenow, Bruce .....    | Hutchinson H.S.             |
| Rosholt, John .....     | Watertown-Mayer H.S.        |
| Ross, Carter .....      | Westbrook-Walnut Grove H.S. |
| Ross, Chuck .....       | Underwood H.S.              |
| Ross, Jeffery .....     | Sauk Centre H.S.            |
| Ross, John .....        | Sartell-Saint Stephen H.S.  |
| Ross, Michael .....     | Champlin Park H.S.          |
| Rossman, Sam .....      | Kimball Area H.S.           |
| Rostberg, Andrew .....  | Hutchinson H.S.             |
| Roundtree, Elmore ..... | Eagan H.S.                  |
| Rowe, Mike .....        | Rocori H.S.                 |
| Rude, Corey .....       | Hutchinson H.S.             |
| Rudenick, Brandon ..... | Edina H.S.                  |
| Rudie, Scott .....      | Pipestone Area H.S.         |
| Rudolph, Nathan .....   | Sauk Rapids-Rice H.S.       |
| Rundell, Edwin .....    | Watertown-Mayer H.S.        |
| Runka, Luke .....       | Watertown-Mayer H.S.        |
| Runke, Doug .....       | Mound-Westonka H.S.         |
| Russell, Dan .....      | Shakopee H.S.               |
| Ruud, Paul .....        | Glencoe-Silver Lake H.S.    |
| Sacrison, Mike .....    | Barnesville H.S.            |
| Saehr, Danny .....      | Pierz H.S.                  |
| Sagedahl, Daren .....   | B O L D H.S.                |
| Salmi, Darrell .....    | Stillwater Area H.S.        |
| Samson, Bob .....       | Woodbury H.S.               |
| Sandberg, Eric .....    | Northfield H.S.             |
| Sanford, Thomas .....   | Brainerd Forestview Ms      |
| Sauerbrei, Stacy .....  | Worthington H.S.            |
| Sauter, Scott .....     | Cherry H.S.                 |

## "THE KEEPERS OF THE GAME"

| Coach                       | School                         |
|-----------------------------|--------------------------------|
| Scanlan, Mike .....         | Cretin-Derham Hall H.S.        |
| Schaffer, Mike.....         | Lake Crystal-Wellcome Memorial |
| Scharenbroich, John.....    | Saint Cloud Tech H.S.          |
| Schieck, Richard .....      | Kerkhoven-Murdock-Sunburg H.S. |
| Schimek, Brent.....         | Deer River H.S.                |
| Schimming, David .....      | Montevideo H.S.                |
| Schlagel, Larry .....       | North Branch H.S.              |
| Schleper, Thomas .....      | Shakopee H.S.                  |
| Schlichte, Dave .....       | Mankato West H.S.              |
| Schlieff, Jeff .....        | Spring Lake Park H.S.          |
| Schluchter, Wayne.....      | Saint Cloud Tech H.S.          |
| Schmalzbauer, Adam .....    | Providence Academy             |
| Schmid, Daniel.....         | Sleepy Eye SAint Mary's H.S.   |
| Schmidt, Brad.....          | Lesueur-Henderson H.S.         |
| Schmidt, Brett .....        | Hawley H.S.                    |
| Schmidt, Jason .....        | Monticello H.S.                |
| Schmidt, Tyrone .....       | Saint Francis H.S.             |
| Schmidtke, Todd .....       | Martin County West H.S.        |
| Schmiedeberg, Rick .....    | Warren-Alvarado-Oslo H.S.      |
| Schnaible, Blaine.....      | Marshall County Central H.S.   |
| Schnathorst, Vern .....     | Detroit Lakes H.S.             |
| Schneider, Dale .....       | Eden Prairie H.S.              |
| Schneider, Dave .....       | Eden Valley-Watkins H.S.       |
| Schoenecker, Nicholas ..... | International Falls H.S.       |
| Schoenfelder, Roger .....   | Blue Earth Area H.S.           |
| Schoneck, Brian.....        | Maple River H.S.               |
| Schroeder, Brent .....      | Caledonia H.S.                 |
| Schuller, Thomas.....       | Jackson County Central H.S.    |
| Schulte, Trevor .....       | Yellow Medicine East H.S.      |
| Schultz, Bob.....           | Ulen-Hitterdal H.S.            |
| Schultz, Matt .....         | Red Wing H.S.                  |
| Schultz, Pat .....          | Belle Plaine H.S.              |
| Schultz, Tom .....          | Round Lake-Brewster            |
| Schumacher, Noah.....       | Stillwater Area H.S.           |
| Schumann, Larry.....        | Belgrade-Brooten-Elrosa H.S.   |
| Schwab, Brady .....         | Springfield H.S.               |
| Schwaegerl, Greg .....      | Montevideo H.S.                |
| Schwegel, Brandon .....     | Bagley H.S.                    |
| Schwartz, Dean.....         | Glencoe-Silver Lake H.S.       |
| Scoblic, Joseph.....        | Lester Prairie H.S.            |
| Sedmak, DavId.....          | Edina H.S.                     |
| Seiler, Mark.....           | Mankato East H.S.              |
| Seipkes, Don.....           | Henning H.S.                   |

| Coach                    | School                           |
|--------------------------|----------------------------------|
| Sele, Jon .....          | Lancaster H.S.                   |
| Sell, Doug .....         | Cedar Mountain-Morgan Hs         |
| Semmen, James .....      | Lanesboro H.S.                   |
| Sepulveda, Albert.....   | Rogers H.S.                      |
| Servais, Chris .....     | Park H.S.                        |
| Sexauer, Chad .....      | South Saint Paul H.S.            |
| Shaughnessy, Kyle.....   | Melrose Area H.S.                |
| Sherwin, Kelly .....     | Eastview H.S.                    |
| Sieben, Michael .....    | Sartell-Saint Stephen H.S.       |
| Sieling, John .....      | Eagle Valley H.S.                |
| Sikich, Mark.....        | Park H.S.                        |
| Simon, Mark.....         | Sleepy Eye Saint Mary's H.S.     |
| Sinclair, Aaron .....    | Little Falls H.S.                |
| Skaalerud, Justin.....   | SaiNt Cloud Apollo H.S.          |
| Skjerven, Courtney ..... | Thief River Falls H.S.           |
| Skjerven, Justin .....   | Thief River Falls H.S.           |
| Slater, Gerald .....     | Tartan H.S.                      |
| Slinden, Dan .....       | Eden Prairie H.S.                |
| Sloan, Gary.....         | Grand Meadow H.S.                |
| Smith, Anthony .....     | Maple Lake H.S.                  |
| Smith, Justin .....      | Woodbury H.S.                    |
| Smith, Scott .....       | Spring Lake Park H.S.            |
| Smith, Thomas .....      | Brainerd H.S.                    |
| Snyder, Boyd.....        | Royalton H.S.                    |
| Soderberg, Anthony ..... | Dilworth-Glyndon-Felton H.S.     |
| Sola, Thomas .....       | Northfield H.S.                  |
| Solem, Steve.....        | B O L D H.S.                     |
| Solie, Delles.....       | Owatonna H.S.                    |
| Sommers, Kevin .....     | Kimball Area H.S.                |
| Soule, Aaron .....       | Randolph H.S.                    |
| Spahn, Greg.....         | Bigfork H.S.                     |
| Spurrell, Adam .....     | Maple Grove/Osseo/Park Center Hs |
| Stanger, Corey .....     | Monticello H.S.                  |
| Stanton, Chris.....      | Randolph H.S.                    |
| Stanton, Douglas .....   | Lakeville South H.S.             |
| Stanwick, Chad.....      | Eden Valley-Watkins H.S.         |
| Stapleton, John .....    | Goodhue H.S.                     |
| Staska, Bob.....         | Mcgregor H.S.                    |
| Stauffacher, Jerold..... | Belle Plaine H.S.                |
| Steele, Ryan .....       | Lewiston-Altura H.S.             |
| Stelter, Kevin.....      | Owatonna H.S.                    |
| Stene, Kelly.....        | Norman County East H.S.          |
| Stephenson, Andrew.....  | Spring Lake Park H.S.            |

| Coach                       | School                         |
|-----------------------------|--------------------------------|
| Sterk, Daniel .....         | Saint Peter H.S.               |
| Stevenson, Chet .....       | Brainerd H.S.                  |
| Stevenson, Derek.....       | Red Rock Central H.S.          |
| Stevenson, Taylor.....      | Brainerd H.S.                  |
| Stewart, John .....         | Spring Lake Park H.S.          |
| Stiel, Tony .....           | Hinckley-Finlayson H.S.        |
| Stinson, Brent.....         | Kingsland H.S.                 |
| Stoffel, Bryan .....        | Bemidji H.S.                   |
| Stoffel, Mike.....          | Saint Francis H.S.             |
| Stohs, Justin.....          | Watertown-Mayer H.S.           |
| Stokke, Todd .....          | Lewiston-Altura H.S.           |
| Stolski, Matt.....          | Anoka H.S.                     |
| Stolski, Ron .....          | Brainerd H.S.                  |
| Stone, Jody .....           | Shakopee H.S.                  |
| Stone, Michael .....        | Shakopee H.S.                  |
| Stork, Dan .....            | New Richland-H-E-G H.S.        |
| Stork, Dan .....            | New Richland-H-E-G H.S.        |
| Strain, Dana .....          | HasTings H.S.                  |
| Strand, Bryan.....          | Barnesville H.S.               |
| Strand, Curtis.....         | Buffalo Lake-Hector H.S.       |
| Strand, Nate.....           | Barnesville H.S.               |
| Strand, Randy.....          | Adrian H.S.                    |
| Strelow, Dale .....         | Braham H.S.                    |
| Strukel, Jason .....        | Virginia H.S.                  |
| Stumpf, John .....          | Brainerd H.S.                  |
| Style, David .....          | Hutchinson H.S.                |
| Sukalski, Trent .....       | Jackson County Central H.S.    |
| Sullivan, Bob "Bubba" ..... | Northfield H.S.                |
| Sullivan, Matthew.....      | B O L D H.S.                   |
| Suter, Jacob.....           | Yellow Medicine East H.S.      |
| Sutton, Nathan .....        | Saint Croix Lutheran H.S.      |
| Sutton, Rick.....           | Eagan H.S.                     |
| Svoboda, Daniel.....        | Glencoe-Silver Lake H.S.       |
| SwAggert, Brent.....        | Saint Francis H.S.             |
| Swanberg, Dave .....        | Lesueur-Henderson H.S.         |
| Swanson, Joel .....         | Blue Earth Area H.S.           |
| Sweeney, Quinn .....        | Lake City H.S.                 |
| Swegarden, Jed .....        | Lake Park-Audubon              |
| Swehla, Michael .....       | Maple River H.S.               |
| Swenson, Erik.....          | Hopkins H.S.                   |
| Swenson, Joel .....         | Royalton H.S.                  |
| Tallum, Jeremy.....         | Marshall County Central H. S.  |
| Tanner, Jeff.....           | Atwater-Cosmos-Grove City H.S. |

| Coach                   | School                         |
|-------------------------|--------------------------------|
| Tate, Harold.....       | Minneapolis Roosevelt H.S.     |
| Taylor, Dean .....      | Saint Cloud Cathedral H.S.     |
| Taylor, Ian.....        | Minnehaha Academy              |
| Taylor, Steve.....      | Saint Cloud Tech H.S.          |
| Teasck, Jeff .....      | Virginia H.S.                  |
| Telecky, Jason.....     | Monticello H.S.                |
| Terry Iii, Robert ..... | Henry Sibley H.S.              |
| Tetzloff, John .....    | Minnesota Valley Lutheran      |
| Theisen, Leo.....       | Westbrook-Walnut Grove H.S.    |
| Thiel, Tony .....       | Wheaton H.S.                   |
| Thielen, Jon.....       | Eden Valley-Watkins H.S.       |
| Thielges, Randal .....  | Royalton H.S.                  |
| Thielke, Shane.....     | Fergus Falls H.S.              |
| Thompson, Jake .....    | Plainview-Elgin-Millville H.S. |
| Thompson, Larry.....    | Lakeville South H.S.           |
| Thompson, Mitchell..... | Rushford-Peterson H.S.         |
| Thompson, Nathan .....  | Orono H.S.                     |
| Thompson, Steven .....  | Faribault H.S.                 |
| Thornton, Mark.....     | Northfield H.S.                |
| Ties, Joseph.....       | Rochester Mayo H.S.            |
| Tinjum, Paul.....       | Isle H.S.                      |
| Toivonen, Greg .....    | Alexandria H.S.                |
| Tollefson, Rod .....    | Sibley East H.S.               |
| Tollefsrud, Paul .....  | Mabel-Canton H.S.              |
| Tomei, Wayne.....       | Shakopee H.S.                  |
| Torgerson, Douglas..... | Atwater-Cosmos-Grove City H.S. |
| Torson, Tracy.....      | Saint Francis H.S.             |
| Townsend, Matthew ..... | Columbia Heights H.S.          |
| Traurig, Dave .....     | Wayzata H.S.                   |
| Tretter, Randy.....     | Upsala H.S.                    |
| Trewick, Michael .....  | Saint Cloud Tech H.S.          |
| Trio, John .....        | Maple River H.S.               |
| Trobec, Bill.....       | Sartell-Saint Stephen H.S.     |
| Trostad, Chris.....     | Crookston H.S.                 |
| Trowbridge, Philip..... | Barnesville H.S.               |
| Tschimperle, Scott..... | Glencoe-Silver Lake H.S.       |
| Tye, Eric .....         | Braham H.S.                    |
| Tyler, Eliott.....      | Orono H.S.                     |
| Tyson, Mark.....        | Rosemount H.S.                 |
| Umbreit, Jacob .....    | Maple River H.S.               |
| Urbaniak, Keith.....    | Kittson Central H.S.           |
| Utecht, Douglas .....   | Saint James H.S.               |
| Vandeberg, Eric .....   | Eastview H.S.                  |

## "THE KEEPERS OF THE GAME"

| Coach                   | School                    |
|-------------------------|---------------------------|
| Vanerp, Tom.....        | Wadena-Deer Creek H.S.    |
| Vankley, Doug.....      | Edgerton H.S.             |
| Varpness, Vince.....    | Saint Louis Park H.S.     |
| Vavra, Chris .....      | Braham H.S.               |
| Vavra, Christopher..... | Braham H.S.               |
| Vavra, Russ .....       | Cambridge-Isanti H.S.     |
| Veach, Nathan.....      | West Lutheran H.S.        |
| Verhel, Andy .....      | Marshall School, DULuth   |
| Vesel, Brett .....      | La Crescent H.S.          |
| Vesel, Terry .....      | Hibbing H.S.              |
| Vetter, Daniel.....     | Maple River H.S.          |
| Vickers, Charles.....   | Saint Agnes H.S.          |
| Vik, Dave .....         | Montevideo H.S.           |
| Vik, Jon .....          | Rochester Century H.S.    |
| Viken, Les.....         | Fosston H.S.              |
| Viss, Dylan .....       | Morris Area School        |
| Vogel, Matt.....        | Big Lake H.S.             |
| Vold, Chris .....       | Duluth Denfeld H.S.       |
| Volk, Jeff.....         | Blackduck H.S.            |
| Voss, Justin.....       | Two Harbors H.S.          |
| Vossen, Brian .....     | Lakeville North H.S.      |
| Vrklan, Mark.....       | Lesueur-Henderson H.S.    |
| Vrklan, Robert .....    | G-F-W H.S.                |
| Wackman, William.....   | Spring Lake Park H.S.     |
| Wagner, James.....      | EastvieW H.S.             |
| Wagner, Steve .....     | Sauk Rapids-Rice H.S.     |
| Wake, Charles.....      | Frazee H.S.               |
| Waling, Cory .....      | Lancaster H.S.            |
| Wallace, Lindsay.....   | Delano H.S.               |
| Walquist, Scott.....    | Princeton H.S.            |
| Walter, Brad.....       | Lyle H.S.                 |
| Walter, Matthew.....    | Annandale H.S.            |
| Wang, Mike .....        | Fertile-Beltrami H.S.     |
| Warring, Charlie.....   | Sauk Centre H.S.          |
| Wasko, Steven.....      | Two Harbors H.S.          |
| Watson, Matthew .....   | Centennial H.S.           |
| Watson, Michael.....    | Burnsville H.S.           |
| Webb, Matt .....        | Rogers H.S.               |
| Weber, Ralph .....      | Anoka H.S.                |
| Weidauer, Barry .....   | Yellow Medicine East H.S. |
| Weiers, Andrew .....    | Belle Plaine H.S.         |
| Weiland, Jeffrey .....  | Orono H.S.                |
| Weinandt, Ryan .....    | Dassel-Cokato H.S.        |

| Coach                   | School                     |
|-------------------------|----------------------------|
| Weinberger, Dick .....  | Bloomington Kennedy H.S.   |
| Weiss, Bill .....       | Chisago Lakes Area H.S.    |
| Weiss, Brent .....      | Pine City H.S.             |
| Weiss, Mike.....        | Stillwater Area H.S.       |
| Welle, Brandon .....    | Hancock H.S.               |
| Wendland, Brad.....     | Waseca H.S.                |
| Wenner, David .....     | Saint Cloud Cathedral H.S. |
| Westerback, Erick.....  | Saint Thomas Academy       |
| Wheelock, Brad .....    | Saint Cloud Tech H.S.      |
| Whitehead, Thomas.....  | Murray County Central H.S. |
| Whitney, Jeff.....      | Saint James H.S.           |
| Wieland, Paul.....      | Stillwater Area H.S.       |
| Wieshalla, Jeff .....   | Browerville H.S.           |
| Wigern, Mark.....       | Glencoe-Silver Lake H.S.   |
| Wiitala, Matt .....     | Minnetonka H.S.            |
| Wilebski, John .....    | Goodridge H.S.             |
| Wilkie, Rich.....       | Andover H.S.               |
| Wilking, Bruce .....    | Nicollet H.S.              |
| Williams, Jeffrey ..... | Owatonna H.S.              |
| Wilson, Jonathan .....  | Saint James H.S.           |
| Wilson, Ricky .....     | Virginia H.S.              |
| Winters, Michael .....  | Farmington H.S.            |
| Wisniewski, Luke.....   | Eagan H.S.                 |
| Witt, Jerome .....      | Morris Area School         |
| Wolf, Gary .....        | Pequot Lakes H.S.          |
| Wolfe, Pat.....         | Fosston H.S.               |
| Woodall, Mark.....      | Eden Prairie H.S.          |
| Woodley, Bryan .....    | Champlin Park H.S.         |
| Woodman, Dean.....      | Underwood H.S.             |
| Worel, Ken .....        | Rogers H.S.                |
| Wurm, Neal .....        | SaiNt Cloud Tech H.S.      |
| Yahnka, Thomas .....    | Lakeview H.S.              |
| Young, Jonathan.....    | Coon Rapids H.S.           |
| Zamzo, Steve.....       | Detroit Lakes H.S.         |
| Zeitchick, David.....   | Saint Paul Highland Park   |
| Zeman, Dick.....        | Lakeville South H.S.       |
| Zeman, Michael.....     | Rogers H.S.                |
| Ziebarth, Dave .....    | Saint Thomas Academy       |
| Ziegler, George.....    | Roseau H.S.                |
| Zigan, Andy .....       | Monticello H.S.            |
| Zika, Luke .....        | International Falls H.S.   |
| Zimpel, Philip .....    | Thief River Falls H.S.     |

# MFCA RETIRED LIFE MEMBERSHIP

Do you want to stay active in the MFCA? Life membership in the MFCA for retired coaches is the answer. We now offer an opportunity for retired coaches to remain involved in association matters. Membership is open to all retired coaches (both assistant and head) who are life members of the State Coaches Association or who have been long-time football coaches. A one-time fee of \$25.00 brings all the benefits of association membership. PASS THE WORD! Contact Terry Turek, P.O. Box 81, Henderson MN 56044.

Anderson, Lyle  
Anderson, Robert P.  
Barnett, Raymond  
Baumann, Kenneth  
Belanger, Kenneth  
Belseth, Mike  
Bergloff, Clark  
Bjornaraa, Bud  
Bromberg, Roland  
Buntje, Mark  
Canakes, Stav  
Celt, Bob  
Claffy, Herb  
Collison, Bob  
Conzemius, John C.  
Darnell, Doug  
Davies, John  
DeRocher, Darien  
Domschot, Ronald  
Dotseth, Jim  
Draheim, Ed D  
Elias, Charles F  
Elston, Del  
Foley, Jerome T  
Fox, Don  
Fredlund, Frank  
Gasner, Paul  
Graham, Gary  
Gross, John  
Gustafson, J. Gary

Halsted, Charles  
Hansen, John  
Harrington, Nate  
Heikkinen, Marv  
Helleckson, Russ  
Henderson, Roy  
Herges, Peter  
Hiebert, Del  
Hill, Ken O.  
Hofland, Niel  
Hohn, Nick  
Holzer, Michael  
Idstrom, Thomas  
Jacobson, Kenneth  
Jaeger, Rick  
Jerdee, Jerry  
Johnson, DeWayne  
Kallok, Richard  
Knutson, James  
Konrath, Fred  
Kostich, Dan  
Larson, George  
Lien, Ken  
Lipelt, Roger  
Lubarski, Conrad  
Mader, James L  
Manke, Rick,  
Martin, Bill  
Marton, William  
Menage, Elmer

Mike Belseth  
Mork, Paul  
Nelson, Andy  
Nigon, David  
Nordquist, Stuart  
Nunnink, Stephen  
Olson, Stan C  
Olson, Warren  
Olson, Warren H.  
Ott, Steve  
Peterick, John C  
Peterson, Lloyd  
Peterson, Ralph J.  
Quenette, William  
Rauen, Willie  
Robinson, Ron  
Roff, Dan  
Roforth, Jim  
Roham, Dan  
Rohman, Dan  
Rossini, Reno  
Rostberg, Grady  
Roy, Bob  
Rumrill, Buz  
Scanlan, Mal  
Schmitz, John  
Schneider, Gregg  
Scott, Ron  
Scott, Ron L  
Siegle, Al

Simser, Jim  
Skjei, Stan  
Smith, George  
Stolski, Ron  
Stoterau, Dennis  
Strand, Dick  
Strand, Richard  
Sullivan, Bob  
Swanson, Keith  
Taylor, Dean  
Thiel, Anthony J.  
Thole, George  
Thompson, John  
Traurig, Leo  
Tri, Ray  
Trimble, Gary  
Tuvey, George E  
Uhlir, David  
Vagle, Virg  
Waldner, Pat Bruno  
Walker, Richard  
Wemeier, George  
Willhite, Jack M.  
Wilson, Bill  
Youso, Robert

# MFCA CONFERENCE REPRESENTATIVES

Listed below are the names of the MFCA conference delegates who represent their respective conferences to the Association. Please note any misprints, mistakes, or errors and address them to the MFCA Secretary, Jim Dotseth.

These are the coaches who are responsible for carrying information to and from conferences on behalf of the Association and MSHSL matters. They are a vital link in the entire process and the Association will only improve as these members are utilized to the fullest.

Conference representatives should have a "checklist," created by Wayne Petermeier of Browerville, that will help organize MFCA duties. Please contact Coach Petermeier or visit the website to obtain a checklist <[www.mshsca.org/football/index.htm](http://www.mshsca.org/football/index.htm)>

| Conference                      | Coach                  | School                      |
|---------------------------------|------------------------|-----------------------------|
| 9M.. Big North.....             | Wally Kostich .....    | Mt. Iron-Buhl               |
| 9M.. Great Northern .....       | Jeff Gronner.....      | Cromwell                    |
| 9M.. North Tri-County .....     | Dustin Flaten.....     | Ulen-Hitterdal              |
| 9M.. Pheasant North.....        | Mike Mahlen.....       | Verndale                    |
| 9M.. Pheasant South .....       | Tony Thiel .....       | Weaton                      |
| 9M.. Southeast.....             | Gary Sloan.....        | Grand Meadow                |
| 9M.. Southern Confederacy...    | Tom Murphy .....       | Nicollet                    |
| 9M.. Top-of-the-State .....     | Cory Waling .....      | Kittson Central             |
| 1A... Gopher Valley 1A.....     | Chad Gimbel .....      | Blooming Prairie            |
| 1A... Great Polar Red .....     | Mitch Dorr.....        | Cook County                 |
| 1A... Little Sioux.....         | Mike Damman .....      | MACCRAY                     |
| 1A... Northstar East .....      | Mark Nohner .....      | Lk/Woods-Baudette           |
| 1A... Northstar West .....      | Mark Nohner .....      | Lk/Woods-Baudette           |
| 1A... Prairie South .....       | Wayne Petermeier ..... | Browerville                 |
| 1A... Southern Minnesota.....   | Cory Haala.....        | Sleepy Eye Public           |
| 2A... Central Minnesota .....   | Jon Thielen.....       | Eden Valley-Watkins         |
| 2A... Gopher Valley 2A.....     | Jon Bakken.....        | Waterville-EM               |
| 2A... Great Polar Blue.....     | Mike Gindorff.....     | Crosby-Ironton              |
| 2A... Great Polar White .....   | Dave Louzek .....      | Moose Lake/<br>Willow River |
| 2A... Heart-O-Lakes Classic.... | Dave Haugen .....      | Pelican Rapids              |
| 2A... Hiawatha Valley Gold..... | John Austinson.....    | Byron                       |
| 2A... Minnesota River .....     | Terry Turek.....       | LeSueur-Henderson           |
| 2A... Prairie North .....       | Bryan Strand.....      | Barnsville                  |
| 2A... Three Rivers South.....   | Brent Schroeder .....  | Caledonia                   |
| 2A... West Central South.....   | Scott Gonnerman .....  | Benson                      |
| 3A... Granite Ridge .....       | Larry Herm .....       | Foley                       |

| Conference                        | Coach                    | School              |
|-----------------------------------|--------------------------|---------------------|
| 3A ... Heart-O-Lakes North .....  | Flint Motshenbacher..... | Detroit Lakes       |
| 3A ... Hiawatha Valley Blue ..... | John Austinson.....      | Byron               |
| 3A ... Minnesota River .....      | Justin Johnston .....    | Belle Plaine        |
| 3A ... Sea Range .....            | Derek Parendo.....       | Proctor             |
| 3A ... South Central .....        | Mat Mahoney.....         | Fairmont            |
| 3A ... Three Rivers North.....    | Bill Ihrke .....         | Plainview-EM        |
| 3A ... West Central North.....    | Dan Essler .....         | New London-Spicer   |
| 4A ... Minneapolis City .....     | Giovann Jenkins.....     | MPLS Washburn       |
| 4A ... Southwest .....            | Terry Bahlman.....       | Marshall            |
| 4A ... St. Paul City.....         | Dave Zeitchick .....     | Highland Park       |
| 4A ... Tri-Metro East .....       | Todd Niklaus.....        | St. Anthony         |
| 4A ... Tri-Metro West.....        | Sean McMenomy.....       | DeLaSalle           |
| 4A ... Wright County.....         | Paul Lemke.....          | Glencoe-Silver Lake |
| 5A ... Big Nine .....             | John Vik.....            | Rochester Century   |
| 5A ... Central Lakes .....        | Jon Konold.....          | Willmar             |
| 5A ... INDEPENDENT.....           | Troy Hendricks .....     | Bemidji             |
| 5A ... Mississippi 8.....         | Mike Hennen.....         | Cambridge-Isanti    |
| 5A ... Missota .....              | Bubba Sullivan.....      | Northfield          |
| 5A ... North Suburban .....       | Will Wackman.....        | Spring Lake Park    |
| 5A ... South Suburban .....       | Mike Fritze.....         | Apple Valley        |
| 6A ... Classic Suburban.....      | Eric Longtin.....        | North St. Paul      |
| 6A ... Lake.....                  | John DenHartog .....     | Hopkins             |
| 6A ... NW Suburban.....           | Shannon Gerrety .....    | Blaine              |
| 6A ... South Suburban .....       | Rick Sutton.....         | Eagan               |
| 6A ... Suburban East.....         | Beau LaBore.....         | Woodbury            |

# COACH TO COACH PROGRAM

The Coach to Coach program began with the 2006 football season. The program was developed by the MFCA Executive Committee and is designed to allow Minnesota high school football coaches to contact successful, retired coaches and get their insight on how to implement ideas on a variety of topics such as offense, defense, special teams, program building, and many more.

The Coach to Coach program lists some of the most successful and legendary coaches in Minnesota high school football history. Represented among these coaches are numerous state championship coaches, 200+ game winners, and many coaches who have thirty or more years of coaching football. The retired coaches listed are willing to give some of their best advice and information acquired over their long and successful careers. Member coaches are encouraged to utilize this program to improve their programs in any area.

| Coach                  | Address                        | City/State            | Zip         | Phone Number |
|------------------------|--------------------------------|-----------------------|-------------|--------------|
| Belanger, Ken.....     | 21875 Marek Road.....          | Frederic, WI.....     | 54837 ..... | 715-327-8726 |
| Mike Belseth.....      | 1438 Andrews Avenue.....       | Breckenridge.....     | 56520 ..... | 218-643-2442 |
| Celt, Bob.....         | 1963 Cherry Street.....        | Red Wing.....         | 55066 ..... | 651-388-5980 |
| Collison, Bob.....     | 7500 Cahill Road #215 C.....   | Edina.....            | 55439 ..... | 952-942-9055 |
| Darnell, Doug.....     | 6825 Dupont Avenue North ..... | Brooklyn Center ..... | 55430 ..... | 763-560-1702 |
| Davies, John.....      | 22439 Beach Road.....          | Deerwood .....        | 56444 ..... | 218-546-6460 |
| DeRocher, Darien ..... | 7101 Brown's Lane.....         | Brainerd.....         | 56401 ..... | 218-825-8466 |
| Domschot, Ronald.....  | 105 Knut Street.....           | Alexandria .....      | 56308 ..... | 320-763-7140 |
| Dotseth, Jim.....      | 4180 Trenton Lane.....         | Plymouth .....        | 55441 ..... | 763-544-2970 |
| Elias, Charles .....   | 10362 Columbus Circle.....     | Bloomington .....     | 55420 ..... | 952-884-1013 |
| Fox, Don .....         | 1809 3rd Avenue Southwest..... | Austin.....           | 55912 ..... | 507-433-3016 |
| Gasner, Paul .....     | 51 142nd Avenue Northwest..... | Andover.....          | 55304 ..... | 763-757-2340 |
| Graham, Gary .....     | 11825 Bluegill Drive.....      | Sauk Centre.....      | 56378 ..... | 320-352-2881 |
| Gross, John.....       | 6745 3rd Avenue Southeast..... | Medford .....         | 55049 ..... | 507-451-9533 |
| Gustafson, Gary .....  | 2246 Thomas Lane.....          | White Bear Lake.....  | 55110 ..... | 651-777-0286 |
| Heikkinen, Marv .....  | 2806 Solway Road .....         | Menahga.....          | 55733 ..... | 218-628-1663 |
| Herges, Pete.....      | PO Box 66.....                 | Albany.....           | 56307 ..... | 320-845-2981 |
| Hill, Ken.....         | 1031 3 1/2 Avenue North.....   | Sauk Rapids.....      | 56379 ..... | 320-252-4035 |
| Hofland, Neil .....    | 201 2nd Street West.....       | Chokio.....           | 56221 ..... | 320-324-7363 |
| Jacobson, Kenneth..... | 517 Park Street.....           | Chatfield.....        | 55923 ..... | 507-867-4759 |
| Konrath, Fred.....     | 2227 Foxtail Court .....       | Lino Lakes.....       | 55110 ..... | 651-426-0752 |
| Kostich, Dan.....      | 109 37th Avenue South .....    | Moorhead.....         | 56560 ..... | 218-233-1079 |

## "THE KEEPERS OF THE GAME"

| Coach                   | Address                       | City/State           | Zip         | Phone Number |
|-------------------------|-------------------------------|----------------------|-------------|--------------|
| Larson, George.....     | 444 Maple Dell Road.....      | Cambridge .....      | 55008 ..... | 763-689-2371 |
| Lipelt, Roger.....      | 740 Quantico Lane North ..... | Plymouth .....       | 55447 ..... | 763-478-5549 |
| Lubarski, Conrad .....  | 909 Bradford PO Box 1 .....   | Argyle.....          | 56713 ..... | 218-437-6354 |
| Mader, Jim .....        | PO Box 330 .....              | Albany.....          | 56307 ..... | 320-845-2814 |
| Manke, Rick, .....      | 18135 Willow Springs .....    | Detroit Lakes .....  | 56501 ..... | 218-847-7106 |
| Martin, Bill .....      | 2785 Matilda Street.....      | Roseville .....      | 55113 ..... | 651-484-6416 |
| Menage, Elmer.....      | 816 North Estey .....         | Luverne.....         | 56156 ..... | 507-283-2479 |
| Mork, Paul.....         | 2166 Regent Drive.....        | White Bear Lake..... | 55110 ..... | 651-429-6429 |
| Nigon, David.....       | 2606 Rivers Bluff Lane .....  | Anoka.....           | 55303 ..... | 763-571-9116 |
| Olson, Warren.....      | 569 Rice Creek Terrace .....  | Fridley .....        | 55432 ..... | 763-571-2297 |
| Peterson, Bob .....     | Box 262 .....                 | Esko.....            | 55733 ..... | 218-879-4908 |
| Peterson, Lloyd .....   | 112 Ranch Avenue.....         | Marshall.....        | 56258 ..... | 507-532-5916 |
| Quenette, William ..... | 3616 5th Street South .....   | Moorhead.....        | 56560 ..... | 218-233-7752 |
| Robinson, Ron.....      | 415 South Range Road .....    | Springfield.....     | 56087 ..... | 507-723-4718 |
| Roff, Dan.....          | 5470 Vinewood Lane.....       | Plymouth .....       | 55441 ..... | 763-550-1109 |
| Roham, Dan .....        | 405 3rd Street.....           | Belview .....        | 56214 ..... | 507-938-4274 |
| Scanlan, Mal.....       | 1938 Fairmont Avenue.....     | St Paul .....        | 55105 ..... | 651-699-7877 |
| Schneider, Gregg .....  | 1391 Valley View Road .....   | Chaska .....         | 55318 ..... | 952-448-5667 |
| Scott, Ron.....         | 12816 Jonquil Street NW ..... | Coon Rapids.....     | 55448 ..... | 612-546-3262 |
| Siegle, Al.....         | PO Box 273 .....              | Pelican Rapids.....  | 56572 ..... | 218-863-5861 |
| Simser, Jim.....        | 940 Liberty Lane.....         | Fairmont.....        | 56031 ..... | 507-235-8689 |
| Strand, Richard.....    | Box 316.....                  | Mayville, ND .....   | 58257 ..... | 701-430-1562 |
| Stoterau, Dennis.....   | 114 W Chestnut Street .....   | Redwood Falls.....   | 56283 ..... | 507-644-8063 |
| Swanson, Keith .....    | 114 Dakota Avenue.....        | Hoffman .....        | 56339 ..... | 320-986-2697 |
| Taylor, Dean .....      | 32899 Apache Lane.....        | St. Joseph.....      | 56374 ..... | 320-253-2525 |
| Thole, George.....      | 2114 Fair Meadows Road .....  | Stillwater .....     | 55082 ..... | 651-439-5991 |
| Traurig, Leo.....       | 812 South Payne Street .....  | New Ulm .....        | 56073 ..... | 507-354-8376 |
| Waldner, Pat Bruno..... | 6408 Brook Lane.....          | Savage .....         | 55378 ..... | 952-447-3504 |
| Walker, Richard .....   | 7420 Edinborough #6315 .....  | Edina.....           | 55435 ..... | 952-806-9922 |
| Wemeier, George .....   | 1624 Waterbury .....          | Waconia.....         | 55387 ..... | 952-442-5432 |

*Minnesota Football Coaches Association ~ "The Keepers of the Game"*

# MINNESOTA FOOTBALL COACHES CLINIC

[www.mnfootballcoaches.com](http://www.mnfootballcoaches.com)



## DON'T MISS IT!!

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

**THIS IS YOUR CLINIC. If you can attend just one clinic, this is the one!!**

### CLINIC STAFF

Ron Stolski, MFCA Executive Director, [stolski@yahoo.com](mailto:stolski@yahoo.com)

Dave Nigon, Coordinator of Sponsors & Exhibits, [dlnigon@yahoo.com](mailto:dlnigon@yahoo.com)

Claud Allaire, Clinic Coordinator, Schedule & Speakers, [claud.allaire@comcast.net](mailto:claud.allaire@comcast.net)

Jim Dotseth, Clinic Operations & Finances, [dotsethj@comcast.net](mailto:dotsethj@comcast.net)

Dave Nelson, Advertising and Program Coordinator, [dave.nelson@minnetonka.k12.mn.us](mailto:dave.nelson@minnetonka.k12.mn.us)

Ray Kirch, Advertising and Program Coordinator, [KirchR@District279.org](mailto:KirchR@District279.org)

Dan O'Brien, U of M Liaison, [obrie667@umn.edu](mailto:obrie667@umn.edu)

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# MFCA CLINIC A GREAT SUCCESS

The 2012 MFCA clinic completed another successful event as the number of coaches surpasses the previous year's numbers and the feedback from coaches and presenters was very positive.

Approximately 1300 coaches attended the clinic, which was once again held at the Double Tree Hotel. That number represents the most ever for the clinic since the MFCA began hosting the clinic on its own. The University of Minnesota coaching staff was on hand to make presentations and new head coach Jerry Kill addressed a "overflowing" crowd when he delivered his main clinic presentation.

Jim Dotseth, headed the clinic staff along with Executive Director Ron Stolski, and clinic coordinator Claud Allaire helped organize the clinic with the help of many other coaches and

support personnel. The great deal of time and effort put forth by the staff helped clinic run smoothly and provided a large amount of information for coaches on just about any topic that might help their program.

The clinic staff is always looking for ways to improve the clinic and coaches who have ideas are welcome to suggest any reasonable idea that might help the clinic in a positive manner. Members are encouraged to keep the lines of communication open with any and all executive committee members.

**By Claud Allaire**  
**Clinic Coordinator**  
**[claud.allaire@comcast.net](mailto:claud.allaire@comcast.net)**

## RECRUITING FAIR 2012

The recruiting fair for 2012 was held on Tuesday, May 1st at the Doubletree Park Place Hotel in Minneapolis. The event was attended by record number of coaches, giving college coaches an opportunity to promote their players and programs.

The event is coordinated by Jeff Ferguson of Totino Grace high school. The booklet produced provides college coaches with the necessary information to help the recruiting process and it also helps alleviate some of the miscommunication and duplicity that can sometimes occur during the recruiting process for high school coaches and players.

All coaches are encouraged to make use of the recruiting fair, especially the online completion of player information. Some of the steps to the online process are listed below. Please be sure to go to the MFCA website where more information is available.

### **Entering your data is very simple:**

1. Go to the following site: [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com)

(Thanks to Rob Nielsen of Detroit Lakes for setting this site up.)

2. Enter the information for your Junior prospects in the boxes provided.

3. Double check to be sure all information is correct and then click submit. Once you have submitted the information, you will not be able to retrieve it to make corrections.

On the evening of the fair, high school coaches will have a table and chairs where they can meet and discuss their prospects with the college coaches. IF YOU PLAN ON ATTENDING THE FAIR, LET JEFF FERGUSON KNOW ([jeff.ferguson@totinograce.org](mailto:jeff.ferguson@totinograce.org)) AND A TABLE WILL BE SET UP FOR YOU. If you are attending the fair, it is a good idea to bring film to hand out and academic information about the athletes. We cannot include academic information in our booklet.

If you would like a room at the Doubletree Park Place Hotel, call 1-952-222-8733. A block of rooms has been reserved. Ask for the MSHSFCA rate.

# CHOP BLOCK RULE REDEFINED IN HIGH SCHOOL FOOTBALL

INDIANAPOLIS, IN (July 1, 2012) — A change in the definition of a chop block in high school football, along with a strong emphasis on proper use of the helmet to minimize risk of injury, highlighted the January 21-23 meeting of the National Federation of State High School Associations (NFHS) Football Rules Committee in Indianapolis.

The modification of the chop block rule was one of 11 rules changes recommended by the Football Rules Committee and approved by the NFHS Board of Directors.

The new language in Rule 2-3-8 defines a chop block as “a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee).”

Previous language defined a chop block as “a delayed block at the knees or below against an opponent who is in contact with a teammate of the blocker in the free-blocking zone.”

Bob Colgate, NFHS assistant director and liaison to the Football Rules Committee, said that any combination block where one block is high (above the knee) and one block is low (at or below the knee) will constitute a chop block – with or without delay between the blocks. He also noted that a low-low combination block is no longer a chop block.

Although not an official rules change, perhaps the most significant action by the committee was the issuance of the 2011 Points of Emphasis on concussions, helmets and contact above the shoulders.

The NFHS has been the leader in establishing playing rules to deal with concussions. Last year, the NFHS implemented new guidelines for the management of a student exhibiting signs, symptoms or behaviors consistent with a concussion. In addition, the NFHS developed a free online course entitled Concussion in Sports – What You Need to Know, which has been viewed by more than 135,000 persons.

“The committee chose not to change many of the playing rules as it intends to ensure the continued focus on minimizing risk of injury to high school football players,” said Julian Tackett, chairman of the NFHS Football Rules Committee and commissioner of the Kentucky High School Athletic Association. “The minimal number of rules changes in high school football this year verifies that the country feels like the game is in great shape.”

In other rules changes, the committee standardized the rules regarding the replacement of apparently injured players,

players who exhibit concussion signs and symptoms, and players who are bleeding or have blood on their body or uniform. Players removed in any of these situations must leave the game for at least one down, and the time-out is an officials’ time-out, not one charged to the team.

The rules committee also defined two types of authorized team conferences – the “Outside Nine-yard Mark Conference” and the “Between Nine-yard Mark Conference.” When an injury occurs and the referee grants an authorized conference, it must be an “Outside Nine-yard Mark Conference.” Colgate said this will provide medical personnel time and space to address the injured player.

Three changes were approved in Rule 1 – The Game, Field, Players and Equipment. In Rule 1-1-8, language was added to note that “game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction.” The revised rule further notes that “state associations may intercede in the event of unusual incidents after the officials have signaled the end of the game or in the event a game is terminated prior to the conclusion of regulation play.”

In Rule 1-5-1, the detailed specifications for thigh guards were deleted because they were not necessarily applicable to newer technologies used in current production. The requirements for wearing thigh guards and that the guards be unaltered from the manufacturer’s original design/production remain part of the rule.

Restrictions on eye shade were added to Rule 1-5-3c. If used, eye shade must be applied using a single solid stroke under each eye.

“The committee’s intent was that eye shade be located below and within the width of the eye socket and not extend below the cheekbone,” Colgate said. “No words, numbers, logos or other symbols of any type may be included within the eye shade.”

Four changes were approved by the committee in Rule 9 – Conduct of Players and Others. Those revisions include the following:

All horse-collar fouls being treated as live-ball fouls.

Roughing-the-passer penalties being enforced from the dead-ball spot when there is no change of team possession and the dead-ball spot is beyond the line of scrimmage.

The illegal participation rule including a player who intentionally goes out of bounds and, while out of bounds, affects the play, touches the ball or otherwise participates.

Establishing an unsportsmanlike foul against the head coach for failure to adhere to the limits on squad members being on the field of play during the coin toss.

A final change was made regarding running clock/mercy rules in nine-, eight- and six-player rules.

## Football:

- Beginning in 2012 new rules will take effect on football jerseys.
- Beginning in 2012, football gloves and hand pads must meet the NOCSAE test standard at the time of manufacture.
- On-side kick changes

The MSHSL board approved a football rule change stating at least four players must be on each side of the kicker when an onside kick is attempted. In addition, no member of the on-side kicking team may make contact with a member of the receiving team until the ball has gone 10 yards. With a unanimous vote, the MSHSL will now apply to the National Federation of High Schools to be allowed to experiment with the rule in 2011.

- There are also changes regarding the time keepers duties.
- The use of a 25 second clock was approved the MSHSL for schools that wish to invest in the purchase of 25 second clocks.
- Concussion rules were "tightend" at the national level, while Minnesota has already taken active steps to closely monitor concussion situations.

Coaches and activities directors are encouraged to check the National Federation rules.

## POST FRESHMAN FOOTBALL SCHOLARSHIP

The procedure for obtaining this scholarship is based on a point system process.

Athletes that are eligible must have graduated from a Minnesota High School and are currently playing in one of the following college conferences: Northern Sun, MCAC, UMAC, MIAC, or Macalester College (independent).

The athlete needs to obtain 10 points for the opportunity to put their name in the hat every time they earn 10 points they would get another opportunity to put their name in the hat.

### The point system is as follows:

- 10 points for each year you are on a college football team.
- 4 points for starting on offense, defense or special teams. (maximum 12)
- 4 points for having a cumulative GPA of 3.0 or higher. Add 2 points if is above 3.5 and another 2 points if it is a 4.0.
- 4 points if you were all-conference last year.
- 2 points if you were honorable mention all-conference last year.
- 6 points if you were All-American at your level the past year.

The athlete should tabulate all of the points and his name will be put in the hat as many times that he reached 10 points.

MFCA would randomly draw names out of the hat until all of the scholarships are gone. (Nobody can win more than 1 scholarship per year.) The athlete would get the scholarship after he had finished the next season.

The first year of this scholarship program there will be 4 \$500 scholarships

### Example of how to tabulate points:

Player 1 is a freshman and was red- shirted (10) and a GPA of 3.6 (6). The total points are 16 so he would get his name in the hat 1 time.

Player 2 is a junior and has played 3 years(30) and started 2 years(8) and last year was all-conference(4). The total points are 42 so he would get his name in the hat 4 times.

The drawing will be held during the all-star game.

**To be eligible please fill out the application found on the MFCA website.**

# HIGH SCHOOL FOOTBALL PLAYERS MUST SIT OUT ONE PLAY WHEN HELMET COMES OFF

INDIANAPOLIS, IN (February 9, 2012) — High school football players must sit out one play next year if their helmet comes off while the ball is live.

In cases where the helmet comes completely off without it being directly attributable to a foul by the opponent, the player will have to leave the game for at least one down.

This addition to Rule 3-5-10 was one of eight rules changes approved by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 20-22 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

"The committee made this rules change after reviewing data from multiple states regarding the frequency of helmets coming off during live-ball play," said Julian Tackett, chair of the Football Rules Committee and commissioner of the Kentucky High School Athletic Association. "It is the committee's hope that this serves notice for schools to properly fit players with helmets to reduce the incidence of these situations and remind the players not to take steps that alter the fit."

Another significant change next season will be a new interpretation of a legal catch. A receiver now will be required to establish possession of the ball and contact the ground inbounds while maintaining possession – regardless of the opponent's action.

"In previous years, the covering official could have ruled that an airborne player attempting to catch the ball would have come down inbounds, but was prevented from doing so because of contact by the opponent," said Bob Colgate, NFHS director of sports and sports medicine and liaison to the Football Rules Committee. "Now, the player must establish possession and contact the ground inbounds for a legal catch."

The Football Rules Committee also cleared the way for state associations and their member schools to place corporate advertising and/or commercial markings on the field of play. These types of markings previously were only allowed in the end zones and outside the field.

Rule 1-2-3l will state that while corporate advertising and/or commercial markings will be allowed, the markings may not obstruct the yard lines, hash marks or nine-yard marks.

A risk-minimization change was made to Rule 2-3-7 that changes an interpretation for blocking below the waist.

"The previous interpretation was that it was not a foul for a player to block below the waist if the hand(s) of the opponent was first contacted below the waist," Colgate said. "This revision changes that interpretation and stipulates that such action is a foul."

After experimentation in Minnesota and Iowa, the committee revised Rule 9-3-8 to prohibit members of the kicking team from initiating contact (blocking) against members of the receiving team until the ball has broken the plane of the receiving team's restraining line, or until the kicking team is eligible to recover the free kick.

The other three rules changes approved by the committee include Rule 1-5-3c(8), which expands the list of illegal equipment to include play cards that are not worn on the wrist or arm, as well as Rule 9-4-3h, which now states that grasping the tooth and mouth protector, as well as the face mask, is a foul. Also, to provide guidance to game officials, the committee clarified Rule 9-4-3k by adding the direction in which the opponent was pulled during a horse-collar.

Finally, the NFHS decided to extend the effective date of its new glove rule from 2012 to 2013. During the 2012 season, both gloves meeting the current standard and gloves meeting the new standard will be legal for play.

"The game of football at the high school level is in great shape, and the committee continues to review all available data to minimize the risk to participants," Tackett said. "A hallmark to the NFHS playing rules is the constant emphasis on risk minimization, as well as historic tenets regarding the balance between offense and defense and making the rules appropriate for the levels of the coaches, players and officials."

Football is the No. 1 participatory sport for boys at the high school level with 1,134,377 participants in the 2010-11 school year, according to the High School Athletics Participation Survey conducted by the NFHS through its member state associations. In addition, the survey indicated there were 1,561 girls who played football in 2010-11.

# CONFERENCE REPS CHECKLIST

Please discuss the following at your conference meeting: MFCA Website: [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com)

|                                                                                                                        |                                                                                                                                                                                                                                                      |                                                                                                                                |                                                                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ACADEMIC ALL-STATE: <a href="http://www.mshsca.org/football/academinfo.htm">www.mshsca.org/football/academinfo.htm</a> |                                                                                                                                                                                                                                                      |                                                                                                                                |                                                                                                                                                                                                                       |
| Committee Chairs:                                                                                                      |                                                                                                                                                                                                                                                      |                                                                                                                                |                                                                                                                                                                                                                       |
| Individual                                                                                                             | Dave Frisell                                                                                                                                                                                                                                         | <a href="mailto:davefrisell@yahoo.com">davefrisell@yahoo.com</a>                                                               | Fax: 651-468-6486                                                                                                                                                                                                     |
| Team                                                                                                                   | Con Natvig                                                                                                                                                                                                                                           | <a href="mailto:con290209@yahoo.com">con290209@yahoo.com</a>                                                                   | Fax: 320-594-8105                                                                                                                                                                                                     |
|                                                                                                                        |                                                                                                                                                                                                                                                      | Deadline: November 1st                                                                                                         |                                                                                                                                                                                                                       |
|                                                                                                                        |                                                                                                                                                                                                                                                      | Deadline: November 1st                                                                                                         |                                                                                                                                                                                                                       |
| INDIVIDUAL - ACADEMIC ALL-STATE                                                                                        |                                                                                                                                                                                                                                                      | TEAM - ACADEMIC ALL-STATE                                                                                                      |                                                                                                                                                                                                                       |
| Class                                                                                                                  | Name                                                                                                                                                                                                                                                 | School                                                                                                                         | Fax Number                                                                                                                                                                                                            |
| 9M                                                                                                                     | Mike Mahlen                                                                                                                                                                                                                                          | Verndale                                                                                                                       | 218-445-5185                                                                                                                                                                                                          |
| 1A                                                                                                                     | Wayne Petermeier                                                                                                                                                                                                                                     | Browerville                                                                                                                    | 320-594-8105                                                                                                                                                                                                          |
| 2A                                                                                                                     | Scott Gonnerman                                                                                                                                                                                                                                      | Benson                                                                                                                         | 320-843-2262                                                                                                                                                                                                          |
| 3A                                                                                                                     | Brian Odland                                                                                                                                                                                                                                         | St. Peter                                                                                                                      | 507-934-4783                                                                                                                                                                                                          |
| 4A                                                                                                                     | Andy Rostberg                                                                                                                                                                                                                                        | Hutchinson                                                                                                                     | 320-587-8217                                                                                                                                                                                                          |
| 5A                                                                                                                     | Chris Lindquist                                                                                                                                                                                                                                      | St. Francis                                                                                                                    | 763-213-1710                                                                                                                                                                                                          |
| 6A                                                                                                                     | Rick Sutton                                                                                                                                                                                                                                          | Eagan                                                                                                                          | 651-683-6910                                                                                                                                                                                                          |
| Class                                                                                                                  | Name                                                                                                                                                                                                                                                 | School                                                                                                                         | Fax Number                                                                                                                                                                                                            |
| 9M                                                                                                                     | Merle Sveen                                                                                                                                                                                                                                          | Janesville-WP                                                                                                                  | 507-234-6600                                                                                                                                                                                                          |
| 1A                                                                                                                     | Wayne Petermeier                                                                                                                                                                                                                                     | Browerville                                                                                                                    | 320-594-8105                                                                                                                                                                                                          |
| 2A                                                                                                                     | Leo Pohlkamp                                                                                                                                                                                                                                         | Pierz                                                                                                                          | 320-468-6577                                                                                                                                                                                                          |
| 3A                                                                                                                     | Mike Kleinschmidt                                                                                                                                                                                                                                    | Albany                                                                                                                         | 320-845-2165                                                                                                                                                                                                          |
| 4A                                                                                                                     | Ryan Weinandt                                                                                                                                                                                                                                        | Dassel-Cokato                                                                                                                  | 320-286-4131                                                                                                                                                                                                          |
| 5A                                                                                                                     | Bubba Sullivan                                                                                                                                                                                                                                       | Northfield                                                                                                                     | 507-645-3455                                                                                                                                                                                                          |
| 6A                                                                                                                     | Dave Nelson                                                                                                                                                                                                                                          | Minnetonka                                                                                                                     | 952-401-5905                                                                                                                                                                                                          |
| ALL STAR GAME:                                                                                                         | <a href="http://www.allstarfootball.org/">www.allstarfootball.org/</a><br>Nomination Form: <a href="http://www.mshsca.org/football/outstatenom.pdf">www.mshsca.org/football/outstatenom.pdf</a>                                                      |                                                                                                                                | Director: Dave Fritze<br><a href="mailto:david.fritze@district196.org">david.fritze@district196.org</a><br>Deadline: December 15th                                                                                    |
| BUTCH NASH AWARD / ASSISTANT COACH OF THE YEAR                                                                         | <a href="http://www.mshsca.org/football/nash.pdf">www.mshsca.org/football/nash.pdf</a><br><a href="http://www.mshsca.org/football/AsstCOY.pdf">www.mshsca.org/football/AsstCOY.pdf</a><br>(Assistant COY must be a previous Butch Nash Award winner) |                                                                                                                                | Committee chair: Jim Dotseth<br><a href="mailto:dotsethj@comcast.net">dotsethj@comcast.net</a><br>Deadline: January 1st                                                                                               |
| CAREER RECORDS:                                                                                                        | <a href="http://www.mshsca.org/football/indcoach.htm">www.mshsca.org/football/indcoach.htm</a><br>Also, 200 wins; 50, 45, 40, 35, or 30 years of service.                                                                                            |                                                                                                                                | Inform Jim Dotseth <a href="mailto:dotsethj@comcast.net">dotsethj@comcast.net</a>                                                                                                                                     |
| COMMUNITY SERVICE AWARD:                                                                                               | <a href="http://www.mshsca.org/football/COMMUNITYSERVICEFORM.pdf">www.mshsca.org/football/COMMUNITYSERVICEFORM.pdf</a>                                                                                                                               |                                                                                                                                | Committee Chair: Beau LaBore, <a href="mailto:laboreb@stillwater.k12.mn.us">laboreb@stillwater.k12.mn.us</a><br>Deadline: January 1st                                                                                 |
| CONFERENCE COACH OF THE YEAR:                                                                                          | <a href="http://www.mshsca.org/football/coyquestioner.pdf">www.mshsca.org/football/coyquestioner.pdf</a>                                                                                                                                             |                                                                                                                                | Awards Committee Chair: Jim Dotseth <a href="mailto:dotsethj@comcast.net">dotsethj@comcast.net</a><br>Fax: 1-888-590-8819<br>Deadline: January 1st                                                                    |
| HALL OF FAME:                                                                                                          | <a href="http://www.mshsca.org/football/hof.pdf">www.mshsca.org/football/hof.pdf</a>                                                                                                                                                                 |                                                                                                                                | Committee chairs: Paul Lemke <a href="mailto:plemke@gsl.k12.mn.us">plemke@gsl.k12.mn.us</a> and Scott Tschimperle <a href="mailto:stschimperle@gsl.k12.mn.us">stschimperle@gsl.k12.mn.us</a><br>Deadline: January 1st |
| MEMBERSHIP:                                                                                                            | <a href="http://www.mshsca.org">www.mshsca.org</a> / Application: <a href="http://www.mshsca.org/membapp.htm">www.mshsca.org/membapp.htm</a>                                                                                                         |                                                                                                                                |                                                                                                                                                                                                                       |
| MENTOR PROGRAM:                                                                                                        | Ron Stolski, <a href="mailto:stolski@yahoo.com">stolski@yahoo.com</a>                                                                                                                                                                                |                                                                                                                                |                                                                                                                                                                                                                       |
| MFC CLINIC REGISTRATION:                                                                                               | <a href="http://www.mshsca.org/football/mfcclinic/Registration.htm">www.mshsca.org/football/mfcclinic/Registration.htm</a><br>THE MFCA sponsored football clinic. April 4, 5, & 6, 2013 at the Doubletree in St. Louis Park.                         |                                                                                                                                |                                                                                                                                                                                                                       |
| MR. FOOTBALL:                                                                                                          | <a href="http://www.mshsca.org/football/mrfb.pdf">www.mshsca.org/football/mrfb.pdf</a>                                                                                                                                                               | Committee Chair: Rick Sutton<br><a href="mailto:rick.sutton@district196.org">rick.sutton@district196.org</a>                   | Deadline: November 16th                                                                                                                                                                                               |
| POWER OF INFLUENCE:                                                                                                    | <a href="http://www.mshsca.org/football/poiform.pdf">www.mshsca.org/football/poiform.pdf</a>                                                                                                                                                         | Committee chair: Bubba Sullivan, <a href="mailto:bubba.sullivan@nfd.k12.mn.us">bubba.sullivan@nfd.k12.mn.us</a>                | Deadline: January 1st                                                                                                                                                                                                 |
| SCHOLARSHIP PROGRAM:                                                                                                   | <a href="http://www.mshsca.org/football/scholarship.htm">www.mshsca.org/football/scholarship.htm</a>                                                                                                                                                 | Committee Chair: Will Wackman, <a href="mailto:wwackm@splkpark.k12.mn.us">wwackm@splkpark.k12.mn.us</a>                        | Deadline: March 1st                                                                                                                                                                                                   |
| SUMMER CAMPS:                                                                                                          | <a href="http://www.mshsca.org/football/mfcateamcamp.pdf">www.mshsca.org/football/mfcateamcamp.pdf</a>                                                                                                                                               | Contact Ribsby Petermeier, <a href="mailto:ribsy@browerville.k12.mn.us">ribsy@browerville.k12.mn.us</a><br>Phone: 320-594-8111 | Deadline: April 15th                                                                                                                                                                                                  |

# MINNESOTA HIGH SCHOOL FOOTBALL CONFERENCE STANDINGS: 2011-2012

Please note that there may have been changes to certain conferences. There may be mistakes due to "typos"/lack of information. Teams are listed in order of conference finish with regular season, and final season records.

## Big 9 Conference Standings

|                         |     |      |
|-------------------------|-----|------|
| Mankato West            | 7-0 | 11-1 |
| Owatonna                | 6-1 | 9-2  |
| Rochester John Marshall | 5-2 | 7-3  |
| Rochester Mayo          | 5-2 | 6-3  |
| Faribault               | 4-3 | 7-4  |
| Rochester Century       | 3-4 | 4-5  |
| Mankato East            | 3-4 | 3-6  |
| Albert Lea              | 2-5 | 2-7  |
| Winona                  | 0-7 | 1-8  |
| Austin                  | 0-7 | 0-9  |

## Big North Conference Standings

|                      |     |      |
|----------------------|-----|------|
| North Woods          | 8-0 | 10-1 |
| Bigfork              | 7-1 | 10-2 |
| Silver Bay           | 6-2 | 9-3  |
| Mountain Iron-Buhl   | 5-3 | 6-4  |
| Northeast Range      | 3-5 | 3-6  |
| Littlefork-Big Falls | 2-6 | 2-7  |
| South Ridge          | 1-7 | 1-8  |
| Cherry               | 0-8 | 0-8  |

## Central Lakes Conference Standings

|                      |     |      |
|----------------------|-----|------|
| Rocori               | 5-1 | 12-1 |
| Brainerd             | 5-1 | 7-4  |
| St. Cloud Tech       | 4-2 | 7-3  |
| Fergus Falls         | 3-2 | 5-5  |
| Willmar              | 4-3 | 4-5  |
| Sartell-St. Stephens | 2-4 | 4-7  |
| Sauk Rapids-Rice     | 2-4 | 2-7  |
| Alexandria           | 1-4 | 4-6  |
| St. Cloud Apollo     | 0-6 | 0-9  |

## Central Minnesota Conference Standings

|                             |     |      |
|-----------------------------|-----|------|
| Pierz                       | 6-1 | 10-2 |
| Eden Valley-Watkins         | 5-2 | 7-3  |
| Kimball Area                | 4-3 | 7-4  |
| Maple Lake                  | 4-3 | 7-5  |
| Belgrade-Brooten-Elrosa     | 3-4 | 4-6  |
| Rockford                    | 2-5 | 5-6  |
| Holdingford                 | 2-5 | 3-7  |
| Howard Lake-Waverly-Winsted | 2-5 | 2-7  |

## Classic Suburban Conference Standings

|                    |     |      |
|--------------------|-----|------|
| St. Thomas Academy | 7-0 | 9-1  |
| South St. Paul     | 6-1 | 10-2 |
| Hill-Murray        | 5-2 | 9-3  |
| Mahtomedi          | 5-2 | 6-4  |
| Tartan             | 3-4 | 4-5  |

|                |     |     |
|----------------|-----|-----|
| Simley         | 2-5 | 4-6 |
| North St. Paul | 2-5 | 2-7 |
| Richfield      | 1-6 | 1-8 |
| Henry Sibley   | 1-7 | 1-8 |

## Gopher Valley A Conference Standings

|                             |     |      |
|-----------------------------|-----|------|
| Bloomington Prairie         | 5-1 | 11-2 |
| Lester Prairie/Holy Trinity | 5-1 | 9-2  |
| Le Center                   | 5-1 | 7-3  |
| Bethlehem Academy           | 3-3 | 3-6  |
| Mankato Loyola              | 2-4 | 3-6  |
| Medford                     | 1-5 | 2-6  |
| Randolph                    | 0-6 | 0-9  |

## Gopher Valley AA Conference Standings

|                                |     |      |
|--------------------------------|-----|------|
| Waterville-Elysian-Morristown  | 7-0 | 11-1 |
| Maple River                    | 5-2 | 7-3  |
| Martin County West             | 4-3 | 5-4  |
| New Richland-H-E-G             | 4-3 | 5-5  |
| Lake Crystal-Wellcome Memorial | 4-3 | 4-5  |
| Minnesota Valley Lutheran      | 3-4 | 4-6  |
| United South Central           | 1-6 | 1-8  |
| Gibbon-Fairfax-Winthrop        | 0-7 | 1-8  |

## Granite Ridge Conference Standings

|                     |     |     |
|---------------------|-----|-----|
| Zimmerman           | 6-0 | 9-2 |
| St. Cloud Cathedral | 5-1 | 6-3 |
| Foley               | 4-2 | 7-3 |
| Mora                | 2-4 | 3-6 |
| Little Falls        | 2-4 | 2-7 |
| Milaca              | 2-4 | 2-7 |
| Princeton           | 0-6 | 0-9 |

## Great Northern Conference Standings

|                   |     |     |
|-------------------|-----|-----|
| McGregor          | 6-1 | 9-2 |
| Onamia            | 6-1 | 8-2 |
| Isle              | 5-2 | 7-3 |
| Kelliher/Northome | 5-3 | 6-4 |
| Nevis             | 4-3 | 5-4 |
| Floodwood         | 3-4 | 5-5 |
| Cromwell          | 2-5 | 4-6 |
| Hill City         | 1-6 | 2-7 |
| Northland         | 0-7 | 0-9 |

## Great Polar Football Alliance - Blue Standings

|           |     |     |
|-----------|-----|-----|
| Braham    | 5-0 | 9-2 |
| Pine City | 4-1 | 7-2 |

|                    |     |     |
|--------------------|-----|-----|
| Hinckley-Finlayson | 3-2 | 6-4 |
| Crosby-Ironton     | 2-3 | 4-6 |
| Aitkin             | 1-4 | 2-7 |
| Rush City          | 0-5 | 0-9 |

## Great Polar Football Alliance - Red Standings

|              |     |     |
|--------------|-----|-----|
| Cook County  | 6-0 | 7-2 |
| Ogilvie      | 5-1 | 8-2 |
| Barnum       | 4-2 | 5-3 |
| Ely          | 3-3 | 4-4 |
| Mesabi East  | 1-5 | 2-6 |
| Chisholm     | 1-5 | 1-7 |
| East Central | 1-5 | 1-7 |
| Carlton      | 0-0 | 0-1 |

## Great Polar Football Alliance - White Standings

|                         |     |      |
|-------------------------|-----|------|
| Moose Lake-Willow River | 4-0 | 13-1 |
| Deer River              | 3-1 | 9-2  |
| Esko                    | 2-2 | 4-5  |
| Two Harbors             | 2-3 | 5-6  |
| Duluth Marshall         | 0-5 | 0-9  |

## Heart O'Lakes Conference - Classic Standings

|                         |     |      |
|-------------------------|-----|------|
| Hawley                  | 6-0 | 10-1 |
| Warroad                 | 5-1 | 10-3 |
| Breckenridge            | 4-2 | 5-4  |
| Dilworth-Glyndon-Felton | 2-4 | 4-5  |
| Pelican Rapids          | 2-4 | 3-6  |
| Roseau                  | 2-4 | 3-6  |
| Staples-Motley          | 0-6 | 0-9  |

## Heart O'Lakes Conference - North Standings

|                   |     |     |
|-------------------|-----|-----|
| Perham            | 5-1 | 8-4 |
| Detroit Lakes     | 4-2 | 7-3 |
| Pequot Lakes      | 4-2 | 7-4 |
| Thief River Falls | 4-2 | 6-4 |
| East Grand Forks  | 2-4 | 3-6 |
| Park Rapids Area  | 2-4 | 3-7 |
| Crookston         | 0-6 | 1-8 |

## Hiawatha Valley League - Blue Standings

|                    |     |     |
|--------------------|-----|-----|
| Rochester Lourdes  | 5-1 | 8-2 |
| Kasson-Mantorville | 4-2 | 7-3 |
| Byron              | 4-2 | 6-3 |

# "THE KEEPERS OF THE GAME"

|              |     |     |
|--------------|-----|-----|
| Stewartville | 3-3 | 7-4 |
| Cannon Falls | 3-3 | 4-5 |
| La Crescent  | 2-4 | 3-6 |
| Pine Island  | 0-6 | 1-8 |

## Hiawatha Valley League - Gold Standings

|                  |     |     |
|------------------|-----|-----|
| Lake City        | 6-0 | 6-3 |
| Zumbrota-Mazeppa | 4-2 | 6-5 |
| Goodhue          | 3-3 | 6-4 |
| Triton           | 3-3 | 5-5 |
| Kenyon-Wanamingo | 3-3 | 3-6 |
| Winona Cotter    | 2-4 | 2-7 |
| Hayfield         | 0-6 | 0-9 |

## Independents Standings

|                         |     |      |
|-------------------------|-----|------|
| Bemidji                 | 1-0 | 12-1 |
| Grand Rapids            | 1-0 | 4-6  |
| Holy Family Catholic    | 0-0 | 10-2 |
| MN Academy for the Deaf | 0-0 | 3-4  |
| Duluth Central          | 0-0 | 0-0  |
| Moorhead                | 0-1 | 6-6  |
| Duluth East             | 0-1 | 3-6  |

## Lake Conference Standings

|              |     |      |
|--------------|-----|------|
| Wayzata      | 4-0 | 11-1 |
| Eden Prairie | 3-1 | 12-1 |
| Minnetonka   | 2-2 | 8-3  |
| Edina        | 1-3 | 5-5  |
| Hopkins      | 0-4 | 3-6  |

## Little Sioux Conference Standings

|                       |     |      |
|-----------------------|-----|------|
| Dawson-Boyd           | 8-0 | 14-0 |
| Adrian                | 7-1 | 10-2 |
| Minneota/Lincoln HI   | 6-1 | 8-3  |
| MACCRAY               | 5-2 | 7-3  |
| Murray County Central | 4-4 | 4-5  |
| Russell-Tyler-Ruthton | 3-4 | 3-5  |
| Canby                 | 3-5 | 3-6  |
| Tracy-Milroy-Balaton  | 2-5 | 2-7  |
| Fulda                 | 2-6 | 3-7  |
| Renville County West  | 1-6 | 1-8  |
| Lakeview              | 0-7 | 0-8  |

## Minneapolis City Conference Standings

|                              |     |     |
|------------------------------|-----|-----|
| Minneapolis Washburn         | 5-0 | 7-3 |
| Minneapolis Southwest        | 4-1 | 5-4 |
| Minneapolis South            | 3-3 | 3-6 |
| Minneapolis Henry/West Metro | 2-3 | 2-6 |
| Minneapolis Edison           | 2-3 | 2-7 |
| Minneapolis Roosevelt        | 0-0 | 0-0 |
| Minneapolis North            | 0-6 | 0-9 |

## Minnesota River Conference Standings

|                       |     |     |
|-----------------------|-----|-----|
| Norwood-Young America | 6-1 | 9-2 |
| LeSueur-Henderson     | 5-2 | 8-3 |

|                               |     |     |
|-------------------------------|-----|-----|
| Belle Plaine/Holy Family Acad | 5-2 | 7-3 |
| Mayer Lutheran                | 4-3 | 6-4 |
| Sibley East                   | 3-4 | 5-5 |
| Watertown-Mayer               | 3-4 | 3-6 |
| Montgomery-Lonsdale           | 2-5 | 2-7 |
| Jordan                        | 0-7 | 0-9 |

## Mississippi 8 Conference Standings

|                         |     |     |
|-------------------------|-----|-----|
| Rogers                  | 5-1 | 9-2 |
| Elk River               | 5-2 | 6-3 |
| St. Michael-Albertville | 5-2 | 6-3 |
| Monticello              | 4-3 | 6-4 |
| Becker                  | 3-3 | 6-4 |
| Buffalo                 | 2-5 | 2-7 |
| Big Lake                | 1-5 | 3-6 |
| Cambridge-Isanti        | 1-5 | 1-8 |

## Missota Conference Standings

|             |     |     |
|-------------|-----|-----|
| Shakopee    | 7-0 | 8-1 |
| Holy Angels | 6-1 | 8-2 |
| Red Wing    | 4-3 | 7-4 |
| Chanhassen  | 4-3 | 5-5 |
| Farmington  | 3-4 | 3-6 |
| New Prague  | 2-5 | 3-7 |
| Northfield  | 1-6 | 3-7 |
| Chaska      | 1-6 | 1-8 |

## North Suburban Conference Standings

|                        |     |      |
|------------------------|-----|------|
| Totino-Grace           | 6-0 | 11-2 |
| Spring Lake Park       | 6-1 | 9-2  |
| St. Francis            | 6-1 | 8-2  |
| Irondale               | 5-2 | 5-4  |
| Chisago Lakes Area     | 4-3 | 5-5  |
| Benilde-St. Margaret's | 3-4 | 5-5  |
| Robbinsdale Cooper     | 3-4 | 4-5  |
| St. Louis Park         | 3-4 | 3-6  |
| Fridley                | 1-6 | 2-8  |
| North Branch           | 1-6 | 1-8  |
| Columbia Heights       | 0-7 | 0-9  |

## North Tri-County Standings

|                    |     |      |
|--------------------|-----|------|
| Ulen-Hitterdal     | 6-0 | 10-1 |
| Ada-Borup          | 5-1 | 11-2 |
| Norman County East | 4-2 | 6-3  |
| Win-E-Mac          | 3-3 | 3-5  |
| Waubun             | 2-4 | 4-5  |
| Norman County West | 1-5 | 2-6  |
| Rothsay            | 0-6 | 0-8  |

## Northstar East Conference Standings

|                    |     |     |
|--------------------|-----|-----|
| Bagley             | 7-1 | 8-2 |
| Pillager           | 6-2 | 7-3 |
| Pine River-Backus  | 5-3 | 5-4 |
| Cass Lake-Bena     | 3-5 | 4-6 |
| Lake of the Woods  | 2-6 | 2-7 |
| Walker-H-A/Laporte | 1-7 | 1-7 |

|           |     |     |
|-----------|-----|-----|
| Blackduck | 0-8 | 0-9 |
|-----------|-----|-----|

## Northstar West Conference Standings

|                      |     |      |
|----------------------|-----|------|
| Mahnomen             | 8-0 | 13-1 |
| Fertile-Beltrami     | 6-2 | 8-3  |
| Lake Park-Audubon    | 6-2 | 7-3  |
| Warren-Alvarado-Oslo | 5-3 | 8-4  |
| Frazee               | 4-4 | 4-5  |
| Red Lake County      | 3-5 | 3-6  |
| Fosston              | 0-8 | 0-9  |

## Northwest Suburban Conference Standings

|                       |     |     |
|-----------------------|-----|-----|
| Anoka                 | 7-0 | 9-2 |
| Osseo                 | 7-1 | 9-2 |
| Blaine                | 5-2 | 8-3 |
| Centennial            | 5-3 | 6-4 |
| Champlin Park         | 4-3 | 5-5 |
| Maple Grove           | 3-4 | 4-6 |
| Robbinsdale Armstrong | 3-4 | 3-6 |
| Coon Rapids           | 2-6 | 2-7 |
| Andover               | 1-6 | 1-8 |
| Park Center           | 0-8 | 0-9 |

## Pheasant Conference North Standings

|                            |     |      |
|----------------------------|-----|------|
| Eagle Valley               | 7-0 | 10-1 |
| Underwood                  | 6-2 | 7-3  |
| Hillcrest Lutheran Academy | 5-3 | 6-4  |
| Ashby                      | 4-3 | 5-4  |
| Verndale                   | 2-5 | 3-6  |
| Bertha-Hewitt              | 2-6 | 2-7  |
| Parkers Prairie            | 1-7 | 1-7  |

## Pheasant Conference South Standings

|                              |     |      |
|------------------------------|-----|------|
| Clinton-Graceville-Beardsley | 6-0 | 9-1  |
| Wheaton/Herman-Norcross      | 5-1 | 12-2 |
| Brandon/Evansville           | 3-3 | 5-4  |
| Ortonville                   | 1-5 | 2-7  |
| Hancock                      | 0-7 | 1-8  |

## Prairie Conference - North Standings

|                         |     |     |
|-------------------------|-----|-----|
| Barnesville             | 5-0 | 9-1 |
| Osakis                  | 4-1 | 6-3 |
| Upsala/Swanville Area   | 3-2 | 5-4 |
| Long Prairie-Grey Eagle | 2-3 | 4-6 |
| United North Central    | 1-4 | 3-6 |
| Wadena-Deer Creek       | 0-5 | 0-9 |

## Prairie Conference - South Standings

|                           |     |     |
|---------------------------|-----|-----|
| Browerville               | 5-0 | 9-2 |
| Royalton                  | 4-1 | 6-3 |
| Ottertail Central         | 2-3 | 5-4 |
| Kerkhoven-Murdock-Sunburg | 2-3 | 2-7 |
| West Central Area         | 1-4 | 2-7 |
| New York Mills            | 1-4 | 1-8 |

**Sea Range Conference Standings**

|                            |     |     |
|----------------------------|-----|-----|
| Hermantown                 | 7-0 | 9-1 |
| Greenway/Nashwauk-Keewatin | 6-1 | 9-3 |
| Proctor                    | 5-2 | 6-4 |
| Virginia                   | 4-3 | 5-5 |
| Cloquet                    | 3-4 | 5-6 |
| International Falls        | 2-5 | 2-6 |
| Hibbing                    | 1-6 | 1-8 |
| Eveleth-Gilbert            | 0-7 | 0-9 |

**South Central Conference Standings**

|                 |     |      |
|-----------------|-----|------|
| Fairmont        | 5-0 | 12-2 |
| Blue Earth Area | 4-1 | 10-2 |
| Waseca          | 2-3 | 5-5  |
| St. Peter       | 2-3 | 4-5  |
| New Ulm         | 2-3 | 2-7  |
| St. James       | 0-5 | 0-9  |

**South Suburban Conference Standings**

|                       |     |      |
|-----------------------|-----|------|
| Lakeville North       | 7-0 | 10-1 |
| Lakeville South       | 6-2 | 7-3  |
| Prior Lake            | 5-2 | 8-4  |
| Rosemount             | 5-3 | 5-4  |
| Eagan                 | 4-3 | 6-5  |
| Bloomington Kennedy   | 3-4 | 4-6  |
| Eastview              | 3-5 | 5-6  |
| Burnsville            | 2-6 | 2-7  |
| Apple Valley          | 1-6 | 1-8  |
| Bloomington Jefferson | 1-6 | 1-8  |

**Southeast Conference Standings**

|                  |     |      |
|------------------|-----|------|
| Spring Grove     | 7-0 | 11-1 |
| Grand Meadow     | 5-2 | 8-3  |
| Mabel-Canton     | 5-2 | 6-4  |
| Lanesboro        | 4-3 | 6-4  |
| Houston          | 4-3 | 4-5  |
| Glenville-Emmons | 2-5 | 2-7  |
| LeRoy-Ostrander  | 1-6 | 2-7  |
| Lyle-Pacelli     | 0-7 | 0-8  |

**Southern Confederacy Conference Standings**

|                              |     |      |
|------------------------------|-----|------|
| Edgerton/Ellsworth           | 8-0 | 14-0 |
| Nicollet                     | 7-1 | 9-2  |
| Hills-Beaver Creek           | 7-1 | 8-2  |
| Madelia                      | 5-3 | 7-4  |
| Cleveland                    | 4-4 | 5-5  |
| Janesville-Waldorf-Pemberton | 3-5 | 4-6  |
| Westbrook-Walnut Grove       | 3-5 | 3-6  |
| Granada-Huntley-EC/M.L.      | 2-6 | 2-7  |
| Alden-Conger                 | 1-7 | 1-7  |
| Red Lake                     | 0-0 | 0-3  |
| Truman                       | 0-8 | 0-9  |

**Southern Minnesota Conference Standings**

|                   |     |      |
|-------------------|-----|------|
| New Ulm Cathedral | 8-0 | 10-1 |
|-------------------|-----|------|

|                             |     |     |
|-----------------------------|-----|-----|
| Mt. Lake/Butterfield-Odin   | 6-2 | 7-3 |
| Sleepy Eye Saint Mary's     | 5-3 | 9-4 |
| Wabasso                     | 5-3 | 7-4 |
| Buffalo Lake-Hector-Stewart | 4-4 | 5-5 |
| Springfield                 | 4-4 | 5-5 |
| Sleepy Eye                  | 4-4 | 4-5 |
| Red Rock Central            | 3-5 | 3-6 |
| Cedar Mountain/Comfrey      | 1-7 | 1-8 |
| Southwestern United         | 0-8 | 0-9 |

**Southwest Conference Standings**

|                        |     |     |
|------------------------|-----|-----|
| Marshall               | 6-0 | 9-1 |
| Jackson County Central | 5-1 | 7-3 |
| Luverne                | 4-2 | 7-4 |
| Redwood Valley         | 3-3 | 6-4 |
| Worthington            | 2-4 | 3-6 |
| Windom Area            | 1-5 | 1-8 |
| Pipestone Area         | 0-6 | 0-9 |

**St. Paul City Conference Standings**

|                        |     |     |
|------------------------|-----|-----|
| St. Paul Central       | 5-0 | 7-3 |
| St. Paul Johnson       | 4-1 | 4-5 |
| St. Paul Highland Park | 3-2 | 4-5 |
| St. Paul Harding       | 2-3 | 5-4 |
| St. Paul Como Park     | 1-4 | 2-7 |
| St. Paul Humboldt      | 0-5 | 0-8 |

**Suburban East Conference Standings**

|                       |     |      |
|-----------------------|-----|------|
| Cretin-Derham Hall    | 8-0 | 11-1 |
| Mounds View           | 7-1 | 9-2  |
| Stillwater Area       | 6-2 | 7-3  |
| White Bear Lake       | 6-2 | 7-3  |
| Woodbury              | 5-3 | 6-4  |
| East Ridge            | 2-6 | 3-7  |
| Forest Lake           | 2-6 | 2-7  |
| Hastings              | 2-6 | 2-7  |
| Roseville             | 2-6 | 2-7  |
| Park of Cottage Grove | 0-8 | 0-9  |

**Three Rivers Conference - North Standings**

|                           |     |      |
|---------------------------|-----|------|
| Plainview-Elgin-Millville | 4-0 | 11-1 |
| Lewiston-Altura           | 3-1 | 5-5  |
| St. Charles               | 2-2 | 2-7  |
| Dover-Eyota               | 1-3 | 1-8  |
| Wabasha-Kellogg           | 0-4 | 1-7  |

**Three Rivers Conference - South Standings**

|                   |     |      |
|-------------------|-----|------|
| Caledonia         | 5-0 | 13-1 |
| Southland         | 3-2 | 8-3  |
| Fillmore Central  | 3-2 | 7-3  |
| Chatfield         | 3-2 | 6-4  |
| Kingsland         | 1-4 | 3-6  |
| Rushford-Peterson | 0-5 | 2-7  |

**Top of the State Conference Standings**

|                        |     |     |
|------------------------|-----|-----|
| Kittson County Central | 6-1 | 9-3 |
|------------------------|-----|-----|

|                    |     |     |
|--------------------|-----|-----|
| Goodridge/Grygla   | 5-2 | 7-3 |
| Climax/Fisher      | 4-3 | 6-4 |
| Badger/GB-MR       | 4-3 | 5-5 |
| Stephen-Argyle     | 4-3 | 4-5 |
| Clearbrook-Gonvick | 3-4 | 4-5 |
| Northern Freeze    | 2-5 | 4-6 |
| Sacred Heart       | 0-7 | 0-8 |

**Tri-Metro East Conference Standings**

|                             |     |      |
|-----------------------------|-----|------|
| St. Croix Lutheran          | 8-0 | 14-0 |
| St. Anthony Village         | 6-2 | 8-3  |
| Concordia Academy-Roseville | 5-3 | 6-4  |
| New Life Academy            | 3-5 | 3-6  |
| Brooklyn Center             | 2-6 | 2-7  |
| St. Agnes                   | 1-7 | 1-8  |

**Tri-Metro West Conference Standings**

|                                |     |      |
|--------------------------------|-----|------|
| Providence Academy             | 6-2 | 10-3 |
| DeLaSalle                      | 6-2 | 6-3  |
| Minnehaha Academy              | 5-3 | 6-4  |
| Breck                          | 4-4 | 5-5  |
| Blake                          | 2-6 | 2-7  |
| St. Paul Acad./Mounds Park Aca | 0-8 | 0-9  |

**West Central Conference - North Standings**

|                   |     |     |
|-------------------|-----|-----|
| Montevideo        | 5-0 | 9-1 |
| New London-Spicer | 4-1 | 6-3 |
| Albany            | 3-2 | 6-4 |
| Melrose           | 2-3 | 3-6 |
| Sauk Centre       | 1-4 | 4-7 |
| Minnewaska Area   | 0-5 | 0-9 |

**West Central Conference - South Standings**

|                            |     |     |
|----------------------------|-----|-----|
| BOLD                       | 5-1 | 9-2 |
| Paynesville Area           | 4-2 | 8-4 |
| Morris Area/Chokio-Alberta | 4-2 | 5-4 |
| Benson                     | 4-2 | 5-5 |
| Atwater-Cosmos-Grove City  | 3-3 | 4-5 |
| Lac qui Parle Valley       | 1-5 | 2-7 |
| Yellow Medicine East       | 0-6 | 0-9 |

**Wright County Conference Standings**

|                     |     |     |
|---------------------|-----|-----|
| Hutchinson          | 7-0 | 9-1 |
| Glencoe-Silver Lake | 6-1 | 9-2 |
| Delano              | 6-1 | 8-2 |
| Litchfield          | 4-4 | 4-5 |
| Annandale           | 3-4 | 7-6 |
| Waconia             | 3-4 | 5-5 |
| Dassel-Cokato       | 2-5 | 2-7 |
| Orono               | 1-6 | 3-7 |
| Mound-Westonka      | 0-7 | 1-8 |

# COMPETITIVE SECTION ASSIGNMENTS FOR 2012

## Class: 9MAN

### SECTION: 1

Alden-Conger H.S.  
Glenville-Emmons H.S.  
Grand Meadow H.S.  
Houston H.S.  
Lanesboro H.S.  
LeRoy-Ostrander H.S.  
Mabel-Canton H.S.  
Coop: 262 "Lyle-Pacelli"  
• Austin Pacelli H.S.  
• Lyle High School (HOST)  
Coop: 432 "Spring Grove H.S."  
• Gerdes Home School  
• Spring Grove High School (HOST)  
Coop: 517 "Gr-Hunt-E Ch/Martin Luth"  
• Granada-Huntley-East Chain H.S. (HOST)  
• Martin Luther H.S.

### SECTION: 2

Cleveland H.S.  
Janesville-Waldorf-Pemberton H.S.  
Madelia H.S.  
Metro Deaf School  
Minnesota State Academy for the Deaf  
Nicollet H.S.  
Northwest Passage Charter H.S.  
Randolph H.S.  
Truman H.S.  
West Lutheran H.S.

### SECTION: 3

Clinton-Graceville-Beardsley H.S.  
E.C.H.O. Charter School  
Fulda H.S.  
Hancock H.S.  
Hills-Beaver Creek H.S.  
Lincoln H I H.S.  
Renville County West H.S.  
Westbrook-Walnut Grove H.S.  
Coop: 142 "Edgerton/Ellsworth"  
• Edgerton High School (HOST)  
• Ellsworth H.S.

### SECTION: 4

Bertha-Hewitt H.S.  
Eagle Valley H.S.

Isle H.S.  
Onamia H.S.  
Parkers Prairie H.S.  
Verndale H.S.  
Coop: 20 "Ashby"  
• Ashby High School (HOST)  
• Country Bible Christian  
Coop: 154 "Brandon/Evansville"  
• Brandon H.S.  
• Evansville High School (HOST)  
Coop: 484 "Wheaton Herman Norcross"  
• Herman-Norcross H.S.  
• Wheaton High School (HOST)

### SECTION: 5

Cherry H.S.  
Cromwell H.S.  
Floodwood H.S.  
Hill City H.S.  
McGregor H.S.  
Northland H.S.  
Silver Bay (Wm. Kelley) H.S.  
Wrenshall H.S.  
Coop: 7 "Albrook/Cotton"  
• Cotton High School (South Ridge)  
• South Ridge High School (HOST)

### SECTION: 6

Ada-Borup H.S.  
Nevis H.S.  
Norman County East H.S.  
Park Christian H.S.  
Rothsay H.S.  
Ulen-Hitterdal H.S.  
Underwood H.S.  
Waubun H.S.  
Coop: 213 "Hillcrest Lutheran Academy"  
• Hillcrest Lutheran Academy (HOST)  
• Synsteliem Home School  
• Wangerin Home School  
• Wentzel Home School

### SECTION: 7

Bigfork H.S.  
Chisholm H.S.  
Ely H.S.  
Littlefork-Big Falls H.S.  
Mesabi Academy School

## Classification Enrollments

|        |               |
|--------|---------------|
| 9 Man  | 165 and under |
| A      | 166-214       |
| AA     | 215-321       |
| AAA    | 322-511       |
| AAAA   | 512-961       |
| AAAAA  | 962-1655      |
| AAAAAA | 1656+         |

Mountain Iron-Buhl H.S.  
Coop: 27 "B-E-S-T"  
• Northeast Range High School (HOST)  
• Tower-Soudan High School (Northeast)  
Coop: 107 "Cook-Orr"  
• North Woods High School (HOST)  
• Orr High School (North Woods)  
Coop: 235 "Kelliher/Northome"  
• Kelliher High School (HOST)  
• Northome H.S.

### SECTION: 8

Clearbrook-Gonvick H.S.  
Norman County West H.S.  
Stephen-Argyle Central H.S.  
Win-E-Mac H.S.  
Coop: 138 "Sacred Heart H.S."  
• Krueger Homeschool  
• Sacred Heart High School (HOST)  
Coop: 165 "Climax/Fisher Knights"  
• Climax H.S.  
• Fisher High School (HOST)  
Coop: 193 "Badger/GB-MR"  
• Badger H.S.  
• Greenbush-Middle River High School (HOST)  
Coop: 196 "Goodridge/Grygla-Gatzke"  
• Goodridge H.S.  
• Grygla-Gatzke High School (HOST)  
Coop: 197 "Kittson County Central"  
• Kittson Central High School (HOST)  
• Lancaster H.S.

## Class: A

### SECTION: 1

Bethlehem Academy  
Blooming Prairie H.S.  
Fillmore Central H.S.  
Goodhue H.S.  
Kingsland H.S.  
Rushford-Peterson H.S.  
Southland H.S.  
Wabasha-Kellogg H.S.

### SECTION: 2

Mankato Loyola H.S.  
Minnesota Valley Lutheran  
New Ulm Cathedral H.S.  
Sleepy Eye H.S.  
Sleepy Eye Saint Mary's H.S.  
Springfield H.S.  
Coop: 81 "Cedar Mountain/Comfrey"  
• Cedar Mountain High School (HOST)  
• Comfrey H.S.

### SECTION: 3

Adrian H.S.  
Lake Crystal-Wellcome Memorial  
Martin County West H.S.  
Murray County Central H.S.  
Saint Clair H.S.  
United South Central H.S.  
Coop: 316 "Mountain Lake/B-O"  
• Butterfield-Odin H.S.  
• Mountain Lake High School (HOST)  
Coop: 424 "Southwestern United"  
• Round Lake-Brewster (HOST)  
• Southwest Star Concept H. S.

### SECTION: 4

Atwater-Cosmos-Grove City H.S.  
Belgrade-Brooten-Elrosa H.S.  
Buffalo Lake-Hector-Stewart H.S.  
Kerkhoven-Murdock-Sunburg H.S.  
MACCRAY H.S.  
Minneapolis North Community H.S.  
Coop: 254 "Lester Prairie \ Holy Trinity"  
• Holy Trinity H.S.  
• Lester Prairie H.S. (HOST)

### SECTION: 5

Canby H.S.  
Dawson-Boyd H.S.  
Lakeview H.S.  
Minneota H.S.  
Ortonville H.S.  
Red Rock Central H.S.

Russell-Tyler-Ruthton H.S.  
Wabasso H.S.

### SECTION: 6

Lake Park-Audubon  
New York Mills H.S.  
Pillager H.S.  
Pine River-Backus H.S.  
Royalton H.S.  
West Central Area School  
Coop: 35 "Ottertail Central Bulldogs"  
• Battle Lake High School (HOST)  
• Henning H.S.  
• Coop: 67 "Browerville H.S."  
• Browerville High School (HOST)  
• St. John Vianney Academy

### SECTION: 7

Barnum H.S.  
Blackduck H.S.  
Cass Lake-Bena H.S.  
Cook County H.S.  
East Central H.S.  
Mesabi East H.S.  
Ogilvie H.S.  
Coop: 79 "Carlton H.S."  
• Carlton High School (HOST)  
• Fond du Lac Ojibwe H.S.

### SECTION: 8

Fertile-Beltrami H.S.  
Fosston H.S.  
Lake of the Woods H.S.  
Mahnomen H.S.  
Red Lake H.S.  
Warren-Alvarado-Oslo H.S.  
Coop: 277 "Northern Freeze"  
• Marshall County Central H. S. (HOST)  
• Tri-County H.S.  
• Coop: 368 "Red Lake County Rebels"  
• Red Lake County Central  
• Red Lake Falls High School (HOST)

## Class: AA

### SECTION: 1

Caledonia H.S.  
Chatfield H.S.  
Cotter H.S.  
Dover-Eyota H.S.  
Hayfield H.S.  
Lewiston-Altura H.S.  
Saint Charles H.S.  
Triton H.S.

### SECTION: 2

G-F-W H.S.  
Kenyon-Wanamingo H.S.  
LeSueur-Henderson H.S.  
Medford H.S.  
Sibley East H.S.  
Waterville-Elysian-Morristown H.S.

### SECTION: 3

Jackson County Central H.S.  
Luverne H.S.  
Maple River H.S.  
New Richland-H-E-G H.S.  
Pipestone Area H.S.  
Saint James H.S.  
Tracy-Milroy-Balaton H.S.  
Windom Area H.S.

### SECTION: 4

Brooklyn Center H.S.  
Howard Lake-Waverly-Winsted H.S.  
Kimball Area H.S.  
Maple Lake H.S.  
Mayer Lutheran H.S.  
Saint Agnes H.S.  
Saint Paul Humboldt H.S.  
Spectrum H.S.

### SECTION: 5

B O L D H.S.  
Benson H.S.  
Eden Valley-Watkins H.S.  
Lac qui Parle Valley H.S.  
Minnewaska Area H.S.  
Paynesville Area H.S.  
Yellow Medicine East H.S.

### SECTION: 6

Breckenridge H.S.  
Crosby-Ironton H.S.  
Holdingford H.S.  
Long Prairie-Grey Eagle H.S.  
Osakis H.S.  
Pierz H.S.  
Wadena-Deer Creek H.S.  
Coop: 458 "Upsala/Swanville"  
• Swanville H.S.  
• Upsala High School (HOST)

### SECTION: 7

Braham H.S.  
Deer River H.S.  
Eveleth-Gilbert H.S.  
Hinckley-Finlayson H.S.  
Rush City H.S.

Two Harbors H.S.

Coop: 131 "Marshall School, Duluth"

- Lakeview Christian Academy
- Marshall School, Duluth (HOST)

Coop: 308 "Moose Lake/Willow River"

- Moose Lake High School (HOST)
- Willow River H.S.

## SECTION: 8

Bagley H.S.

Barnesville H.S.

Frazee H.S.

Hawley H.S.

Pelican Rapids H.S.

Warroad H.S.

Coop: 284 "United North Central Warriors"

- Menahga High School (HOST)
- Sebekka H.S.
- Coop: 469 "Walker-Hackensack-Akeley-Laporte"
- Laporte H.S.
- Walker-Hackensack-Akeley H.S. (HOST)

## Class: AAA

## SECTION: 1

La Crescent H.S.

Lake City H.S.

Pine Island H.S.

Plainview-Elgin-Millville H.S.

Rochester Lourdes H.S.

Stewartville H.S.

Zumbrota-Mazeppa H.S.

## SECTION: 2

Breck School

Jordan H.S.

Norwood-Young America H.S.

Watertown-Mayer H.S.

Coop: 293 "Henry H.S. / West Metro"

- FAIR School
- Minneapolis Patrick Henry H.S. (HOST)

Coop: 379 "Rockford High School"

- Rockford High School (HOST)
- Singh Academy Home School
- Coop: 689 "Providence Academy"
- Heritage Christian Academy
- Providence Academy (HOST)

## SECTION: 3

Blue Earth Area H.S.

Fairmont H.S.

Redwood Valley H.S.

Saint Peter H.S.

Worthington H.S.

Coop: 39 "Belle Plaine/Holy Family Acad"

• Belle Plaine High School (HOST)

• Holy Family Academy

Coop: 305 "Tri-City United"

- Le Center H.S.
- Montgomery-Lonsdale High School (HOST)

## SECTION: 4

Cannon Falls H.S.

Columbia Heights H.S.

Concordia Academy-Roseville

Minneapolis Edison H.S.

Minnehaha Academy

Saint Croix Lutheran H.S.

Coop: 294 "Minneapolis Roosevelt H.S."

- El Colegio Charter School
- Minneapolis Roosevelt High School (HOST)

## SECTION: 5

Annandale H.S.

Foley H.S.

Milaca H.S.

Mora H.S.

Pine City H.S.

Coop: 395 "St. Cloud Cathedral"

- Saint Cloud Cathedral High School (HOST)
- Saint Cloud Christian School

## SECTION: 6

Albany H.S.

Litchfield H.S.

Melrose Area H.S.

Montevideo H.S.

New London-Spicer H.S.

Sauk Centre H.S.

Coop: 310 "Morris Area/Chokio-Alberta"

- Chokio-Alberta H.S.
- Morris Area School (HOST)

## SECTION: 7

Aitkin H.S.

Esko H.S.

International Falls H.S.

Proctor H.S.

Virginia H.S.

Coop: 194 "Greenway Naskwauk Keewatin"

- Greenway High School (HOST)
- Naskwauk-Keewatin H.S.

## SECTION: 8

Crookston H.S.

Dilworth-Glyndon-Felton H.S.

Park Rapids Area H.S.

Pequot Lakes H.S.

Perham H.S.

Roseau H.S.

Staples-Motley H.S.

## Class: AAAA

## SECTION: 1

Albert Lea H.S.

Byron H.S.

Faribault H.S.

Kasson-Mantorville H.S.

Red Wing H.S.

Waseca H.S.

## SECTION: 2

Dassel-Cokato H.S.

Glencoe-Silver Lake H.S.

Hutchinson H.S.

Mankato East H.S.

Marshall H.S.

New Ulm H.S.

## SECTION: 3

Academy of Holy Angels

Holy Family Catholic H.S.

Minneapolis Washburn H.S.

Richfield H.S.

Saint Paul Highland Park

Coop: 403 "St. Paul Academy & Summit/Mound"

- Mounds Park Academy
- St. Paul Academy and Summit School (HOST)

## SECTION: 4

Hill-Murray School

Saint Paul Como Park H.S.

Saint Paul Johnson H.S.

South Saint Paul H.S.

Washington Technology Magnet School

Coop: 372 "New Life Academy/St. Croix Preparatory Academy"

- Bethany Academy
  - Grissom High Home School
  - Juszczak Home School
  - Larson Home School
  - Master's Academy Home School
  - New Life Academy of Woodbury (HOST)
  - Pratt Homeschool
  - St. Croix Preparatory Academy
- Coop: 406 "Saint Paul Harding H.S."
- Community of Peace Academy
  - Saint Paul Harding High School (HOST)

## SECTION: 5

Becker H.S.

Big Lake H.S.

Delano H.S.  
Mound Westonka H.S.  
Orono H.S.  
Zimmerman H.S.

#### **SECTION: 6**

Benilde-St. Margaret's School  
Blake School (The)  
DeLaSalle H.S.  
Fridley H.S.  
Park Center H.S.  
Robbinsdale Cooper H.S.  
Saint Anthony Village H.S.

#### **SECTION: 7**

Cloquet H.S.  
Grand Rapids H.S.  
Hermantown H.S.  
Hibbing H.S.  
North Branch H.S.  
Princeton H.S.

#### **SECTION: 8**

Detroit Lakes H.S.  
East Grand Forks H.S.  
Fergus Falls H.S.  
Little Falls H.S.  
Rocori H.S.  
Thief River Falls H.S.

### **Class: AAAAA**

#### **SECTION: 1**

Austin H.S.  
Owatonna H.S.  
Rochester Century H.S.  
Rochester John Marshall  
Rochester Mayo H.S.  
Winona H.S.

#### **SECTION: 2**

Chanhassen H.S.  
Chaska H.S.  
Mankato West H.S.  
New Prague H.S.  
Northfield H.S.  
Waconia H.S.

#### **SECTION: 3**

Apple Valley H.S.  
Bloomington Jefferson H.S.  
Bloomington Kennedy H.S.  
Farmington H.S.  
Minneapolis Southwest H.S.  
Saint Louis Park H.S.

#### **SECTION: 4**

Andover H.S.  
Irondale H.S.  
Mahtomedi H.S.  
Spring Lake Park H.S.  
Totino-Grace H.S.  
Coop: 404 "Saint Paul Central"  
• Saint Paul Central High School (HOST)  
• Saint Paul Open School

#### **SECTION: 5**

East Ridge H.S.  
Hastings H.S.  
Henry Sibley H.S.  
Saint Thomas Academy  
Simley H.S.  
Tartan H.S.

#### **SECTION: 6**

Buffalo H.S.  
Elk River H.S.  
Monticello H.S.  
Rogers H.S.  
Saint Michael-Albertville H.S.  
Willmar H.S.

#### **SECTION: 7**

Bemidji H.S.  
Cambridge-Isanti H.S.  
Chisago Lakes Area H.S.  
Duluth Denfeld H.S.  
Duluth East H.S.  
Saint Francis H.S.

#### **SECTION: 8**

Alexandria H.S.  
Moorhead H.S.  
Saint Cloud Apollo H.S.  
Sartell-Saint Stephen H.S.  
Sauk Rapids-Rice H.S.  
Coop: 396 "Saint Cloud Tech"  
• Saint Cloud Tech High School (HOST)  
• Saint John's Prep

### **Class: AAAAAA**

#### **SECTION: 3**

Burnsville H.S.  
Eagan H.S.  
Eastview H.S.  
Lakeville North H.S.  
Lakeville South H.S.  
Park H.S.  
Prior Lake H.S.  
Rosemount H.S.

#### **SECTION: 4**

Cretin-Derham Hall H.S.  
Forest Lake H.S.  
Mounds View H.S.  
North H.S.  
Roseville Area H.S.  
Stillwater Area H.S.  
White Bear Lake Area H.S.  
Woodbury H.S.

#### **SECTION: 5**

Blaine H.S.  
Brainerd H.S.  
Centennial H.S.  
Champlin Park H.S.  
Coon Rapids H.S.  
Maple Grove H.S.  
Coop: 14 "Anoka H.S."  
• Anoka High School (HOST)  
• Legacy Christian Academy  
• PACT Charter School  
Coop: 342 "Osseo"  
• Maranatha Christian Academy  
• Osseo High School (HOST)

#### **SECTION: 6**

Eden Prairie H.S.  
Edina H.S.  
Hopkins H.S.  
Minnetonka H.S.  
Robbinsdale Armstrong H.S.  
Shakopee H.S.  
Wayzata H.S.  
Coop: 295 "Minneapolis South"  
• Minneapolis South High School (HOST)  
• Minnesota Transitions Charter School

# COMMUNITY SERVICE AWARD

## Football is more than just a Game

**By Beau LaBore, Head Football Coach, Stillwater Area High School**

Coaches can make a significant impact on their players, school, community, and world through the community service award by conducting a community service project.

Minnesota Football Coaches Association Community Service Award Guide

The Community Service Award began in 2008. The award encourages teams to display their student-athletes' service while portraying qualities of leadership, community, and giving to others. Giving, without the expectation of receiving anything in return, is a powerful quality that can be instilled in our young men.

Each year, the most outstanding contributions will be recognized. To grow the familiarity of the award, all 14 teams that submitted the form were recognized in 2008 and 2009. The number of forms completed in 2010 equaled the total of years one and two. Three teams were recognized out of the 14 submissions. Three teams were recognized out of 21 submissions in 2011.

It would be great to see teams seek this award. However, the award is secondary in importance. Rather, we want to see and hear about each team that contributes service to our communities, state, country, and world. We want to be able to share with the state the good things that our programs, led by our coaches, are doing for student-athletes and society. Therefore, it would be ideal for each team to conduct a community service project that a coach shares with our committee by completing the online community service award form. This includes teams that have been awarded in the past. Those teams awarded are the pioneers of this effort who need to continue leading our association. It is quick (only takes 5 minutes) and easy to complete if you do a service activity.

It is known that many of the teams in our state take some time away from football practice to help our young men learn the importance of giving back. Help our coaches association recognize the outstanding contributions of our state's football programs. If your team does a community service activity of any kind, please fill out the online form. It would be great to see



*(From left to right) Holy Family Head Football Coach Dave Hopkins, 2002 NFL MVP Rich Gannon and Former Minnesota Vikings Head Football Coach Brad Childress get together in 2008 to help raise awareness for Celiac Disease. Rich and Brad both have family members affected by Celiac Disease.*

each team in the state fill this form out every year. The form is simple, but the message it will send can be resounding.

If your program has not conducted a community service activity, please consider one. No act is too small when it comes to giving back. Please view the work of recognized teams on the MFCA website. Moreover, consider the following community service ideas and organizations:

- Food shelf,
- Food drive,
- School mentoring,
- Elementary reading,
- DARE volunteers,
- Flood prep and relief,
- Hospitals/ hospice,
- Nursing homes,
- Public Safety Departments,

- Environmental projects,
- Community cleanup day,
- Walk/ Runs,
- Drug, alcohol, violence, abuse education,
- Blood drives,
- Adopt a member of a nursing home,
- Adopt a Highway,
- Animal Shelters/ zoos,
- Raise money for a charity,
- Compete with a rival to fundraise for charity,
- Youth football camps or leagues,
- Work food or soup lines,
- Serve area schools and parks,
- Contact your town hall for needs,
- Raise money for school supplies

Do not underestimate the difference that a community service experience can have on your communities and team. More often than not, those who gain the most are the young men performing the service. If you need any assistance, please contact Beau LaBore, MFCA Community Service Committee Chair, at [laboreb@stillwater.k12.mn.us](mailto:laboreb@stillwater.k12.mn.us).

## 2011 COMMUNITY SERVICE AWARDS

### Fergus Falls

-Most football programs waste no time implementing their game plans on Mondays after school. Not the Otters – who do not head to the weight room, the film room, or the practice field to begin their game week. Instead, the grade 9-12 players go to the Minnesota Veterans Home to spend an hour with their assigned veteran whom they call “Quarterback Grandpa.” The veterans mentor the player and talk about football, war, girlfriends, religion, sports, marriages, kids, families, being alone, health issues, politics, difficult problems, and much more over the past seven years. The success of the program has been replicated by other high school teams. However, this close relationship is not a one way road. Each season, the veterans, many of whom are in wheel chairs, attend a home football game. The community sees this relationship first hand as the players stand beside their vet during the national anthem. This activity produced almost 650 hours of service by the 78 member team to veterans who treasure companionship in a time where many veterans are lonely.

### Hayfield

The Hayfield football team co-sponsored a Cancer Awareness Week fundraiser with the Hayfield volleyball team. Each team sold pink shirts which displayed the fall sports on the front and the slogan “We have bigger opponents to beat” on back. They sold 550 shirts, just short of half the community’s population.



*The event became so popular in the Holy Family community that they moved the event from Boom Island in Minneapolis to the grounds of Holy Family Catholic High School. It is the most successful Celiac Fundraiser in the United States. Holy Family Football players help set up the event, cook hog dogs, aid people on the course, and do the clean up work.*

They also conducted specials fundraisers and cancer awareness booths at their games. Clearly the goal of this event was to raise funds and awareness for cancer; however, additional, unique incentives increased each team’s performance. The team that sold fewer shirts had to dress up in the other team’s uniform and perform their skill and conditioning drills. In the end, Hayfield’s boys of fall became their men in tights, spandex that is, as they bumped, set, and spiked in front of the victors. The shirt sales and donations totaled \$3,000 dollars for the Eagles Cancer Telethon.

### Holy Family

The Fire Community Service Initiative rose to exclusive status by helping organize and support the largest Celiac Disease Fundraiser in the country through their walk and run event. The players fundraise, set up the course, direct runners and walkers, prepare and serve hot dogs, run the path, and clean up after the event. In the process, they raise awareness for Celiac Disease, a lifelong digestive disorder that damages the small intestine by interfering with the absorption of nutrients. Each year the participation in the event and funds-raised have increased as has knowledge of this painful disease. The dollars raised benefit the University of Maryland Center for Celiac Research.

### General Information from the 20 teams that completed the form:

- \$7,844, a 5-fold increase in the second year event, for Wounded Warriors Project

## "THE KEEPERS OF THE GAME"

- Over 100 hours directly helping schools
- Over 60 tons of sand bagged for flooding rivers in northern, metro, and southern MN while 250 hours relieved flood and tornado ravaged communities
- 25 hours reading with elementary students
- 450 hours at youth football events including a camp for special needs athletes and assistance to Miracle League players
- \$400 donated to the West-side Boys and Girls Club
- The largest Celiac fundraiser in the country
- 650 hours of companionship at a veteran's home
- 5 team trips to Feed My Starving Children
- Over 2,500 pounds of food collected and some \$800 donated to food shelves
- \$3,350 raised for cancer research
- 275 hours contributed to Relay for Life
- A disabled veteran pheasant hunt
- Community cancer and battered women awareness walks
- 624 hours served for a community cleanup day
- Yard work performed for dozens of elderly citizens
- Fire trucks washed and waxed, signs painted, a highway adopted, Salvation Army bells rang, OSHA, American Legion, and VFW projects
- Countless hours to community festivals, carnivals and participation in other charity events

### Team/ Project

- Anoka (Community clean up day)
- Bloomington Jefferson (Wounded Warrior Project)
- Braham (Community celebration)
- Brainerd (Cancer and battered women awareness walks)
- Deer River (Elderly visit, OSHA, Legion, and VFW projects)
- Edgerton (Tornado relief)
- Fergus Falls ("Quarterback Grandpas")
- GFW (Area food shelf donation)
- Hastings (Sandbagging)
- Hayfield (Cancer awareness and fundraiser)
- Holy Family (Celiac Walk)
- Humbolt (West-side Booster donation)
- Lake Crystal (Relay for Life)
- Monticello (Salvation Army, Food shelf, Sandbagging, community celebration)
- New Ulm Cathedral (Disabled veteran pheasant hunt)
- Orono (Miracle League)
- Park (Feed My Starving Children, Youth camps, community celebration)
- South St. Paul (Feed My Starving Children)
- St. Michael-Albertville (Feed My Starving Children, School, Fire, and City projects, Adopt a Highway)
- Stillwater (Youth and Adapted camp, Feed My Starving Children, Elderly visit)
- W-EM (Elderly yard work)

### Making Tracks for Celiacs by Dave Hopkins

One evening, in the spring of 2003, I saw our friend Rich Gannon on KARE11-TV. Rich was standing in the backyard of the KARE11 studio where they conduct their weather reports.

He educated viewers on Celiac Disease and asked the people of Minnesota to come to Boom Island in Minneapolis to participate in the second annual Celiac Walk. We, the football team and Holy Family community, joined in. We have taken this on as our way of giving back and been involved since 2003. From 2003 – 2006 we filled busses and drove to Boom Island in Minneapolis. We walked to raise awareness and funds for Celiac research. We wore our game jerseys and were well represented. We were so well represented that the State of Minnesota Celiac Event is now held at our own Holy Family Catholic High School. The Minnesota event raises more money than any Celiac fundraiser in the country. This is how the Holy Family football team has contributed:

- Celiac 2003: 101 Holy Family people who walked and/or donated – \$1000 raised
- Celiac 2004: 118 Holy Family people who walked and/or donated – \$1450 raised
- Celiac 2005: 145 Holy Family people who walked and/or donated – \$2200 raised
- Celiac 2006: 150 Holy Family people who walked and/or donated – \$2045 raised
- Celiac 2007: 201 Holy Family people who walked and/or donated – \$2566 raised
- Celiac 2008: Many Holy Family people who walked and/or donated – \$1400 raised
- Celiac 2009: Many more Holy Family people who walked and/or donated – \$1129 raised
- Celiac 2010: Even more Holy Family people who walked and/or donated – \$2261 raised
- Celiac 2011: Even more Holy Family people who walked and/or donated – \$1200 raised

Celiac disease is an autoimmune disorder in which gluten intolerance leads to damage or destruction of the lining of the small intestine. Gluten is a protein found in wheat, rye, barley, malt, and many additives and fillers used in foods and medications. According to recent studies, 1 in 133 people have Celiac Disease and many do not even know it. The walls of the small intestine contain small hair-like projections called villi that absorb vital nutrients from digested foods. Celiac disease damages these villi by flattening them. When this occurs, the villi cannot properly absorb the nutrients that are necessary for the other parts of the body to function properly. Left untreated, the results could be life-threatening.

We are proud to be an integral contributor to the Celiac Walk and the impact that it is having on the awareness, research, and treatment of this disease. Perhaps 2002 NFL MVP Rich Gannon stated it better than anyone to the Fire football faithful: "I would like to thank all the members of the Holy Family Football program for their continued support of the annual Twin Cities Celiac Walk. They truly are difference makers!" ■

# COMMUNITY SERVICE RECOGNITION

## MINNESOTA FOOTBALL COACHES ASSOCIATION

Return to: Beau LaBore, 5701 Stillwater Blvd. N, Stillwater, MN 55082-5476 or e-mail laboreb@stillwater.k12.mn.us

Head Coach \_\_\_\_\_  
first middle last

School Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_ Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

Member MSHSCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No. Member MFCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No.

Class: 9M; A; 2A; 3A; 4A; 5A; 6A Conference \_\_\_\_\_

### COMMUNITY SERVICE PROJECT

Supervisor: \_\_\_\_\_ Date(s): \_\_\_\_\_ Number of players involved: \_\_\_\_\_

Describe Project: \_\_\_\_\_

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Purpose/Goal: \_\_\_\_\_

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Community Feedback: \_\_\_\_\_

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Submitted by: \_\_\_\_\_ Head Football Coach \_\_\_\_\_

# MFCA SCHOLARSHIP

Twelve Minnesota high school football players received scholarships this past season in recognition of their fine play on the field and academic excellence in the classroom. The players will receive a \$500 scholarship for this upcoming school year.

Each of the scholarships is named for a Minnesota high school football coach who had a significant impact on high school football and the coaches association.

## 2012 Winners

Tom Mahoney (Fairmont)

**Scholarship Winner:**

**Lucas Zellmer- Blooming Prairie**

David Nigon (TG)

**Scholarship Winner:**

**Lucas Wiborg DeLaSalle**

Steve Silianoff (South St. Paul)

**Scholarship Winner:**

**Samuel Sura- South St. Paul**

Dale Scholl (Redwood )

**Scholarship Winner:**

**Jared Negaard- Litchfield**

Don Swanson (MPLS Henry)

**Scholarship Winner:**

**Matt Arends- Prior Lake**

Al Siegle (Pelican Rapids)

**Scholarship Winner:**

**Robbie Strand- Barnesville**

Dave Hylla (Proctor)

**Scholarship Winner:**

**Preston Weber- Pierz**

Warren Olson (Brooklyn Center)

**Scholarship Winner:**

**Robert Tanner- Armstrong**

Les Dreschsel (Ada) Scholarship  
Winner:

**Brian Labat- Detroit Lakes**

Andy Nelson (Lake Benton)

**Scholarship Winner:**

**Alex Fink- Springfield**

Bob Peterson (Esko)

**Scholarship Winner:**

**Robert Rasmussen- Hutchinson**

Jim Gustafson (Albert Lea)

**Scholarship Winner:**

**Cody Mathisen- Delano**

## "How football has impacted my life"

**Alex Fink- Springfield HS:** "Football is a sport I will miss playing for the rest of my life. There is not another thing in my life that can fill the void that it has left. Although football is gone, some of the skills it has taught me will stick with me for life. Football has been, and will always be a huge part of me. I am very grateful for everything football has done for me."

**Lucas Zellmer- Blooming Prairie HS:** "Football not only offered me a fun extracurricular activity to participate in with friends, but also an avenue for personal growth. This sport has allowed me the opportunity to learn more about myself than I could have imagined."

**Matt Arends- Prior Lake HS:** "I attribute much of my work ethic and determination to football. The drive to perseverance I have to get better and develop academically and athletically come from the traits I learned in order to survive in the game of football. My academic success has opened many doors for me, but it is football that led me to the Princeton University possible and the positive effects this decision will have on my future all comes back to the impact football has had in shaping my life and my future."

**Brian Labat- Detroit Lakes HS:** "I have learned how to work with a team to be successful and win games. A football player has to have trust in his teammates, coaches, and trust in himself that he can get then job done when it matters."

**Lucas Wiborg- De La Salle HS:** "I believe that

the team experience is what makes football so great. Football gave me the brothers I never had. We built bonds that are unbreakable..." "Football has given me the people that I most needed, and brothers that will stay by my side through the thick and thin, win or loss. Football is my family."

**Robbie Strand- Barnesville HS:** "Football has deep roots in my family. Both my grandfathers are in the Minnesota Coach's Hall of Fame, and I am extremely proud of them." "My father is my coach, and he is a great coach himself." "I would like to coach football someday myself."

**Samuel Sura- South St. Paul HS:** "The early lesson I learned was that if I wanted to be good, at anything I did, I would have to work hard, practice and have fun while doing it. I carried those lessons with me my entire life. Every day, even if I didn't want to, I went to practice and tried my hardest while making new friends in the process."

**Robert Rasmussen- Hutchinson HS:** "Participation in football has helped me become a confident person, taught me how to respect others, shown what it means to be a teammate, and how to be a leader. It has shaped my past and will be equally important in creating my future."

**Cody Mathisen- Delano HS:** "A unique ability of athletes is to allow the combination of passion and preparation to replace fear and doubt. Football led me to the realization that preparation and belief in my own abilities is the best way to approach any conflict."

**Preston Weber- Pierz HS:** "The sport of football has taught me many lessons, but one stands out as being the most important. When a group works together with a common goal, the full potential of each individual can be reached, and the collaborative efforts will always result in accomplishments far outweighing anything one could do alone."

**Robert Tanner- Robbinsdale Armstrong HS:** "Finally my favorite aspect of the game is the selflessness that comes along with it. On the field, tough things happen. That could mean taking a big hit or chasing down a guy from across the field. Knowing that your teammates are counting on you and the trust that they would do the same is what motivates me. This will carry forward to the work place, family life, and just about anywhere else in the future."

**Jared Alan Negaard- Litchfield HS:** "Football has taught me valuable lessons I did not find in the classroom. I developed dedication to my team, by helping out younger generations of football players in camps and practices." "Most importantly I gained perseverance by never giving up on issues in my life, like projects and drills, even when I reached exhaustion. These experiences spur me on to succeed the rest of my life. Football has been more than a sport to me; it has given me an education for my future."

# **MINNESOTA**

## **FOOTBALL COACHES ASSOCIATION SCHOLARSHIP**

**The Minnesota Football Coaches Association will award scholarships to students who are currently enrolled in a Minnesota High School and are members of their high school football team.**

### **Eligibility**

- Applicant must plan to be enrolled in college for the 2013-2014 academic year.
- A minimum grade point average of 3.0 (B) is required. The student's high school transcript must accompany the application.
- Student must write a 250 word essay that describes how the sport of football has impacted their life.
- Essay must be typed.
- Application must be accompanied by two letters of recommendation from high school faculty members familiar with the student's academic and extra-curricular achievements.
- Head Football Coach must be a member of the MFCA.

### **Submission of Application**

Submit the application and all other material required to:

MFCA Football Scholarship  
Attn: Will Wackman  
8001 Able St  
Spring Lake Park, MN 55432

Applications must be postmarked by March 1, 2013

Application will be judged on the following criteria

1. Academics
2. School/Community Involvement
3. Essay
4. Athletic Achievement
5. Letters of Recommendation

### **Notification and payment**

The scholarship winner will be chosen by a committee of MFCA members and will be announced by May 15, 2013. The check will be mailed to the college during the summer of 2013 following verification of enrollment.

### **For Additional Information:**

Contact Will Wackman  
8001 Able St., Spring Lake Park, MN 55432  
Tel. (763) 786-5571 x 5126  
wwackm@district16.org

# MINNESOTA

## FOOTBALL COACHES ASSOCIATION SCHOLARSHIP

Name: \_\_\_\_\_ School: \_\_\_\_\_

Permanent Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

School Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

SSN#: \_\_\_\_\_ Head Coach's Name: \_\_\_\_\_

Grade Point Average: \_\_\_\_\_ (on a 4.0 scale) ACT Composite Score: \_\_\_\_\_

Anticipated date of Graduation: \_\_\_\_\_ College Choice: \_\_\_\_\_

### Verification of Application

By signing below, the student confirms that the information provided is accurate and that the essay was written by that same student. The student also asserts to his/her intent to attend a university or college in the fall of 2013. The school official confirms that all the information above is accurate and up-to-date.

Student Signature \_\_\_\_\_

School Official: \_\_\_\_\_ Signature: \_\_\_\_\_

Title: \_\_\_\_\_ Phone: \_\_\_\_\_

### NOTE THESE ITEMS MUST BE RECEIVED WITH APPLICATION FORM:

- Official High School Transcript
- 250 Word Essay
- Two letters of Recommendation
- Activities Resume (including Athletic Achievement and School/Community Involvement)



# MR. FOOTBALL AWARD



An annual award recognizing Minnesota's best high school football player.

Sponsored by: Minnesota Football Coaches Association and the Minnesota Vikings,

**RETURN THIS NOMINATION FORM BY NOVEMBER 16, 2012  
TO COMMITTEE CHAIRMAN, RICK SUTTON, EAGAN**

## Award Criteria

- \* The recipient must be a graduating senior
- \* The head coach of all nominees must be a current member of the MFCFA
- \* Nominees cannot have any MSHSL Eligibility violations from grade 9-12
- \* Each player must have their nomination approved by their conference and the MFCFA Conference Rep will pass the nominee on to the committee chair

### \* Conference Nominations

Class 6A and 5A conferences will be allowed to nominate two players.

Class 4A, 3A, 2A, 1A and 9Man conferences will nominate one player.

## Selection Process

- \* Conference reps e-mail Rick Sutton with selections by Nov. 16
- \* Head coach must submit nomination forms to Rick Sutton by Nov. 16
- \* Selection committee evaluates nominees and chooses 10 finalists on or about November 17th
- \* Each finalist will have a committee member assigned as an evaluator
- \* The ten finalists will be required to submit two complete game films and a highlight film to the committee
- \* Mr. Football Banquet will be held Dec. 9th at the Doubletree Park Place

## Nomination Form

Player's Name \_\_\_\_\_

Position(s) Played \_\_\_\_\_

School \_\_\_\_\_ Conference \_\_\_\_\_ Class \_\_\_\_\_

Head Coach \_\_\_\_\_ Current MFCFA member ? Yes No

### Coach's Contact Information:

Email: \_\_\_\_\_

School Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

School Address: \_\_\_\_\_

### Parent's Contact Information:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**In addition, coaches are required to provide 2012 statistics, career statistics, honors and awards and any additional coach comments that will assist the committee.**

Coaches are to mail, fax, or email the form(s) and additional required information to the committee chairman.

**Download nomination form at: [www.mshsca.org/football/mrfb.pdf](http://www.mshsca.org/football/mrfb.pdf)**

## Mr. Football Committee Chairman

**Rick Sutton, Eagan**

Eagan High School, 4185 Braddock Trail, Eagan, MN 55123

Fax: 651.683.6910 • Work: 651.683.6900 • Cell: 612.860.6624

E-mail: [rick.sutton@district196.org](mailto:rick.sutton@district196.org)

## Mr. Football Committee

**Chairman Rick Sutton, Eagan;** Jeff Bernards, Kasson-

Mantorville; Jim Dotseth, Retired Coaches Representative;

Mike Gindorff, Crosby-Ironton; Scott Gonnerman, Benson; Mike

Hennen, Cambridge-Isanti; Dwight Lundeen, Becker;

Tom Murphy, Nicollet; Will Wackman, Spring Lake Park,

Jeff Weiland, Orono

# MR. FOOTBALL 2011-12

## Philip Nelson

### Mankato West High school

Mankato West quarterback Philip Nelson has been named Mr. Football by the Minnesota Football Coaches Association

The award was announced Sunday, December 11 at the Double Tree Hotel in St. Louis Park.

Nelson helped lead the Scarlets to the Class 4A semifinals, where they lost to Bemidji. He finished his senior season with 2,784 yards and 35 touchdowns passing, plus 1,243 yards rushing and 20 more scores on the ground. Nelson set the state career record with 135 total touchdowns.

Next year he'll wear maroon and gold. Nelson is graduating from high school early so he can enroll at the University of Minnesota in January and start working out with the Gophers.



#### The finalists for Mr. Football were:

Front (L-R): Tyler Vaughan, Braham  
Beau Bofferding, Marshall  
Phillip Nelson, Mankato West  
Andrew Larson, Eden Prairie  
Jonathan Harden, Cretin-DH  
Back (L-R): Sam Sura, South St. Paul  
Trey Heid, Lakeville North  
Jonah Pirsig, Blue Earth Area  
Andre McDonald, Hopkins



### Mr. Football Award Committee

|                                    |                  |                    |                    |
|------------------------------------|------------------|--------------------|--------------------|
| <b>Chairman, Rick Sutton</b> ..... | <b>Eagan</b>     | Jeff Weiland ..... | Orono              |
| Dwight Lundeen.....                | Becker           | Tom Murphy.....    | Nicollet           |
| Will Wackman .....                 | Spring Lake Park | Mike Gindorff..... | Crosby-Ironton     |
| Mike Hennen.....                   | Cambridge        | Jeff Bernards..... | Kasson-Mantorville |
| Scott Gonnerman .....              | Benson           | Jim Dotseth .....  | Sec-Treas.         |

# The Importance of Speed Training

By Eric Klein, Head Football Performance Coach, University of Minnesota

I'm so fast that last night I turned off the light switch in my hotel room and was in bed before the room was dark. - Muhammad Ali

As the football season approaches, one final push for preparation can be made. This preparation can take many forms but one aspect that every football coach in America will agree is important is speed. Matter of fact we all have heard the saying, "speed kills", but the question is "what are you doing about it?"

Training for speed is more than just running sprints. Rather it's a dedication to the development of all areas that surround speed, which include dynamic range of motion, static range of motion, and strength. Those terms probably mean very little, but working on each can help you improve your team's speed in no time.

Dynamic range of motion is basically a measure of how flexible you are when you're moving. Being able to squat below parallel, and catch the bar in a full squat position during Olympic lifts are examples of having superior dynamic range of motion. Why is it important? More range of motion means more speed, more power, and more agility.

The best way to improve dynamic range of motion is through the use of hurdle mobility drills. I like to incorporate many exercises that involve walking over or ducking under. These drills place a direct emphasis on the range of motion at the hip and hamstring and are vital for making significant gains in leg strength. A series of 5 to 10 hurdles is great and easily managed from a coach to athlete ratio.

The next vital component to speed development is strength training. At a very basic level, strength must be created so that force can be applied to the ground. In the weight room, exercise selection should include Olympic lifts, squats and lunges and emphasis should be placed on performing the eccentric (lowering) action of the movement in a fast, controlled fashion while exploding upward as quickly as possible. Another area to target directly is the posterior chain (glutes, hamstrings, low back). Such exercises as the Glute-ham Raise, Good Mornings, and Romanian Deadlifts are a great place to focus much of your attention.

Again, the emphasis should be placed on applying maximal force and not on a large set and rep scheme. Sets and reps should fall in the 3-8 sets by 3-6 reps and should be about 60-80% of the 1RM (rep max). Keep in mind the lighter the weight, the higher the volume (i.e. 8x3 at 60% of your 1RM), and the heavier the weight the lower the volume (i.e. 4x4 at 80% of your 1RM). It's also important to note that the reps and overall

volume will always be kept low in order to increase strength and power as opposed to body mass.

On the field, plyometric drills such as bounding, repeat broad jumping, and box jumps (up & down) all improve reactive ground force application. Each rep must be performed with strict attention to detail and maximal effort. These are not conditioning exercises, so maximum rest (2-3 minutes) is suggested between sets. The volume of exercise is very similar to heavy weight training and should stay in the 2-4 sets of 3-6 reps.

The other area of emphasis should be sprint mechanic drills, such as "A" skips, "B" skips, butt kicks, and high knees. These unique drills fall under both categories: strength and dynamic range of motion. With these drills the emphasis should be on working through a full range of motion with proper posture while applying maximal force into the ground on each rep. The practice of using sprint mechanic drills over long distances with large volumes will improve strength endurance and the ability to maintain proper running form longer and later into competition. Keep in mind that this type of drill work is not the type of work used in a warm-up, but rather placed later in the workout after the sprint work is completed.

The final component to speed development is static range of motion or static stretching. When performed at the end of a workout it serves two purposes; as a buffer between the intense hard-core nature of the workout and normal daily activity and as a means to increase the suppleness of the muscle. In order to be fluid through the movements discussed above, a soft supple muscle is needed and this is only achieved through stretching.

If you're serious about getting your team faster, speed should be addressed in all areas of your training. It is something that is targeted in the warm-up, on the field, and in the weight room. Will your team have the speed of Muhammad Ali? ■

# Lakeville North is Different

**By Brian Vossen, Head Football Coach**

I like to tell players and parents that I hope it breaks their heart when their time here at Lakeville North is done. It's not that I want them to be heart broken, but this program is special, and those that get to be a part of it are forever changed from their experience. I should know; I was fortunate enough to be a Panther myself. And from the second I left for college I knew I would come back and coach for them. I was more than thankful when Larry Thompson offered me a job coaching the defensive line when I graduated from Mankato State. That year we went 14-0 and won the state championship. Within two years of that memorable team, Lakeville High School split into North and South, in part to provide more opportunities for kids to play sports. I won't go through the play by play of the last 7 seasons of Panther Football like my first draft of this article did. Instead, I will run through the Cliff Notes.

We have had above .500 seasons each year, except for our second when we went 1-8. The salt in the wound was the fact that Lakeville South went 13-1 that season and played in the state championship game. The following season we made some changes that I will discuss in this article that led us to an 8-4 season and our first state tournament appearance. We struggled early in the North-South rivalry losing the first 4 games, but winning 4 of the last 5 has made the rivalry competitive. In the last 5 seasons, we have made the state tournament 3 times. Last season was our most impressive because we got there on a 10-0 record but lost by a field goal to Cretin Durham Hall in the Dome with 7 seconds left in the game. We have experienced the state tournament, and we have had the opportunity to play in front of some 10,000 plus in our rivalry games. I would be a fool to try and say this was because of our defense or my coaching. In reality, it is because of the combined effort of a lot of dedicated coaches and players and the simple fact I alluded to before – this place is special. That being said, I have coached the defensive side of the ball for the last 6 seasons, so the remainder of this article will be about our defense and what we have done to help our program be successful as a team.

Panther Football hit rock bottom during North's second season in 2006 when we finished 1-8. Our players made the commitment after that season that this would never happen again. They dedicated themselves to living in the weight room. We joked about packing up our cots and moving in for the winter, spring, and summer, and not coming out until we looked like a different squad. Mike Zweber, pushed each athlete to make an 'uncommon commitment' to our football program. Our players took that to heart and trained relentlessly that off-season and bought fully into the new workout ideas. After a 1-8 season that takes a lot of faith.

We had to change as a staff and as a defense, too. Lakeville North was not Lakeville High School. We no longer had one and two-sport athletes. In order for every sport to succeed, we had to

share athletes and teach them to become two and three-sport athletes. We developed a workout program that could benefit the multi-sport athlete. We took the bigger, faster, stronger concept and applied it to bench, squat, and clean. We were far too weak and slow to focus on the science behind lifting. I had watched us get pounded in the run game, and we had to get in that room and move weight. Coaches committed their time after school 5 days a week to help train our. Every Monday, Wednesday, and Friday we benched, squatted and cleaned. We followed the BFS reps and did our 3x3's, 5x5's, 5,4,3,2,1's, and our 10,8,6's. All we talked about was breaking records in that room. We needed guys benching 300+ lbs., we needed them squatting 315 lbs. for reps, and we needed them cleaning 225 lbs. Those were our marks that we strived to reach as a team. If we didn't get there, we weren't going to win. I met with in-season coaches and said I would help train their athletes 2 days a week and only ask them to bench, squat, and clean one time. However, they would do it with the intent of breaking their previous best. My hope was to have them experience getting stronger in-season and make it easier for them to want to enter the weight room after a practice. Luckily, I had the support and involvement of these other coaches. Without it, this program never would have been successful.

I also knew we had to make changes on our defense. We had used an odd stack defense in 2006, and we played cover 3 every play unless we blitzed. Then we played man. I don't think it took coaches too long to figure out how to move the ball on us.

Mike Zweber, the head coach at the time, made me the defensive coordinator and gave me the freedom to create whatever defense I wanted. I wanted our defense to be one that other teams watched on film and knew they had to prepare for us, not the other way around.

Our defensive staff had watched teams line up in their 4-4 cover 3 or their 3-4 cover 2 on every single play. We had listened to our offense immediately develop their list of plays that work against that defense and saw how much it simplified their preparation. I am sure this is no different than what teams had done to us. Meanwhile, our defensive staff was breaking down hours of film and sifting through hundreds of formations to try and find the 8-10 core plays an offense was running. So, I made the decision to run a multiple front defense. I wanted to show as many looks as possible on defense and force offenses to wonder what blitzes or coverage we were calling. We stemmed between defensive fronts and coverage's in hopes of confusing offenses to we could create a big play. We wanted to create down and distances that gave us the advantage and caused offenses to play defensively.

For this to work, we had to change our philosophy of what type of players we put on the field. We only play the 11 best, and all 11 had to be football players. That means they all have

to be able to run and tackle and pick up a football. We wanted to make sure if one of our defensive linemen were across a lineman that screwed up, he would be athletic enough to make the play. So we eliminated the idea that d-line had to be played by big guys and searched for aggressive and strong athletes that react quickly and know how to use their hands. You don't have to weigh a lot to get rid of a blocker, especially if you are a better athlete.

We created a concept at practice that every ball is live. Incomplete passes were no longer the job of the receivers to shag down. Our entire defense would sprint to that live ball and create the mentality that footballs on the ground belong to us. Along those same lines, we changed the way we pursued to the football. We stopped chasing the play in hopes of making the tackle; we pursued to get the football out.

Next, we made a change in how we coached our players. Football is known for being a game where coaches scream and holler. The reality is, kids these days are different than 50 or 30 or even 10 years ago. If we spend the whole practice screaming at a kid, he can quit and play Madden 2012 and make his player "Tebow" after he scores a touchdown. Don't get me wrong, we didn't become totally soft. I am a passionate person who expresses himself with a lot of emotion. But we agreed as a staff that effort is the only thing a player can control. It takes no talent to play your hardest. An athlete who makes a mental mistake can be talked to. If it continues he has to be removed from the game, but he doesn't need to be screamed at in front of his teammates. Now effort...that's a different story. Our defense learns very quickly that we play the 11 best, but, if you don't play your hardest on every play, your talent is irrelevant.

At Lakeville North we will find a way to win at everything we do. We will warm-up sharper and louder. We will catch more balls in soft toss before the game. We will come out more stretched and more relaxed. We will run onto the field faster. Heck, we will tie our shoes faster and tighter than the other team. Winning doesn't happen by accident: it happens as a result of winning in other things. For that reason, we made the commitment to become winners off the field as well. Every program talks about character and wanting student-athletes to win off the field. We decided to take 30 minutes each week to build character on our team. We continue that character building once a month with our seniors after their high school football career is over. We encourage our players to sit in the front, ask questions, and compete in class like they compete on the field. We encourage them to go out for other sports; even at the risk of training less. That time spent competing and learning how to win has proven at our program to be far more important than the time spent training. It's simple: we will find a way to win at everything we do. On Friday's, it will take care of itself.

With those changes in place in 2007 we finished 5-3 in the conference, won our section allowing only 27 points in 3 games, and played Cretin Durham Hall in the State tournament. We held teams to less than 10 points per game. In 2008 we finished 5-3 again but lost to South in the section championship game. In 2009 we finished 6-2 in the regular season, won our section for

a second time, and lost to Moundsview in the state tournament. In 2010 we only had 18 seniors that had never been above .500 as a group, but managed to finish second in the conference with a 6-2 record and lost in the second round of the section to South. Last season we won the conference with an 8-0 record, won our section for a third time, and had the privilege to play in the Dome the first round but lost a close game in the final seconds to Cretin Durham Hall.

Every year since 2007 we have won the turnover battle. The years we went to state we held teams to around 9-12 points per game. We did it with a handful of division 2 players and some division 3 players. I don't use that to point out how great we are as coaches, but rather to point out that football is the ultimate team game and when everyone involved is competing for something bigger than himself success is possible regardless of the challenges.

Lakeville North Football is special. A large part of the reason is because Larry Thompson and his outstanding assistants were committed to giving so much time and energy for so many years to create a program the community could be proud of. It is also due to Mike Zweber, and his own personal uncommon commitment to this school when it split and his courage to take over. It's because of the tremendous support of our community and our youth football programs. It's because the parents recognize the goal of creating better young men as well as football players and view the program beyond their son's individual playing time. It's because the current coaching staff works tirelessly to build relationships with our players and help them achieve at their highest level possible. And it's because it's football players make it their mission to find a way to win at everything they do. ■

# Dawson-Boyd Football Success

By Head Football Coach Cory Larson (10 years)

It was estimated to be 2 miles long, the caravan following the player's bus through the towns of Boyd and then Dawson as the football team returned from the state championship victory last fall. The streets were lined with fans of all ages showing their excitement of Dawson-Boyd's first state championship. It was all very surreal. What your players dreamed of, what they worked so hard for came true. They were State Champions!

Our football program is far from innovative. We beg, borrow and steal. We find things that we feel work best for us, whether it is a drill, a play or part of our strength and conditioning programs. We continue to look for new and different ways to make our program successful. Here are some points of focus for our program.

## 1. Develop character

We certainly all want to develop our kids into great football players. I don't doubt that we understand that developing character is important. Coaches, myself included, can get caught up in winning games rather creating a better individual through the game of football. Years after our players graduate they reminisce about their football experiences with their teammates but what will make them successful in life is the character they built being part of your football program. As a coach, you won't truly know if you were successful until years after your players leave your program

## 2. Academics come first.

We want our players to put the same effort into academics as they do athletics. Again, its part of the character building process. It's easy for teenage boys to miss the importance of their high school educations. At some point most of them aspire to be professional athletes only to come to find out the odds are stacked against them. Our hope is they will build a vision for themselves in a career they can be passionate about.

## 3. Off-season.

We jokingly say, "There is no off-season." We want our kids to be active year round. We want them to play multiple sports, not just to stay active but our small school needs them to participate.

The main goal with off-season strength and conditioning is to make our kids better athletes. We do very little that is sport specific since most kids are involved in multiple sports. Again, we steal things from various strength programs that will make our kids stronger, faster and quicker. We have three organized team workouts during the week in the summer. Two of those focus on lower body and core with the third being a speed, agility and quickness workout. The other days the kids are on their own.

The weight room certainly helps our athletes strength wise, but also mentally. It is much harder to give up when you have invested so much time and effort. Lastly, and most importantly, the weight room provides a place for us to build team unity. It is much easier to push yourself when you know your teammates are doing the same.

## 4. In-season.

As much we want to build team morale in the off-season, we really don't know what our team chemistry will be like until August practices begin. It is a season long process that we feel is vital to executing the X's and O's part of the game. Each player has set individual goals for themselves but ultimately it has to be the team goals that we focus on.

Even though our coaching staff may not change from year to year, our players do and along with it so does the personality of the team. We don't try to change that and force them into not being themselves. What we emphasize is that you understand when to joke around and when to get to work. We want our kids to show their personalities but also be ready to compete.

Every team enjoys winning but the great teams enjoy the preparation just as much, if not more. Some say winning can build winning but what really happens is that as players go through a program is they learn how to prepare. Preparation leads to victories.

## 5. Make an impact.

We certainly want to build a winning tradition and for our kids to have a reputation as being respectful, hardworking athletes. This is possible because our seniors graduate having shown the underclass men how to lead in a first class manner and they have left next year's team with the same expectations their team had. If this tradition lives on then the winning and character building continues.

## 6. Be gracious in defeat. Be humble in victory.

When you have invested so much it will certainly hurt when you lose but you still need to show respect to your opponents. Every win should bring excitement and build confidence but do not let it grow into arrogance. If we have built the character we want in our kids this gets taken care of but we still remind our kids on every bus ride back to the locker rooms, be gracious if we lost and humble if we won.

The pride our community has shown towards the state championship team has been remarkable. The 2011 season is one our players, coaches and community will never forget. I hope the lessons we all learned along the journey last just as long. ■

# It's More Than Teaching Xs and Os

By Head Coach Mat Mahoney, Fairmont High School

I graduated from Fairmont High School in 1999, played quarterback for Jim Simser. I then graduated from Minnesota State, Mankato in 2004 with a degree in Physical Education. I also was a student assistant coach at MSU from 2001-03. I was hired at Fairmont at age 26 and just finished my fifth year as a head coach. We have won the South Central Conference 4 years running and have won 20 straight conference games. We lost to St. Croix Lutheran in the 2011 Class AAA state championship game, 34-32. I have been teaching health and physical education for the past seven years and this past year took over as Activities Director.

I would first like to start and say thank you to Terry Turek and the Minnesota Football Magazine for allowing me to speak on behalf of our football program. I grew up in Fairmont, Minn., getting all the hand-me down football coaching magazines from my grandfather Tom Mahoney. In this article, I am going to speak on what I know best and what works for us down here in Fairmont and that's creating an environment that people want to be a part of. The game of football has changed in so many ways and the little bit that I have learned as being a head coach comes down to a couple simple words: Loyalty, Dedication, Discipline, Toughness and Fun. These are the terms that have made us into a successful football program the past five years. I'm not convinced it's all about Xs and Os because if you don't have these five qualities, you will never be able to execute any play in football or be successful in life!

## Loyalty:

I just finished my fifth year as a head coach and I have been very fortunate to have the core of my coaching staff with me the entire time. It doesn't matter what their playing experience is, knowledge of the game or coaching style — the biggest thing I have seen with my staff is its dedication to this program. I never have to ask them if they are going to attend any camps or meeting, or open the weight room — they do it because they know that they are making this program better. My grandfather always told me to be loyal, and I have a staff that is extremely loyal to me and this program, and we are seeing the pay-offs because of it. Every member of my staff has some responsibility within our program and they all take great pride in that. The more responsibility that I have given people on my staff, the harder they work toward reaching that goal. As a staff, we meet every Sunday night and discuss next week's opponent and it's because they put the time into something that they get to have a say in.

## Dedication:

It's tough to be a high school athlete in today's society because they get pulled from every coach in the summer time, but our kids dedicate themselves to the football program

because we have not changed anything in five years during the summer and the kids know what to expect. We ask our kids for eight days of team activities during the summer. We attend SDSU team camp in June for three days, followed up by a five-day Fairmont Cardinal Football Camp in late July. We also attend a passing camp at Minnesota State University, Mankato in June. While the camp is not required, our participation is large because they know that they will get reps. We have won our first game every year the past five years because we are making progress during the summer months and their dedication is paying off. I am a big believer in three-sport athletes and we have a lot of kids playing different sports during the school year and the summer, but when it comes to the fall, they are dedicated to this program.

## Discipline:

This is where we have taken giant strides as a coaching staff. We have all had those situations when it's third-and-2 and need a big stop and the opponent gets you to jump offside for another first down. We have been there many times, but have improved because we are more disciplined at practice, in the weight room, and in the classroom. If a player makes a mistake in the classroom, on the field or out in the community, there will be a consequence. These kids are growing up a lot different than we did with all the technology in their hands and have access to a lot of information that we never did at their age. We have gone through some tough situations in my tenure here and have had to make some tough decisions, but these kids have responded from that and have become better young men just because we hold them accountable. In the spring time, I open the weight room at 6 a.m. and the attendance has been outstanding because they have seen the results of what the weight room can do on Friday nights. They are also more disciplined on getting here on time, getting to class on time and it has carried over to the field. I can't wait for the next third-and-2!

## TOUGHNESS:

All football coaches go to clinics and hear coaches speak on how physical they want their players to be on Friday nights. My first year at Fairmont we were not physical at all and it showed every Friday night. We wanted our kids to be more aggressive and tougher players. At the beginning of the next year, we changed the way we practiced. The players know that on Tuesday and Wednesday that it's going to be tough. At Fairmont we try and practice as fast as we can, we don't take many breaks and are not afraid to hit each other. We go full pads both days and we smack each other around. As coaches, we put them in a great position to be physical and without increasing the chance for injuries. We have been fortunate to have a lot of kids

in the program, so we have been able to do this, but it has made a huge difference. If you want your players to be tough football players, you can't just flip the switch on Friday nights; you have to preach it throughout the week of practice.

### **Fun:**

Every spring season, I have a meeting with my 8-11th graders and I have them fill out some info on themselves, goals for the summer, weight room goals, Individual/Teams goals, etc. I had a player a couple years ago write down in caps FUN. This player was a three-year starter and didn't care about any personal achievements; he wanted to have his high school football experience be fun. After reading that, I really took a step back and placed myself in those players' shoes and realized as coaches we demand and expect a lot from our players and never really enjoy the moment. Since then we have changed some of the things that we do at practice. On Thursdays, we practice on our game field with music. I create the CD with new music, old music anything to get their mind off of whatever is bothering them. We always go through a special teams script on Thursday with all kinds of different situations, halfway through the script is halftime. During halftime, I always ask for some kind of entertainment. Kids will come up and dance, sing, tell a joke (I am usually at the back end of the joke), perform a skit, anything to have fun; but it always brings us together. Since then, I've realized that if kids know that they are going to have fun at practice, then they always come out to practice with a great attitude.

In five years, we haven't changed a whole lot of our Xs and Os because every play will work if you give it time and have the right players executing those plays. As a program we have

became better at the little things that most people overlook and it's a big reason in our success. There are a lot of qualities that makes a person successful and that's what we want our players to be on the field and in life. I hope you were able to take away something from this article and apply it to your program. I wish you best of luck in 2012 and hope to see you on the gridiron. ■

During the school year visit the MFCA Website for updated information!

# MINNESOTA

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# Building a Team the Spartan Way

By Mike Rowe, Head Football Coach, Rocori High School,  
2011 4A State Football Champions

## Mike Rowe

3rd Grade Teacher Cold Spring  
Elementary School since 2009

Graduated from Valley City State  
University in 2002

Masters from St. Cloud State  
University in 2007

Married to my wife Elisabeth and  
have two children, Avery and Ainsley.

I always find that valuable lessons are learned not when things are going well, but when adversity has set in. After our 2010 season our program was in need of a shot in the arm. We finished the season 2-7 and I felt all the

fun had vanished from practice because all we cared about was the almighty "W". After the season ended I met individually with all 75 football players. What I learned forever changed how I will build and coach my teams.

**Lesson 1: Family Groups-** Our sophomores stated there was a disconnect between them and the seniors and that they didn't always get along. The solution was to create a family atmosphere where everyone will care and help out one another. In our program we make eight colored teams that compete against each other in lifting, attendance, and coaching competitions. We call them Family Groups. These Family Groups compete for a trophy called the Cup. The Cup is awarded to the team that accumulates the most points at the end of the year. What we found is that everyone wanted to win the Cup. It created a strong bond that surprised even our coaching staff. We found that our seniors were more willing to pick up our sophomores that couldn't drive for morning lifting. They even developed a phone list to call to make sure athletes were up so they wouldn't miss morning lifting.

**Lesson 2: How to Handle Adversity-** Another change we made in the program was creating a character education program called "Monday Meetings". During our 2-7 season we lost a lot of games because when things got tough we backed down. By installing a character education program, we were able to create a weekly topic that would match that week's game. Even more importantly, the character education program strives to also teach these young men how to be better people outside of our program. As a coach I believe it is our responsibility to teach our football players how to be men. Times have changed and we believe it is no longer only the responsibility of parents to mentor young students. In order for our athletes to earn a letter, they needed to attend every one of our Monday Meetings. Some of the topics we covered were: gratitude; being a man for others; false masculinity; empathy; and how to treat women. Our athletes were extremely receptive to these topics and made

changes to their daily lives that we observed, as well as were reported to us by their family members, faculty, and members of their communities.

**Lesson 3: Building Fun into Practice-** Another piece of information I learned from my players was that practices were dragging on during the end of the season. Our coaching staff met together during the summer and came up with a couple of ideas to make practice more enjoyable. The first thing we did was make all of our practices last only two hours, and during the playoffs we shortened them to an hour and a half. Instead of conditioning at the end of our Monday walk through practice, we play Ultimate Football with our Family Groups. Every team gets a point for winning their weekly Ultimate Football match. On Wednesday after practice we break the teams into their Family Groups and issue a coach's challenge for the week. These activities can range from relay races, academic challenges, sporting activities, singing and even touchdown celebrations. We give teams points based on their performance.

**Lesson 4: Rewards Go a Long Way-** Our coaches use a pretty simple approach on how we handle helmet stickers. Each week every athlete has an opportunity to earn 5 stickers: 2 stickers for making both morning lifting sessions; 1 for playing special teams; 1 for playing defense; and 1 for playing offense. Our team had to win in order to receive the offense and/or defense stickers. That meant that our whole team got them or nobody got them. We had an increase in our quality of play at practice because everyone wanted those stickers to decorate their helmets.

**Conclusion:** These are just a few things that our program has had success by trying. We found that it has really brought our players closer together because athletes that wouldn't normally hang out together became closer through the Family Groups and challenges. Our staff also noticed that our players really enjoy football practice because they know there will be rewards if they work hard. Most rewarding for the coaching staff, we received many compliments on our players' respect for others, both on and off the field.

I have had an opportunity to speak to a lot of successful coaches from different states at various coaching clinics this year, and they are also doing similar things. I think coaches have to do what is best for their team, but if you are struggling to get kids out or struggling to get your team to bond together, I know these simple ideas will work. I want to thank MFCA for giving me the opportunity to write this article. Best of luck to all of you next year. ■

# Build Young Men – A Program Will Result

By Carl Lemke, Head Football Coach, St. Croix Lutheran High School



Take five minutes right now. Write down all the aspects of your football program that you would like to upgrade. Don't just emphasize the really low spots, but include any part with which you are not totally comfortable. Start at the top with the coaching staff, its organization and expertise. Evaluate the facilities and equipment. How about the weight program and the practice organization? Are you set with your offensive and defensive philosophies?

The typical next step is to list ways to improve each part of your program. However, this time try a different approach. Instead of focusing on the certain aspect of your program, ask the question: "How can I best build young men in this area?" Build young men and a program will result. Let's apply this philosophy to several vital areas.

**Recruiting Players.** When the game of football at a school has lost its glamour (This is referred to as a "weak" program.), you can bet that one reason cited is small numbers, the lack of talent and depth on the field. The athletes who could contribute are "walking the hallways," not interested. Why? They will quickly volunteer that it is because the team is so bad (0-9, lost the homecoming game 60-0, is an embarrassment, etc.). But do not believe these reasons. Kids do not have to win to be happy in a sport. Being treated firmly, fairly and with respect is a priority for them. They respond to a positive, caring approach applied to every aspect of their lives.

Do not feel that winning must precede getting kids out for your sport. Totally consume yourself with how the game of football can benefit each kid who plays it. Be convinced that kids are not vital to build a program, but that the game of football is vital to building young men. Each one of them needs what you have to offer. Make it a personal goal that you want to use football to be a part of each athlete's life.

**Practices.** What is your practice like? Evaluate the atmosphere. Is it a place where athletes can learn, gain confidence, get experience, develop enthusiasm – and take refuge! Disciplined, business-like practices where enthusiasm is high and tension is low accomplish much. Planning them well is a priority. There should be a definite purpose for every drill. Throw out even that favorite one if its application to game day is hazy.

Show respect to athletes while demanding hard work, discipline and perfection at all times. Cursing, foul language, derogatory remarks and constant tongue-lashings on the practice field cause a program to suffer because young men are not being built.

**Assistant Coaches.** Do you have great assistant coaches? Give your right arm to get some. It is a priority. No one is more important for your young men. Besides being fundamentally sound, they must be guys that your players respect and in whom they may confide.

Any success I have had as a head coach I owe to my assistant coaches.

I also firmly believe that each assistant should coach both sides of the line. Teach kids offense and defense; play them one way when possible. Many drills can be used to teach both offense and defense at the same time. Knowing both sides of the ball will develop more well-rounded players, and we owe this to our young men.

**Weight Program.** Do you want to see your kids develop self-confidence, a good work-ethic, discipline, pride? Get him into the weight room. Forget about football when selling the weight program. Focus on how the lessons learned in the weight room will positively affect an athlete for the rest of his life. How many so-called lazy, good-for-nothing kids do you know who are dedicated in the weight room?

But how do you get kids into the weight room consistently? It is an age-old problem made more frustrating every time we hear another one of those fantastic clinic speakers who have the entire football team in the weight room for two hours a day, five days a week, all year around, whether they play basketball or not!

A simple weight program works. We squat, bench and power clean. In our weight room are six stations of each so that kids can finish in a half-hour session three times a week. Every other lift is optional. Emphasis is placed on never missing a week. It is more beneficial to complete one lift every week than to do several lifts sporadically. Real success is realized in the weight room when athletes are sold on the benefits for themselves and find that the weight room is a great place to be.

**Offensive and Defensive System.** Do you have a system? Do you have written down in simple language what you will do offensively and defensively in every situation? Too many times we coaches turn from one system to another, until dizzy from our turning, we frustrate our athletes and accomplish nothing.

To develop a relationship with athletes that includes mutual respect and trust, decide on a system and stick with it. Refine it, improve execution, but do not change. A good practice is to adapt an existing successful high school or college system that appeals to you. This gives you a ready reference to contact for added information.

These five areas of a football program contribute greatly to the building of a young man. Other areas also are well-suited to this end, so we coaches must constantly be looking for avenues to better develop the athletes under our guidance. The goal of building a program and winning is attained in a more sound way and with a more sound foundation when our main focus at all times is that of building young men. ■

# Bethel Football Beliefs

**Steve Johnson, Head Coach, Bethel University**

Coach Johnson has led the Bethel University football program for over 20 seasons. Under Johnson's leadership, the Royals have had a winning record in 18 straight seasons. Johnson has recorded the most wins of any Bethel football coach. He was selected MIAC Coach of the Year five times; after the 1989, 1996, 2000, 2006, and 2007 seasons and West region Coach of the Year following the 1996, 2007, and 2010 seasons. In addition, Coach Johnson was selected by the Minnesota Football Coaches Association as the 2011 Man of the Year, in recognition of his passion and ability to lead and mentor student athletes.

I'm honored to submit this article for the MFCA Summer Manual. It's a privilege to write to a group that is close to my heart, so the stuff that I will give will be authentic and from my heart.

When I think about the game of football I think about two things that make it fantastic. First, is that it's really hard. It's something that demands everything, all of you! Not just physically as far as training and pounding and potential for injury and the fear that can be there, but the heart and the giving of ourselves to one another. It physically hurts. There is a mental toughness that needs to be evident and character that is stretched and revealed constantly. It's a lot like life where as you're going to take some pounding but you're also going to have some great triumphs.

Secondly, in football, we need each other desperately. Together we learn to fight, laugh and love. Mixing the toughness and togetherness is potent. High expectations mixed with high affection produces great growth. This growth is evidenced by an increase in trust and love for one another. Over days, weeks, months and years you collectively build a culture that wins.

We believe that there are marks that define us.

## **Be marked by Gratefulness**

At its foundation, Bethel University is a place where the spiritual aspect of our life is important. We believe that God sent His Son Jesus, to come to Earth to be beaten and spit on and then nailed to a cross so that we could have fellowship with a God that can't stand sin. So all of a sudden we are put into a place where if we believe in and accept that, it's pretty hard to not come up grateful. That gratefulness is hopefully evidenced in the lives that we lead. This grateful heart needs to become a way of life. We seek to be grateful for all things including adversity because working through adversity can be turned into a toughness or perseverance that is needed for football and life. Being grateful also brings great joy. I have never met anybody who was truly grateful and not happy. I believe that a heart of gratitude produces a happy heart, and that happy heart evidenced within a team is going to cause great growth and it is contagious. The same is true for grumbling and complaining.

It is contagious and produces an atmosphere that is soft, wimpy and blaming. Proverbs says a happy heart is good, like medicine – we want to be marked by gratefulness – a way of life.

## **Be marked by Toughness**

The second important piece of our culture is toughness. This is difficult to measure. We believe that toughness is doing the right thing over and over, a lot like discipline.

So, we talk about toughness. You are always going to have adversity whether it's a football game, school work, or relationships, you are going to have adversity. You just need to expect it. Most people make excuses or hide. Instead, we want to 'lean into it'!

When you encounter adversity – lean into it. If you lean into it you're going to get stretched. It's difficult, but when you make it through the fight, you have gained understanding and confidence. Then, you lean into it again and again, you get stretched again and again and you gain more confidence. Soon you start to change your attitude because this becomes a daily way of life; 'leaning into it'. This confidence turns into courage. Courage becomes a toughness that allows you to punch adversity right in the face. The toughness that we're talking about is not a puffing out of the chest or an entitlement of any sort. It's more of a calm discipline that produces trust in my teammates and my family and my friends that I am going to walk in such a way that it's going to be obvious that I have some toughness about me. We want to be marked by toughness – a way of life.

## **Let Loyalty and Devotion to us be your Mark**

The third piece that binds these together comes from verses in Romans 12:9-11. The Apostle Paul is talking to the Roman Church and he is telling them to be authentic in your love for one another; don't be "fake nice" or be a creep. Then, he says be devoted to one another like brothers. When I think about this I picture my two brothers who I think are the greatest guys ever and I'm really proud of them. I high five them and I hug'em but I've also punched both of them in the face. Sometimes we grapple and that's what brothers do, but it's only because we love each other and hold one another accountable while having unbelievably high expectations. So, our football team has 105 guys that love each like crazy and have high expectations for one another. With this, we can't help but get better. It's something that we want to produce through a devotion to one another that is authentic and an every day deal. This devotion is a process of giving your heart to us, our team and our cause. This builds both love and trust. They are the greatest motivators. It's amazing what can be accomplished if nobody cares who gets the credit. Let your devotion and loyalty be your mark – your

way of life.

What marks us as a football team is our culture; grateful hearts and a toughness and a devotion to one another. Within the framework of our football we take these same principles and apply them to all areas. We emphasize defense. I don't think that is a secret in our league. We want to be marked by obedient, fast and physical play. If you're not obedient it doesn't matter how fast you are, and if you're not fast you're not going to be near the ball carrier anyway so physical doesn't matter very much. We believe that obedience is the foundation. When we talk about obedience it's not just knowing your assignment. It's that discipline that it takes to line up right every dang time and to take your correct steps every dang time. We want teams to hate to play us because we are physical and disciplined.

On offense we seek to have a great running game. We like that our defense has to face this running game in practice. We want our "D" to get a feel for the best running game they are going to see all year. It's going to come from our own team on a Tuesday or Wednesday in practice! It helps in a physical sense and it helps as far as controlling the clock. We'd like to have time of possession and it's easier to do that if you're a running football team as opposed to passing. Third, we need an explosive passing game. Play action is used more than drop back but we need to stretch the field with both. We don't ever want to be in a place where we are unbalanced, where we can only run or only pass. We need to have some games where we win by running for 300 yards and others where we win by

passing for 300 yards. Our signature is the running game. We know that a lot of the good stuff our receivers can do and our quarterback can do through the air, comes from a good solid running game that our opponents fear.

Special teams are critical to gain field position, or at least not give it up. We want to be unorthodox enough to have our opponents have to work on some things they might think we'll do. However, sometimes we are limited by personnel as far as the skill of a kicker or punter and we want to make those amends but within the framework of the team. We want all players to be available to special teams.

So, that's our football philosophy. We want the things we talk about to become a way of life. It takes practice. You go back to obedient, fast and physical. We can't talk about that and then just show up on Saturday and hope it gets done. We need to be that way in practice. We need to hold one another accountable in practice every single day. We gotta be totally in the whole thing all the time.

Lastly, we attempt to never treat as ordinary that which is consecrated to you. We believe that practice is an important and critical time, so we want our players and coaches to know this time is set apart and precious. Otherwise, if you're just showin' up you're treating it as ordinary. It's taking for granted that which is important to you.

We want to produce character (grateful, tough, devoted) in our daily lives. This character demonstrated within the culture of our team not only produces joy and growth, but winning. ■

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# First and Ten - An Open Playbook to Coaching Success

By Johnny Tusa, American Football Coach Association

## Reasons to Coach:

Each year many young men and women decide to enter into the teaching/coaching profession. These young men and women set out to follow a dream, pursue a career, and embark on a journey to change lives. From the very first day that one stands in front of adolescents to lead, he or she begins to transfer a very real and tenuous power of influence.

The reasons for getting into the coaching profession should be encased within the parameters of two basic questions; first, do I love working with young people enough that I would do it for free. Secondly, can I live without coaching and be satisfied. These two questions, if answered yes and no respectively are the cornerstones for success in the coaching profession.

Success is the key word that produces numerous definitions. Success in my book has nothing to do with winning and losing. Success to me has everything to do with running a consistent first class program. The process put forth to achieve such a program should include those activities that would lead to an outcome that showcases a maximum performance by each team member. By focusing on the process, the energy exerted by staff and participants in each endeavor, is free and clear of uncontrollable outcomes. Doing your best is a clear goal that relieves each team member of false and meaningless yardsticks. Ultimately, the will to win (succeed) is in direct proportion to attitude, work ethic, and passion.

So, if you've been led to believe that winning and losing is the sole criteria for judging the success or failure of an individual or team please think again! The truth of the matter is that although the won/loss record can be a contributing factor, it is by no means the primary factor. And, if it is portrayed as the primary factor, the institution involved is fostering a concept that is damaging to everyone involved or associated with said institution. The goal of any well run program should be geared to produce a well-rounded, responsible, and accountable citizen. Anything less should be unacceptable.

How important is coaching today? More important than ever. Why? The landscape of the family structure has changed dramatically in the last half century. Below are some startling statistics that make a strong case for the need of male role models in coaching and teaching. These statistics were gathered by the U.S. Census Bureau in 2009.

- There are approximately 13.7 million single parents in the U.S. today.
- These single parents are raising 21.8 million children or 26% of the nation's children under 21 years of age.
- 84% of custodial parents are female (approx. 11.5 million)

of which 60.9 % are under the age of forty.

- 34% of single mothers have never been married.
- 49.8 of single mothers have full time jobs.
- 27% of single mothers and their children live in poverty.

The above statistics indicate a strong need for males in our schools. Every child needs a balance in parental guidance. Coaches and teachers often times must fill that gap. The 21st century has a great need for coaches who can teach the game along with the solid values of life.

The fallout from single parent homes is numerous. The empirical evidence of single parenting is manifested in their children in many ways. The most pronounced manifestations are:

- The lack of afterhour's supervision.
- Inconsistency in supervision e.g. grandparents, relatives, neighbors, peers.
- Dependency on outside transportation to get to school.
- Chronic tardiness.
- Poor nutrition.
- Inconsistent guidance, encouragement, and support.
- Absenteeism.
- Children forced into adult roles financially.
- Older siblings are responsible sometime during the day for younger siblings.
- Parent unable to attend important meetings and activities of children.

Coaching can only be effective after the staff has a plan for each player dealing with his or her circumstances. Until the distractions of everyday life are removed, it is very difficult for a child to focus, flourish, and learn.

One of the most effective ways to deal with individuals who lacked sufficient parental help was to let them know you were there for them off the field. Once you proved to players that you cared about them as individuals, and then great strides could be made in giving them the personal skills to handle their circumstances. In summary, developing the total child should be the ultimate goal of any top notch program. ■

## MINNESOTA STATE FOOTBALL COACHES PREVIOUS STATE COACH OF THE YEAR

### *Football Hall of Fame Annual Banquet*

|                                                                     |                                                                   |                                                             |                                                                    |
|---------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------|
| <b>1965</b><br>Bill Severin<br>Grand Meadow, Region I               | <b>1976</b><br>Lyle Eidsness<br>St. Peter, Region II              | <b>1988</b><br>Gerhard Meidt<br>Minneota, Class C           | <b>2000</b><br>Mike Grant<br>Eden Prairie, 5A                      |
| <b>1966</b><br>Stav Canakes<br>Edina, Region V                      | <b>1977</b><br>Paul Benson<br>Granite Falls, Region III           | <b>1989</b><br>Jim Mader<br>Albany, Class A                 | <b>2001</b><br>Flint Motschenbacher<br>Detroit Lakes, 4A           |
| <b>1967</b><br>Tom Mahoney<br>Fairmont, Region II                   | <b>1978</b><br>Jim Simser<br>New Richland-Hartland,<br>Region I   | <b>1990</b><br>Ken Baumann<br>Mahnomon, Class C             | <b>2002</b><br>Mike Mahlen<br>Verndale, 9 Man                      |
| <b>1968</b><br>Jerry Sullivan<br>Minneapolis Roosevelt,<br>Region V | <b>1979</b><br>Ron Raveling<br>Columbia Heights, Class AA         | <b>1991</b><br>Neal Hofland<br>Chokio-Alberta, 9 Man        | <b>2003</b><br>Dave Dose<br>Glencoe-Silver Lake. 3A                |
| <b>1969</b><br>Art Haas<br>Austin, Region I                         | <b>1980</b><br>Les E. Drechsel<br>Crookston, Class A              | <b>1992</b><br>Larry Thompson<br>Lakeville, Class AA        | <b>2004</b><br>Dave Nelson<br>Minnetonka, 5A                       |
| <b>1970</b><br>Gary Gustafson<br>North St. Paul, Region IV          | <b>1981</b><br>Gary Roebuck<br>Holdingford, Class B               | <b>1993</b><br>Rick Manke<br>Detroit Lakes, Class A         | <b>2005</b><br>Mark Kroulik<br>Stephen-Argyle, 9M                  |
| <b>1971</b><br>George Larson<br>Cambridge, Region IV                | <b>1982</b><br>George Thole<br>Stillwater, Class AA               | <b>1994</b><br>DeWayne Johnson<br>Anoka, AA                 | <b>2006</b><br>Jim Reinhardt<br>Rushford-Peterson, 1A              |
| <b>1972</b><br>George Wemeier<br>Minneapolis Washburn,<br>Region V  | <b>1983</b><br>Ron Scott<br>Coon Rapids, Class AA                 | <b>1995</b><br>Ken Jacobson<br>Chatfield, Class C           | <b>2007</b><br>Jeff Ferguson<br>Totino-Grace, 4A                   |
| <b>1973</b><br>Dick Lawrence<br>Eveleth, Region VII                 | <b>1984</b><br>Grady Rostberg<br>Hutchinson, Class                | <b>1996</b><br>Clark Bergloff<br>Mora, Class A              | <b>2008</b><br>Carl Fruechte<br>Caledonia, 2A                      |
| <b>1974</b><br>John Drews<br>Rochester John Marshall,<br>Region I   | <b>1985</b><br>Norm Johnson<br>Minneapolis Roosevelt, Class<br>AA | <b>1997</b><br>Bob "Bubba" Sullivan<br>Northfield, Class 4A | <b>2009</b><br>Jon Bakken<br>Waterville-Elysian-<br>Morristown, 2A |
| <b>1975</b><br>Bob Swanson<br>Mountain Iron, Region VII             | <b>1986</b><br>George Larson<br>Cambridge, Class A                | <b>1998</b><br>Keith Bergstedt<br>Cromwell, 9 Man           | <b>2010</b><br>Ron Stolski<br>Brainerd, 5A                         |
|                                                                     | <b>1987</b><br>Dave Brokke<br>Granite Falls, Class B              | <b>1999</b><br>Lyle Anderson<br>Cook County, 1A             | <b>2011</b><br>Carl Lemke<br>St. Croix Lutheran, 3A                |

# MINNESOTA STATE FOOTBALL COACHES 2011 COACH OF THE YEAR

Carl Lemke  
St. Croix Lutheran



# MINNESOTA STATE FOOTBALL COACHES 2011 ASSISTANT COACH OF THE YEAR

Mark Ritter  
Eden Prairie



## CONFERENCE / SECTION COACH OF THE YEAR QUESTIONNAIRE MINNESOTA FOOTBALL COACHES ASSOCIATION

Return to: Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441 or Fax 1-888-590-8819

NOTE: This award is for one coach. If your program has co-coaches, both will receive plaques at the banquet. However, for Class and State Coach of the Year award(s) you will need to select one.

Candidates name in full \_\_\_\_\_  
first middle last

Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_ Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

Birthdate \_\_\_\_\_ College attended \_\_\_\_\_ Year graduated \_\_\_\_\_

Member MSHSCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No. Member MFCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No.

Class: 9M; A; 2A; 3A; 4A; 5A; 6A Conference \_\_\_\_\_ School \_\_\_\_\_

Were you Conference Coach of the Year? \_\_\_\_\_ Yes; \_\_\_\_\_ No.

If not, who is your Conference Coach of the Year? \_\_\_\_\_ School \_\_\_\_\_

School Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

Coaching background (Previous schools, years at the school, and any other significant information).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Years as a head football coach \_\_\_\_\_ Season Record \_\_\_\_\_ Career Record \_\_\_\_\_

List other background information that would help the committee in their selection (previous championships, awards, etc.)

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Submitted by: \_\_\_\_\_ Signature \_\_\_\_\_

# 2012 HALL OF FAME INDUCTEE

## *Football Hall of Fame Annual Banquet*

### **Tyrone Wacker, Gaylord/Jackson High School**

Tyrone Wacker is a 1962 graduate of Stewart (MN) High School. During that time, he was a letter winner in football, basketball, baseball, and track. After high school, he went to Mankato State University and then transferred to Mayville State University in Mayville, North Dakota. During college, Ty played football and baseball, lettering in both. He received his bachelor of science degree in 1965 and later went to South Dakota State University in Brookings where he earned his master's degree.

Ty began teaching and coaching at Gaylord (MN) High School in 1967. During his six years at Gaylord, he was head football and track coach. He won five conference titles and one state championship in 1972. His record at Gaylord was 56-4. For the next ten years, Ty coached at the college level, first at Worthington (MN) Community College followed by Huron College in South Dakota. In 1983, Ty came to Jackson (MN) High School. As head football coach for ten seasons at Jackson, he had four conference titles, two section titles, and one state championship (1985). He was an assistant from 1998 until 2005 at Jackson, where he was a part of four more conference titles, three section titles, and another state championship in 2001. As a head coach, Ty won numerous coach of the year honors at both the conference and section level. His career record is 113-45. When Ty includes his assistant coaching years at Jackson, his career record is 169-65. He returned to Jackson in 1998 as the head baseball coach where his record was 172-81 with four state tournament appearances and one state championship in 2004. Ty has coached numerous players who have gone on to play college ball and one, his son Wade, who went on to play professional baseball.

Tyrone fills his free time with reading and ballpark maintenance. He also enjoys going to various high school activities and coaching his grandchildren. Ty and his wife, Vera,



had three children: daughter RoShelle Buddenhagen, husband Tim and grandchildren Jordan (22) attending Southwest State University, TyAnn (19) attending Dakota Wesleyan College, Tenley (9) a third grader at Huron, S.D; son Wade and wife Stacey and grandchildren Joshua (19) attending Minnesota West College, Shadrach (16) sophomore at Jackson County Central, Lacey (12) seventh grader at Jackson County Central; and son Lincoln who passed in 1999.

# 2012 HALL OF FAME INDUCTEE

## *Football Hall of Fame Annual Banquet*

### Earl Bauman, St. Michael-Albertville

Earl Bauman graduated from Delano (MN) High School in 1970. During his athletic career he earned four letters in football, three in basketball and one in track. He went on to St. Cloud State University where he played football and was a four-time letterwinner and team co-captain in 1974. Earl graduated in 1975 with a bachelor of science in Industrial Education.

Starting his teaching career in Wolfe Point, Montana, Earl was an industrial arts teacher and assistant coach in both football and track. He returned to Minnesota after one year to teach at Mound-Westonka High School. The next year he moved to Orono High School serving four years as an assistant in football and track. In the fall of 1980, Earl put down his roots in St. Michael-Albertville. He taught industrial tech and was the head football coach for 31 years, retiring in 2011. He coached during the period when STMA went from a Class B school to a 4A football school, now heading into 5A football. His staff grew from three to nine during his tenure. Earl's overall record was 195-125, with five conference titles and five section titles. In 2001, he was named the KARE 11 Metro Coach of the Year; he is a five-time conference coach of year and five-time section coach of the year. He was an assistant on the Outstate All-Star staff in 2000. He has received the Educational Excellence Award. Many of Earl's athletes played at the college level. One, Matt Spaeth, played with the Pittsburgh Steelers winning the Super Bowl team. He is now a Chicago Bear. A few of Earl's highlights include just talking to past players around the community and spending time at football clinics, while enjoying the camaraderie shared at these places.

Earl's hobbies include travel to Alaska and Europe, woodworking, and going to the cabin on Lake Vermillion. Earl is married to Cherie and has two children: Brittany and Ryan. Cherie is a Winona State graduate and an RN working at the University of Minnesota-Fairview (OB Nurse). Brittany graduated from the University of Portland (elementary education) and has a master's from the University of Alaska (reading specialist). She works as an elementary teacher in Anchorage. She is married to Russell Morre.



Ryan is a graduate of Michigan Tech College, with a degree in Civil Engineering. He works in Columbus, Ohio, for CSX Railroads as a Road Master.

They also have one old dog, Bailey!

# 2012 HALL OF FAME INDUCTEE

## *Football Hall of Fame Annual Banquet*

### Steve Nunnink Brainerd High School

Steve Nunnink is one of the two assistant coaches voted in to the Minnesota Football Coaches Association Hall of Fame. He graduated from Hopkins (MN) High School in 1965 where he excelled as an athlete, lettering in football, hockey, basketball, and wrestling. After graduation, he went on to the University of North Dakota. He was a three-time football letter-winner and was a member of the 1966 Pecan Bowl Championship team. He graduated in 1971 with a bachelor of science in Biology/Chemistry/Physics. In 1996, Steve completed his master's degree in Curriculum at the University of St. Thomas.

In his first job at Park Center High School from 1971 until 1975, Steve taught biology and coached football and wrestling. His record was 28-8-1 with three conference titles. In 1975 he moved to Brainerd High School where he taught biology and sports medicine and coached from 1975 until 2003. While an assistant at Brainerd, their record was 192-93 with seven conference titles and eight section championships. His career record is 220-101-1. Steve's other roles included: support services manager, equipment manager for all sports, and the district's strength and conditioning coach. He also coached hockey, although his passion was coaching football.

Over the years, Steve's numerous awards include the Butch Nash Award in 1984, member of the U.S. delegation to China for youth fitness 1988, Brainerd Teacher of the Year 1991, Tom Clifford "Presidents Award" at University of North Dakota 1992, member of the All-Star Football Team Coaching Staff 1994, Minnesota Assistant Coach of the Year 1996, MN State Strength and Conditioning Coach of the Year 2000, National High School Strength and Conditioning Coach of the Year 2001, UND Letter Winners' Hall of Fame 2002, Central Lakes Conference's "Steve Nunnink Assistant Football Coach of the



Year" 2004, and Brainerd High School Hall of Fame in 2006.

Steve has coached numerous players who went on to play college football. He said that working with kids was always the most rewarding experience for him. He always felt privileged to be working with kids no matter what level of the athlete's ability. Steve has traveled to China, Hawaii, Canada, and throughout the United States. He is married to Randi and they have two daughters, Stephanie and Erika, and two grandchildren, Andrew and Kayli.

# 2012 HALL OF FAME INDUCTEE

## *Football Hall of Fame Annual Banquet*

### Dick Hanson Burnsville

Dick Hanson is a 1952 graduate of Grand Forks Central High School. At GFC he lettered in basketball and golf. After graduation he went to the University of North Dakota and earned a bachelor of science degree in mathematics education in 1956. He continued at UND and earned his master's in 1960. He took further education courses at both the University of Minnesota and the University of St. Thomas.

Dick's first teaching job was at St. Mary's School in Grand Forks, North Dakota, from 1952 through 1956. He taught math and coached football and basketball. He went to St. James High School in Grand Forks where he was an assistant football and basketball coach, as well as the head golf coach. In 1960, Dick arrived at Burnsville High School in Burnsville, Minnesota. He taught math from 1960-1992. He presented at many local, state, and national conferences on mathematics. Dick was an assistant football coach from 1961-1968. In 1969, he became the head football coach at Burnsville, a position he held until 1993, where he compiled a 205-58-2 career record. He captured eleven conference titles, eleven section titles, and five state championships (1972, '80, '85, '89, and '91). Dick has won numerous awards: 1968 Minnesota Teacher of the Year, 1969 National Teacher of the Year Runner-up, 1970 Sioux Award, 1984 Presidential Award for Mathematics Teaching, 1990 UND's Tom Clifford Award Hall of Fame, 1993 Grand Forks Central Hall of Fame, 1993 Education Minnesota's Distinguished Educator Award, 2006 Burnsville Hall of Fame, and in 2006 the Burnsville High School field was named "Dick Hanson Field."

Dick says that he is grateful to so many coaches, players, parents, high school staff, and teachers who have influenced his life. They continue to inspire him and others through the stories they tell and memories they share. Dick stays



busy with golf, piano, book club and poetry. He has traveled to Israel, Egypt, Europe, and the United States.

Dick and his wife, Phyllis, have three children: Marty, Stephen, and Karen.

# 2012 HALL OF FAME INDUCTEE

## *Football Hall of Fame Annual Banquet*

### **Terry Ogorek, Hallock/Kittson County Central**

Terry Ogorek is a 1974 graduate of Lancaster High School in Lancaster, Minnesota. During high school, he lettered in football, basketball and track and was All-Conference in football and basketball. After graduation in 1974, he went to the University of Minnesota in Crookston where he earned an AA degree while competing in football, track, and baseball. He finished his college education at Bemidji State University in Bemidji, Minnesota, with a bachelor's degree in business education.

After graduation, Terry went to Hallock High School in Hallock, Minnesota. The school then went through three consolidations to a current name of Kittson County Central. His career record after thirty years of coaching from 1980 through 2009 was 207-92 with five conference championships, five section championships and two state Nine-Man championships (1988 and 1994). Terry's team was responsible for snapping Stephen-Argyle's 76- game win streak in 2008.

Twice, in 1988 and 1994, Terry was named Nine-Man State Coach of the Year. In addition, he has received the MFCA 200 wins award and the MFCA's 30 years of service award. He was named the Top of the State Conference Coach of the Year on eight different occasions. Terry has served as a business teacher, Activities Director, and Dean of Students during his 32 years at Kittson County Central. He feels fortunate to have been able to teach and coach at the same school his entire career. He is proud of having 18 All-State players, many of whom went on to play at the college level.

Terry is married to Roxanne and they have three children: David (27) who is married to Kalie and they have two children, Aiden and Mason; Staci (25); and Eric (21). He spends his free time farming, ranching, and hunting along with spending time with family and friends.



# 2012 HALL OF FAME INDUCTEE

## *Football Hall of Fame Annual Banquet*

### Paul Gasner Totino-Grace

Paul Gasner is one of the two assistant coaches voted in to the Minnesota Football Coaches Association Hall of Fame. He is a 1962 graduate of Marian High School in Owatonna, Minnesota and a letter winner in both football and baseball. After graduation, he went to St. Mary's University in Winona, MN, earning his BA in English in 1966. Paul later attended Chicago Loyola University earning a master's in Religious Education. He continued his education in 1978, attending the University of Minnesota earning his specialist degree in 1981. After that, Paul went to St. Thomas to get his coaching certification.

Paul's first job was at Hill High School from 1968-1970 where he coached cross country, baseball, and football. In 1971 he went to Totino-Grace High School in Fridley. He served as a counselor there until 2007, where he also coached football and golf. He currently is a counselor and consultant for the Phoenix School in Minneapolis.

During his coaching tenure of 31 seasons at Totino-Grace, Paul was an assistant who helped lead the Eagles to a 241-91 career record. The Eagles won 15 conference titles, 10 section titles, and two state championships. He was also a part of 15 state tournament appearances. Paul earned the Butch Nash Award in 1985, coached in the All-Star Game in 1987, and was named the state's Assistant Coach of the Year in 1989. A quote from former head coach Dave Nigon sums up Paul and his career: "Paul had numerous opportunities to become a head football coach somewhere else, and he chose to stay and was one of our most loyal coaches." Paul helped create the Totino-Grace program, becoming the first offensive coordinator for the Eagles in 1971.

In his free time, Paul enjoys golfing and traveling throughout the United States, France, Germany, and Ireland. Paul and Joan, his wife of 45 years, have two children:



daughter Jennifer and her husband, Chad, who have two children (son Keller, 13, and daughter Anna, 9) and son Brian and his wife Carson who have one son Wade (5).

# Previously Inducted Hall Of Fame Members

Sponsored by the Minnesota High School Football Coaches Association

|                                                                                                                                                        |                                                                                                                                                                                |                                                                                                                  |                                                                                                            |                                                                                                              |                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>1965</b><br>Bernie Bierman<br>Frank Cleve<br>Bernie Cole<br>Jake Christiansen<br>Vein Morrison<br>Bronko Nagurski<br>Ted Peterson<br>Lew Swearingen | <b>1973</b><br>Earl Teas<br>Chuck Elias<br>Ralph Anderson<br>Jerry Dahlberg<br>Bruce Smith<br>Mary Helling                                                                     | <b>1980</b><br>Bruce Bennett<br>Neal Davis<br>James Gustafson<br>James Molnar<br>Norm Wagner<br>Jim Wallace      | Don Fox<br>Jim Griffin<br>Bill Severin<br>Harvey Shew<br>Tony Thiel                                        | Andy Lia<br>Jerry Peterson                                                                                   | Dick Jonckowski<br>Donovan Larson                                                                                        |
| <b>1966</b><br>Bert Batson<br>Lester S. Barnard<br>Red Hastings<br>John Gagliardi<br>Lefty Ranweiler                                                   | <b>1974</b><br>Oats LeGrand<br>Jerry Ekstein<br>Kenneth "Red" Wilson<br>Edor Nelson<br>Doc Watson                                                                              | <b>1981</b><br>Lou Barle<br>Irv Nerdahl<br>Glenn Redmann<br>Clayton Tonnemaker                                   | <b>1990</b><br>Roland Bromberg<br>Gary Gustafson<br>Tom Mahoney<br>Bob O'Neil<br>Dick Rezanka<br>Al Siegle | <b>1998</b><br>John Conzemius<br>Frank Fredlund<br>Bob Sullivan<br>Jerry Wallskog<br>Wes Wistrom             | <b>2006</b><br>Charles Kavanagh<br>Ken Hill<br>Rich Kallok<br>Stan Skjei<br>Richard Tressel<br>Gordon Hinck              |
| <b>1967</b><br>Francis "Pug" Lund<br>Louis Todnem<br>Paul Giel<br>Cliff Morlan<br>Joe Markley                                                          | <b>1975</b><br>Art Haas<br>Les Neil<br>Bob Collison<br>Russ Helleckson<br>Dick Mahar<br>Bernie Lusk                                                                            | <b>1982</b><br>Bob Gove<br>Wally Hitt<br>Gary Olson<br>Don Nyland<br>Dale Scholl                                 | <b>1991</b><br>Morgan Brandrup<br>John Davies<br>Earl Gramling<br>Roy Hokkanan<br>Ron Scott<br>Bob Youso   | <b>1999</b><br>Bill Martin<br>Gerhard Meidt<br>Grady Rostberg<br>Buz Rumrill<br>Mal Scanlan<br>Omer Sieben   | <b>2007</b><br>Keith Bergstedt<br>Dave Brokke<br>Robert Hage<br>Dan Kostich<br>Conley "Con" Natvig<br>Tom Witschen       |
| <b>1968</b><br>Lee Brockmeyer<br>Sid Hartman<br>Charles "Bud" Wilkinson<br>Elmer Wigen                                                                 | <b>1976</b><br>Kermit Anderson<br>Will Gullickson<br>Dwayne Hoberg<br>Jack Malevich<br>Jim Pederson<br>George Roscoe<br>Murray Warmath                                         | <b>1983</b><br>Stan Nelson<br>Joe Mrkonich<br>Jim Gotta                                                          | <b>1992</b><br>Stay Canakes<br>Dan Devine<br>John Hansen<br>Joe Mayer<br>Warren Olson<br>George Wemeier    | <b>2000</b><br>Jerry Hegna<br>Andy McCarty<br>Elmer Menage<br>Ed Mettner<br>Jim Simser<br>George Thole       | <b>2008</b><br>Don Elston<br>Mario Lucia<br>Jim Sims<br>Ron Stolski<br>Gary Trimble                                      |
| <b>1969</b><br>C.P. Blakeslee<br>Dick Bradley<br>Ray Christenson<br>Jim Byrne<br>Lloyd Hollingsworth<br>Pete Guzy                                      | <b>1977</b><br>Frank "Butch" Larson<br>Herschel H. Lysaker<br>Art Avis<br>Jim Carrington<br>Lee Krough<br>Jim McLaughlin<br>Leo Sebastian                                      | <b>1984</b><br>Dick Lawrence<br>Tom Briere<br>Jim Henkes                                                         | <b>1993</b><br>Les Dreschel<br>Ken Mauer<br>Tom Porter<br>Dana Powers<br>Dick Walker                       | <b>2001</b><br>Ken Belanger<br>John Gross<br>Don Bertek<br>Roger Lipelt<br>Keith Swanson<br>Stuart Nordquist | <b>2009</b><br>Roger French<br>Dave Hylla<br>DeWayne Johnson<br>Dwight Lundeen<br>Mike Mahlen                            |
| <b>1970</b><br>Ed Widseth<br>Adrian Christenson<br>Jake Christiansen<br>Walter Hertz<br>Frank ORourke<br>Les Knuti<br>Bud Grant<br>Wendell Vlasin      | <b>1978</b><br>Chuck Dixon<br>Chauncey Martin<br>Ted Meinhover<br>Roy "Chip" Rasmussen<br>George Reedy<br>Marti Rossini<br>John Vucinovich                                     | <b>1985</b><br>Don Swanson<br>Bob Roy<br>Bruce Frank<br>Don Riley<br>Giffy O'Dell                                | <b>1994</b><br>Dick Bakke<br>George Larson<br>Jim Malosky<br>Andy Nelson<br>Marsh Nelson<br>George Smith   | <b>2002</b><br>Pepper Lysaker<br>Ken Baumann<br>Rick Manke<br>Paul Mork<br>Willie Rauen<br>Jim Roforth       | <b>2010</b><br>Dave Dose<br>Jim Dotseth<br>Dennis Hale<br>Jim Reinhardt                                                  |
| <b>1971</b><br>Manny Marget<br>Butzie Maetzold<br>George "Butch" Nash<br>Harold M.<br>"Snooks" Sullivan                                                | <b>1979</b><br>Bruce Bakke<br>Herman Frickey<br>Bill Hanson<br>LeRoy McMahon<br>Dick Mulkern<br>Harry Newby<br>Milt Osterberg<br>Bob Schrank<br>Steve Silianoff<br>Lloyd Stein | <b>1986</b><br>Chuck Halsted<br>Ralph Hagberg<br>Pete Herges<br>Ike Pesonen<br>Cliff Senne                       | <b>1995</b><br>Gerry Brown<br>Bruce Frank<br>Norman Johnson<br>Bob Peterson<br>Pat "Bruno" Waldner         | <b>2003</b><br>Lyle Anderson<br>Clark Bergloff<br>Jim Mader<br>David Main<br>Dave Nigon<br>Dick Strand       | <b>2011</b><br>Terry Karlsgodt<br>Mark Kroulik<br>Bob Majeski<br>Merrill Pavlovich<br>Don Stueve<br>Darrel "Bozo" Wincek |
| <b>1972</b><br>Dick Wildung<br>Jim Lee<br>Jerry Krueger<br>William F. Broekmeier<br>Fred Vant Hull                                                     |                                                                                                                                                                                | <b>1987</b><br>Terry Egerdahl<br>Lauren "Huns" Hagge<br>Donald "Bill" McMoore<br>Jerry Sullivan<br>Angelo Taddie | <b>1996</b><br>Jim Christopherson<br>Mary Gunderson<br>Mike Morrissey<br>Lloyd Peterson                    | <b>2004</b><br>Dean Taylor<br>Stan Olson<br>Gary Graham<br>Deryl Ramey<br>Randy Shaver                       | <b>2012</b><br>Earl Bauman<br>Paul Gasner<br>Dick Hanson<br>Steve Nunnink<br>Terry Ogorek<br>Tyron Wacker                |
|                                                                                                                                                        |                                                                                                                                                                                | <b>1988</b><br>Herbert Claffy<br>Mac Dahl<br>Art Fredrickson<br>Ralph Peterson<br>Ron Raveling<br>Cal Stoll      | <b>1997</b><br>Bill Beck<br>John Drews<br>Ross Fortier                                                     | <b>2005</b><br>Ken Jacobson<br>Jerry Sonnek<br>Terry McLean<br>Neal Hofland                                  |                                                                                                                          |
|                                                                                                                                                        |                                                                                                                                                                                | <b>1989</b><br>John Drugg                                                                                        |                                                                                                            |                                                                                                              |                                                                                                                          |

## "HALL OF FAME" NOMINATION FORM

### MINNESOTA FOOTBALL COACHES ASSOCIATION

#### Contact:

Scott Tschimperle: tschis@gsl.k12.mn.us

Paul Lemke: lemkep@gsl.k12.mn.us

#### **DIRECTIONS:**

1. Please have nominee (if possible) complete this nomination form completely.
2. Please type or print neatly.
3. Please answer questions in all categories of the nomination form that are applicable.
4. Please include a picture (black and white preferred) of the nominee to be used for press purposes.
5. Nominations must be received by Jan. 1st, 2013

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

PRESENT ADDRESS: \_\_\_\_\_

(city, state, zip)

TELEPHONE (HOME): \_\_\_\_\_ (WORK): \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ MARRIED: \_\_\_\_\_ SINGLE: \_\_\_\_\_

SPOUSES NAME: \_\_\_\_\_ CHILDREN AND AGES: \_\_\_\_\_

PRESENT EMPLOYMENT POSITION: \_\_\_\_\_

NOMINATED BY: \_\_\_\_\_

ADDRESS OF NOMINATOR: \_\_\_\_\_ (city) \_\_\_\_\_ (state) \_\_\_\_\_ (zip)

NOMINATOR'S TELEPHONE (HOME): \_\_\_\_\_ (WORK) \_\_\_\_\_

Induction into the Football Coaches "Hall of Fame" is gained through one of three divisions. These divisions are:

- A. The high school division (Coaches)
- B. The college division (Coaches)
- C. The citation division (Writers, Announcers, Athletic Directors, Fans, etc.)

IN WHICH DIVISION IS THE INDIVIDUAL NAMED ABOVE NOMINATED? \_\_\_\_\_

NOMINEES HOBBIES: \_\_\_\_\_

NOMINEES TRAVELS: \_\_\_\_\_

### EDUCATION

**High School(s):** School, City/State, Years, Degree Received

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# 2012 POWER OF INFLUENCE AWARD RECIPIENT



**Paul Mork ~ White Bear Lake/New Life Academy**

## THE POWER OF INFLUENCE AWARD: CRITERIA AND HISTORY

The Minnesota Power of Influence award is presented by the MFCA to recognize one of the many extraordinary football coaches in Minnesota. The Minnesota award winner is our association's nominee for the national Power of Influence Award, which is presented jointly by the American Football Coaches Association and the American Football Coaches Foundation®.

The Power of Influence Award was created as a way for the AFCA and AFCF to honor a deserving high school football coach for his effect on his players, school and community. The individuals nominated must be active head football coaches and must embody the life-changing qualities of respect and inspiration. They must have touched lives and caused student-athletes and others to want to emulate their honesty, patience and modesty. This award is not based on wins and losses, however, it is noted that coaches of powerful influence have longevity and success.

Previous Minnesota Power of Influence winners and national nominees have included: Dwight Lundeen of Becker 2009, Dave Nelson of Minnetonka 2008, Dave Hylla of Proctor 2007, Mike Mahlen of Verndale 2006, and Ron Stolski of Brainerd 2005. Stolski went on to be named the national Power of Influence Award winner by the AFCA and AFCF.

### PREVIOUS POWER OF INFLUENCE AWARD RECIPIENTS

#### **2006**

Ron Stolski  
Brainerd High School

#### **2007**

Mike Mahlen  
Verndale High School

#### **2008**

Dave Hylla  
Proctor High School

#### **2009**

Dave Nelson  
Minnetonka High School

#### **2010**

Dwight Lundeen  
Becker High School

#### **2011**

Jeff Ferguson  
Totino-Grace High School



Nominees Name: \_\_\_\_\_

Nominee: Member MSHSCA? Yes or No  
(circle one)

Member MHSFCA Yes or No  
(circle one)

School Address: \_\_\_\_\_ City/Zip Code: \_\_\_\_\_

[illegible]

80 - Minnesota Football Coaches Association

# MINNESOTA FOOTBALL COACHES ASSOCIATION

## 2012 DON SWANSON AWARD

### **Conley Natvig Swanville, Swanville-Grey Eagle, Browerville**

Conley graduated from Ada High School in 1960. Upon graduation, Conley went to the University of North Dakota. He graduated in 1966 with a Bachelor of Science in Physical Education and Health.

In 1966, Conley was hired as a physical education and health teacher at Swanville High School. He taught at Swanville for 33 years and coached baseball, basketball, and wrestling. Conley was also the Athletic Director from 1992-1999. He was the head football coach for 34 years and compiled a record of 202-120-2. His teams won eight conference titles, three section championships, and made four state tournament appearances, reaching the semi-finals in 1987. Since 1966, Conley has also served as the summer recreation coordinator. Conley was named conference coach of the year nine times and section coach of the year three times. He is a lifetime member of the MFCA and has received the 30, 35, 40, and 45 year service awards. He was an assistant coach for the Metro All-Star team in 1984. He served as president of the MFCA in 1991. Conley was inducted into the MFCA Hall of Fame in 2007. He was a member of the Academic All-State Individual Award Committee from 1989 through 1999 and has served as chairman for the Academic All-State Team Award Committee since its inception in 1990. He is also a member of the MFCA Hall of Fame Selection Committee.

Conley has been an assistant coach at Browerville for the past 12 years, serving as the offensive coordinator for the past nine seasons. He and his wife Kathy have three children – Paula (37), Cory (33), and Kristin (29). When he isn't coaching, Conley enjoys attending coaching clinics, hunting, fishing, and gardening.



# SERVICE AWARD WINNERS



50 YEAR SERVICE AWARD  
Paul Mork, New Life Academy



50 YEAR SERVICE AWARD  
Ron Stolski, Brainerd



45 YEAR SERVICE AWARD  
Deryl Ramey, Willmar/Brainerd



45 YEAR SERVICE AWARD  
Mike Watson, Centennial



40 YEAR SERVICE AWARD  
Merrill Pavlovich, Delano



35 YEAR SERVICE AWARD  
Chet Stevenson, Brainerd



200 WINS  
Leo Pohlkamp, Pierz

# MINNESOTA FOOTBALL COACHES ASSOCIATION

## 2011 CLASS COACHES OF THE YEAR



9-MAN COACH OF THE YEAR  
Andrew Fleischman, Edgerton/Ellsworth



CLASS 2A COACH OF THE YEAR  
Brent Schroeder, Caledonia



CLASS 3A COACH OF THE YEAR  
Carl Lemke, St. Croix Lutheran



CLASS 4A COACH OF THE YEAR  
Mike Rowe, Rocori



CLASS 5A COACH OF THE YEAR  
Mike Grant, Eden Prairie

*Not Pictured: Cory Larson, Dawson-Boyd, Class 1A Coach of the Year*

# MINNESOTA FOOTBALL COACHES ASSOCIATION

## 2011 CONFERENCE COACHES OF THE YEAR

| CONFERENCE                  | COACH                 | SCHOOL                  |
|-----------------------------|-----------------------|-------------------------|
| Big North .....             | Thor Johnson .....    | Bigfork                 |
| "Bob Staska" .....          | "Onamia" .....        |                         |
| Central Lakes .....         | Mike Rowe .....       | Rocori                  |
| Central Minnesota .....     | Leo Pohlkamp .....    | Pierz                   |
| Classic Suburban .....      | Dave Ziebarth .....   | St. Thomas Academy      |
| Gopher Valley 1A .....      | Ken Hellend .....     | LeCenter                |
| Gopher Valley 2A .....      | Jon Bakken .....      | WEM                     |
| Granite Ridge .....         | Thomas Kish .....     | Zimmerman               |
| Great Northern .....        | "Kevin Amburst" ..... |                         |
| Great Polar Blue .....      | Shawn Kuhnke .....    | Braham                  |
| Great Polar Red .....       | Mitch Dorr .....      | Cook County             |
| Great Polar White .....     | Dave Louzek .....     | Mouse Lake/Willow River |
| Heart O'Lakes North .....   | Mike Jordahl .....    | Perham                  |
| Heart O'Lakes Classic ..... | Peder Naatz .....     | Hawley                  |
| Hiawatha Valley Blue .....  | Mike Kesler .....     | Rochester Lourdes       |
| Hiawatha Valley Gold .....  | Trevor Narum .....    | Lake City               |
| Independent .....           | Troy Hendricks .....  | Bemidji                 |
| Lake .....                  | Brad Anderson .....   | Wayzata                 |
| Little Sioux .....          | Cory Larson .....     | Dawson-Boyd             |
| "McGregor" .....            | 9M .....              |                         |
| Minneapolis City .....      | Mike Minnema .....    | Edison                  |
| Minnesota River .....       | Paul Henn .....       | Norwood-Young AM        |
| Mississippi 8 .....         | Marc Franz .....      | Rogers                  |
| Missota .....               | Jody Stone .....      | Shakopee                |
| North Suburban .....        | Jeff Schlieff .....   | Spring Lake Park        |
| North Suburban .....        | Chris Lindquist ..... | St. Francis             |
| North Tri-Cnty .....        | Dustin Flaten .....   | Ulen-Hitterdahl         |

| CONFERENCE                         | COACH                           | SCHOOL                     |
|------------------------------------|---------------------------------|----------------------------|
| Northstar East .....               | Lowell Searcy .....             | Pillager                   |
| Northstar West .....               | John Clark, Jr. ....            | Mahnomen                   |
| Northwest Suburban .....           | Jeff Buerkle .....              | Anoka                      |
| Pheasant North .....               | John Sieling .....              | Eagle Valley               |
| Pheasant South .....               | Steve Jipson & Brian Dahl ..... |                            |
| Clinton-Graceville-Beardsley ..... |                                 |                            |
| Prairie North .....                | Bryan Strand .....              | Barnsville                 |
| Prairie South .....                | Wayne Petermeier .....          | Browerville                |
| Sea Range .....                    | Daryl Illikanien .....          | Hermantown                 |
| South Central .....                | Mat Mahoney .....               | Fairmont                   |
| South Suburban .....               | Brian Vossen .....              | Lakeville North            |
| Southeast .....                    | Zach Hauser .....               | Spring Grove               |
| Southern Minnesota .....           | Tim Kirk .....                  | Mt. Lake/Butterfield-Odin  |
| Southwest .....                    | Terry Bahlmann .....            | Marshall                   |
| St. Paul City .....                | Scott Howell .....              | St. Paul Central           |
| Suburban East .....                | Jim Galvin .....                | Mounds View                |
| Three Rivers No .....              | Bill Ihrke .....                | Plainville-Elgin-Millville |
| Three Rivers So .....              | Brent Schroeder .....           | Caladonia                  |
| Tri-Metro East .....               | Carl Lemke .....                | St. Croix Lutheran         |
| Tri-Metro West .....               | Nate Harrington .....           | Providence Academy         |
| Tri-Metro West .....               | Ian Taylor .....                | Minnehaha Academy          |
| Tri-Metro West .....               | Sean McMenomy .....             | DeLaSalle                  |
| West Central No .....              | Dave Vik .....                  | Montevideo                 |
| West Central So .....              | Steve Solem .....               | BOLD                       |
| Wright County .....                | Andy Rostberg .....             | Hutchinson                 |

# 2011 SECTION COACHES OF THE YEAR

## CLASS: 9 MAN – SECTION COACH

- 1 Zach Hauser, Spring Grove
- 2 Tom Murphy, Nicollet
- 3 Andrew Fleischman, Edgerton/Ellsworth
- 4 Tony Thiel, Wheaton/Herman-Norcross
- 5 Ward Kaiser, Silver Bay (Wm. Kelley)
- 6 Nathan Brager, Ada-Borup
- 7 Thor Johnson, Bigfork
- 8 Cory Waling, Kittson County Central

## CLASS: 1A – SECTION COACH

- 1 Gimbel, Blooming Prairie
- 2 Brent Kucera, Sleepy Eye St. Mary's
- 3 Randy Strand, Adrian

- 4 Joseph Scoblic, Lester Prairie
- 5 Cory Larson, Dawson-Boyd
- 6 John Clark, Jr., Mahnomen
- 7 Shawn Kuhnke, Braham
- 8 Terry Gullikson, Warren-Alvarado-Oslo

## CLASS: 2A – SECTION COACH

- 1 Brent Schroeder, Caledonia
- 2 Jon Bakken, Waterville-Elysian-Morristown
- 3 Randy Kuechenmeister, Blue Earth Area
- 4 Tim Knudsen, Maple Lake
- 5 Max Meagher, Paynesville Area
- 6 Leo Pohlkamp, Pierz
- 7 Dave Louzek, Moose Lake/Willow River

- 8 Gabe Richards, Warroad

## CLASS: 3A – SECTION COACH

- 1 Bill Ihrke, Plainview-Elgin-Millville
- 2 Dave Hopkins, Holy Family Catholic
- 3 Mat Mahoney, Fairmont
- 4 Carl Lemke, St. Croix Lutheran
- 5 Nate Harrington, Providence Academy
- 6 Matt Walter, Annandale
- 7 Bob Schwartz, Greenway/Nashwauk-Keewatin
- 8 Mike Jordahl, Perham

## CLASS: 4A – SECTION COACH

- 1 Ned Louis, Faribault
- 2 Mark Esch, Mankato West

- 3 Chad Sexauer, South St. Paul
- 4 Brooks Bollinger, Hill-Murray
- 5 Marc Franz, Rogers
- 6 Jeff Schlieff, Spring Lake Park
- 7 Troy Hendricks, Bemidji
- 8 Mike Rowe, Rocori

## CLASS: 5A – SECTION COACH

- 1 Brian Vossen, Lakeville North
- 2 Jeff Ferguson, Totino-Grace
- 3 Matt Gegenheimer, Prior Lake
- 4 Mike Scanlan, Cretin-Derham Hall
- 5 Brad Anderson, Wayzata
- 6 Mike Grant, Eden Prairie
- 7 Jeff Buerkle, Anoka
- 8 Kevin Feeney, Moorhead

## COACHES WITH THE MOST STATE CHAMPIONSHIPS

While numerous coaches have coached state championship teams and several have coached teams to two state titles a select few have been able to guide their teams to three or more state championships. The coaches listed below won at least three state titles at one or more schools. If any coaches have been omitted, reader should contact the Secretary-Treasurer.

| Titles / Coach  | School(s)                 | Years                          |
|-----------------|---------------------------|--------------------------------|
| 7 Mark Kroulik  | Stephen.....              | 1992                           |
|                 | Stephen-Argyle .....      | 2003, 04, 05, 06, 07, 09       |
| 7 Mike Grant    | Eden Prairie.....         | 1996, 97, 2000, 02, 06, 07, 11 |
| 6 Ken Baumann   | Mahnomen .....            | 1980, 90, 91, 92, 93, 98       |
| 5 Dick Hanson   | Burnsville.....           | 1972, 80, 85, 89, 91           |
| 5 Jeff Ferguson | Totino Grace .....        | 2003, 04, 06, 07, 09           |
| 4 Rick Manke    | Glyndon-Felton .....      | 1985                           |
|                 | Detroit Lakes .....       | 1992, 93, 95                   |
| 4 Gerhard Meidt | Rothsay 1972              |                                |
|                 | Minneota .....            | 1986, 87, 88                   |
| 4 George Thole  | Stillwater.....           | 1975, 82, 84, 95               |
| 4 Dave Dose     | Glencoe-Silver Lake ..... | 2000, 03, 06, 07               |

| Titles / Coach    | School(s)               | Years            |
|-------------------|-------------------------|------------------|
| 3 Lyle Anderson   | Cook County .....       | 1997, 98, 99     |
| 3 Keith Bergstadt | Cromwell .....          | 1995, 96, 98     |
| 3 Don Henderson   | Triton .....            | 1994, 2000, 06   |
| 3 Ken Jacobsen    | Chatfield .....         | 1994, 95, 96     |
| 3 George Larson   | Cambridge .....         | 1986, 87, 2000   |
| 3 Dave Main       | Gaylord 1973, 75, 79    |                  |
| 3 Jim Reinhart    | Rushford-Peterson ..... | 2002, 04, 06     |
| 3 Grady Rostberg  | Hutchinson .....        | 1983, 84, 98     |
| 3 Larry Thompson  | Lakeville .....         | 1988, 92, 2003   |
| 3 Jon Bakken      | Waterville-EM.....      | 1989, 1999, 2009 |

# WINNINGEST ALL TIME HIGH SCHOOL COACHES 200 OR MORE WINS

| Wins | Losses | Ties | Coach              | School                        | Years | Win %  | Coached | HOF  |
|------|--------|------|--------------------|-------------------------------|-------|--------|---------|------|
| 337  | 152    | 5    | Ron Stolski        | Brainerd                      | 50    | 0.6872 | 494     | 2008 |
| 328  | 106    | 3    | Mike Mahlen        | Verndale                      | 43    | 0.7540 | 437     | 2009 |
| 307  | 66     | 6    | George Larson-r    | Cambridge                     | 40    | 0.8179 | 379     | 1994 |
| 299  | 140    | 3    | Dwight Lundeen     | Becker                        | 42    | 0.6799 | 442     | 2009 |
| 287  | 66     | 2    | Ken Baumann-r      | Mahnomen                      | 32    | 0.8113 | 355     | 2002 |
| 285  | 69     | 2    | George Thole-r     | Stillwater                    | 31    | 0.8034 | 356     | 2000 |
| 277  | 89     | 1    | Grady Rostberg-r   | Hutchinson                    | 34    | 0.7561 | 367     | 1999 |
| 275  | 133    | 2    | Stuart Nordquist-r | International Falls           | 41    | 0.6732 | 410     | 2001 |
| 269  | 115    | 2    | Jim Roforth-r      | Osakis                        | 45    | 0.6995 | 386     | 2002 |
| 265  | 122    | 11   | George Smith-r     | Mahtomedi                     | 43    | 0.6796 | 398     | 1994 |
| 264  | 64     | 0    | Mike Grant         | Eden Prairie                  | 29    | 0.8049 | 328     |      |
| 263  | 86     | 2    | Neal Hofland-r     | Chokio-Alberta                | 35    | 0.7521 | 351     | 2005 |
| 260  | 117    | 0    | Merrill Pavlovich  | Delano                        | 36    | 0.6897 | 377     | 2011 |
| 259  | 102    | 9    | Les Dreschel-r     | Red Lake Falls/Crookston      | 40    | 0.7122 | 370     | 1993 |
| 259  | 105    | 13   | John Hansen-r      | Osseo                         | 40    | 0.7042 | 377     | 1992 |
| 257  | 121    | 0    | Carl Lemke         | St. Croix Lutheran            | 39    | 0.6799 | 378     |      |
| 256  | 94     | 8    | Tom Mahoney-r      | Fairmont                      | 38    | 0.7263 | 358     | 1990 |
| 241  | 67     | 0    | Jon Bakken         | Waterville-Elysian-Morristown | 27    | 0.7825 | 308     |      |
| 241  | 91     | 0    | Dave Nigon-r       | Totino Grace                  | 31    | 0.7259 | 332     | 2003 |
| 240  | 115    | 0    | Larry Thompson     | Lakeville South               | 33    | 0.6761 | 355     |      |
| 236  | 79     | 0    | Gerhard Meidt-r    | Rothsay/Minneota/Big Lake     | 32    | 0.7492 | 315     | 1999 |
| 233  | 108    | 3    | Buz Rumrill-r      | Glencoe/Silver Lake           | 33    | 0.6817 | 344     | 1999 |
| 230  | 65     | 0    | Jim Mader-r        | Albany                        | 26    | 0.7797 | 295     | 2003 |
| 230  | 138    | 1    | Roger Lipelt-r     | Wayzata/Providence            | 40    | 0.6247 | 369     | 2001 |
| 230  | 152    | 0    | Don Seipkes        | Henning/Ottertail Central     | 39    | 0.6021 | 382     |      |
| 226  | 83     | 0    | Steve Solem        | BOLD                          | 26    | 0.7314 | 309     |      |
| 224  | 84     | 0    | Dave Nelson        | Minnetonka                    | 28    | 0.7273 | 308     |      |
| 224  | 127    | 0    | Terry Karlsgodt-r  | Atwater-Grove City- Cosmos    | 36    | 0.6382 | 351     | 2011 |
| 223  | 91     | 1    | Jim Simser-r       | Fairmont/New Richland-H       | 32    | 0.7095 | 315     | 2000 |
| 222  | 91     | 0    | Stan Olson-r       | LeRoy-Ostrander               | 30    | 0.7093 | 313     | 2004 |
| 221  | 97     | 0    | Dave Brokke-r      | Granite Falls/YME             | 31    | 0.6950 | 318     | 2007 |
| 220  | 74     | 0    | Clark Bergloff-r   | Mora                          | 29    | 0.7483 | 294     | 2003 |
| 220  | 127    | 1    | Don Stueve-r       | Fergus Falls                  | 37    | 0.6336 | 348     | 2011 |
| 216  | 130    | 6    | Billy Beck-r       | Lac Qui Parle Valley          | 39    | 0.6222 | 352     | 1997 |
| 214  | 141    | 0    | Bob Jackson-r      | White Bear Lake/SLP           | 35    | 0.6028 | 355     |      |

|     |     |    |                        |                         |    |        |     |      |
|-----|-----|----|------------------------|-------------------------|----|--------|-----|------|
| 212 | 64  | 0  | Gary Graham-r          | Browerville             | 25 | 0.7681 | 276 | 2004 |
| 212 | 83  | 8  | Kenneth "Red" Wilson-r | Bemidji                 | 34 | 0.7129 | 303 |      |
| 212 | 121 | 2  | DeWayne Johnson-r      | Anoka                   | 33 | 0.6358 | 335 | 2009 |
| 209 | 91  | 0  | Jerry Wallskog-r       | LeCenter/BDRSH/Monty    | 31 | 0.6967 | 300 | 1998 |
| 207 | 92  | 0  | Terry Ogorek-r         | Kittson County Central  | 30 | 0.6923 | 299 | 2012 |
| 207 | 109 | 2  | Andy Nelson-r          | Lake Benton/Verdi       | 34 | 0.6541 | 318 | 1994 |
| 206 | 68  | 0  | Don Henderson          | Triton                  | 25 | 0.7518 | 274 |      |
| 206 | 89  | 0  | Ron Johnson-r          | Clearbrook/Gonvick Tr.  | 31 | 0.6983 | 295 |      |
| 205 | 58  | 2  | Dick Hanson-r          | Burnsville              | 25 | 0.7774 | 265 | 2012 |
| 203 | 66  | 1  | Stav Canakes-r         | Edina                   | 27 | 0.7537 | 270 | 1992 |
| 202 | 74  | 0  | Leo Pohlkamp           | Pierz                   | 26 | 0.7319 | 276 |      |
| 202 | 106 | 13 | Bruce Frank-r          | Le Sueur                | 37 | 0.6495 | 321 | 1985 |
| 202 | 120 | 2  | Con Natvig-r           | Swanville               | 33 | 0.6265 | 324 | 2007 |
| 200 | 65  | 0  | Rich Kallok-r          | Cretin-DH               | 22 | 0.7547 | 265 | 2006 |
| 200 | 77  | 3  | Bob Youso-r            | Moose Lake/Willow River | 30 | 0.7196 | 280 | 1991 |
| 200 | 89  | 0  | Ken Mauer-r            | St. Paul Harding        | 32 | 0.6920 | 289 | 1993 |

## DISTINGUISHED SERVICE AWARD RECIPIENTS

|      |                                                                |      |                                                    |
|------|----------------------------------------------------------------|------|----------------------------------------------------|
| 1990 | Jim Lano, Normandy Inn                                         | 2009 | Brad Madson, Minnesota Vikings                     |
| 1991 | Bud Olson, Bud Olson Awards                                    | 2010 | TCF Bank Stadium                                   |
| 1992 | Bob Roy, St. Louis Park High School                            | 2011 | Dave Lee, WCCO Radio                               |
| 1993 | Don Swanson, Minneapolis Patrick Henry High School             | 2012 | Mike Turner, Varsity Photos, Inc. & Varsity Awards |
| 1994 | Bill Etter, Chi Chi's Restaurant                               |      |                                                    |
| 1995 | Tom Mahoney, Fairmont High School                              |      |                                                    |
| 1996 | Joe Samuelson, Stillwater High School                          |      |                                                    |
| 1997 | Dick Walker, Richfield High School                             |      |                                                    |
| 1998 | Jim Dotseth, Minneapolis Patrick Henry High School             |      |                                                    |
| 1999 | Randy Shaver, KARE 11 TV                                       |      |                                                    |
| 2000 | Jim Simser, Fairmont High School                               |      |                                                    |
| 2001 | Butch Nash, University of Minnesota                            |      |                                                    |
| 2002 | Jostens                                                        |      |                                                    |
| 2003 | Ralph Anderson, Becker County Record and Detroit Lakes Tribune |      |                                                    |
| 2004 | Gordon Shaw, University of Minnesota                           |      |                                                    |
| 2005 | Bill Hoag, Varsity Gold                                        |      |                                                    |
| 2006 | Healy Awards                                                   |      |                                                    |
| 2007 | Doubletree Park Place Hotel, Minneapolis                       |      |                                                    |
| 2008 | Dave Fritze, Minnesota High School All-Star Football Game      |      |                                                    |



2012 Distinguished Service Award Winner Mike Turner

# ACTIVE HIGH SCHOOL COACHES WITH 100 WINS OR MORE

| W                 | L | Ties | Coach                   | School                                  | Years |
|-------------------|---|------|-------------------------|-----------------------------------------|-------|
| 337 ... 152.....5 |   |      | Ron Stolski.....        | Brainerd .....                          | 50    |
| 328 ... 106.....3 |   |      | Mike Mahlen .....       | Verndale .....                          | 43    |
| 299 ... 140.....3 |   |      | Dwight Lundeen .....    | Becker .....                            | 42    |
| 264 ... 64.....0  |   |      | Mike Grant.....         | Eden Prairie .....                      | 29    |
| 260 ... 117.....0 |   |      | Merrill Pavlovich ..... | Delano .....                            | 40    |
| 257 ... 121.....0 |   |      | Carl Lemke .....        | St. Croix Lutheran.....                 | 39    |
| 241 ... 67.....0  |   |      | Jon Bakken .....        | Waterville-<br>Elysian-Morristown ..... | 27    |
| 240 ... 115.....0 |   |      | Larry Thompson .....    | Lakeville South .....                   | 33    |
| 230 ... 152.....0 |   |      | Don Seipkes.....        | Henning/Ottertail<br>Central .....      | 39    |
| 226 ... 83.....0  |   |      | Steve Solem.....        | BOLD .....                              | 26    |
| 224 ... 84.....0  |   |      | Dave Nelson.....        | Minnetonka .....                        | 28    |
| 214 ... 141.....0 |   |      | Bob Jackson.....        | White Bear Lake/SLP .....               | 35    |
| 206 ... 68.....0  |   |      | Don Henderson .....     | Triton .....                            | 25    |
| 202 ... 74.....0  |   |      | Leo Pohlkamp .....      | Pierz .....                             | 26    |
| 199 ... 87.....0  |   |      | Randy Strand.....       | Adrian.....                             | 27    |
| 196 ... 105.....0 |   |      | Dean Taylor .....       | St. Cloud Cathedral.....                | 31    |
| 196 ... 143.....0 |   |      | Richard Risbrudt .....  | Fergus Falls.....                       | 34    |
| 184 ... 84.....0  |   |      | Terry Turek.....        | Le Sueur-Henderson.....                 | 27    |
| 181 ... 65.....0  |   |      | Ivan Kroulik .....      | Kasson-Mantorville .....                | 23    |
| 181 ... 86.....0  |   |      | Terry Bahlmann .....    | Marshall .....                          | 28    |
| 166 ... 89.....0  |   |      | Bubba Sullivan.....     | Northfield .....                        | 23    |
| 161 ... 79.....0  |   |      | Dean Aurich.....        | Mayer Lutheran .....                    | 24    |
| 155 ... 158.....0 |   |      | John Sieling .....      | Eagle Valley .....                      | 34    |
| 154 ... 75.....0  |   |      | Bill Hudspith.....      | Esko.....                               | 22    |
| 149 ... 104.....0 |   |      | Rick Sutton.....        | Eagan .....                             | 26    |
| 146 ... 152.....0 |   |      | Ken Helland .....       | LeCenter.....                           | 32    |
| 140 ... 132.....0 |   |      | Patrick Foley .....     | Waconia.....                            | 29    |
| 139 ... 80.....0  |   |      | Mark Messman .....      | Holdingford .....                       | 21    |
| 137 ... 90.....0  |   |      | Larry Herm .....        | Foley .....                             | 23    |
| 133 ... 74.....0  |   |      | Dave Hopkins.....       | Holy Family.....                        | 20    |
| 133 ... 90.....0  |   |      | Joe Scoblic .....       | Lester Prairie-<br>Holy Trinity .....   | 22    |
| 132 ... 57.....0  |   |      | Bill Ihrke .....        | Plainview-Elgin-Milville.....           | 18    |
| 129 ... 66.....0  |   |      | Jeff Schlieff.....      | Spring Lake Park.....                   | 19    |

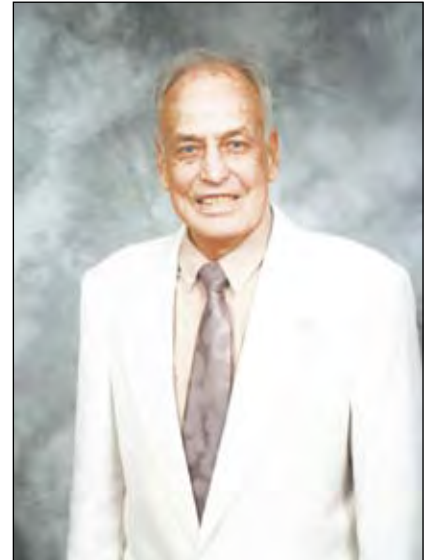
| W                 | L | Ties | Coach                        | School                            | Years |
|-------------------|---|------|------------------------------|-----------------------------------|-------|
| 128 ... 25.....0  |   |      | Brad Anderson.....           | Wayzata .....                     | 13    |
| 125 ... 70.....0  |   |      | Gary Sloan .....             | Grand Meadow .....                | 19    |
| 125 ... 25.....0  |   |      | Dave Louzek .....            | Moose Lk/Willow River.....        | 13    |
| 124 ... 87.....0  |   |      | Tom Murphy .....             | Nicollet.....                     | 21    |
| 122 ... 82.....0  |   |      | Paul Mork.....               | New Life Acdmy/WBL.....           | 23    |
| 120 ... 133.....0 |   |      | Mark Nohner .....            | Lake of the Woods.....            | 27    |
| 116 ... 13.....0  |   |      | Jeff Ferguson.....           | Totino Grace.....                 | 10    |
| 116 ... 71.....0  |   |      | John Ross.....               | Sartell-St. Stephen .....         | 17    |
| 116 ... 106.....0 |   |      | Jeff Erdmann .....           | Rosemount.....                    | 22    |
| 115 ... 47.....0  |   |      | Tony Thiel .....             | Wheaton/Herman/<br>Norcross ..... | 15    |
| 115 ... 64.....0  |   |      | Denny Lux .....              | New Ulm Cathedral.....            | 17    |
| 115 ... 92.....0  |   |      | Leo Theisen .....            | Westbrook Walnut<br>Grove .....   | 22    |
| 112 ... 90.....0  |   |      | Randy<br>Kutchenmeister..... | Blue Earth Area .....             | 21    |
| 112 ... 81.....0  |   |      | Gerard Rohl.....             | Buffalo.....                      | 20    |
| 111 ... 25.....0  |   |      | Peder Naatz.....             | Hawley .....                      | 12    |
| 111 ... 84.....0  |   |      | Mark Froehling .....         | Farmington .....                  | 20    |
| 110 ... 34.....0  |   |      | Andy Rostberg.....           | Hutchinson.....                   | 13    |
| 107 ... 61.....0  |   |      | Brian Nelson .....           | Fertile-Beltrami.....             | 17    |
| 104 ... 43.....0  |   |      | Flint<br>Motschenbacher..... | Detroit Lakes .....               | 14    |
| 103 ... 83.....0  |   |      | Jon Johnson .....            | Litchfield .....                  | 19    |
| 102 ... 61.....0  |   |      | Kelly Sherwin.....           | Eastview .....                    | 15    |
| 102 ... 110.....0 |   |      | Mike Dammann.....            | MACCRAY .....                     | 23    |
| 101 ... 51.....0  |   |      | Chad Gimbel.....             | Blooming Prairie.....             | 15    |
| 101 ... 60.....0  |   |      | Jeff Williams.....           | Owatanna .....                    | 16    |
| 100 ... 51.....0  |   |      | Carter Ross .....            | Westbrook Walnut<br>Grove .....   | 15    |

# BUTCH NASH AWARD

The Minnesota High School Football Coaches Association feels that Butch Nash is the epitome of the ideal assistant coach.

Total loyalty, coaching competency, outstanding rapport with players and fellow coaches, integrity beyond reproach, and many years of dedicated service to a worthy profession are the qualities that describe Butch.

These are the qualities exemplified by the assistant coaches who have been chosen to receive this year's Butch Nash Award.



Butch Nash  
Minnesota Gophers

## BUTCH NASH AWARD REQUIREMENTS

- An active assistant football coach at the high school level.
- Although not strictly limited to varsity level coaches, the Executive Committee sets a requirement of being an assistant who is a "front liner" – in the limelight, under the gun, recipient of praise and/or criticism approaching the level of the head coach.
- Certainly, a few younger coaches can meet these requirements, BUT, in all candor, years of service to a program will influence the selection committee's choices (generally 15 or more years).
- Both the head coach and the nominee must be members of the MFCA.
- No more than one assistant from a high school program will be honored in a given year.
- The award will be limited to eight recipients in a given year.

# BUTCH NASH AWARD RECIPIENTS



*Will Wackman, Spring Lake Park*



*Patrick Rieder, Dilworth-Glyndon-Felton*



*Ralph Weber, Anoka*



*Mark Ritter, Eden Prairie*



*Rick Haley, Delano*



*Joel Baumgarten, Rocori*



*Michael Boomer, Cook County*



*Thomas Pink, Northome*

# Butch Nash Award Nomination Form

(Award for assistant football coaching at the high school level)

Candidates name in full \_\_\_\_\_  
First middle last

Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_ Home phone ( ) \_\_\_\_\_ Work phone ( ) \_\_\_\_\_

Birthdate \_\_\_\_\_ College attended \_\_\_\_\_ Year graduated \_\_\_\_\_

Candidate: Member MSHSCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No. Member MFCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No.

Head Coach: Member MSHSCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No. Member MFCA? \_\_\_\_\_ Yes; \_\_\_\_\_ No.

Head Coach e-mail \_\_\_\_\_ Home ph: \_\_\_\_\_ Work ph: \_\_\_\_\_

Class: 9M; A; 2A; 3A; 4A; 5A; 6A Conference \_\_\_\_\_ School \_\_\_\_\_  
(please circle)

School Address \_\_\_\_\_ City/Zip Code \_\_\_\_\_

Current football coaching assignment \_\_\_\_\_

Coaching background (Previous schools, years at the school, and any other significant information).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Total number of years as high school assistant football coach (minimum 15 years) \_\_\_\_\_

List other background information that would help the committee in their selection (previous championships, awards, etc).

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Submitted by: \_\_\_\_\_  
Head Football Coach

Return to: **Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441 or Fax 1-888-590-8819**

# Central Lakes Conference

## Rocori Spartans Take State 4A Championship

The Rocori Spartans take share of Central Lakes Conference and wins the State Class 4A title. The Spartans shared the CLC title with St. Cloud Tech Tigers and the Brainerd Warriors. All three teams finished the regular season with one conference loss. From top to bottom the Central Lakes was one of the top 4/5A conferences in the state.

Coach Mike Rowe led the Rocori Spartans to a 12-1 season, a share of the Central Lakes Championship, and to top it off the 4A Satate Championship. After dropping their first game of the season Rocori ran off 12 straight victories on their way to claiming the State 4A title, defeating Bemidji 17 -10 in the Championship game. The Spartans were led by a stout defense, allowing a mere 14 points per game. The defense was led by senior linebacker Evan Guggenberger, who led the team in tackles. The high flying spread offense scored 27 points per game, led by senior QB Nate Meyer and a host of top notch receivers. The Spartans had many skilled players on both offense and defense, but the players that made the Spartans go were the guys in the trenches.

The St. Cloud Tech Tigers had a bounce back season, winning a share of the conference title. Coach Gregg Martig's Tigers finished the season with a 4-1 conference record and 7-3 overall record, The Tigers defeated the Buffalo Bison in the opening round of the playoffs and then were defeated in the section semifinals by the Brainerd Warriors. The Tigers had a dominating running attack led by junior running back Jacob Peterson, who rushed for over 1,000 yards. One of the big guys up front opening the holes was senior offensive lineman Paul Kaczor.

The Brainerd Warriors had a new look during the 2011 season with many new starters at key positions, but the results were very similar to years past. Coach Ron Stolski's team tied for the conference title with Rocori and Tech finishing with a 5-1 conference record, 7-4 overall. The Warrior's once again made it to the Section Finals before falling to the Moorhead Spuds. The Warriors were led by two way starter, senior Jake Kassulker who led the team in tackles and was a leader on the offensive line. The offense averaged 24 points per game and the trigger man for the Warriors offense was senior QB Mitchell McLain.

Coach Richard Risbrudt led the Fergus Falls Otters back among the top teams in the CLC in 2011. The Otters finished the season with 3-2 conference record, 5-5 overall. The Otters won their opening round playoff game against St. Cloud Apollo and then lost in the section semifinals to Sartell. The regular season was highlighted with big wins over St. Cloud Apollo, Alexandria and a last minute thriller over Sartell. The offense averaged 24 points per game and was led by 1,000 rusher Hayden Zenner

### Conference Standings

|                     | Conference | Overall |
|---------------------|------------|---------|
| Rocori              | 5-1        | 12-1    |
| Brainerd            | 5-1        | 7-4     |
| St. Cloud Tech      | 4-1        | 7-3     |
| Fergus Falls        | 3-2        | 5-5     |
| Willmar             | 4-3        | 4-5     |
| Sartell-St. Stephen | 2-4        | 4-7     |
| Sauk Rapids-Rice    | 2-4        | 2-7     |
| Alexandria          | 1-4        | 4-6     |
| St. Cloud Apollo    | 0-6        | 0-9     |

(Sr) and three year starter Zech Rengel (QB, Sr). The defense was led by senior linebacker Harvey McMahon who the team with 88 tackles.

The Willmar Cardinals had an up and down season, finishing the season with a 4-3 conference record, 4-5 overall. The Cardinals lost in the section quarterfinals to the Waconia Wildcats 45-42. Coach Jon Konold's Cardinals had big wins over Alexandria to open the season and a 4th quarter thriller against Fergus Falls to end the regular season. The offense was led by dual threat junior quarterback Alex Grove who passed for 1500 yards and rushed for 700. Senior wide receiver Dean Stier led the Cardinals with 51 receptions for 776 yards. The defense was led by junior linebacker Zech Streed who led the team with 93 tackles and 2 defensive touchdowns.

The Sartell Sabres started the season slowly, but finished strong down the stretch. In Coach Jon Ross' final season as the head coach of the Sabres he led them to the Section finals before falling to the eventual state champs the Rocori Spartans. Sartell finished the season with a 2-4 conference record and 4-7 overall. Their record was not indicative of the Sabre's season. Three of their regular season losses were by a combined five points. The regular season was highlighted by big wins over Brainerd and Willmar and in the section playoffs against Little Falls and avenging a regular season loss to Fergus Falls. The Sabres were led by senior quarterback Blake Guggenberger who could hurt you with his arm as well as his legs.

The Sauk Rapids Storm finished the 2011 season with a 2-4 conference record and 2-7 overall. The season was highlighted by victories over their arch rival the Sartell Sabres and the St. Cloud Apollo Eagles. Coach Bill Magnuson's team struggled at times, but continued to play hard throughout the season. The Storm was led by All Conference fullback Tyler Hrubetz and offensive tackle Zach Judovsky. Look for the Storm to have a

bounce back season in 2012 with many keys starters returning.

The Alexandria Cardinals season was the tale of two seasons. The Cardinals started the season slowly, losing their first three contests. Coach Mike Empting made some offensive and defensive changes and the season turned for the Cardinals. The Cardinals won 3 out of the final 5 regular season games and their section quarterfinal game against Sauk Rapids before falling to the Rocori Spartans in the section semifinals. The

Cardinals finished the season with a 1-4 conference record and 4-6 overall.

The St. Cloud Apollo Eagles finished the 2011 season winless finishing with a 0-9 record. Coach Justin Skaalerud's Eagles continued to show improvement throughout the season. The Eagles were led by senior running back Nam Nyugen and senior linebacker Brandon Bloch. ■

## Classic Suburban Conference

2011 was another competitive year in the Classic Suburban Conference. Solid football was played every Friday and fans were treated to some great football. In the post season, St. Thomas Academy, Mahtomedi, South St. Paul, and Hill Murray all played for section championships with South St. Paul and Hill Murray both advancing to the state playoffs. In 2012, conference leaders will look to continue their success, while the rest of the pack will try to move up in the standings.

The Conference Champions St. Thomas Academy Cadets led by Dave Ziebarth took a perfect record all the way to the section final. With a solid defense and a balanced offense, the Cadets finished with a perfect 8 and 0 regular season record. The Cadet's perfect season came to an end at the hands of conference foe South St. Paul – the only team that they did not play during the regular season.

South St. Paul Packer Coach Chad Sexauer's ground game had another great season. Racing out to a 6-0 start, the Packers were firing on all cylinders. A 27-21 loss to Mahtomedi in week 7 stopped the chance for a second straight undefeated regular season. Three straight playoff wins including an overtime thriller over St. Thomas Academy, led the Packers into the state playoffs. A 34-14 loss to top rated Mankato West kept the South St. Paul out of the dome, but the season was definitely one to remember.

Newcomer Brooks Bollinger replaced long time Hill Murray

Coach Vince Conway, but definitely did not take his time making an impact in the conference. The Pioneers had a season to remember with a two big wins over Mahtomedi in a three week period and a trip to the state playoffs. A lopsided win over Fairbault took Hill Murray into a showdown with eventual state champ Rocori. However, a two point loss left Bollinger short of a truly magical season, it was a disappointing to a great season, but was definitely a great way to start a coaching career.

Coach Dave Muetzel and his Mahtomedi Zephyrs had another solid season. The Zephyrs finished the regular season at 5-3 with losses to St. Thomas, Hill Murray, and 5A state quarter finalist Totino Grace. A season highlight was a 27-20 win over then unbeaten South St. Paul

The conference had two first year coaches in Tim Murtha (Tartan) and Rex King (Simley).

Murtha and King as well as Eric Longtin (North St. Paul), Todd Olson (Richfield) and Co-Coaches Stan Eskierka and Tom Orth (Henry Sibley) rounded out the lower half of the conference. All five teams will look to improve on the 2011 standings.

End of the year honors went to Sam Sura, South St. Paul as Offensive Player of the Year and to Reid Bjorklund, also of South St. Paul as Defensive Player of the Year. Dave Ziebarth, St Thomas Academy, was honored as conference coach of the year. ■

## Granite Ridge Conference

The Granite Ridge Conference had a very exciting inaugural season in 2011. The conference was very competitive with many closely contested games each week. The conference was very balanced with every team having a chance to win on any given night.

Zimmerman claimed the Granite Ridge Conference championship with a 6 - 0 conference record. The Thunder used a big play offense and a stingy defense (13.5 PPG allowed) to capture the championship. Coach Tom Kish led the Thunder to

### Conference Standings

|                     | Conference | Overall | Coach          |
|---------------------|------------|---------|----------------|
| Zimmerman           | 6 - 0      | 9 - 2   | Tom Kish       |
| St. Cloud Cathedral | 5 - 1      | 6 - 3   | Dean Taylor    |
| Foley               | 4 - 2      | 7 - 3   | Larry Herm     |
| Mora                | 2 - 4      | 3 - 6   | Bryan Cook     |
| Milaca              | 2 - 4      | 2 - 7   | Randy Johnson  |
| Little Falls        | 2 - 4      | 2 - 7   | Aaron Sinclair |
| Princeton           | 0 - 6      | 0 - 9   | Roy Hanenburg  |

## CONFERENCE RECAPS

some exciting victories throughout the course of the season. The team finished the season with a 9 - 2 overall record losing to Annandale in a hard fought game in the section 6AAA championship.

The St. Cloud Cathedral Crusaders were the surprise team of the conference during 2011 season. Coach Dean Taylor orchestrated a breakout season and the Crusaders started the season 6 - 0 cracking the top ten of the AP state poll. Cathedral used a strong running game and ball hawking defense to finish 2nd in the conference. Cathedral finished their season 6 - 3 after having an incredibly difficult schedule to close out the season.

Coach Larry Herm led to Foley to a 4 - 2 conference record and a 3rd place finish. Foley used a multi-set offense to finish the season as the conference's top scoring offense at 32.8 PPG. The Falcon defense played tough throughout the course of the season and made opponent's work very hard to move the ball. Foley finished the season 7 -3, which included an exciting playoff win against Litchfield.

Mora's new coach Bryan Cook led the Mustang's to a 2 - 4 conference record. The record was not indicative of the play of the Mustang's as they endured very close losses to Becker, Zimmerman, and Little Falls. Mora finished the season with a 3 - 6 overall record. Coach Cook's team will make some noise in the Granite Ridge in 2012.

The Milaca Wolves also finished the season with a 2 - 4 conference record. Coach Randy Johnson's team came to play each week and nearly defeated both Zimmerman and St. Cloud Cathedral. The Wolves spread offense had the ability to put up points very fast and their hard-hitting defense proved a challenge to all teams they played. Milaca finished the season with a 2 -7 record and nearly pulled off an upset of section 7AAA #1 seed Greenway/Nashwauk-Keewatin in the opening round of the playoffs.

Coach Aaron Sinclair led the Little Falls Flyers to a 2 -4 conference record and 4th place conference finish. The Flyers played a difficult non-conference schedule that included

Detroit Lakes, Becker, and Sartell - St. Stephen. The Flyers had an exciting conference win over Mora during week 7. The team finished with a 2 -7 overall record, however, many of Little Falls top players return and the Flyers will be a force to be reckoned with in 2012.

The Princeton Tigers were a very young team and dealt with injuries to several key players throughout the course of the season. Coach Roy Hanenburg's Tigers finished the season winless, but played determined football each game. The Tigers



### Conference Awards

|                                  | Player             | Grade | Town                |
|----------------------------------|--------------------|-------|---------------------|
| Co - Conference MVPs             | Jake Antolak       | Sr.   | Zimmerman           |
|                                  | Taylor Lewandowski | Sr.   | Foley               |
| Quarterback of the Year          | Ethan Lunning      | Sr.   | Zimmerman           |
| Receiver of the Year             | Josh Wenzel        | Jr.   | Little Falls        |
| Running Back of the Year         | Waylon Bemboom     | Sr.   | St. Cloud Cathedral |
| Offensive Lineman of the Year    | Matt Valentine     | Sr.   | Little Falls        |
| Defensive Linemen of the Year    | Mitch Robinson     | Jr.   | Zimmerman           |
| Linebacker of the Year           | Jake Lambrecht     | Sr.   | Little Falls        |
| Secondary Player of the Year     | Bjorn Bjorklund    | Sr.   | St. Cloud Cathedral |
| Special Teams Player of the Year | Brandon Kiel       | Sr.   | Milaca              |

played many teams tough and the experience they gained this year will serve them well in the future.

Two programs with great history and tradition will be joining the Granite Ridge Conference starting in 2012. The current members are excited about the additions of Albany

and Becker to the conference. The 2012 season will also mark the final season Princeton is a member of the Granite Ridge, as they will be returning to the Mississippi 8 in 2013. ■

## Gopher Valley AA

Some changes are happening in the Gopher Valley AA conference for the upcoming year. Gone are MVL and USC, while adding Medford back into the AA half of the conference. For the 2013 year will also be changes where the AA and A will become a conference of 12 teams with 2 divisions. Each team will play 5 teams from their half, 2 from the other half and still have the first game open to play a rival not in the conference.

Last year Jon Bakken's WEM football team (11-1) continued their winning ways making to the state semifinal losing to MLWR in a hard fought battle. Brian Schoneck second place conference team of Maple River(7-3) made it to the section final losing to Blue Earth.

The middle of the pack in the conference was very close with 3 teams ending up with a 4-3 record. Dan Stork's team (5-

5) of NRHEG ended the season losing to WEM in the section semifinal. TJ Schmidtke's team at MCW(5-4) ended their season losing to Springfield in the section quarterfinals. Mike Schaffer's LCWM(4-5) team also lost in the section quarterfinal team to Mankato Loyola.

Jim Bubotz's MVL team ended the conference schedule with a 3-4 record but was able to make it to the section semi-final by beating Sleepy Eye in the section quarterfinal game. Brad Huse was not as lucky against the Sleepy Eye team losing to St. Mary's in the section quarterfinal.

Pat Hentges at GFW was the only team to win their last game by playing St. Paul Humbolt in a non-playoff game winning 34-14. ■

## Gopher Valley A Conference

The Gopher Valley A Conference had two state tournament teams this season in Lester Prairie Holy Trinity, and Blooming Prairie. Unfortunately they had to face each other in the quarterfinals. It was a thrilling game with Blooming Prairie winning by a point 35-34 stopping a two-point conversion late in the game.

The conference season was very exciting and competitive, evident by a three-way tie for the conference championship. Blooming Prairie, LeCenter, and Lester Prairie Holy Trinity each finished 5-1.

Blooming Prairie was led by an impressive group of seniors, none more so than Gopher Valley Conference Player of the Year Gabe Kartes. Kartes led the conference in receptions, yards receiving, and TD receptions. He was also named to the All State Second Team as a wide receiver. Also leading the Blossom team was Luc Zellmer (who set the state record for career TD passes at 102), and led the conference in passing yards. The Blossoms lone loss in the conference came to Le Center in the fourth game of the season by a score of 35-40. This was Blooming Prairie's 7th consecutive conference title. Blooming Prairie went on to win the Section 1A crown and loss to eventual state champion Dawson Boyd in the State Semi-finals.

Lester Prairie Holy Trinity returned to the Gopher Valley after

### Conference Standings

|                             | Conference | Overall |
|-----------------------------|------------|---------|
| Blooming Prairie            | 5-1        | 11-2    |
| Lester Prairie Holy Trinity | 5-1        | 9-2     |
| Le Center                   | 5-1        | 7-3     |
| Faribault BA                | 3-3        | 3-6     |
| Mankato Loyola              | 2-4        | 3-6     |
| Medford                     | 1-5        | 2-6     |
| Randolph                    | 0-6        | 0-9     |

a three-year hiatus to show they were back to compete. They weren't really challenged all season in the conference other than their lone loss to Blooming Prairie the third game of the season. The Bulldogs were led by the second leading rusher in the conference Sam Scoblic and Garrett Schultz the leader on their defense. Lester Prairie had a very young team that kept improving as the season went along and ended up winning the Section 4A tournament. In the state tournament the Bulldogs lost their quarterfinal game in a rematch to Blooming Prairie.

LeCenter finished their final season in the conference at 5-1 as well. Next year LeCenter will be combined with Montgomery-

Lonsdale to create a new school district, Tri City United, and they will compete in the Minnesota River Conference. LeCenter had a nice mix of senior leaders and some speedy sophomore players to make them extremely competitive and they should be fun to watch for the next couple of seasons. Some of their senior leaders were, Gopher Valley Conference Linemen of the Year Nick Chadderdon, and Austin Buss who led the conference in yards per carry, and was the third leading rusher. Le Center's lone loss in the conference was to Lester Prairie Holy Trinity in the last game of the season by a score of 12-33. Le Center went on to win their first game of the section tournament before losing to Kimball Area in the semifinals. The Gopher Valley Conference will miss the Wildcats. Ken Helland coached teams always came with a tenacious defense and a very physical running game. Ken Helland went out on top as he was named Conference Coach of the year.

Faribault Bethlehem Academy was very competitive throughout the season and finished 3-3. They were in every game at half time, but the young Cardinal team found it hard to win in the second half of games. They were lead by junior RB Matt Siegfried who led the conference in rushing yards. Faribault BA lost their quarterfinal game in the section tournament to a very good Southland team. Scott Hanson does have a lot to be excited about in the upcoming season with a very large number of starters returning on the offensive and defensive sides of the ball.

Next came a young Mankato Loyola team that finished 2-4. They were led by senior All Conference player Luke Hermer

who was the Crusaders leading tackler and one of their leading running backs, also playing a big part was sophomore defensive back Carson Seifert who led the conference in interceptions. Their youth made it difficult to stay consistent and compete every week, but they kept improving and won a section game before losing to eventual section champion Sleepy Eye St. Mary's.

Medford fought the injury bug all season long, making it difficult for them to get any consistency from one game to the next as they finished 1-5. Curt Maas was an inspirational leader for the Tigers as he led the conference in tackles even though he played with a broken hand for much of the season. It would have been interesting to see what kind of season Medford could have had if they had all their players all season long. Medford will be leaving the Gopher Valley A to move up next season to play in the AA side of the conference.

Randolph finished the season winless in conference play but under the direction of Coach Chris Stanton the Rockets always played determined football throughout the entire season. The Rockets were led by senior RB Cole Tix. Randolph will be leaving the conference to play in the Southern Minnesota Confederacy next year.

It will be an interesting 2012 season in the Gopher Valley A conference. With three teams leaving to join other conferences and two new teams, United South Central and Minnesota Valley Lutheran joining the conference from the AA side of the Gopher Valley should make for a very competitive 2012 season. ■

## The Great Polar Football Alliance

~ Cook County Vikings - Red Division Champion ~

~ Moose Lake-Willow River Rebels - White Division Champion ~

~ Braham Bombers - Blue Division Champion ~

In 2011, the Great Polar Football Conference consisted of 18 teams that fell into one of three divisions according to size. The Great Polar Alliance Conference had two state tournament teams this season. In Class AA, Moose Lake Willow-River finished as the state runner-up finishing their season with an outstanding record of 13-1. The Rebels were crowned the Section 7AA champion for the sixth consecutive season. In Class A, Braham won a tough battle in the Section 7A title game against Deer River to advance to the state tournament.

### The Red Division:

Cook County's season was highlighted by a thrilling 26-20 overtime win at home against the Ogilvie Lions to clinch the program's 12th conference championship. The Vikings were

### Conference Standings - Red Division

|              | Conference | Overall |
|--------------|------------|---------|
| Cook County  | 6-0        | 7-2     |
| Ogilvie      | 5-1        | 8-2     |
| Barnum       | 4-2        | 5-3     |
| Ely          | 3-3        | 4-4     |
| Mesabi East  | 1-5        | 2-6     |
| Chisholm     | 1-5        | 1-7     |
| East Central | 1-5        | 1-7     |

led by senior captains Bradley VanDoren and Mike Sjorgren. Offensive MVP Dylan Quaife led the team in rushing and

touchdowns and was a threat every time he touched the ball for the Vikings.

The Ogilvie Lions finished the season with a record of 8-2. The Lions' season came to an end in a second round playoff loss to section winner Braham. Ogilvie was led by Defensive Conference MVP Hunter Welinski and all-conference standout Doug Welch.

The Barnum Bombers finished up a great season in 2011, going 5-3 and finishing third in the conference behind Cook County and Ogilvie. The Bombers picked up wins against Rush City, East Central, Mesabi East, Chisholm and Ely. This year's Bomber team was led by an outstanding group of 14 seniors. Two of those seniors, Robert Minkkinen and Samuel Kovanen were selected to the All Conference first team. Three of those seniors, Wyatt Finifrock, Lewis Eggen and Jake Blumer were selected as All Conference Honorable Mentions. The Bombers were led on offense by leading rusher Daniel Warpula, who finished with 915 yards and 10 touchdowns, and was also selected to the GPFA All Conference first team. On defense the team was led by junior linebacker Sam Anderson, also a selection to the GPFA All Conference first team, finishing the season with a team high 70 tackles.

Ely finished the season with a 5-4 record and had their first winning season since 2007. The Timberwolves achieved their season goal of hosting a first round playoff game when they faced the Mt. Iron – Buhl Rangers. Despite the playoff loss, the 9-Man Timberwolves were very competitive in their final season with the Great Polar Football Alliance.

The Mesabi East Giants ended up with a 2-6 record for the season. They picked up 38-12 victory over the Eveleth Golden Bears to begin the season and their other win came against Chisholm, where they shutout the Bluestreaks 14-0. The team was lead by seniors Garrett Larson and Mike Peterson. Larson rushed for 784 yards and 8 TDs on offense and was second in the team with 70 tackles on defense. Mike Peterson led the team with 104 tackles on defense.

The 9-Man Chisholm Bluestreaks finished the season with a 1-7 record. Chisholm was led by Jeremy Argir who rushed for 634 yards and scored six touchdowns.

East Central started the year under first year head coach Darrin Kvam. They had some major rebuilding to do after losing a talented group of seniors the season before. The team finished 1-7 and lost in the playoffs to Deer River. Senior quarterback Corey Sura, running back Bart Johnson, linebacker Cody Olsen, and Junior Steven Gunderson were all selected to the All-Conference team.

## The White Division:

The Moose Lake/Willow River Rebel Football team had another outstanding season finishing 4-0 in the Conference and capturing its fifth straight Conference Championship and sixth straight Section 7AA Championship. The Rebels finished the season as the Class AA State Runner up losing to Caledonia in the Prep Bowl. The Rebels offensive backfield was very

## Conference Standings - White Division

|                         | Conference | Overall |
|-------------------------|------------|---------|
| Moose Lake-Willow River | 4-0        | 13-1    |
| Deer River              | 3-1        | 9-2     |
| Esko                    | 2-2        | 4-5     |
| Two Harbors             | 2-3        | 4-6     |
| Duluth Marshall         | 0-5        | 0-9     |

## Conference Standings - Blue Division

|                    | Conference | Overall |
|--------------------|------------|---------|
| Braham             | 5-0        | 9-2     |
| Pine City          | 4-1        | 7-2     |
| Hinckley-Finlayson | 3-2        | 6-4     |
| Crosby – Ironton   | 2-3        | 4-6     |
| Aitkin             | 1-4        | 2-7     |
| Rush City          | 0-5        | 0-9     |

explosive featuring senior fullback Josh Cisar who rushed for over 1100 yards on the season. Senior wingback Chris Gassert also rushed for his second consecutive 1400 yard season, and junior wingback Jake Disterhaupt rushed for over 2200 yards. Moose Lake/Willow River is looking forward to another successful season in 2012.

The Deer River Warriors had a successful 2011 campaign posting a 9-2 record. The season started with a win at rival Greenway-Nashwauk and continued with five straight wins to start the season. The week six match up against Moose Lake was an exciting game against the defending conference champions which produced the Warriors only conference loss of the season. The Warriors finished off the regular season with a 7-1 regular season record. The Warriors season came to an end in the Section 7A championship game against the Braham Bombers to bring their overall record to 9-2. The Warriors were led by third year starters and captains Damon Benham, Nick Schimek, and Jack Carter. This trio made up an impressive backfield combination that accounted for over 2200 yards rushing and 1000 yards passing/receiving in their final season.

The 2011 Esko Eskomos football team began the season ready to attain high team goals. Their four victories were against Cook County, Rush City, Two Harbors, and Duluth Marshall. Unfortunately, the Eskomos ran into opponents that were rated very high in the state football rankings. Losses came to Braham, Deer River, Holy Family Catholic, and Moose Lake/Willow River, all with State rankings in the top two of their respective classes. The Eskomos were led by play-making all-conference standout quarterback Max Reinertson.

The Two Harbors Agates experienced a "roller coaster" season as they began the year 2-1, but then went on to lose their next four games against some very strong opponents.

The Agates closed out the regular season with a victory that enabled them to host Eveleth-Gilbert at home in the playoffs. After beating the Golden Bears, the Agates upset the Hinckley-Finlayson Jaguars in the section semifinals before squaring off against the Moose Lake/Willow River Rebels for a trip to the state tournament on the line. The Agates came up short in the section championship finishing their season with a 4-6 record. Cole Myrdal led the Agates with over 1,200 yards rushing for the season.

The 2011 football season was a difficult year for the Marshall School. They lost five games by less than six points each and ended the season 0-8. Although they will lose several key offensive linemen, there appears to be a good nucleus of offensive threats for next season.

The Blue Division:

The Braham Bombers finished the year with a 9-2 overall record and a 5-0 conference record while grasping the Great Polar Football Alliance – Blue Division Conference Championship and also winning the Section 7A Championship. Their Section 7A Championship meant a return to the state tournament for the first time since 2004. Braham ended up losing to the eventual Class A runner-up Mahanomen Indians. Braham was led by All-Conference players Tyler Vaughan, Cory Ambrose, Cameron Braund, Nick Hammond, Kevin Strelow, Shaun Hollenkamp and All-Conference Honorable Mentions Nick Mattson, Bryce Lanhart and Alex Sutton. Tyler Vaughan was also selected as the Conference Offensive MVP; to Academic All-State team; and was a finalist for the 2011 Mr. Football in the state of Minnesota.

The Pine City Dragons finished the 2011 season with a record of 7-2. The Dragons only regular season loss came at the hands of the Braham Bombers. The Dragons lost to Cloquet in the first round of the playoffs in a very close matchup.

Leading the offense for the Dragons was Josh Monson and Nick Cummings, each recording over 800 yards and combining for 21 total touchdowns. David Lange led the defense for the Dragons with 137 total tackles on the season, 80 of which were solo. Lange earned the Conference Defensive MVP award for his outstanding play.

The Hinckley/Finlayson Jaguars finished the season with a 6-4 record. Three out of their four losses were by six points or less. The Jaguars graduated their top offensive threat in senior David Scott. He led the team in most offensive categories and was selected all-conference. The Jaguars were also led by junior quarterback Ben Grimm, junior running back Dylan Libra, and junior all-conference linemen Josh Bloom and Ryan Nelson.

The Crosby-Ironton Rangers finished their season with an overall record of 4-6. The young but talented Rangers were led by Zach Olander who rushed for 682 yards on 153 carries, scoring nine touchdowns. Dylan Wasserzieher added 576 yards on the ground and was the team’s leading defensive player with 84 tackles from his linebacker position. All-conference selections for the Rangers were Zach Olander, Joe Herda, Dylan Wasserzieher, Daniel Hudrlik, Brady Tesdahl, Matt Lambert, and Jarek Martineau.

The Aitkin Gobblers football squad was a young team with only three seniors. At the young age of 72, new head coach Gordon Forsberg helped a young and injury-plagued team remain competitive throughout the season. The Gobblers finished the season with a 2-7 record.

The Rush City Tigers were challenged with an injury plagued season in 2011. However, success cannot solely be defined in the Win/Loss column. The 2011 Tiger football team can be proud of their efforts and lessons learned. The Tigers were led by All Conference award winners Johnathan Mielke, Alex Scheffer, Mitch Mallinger, and Brandon Koehnle.■

Heart O Lakes Conference

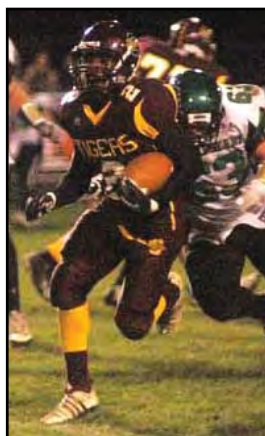
Perham defeated Detroit Lakes 35-28 in week 7 to take a lead with one week remaining in the regular season. Perham defeated East Grand Forks 35-28 in week 8 to clinch Heart O Lakes North Conference championship. Head Coach Mike Jordahl of Perham was named HOL North Conference Coach of the Year and Junior QB Jordan Hein was named conference MVP.

- Other Awards:
- MVP Offensive Lineman- Dave Erickson, TRF
- MVP Defensive Lineman- Jesse Hein, Perham
- MVP Offensive Receiver- Rick Hutchinson, Detroit Lakes
- MVP Defensive Back- Jacob Mattison, TRF
- MVP Offensive Back- Logan Lange, Pequot Lakes ■

| Conference Standings - Northern Division |            |         |
|------------------------------------------|------------|---------|
|                                          | Conference | Overall |
| Perham                                   | 5-1        | 5-3     |
| Detroit Lakes                            | 4-2        | 6-2     |
| Pequot Lakes                             | 4-2        | 5-3     |
| Thief River Falls                        | 4-2        | 5-3     |
| East Grand Forks                         | 2-4        | 3-5     |
| Park Rapids                              | 2-5        | 2-6     |
| Crookston                                | 0-6        | 1-7     |

# Hiawatha Valley Blue

The HVL Blue was as balanced as a conference could be with many close games. Leading the way was Rochester Lourdes, who defended their HVL Blue Conference again, with another solid season. They were followed closely by young Kasson-Mantorville and Byron teams. Stewartville, who beat Lourdes and had a good playoff run making it to the Section Championship; and Cannon Fall, who beat Kasson, both played strong all season long led by solid seniors. LaCrescent had an injury riddled year that hurt a promising season and Pine Island struggled moving over to the Blue Conference. From the looks of things, 2012 should provide



## Conference Standings

|                    | Conference | Overall |
|--------------------|------------|---------|
| Rochester Lourdes  | 5-1        | 8-2     |
| Kasson-Mantorville | 4-2        | 7-3     |
| Byron              | 4-2        | 6-3     |
| Stewartville       | 3-3        | 7-4     |
| Cannon Falls       | 3-3        | 4-5     |
| LaCrescent         | 2-4        | 3-6     |
| Pine Island        | 0-6        | 0-9     |

another balanced season for the HVL Blue, which will be its last season as a conference as SE Minnesota football will restructure for the 2013 season. ■

# Hiawatha Valley Gold

The HVL Gold delivered some surprises and plenty of balance. Lake City, first year in the HVL Gold, had a break-through season to win the HVL Gold Conference Championship. Right on their heels were Zumbrota-Mazeppa, who took runner up in the HVL Gold and who lost for a third time in the Section Finals to Caledonia. Always powerful Goodhue and Triton had down seasons for them, but Kenyon-Wanamingo surprised some by beating Triton, worked to have a respectable conference record. Winona Cotter and Hayfield both put up points but not a lot of wins. They both look to improve next fall. From the looks of things, 2012 should provide another balanced season for the HVL Gold, which will be its last season as a conference as SE Minnesota football will restructure for the 2013 season. ■

## Conference Standings

|                  | Conference | Overall |
|------------------|------------|---------|
| Lake City        | 6-0        | 6-3     |
| Zumbrota-Mazeppa | 4-2        | 6-5     |
| Goodhue          | 4-2        | 6-4     |
| Kenyon-Wanamingo | 3-3        | 3-6     |
| Triton           | 3-3        | 5-5     |
| Cotter           | 2-4        | 2-6     |
| Hayfield         | 0-6        | 0-9     |

# Little Sioux Conference

The 11 team Little Sioux Conference (LSC) ended the 2011 season with another state champion and two teams in the state tournament. Dawson-Boyd ended its season with a perfect 14-0 record and the state class A championship. Adrian tied with Minneota for the conference runner-up and also qualified for the state tournament by winning section 3A. ■

## Individual Conference Awards

|                   |                             |
|-------------------|-----------------------------|
| "D" Lineman       | Jake Diekmann – Adrian      |
| "O" Lineman       | Josh VanOverbeke – Minneota |
| "D" Back          | Adam Josephson – Minneota   |
| "O" Back          | Esten Weber – Dawson-Boyd   |
| Coach of the Year | Cory Larson – Dawson-Boyd   |



## Conference Standings

|                     | Conference | Overall | Coach             |
|---------------------|------------|---------|-------------------|
| Dawson-Boyd         | 7-0        | 14-0    | Cory Larson       |
| Adrian              | 7-1        | 10-2    | Randy Strand      |
| Minneota/Lincoln HI | 6-1        | 8-3     | Chad Johnston     |
| MACCRAY             | 5-2        | 7-3     | Mike Dammann      |
| MCC                 | 4-4        | 4-5     | Chris Davis       |
| RTR                 | 3-4        | 3-5     | Brian Boomgaarden |
| Canby               | 3-5        | 3-6     | Nick Kockelman    |
| TMB                 | 2-5        | 2-7     | Derek Flann       |
| Fulda               | 2-6        | 3-7     | Mike Pagel        |
| RCW                 | 1-6        | 1-8     | Ryan Hebrink      |
| Lakeview            | 0-7        | 0-8     | John Sterner      |

# Minnesota River Conference 2011

The 2011 MRC season was dominated by Norwood Young America. The Raiders literally ran through the regular season competition until being upset by the Sibley East Wolverines in the regular season finale after NYA had wrapped up the MRC title. The rest of the conference teams were relatively well balanced, as there were numerous close games throughout the season amongst the other MRC teams.

The post season saw only two MRC teams advance to their respective section title games. Norwood Young America and LeSueur-Henderson each played for their section championship but failed to advance to the state tournament.

Post season MRC awards found NYA with a solid representation. Paul Henn was selected as the conference coach of the year. Three Raider players also garnered spots on the MRC MVP list. NYA RB Allen Van Dien was the Most Valuable Offensive Back, NYA lineman Adam Neubarth was selected as the Most Valuable Defensive Lineman, and NYA lineman Dan Stuewe was named as the Most Valuable Offensive Lineman. Belle Plaine LB Shane Popler was selected as the Most Valuable Defensive Back and Mayer Lutheran Punter Chad Aneson was named as the Most Valuable Special Teams player.

One upcoming change for the MRC is the school district merger of Montgomery-Lonsdale and LeCenter high schools.

## Conference Standings

|                       | Conference | Overall | Coach          |
|-----------------------|------------|---------|----------------|
| Norwood-Young America | 6-1        | 9-2     | Paul Henn      |
| LeSueur-Henderson     | 5-2        | 8-3     | Terry Turek    |
| Belle Plaine          | 5-2        | 7-3     | Justin Johnson |
| Mayer Lutheran        | 4-3        | 6-4     | Dean Aurich    |
| Sibley East           | 3-4        | 5-5     | Chuck Hartman  |
| Watertown-Mayer       | 3-4        | 3-6     | Craig Johnson  |
| Montgomery-Lonsdale   | 2-5        | 2-7     | Tim Klingbeil  |
| Jordan                | 0-7        | 0-9     | Craig Albers   |

This merger will create the new district of Tri City United, who will participate in the MRC as the Titans beginning in 2012. ■

# Mississippi 8 Conference

The 2011 football season was another outstanding year for the Mississippi 8 Conference. The Mississippi 8 consisting of Becker, Big Lake, Buffalo, Cambridge-Isanti, Elk River, Monticello, Rogers, and St. Michael/Albertville matured into its seventh season.

Rogers, led by Marc Franz, won the conference championship. The Royals continued their championship run by earning the Section 5AAAA championship. Coach Franz used an efficient offense and an attacking defense as the formula for success. Congratulations go out to the entire Rogers football program on their trip to the state tournament.

Coaches Steve Hamilton of Elk River and Jared Essler of STMA relied on ground control offenses to propel them into a share of the runner-up position.

Coach Jason Telecky of Monticello used a powerful run game to finish with a 4-3 record in the conference. Coach Dwight Lundeen of Becker relied on an efficient passing game to finish 3-3 in the conference.

Coach Gerald Rohl of Buffalo, Coach Dan Johnson of Big Lake and Coach Mike Hennen of Cambridge-Isanti all finished with 5

losses in the conference. These teams look to rebound as they head into the 2012 season.

As we welcomed 3 new head coaches into the conference, Mike Hennen (Cambridge-Isanti), Jared Essler (STMA) and Steve Hamilton (Elk River), the MFCA inducted a M8 Legend Coach Earl Bauman into the Hall of Fame. Congrats to Coach Bauman on this honor.

The Mississippi 8 Conference is going to have a new look for the 2012 football season, as Duluth East and Duluth Denfeld are both added to the conference for football only. Becker and Elk River are leaving the M8 as Becker adds to the Granite Ridge and Elk River heads back to the Northwest Suburban. We would like to wish them both the best of luck in their new homes. There are more changes in store for the 2013 football season as North Branch, Chisago Lakes, St. Francis and Princeton are all joining the M8 pushing its members for football up to 12 teams. ■

## Missota Conference 2011

The Shakopee Sabers won their 2nd straight Missota Conference crown behind the strong play of Mr. Football nominee Nicholas McBeain. Coach Jody Stone's Sabers are 14-0 in the Missota the last two years. The best matchup of the season in the Missota this year may have been the Shakopee vs Chanhassen matchup. Only three points separated the them in the two contests between them.

Coach Ray Betton's Academy of Holy Angels had a great year. The Stars defense gave up only one touchdown or less in seven of their games this season. A key victory for the Stars was an exciting 35-33 win over Chanhassen in week four.

One of the stories of the year in the Missota was the resurgence of the Red Wing program under Coach Matt Schultz. The Wingers strung together three big conference wins in the middle of the season and then made a run in the playoffs, beating Northfield 27-24 to reach the section finals. In the section finals, the Wingers ran out of time in an exciting game with Faribault.

The Chanhassen Storm jumped to the upper half of the Missota guided by Coach Bill Rosburg and led by Mr. Football

### Conference Standings

|             | Conference | Overall |
|-------------|------------|---------|
| Shakopee    | 7-0        | 8-1     |
| Holy Angels | 6-1        | 8-2     |
| Red Wing    | 4-3        | 7-3     |
| Chanhassen  | 4-3        | 5-5     |
| Farmington  | 3-4        | 3-6     |
| New Prague  | 2-5        | 3-7     |
| Northfield  | 1-6        | 3-7     |
| Chaska      | 1-6        | 1-8     |

Nominee Maverick Edmunds. The Storm lost their first three Missota games, each by three points or less. Then they reeled off five straight wins including knocking conference champions Shakopee out of the playoffs in round one.

The Farmington Tigers battled each week in the Missota and had an up and down year. Coach Mark Froehling's squad's best victory was a 17-14 win over Chanhassen in week 3.

New Prague, led by Coach Jim Benick, played their best football near the end of the season, stringing back to back victories over Farmington and then Winona in the first round of the section tournament.

Northfield, coached by Bubba Sullivan, struggled in the Missota this year. The young Raiders best game of the year was a week three victory over New Prague

Coach Lambert Brown's Chaska Hawks highlight this year was a week two victory over Northfield .

2011 marked the first year since 1986 that the Missota did not qualify at least one team for the state tournament. In that 24 year run, the Missota has boasted 4 State Champions, 8 Runners-Up, and 39 Qualifiers. Though this year marked the end of that run, the Missota Conference teams still competed at an extremely high level throughout the season.■

# North Pheasant Conference

The North Conference consists of seven teams. This was the first year in the conference for Parkers Prairie. It was a exciting season as the teams battled every week. The conference title ended up being decided in the fifth week with an Underwood, Eagle Valley match up. The Rebels defeated the Rockets in a close game 32-28. Eagle Valley would go on to finish the regular season as conference champions with a 6-0 record (8-0 overall). The Rebels lost the Section 4 championship game to Wheaton to end their season with a 10-1 record. Wheaton ended their season at the Metrodome in the championship game losing 36-28. Underwood ended their season at 7-3 in the Section 6 semifinals with a loss to Ada-Borup. Hillcrest Lutheran finished 3rd with a 5-3 record followed by Ashby, Verndale, Bertha-Hewitt, and Parkers Prairie.

At the conference meeting, the Pheasant North selected 20 all conference and 14 honorable-mention players to the 2011 All Conference team.

Eagle Valley's All Conference players were: seniors Tyler Oftedahl (QB, DE), Jacob Schauer (HB, LB), Blake Borst (C, LB), John Wood (G, LB), and Jerod Nelson (TE, LB). Chosen for the Honorable Mention team were: seniors Tate Benning (WR, S), Cody Kent (G, NG), Taylor Bailey (WO, S), and Tyson Eckel (TE, DE).

Underwood's All Conference picks included : senior Kyle Jensen (RB, LB), juniors Steffan Stroh (OL, DL), Tony Onstad (OL, DL), Noah Rocholl (QB, DB), and sophomore A.J. Montgomery (FB, LB). Honorable Mention was Isaac Holmquist (G, DT).

Hillcrest Lutheran Academy's All Conference players were: seniors Matt Fox (DL, FB), Jason Fox (C, LB), Mark Undseth (WR, DB). Honorable Mention were senior Gene Twedt (WR, CB) and junior Theo Taylor (RB, LB).

## Conference Standings

|                    | Conference | Overall | Head Coach    |
|--------------------|------------|---------|---------------|
| Eagle Valley       | 6-0        | 8-0     | John Sieling  |
| Underwood          | 5-1        | 6-2     | Chuck Ross    |
| Hillcrest Lutheran | 4-2        | 5-3     | Charlie Brue  |
| Ashby              | 3-3        | 5-3     | Andy Campbell |
| Verndale           | 1-5        | 3-5     | Mike Mahlen   |
| Bertha-Hewitt      | 1-5        | 2-6     | Rick Harig    |
| Parkers Prairie    | 1-5        | 1-7     | Dan Johnson   |

Ashby's All Conference players included: senior Jon Quernemoen (RB, DB), sophomore Blake Ohren (QB, LB), and freshman (Hunter Fick (RB, LB). Honorable Mention was junior Tanner Langlie (TE, LB).

Bertha-Hewitt had senior Matt Frethem (RB, LB) for All Conference, with senior Skylar Voge (RB, DB) and junior Micahel Grewe (RB, LB) as Honorable Mention.

Verndale's All Conference players were: seniors Colton Moyer (FB, LB) and Kory Stave (TE, DT). Honorable Mention players were: senior Travis Lollar (C, DE), junior Dallas Ehrmantraut (WR, DB), and sophomore Andy Bounds (RB, LB).

Parker Prairie had junior Tyler Schlosser (RB, LB) for All Conference, and senior Wyatt Samuelson (RB, CB) as Honorable Mention.

Jacob Schauer of the Eagle Valley Rebels was selected as the Most Valuable Back, and Blake Borst also of Eagle Valley was chosen as the Most Valuable Lineman. John Sieling of Eagle Valley was the North Pheasant Conference Coach of the Year.

2012 looks to be another great year for the North Pheasant Conference. Many teams will return experienced players to make next year a competitive season.■

# North Star Conference

## North Star West Standings

|                    | Conference | Overall |
|--------------------|------------|---------|
| Mahnomen           | 6-0        | 8-0     |
| Fertile -Beltrami  | 4-2        | 6-2     |
| Lake Park- Audubon | 4-2        | 6-2     |
| W-A-O              | 3-3        | 5-3     |
| Frazee             | 3-3        | 4-4     |
| RLCC               | 1-5        | 3-5     |
| Fosston            | 0-6        | 0-8     |

## North Star East Standings

|                   | Conference | Overall |
|-------------------|------------|---------|
| Pillager          | 6-0        | 6-2     |
| Bagley            | 5-1        | 7-1     |
| Pine River-Backus | 4-2        | 5-3     |
| Cass Lake         | 3-3        | 3-5     |
| Lake of the Woods | 2-4        | 2-6     |
| W-H-A             | 1-5        | 1-7     |
| Blackduck         | 0-6        | 0-8     |

## North Star Conference West Division Awards

Jerry Sonnek Most Valuable Offensive Lineman  
Darrel Naugle Most Valuable Defensive Lineman  
L.E. Dreschel Offensive Player of the Year  
North Star Defensive Player of the Year  
Rohn Stark Most Valuable Special Teams Player  
Phil Beving Coach of the Year

Brandon Swanson (Fertile-Beltrami)  
Jake Hedstrom (Mahnomen)  
Zach Riopelle (W-A-O)  
Mahnomen Indians  
Josh Erickson (Fertile-Beltrami)  
John Clark Jr. (Mahnomen)

## North Star Conference East Division Awards

Jerry Sonnek Most Valuable Offensive Lineman  
Darrel Naugle Most Valuable Defensive Lineman  
L.E. Dreschel Offensive Player of the Year  
North Star Defensive Player of the Year  
Rohn Stark Most Valuable Special Teams Player  
Phil Beving Coach of the Year

Jacob Powell (Bagley)  
Justin Washington (Cass Lake)  
Nathan Holm (Pine River-Backus)  
Kris Skersick (Bagley)  
Kris Skersick (Bagley)  
Lowell Searcy (Pillager)

# North Suburban Conference

The 2011 football season in the North Suburban conference was once again highly competitive and exciting. The conference championship came down to the last week of the season and ended with both Spring Lake Park and St. Francis sharing the conference title. Coach Chris Lindquist of St. Francis used a workhorse back, Conference MVP Jake Engnell, to bring St. Francis its first conference championship since 1981. Coach Jeff Schlieff's Spring Lake Park Panthers relied on a defense that led the metro in scoring average and a ball control offense to win the conference for a second consecutive year.

In third place was Irondale led by Ben Geisler. The Knights were a young team that used a high scoring offense to lead them to successful season. Chisago Lakes with a 4-3 record finished fourth in the conference The Wildcats coached by Bill Weiss were physical and used an option attack to secure their victories.

After the top four teams, the conference became very bunched up. It seemed like every game was up for grabs and many of the games came down to the final minutes. Four teams tied for fifth with identical records of 3-4. Benilde St. Margaret's (Jon Hanks and Pat Krieger), Cooper (Willie Howard), and St. Louis Park (Vince Varpness). All of these programs featured impressive athletes that capitalized on big plays as a method for success.

Nick Nitti of North Branch, Adam Fisher of Fridley, and Matt Townsend of Columbia Heights had a challenging 2011 football seasons. These three teams did not have a lot of success in the win column, but always brought a solid effort to every game they competed in.

Totino-Grace, led by Jeff Ferguson, opted out of the conference race so they could play two non-conference games. The Eagles had another impressive season ended up in the dome in the 5A state semi-finals. Also, represented the North Suburban Conference in the state playoffs was Spring Lake Park. They made the 4A State Quarter finals before losing a hard fought battle to eventual state runner-up Bemidji.

The 2011 season also featured some outstanding individual performances in the North Suburban Conference. Engnell was named

## Conference Standings

|                        | Conference | Overall |
|------------------------|------------|---------|
| Spring Lake Park       | 6-1        | 9-2     |
| St. Francis            | 6-1        | 8-2     |
| Irondale               | 5-2        | 5-4     |
| Chisago Lakes Area     | 4-3        | 5-5     |
| Benilde-St. Margaret's | 3-4        | 5-5     |
| Robbinsdale Cooper     | 3-4        | 4-5     |
| St. Louis Park         | 3-4        | 3-6     |
| Fridley                | 1-6        | 2-8     |
| North Branch           | 1-6        | 1-8     |
| Columbia Heights       | 0-7        | 0-9     |
| Totino-Grace           | 6-0        | 11-2    |



Offensive Player of the Year Billy Kellogg of Cooper





*NSC MVP Jake Engnell of St. Francis*



the Most Valuable Player. The Offensive player of the year was award to Cooper's running back Billy Kellogg and Spring Lake Park's Daulton Olinger won the Defensive player of the year in the NSC. The Linemen-of-the-year were C Richie Donovan of Totino-Grace and DE Dequan

Mosley of Spring Lake Park. The Special Teams Player of the Year went to Bryant Lymburn of Spring Lake Park. Jeff Schlieff of Spring Lake Park and Chris Lindquist were named the Conference Coaches of the Year.

■

## Northern Plains Conference

After four years of play, the Northern Plains Football Conference based on a big school/small school alignment was disbanded with Hawley moving to the Heart-O-Lakes Conference, and Barnesville joining the Prairie North. The remaining teams in the conference chose to reform the North Star Conference and welcomed the southernmost conference team, the Pillager Huskies. The 14 team North Star conference was divided into East and West divisions with two crossover games used to fill out schedules.

On the east end of the conference the title was essentially decided in a mid-September stint between Bagley and Pillager. In a back and forth contest the Huskies outlasted the Flyers for a hard fought 38-24 victory. Both teams would go undefeated on their side of the conference the rest of the way, giving Pillager the 1st conference title in the North Star East.

Led by the rushing of Avery Fairbanks (1,466 yds.) and a

smothering defense, Mahnommen bulldozed its way through the west side of the conference shutting out three opponents while averaging nearly 45 points per game. The juggernaut kept rolling through the playoffs, advancing to the state finals before falling just short of another title in a loss to Dawson-Boyd. Fertile-Beltrami and Lake Park Audubon posted identical 4-2 conference and 6-2 overall records to round out the top side of North Star West. Representing the North Star Conference in the Minnesota State High School All-Star Game from Warren-Alvarado-Oslo will be Zach Riopelle, outstanding running back/linebacker who will be playing at NDSU this fall. ■

# Northwest Suburban Conference

2011 was another great year in the NWSC. With a record of 7-0, Anoka was NWSC Champions. Congratulations to Jeff Buerkle and his staff for an awesome season. Congratulations should also go out to Osseo for finishing in second place with the conference record of 7-1, and Blaine for finishing in third place with the conference record of 5-2. The league was very competitive again this season.

Again this year the conference was very balanced in its power. On any given night, any team could knock off any team. The NWSC has proven year in and year out to be one of Minnesota's toughest conferences. Each team respects their opponent and knows the outcome of the game will come down to the wire. This makes for an exciting game every week. We are all proud to be part of an exciting league and we can't wait for the challenges that 2012 will bring.

Congratulations to Anoka for representing the Northwest Suburban Conference in the state tournament. We all believe the NWSC has as tough of competition as any in the state of Minnesota and we are proud when one of our own can represent the entire league playing in the state tournament.

The conference awards were spread evenly this year. The Most Valuable Offensive Player Award went to Anoka's running back Josh Werness. Champlin Park's Tony Hill won the Most Valuable Defensive Players of the Year award. The Most

| Conference Standings |            |
|----------------------|------------|
|                      | Conference |
| Anoka                | 7-0        |
| Osseo                | 7-1        |
| Blaine               | 5-2        |
| Centennial           | 5-3        |
| Champlin Park        | 4-3        |
| Maple Grove          | 3-4        |
| Armstrong            | 3-4        |
| Coon Rapids          | 2-6        |
| Andover              | 1-6        |
| Park Center          | 0-8        |

Valuable Offensive Lineman Award went to Kyle Griffin of Anoka and the Most Valuable Defensive Lineman award was received by Gjulian Flemister-King of Champlin Park. The Most Valuable Special Teams Player of the Year Award went to Bridgeport Tussler of Osseo.

Anoka's Head Football Coach Jeff Buerkle received the Coach of the Year Award. Congratulations to all the NWSC award winners. ■

## Southeast Conference: Spring Grove claims

### Southeast Conference crown during undefeated regular season

By S. Lee Epps  
Bluff Country Newspapers

Three tri-champions from the previous season entered the 2011 nine-man football fray seeking sole supremacy in the Southeast Conference. Lanesboro had closed 2010 with an exhilarating journey to the state finals. Spring Grove returned the most starters. Grand Meadow came after back-to-back shared titles but would be younger and less experienced than usual. Houston had slipped some after the 2008 state championship and a shared SEC championship in 2009. But with the deepest roster, the Hurricanes would not be overlooked. Glenville-Emmons had finished strongly in 2010 with its first appearance in a section championship game.

Mabel-Canton was somewhat below the radar after slipping below .500 the year before, uncharacteristically for the first

time in nine years. And those Cougars would be challenged with their fewest players ever. Rounding out the eight-team field were Lyle/Pacelli and Leroy-Ostrander, both attempting to rise above a few seasons near the bottom.

Spring Grove, with a dominating defense and a punishing three-pronged rushing rampage, would be the league's dominant team in 2011. And the Lions would prove to be one of the best teams in the state. SG went into the state quarterfinals undefeated where the Lions dropped a heartbreaking 8-7 defensive duel to Wheaton/Herman-Norcross. Those W/H-N Warriors would score 62 points in the subsequent semi-final before falling by eight points in the final.

"We were a team that excelled at running the ball and

stopping the run," said Lion coach Zach Hauser. "I felt that Mabel-Canton and Grand Meadow definitely improved throughout the season."

After Mabel-Canton's overtime win over Grand Meadow in the third week of the league race, everybody had an SEC setback – except for Spring Grove. When those Lions rolled over GM two weeks later, only Lanesboro was within a game of Spring Grove. But the Burros' lone league loss had come early against SG; Lanesboro would need someone else to upset the Grove guys. But the Lions were picking up steam and outscored their final two conference opponents 116-12. Meanwhile Lanesboro dropped its last two SEC games to GM and Mabel-Canton and slipped down into a third and fourth-place tie with Houston. GM and M-C would finish tied for second and third, a full two games behind SG.

Mabel-Canton (6-4, 5-2 SEC) was thus deserving of the most improved distinction, reversing its previous-season 2-5 loop mark to 5-2 for a share of the runner-up position in 2011. Despite only 18 Cougars on the roster, veteran mentor Karl Urbaniak credited student leadership. "We had a great bunch of senior leaders who showed their true character at the toughest times.

"We were really proud in how our players responded to early season mistakes by taking ownership of them, making corrections and working hard in practice. The result of these actions saw us improve week by week as the season unfolded."

After three opening losses, the Cougars won six straight games before falling to Grand Meadow in the section semi-finals.

Grand Meadow (8-3, 5-2 SEC), which had shared the last two conference crowns with back-to-back 6-1 SEC campaigns, was a bit too young for a three-peat. Even with only three seniors, the Super Larks this time shared the runner-up spot at 5-2. Two of the three losses came against state-ranked Spring Grove. In the other nine games, GM averaged nearly 36 points a game while giving up an average of 14.

"We were pleased with the progress our very young team made during the season," said veteran GM mentor Gary Sloan. "I thought we improved greatly as the season went on.

Lanesboro (6-4, 4-3 SEC), after the early loss to Spring Grove, won four straight and was the last surviving challenger to SG before stumbling twice down the stretch. A one-point setback to Mabel-Canton in the regular-season finale was the difference between second and fourth places. Ending up tied with Houston for fourth, the Burros faced and defeated those Hurricanes for the second time in the first round of the playoffs before the season ended in the semi-final at Spring Grove.

"We had a good season in which we had a lot of adversity to face," said coach James Semmen. "There was a lot of injuries to overcome weekly, and the kids were able to put together a good run of four wins in a row during midseason. The kids were able to win our first round playoff game, and then we lost to a

top-ranked team in the state in Spring Grove."

Houston (4-5, 4-3 SEC) for the third straight season closed in fourth place with a 4-3 SEC mark. The Hurricanes gave Spring Grove its closest game of the regular season in game one. Houston alternated wins and losses until winning back-to-back late against Lyle/Pacelli and Glenville-Emmons. That 27-22 win at Glenville-Emmons according to coach Ryan Gatzlaff "proved to be one of the more exciting games of the season. A two-touchdown lead quickly evaporated in the first part of the third quarter, but the 'Canes batted back and relied on a great defensive effort in the fourth quarter to seal the victory." It also put the 'Canes above .500 and made the difference between fourth place and sixth.

"The 2011 season was one of ups and downs," added Gatzlaff. It ended with a six-point setback in the playoff rematch with Lanesboro. "It was a hard-hitting defensive battle for much of the night. The Burros converted a big fourth down on the first play of the fourth quarter and used that momentum to turn the tide of the game."

Glenville-Emmons (2-7, 2-5 SEC) managed only two wins, early lopsided decisions against Lyle/Pacelli and LeRoy-Ostrander, but came within three points against Grand Meadow in the opener and within seven points twice against Mabel-Canton. It was the Wolverines' second straight 2-5 fourth-place conference campaign.

LeRoy-Ostrander (2-7, 1-6 SEC) and Lyle/Pacelli (0-8, 0-7 SEC) were competitive only against each other and finished in the bottom two spots in the SEC race for the third consecutive season. They played each other twice with the Cardinals (L-O) moving up from the 2010 cellar by taking both contests, 18-6 and 42-22.

"As always, our conference proves to be a very tough and competitive conference," said Cardinal coach Aaron Hungerholt. "We are still trying to rebuild our program at L-O and working hard to be more competitive."

The eight SEC members are among the 10-teams in Section One of nine-man football. Since SEC football reformed out of the Southern Confederacy in 2008, four teams have won or shared conference crowns with Houston also winning the 2008 state championship and Lanesboro earning state runner-up honors in 2010.

Reigning SEC and Section One champion Spring Grove graduates five starters on each side of the ball, but will not relinquish the crown without a struggle next autumn. However, Grand Meadow only had 3 seniors on this year's team, and with 12 returning letter winners, will certainly be among the pre-season favorites in 2012.

The eight-team Southeast Conference plays a seven-game round robin league schedule with the season opener being a non-conference clash against one of its SEC rivals. The final game of the regular season is the SEC rematch against that season-opening opponent. ■

## Southern Confederacy Conference

The 2011 season of the Southern Confederacy was very successful. The Flying Dutchmen of Edgerton/Ellsworth led the way by finishing 8-0 in conference play. They then went on to capture the Section Three 9-Man crown and then moved into the state tournament and successfully came away with their first ever state 9-Man Championship. This highly explosive team finished the season 14-0 and averaged over 52 points per game. Congratulations to the Dutchmen. All-State defensive player Johnny Menning and Coach Andrew Fleischman will represent the conference in the Minnesota All-Star game at SCSU.

The Patriots of Hills-Beaver Creek and the Raiders of Nicollet finished in a tie for second place in the conference. HBC defeated Nicollet during the regular season. The Patriots only two losses during the entire season were to the eventual state champion Dutchmen. Nicollet went on to win their third straight Section Two title and were defeated in the first round of the state tournament by Edgerton-Ellsworth.

Madelia and Cleveland were two very explosive teams that finished fourth and fifth respectively in the conference. Westbrook Walnut Grove and Janesville-Waldorf Pemberton finished in a sixth place tie in 2011. Granada-Huntley/East Chain/Martin Luther, Alden-Conger, and Truman battled low numbers but came out each and every night ready to play. This great effort by all teams led to one of the most successful seasons in conference history.

The conference will take on a very new look in 2012. New teams to the conference will include Fulda, Southwest United, Renville County West, and Randolph. One other significant change will include the joining of the Truman and GHEC programs. This will allow the conference to move to two seven team divisions. ■

### Conference Standings

|                    | Conference | Overall |
|--------------------|------------|---------|
| Edgerton-Ellsworth | 8-0        | 14-0    |
| HBC                | 7-1        | 8-2     |
| Nicollet           | 7-1        | 9-2     |
| Madelia            | 5-3        | 7-4     |
| Cleveland          | 4-4        | 5-5     |
| WWG                | 3-5        | 3-6     |
| JWP                | 3-5        | 4-6     |
| GHECML             | 2-6        | 2-7     |
| Alden Conger       | 1-7        | 1-7     |
| Truman             | 0-8        | 0-9     |

### Individual Conference Awards

|                          |                                                        |
|--------------------------|--------------------------------------------------------|
| Dalton Bass HBC          | Offensive Player of the Year                           |
| Johnny Menning E/E       | Defensive Player of the Year                           |
| Taylor Rudenick Nicollet | Lineman of the Year                                    |
| Andrew Fleischman E/E    | Coach of the Year and<br>State 9-Man Coach of the Year |



# Southern Minnesota Conference

Conference champions New Ulm Cathedral  
State Tournament participant Sleepy Eye St. Mary's made the state Semi-finals

Teams leaving the Southern MN conference to compete in 9 man include Southwest United and Mountain Lake. ■

## All Conference Players

**Cathedral:** Eric Hauser, Nick Simon, Brian Nosbush, Dan Blackstad, Ted Skillings, Erich Prokosch

**MLBO:** Matt Willaby, Jordan Kirk, Kaleb Grev, Carter Kirk, Beau Herrig

**BLHS:** Austin Ludowese, Mason Clark, Josh Mellies, Lee Karl

**SEPS:** Mark Gemmill, Nathan McMullen, Jake Trebesch, Brandon Polesky

**Springfield:** Alex Fink, Jordan Meine, Ryan Stark, Kyle Veenstra

**SESM:** Kyle Krzmarzick, Jordan Anderson, Scott Salfer, Sean Mathiowetz

**Wabasso:** Cody Welch, Shane Irlbeck, Taylor Zuehlisdorf, Aaron Brau

**RRC:** Dylan Bunting, Daniel Maras, Nathan Mattison

**CMC:** John Christensen, Dylan Kopischke

**SWU:** Jameson Collin, Austin Liepold

## Individual Conference Awards

|                       |               |                   |
|-----------------------|---------------|-------------------|
| Coach of the Year:    | Tim Kirk      | MLBO              |
| Lineman of the Year   | Dan Blackstad | New Ulm Cathedral |
| Defensive Player/Year | Mark Gemmill  | Sleepy Eye Public |
| Offensive Player/Year | Daniel Maras  | Red Rock Central  |

## Conference Standings

|             |     |
|-------------|-----|
| Cathedral   | 8-0 |
| MLBO        | 6-2 |
| SESM        | 5-3 |
| Wabasso     | 5-3 |
| BLHS        | 4-4 |
| SEPS        | 4-4 |
| Springfield | 4-4 |
| RRC         | 3-5 |
| CMC         | 1-7 |
| SWU         | 0-8 |

# Southwest Conference

## Awards

Offensive Back of the Year- Beau Bofferding – Sr. Marshall

Offensive Lineman of the Year- Austin Nath-Jr. Marshall, Beau Stough Sr. Redwood Valley

Defensive Back of the Year- Cooper Moore-Sr. Jackson County Central

Defensive Lineman of the Year- Ryder Reed SR. –Luverne, Josh Bretzman Sr. Jackson County Central

Special Teams Player of the Year- Cameron Thompson Sr. Marshall

Coach of the Year- Terry Bahlmann Marshall

## Conference Standings

| Team                   | W-L | Overall | Av.Pts. | Allowed |
|------------------------|-----|---------|---------|---------|
| Marshall               | 6-0 | 9-1     | 48.6    | 14.3    |
| Jackson County Central | 5-1 | 7-3     | 27.1    | 14.1    |
| Luverne                | 4-2 | 7-4     | 24.0    | 15.5    |
| Redwood Valley         | 3-3 | 6-4     | 24.5    | 21.3    |
| Worthington            | 2-4 | 3-6     | 20.3    | 31.3    |
| Windom Area            | 1-5 | 1-8     | 6.4     | 35.7    |
| Pipestone Area         | 0-6 | 0-9     | 6.2     | 35.1    |

Beau Bofferding of Marshall was a finalist for Mr. Football. Bofferding scored 37 TD his Senior Season.



# Cretin Derham Hall atop the SEC

Cretin Derham Hall went undefeated through the Suburban East Conference for the fourth time to claim their fifth conference championship. The title gives the Raiders more crowns than any team in the 11-year history of the league despite joining it in 2005, the fifth edition of the SEC. The Raiders cruised through the conference season and made its way to the Metrodome eventually falling to state runner-up Wayzata 42-0. The Raiders were impressive on offense and defense scoring more points and giving up fewer points than any other team. They outscore their opponents approximately 35-7. The Raiders relied on the rushing of Kendrick Brewster (764 yards and 12 touchdowns) and the receiving of athlete James Onawualu (350 yards and 4 touchdowns). The Raiders played two quarterbacks, Kevin Miley and Conor Rhoda, which did not put up numbers the school has grown accustomed to. Yet, both were efficient completing 54% of their passes with 11 touchdowns and four interceptions. Their conference leading defense was anchored by one of the most dominant defensive linemen in SEC history in Jonathan Harden who was named Defensive Lineman of the Year. The SEC Defensive MVP was Tim McClanahan who cleaned up many of the messes created by Harden. The Raiders have pushed their seven year SEC record to 51-3 and have gone to state 20 of 21 years.

The conference runner-up, with a 7-1 record, was Mounds View. The Raiders held off the Mustangs 21-9 in week two. The Mustangs only other defeat came at the hands of another private school, their neighbor Totino Grace in the Section 4-5A Championship Game. Mounds View was its normal self on defense, allowing just 217 yards per game and just less than eight points per game. The points against are more impressive when you consider that 35 came against CDH and rival Stillwater. Mustang backs Tyler Hanson, Jeremy Redmond, and Austin Smestad rushed for over 400 yards each. MV, who had been to the 5A state playoffs four season in-a-row, finished the year 9-2 overall.

Stillwater finished in third place with a 6-2 record under their new head coach Beau LaBore. The Ponies were led by an opportunistic defense that force 17 turnovers and was fourth against the run and pass. The Ponies offense led the SEC in first downs behind athlete Nate Ricci who threw for 465 yards, rushed for 622 yards, and had another 122 yards receiving while playing part in 14 touchdowns. When not in Ricci's hands the ball was likely handed off to running back Nick Anderson who added 728 yards and eight touchdowns. For the third consecutive year Stillwater's season was ended by Mounds View. The Mustangs held off the Ponies in the regular season 21-14 and scored as time expired in the playoffs to win 19-18. The Ponies were 7-3 overall.

White Bear Lake also finished 6-2 in conference play. The Bears, playing for long-time head coach Bob Jackson for the final year, had several frantic fourth quarters. Despite losing 17-14 to Stillwater on a last-second field goal, WBL won four nail biters – 35-26 over Forest Lake, 24-21 over Woodbury, 7-3 over Hastings, and 28-26 over East Ridge. Under Jackson, the Bears have paved their way on the ground. The Bears rushed for 1900 yards during the regular season led by quarterback Eric Gebeke and running backs Joe Nasvik and Nick Truen who chipped in at least 400 yards rushing. The Bears finished 7-3 overall after falling to Totino Grace in the Section 4-5A Semifinals.

The only other team to finish with a winning record was Woodbury at 5-3. The Royals welcomed home alum Andy Hill as head coach and featured the best offense in the SEC. Woodbury churned out 380 yards per game with the run and pass yardage almost identical (1,523 rush, 1,517 pass). It comes as no surprise that their quarterback Sawyer Moon was the most efficient passer at almost 62% with 12 touchdowns and just three interceptions. Moon had three primary targets in Quran Al-Hameed, Connor McKeen, and Ryan Fritze who averaged 23 catches and 317 yards and three touchdowns apiece. The Royals season ended at home in a loss to Eagan in

| Suburban East Conference – Final Standings |            |         | Suburban East Conference Champions |                       |        |
|--------------------------------------------|------------|---------|------------------------------------|-----------------------|--------|
| School                                     | Conference | Overall | Year                               | School                | Record |
| Cretin Derham Hall                         | 8-0        | 12-1    | 2001                               | Hastings/ Mounds View | 6-1    |
| Mounds View                                | 7-1        | 9-2     | 2002                               | Hastings/ Mounds View | 6-1    |
| Stillwater                                 | 6-2        | 7-3     | 2003                               | Stillwater            | 6-1    |
| White Bear Lake                            | 6-2        | 7-3     | 2004                               | White Bear Lake       | 7-0    |
| Woodbury                                   | 5-3        | 6-4     | 2005                               | Stillwater            | 7-0    |
| East Ridge                                 | 2-6        | 3-7     | 2006                               | Cretin Derham Hall    | 7-0    |
| Forest Lake                                | 2-6        | 2-7     | 2007                               | Cretin Derham Hall    | 8-0    |
| Roseville                                  | 2-6        | 2-7     | 2008                               | Cretin Derham Hall    | 8-0    |
| Hastings                                   | 2-6        | 2-7     | 2009                               | Stillwater            | 8-0    |
| Park                                       | 0-8        | 0-9     | 2010                               | CDH/MV/Stillwater     | 7-1    |
|                                            |            |         | 2011                               | Cretin Derham Hall    | 8-0    |

the Section 3-5A Semifinals which brought their overall record to 6-4.

Four teams finished 2-6 in the SEC, including East Ridge, Forest Lake, Roseville, and Hastings. Each team beat winless Park and earned their other victory against each other. East Ridge beat Forest Lake, Forest Lake beat Roseville in overtime, Roseville beat Hastings by three, and Hastings outlasted East Ridge. Forest Lake was the SEC leader in rushing yards led by speedy back Tommy Tyson with 505 yards. Roseville was the SEC leader in passing yards led by sophomore quarterback Jacques Parra who completed half of his passes for 1,549 yards with 15 touchdowns and 11 interceptions. Parra's top target caught more balls than any receiver in the SEC in Emeche Wells, who grabbed 37 receptions for 590 yards and seven touchdowns. Wells was the leagues Offensive MVP. Finally, Hastings led the conference in passing defense giving up just 93 yards per game. East Ridge was the only team to notch a third victory when they avenged their loss to Hastings in the playoffs. Roseville and Forest Lake exited in the first round. East Ridge finished 3-7 after a loss to CDH in the Section 3-5A Semifinals.

Park finished their SEC campaign 0-8 under new head coach Darin Glazier. The Wolfpack lost narrowly to district rival East Ridge 20-14. The Wolfpack finished third in passing yards with just short of 1,400 yards on 218 attempts.

For the fourth consecutive year there is a change in the leadership for a conference school. In the first 10 years of the SEC, only four coaching changes took place. In 2011 there were three. Ryan Bartlett, who led Armstrong for the last three years,

### Individual Conference Awards

|                                   |                                        |
|-----------------------------------|----------------------------------------|
| Most Valuable Offensive Player    | Emeche Wells, WR, Roseville            |
| Most Valuable Defensive Player    | Tim McClanahan, LB, Cretin Derham Hall |
| Offensive Lineman of the Year     | Zach Meier, White Bear Lake            |
| Defensive Lineman of the Year     | Jonathan Harden, Cretin Derham Hall    |
| SEC Coach of the Year             | Mike Scanlon, Cretin Derham Hall       |
| MCFA Conference Coach of the Year | Jim Galvin, Mounds View                |

will replace long-time Bear head coach Bob Jackson. Jackson's all-time record is unknown. However, his SEC highlight took place in 2004 when the Bears ran their way to a 7-0 record and an outright SEC crown. The following year, the Bears were the first to pull out a victory over Cretin Derham Hall, a feat that has happened only twice since. The change to Bartlett, whose teams were 7-21 at Armstrong, will be noticeable as they shift from a Wishbone-based option approach to the spread. With Jackson's departure, head coaches Jim Galvin of Mounds View and Chris Simdorn of Roseville are the only men to coach each of the 11 SEC seasons.

The SEC was represented in the Minnesota High School Football All Star Game by four schools on two teams. The North will feature Mounds View defensive lineman Matt Wildes, Roseville wide receiver Emeche Wells, and Stillwater linebacker Zach Krenz. The South has two SEC players as well, each of whom will play on the defense from Cretin Derham Hall. This includes defensive lineman Jonathan Harden and linebacker Tim McClanahan. ■

## Three Rivers Conference

Although the defending champions of each division (Plainview-Elgin-Millville in the North and Caledonia in the South) defended their conference titles, 2011 saw conference-wide improvements and a return to the quality of play that the Three Rivers Conference has been known for. Although the South Division won most of the inter-division games over the Norht, PEM won the traveling trophy "Hammer" in their non-division opening game vs. Caledonia - both teams won their section in 1 AA and 1 AAA.

Shawn Kennedy's Southland Rebels had a great year and finished 8-3 reaching the Section 1A championship game, losing a close 20-14 game to Blooming Prairie. Chris Mensink's Fillmore Central Falcons had a fantastic season finishing 2nd in the South Division and were 7-3 overall losing eventually in the Section 1A semifinals against conference foe Southland. Jeff Johnson's Chatfield Gophers had a nice year with a 6-4 record reaching the Section 1AAA semifinals, and Brent Olson's



*P-E-M's #26, Aaron Grobe, knocks down a pass attempt by Chatfield's #8, Nate Skare, during regular season action.*

CONFERENCE RECAPS

Lewiston-Altura Cardinals were runners up in the North Division and ended up 5-5 on the year.

Coach Brent Schroeder's Caledonia Warriors went on after the opening loss to win 13 consecutive games claiming the South Division title and the Section 1 AA championship with a 41-6 victory over Zumbrota-Mazeppa, and then eventually beating Moose Lake / Willow River 27-0 in the Prep Bowl.

Coach Bill Ihrke's PEM Bulldogs won 11 consecutive games to claim the North Division title and eventually beating Stewartville 38 – 6 in the Section 1 AAA championship game to advance to the state play-offs losing to the eventual champion St. Croix Lutheran 22-30.

Coach Schroeder was Conference Coach of the Year for the South and Coach Ihrke was name Conference Coach of the Year for the North.

2012 will be the last year of the current conference schedule for the Three Rivers Conference. The Three Rivers Conference and the Hiawatha Valley League has joined to make a super "football only" conference with three divisions based on school enrollment for the 2013 season. We look forward to one last year of the classic battles these teams have accomplished over the years. ■



Lewiston-Altura linebacker anchors the defense vs. Southland



Plainview-Elgin-Millville celebrates winning "The Hammer" trophy after their victory over Caledonia

| Conference Standings      |                   |                   |                  |
|---------------------------|-------------------|-------------------|------------------|
| North Division            |                   | South Division    |                  |
| Plainview-Elgin-Millville | 4-0 / 8-0 (11-1)  | Caledonia         | 5-0 / 7-1 (13-1) |
| Lewiston-Altura           | 3-1 / 4-4 (5-5)   | Fillmore Central  | 3-2 / 6-2 (7-3)  |
| St. Charles               | 2-2/2-6 (2-7)     | Southland         | 3-2 / 6-2 (8-3)  |
| Dover-Eyota               | 1-3 / 1 – 7 (1-8) | Chatfield         | 3-2 / 5-3 (6-4)  |
| Wabasha-Kellogg           | 0-4 / 1-7 (1-7)   | Kingsland         | 1-4 / 3-5 (3-6)  |
|                           |                   | Rushford-Peterson | 0-5 / 2-6 (2-7)  |

West Central North Summary

In its final year as a conference, the West Central North Conference was very balanced. Many of the games were very close and competitive, to make for a very exciting season.

Montevideo, lead by Head Coach Dave Vik, went undefeated on the season with a 5-0 record. The Thunderhawks had some very exciting, close wins to go unbeaten. They defeated Sauk Centre (48-46), Albany (56-49) and New London-Spicer(20-18) in dramatic fashion. They led the conference in total offense at 452 yds./game. QB, Brett Bergeson, was named the MVP of the conference, as he throwe for 1322 yards and 16 TD's in 5 conference games. Despite being undefeated, Montevideo received a #3 seed in Section 3AAA. Montevideo won its first round game vs. Redwood Valley. But, they were defeated by a very good Fairmont team in the section semi-finals.

New London-Spicer, coached by Dan Essler, had very

| Conference Standings |            |         |
|----------------------|------------|---------|
|                      | Conference | Overall |
| Montevideo           | 5-0        | 9-1     |
| New London-Spicer    | 4-1        | 6-3     |
| Albany               | 3-2        | 7-3     |
| Melrose Area         | 2-3        | 3-6     |
| Sauk Centre          | 1-5        | 4-7     |
| Minnewaska Area      | 0-6        | 0-9     |

successful season in finishing with a record of 4-1. NLS led the conference in scoring defense(17pts./game) and total defense229/game). The Wildcats, after losing the Montevideo game for the conference title in the final minutes, rebounded with a dramatic 48-46 win vs. arch-rival Albany. New London-

Spicer was beaten by Annandale in the Section 6AAA playoffs, 21-20, when Annandale scored a TD and an ex. pt. with just 35 sec. remaining in the game.

Albany, coached by Mike Kleinschmidt, finished with a 3-2 conference record on the season. Both losses were very close and high scoring games. The Huskies lead the conference in points scored(40 pts./game) and rushing offense(298 yds./game). Albany was also beaten by Annandale in Section 6AAA. Annandale snuck out a 14-9 win at Albany and eventually made the Metrodome in the playoffs.

Melrose had a mid-season head coaching change this season, as long time head coach Jay DeCann resigned after a few games and the duties were taken over by his Def. Coordinator, Vaughn Glasener. They finished with a record of 2-3. The Dutchmen were the number one pass defense(99 yds./game) in the conference this season. #8 seeded Melrose was defeated by #1 seeded Zimmerman by a score of 28-14 in the first round of Section 6AAA.

Sauk Centre, coached by Charlie Warring, finished with a record of 1-4. The Mainstreeters made a great drive through the

## Awards

|                               |                |                   |
|-------------------------------|----------------|-------------------|
| Coach of the Year:            | Dave Vik       | Montevideo        |
| MVP:                          | Brett Bergeson | Montevideo        |
| Co-Outstanding Receivers:     | Mitch Ejnik    | New London-Spicer |
|                               | Joe Bednar     | Montevideo        |
| Outstanding Lineman:          | Ben Eli        | Albany            |
| Outstanding Defensive Player: | Nathan Snider  | Minnewaska Area   |
| Outstanding Back              | Jake Douglas   | Montevideo        |

playoffs this season. As the #7 seed, they knocked off #2 seeded Osakis, (56-29) and then beat Long Prairie-Grey Eagle(48-0) to advance to the Section 6AAA Championship game in the Fargodome. Pierz, ended Sauk Centre's hope of making the State Tournament by winning, 28-0.

Minnewaska Area, coached by Steve Hill, finished with a 0-5 record despite giving all the other teams in the conference great battles week after week. Three of their 5 game were losses within 6 points and their other 2 losses were by 13 points.■

# West Central South Conference

## Final Standings

| Team        | Conference | Overall | Head Coach      |
|-------------|------------|---------|-----------------|
| BOLD        | 5-1        | 9-2     | Steve Solem     |
| Paynesville | 4-2        | 8-3*    | Max Meagher     |
| Benson      | 4-2        | 5-5     | Scott Gonnerman |
| Morris      | 4-2        | 5-4     | Jerry Witt      |
| ACGC        | 3-3        | 4-5     | Terry Karlsgodt |
| LQPV        | 1-5        | 2-7     | Mark Bjornjeld  |
| YME         | 0-6        | 0-9     | Mike Gaffaney   |

\*Heading into State Tournament

## WCC South 2011 Award Winners

|                        |                |             |
|------------------------|----------------|-------------|
| Co-MVP                 | Kyle Athmann   | BOLD        |
|                        | Josh Bungum    | Paynesville |
| "D" Player of the Year | Sam Haas       | LQPV        |
| MV Lineman             | Josh Anderson  | Paynesville |
| MV Back                | Zach Remillard | BOLD        |
| MV WR                  | Logan Connelly | Benson      |
| Coach of the Year      | Steve Solem    | BOLD        |

\*Paynesville defeated BOLD in the Section 5AA Championship game 36-30 to advance to the Class AA State Tournament.

\*In 2012, the West Central Conference will include Minnewaska, Montevideo, and Sauk Centre along with the 7 schools listed above.

## All Conference Players

BOLD: Kyle Athmann, Zach Remillard, Jacob Marcus, Jordan Skeie, Cole Mertens, Trent Athmann

Benson: Matt Ahrndt, Logan Connelly, Sam Peterson, Sam Carruth, Colin Ose

Morris: Tim Ostby, Chandler Erickson, Jordan Staples, Jake

Torgerson

Paynesville: Josh Bungum, Josh Anderson, Kyle Wolters, Jason Kampsen

ACGC: Trevor Heining, Eric Whitcomb

LQPV: Sam Haas

YME: Devon Drydahl

# Wright County Conference

The 2011 football season crowned a first time conference champion in Hutchinson. Congratulations to the Hutchinson Tigers, Coach Andy Rostberg, and his staff. The Hutch Tigers clinched at least a share after week seven defeat of Litchfield. The only unknown was if they would share the title with the Delano Tigers. Delano was undefeated going into week eight in the conference taking on Glencoe Silver Lake. The Panthers defeated the Delano Tigers and Hutchinson was alone at the top of the conference, with GSL and Delano tied for second in the conference both with 6 and 1 conference records. The WCC saw four of its teams in the section finals: Annandale, Delano, GSL, and Hutchinson. GSL lost to Fairmont, Hutchinson lost to Mankato West, and Delano lost to Rogers. The one success was Annandale. Annandale, whose regular season losses were by a touchdown or less, two in overtime, went on a run and made it the state semi-finals before they lost to Fairmont in a tough fought game 21-9. This was Annandale's first trip to the state tournament. A congratulation to the Cardinal's Coach Matt Walter, his staff, and players on a fine season.

This was the first year without Watertown-Mayer in the conference, the firsts continue into next season as well. Both the Holy Family Fire and New London Spicer Wildcats will join the WCC. The conference will now have 11 teams and will be divided into two divisions; east and west; making up the West: Annandale, Dassel Cokato, Glencoe Silver Lake, Litchfield, and New London Spicer. The East will consist of Delano, Holy Family, Hutchinson, Mound-Westonka, Orono, and Waconia. There will be some cross over games, two conference champions, and non conference games have been set up the new Granite Ridge Conference.

Conference coach of the year was Andy Rostberg of Hutchinson. WCC player nominated for Mr. Football award was Maxx Williams of Waconia. ■

| Conference Standings |            |         |
|----------------------|------------|---------|
|                      | Conference | Overall |
| Hutchinson           | 7-0        | 9-1     |
| Glencoe-Silver Lake  | 6-1        | 9-2     |
| Delano               | 6-1        | 8-2     |
| Litchfield           | 4-4        | 4-5     |
| Annandale            | 3-4        | 7-6     |
| Waconia              | 3-4        | 5-5     |
| Orono                | 1-6        | 3-7     |
| Mound-Westonka       | 0-7        | 1-8     |



Hutchinson defenders swarmed Annandale receiver Brett Ahsenmacher during the Tigers' thrilling come from behind win in the second week of the season. Hutch scored 28 unanswered points in the fourth quarter, and seven more in overtime to shock the Annandale Cardinals. Photo credits: Stephen Wiblemo at the Hutchinson Leader



#22 GSL's Ryan Kuester runs the ball as #62 GSL's Nolan Brinkman looks to make a block against Redwood Valley in the section semi final. Photo credits: Lee Ostrom McLeod County Chronicle



Tiger running back Brandon Ziemer scampered for one of his two touchdowns in Hutch's 47-6 blowout of Mound-Westonka in the season opener. Photo Credits: Stephen Wiblemo at the Hutchinson Leader

# Academic All-State Football Team Concept

**Purpose of Awards** – To promote and recognize academic achievement by Minnesota high school football teams in each classification.

**Proposal** – Team academic recognitions in each class will be awarded based on the following standards and procedures.

## STANDARDS

**Gold Awards** – Top teams from each class regardless of section will win Gold award plaques. The standard will likely be established using the top eight team GPA's from each class until a standard is set.

**Silver Awards** – The Silver awards are the second level recognitions for the next 10 to 12 teams after the Gold teams. Once again, future GPA standards will be determined based on the top 18 to 20 teams in both gold and silver categories. Silver plaques will be awarded.

**Bronze Awards** – The next 12 to 16 teams in each class will receive certificates.

## GUIDELINES AND PROCEDURES

\* The teams and awards from each class will be chosen by the Academic All-State Team Committee.

\* A team must use all members on their official home roster in determining the team GPA. (may include Grades 10-12, no freshmen for small schools.)

\* Each player's name and GPA must be recorded and sent to the class representative.

\* A 4.00 system will be used and 4.00 will be the highest grade possible. No weighted grades.

\* Grades will be rounded to two decimal points.

\* Grades will be from the past full school year. No summer school or current fall grades should be included.

\* Individual GPA's will be added together and divided by the number of team members to determine the team GPA. The team GPA must be included on the entry form.

\* A school official (principal, councilor, etc.) must sign the form.

\* To be eligible for the team academic awards, the head coach must be a current member of the MFCA.

\* Forms must be submitted to the class representatives by November 1st and award winners must be submitted to the committee by November 8th.

## TEAM ACADEMIC ALL STATE REPRESENTATIVES

| Class           | Name              | School             | Fax Number          |
|-----------------|-------------------|--------------------|---------------------|
| 9 Man           | Dave Krenik       | Cleveland          | 507-931-9088        |
| 1A              | Wayne Petermeier  | Browerville        | 320-594-8105        |
| 2A              | Leo Pohlkamp      | Pierz              | 320-468-6577        |
| 3A              | Ryan Weinandt     | Dassel-Cokato      | 320-286-4131        |
| 4A              | Bubba Sullivan    | Northfield         | 507-645-3455        |
| 5A              | Dave Nelson       | Minnetonka         | 952-401-5905        |
| <b>Chairman</b> | <b>Con Natvig</b> | <b>Browerville</b> | <b>320-594-8105</b> |

# INDIVIDUAL

## Academic All-State Football - Player Guidelines and Procedures

A review of the Minnesota State Football Coaches Association's basic requirement for the team are:

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade-point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:

|          |       |       |
|----------|-------|-------|
| 9-Man=13 | 3A=16 | 6A=19 |
| 1A=14    | 4A=17 |       |
| 2A=15    | 5A=18 |       |

- 6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.

- 7) The Coach submitting the player application must be a member of the Minnesota State Football Coaches Association.

Guidelines & Procedures:

- 1) All applications should be typed or printed with correct names

and data.

- 2) The selection committee must have a good summary of not only the player's academic record, but the player's football accomplishments.

- 3) If the first quarter grades are not out for the applicant's senior year, his first quarter senior subjects must be listed.

- 4) All applications must be sent to your class academic team representative. If you have any problems, contact your class representative first. Please check the time deadlines on the application form.

Remember: This is your state's FOOTBALL COACHES ASSOCIATION'S endeavor.

## Individual All-State Player Committee

| Class            | Name                | School           | Fax Number          |
|------------------|---------------------|------------------|---------------------|
| 9 Man            | Mike Mahlen         | Verndale         | 218-445-5185        |
| 1A               | Wayne Petermeier    | Browerville      | 320-594-8105        |
| 2A               | Scott Gonnerman     | Benson           | 320-843-2262        |
| 3A               | Scott Tschimperle   | GSL              | 320-864-6475        |
| 4A               | Andy Rostberg       | Hutchinson       | 320-587-8217        |
| 5A               | Rick Sutton         | Eagan            | 651-683-6910        |
| <b>Chairman:</b> | <b>Dave Frisell</b> | <b>Armstrong</b> | <b>763-504-8768</b> |

# Academic All-State Football Team Application

School \_\_\_\_\_ Class \_\_\_\_\_

Address \_\_\_\_\_ Section \_\_\_\_\_

Head Coach \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

| Players Name | G.P.A. | Players Name | G.P.A. |
|--------------|--------|--------------|--------|
| 1) _____     | _____  | 26) _____    | _____  |
| 2) _____     | _____  | 27) _____    | _____  |
| 3) _____     | _____  | 28) _____    | _____  |
| 4) _____     | _____  | 29) _____    | _____  |
| 5) _____     | _____  | 30) _____    | _____  |
| 6) _____     | _____  | 31) _____    | _____  |
| 7) _____     | _____  | 32) _____    | _____  |
| 8) _____     | _____  | 33) _____    | _____  |
| 9) _____     | _____  | 34) _____    | _____  |
| 10) _____    | _____  | 35) _____    | _____  |
| 11) _____    | _____  | 36) _____    | _____  |
| 12) _____    | _____  | 37) _____    | _____  |
| 13) _____    | _____  | 38) _____    | _____  |
| 14) _____    | _____  | 39) _____    | _____  |
| 15) _____    | _____  | 40) _____    | _____  |
| 16) _____    | _____  | 41) _____    | _____  |
| 17) _____    | _____  | 42) _____    | _____  |
| 18) _____    | _____  | 43) _____    | _____  |
| 19) _____    | _____  | 44) _____    | _____  |
| 20) _____    | _____  | 45) _____    | _____  |
| 21) _____    | _____  | 46) _____    | _____  |
| 22) _____    | _____  | 47) _____    | _____  |
| 23) _____    | _____  | 48) _____    | _____  |
| 24) _____    | _____  | 49) _____    | _____  |
| 25) _____    | _____  | 50) _____    | _____  |

Send Team Application to (Fax Numbers):

|                 |                   |                    |                     |
|-----------------|-------------------|--------------------|---------------------|
| 9M              | Merle Sveen       | Janesville-WP      | 507-234-6600        |
| 1A              | Wayne Petermeier  | Browerville        | 320-594-8105        |
| 2A              | Leo Pohlkamp      | Pierz              | 320-468-6577        |
| 3A              | Mike Kleinschmidt | Albany             | 320-845-4017        |
| 4A              | Ryan Weinandt     | Dassel-Cokato      | 320-286-4131        |
| 5A              | Bubba Sullivan    | Northfield         | 507-645-3455        |
| 6A              | Dave Nelson       | Minnetonka         | 952-401-5905        |
| <b>Chairman</b> | <b>Con Natvig</b> | <b>Browerville</b> | <b>320-594-8105</b> |

\_\_\_\_\_

Composite

\_\_\_\_\_

(Signature of verifying school official)

\_\_\_\_\_

Title

Class 6A, 5A, 4A and 3A make copy of page for additional names.

# INDIVIDUAL APPLICATION

## Academic All-State Player

Name of Applicant \_\_\_\_\_ Grade \_\_\_\_\_

Birthday: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

School \_\_\_\_\_ Coach \_\_\_\_\_

Football position played as a Starter Offense: \_\_\_\_\_ Defense: \_\_\_\_\_

Circle Class: 9-Man 1A 2A 3A 4A 5A 6A Kicking Game: \_\_\_\_\_

Accumulative High School G.P.A. \_\_\_\_\_ Attach a Transcript or list subjects completed or enrolled in.

| Grade 10 Subjects | Grade 11 Subjects | 1st Quarter Senior Subjects |
|-------------------|-------------------|-----------------------------|
| 1. _____          | 1. _____          | 1. _____                    |
| 2. _____          | 2. _____          | 2. _____                    |
| 3. _____          | 3. _____          | 3. _____                    |
| 4. _____          | 4. _____          | 4. _____                    |
| 5. _____          | 5. _____          | 5. _____                    |
| 6. _____          | 6. _____          | 6. _____                    |
| 7. _____          | 7. _____          | 7. _____                    |

Use a 4.00 Scale for G.P.A.

Pursuant to the provision of PL 93-380 (Family Educational Rights and Privacy Act of 1974), I hereby grant permission to release a copy of my academic record and G.P.A. average for use by the Minnesota Football Coaches Association in selecting the Academic All-State Team.

\_\_\_\_\_  
Signature of Parent or Student Applicant if 18 years or older

### PLAYER INFORMATION

Coaches: Please use the following format to submit data for your applicant.

School Background Information:

- 1) List academic honors.
- 2) List other school activities and leadership role in school.
- 3) List other sports with varsity participation.

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense defense kicking game).
- 2) List all football honors - previous and this season.
- 3) Statistics (list stats from this season and career totals). Mention any school or conference records. Mention if a lineman has any team stats that may be pertinent to the team's success.
- 4) Coaches comment: Please submit a short letter to the academic team selection committee describing your player in terms of ability performance potential character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Nov. 1.
- 2) Class selection committees must have teams picked by Nov. 1 and sent to the academic chairman.
- 3) Class representatives must notify all team selections by Nov. 1.

**Send Individual Application to (Fax Numbers):**

|                  |                     |                     |                     |
|------------------|---------------------|---------------------|---------------------|
| 9M               | Mike Mahlen         | Verndale            | 218-445-05185       |
| 1A               | Wayne Petermeier    | Browerville         | 320-594-8105        |
| 2A               | Scott Gonnerman     | Benson              | 320-843-2262        |
| 3A               | Brian Odland        | St. Peter           | 507-934-4783        |
| 4A               | Andy Rostberg       | Hutchinson          | 320-587-8217        |
| 5A               | Chris Lindquist     | St. Francis         | 763-213-1710        |
| 6A               | Rick Sutton         | Eagan               | 651-683-6910        |
| <b>Chairman:</b> | <b>Dave Frisell</b> | <b>Mankato East</b> | <b>763-504-8768</b> |

# 2011 ACADEMIC ALL STATE TEAMS

## Team

### 9-MAN - GOLD

Kelliher-Northome  
Nicollet  
Park Christian  
Westbrook-Walnut Grove  
Hills-Beaver Creek  
Verndale  
Underwood  
Ada - Borup

### 9-MAN - SILVER

### CLASS 1A - GOLD

Minneota/Lincoln High  
New York Mills  
Bethlehem Academy  
Minnesota Valley Lutheran  
Wabasha-Kellogg  
Mountain Lake-Butter Field Odin  
Cook County  
Mankato Loyola

### CLASS 1A - SILVER

United South Central  
Browerville  
Russell-Tyler-Ruthton  
Adrian  
Springfield  
Fertile-Beltrami  
Fillmore Central  
Medford  
Goodhue  
Blooming Prairie  
Deer River  
Red Lake Country

### CLASS 2A - GOLD

St. James  
Blue Earth  
Luverne  
Tracy - Milroy - Balaton  
Barnsville  
Benson  
Caledonia

## Team

BOLD

### CLASS 2A - SILVER

Lewison- Altura  
Eden Valley- Watkins  
Maple River  
Montgomery-Lonsdale  
Pierz  
Minnewaska  
Hawley  
N R H E G  
LeSueur-Henderson  
G F W  
Frazee-Vergas  
Waterville-Elysian-Morristown

### CLASS 3A - GOLD

Litchfield  
Rochester Lourdes  
Plainview Elgin Milville  
Providence Academy  
Dassel-Cokato  
Albany  
New Ulm  
Kasson Mantorville

### CLASS 3A - SILVER

Glencoe Silver Lake  
Rockford  
Fairmont  
Foley  
Cannon Falls  
Pine City  
Proctor  
Staples-Motley  
Richfield  
St. Paul Highland Park  
Columbia Heights

### CLASS 4A - GOLD

Willmar  
Detroit Lakes  
New Prague  
Fergus Falls

## Team

Rocori  
Marshall  
South St. Paul  
Mound Westonka

### CLASS 4A - SILVER

Orono  
Fairbault  
Spring Lake Park  
Sauk Rapids-Rice  
Red Wing  
Little Falls  
Hutchinson  
Winona  
Bemidji  
Northfield  
Chisago Lakes HS  
Mankato West

### CLASS 5A - GOLD

Eastview  
Cambridge Isanti  
St. Michael-Albertville  
Lakeville North  
Prior Lake  
Centennial  
Cretin Derham Hall  
Rosemount

### CLASS 5A - SILVER

Eden Prairie  
St. Francis  
Eagan  
Rochester Mayo  
White Bear Lake  
Edina  
Lakeville Sout  
Elk River  
Minnetonka  
Anoka  
Brainerd  
Burnsville

# 2011 ACADEMIC ALL STATE INDIVIDUALS

## Class 9 Man

Wolfgang Brink .....  
 Wheaton-Herman-Norcross  
 Shane Halverson .....North Woods  
 Wyatt Lien .....Ulen-Hitterdal  
 Dillon Fenno ..... Climax-Fisher  
 Mason Grimes ..... Climax-Fisher  
 Tony Anselmo .....Bigfork  
 Keegan Porter .....Bigfork  
 Sean Murphy ..... Nicollet  
 Greg Helget. .... Ely  
 Tyler Goodrie .... Mountain Iron-Buhl  
 Davis Mills ....Stephen-Argyle Central  
 Zachary Rynning ..... Kittson Central  
 Hans Lundberg ..... Houston

## Class A

Alex Brunholzl ..... Goodhue  
 Dylan Bunting ..... Red Rock Central  
 Alex Ukkelberg ..... Ottertail Central  
 Nate Meixell ... Lake Crystal-Wellcome  
 Memorial  
 Cody Preisler ..... LeCenter  
 Jonah Johnson. .Kerkoven-Murdock-Sunburg  
 Tyler Vaughan ..... Braham  
 Kyle Bauman. .... United South Central  
 Adam Josephson ... Minneota-Lincoln  
 High  
 Dylan Quaife ..... Cook County  
 Ben Dreher .....Browerville  
 Alex Fink ..... Springfield  
 Nick Schimek ..... Deer River  
 Lucas Zellmer ..... Blooming Prairie

## Class AA

Preston Weber ..... Pierz  
 Robbie Strand ..... Barnesville  
 Kyle Athmann ..... BOLD  
 Daniel Janu ..... Frazee-Vergas  
 Lucas Knutson ..... Triton  
 Jeff Tiede .... Montgomery-Lonsdale  
 Greg Erlandson ..... Breckenridge  
 Josh Cisar ... Moose Lake- Willow River

Brady Forst ..... GFW  
 Dylan DePestel ..... Lewiston- Altura  
 Grant Pope ..... WEM  
 Devon Dyrdaahl ..... YME  
 Connor McCormick ..... Caledonia  
 Logan Connelly ..... Benson  
 Michael Doering ..... Maple River

## Class AAA

Chad Poppen ..... St. Peter  
 Jake Douglas .....Montevideo  
 Brett Bergeson .....Montevideo  
 Anders Voss ..... Proctor  
 Kyle Webster ..... Pine City  
 Michael Kroells ..... Belle Plaine  
 Levi Folkert ... Plainview-Elgin-Millville  
 Quinn Anderson ..... Litchfield  
 Tony Harlander ..... Albany  
 John Raisanen ..... Dassel-Cokato  
 Brady Fuchs ..... Byron  
 Nicholas Lefebvre ..... Foley  
 Ben Brown ..... Fairmont  
 Jordan Peralto ..... Greenway-  
 Nashwauk-Keewatin  
 Matt Heinke ..... Cannon Falls  
 Connor Longhenry Glencoe-Silver Lake

## Class AAAA

Cody Mathisen ..... Delano  
 Brian Labat ..... Detroit Lakes  
 Rick Hutchinson ..... Detroit Lakes  
 Matthew Mensinger .... Hermantown  
 Reid Bjorkland ..... South St. Paul  
 Sam Sura ..... South St. Paul  
 Eli Louwagie ..... Marshall  
 Ben Sanders ..... Marshall  
 Jake Toedter ..... Becker  
 Aron Peterson ..... Mankato East  
 Taylor Hayenga ..... Mankato East  
 Matthew Suek ..... Fergus Falls  
 Bryant Lymburn ..... Spring Lake Park  
 Danny Kimlinger ..... Chisago Lakes  
 Adam Weitalla ..... Northfield

Brandon Zuidema ..... Willmar  
 Gavan Winkels ..... Orono

## Class AAAAA

Matt Arends ..... Prior Lake  
 Nate Penz ..... Rochester Mayo  
 Nicholas Egersdorf ... Rochester Mayo  
 Zack Moheban. Bloomington Kennedy  
 Jake Moseng ..... Centennial  
 Matt Conrad ..... Shakopee  
 Andrew Larson ..... Eden Prairie  
 Zach Martens ..... Apple Valley  
 Chase Roullier ..... Burnsville  
 Matt Mehlhorn ..... Lakeville South  
 Leo Spott ..... Duluth East  
 Beau Bates ..... Minnetonka  
 Paul Kaczor ..... St. Cloud Tech  
 Zach Krenz ..... Stillwater  
 Jeff Daugherty ..... Totino-Grace  
 Alex Mangan ..... Eagan  
 Aaron Wesser ..... Eastview  
 Nick Brant ..... Prior Lake

# 2011 PREP BOWL XXX

## Eden Prairie, Rocori, St. Croix Lutheran, Caledonia, Dawson-Boyd, Edgerton/Ellsworth

**Four new state champions were crowned during the 2011 edition of the Prep Bowl while the two other teams continued their recent successes with additional titles.**

### 9 Man

Edgerton-Ellsworth took the 9 Man title with an impressive offensive performance, led by quarterback Isaac Heard's 368 yards passing, a Prep Bowl record. The Dutchmen, coached by Andrew Fleischman, defeated Wheaton-Herman/Norcross, 36-28, in a game highlighted by contrasting offenses. For while the Dutchmen were making their yards through the air, the Warriors, coached by Tony Thiel, were piling up 396 yards on the ground. But the Dutchmen defense also played an important role in the win as they stopped the Warriors deep in Dutchmen territory late in the game to preserve the win.

### Class 1A

Dawson-Boyd, coached by Andy Larson, defeated the Mahanomen Indians, 35-20.

The Blackjacks took a 21-6 halftime lead and held it to preserve the win and the program's first state title. Mahanomen, coached by John Clark, was making its 20 state tournament appearance. Turnovers played a key role in the game as the Blackjack defense recovered two key fumbles to help thwart Indian drives.

### Class 2A

Caledonia, coached by Brent Schroeder, continued its dominance of Class 2A football by repeating as state champions. The Warriors defeated Moose Lake-Willow River, 27-0, with a stifling defense that stopped a ML-WR offense that had been piling up yards and points all season. The Warriors defense led the way, but their offense still picked up over 300 total yards, while scoring four touchdowns. The Rebels of ML-WR, coached by Dave Louzek, were making their sixth consecutive state tournament appearance. Caledonia has now won four of the last five Class 2A titles.

### Class 3A

In one of the most exciting of the high scoring Prep Bowl games, St. Croix Lutheran Crusaders, coached by Carl Lemeke, outlasted the Fairmont Cardinals, coached by Mat Mahoney. It was another game of contrasting offensive styles as the

Crusaders ground out most of their yardage while Fairmont went to the air for the majority of their yardage. The Cardinals passed for over 300 yards during the high scoring affair. And while the two teams were matching passing yards for rushing yards, the game came down to a two point play late in the game. Fairmont scored a let touchdown to get within two points of the Crusaders. But the two point pass was batted down and St. Croix Lutheran earned its first ever state football title.

### Class 4A

The Rocori Spartans, coached by Mike Rowe, claimed its first state football title with a 17-10 win over Bemidji, coached by Troy Hendricks. Bemidji gained more offensive yards, but Rocori used an opportunistic defense to offset the Lumberjacks offensive output. Not only did the Spartan defense create turnovers, they also scored a defensive touchdown by running back an interception. The Spartan defense then closed out the game with another interception late in the fourth quarter to cap their first state championship.

### Class 5A

After all of the offensive fireworks in the smaller school games, the large school title game was highlighted by defensive play. Two the best programs in the state squared off in a rematch of Lake Conference teams.

Wayzata had one the earlier game, 9-0, and had 23 game winning streak coming into the Class 5A game.

But Mike Grant's Eagles would come back for the win in the title game paced by a disciplined, athletic defense.

Wayzata, coached by Brad Anderson, kept it close with their own stingy defensive play as the score was 3-0 in favor of the Eagles at the half. Two more field goals by both teams made it Eden Prairie, 6-3, in the fourth quarter before the Eagles finally sealed the game, and state title with the games only touchdown.

# 2011 Playoff Results

## CLASS 5A PLAYOFFS

### SECTION CHAMPIONS

Eden Prairie (9-1) 35

Anoka (9-1) 21

Totino-Grace (10-1) 21

Prior Lake (8-3) 17

Wayzata (10-0) 49

Moorhead (6-5) 14

Lakeville North (10-0) 22

Cretin-Derham Hall (10-0) 25

Eden Prairie 49

Totino-Grace 7

Wayzata 42

Cretin-Derham Hall 0

Eden Prairie 13

Wayzata 3

Eden Prairie

AAAAA State Champion

## CLASS 4A PLAYOFFS

### SECTION CHAMPIONS

Spring Lake Park (9-1) 6

Bemidji (10-0) 24

Mankato West (10-0) 35

South St. Paul (10-1) 14

Rogers (9-1) 17

Rocori (9-1) 6

Faribault (7-3) 22

Hill-Murray School (8-2) 45

Bemidji 45

Mankato West 26

Rocori 37

Hill-Murray School 35

Bemidji 10

Rocori 17

Rocori

AAAA State Champion

## CLASS 3A PLAYOFFS

### SECTION CHAMPIONS

Annandale (6-5) 49

Greenway/Nashwauk-Keewatin (9-2) 22

Holy Family Catholic (10-1) 10

Fairmont (10-1) 34

Providence Academy (9-2) 28

Perham (8-3) 19

Plainview-Elgin-Millville (11-0) 22

St. Croix Lutheran (11-0) 30

Annandale 9

Fairmont 21

Providence Academy 29

St. Croix Lutheran 58

Fairmont 32

St. Croix Lutheran 34

St. Croix Lutheran

AAA State Champion

# 2011 Playoff Results

| SECTION CHAMPIONS                    |    | CLASS 2A PLAYOFFS             |    |
|--------------------------------------|----|-------------------------------|----|
| Pierz (10-1)                         | 20 |                               |    |
| Moose Lake/Willow River (11-0)       | 26 | Moose Lake/Willow River       | 35 |
| Waterville-Elysian-Morristown (10-0) | 35 | Moose Lake/Willow River       | 0  |
| Blue Earth Area (10-1)               | 14 | Waterville-Elysian-Morristown | 14 |
| Paynesville Area (8-3)               | 12 |                               |    |
| Warroad (8-2)                        | 34 | Warroad                       | 0  |
| Caledonia (10-1)                     | 47 | Caledonia                     | 37 |
| Maple Lake (7-4)                     | 12 |                               |    |
|                                      |    | Caledonia                     | 27 |
|                                      |    | Caledonia                     |    |
|                                      |    | AA State Champion             |    |

| SECTION CHAMPIONS                 |    | CLASS 1A PLAYOFFS     |    |
|-----------------------------------|----|-----------------------|----|
| Mahnomen (11-0)                   | 30 |                       |    |
| Braham (9-1)                      | 6  | Mahnomen              | 32 |
| Sleepy Eye St. Mary's (8-3)       | 34 | Sleepy Eye St. Mary's | 12 |
| Adrian (10-1)                     | 15 |                       |    |
| Dawson-Boyd (11-0)                | 56 | Mahnomen              | 20 |
| Warren-Alvarado-Oslo (8-3)        | 0  | Dawson-Boyd           | 50 |
| Blooming Prairie (10-1)           | 35 | Dawson-Boyd           | 35 |
| Lester Prairie/Holy Trinity (9-1) | 34 | Blooming Prairie      | 27 |
|                                   |    |                       |    |
|                                   |    | Dawson-Boyd           |    |
|                                   |    | A State Champion      |    |

| SECTION CHAMPIONS              |    | CLASS 9-MAN PLAYOFFS    |    |
|--------------------------------|----|-------------------------|----|
| Ada-Borup (10-1)               | 36 |                         |    |
| Bigfork (10-1)                 | 20 | Ada-Borup               | 20 |
| Nicollet (9-1)                 | 12 | Edgerton/Ellsworth      | 36 |
| Edgerton/Ellsworth (11-0)      | 28 | Edgerton/Ellsworth      | 48 |
| Silver Bay (9-2)               | 16 |                         |    |
| Kittson County Central (8-2)   | 42 | Kittson County Central  | 22 |
| Spring Grove (11-0)            | 7  | Wheaton/Herman-Norcross | 28 |
| Wheaton/Herman-Norcross (10-1) | 8  | Wheaton/Herman-Norcross | 62 |
|                                |    |                         |    |
|                                |    | Edgerton/Ellsworth      |    |
|                                |    | 9-Man State Champion    |    |

**CLASS 5A CHAMPION ~ EDEN PRAIRIE**



**CLASS 4A CHAMPION ~ ROCORRI**



## CLASS 3A CHAMPION ~ ST. CROIX LUTHERAN



## CLASS 2A CHAMPION ~ CALEDONIA



## CLASS 1A CHAMPION ~ DAWSON-BOYD



## CLASS 9-MAN CHAMPION ~ EDGERTON/ELLSWORTH



# 39th Annual Minnesota High School

1:00 P.M. SATURDAY, JUNE 30, 2012 • Husky Stadium, St. Cloud St. University

## ALL STAR FOOTBALL GAME

**NORTH: 21**

Jeff Schlieff, Spring Lake Park

**SOUTH: 33**

Bill Ihrke, Plainview-Elgin-Millville

Several changes occurred with the annual summer classic sports event in 2012.

The practice site for the players and coaches was changed to St. John's University for 2012. The closer practice location allowed for a short trip to the game site, which remained at Husky Stadium.

But the game site was actually a change in itself as the game was originally scheduled to be played at TCF Bank Stadium at the University of Minnesota, which is was the game site in 2011. But a recent NCAA ruling didn't allow for the U of M stadium to be used so the game was "switched back" to St. Cloud State. Dave Fritze, game manager, and his staff handled these changes extremely well and the practices and game retained their high quality.

In the second year of a return to the North vs. South format, the South team was able to defeat the North 33-21. Leading 12-7 at the half, the North took the lead 15-12 in the third quarter. The South then scored three consecutive touchdowns to take control 33-15. The North was able to score one more touchdown in the fourth quarter to narrow the gap.

The series is now tied 1-1 since the format change in 2011.

Sponsored by the

**Minnesota Football Coaches Association,**

Your support helps benefit  
the MFCA Award Activities.  
Thanks for helping!

Dave Fritze  
Game Manager



## 2012 NORTH ALL-STAR FOOTBALL

| Num | Name                    | School/City               | Position | Conference         |
|-----|-------------------------|---------------------------|----------|--------------------|
| 1   | Joshua Bungum           | Paynesville Area          | RB       | West Central       |
| 2   | DeQuan Mosley           | Spring Lake Park          | DL       | North Suburban     |
| 3   | Patrick Flaherty        | Grand Rapids              | WR       | Independent        |
| 4   | Taylor Lewandowski      | Foley                     | DB       | Granite Ridge      |
| 5   | DJ Hebert               | Osseo                     | DB       | Northwest Suburban |
| 6   | Brian Labat             | Detroit Lakes             | DB       | Heart O' Lakes     |
| 7   | Ben McDonald            | Mahtomedi                 | LB       | Classic Suburban   |
| 8   | Andy Moritko            | Totino-Grace              | LB       | North Suburban     |
| 9   | Christian Pedroza       | Rocori                    | DB       | Central Lakes      |
| 10  | Dylan Quaife            | Cook County, Grand Marais | DB       | Great Polar        |
| 11  | Nate Meyer              | Rocori                    | QB       | Central Lakes      |
| 12  | Cody Rutledge           | Bemidji                   | WR       | Independent        |
| 14  | Joe Mollberg            | Detroit Lakes             | QB       | Heart O' Lakes     |
| 15  | Kit Snyder              | Wayzata                   | DL       | Lake               |
| 16  | Logan Connelly          | Benson                    | WR       | West Central       |
| 17  | Esten Weber             | Dawson-Boyd               | RB       | Little Sioux       |
| 18  | Zach Stelter            | Dawson-Boyd               | TE       | Little Sioux       |
| 20  | Shaquille Theus         | Coon Rapids               | DB       | Northwest Suburban |
| 21  | Cole Gauldin            | Annandale                 | DB       | Wright County      |
| 23  | Dieter Brenner          | St. Cloud Tech            | DB       | Central Lakes      |
| 24  | Taj Rich Jr.            | Robbinsdale Cooper        | LB       | North Suburban     |
| 25  | Emeche Wells            | Roseville                 | WR       | Suburban East      |
| 26  | Noah Waiwaiole          | Spring Lake Park          | DB       | North Suburban     |
| 32  | Josh Werness            | Anoka                     | RB       | Northwest Suburban |
| 34  | Matt Weber              | Rogers                    | DL       | Mississippi 8      |
| 37  | Zach Riopelle           | Warren-Alvarado-Oslo      | RB       | North Star         |
| 40  | Zach Krenz              | Stillwater                | LB       | Suburban East      |
| 41  | Brandon Larson          | Bemidji                   | LB       | Independent        |
| 44  | GJullian Flemister-King | Champlin Park             | DL       | Northwest Suburban |
| 47  | Derek Schofield         | Proctor                   | LB       | Sea Range          |
| 50  | Jacob Kassulker         | Brainerd                  | OL       | Central Lakes      |
| 53  | Matt Wildes             | Mounds View               | DL       | Suburban East      |
| 54  | Troy Peterson           | Ulen-Hitterdal            | TE       | North Tri-County   |
| 55  | Kevin Olson             | Andover                   | OL       | Northwest Suburban |
| 57  | Alex Tray               | Rocori                    | DL       | Central Lakes      |
| 60  | Paul Kaczor             | St. Cloud Tech            | OL       | Central Lakes      |
| 65  | Frank Lesar             | Hermantown                | DL       | Sea Range          |
| 70  | Nick Carr               | Totino-Grace              | OL       | North Suburban     |
| 72  | Keegan Porter           | Bigfork                   | OL       | Big North          |
| 74  | Kyle Griffin            | Anoka                     | OL       | Northwest Suburban |
| 75  | David Simmet            | Hill-Murray               | OL       | Classic Suburban   |
| 77  | Matt Valentine          | Little Falls              | OL       | Granite Ridge      |
| 78  | Jesse Hein              | Perham                    | OL       | Heart O' Lakes     |
| 79  | Douglas Welch           | Ogilvie                   | OL       | Great Polar        |
| 83  | Ben Eli                 | Albany                    | DL       | West Central       |

### NORTH STAFF

#### Head Coach:

**Jeff Schlieff - Spring Lake Park**

#### Assistants:

Dan Essler - New London-Spicer

Chuck Ross - Underwood

Matt Walter - Annandale

Troy Hendricks - Bemidji

#### Honorary Coach:

**Pete Herges** (Albany, MFCA Hall of Fame 1986)

Jeff Moritko - Totino-Grace

Deryl Ramey - Brainerd, semi-retired

## 2012 SOUTH ALL-STAR FOOTBALL

| Num | Name               | School/City                    | Position | Conference                     |
|-----|--------------------|--------------------------------|----------|--------------------------------|
| 2   | Darion Fletcher    | Simley                         | DB       | Classic Suburban               |
| 3   | Trey Heid          | Lakeville North                | QB       | South Suburban                 |
| 4   | Nate Meixell       | Lake Crystal-Wellcome Memorial | LB       | Gopher Valley AA               |
| 6   | Drew Bauer         | Eagan                          | QB       | South Suburban                 |
| 7   | Matt Arends        | Prior Lake                     | DB       | South Suburban                 |
| 8   | Charlie Hayes      | Lakeville North                | WR       | South Suburban                 |
| 10  | Nicholas McBeain   | Shakopee                       | INJD, LB | Missota                        |
| 11  | Trace Adams        | Hutchinson                     | WR       | Wright County                  |
| 12  | Maverick Edmunds   | Chanhassen                     | RB       | Missota                        |
| 13  | Matt Heller        | Lakeville South                | WR       | South Suburban                 |
| 15  | Charles Webb       | Minnetonka                     | DB       | Lake                           |
| 16  | Michael Roane      | Holy Family Catholic           | DB       | Independent                    |
| 20  | Reid Bjorklund     | South St. Paul                 | DB       | Classic Suburban               |
| 21  | Adam Schultz       | Fairmont                       | WR       | South Central                  |
| 23  | Tavaughn Blair     | Hopkins                        | DB       | Lake                           |
| 24  | Beau Bofferding    | Marshall                       | RB       | Southwest                      |
| 26  | Nick Simon         | New Ulm Cathedral              | DB       | Southern Minnesota             |
| 28  | Brian Bellrichard  | Byron                          | RB       | Hiawatha Valley League         |
| 31  | Samuel Sura        | South St. Paul                 | RB       | Classic Suburban               |
| 33  | Beau Bates         | Minnetonka                     | LB       | Lake                           |
| 34  | Jack Ihrke         | Plainview-Elgin-Millville      | DB       | Three Rivers                   |
| 35  | Benjamin Wolterman | Southland                      | RB       | Three Rivers                   |
| 36  | Travis Frank       | Caledonia                      | TE       | Three Rivers                   |
| 39  | Beau Stough        | Redwood Valley                 | OL       | Southwest                      |
| 40  | Zach Olstad        | Fillmore Central               | LB       | Three Rivers                   |
| 41  | Matthew Simon      | Owatonna                       | DL       | Big 9                          |
| 42  | TJ Patrias         | Academy of Holy Angels         | LB       | Missota                        |
| 45  | Tim McClanahan     | Cretin-Derham Hall             | LB       | Suburban East                  |
| 49  | Brett Bremer       | Hopkins                        | DL       | Lake                           |
| 52  | Daniel Stuewe      | Norwood-Young America          | OL       | Minnesota River                |
| 53  | Connor Longhenry   | Glencoe-Silver Lake            | OL       | Wright County                  |
| 56  | Kyle Krzmarzick    | Sleepy Eye St. Mary's          | OL       | Southern Minnesota             |
| 58  | Teddy Barthel      | Caledonia                      | OL       | Three Rivers                   |
| 59  | Andrew Clemens     | Shakopee                       | DL       | Missota                        |
| 61  | Paul Sonnek        | Maple River                    | DL       | Gopher Valley AA               |
| 62  | Zack Johnson       | Eastview                       | OL       | South Suburban                 |
| 63  | Isaac Vesel        | La Crescent                    | OL       | Hiawatha Valley League         |
| 64  | Weston Gadiant     | Goodhue                        | DL       | Hiawatha Valley League         |
| 66  | A.J. Miller        | Lakeville North                | OL       | South Suburban                 |
| 69  | Justin Carr        | Rochester Mayo                 | DL       | Big 9                          |
| 74  | Jeffrey Amundson   | Waterville-Elysian-Morristown  | DL       | Gopher Valley AA               |
| 78  | Connor Randall     | Eagan                          | OL       | South Suburban                 |
| 81  | Hunter Friesen     | Mankato West                   | WR       | Big 9                          |
| 84  | Johnny Menning     | Edgerton/Ellsworth             | TE       | Southern Minnesota Confederacy |
| 90  | Brett Pierce       | Academy of Holy Angels         | DL       | Missota                        |

## SOUTH STAFF

### Head Coach:

**Bill Ihrke - Plainview-Elgin-Millville**

### Honorary Coach:

**Jim Simser** (New Richland-Hartland & Fairmont, MFCA Hall of Fame 2000)

### Assistants:

Andrew Fleischman - Edgerton/Ellsworth

Ken Helland - Le Center

Mike Kesler - Rochester Lourdes

Paul Lemke - Glencoe-Silver Lake

Chad Sexauer - South St. Paul

Bob Urness - Winona, retired

## Reasons Why MSHSCA Membership is Beneficial - [www.mshsca.org](http://www.mshsca.org)

1. Executive Director available to work for you on a daily basis.
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10. Opportunity to be recognized as Minnesota Coach of the Year.
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12. Delegate representation that allows coaches to remain fully updated on issues.
13. Close working relationship with all affiliated sport associations.
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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. Information available on MSHSCA Website.

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*Advanced reservations required. All packages & promotions are based on availability.*

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All memberships run from Aug. 1 to July 31 This corresponds to the school year NOT the calendar year.

### Procedure for Online Registration \*You do not have to use a credit card to register online!

1. To begin, go to [www.mshsca.org](http://www.mshsca.org).
2. Use the link for 2012-13 membership.
3. Use the right hand side to join for the new members.  
Use left hand side for returning members.
4. Login is your email address and your password is zzz if you did not change it last year.
5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Print your receipt.
8. The receipt can be for your business office if the school is paying with one check.
9. The last step is to click finish.

**Please note:** if you choose to pay by check or money order, your card will be sent when payment is received.

### Questions????

Please call 218-847-6796 or email [jomar@lakesnet.net](mailto:jomar@lakesnet.net) with questions

Please do not hesitate to call, we work out of our home and should be home most of the time to answer your questions.

Thank you for using our online system,

John and Mary Erickson



Good luck  
to all MFCA  
members and  
their teams!

**MINNESOTA FOOTBALL  
COACHES ASSOCIATION**  
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[www.mshsca.org/football/index.htm](http://www.mshsca.org/football/index.htm)

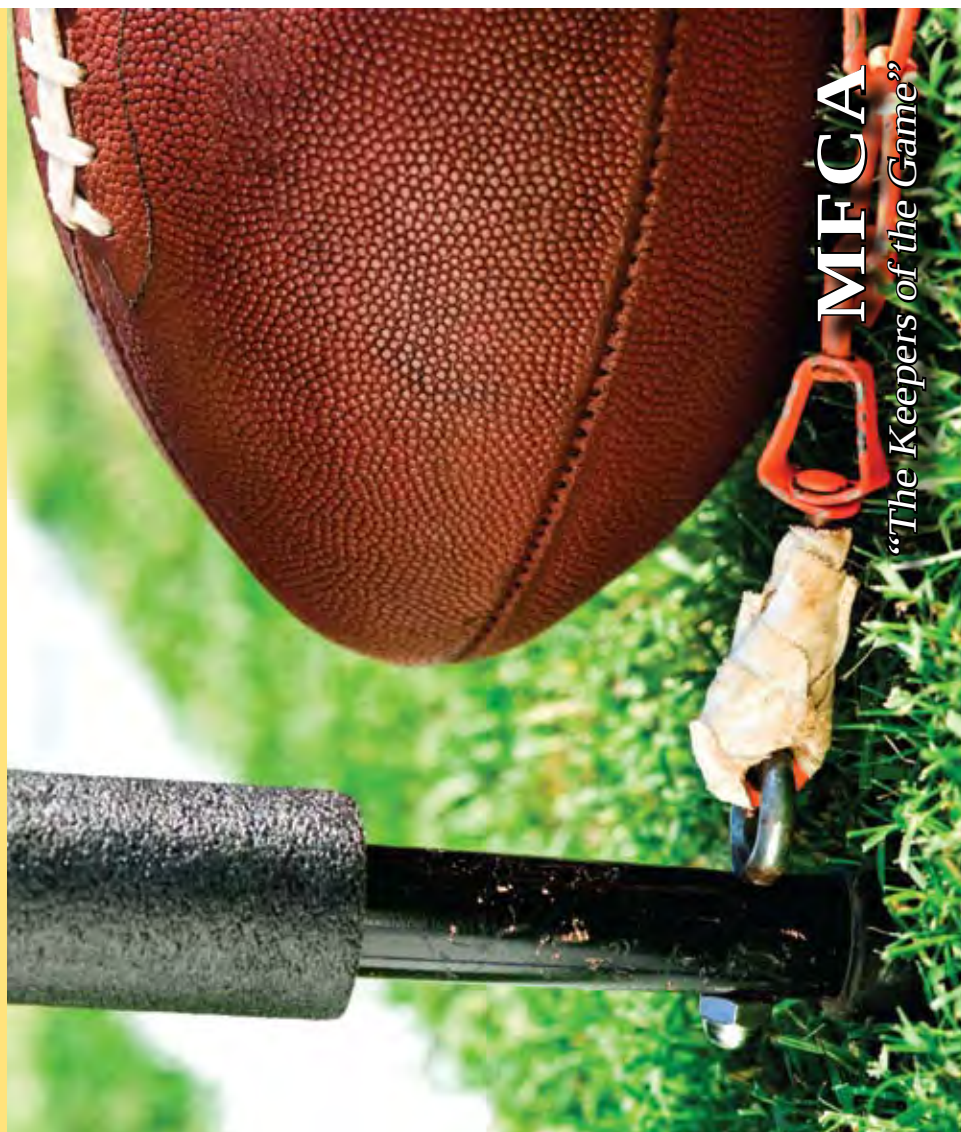
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