



THE Minnesota PREP COACH

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STADLER, MORRIS SEEK MSHSCA VICE PRESIDENCY

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

The two coaches seeding the position are Tim Morris of Blaine and Terry Sadler of Warroad. The winner of the election will serve a four year term with the third year as President. The term of office will begin at the 2017 summer meeting to held in Detroit Lakes.

The election runs from March 25th, 2017, following the spring delegate meeting and concludes on May 1, 2017.

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

Voting will take place online at www.mshsca.org An email reminder will be sent to members when voting opens.

Bios and photos of the candidates are listed below.

Terry Sadler (Warroad)

Growing up the heart of Iowa’s Field of Dreams country, sports were a big part of life as a youngster, especially baseball. Terry played baseball and football through high school and even tried a year of wrestling.

Terry graduated from the University of Northern Iowa in 1992, with a BA in French Education. He’s been a teacher at Warroad Public Schools the last 25 years. He has taught French, Elementary Keyboarding & Computer Apps, and most recently high school and college-level computer apps and Business classes. These new assignments forced him back to the classroom as a student, earning a BS in Business Education from Winona State University in 2011, and a Master’s of Education from the University of Minnesota in 2013. Becoming a student again after almost 20 years as the leader in the classroom brought back a forgotten perspective of the education process. Having to reinvent oneself is extremely challenging but the process has been rewarding and satisfying, especially after completion.

Sadler has coached football for 24 years, mostly at the junior



high level. He has coached softball for 25 years, 24 of those as the head coach for the Warroad Warriors. In softball, Terry has been named Far North Conference Coach of the Year seven times, and Section 8AA Coach of the Year five times. He has coached five Warroad Softball teams to Section 8AA titles and berths in the State Tournament.

Terry has been a member of the MSHSCA and MFCA (MN Fastpitch Coaches’ Assn.) for 25 years. He has served as a delegate to the MSHSCA representing 8A Girls’ Sports for the past six years. He has served on the MFCA Advisory Committee for the past 13 years, and was president of the MFCA 2012-14.

Tim Morris

I grew up in the Chicago area where I played hockey and baseball, and bowled regularly in a Saturday league all through high school. I attended St Cloud State University and graduated cum laude with a degree in French. I met my wife in France on a foreign exchange program my junior year. We have now been married for 35 years and



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The Minnesota PREP COACH

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3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Larid (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Tavia Bachmann (Frazee)		Mike Peterson (Perham)	
7A		Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	
8A	Terry Sadler (Warroad)	John Schumacher (Park Rpd.)		
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2AA	Mike Lhotka (Dassel Cokato)	Carl Pierson (Waconia)	Tink Larson (Waseca)	
3AA		Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	
6AA		Jim Baker (Retired)		
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (St M-A)	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	
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President's Message

By: Todd Smrekar, President
Cambridge-Isanti High School

As March Madness settles in and champions are crowned in various activities at the premiere venues in our great state, it is clear that we are definitely headed into the home stretch of the 2016-17 school year. Spring is definitely near! There will be tears of joy for some who achieve great success as champions, and there will be tears of sadness as the championship dream is dashed. However, through it all, the one thing that is crystal clear is the passion that is on display. This has to be one of the reasons why coaches coach, players play, officials officiate, and fans cheer, for the passion they have for what they are involved in.

According to the Positive Coaching Alliance, Boston Celtics Head Coach Brad Stevens says "the most central aspect of youth sports is to promote passion for the game so kids are excited about the sports they play." There are obviously other life lessons that are learned through participation in ed-

ucation based athletics, but passion certainly is an important one as well. This passion that is displayed by the athletes, the coaches, the fans, and the officials, not only during our state tournaments, but all year, are also a core reason of why we do what we do as coaches and why our athletes participate in athletics.

So as the spring comes roaring in and the sports seasons change, my hope is the passion that someone instilled in us as coaches can be passed onto the next generation. I have said it before in this column this year, kids need coaches now more than ever! The lessons learned in athletics are invaluable; passion is one of those valuable lessons and it is contagious. I am looking forward to seeing all the Association Presidents and Delegates at Mancini's for the spring meeting at the end of March.

VICE PRESIDENCY ... continued from page 1

have 4 grown children. I was a self-employed contractor for many years and now have two antique store locations and a self-storage business that I own and manage. Mickey, the oldest attended West Point and served two tours overseas in Iraq and Afghanistan, respectively. My oldest daughter Tera attended U-W Superior where she played hockey for three seasons. She is married now with two boys. Shane, our third, just left the Marine Corps after having been stationed in Japan for the past two years and is now employed at Boston Scientific. Our youngest, Kelly, is in her third year at NDSU majoring Spanish, Biology and International Studies. She also plays hockey for the NDSU club team. She won a Div. 2 ACHA National Championship her freshman year and was named an All-American her 2nd season. She will be heading to Columbus, Ohio for her team's 3rd consecutive national tournament this spring.

This year was my 24th year coaching high school hockey in Minnesota (2 years, Fridley HS boys; 6 years, Totino-Grace HS girls; 10 years Eden Prairie HS girls; and 6 years, Blaine HS girls). I have coached over 650 games over that time period. I have participated in six state tournaments, 2 as an assistant coach and 4 as a head coach. These teams combined for one Consolation Championship (2015), one 4th Place finish (2003), one 3rd Place finish (2004), one 2nd Place finish (2017) and two State Championships (2006 and 2008). I have also participated in many off-season programs including the MN Hockey HP 16/17 programs, the High School National Invitational Tournament, the Senior Classic, U18 Festival, Chicago Showcase and the MGHCA Junior Festival.

I have served in a number of administrative capacities during my tenure as a high school hockey coach. I have been the

Executive Director of the MGHCA (Minnesota Girls Hockey Coaches Association) since 2003. Prior to that I served as the President, the President-Elect and as a Section representative beginning in 1996. I have also served as the Girls High School Director on the MN Hockey Board of Directors since January of 1997. I serve on or chair several committees for the MGHCA including our awards, programs, all-state, executive and scholarship committees.

I also serve on the following MSHSL committees: Herb Brooks Award Committee, Advisory Committee and the All-Tournament Team Selection Committee.

MGHCA Hall of Fame Inductee 2013

Brano Stankovsky Award presented by the MGHCA 2013

3M Coach of the Year (Charlie Stryker Award) 2010

3M Section Coach of the Year 2003, 2004, 2007, 2009

Lake Conference All-Conference Coach Award 2005, 2006, 2007, 2008

Section 6AA Coach of the Year 2003, 2005, 2006

National Girls & Women in Sports Day-Breaking Barriers Award, Feb. 7, 2007

Sport for Understanding - Coach of the Year 1995

First Aid & CPR - American Red Cross

Bloodborne Pathogens Training

National Federation of Interscholastic Coaches Education Program - Certification 1995

USA Hockey CEP - Master Level Certification, March 27, 2000

National Youth Sports Coaches Association - Clinician & Chapter Director 1990 - 1997.

After the Game Bring Your Team to 



SNYNCHRONIZED SWIMMING

By: Kathryn Henderson

Preparing for the Season

In only a few short days our swimmers will be starting their new season of synchro. Their muscles will be challenged, their lungs will burn, and they will show off their talents to their coaches who will be deciding their routine placements for the season. Things move very quickly in a synchronized swim season.

In the months leading up to the season, coaches are busy finding, listening, mixing, and putting together their playlist of music that will be used for the season, with goals of having it complete by the time the swimmers are placed in their routines—within the first few weeks. The music needs to match the swimmer, and the swimmer has to learn to portray the theme of the music. The number of routines a coaching staff has to work with depends on size of the team. Smaller teams may have 6-10 routines, and larger teams could have 25+ routines. Once the music is done, and routines are handed out to the athletes, the hard work begins. Many girls on the team will need to learn 2-3 routines each, which leads to long practices. Writing choreography for 20+ routines is a daunting task, but one that most synchro coaches thrive on. The art of creating, and the science of knowing how much to push a swimmer to be her best, is what drives us in this crazy & difficult sport.

When talking with synchronized swimming coaches and swimmers from around the country, they don't even understand how or what we do here in the Minnesota high school season. Most of them have 8-10 months to do what we accomplish in a short 12 weeks. They are baffled by it, and think it's crazy. It is. And we're about to do it all over again in a few short days.

If you are reading this, and you have never seen a live synchronized swimming event, I recommend you find a meet or show later this spring!

“I’m not going to buy my kids an encyclopedia. Let them walk to school like I did.”

- Yogi Berra



FLIP NOTES



Kaitlyn Helmbrecht
Maple Lake High School

Spring is here, which means warmer weather! Yay! I want to thank Toni Kleber for serving the Girls Gymnastics Association as President for the past two years. She did a wonderful job representing our Coaches and Athletes. Thank you for all your hard work and dedication.

Congratulations to Detroit Lakes, Class A State Team Champions and Lakeville North, Class AA State Team Champions. Congrats to the Individual State Champions and participants. It was a great state meet. A wonderful evening was had at this year's state banquet celebrating the many successes from this season, along with acknowledging our State Head and Assistant Coaches of the Year.

A few reminders as we move into spring. All members of the B squad, JV and Varsity coaching staffs must sign a summer waiver to work with their athletes during the summer. This includes volunteer coaches. Waiver forms can be found on the MSHSL site under Coaches Clipboard and are filed with your school district. We will begin planning for our Fall Clinic soon. If you have any ideas, please feel free to share with your section rep or myself. Have a great spring and summer!



ICE CHIPS

By: Greg Anzels

It has been a great season for boy's high school hockey and the MHCA has been very busy over the past several months! We recently entered into a relationship with the StateofHockey.com and the Associated Press to promote the AP All-State Team. This will provide a boost in exposure and energy for the All-State Team as it will be announced during intermission of a Wild telecast in mid-March. The StateofHockey.com will also support of our Fall Clinic, as well as the production of the 2017 A and AA State Tournament Banquets. This year we have made significant changes to the Minnesota Hockey Ted Brill Great 8 and High Performance 18's. We will be consolidating the event to 8 teams total - 4 senior teams and 4 teams of HP 18's. Another big change is that our annual Hall of Fame Banquet, in partnership with the StateofHockey.com and SporsEngine, will no longer be held during the State Tournament. Instead, we will honor our Hall of Fame coaches at our Fall High Performance Coaching Summit September 22-23. We are currently accepting Hall of Fame nominations via our website, mnhockeycoach.com. See you at the rink soon!

Over Hill and Dale

By: Jesse Nelson
Red Wing

As the sun creeps higher in the sky, days get longer, we welcome the return of spring, and for those that also coach Track & Field, we welcome the ability to work with our athletes again! With the excitement of spring we remember the outstanding fall we had and celebrate our 2016 Coaches of the year!

Class AA Girls – Jerry Popp, Willmar

Jerry Popp coached Willmar to a state runner-up finish to defending champion, Edina. The Cardinals won Section 8AA and Central Lakes conference honors and their club team placed 5th at Nike Nationals. Jerry completed his 40th season as a head coach.

Class AA Boys – Matt Gifford, Maple Grove

Matt Gifford directed Maple Grove to their first ever podium finish with a 3rd place showing at the state meet.

Class AA Assistant – Dave Rudie, Willmar

Dave Rudie completed his 8th season as assistant coach for Willmar.

Class A Girls – Bob Bonk, Fairmont

Bob Bonk led Fairmont to the state championship with a narrow 84-86 win over Perham, their second championship in program history (1988 Class AA). Bob completed his 41st season at Fairmont.

Class A Boys – Mark Abraham, LaCrescent

Mark Abraham directed LaCrescent to the podium with a third-place finish at the state meet. The Lancers won the Section 1A and Three Rivers Conference meets. Mark completed his 33rd season as a head coach.

Class A Assistant – Ashley Roemer, Howard Lake-Waverly-Winsted

Ashley Roemer assisted Wade Moravec to a sixth-place girls team finish at the state meet. Ashley completed her 8th season as assistant coach for Howard Lake-Waverly-Winsted.

Thanks to Chris Harder of Rosemount for his work with our COY program.

Big thank you to Mary Schifsky of Roseville for stepping up and filling the role of secretary for our association! More information will be forthcoming regarding how we'll communicate with our membership in the future! As always if you have any input for us, please send me an email. jhnelson@rwps.org

*“It isn’t the
mountains ahead
to climb that wear
you out;
it’s the pebble
in your shoe.”*

- Muhammed Ali

Delegates Corner

By : Gary Prantner - Byron High School

The power of a team

We have all heard the clichés, There is no I in Team, Together Everyone Achieves More, We are only as strong as our weakest link, and All for one and one for all. Trying to get high school student athletes to care about their teammates as much as they do themselves is a big challenge. However, when you get your team to get to believe in that mindset they will accomplish great things on the field or court. We saw proof of that when Kansas came back from 13 down with 3:00 left against West Virginia to win the game.

Seeing the results on the field or court becomes easy. The great experiences come when they are off the field. The next step is when teams spend time bonding together away from practice and games. It's the trips to Perkins and Applebee's after games, or the trip to Subway before games. Great memories are made at team bonding events when they gather at a player's house the night before the game, cook steaks and play yard games. These relationships are what make high school sports

unique. If your student athletes are brought together because of sport and form friendships off the field, I believe the true meaning of high school athletics is being met.

A few days ago I had the fortunate/unfortunate opportunity to see the true power of a team. Our summer program lost a coach/mentor/and leader to a snowmobile accident. This man was kind and caring, and left behind a wife and daughter. But more than that, he left behind a group of athletes he had spent countless hours coaching the last few summers. The true powers of a team were on display at this moment. Players and parents offering support, not only for the family, but also for each other. In those moments you could tell our softball program was more than a team, it was truly acting as a family.

My suggestion to you is to take some time during practice to work on building a team, not just developing individual skills. The results will pay off over and over for your program and community. There truly is power in a team.

After the Game Bring Your Team to 



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

As I sit down to write this article the winter sports season is quickly coming to a conclusion with the crowning of state champions in each winter sport. I don't know if I remember a milder winter and I am sure the unusual warmth created some real challenges for ski coaches. I know that there

were many winter enthusiasts who were disappointed and many AD's who were elated with less reschedules and travel difficulties. Now we are ready to move on with the spring sports season, and I am sure that there are many spring sport coaches excited to move into their season without having to shovel tennis courts and tracks, and diamonds that will be useable at a very early date.

Mary and I are moving into our final year as your Executive Directors, and we are working the Schumachers, John and Bernie, as they prepare to take over the reins. John and Bernie will be with us at many of the clinics and meetings during the coming year and I encourage you all to stop by and say hello and introduce yourselves. Many of you know John from his many years of service, not only to the MSHSCA but to the AD's and as a representative on your behalf with the MSHSL Board of Directors.

We attended the annual NOCAD meeting along with John, Bernie and Past President, Rob Nielsen. It was a great meeting and the amount of information that is shared during the meeting is always valuable as we share concerns and issues in our states. I am always reminded, at these, of how Minnesota has been a real leader in so many areas and our relationship with the MSHSL has enabled our state and our coach's great vision in leadership. I would like to touch on a few of the highlights from the meeting.

Insurance: Our liability insurance rates will increase 7% in the coming year. The increase was expected and we

prepared for that with a dues increase in the past year. We do not have a quote on our Directors and Officers insurance yet, but the trend on that has been trending up for the past several years. This insurance covers all of our affiliated sport associations and their officers. Our Broker, Loomis and LaPann, did emphasize two areas that are issues. One is hazing and information regarding those issues is included in this issue. There is currently a pending lawsuit in another state involving five coaches. The alleged hazing occurred at a summer camp and some of the coaches named in the suit were not even present. **USE CAUTION!!** Another major area of concern involves the transportation of athletes in their own vehicles. When we think about 7 on 7, team camps, etc. it makes sense to review when you are and when you are not covered under your liability insurance.

The Jason Foundation: Suicide continues to be a major cause of death among our young student athletes. The Jason Foundation has been working with many of our NOCAD states in developing training and awareness in suicide prevention. I hope that Minnesota Coaches, along with the MSHSL, continue to explore the development and implementation of an effective training program.

AAU: There was some very good discussion regarding AAU and the effect that it has on the state's programs. The words used in some of the discussion was that, "they are selling these kids and their families a dream." The fact remains that for 98% of all our athletes, high school will be the final page in their athletic careers. Indiana Basketball warned football not to let AAU do to football what it has done to basketball. There was discussion regarding third parties trying to get involved in the 7 on 7 in football etc. The bottom line I took from all of this discussion was that we must fight to keep the integrity of our schools "education based athletics" and the values we hold.

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CLEARING HURDLES



By: Gary Wade, Rushford-Peterson HS
Minnesota Track and Field Coaches Association

It is that exciting time of year! Everyone is making the final preparations for the upcoming track and field season. I would like to extend my best wishes to all coaches and schools for the upcoming season.

A big thank you to all coaches who attended the Track and Field clinic in January. It was very well attended and the presenters are getting better each year. I know that I am not alone in saying that I learn a lot from the high school coaches that present at our clinic. I encourage you to accept when asked to present at the clinic. Also, if you know of a high school coach who would be a good speaker, please let us know. A special thanks to Craig Nelson, Dave Wieber and Rod Fuchs for organizing and running the clinic. They do a tremendous job coordinating and getting quality speakers. I really enjoyed this year's keynote speaker, Heather Miller-Koch. It is a great example of how you, as coaches, make a difference in the lives of your athletes. Heather and her husband, Ryan, also presented excellent sessions which were greatly appreciated.

Congratulations to all Coach of the Year recipients. Assistant Coach of the Year: Class A, Pete Janiszski - Luverne, and Class AA, Lowell Himlie - Hutchinson. The head Coach of the Year recipients were as follows: A boys, Will Helms - Ely, AA boys, Nick Rob - Blaine, A girls, Rich Faust - Belle Plaine, AA girls, Meghan Orgeman Crumb - Alexandria. Also, congratulations to the Volunteer of the Year. Class A, Aaron Nepstad - Byron and Class AA, Bill Thornton - Northfield. Great job to all!

During the clinic meeting I talked a little about awarding a track and field Athlete of the Year. This would be much like what they do in other sports. This is still in the beginning stages as we are looking for coaches who would like to be on a committee to work out the details. Each class would have 1 track and 1 field athlete for both boys and girls. Please contact me if you would be willing to help bring this forward.

The track and field season is upon us, and it will be over in what seems like a blink of an eye. Make sure you enjoy all of the little things that make this sport special. We are the mentors of a great sport, inspiring greatness in both small and giant steps. Some of our best athletes never make the podium. Their victory is in the work ethic, commitment and growth that they achieve.

USE YOUR MEMBERSHIP CARD

Your 2016-2017 Membership & Insurance Expires July 31st.

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

Park Center does NOT accept Membership Cards for admission.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

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2016-2017 Membership Card

Minnesota State High School Coaches Association

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Website: www.mshsca.org

President, Todd Smrekar - Cambridge-Isanti

John Doe

St Anthony Village

Asst. Football

Head Wrestling

Asst. B/G Track



After the Game Bring Your Team to 



CORNER KICKS

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

We have been through weather up and down the last month. We are getting closer to spring and a chance to get outside. If you are still in the running for a place in a winter state tournament, we wish you the best of luck. There are many things going on with your MSHSCA organization and I will share many of them.

Each year the MSHSSCA awards two \$1000 senior awards; one to a girl and one to a boy. These are the Mike Worter Awards named in honor of the Eagan Girls Coach. Any high school senior, who was on her/his varsity team, is eligible to apply. The winners are determined to be the best all-around student athletes, based on their application. Art Seplak (Bloomington-Kennedy retired) is the chair of the committee. These two students were given the awards.

This year's girl winner is Bria Fernn from Sartell High School. Bria was a 4-year varsity player, an all-tournament selection in 2014, and her team's MVP in 2016. She is a volunteer soccer coach and is active in school organizations as well as her church. Bria is choosing between St. Benedict's and the University of Minnesota for her college career.

Bryant Gernes, from Winona Cotter High School, is the boy's winner. He was a four year varsity player, an all-conference selection for 2 years and his teams defense MVP. He will graduate in the top 10% of his class. He has volunteered at Cotter's summer camp for incoming students and helped boarding students get settled into the school. He will attend South Dakota School of Mines and Technology in the fall.

A school was left off the Academic Awards list. The Two Harbors Girls Soccer team earned a gold award with a 3.79 GPA. The MSHSCA informed us of this mistake. Congrats to the girls.

Once again, the Minnesota Soccer coaches and players were honored at the NSCAA annual convention with national awards.

GIRLS

NSCAA ALL AMERICAN

Temi Carda	Lakeville North	Jeremiah Johnson
Morgan Turner	Wayzata	Tony Peszneker

NSCAA ALL CENTRAL REGION

Meredith Haakenson	Maple Grove	Ben LeVahn
Arianna Del Moral	Totino-Grace	Matt Thibodeau
Addison Clark	Wayzata	Tony Peszneker
Charlotte DeVaughn	Minneapolis Washburn	Reuben Ndely
McKenna Buisman	Mankato West	Crissy Makela

NSCAA MINNESOTA COACHES OF THE YEAR

Large School	Gretchen Stramel	Rosemount
Small Public School	Crissy Makela	Mankato West
Private Parochial	Scott Helling-Christy	Benilde-St.Margaret's

BOYS

NCAA ALL AMERICAN

Tyler Stevens	Wayzata	Dominic Duenas
Ataniel Claremound	North St. Paul	Casey Holm

NSCAA ALL CENTRAL REGION

Gladymir(Busquets)Juedi	North St. Paul	Casey Holm
Jake Makela	Mankato West	Leonard Woelfel
Avery Weaver	Minnetonka	Mike Rogers
Garett Opperman	Breck School	George Steumpfig
Avishai Eller	Breck School	George Steumpfig

NSCAA MINNESOTA COACHES OF THE YEAR

Large School	Dominic Duenas	Wayzata
Private/Parochial	Noel Quinn	St. Thomas Academy
Small School	Leonard Woelfel	Mankato West

We had the honor of having two of our coaches selected as NSCAA Great Lakes Coach of the year. They both come from Mankato West.

Girls Great Lakes Coach of the Year-Crissy Makela Mankato West Boys Great Lakes Coach of the Year-Leonard Woelfel-Mankato West

Congratulations to these fine coaches. As a sidelight, Crissy Makela's son was an All Central Region selection. What an honor for a coach and a parent to have her son be selected by the NSCAA.

Dave Halgren (Executive Secretary) passed on information that Crissy has won the POSITIVE Coaching Alliances coveted double -Goal Coaching Award presented by TeamSnap for her positive impact on youth athletes. She is one of 50 coaches nationally that were named as winners of this award. She now is in the running for a national award. More about this will follow in the May issue.

Greg Juba (Park of Cottage Grove-retired) has shared some preliminary plans for our August Clinic. The dates this year will Thursday, August 10 and Friday, August 11, at North St. Paul.

As usual, the clinic information will be sent out and the registration brochure will be included in the May Prep Coach.

You should continue to monitor the website MSHSSCA.org for any information about items dealing with our organization. We continue to work on getting soccer to a three class system. In addition, there are people working on a plan for the first couple of weeks regarding types and kinds of practice.

In addition every year there is some misunderstandings about annual dues. They are completely separate from the clinic registration and you need to pay them through the Minnesota State High School Coaches Association website. If you wish to become a member of the NCSSA you need to pay the additional fee.

That brings us to the end of the column. Our next meeting is March 8. This issue will be out after that date. Keep in touch by using the website. And remember you have the best job in the whole world-coaching kids.

MSHSL BOARD OF DIRECTORS REPORT

By: Craig Anderson-Boys Sports Representative for the MSHSCA

Congratulations to all the coaches, athletes, officials, fans, workers, and administrators who helped to make our winter seasons memorable. The wins and losses will be discussed for years, but the life lessons that are learned on the various venues of competition will last a lifetime for those who participate. Thanks for making memories.

As we move into our spring season, I'm sure that visiting the mshsl.org website is second nature to many of you. Thanks to the hard work and organizational skills of the MSHSL staff, any information that you may need is at your convenience. For those of you that are new to the Coaching or director positions, please take time to familiarize yourself with all that is found in this website. We have made a commitment to reduce the amount of paper leaving the League Office, but still allowing our constituents to be informed.

These are some of the highlights from our February Board of Directors Meeting:

Jody Redman continues to work with some of the franchises in the NFL on the implementation of "Why We Play".

We approved a television broadcast partnership extension

with 45TV (KSTC) through 2030-31, which allows many of our programs to have some of the finest coverage in the nation.

A sales tax exemption is being considered for the Minnesota State High School League from our State legislature.

Approved in advance the AD's Advisory Committee's Recommendations for the appeals by schools with at least 50 percent free-and-reduced lunch.

A timeline has been established for Section classification for the 2017-2018 and 2018-2019 school years. With Opt-Ups, appeals, and AD Advisory reviews taking place at various dates. The Board of Directors will approve the new assignments on March 24th. I

Instant replay in the football State Tournament is being explored.

An additional 2,500 copies of Joe Erhmann's "InSideOut Coaching" have been ordered.

A part-time employee agreement was approved for Associate Director, Kevin Merkle, effective on August 14, 2017.

With our Girls Sports Representative, Jill Johnson, we look forward to meeting with the Minnesota State High School Coaches Association leadership at Mancini's in March for the Spring Delegate Assembly.

FAST TRACKS

Doug Boonstra

Nordic Coaches Association President

What a Winter! We saw almost as much rainfall as we did snowfall in the southern half of the state, and it if weren't for the man-made snow areas of Three Rivers Parks and Theodore Wirth, we may have seen some roller ski races. It sure ended wonderfully, however. For many of the skiers, their first 'real snow' race of the year took place under bright skies, and temps in the mid twenties to low thirties up at Giants Ridge in Biwabik. There were many excellent performances, but the northern girls stole the show with an epic duel between Erin Bianco, of Ely, and Kara Maijala, of Cloquet/Esco/Carleton, in the pursuit with Bianco getting the better of the afternoon. Her teammates joined her on the podium as Ely came away with a much deserved Team Championship Trophy. The southern boys tried not to be outdone, and they were not. Patrick Acton, of Egan, Xavier Mansfield, of Spring Lake Park/St. Anthony, and Foss Kerker, of Mpls. Southwest, took to the classic pursuit trail only separated by 20 seconds. The race was not without its drama, but Mansfield came out on top of the heap with the Individual Crown, and Kerker was joined by his SW teammates with a repeat performance as Team Champion.

I would like to bid a fond farewell to two coaches who will be moving on to other things. Terry Wasland, the only coach in the history of Little Falls HS, is retiring, as is Mike Mason from Minnetonka. Both of these gentlemen put kids first, and will be missed on the trails. I apologize if I am omitting notable retirees.

Before we head into our spring duties, the Nordic Coaches Association will be holding their annual spring meeting in Mora on Saturday, March 11. Stay tuned later this year to any new changes to our sport as we try and stay on the cutting edge of the ever changing world of Nordic Skiing.

Notice:

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

This is the company we use for online registration.

After the Game Bring Your Team to 

MnIAAA CORNER

*By John Vraa, New London-Spicer HS
MnIAAA President, Spring 2017 MN Prep Coach*

How Do You Measure and Define Success?

Joe Ehrmann's book titled, "InSideOut Coaching" has been a great resource for coaches around the country and particularly in Minnesota with the Why We Play initiative. I have had the privilege to sit on the Education Advisory Committee for a number of years and I always come away from those meetings inspired by the work of Jody Redman and so many quality activities directors across the state. So many good ideas and best practices come out of those committee meetings. At one recent meeting, I was challenged by Ehrmann's question of "how do you measure and define success?" In particular, how do I as Activities Director evaluate coaches when those coaches don't have any idea on how I measure and define success? To that end, I recently shared these thoughts with our coaches at New London-Spicer.

Every player should feel valued. It is common place for the top athletes to be coached with great interest and detail. It is much more uncommon for the average to below average athlete to be coached in the same regard. We know 97% of our high school athletes are having their terminal experience in athletics. With that in mind, we owe it to all of our athletes to feel valued. Valued does not mean equal playing time, but credible playing time should be sought. It also means engaged conversations, recognition of effort, and value placed on the need for the whole group to prepare for competition.

Quality communication. There are so many facets to communication in coaching high school athletics today and the successful coach must be a quality communicator. Facets include:

Establish and consistently implement team rules and policies.

Teach across multiple platforms – video, playbooks, classroom instruction, on-field instruction, self-discovery. Find the platform that makes personal connections with all athletes.

Create a balance between having players understand their roles, yet realistically encouraging them to reach new roles needed for the team and for their own personal growth.

Educating and modeling players and parents on proper use of social media.

Setting boundaries for parents in understanding the parent and coach roles.

Effort is high and consistent. Effort is a character trait all players have the ability to implement. Successful coaches create an environment where maximum effort is simply expected and is a constant. There is nothing more frustrating in coaching than watching athletes with high abilities not work hard and, conversely, there is no greater reward in coaching than watching a mid to low level athlete succeed because of their effort.

Player conduct is noticed and respected. While nearly all coaches will deem player conduct as important, successful programs will consciously coach character and player conduct on a daily basis. Traits like a willingness to be coached, active listening, respecting coach and official decisions, respecting

the ability of your opponent, exhibiting good sportsmanship, shaking hands and looking an opponent in the eye and sincerely saying "good game", and taking pride in the care of our own facilities and ensuring proper conduct in other school's facilities.

Players are having fun and play better at the end of the season. Fun, friendship, and family are three of the top six core values identified by New London-Spicer athletes, coaches, and parents. Finding ways to make the organized world of high school sports seem like "play" is crucial to making each season fun. But I also contend that if players are valued, personal connections are made, consistent effort is displayed, and player conduct is of a high standard then that sport will ultimately be a lot of fun and teams will show improvement!

Mat Chatter

*By: Will Short
Simley Head wrestling Coach
MWCA president*



Thinking about it...

The season is coming to an end for most coaches and the final outcomes are here. A season worth of work and practice comes to an end. If you're like me, the season of work started in March of last year.

As a wrestling coach you are constantly managing athletes on and off the mat. It seems I can spend a good hour after practice everyday discussing school, family, nutrition, social life and strength training with my wrestlers. As a head coach there are no days off. You are almost always discussing wrestling, or planning wrestling. Once a season ends you plan a banquet, and then you are already building the next season at the banquet. Captains are announced, and off-season programs are put into place. Freestyle and Greco training begins, along with training for national championships for cadet and juniors. It never ends.

I can take hours and hours of everyday thinking about wrestling. The only real time it is not on my mind is when I plan to not have it on my mind. One suggestion I can make to young coaches is don't forget to plan your mental break from coaching. Coaches need to recharge their batteries just like athletes. I like to plan a week when I will not think about wrestling. During that week my time is spent doing things as far away from wrestling as I can get. This is not an easy task. Most coaches can be thinking about what each athlete needs to do all the time. It can become unhealthy. Remember you have to bring positive energy to everything you do as a coach. If you're not excited about what you are doing, how do you expect the athletes to be excited. So take the time to refocus and get positive and bring great energy to your coaching, by not thinking about it.



*Suicide Mostly Happens During the
Holiday Season...
Myth or Fact?
The Answer is MYTH.*

According to the Centers of Disease Control (CDC), suicide rates peak during the Spring and Fall

EDUCATION is the key to **PREVENTION**.

Information, tools, and resources are readily available to help identify and assist someone who may be struggling with thoughts of suicide.

The Jason Foundation, Inc., a national leader in youth suicide awareness and prevention, and the National Organization of Coaches Association Directors (NOCAD) are teaming together to provide all of NOCAD's membership with access to the Coaches Assistance Program (CAP).

CAP provides the education and help that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.



www.jasonfoundation.com/coachesassistanceprogram/

After the Game Bring Your Team to **SUBWAY**

CHIP SHOTS



By: , Bob Gorden
President Golf Cch Assoc.

As you read this publication our season is soon to begin. March 20th is the first official practice day. Hope you're having a great school year and are as excited as I am to begin another High School golf season. Winter has been really nice, as far as I can see from sunny Arizona. How about that weather in middle of February? Read earlier that the first course opening was February 18! Wow, history was made, a new record. Will we have an early start to our golf season? Sure hope so!

Always JOIN the golf coaches association early in the school year. We use registered coaches email for correspondence during the entire school year, plus the insurance covers you from July 1 -June 30 yearly. The other benefits can be used the entire school year as well. Never just join for the golf season, take advantage of being a member the entire school year. If you haven't joined, we encourage you to please do so.

State rankings will again be run by Barry Wallin, Rosemount High School, for girls, and Brian Johnson, Eagen High School, for boys. PLEASE enter weekly scores online for your team and players, so all golfers can be recognized, if deserving, during our 2017 season. It is an easy online weekly procedure to enter scores for the rankings. If every team enters their players, and

team scores, we would have a very accurate weekly ranking. Players who deserve to get the All State Award at the end of season would do for each class, both boys and girls.

Steve Heslop from Pequot Lakes will handle the Academic Awards again. This info will be online on our coaches website, with the due date of May 26. These awards are presented at the banquets on June 12, during the state tournaments. If a player is not in attendance they will be mailed to the coaches. COACHES remember to honor your players, if deserving, by filling out these forms for Steve online and on time.

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

The Birdie Marketing Golf Card is the only golf card the Coaches Association endorses. This golf card gives back to the coaches, and your association. Each year we draw 8 teams who have sold at least 25 cards and they get a check for \$500 for their program. Winners in 2016 were, Becky Hartung, Hastings, Jessica LeBanc, Pierz, Scott Baldwin, Zimmerman, Eric Petterson, Bloomington Kennedy, Andy Lahoud, St. Francis, Steve Hanson, Cambridge, Bil Huhner, Litchfield, and Brian Hoffman, Monticello. The info for selling these cards is on our coaches website. It was also emailed to all registered coaches. Also, Jeff Tollette, who handles this card, will

2017 U OF MINNESOTA GOLF CLINIC

We are bringing back our Coaches' Clinic on campus at the University of Minnesota! We invite you and any new coach that we may not have an email for to join us on **Saturday, March 25, 2017** at the Bierman Building on campus at the University of Minnesota. 516 15th Avenue SE, Minneapolis, MN 55455.

Our clinic this year will be presented by the Coaching Staff from the Men's and Women's Gopher Golf programs. The clinic will cover a variety of areas of coaching at the highest level with a focus on "Coaching on the Course", "How to Design an Effective Practice" and "Fundamentals of Instruction".

WHO: Coaching staff at Gopher Men's and Women's Golf, current team members from Gopher Golf, Local PGA Professionals and High School Golf Coaches.

WHAT: Clinic will have sessions involving "Coaching on Course", "Designing Golf Practice", "Fundamentals of Instruction", 2017 Rules of Golf, "Basics in College Recruiting", Strength and Conditioning basics, equipment and fitting presented by 2nd Swing Golf and "Working on Mental Aspects of Golf with Beginners and State Champions".

WHERE: Bierman Athletic Building--516 15th Avenue SE, Minneapolis MN 55455

WHEN: Saturday, March 25, 2017 from 9:00 am-1:30 pm with registration starting at 8:30 am.

WHY: To enhance your knowledge in technique, club fitting and rules, while organizing a setting in practice that will get the most out of your athletes. This clinic will emphasize "Coaching" at the highest level.

PARKING: 4th Street Ramp located at corner of 17th Avenue and 5th Street on campus, Parking Ramp across from Target Dinkytown on 5th Street SE and street parking in Dinkytown.

If you have any additional questions, feel free to contact Coach Justin Smith by email at smit1586@umn.edu or by phone at 651-500-9436. Cash and check payment acceptable as we are not set up to charge credit cards.

REGISTRATION FORM AT: WWW.MSHSCA.ORG/golf

sell you team bags, balls, etc. at his cost if you're selling cards. Just contact Jeff at 763-753-6988.

Gopher Golf Clinic

March 25, 2017

9am-1:30pm

Bierman Athletic Building

University of Minnesota Campus

2017 Dates:

Practice start up date is Monday, March 20th.

First contest date is March 30, and last day to hold a section qualifier is June 7.

Coaches online rules begins March 13, and due completed by March 28, this year.

This is earlier than last year to be completed.

State tournament banquets Monday, June 12.

Tournament play June 13-14, at same sites. Class A, Pebble Creek GC in Becker, Class AA, Ridges at Sand Creek GC in Jordan, and Class AAA, Bunker Hills GC in Coon Rapids.

As you start another golf season, have fun teaching this great game to your players and good luck, or should I say play well. Your players will be able to enjoy this great game for a lifetime. Have fun teaching them, and remind them that golf is suppose to be fun! Have a great 2017 High School season and hope to

see you on a course somewhere.

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

THINK GREEN.



COACHES!

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



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

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

After the Game Bring Your Team to 

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2016-2017 school year.

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
(Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- North Central University (Minneapolis)
- North Dakota State College of Science (Wahpeton)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Mary's University (Winona)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

*Another example of the MSHSCA
at work for the membership!*

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



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at some of the lowest prices in the USA.

**Minnesota State
High School
Coaches
Association
HALL OF FAME**

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076
Email: jbad154@q.com



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

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

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

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

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

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

Coach Awards, Honors & Highlights: _____

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

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

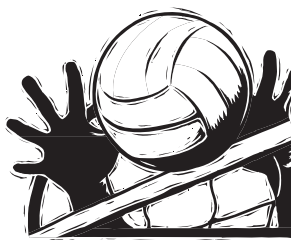
Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

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



Dig This

By: Marty Kiebel
Maple Lake High School

Greetings MN Volleyball! As I begin my tenure as the president of the MN Volleyball Coaches' Association I have to recognize some people in our organization who have been impacting all of us for years. First of all, a huge thank you to Past President, Greg Ueland. He served as our President for the past two years and continued to produce state caliber teams each year on the court. The next person to thank is Becca Pulju from Sebeka. Becca has been a Section Representative for many years and has stepped up into the role of President Elect. I look forward to working with Greg and Becca as we continue to make our organization the best!

This summer the annual MNVBCA coaches' clinic will again be held at St. Cloud State University on July 26th and 27th. Much of the success of our clinic goes to Clinic Coordinator, Heidi Hahn. Each year she does an incredible job of garnering all the vendors and clinic speakers. With Sue Alstrom and Janet Golden-Landquist and their organizational skills, our clinic goes off without a hitch. The clinic brings in the best coaching minds from Minnesota and beyond. It is definitely worth the time and effort to attend. The clinic begins on Wednesday, July 26, with several afternoon sessions followed by the All Star Match, held Wednesday evening at S.C.S.U, that features many of our senior all state players. Following the All-Star Match will be our Coaches' Social held at The Holiday Inn in St. Cloud. It is a great time to connect with fellow coaches and do what we love most... talk volleyball!! Thursday morning, July 27, the clinic continues with more great teaching and plenty of vendors to supply your team's needs. More details will be available soon on the website.

Later this month the MSHSL will be coming out with the section alignments for the next two seasons. Once that happens we may need to hold additional elections for Section Representatives. Please consider this opportunity to represent your peers or to nominate someone who has a vision to grow our game at every level. At the very least let your vote for your representative be counted. Election and nomination information will be sent out by current section reps as soon as we have it. I hope you are enjoying the "off season" and getting some time out of the gym - that is if you're not coaching JOs and actually have an off season. All the best to those of you who are still in season and I'm sure I'll see you in a gym somewhere!

ADAPTED ATHLETICS

By: Marcus Onsum, Robbinsdale
President, Minnesota Adapted Coaches Association

Our adapted floor hockey regular season has now wrapped up, and the playoffs are just getting underway as this issue goes to press, with the adapted floor hockey state tournament being held at Bloomington Jefferson High School on March 17 & 18. This is probably the most exciting tournament of the adapted seasons, with fast-paced action and a very high level of competition in both the PI and CI Divisions. Regardless of which teams take home the championship trophies, you can rest assured it was hard fought and well earned!

It will be just a matter of days from the end of the floor hockey tournament before most of our teams start adapted softball practice...it's a busy time of year for our coaches and athletes! The adapted softball season is by far the fastest moving season for all of our programs. By the time we get through the early preparations and get the games under way, it's already May and the state tournament is just around the corner. This year's tournament will be held on June 2nd & 3rd at Coon Rapids H.S.

The Minnesota Adapted Coaches Association website has been up and running for many months now, yet we are still trying to find the most secure and efficient way to incorporate a members-only message board where we all can discuss a wide variety of items. Please access this site and take a look at what is there. We need your feedback on what we should add and what can be done better. I can only come up with so much information and resources on my own, and welcome all of you to get in touch with me if you have any recommendations or resources that you would like to have shared via our website.

I am nearing the end of my most recent term as the president of the Minnesota Adapted Coaches Association and am looking forward to the leadership and enthusiasm that our current vice president, Brett Kosidowski will bring to our association when he officially steps into the president's role later this spring. With Brett moving up the chain, that means we will be in need of a new vice president. If you would like to get involved or would like to nominate another deserving coach for this position, please get in touch with me as soon as possible. We also will be taking nominations for Coach of the Year and Assistant Coach of the Year candidates through the month of June. These nominations should be emailed directly to me with a description of why the nominee is deserving of this recognition.

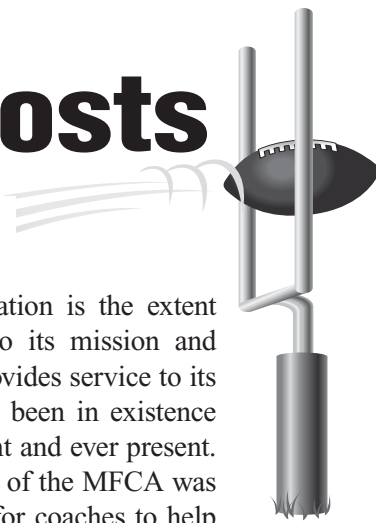
Good luck to everyone this spring, and I hope everyone is able to enjoy a safe, fun filled adapted softball season!



After the Game Bring Your Team to SUBWAY

Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA



A measure of any organization is the extent to which it (a) stays true to its mission and vision, and (2) how well it provides service to its membership. The MFCA has been in existence since 1956. Change is constant and ever present. In the early years the function of the MFCA was to provide a sounding board for coaches to help The MSHSCA and the MSHSL move forward in its collective efforts to improve the athletic experience(s) of coaches and player, and, ultimately, the schools and communities in which they live. Decades have passed; time and change marches on. The MFCA has striven to march in concert.

In this column today, I want to emphasize that the goal of your MFCA is to be of service to our 1100 members, and invite your participation in the many opportunities for coaches to engage in our mission to be 'Keepers of the Game.' Our mission statement states, in part, that we are the professional organization serving Minnesota High School football by preserving its past (the MFCA HOF), recognizing achievement (Awards program, Mr. Football, All-Star game, Academic Achievement, State championship playoffs), and providing educational opportunities for coaches and students, and enhancing and improving the game of football by engaging in partnership with the MSHSL. Your leadership team is mindful of its mission and extends to each and every coach the invitation for your inclusion in the many and varied

**FIFTY-THIRD ANNUAL
MINNESOTA FOOTBALL COACHES ASSOCIATION
FOOTBALL HALL OF FAME BANQUET
Saturday, April 1, 2017 • Doubletree Hotel
TICKETS MUST BE PURCHASED BY
TUESDAY, MARCH 28
AT MNFOOTBALLCOACHES.COM**

BANQUET HIGHLIGHTS
2017 HALL OF FAME INDUCTEES
2016 BUTCH NASH ASSISTANT COACH AWARD
OTHER AWARDS
Sub-District Coaches of the Year
Assistant Coach of the Year
You must be present at the banquet to receive your
Sub-District or Section Coach of the Year Award.
In order to allow time for the plaques to be engraved,
**WE MUST HAVE YOUR ONLINE REGISTRATION BY
FRIDAY, March 24, 2017**

experiences that are available to help you be the keeper of the game for your staff and team.

One such educational opportunity is the MFCA Clinic and Awards Banquet March 30-April 1. The Clinic, called by some "one of the very best in the nation", has become a source of pride to our entire membership; IF YOU CAN GO TO JUST ONE CLINIC, CHOOSE THE MFCA! The clinic committee has once again staffed a clinic with a football menu we can

... continued on page 21

2017 MINNESOTA FOOTBALL CLINIC

A Partnership Between the MFCA and the Minnesota Gophers to Bring You the Best Clinic in the Country!

Thursday March 30 - April 1, 2017 • Double Tree Park Place

Registration and Details can be found at: mnfootballcoaches.com

2017 Headliners

Patt Narduzzi - Pitt
Chris Klieman & Staff - North Dakota State
Jeff Horton, Assoc. Head Coach - San Diego State
Coach Tracy Claeys and Gophers Staff

Clinic Highlights

Over 30 Speakers and 60 Sessions!
Area College and High School Speakers Gopher
Position Breakouts & Practice Association Events and
Social FCA Luncheon

New in 2017!

Minnesota State Champions Panel
One College Credit Available
One Graduate College Credit \$150
Southwest Minnesota State University
AE 512 - Advanced Technique of Coaching Football

ENROLLMENT AVAILABLE DECEMBER 1
Questions? Email: claud.allaire@comcast.net
Clinic Registration Questions Contact:
dotsethj@comcast.net



Jon Christenson played 3 years for Dave Nelson At Minnetonka High School and 4 years for the Minnesota Gopher as a stellar offensive lineman. In 2016 Jon received Outstanding Student Athlete Award, Big Ten Outstanding Sportsmanship Award, and Stein-Fallon College Scholar Athlete Award to name a few.

**COACHES
YOU ARE INVITED TO
FCA
LUNCH
FRIDAY 31
MARCH 31
11:45-12:45PM
AT THE MFCA COACHES CLINIC**

**HEAR FROM FORMER GOPHER
GREAT JON CHRISTENSON
AND HALL OF FAME COACH
DAVE NELSON.**



Dave Nelson has 2 Minnesota State titles and is currently the head coach at Minnetonka High School (15 years) and Blaine High School (24 years).



CLICK HERE TO REGISTER
Lunch is free for the first 100 coaches who register.

After the Game Bring Your Team to 

GOAL POSTS ... continued from page 18

be proud of. Headliners include; Minnesota Head Coach, P.J.Fleck, Dartmouth Head Coach, Buddy Teevens, Duke Head Coach, David Cutcliff, NDSU Head Coach and staff, Chris Klieman, San Diego Head Coach and staff, Jeff Horton,; Thomas Hammock, Baltimore Ravens, out state HS coaches, Norris Vaughn, AZ., Franklin Stephens, Ga, Robert Weiner, Fla. In addition, our own Jeff Ferguson and Jeff Moritko, Totino Grace. We also have nine man coaches, Gary Sloan, Grand Meadow and Paul Clark, Waubun, Steve Hamilton, Elk River, and as the saying goes many more. Special sessions will be presented by strength legends Scott Sahli & Larry Meadows on the impact of sports specialization. The MNANG will present on leadership training, the MAYO Clinic on nutrition for

football performance, a sixty plus exhibit hall, opportunities to socialize, the representatives and business meeting, AND attendance at Gopher Practices and the Youth Football Clinic on Sat, April 1. This will be a full three days to be sure.

Clinic registration is on our website. Be sure to book rooms now as the hotel is filling up. See you all at the Doubletree, Mar. 30. As always, We are SERVANTS TO YOU. If I/ we can be of service do not hesitate to contact.

DUGOUT CHATTER



By: *Don Gawreluk*

Vice-President - Minnesota State High School Baseball Coaches Association

Dear Coaches,

Soon we will hear the words, “Play Ball!” The preparation for the season is over and the grind towards achieving team goals begins. There will be celebrations and bumps in the road along the way. It’s time to start writing out lineup cards, adjusting practice plans and building up a pitching staff – welcome to the 2017 season!

A new day has arrived in Minnesota High School Baseball with the rule of charting pitching counts (and days of rest) for our student-athletes. Coaches all over the USA are mandated to track pitch counts and days of rest between outings. While rules vary among states in terms of the ceiling of the pitch count, in Minnesota our limit (as discussed and decided by a group of coaches, doctors and former players assembled in meetings at the MSHSL offices) is 105 pitches per regular season outing with a 10 pitch increase during playoffs. A mandatory number of rest days is a second featured element to this rule. Be sure to watch your Rules Interpretation online meetings for more information.

Teams can use their Pitcher as a DH Rule again for 2017. This is the last year of a three-year trial run for the rule. This rule, as teams begin to use it more and more, is gaining momentum and acceptance as it allows for starting pitchers to remain in the game as a hitter, but rest the arm after being removed defensively from a game. The intent of the rule is to prevent arm overuse yet maintain a strong offensive lineup within a game. We will be asking for feedback again on the rule after the 2017 season with hopes that we can enact this as

a permanent change. Many states are looking at the results of Minnesota’s use of this rule to determine whether or not they’d like to implement the Pitcher as DH Rule. Your feedback is very important.

Fall Clinic Award Winners

2016 Hall of Fame Class: Steve Davis (Princeton), David Glenn (Minnehaha Academy), Dave Lane (Mayer Lutheran), Lyle Rambow (Morris), Bob Schlagel (Rush City) and Richard Wasko (St. Paul Johnson)

A Coach of the Year – Bob Fink, Springfield

AA Coach of the Year – Scott Glenn, Minnehaha Academy

AAA Coach of the Year – Greg Fehrman, Henry Sibley

AAAA Coach of the Year – Tony Market, Lakeville North

Tink Larson Field of the Year – Schumacher Field, Forest Lake

Rob Fornasiere Assistants of the Year – Glen Mathiowetz, Sleepy Eye St. Mary’s and Eric Reuss, Burnsville

Craig Anderson Ethics in Coaching Award – Bucky Lindow, Cannon Falls

Jim Dimick Retired Coach Award – C. Leroy Erickson, Buffalo and Richard Petersson, Proctor

Dick Siebert Award – Mike Morehead, Big Lake

Angelo Giulliani Award – Denny Laufenburger, Chanhassen

There are many responsibilities that come with being a head high school coach. Among them are promoting your team and your student-athletes. Be sure to nominate worthy student-athletes for the 2017 Play Ball! MN All Star Series (nominations are due by May 19.) The Play Ball! MN All Star Series sponsored by the Minnesota Twins, Cambria and BIG, will be held in Chaska on June 23-24. Coaches will be invited out to meet with their players in an on-field ceremony on Saturday, June 24 at approximately 1 p.m. Also, nominate your top student-athletes for All-Section, All-State Academic and All-State awards. Information on those awards will be available on our web site at www.mshsbca.org and on Twitter @MSHSBCA.

Best of luck in the 2017 season! May every blooper fall within the foul lines for you and every bunt be executed with flawless precision!

Snap Shots



By: Tim Morris

The girls hockey season recently wrapped up with the conclusion of the MSHSL State Girls Hockey Tournament played at the Xcel Energy Center and Ridder Arena. Two state champions were crowned on Saturday, February 25th with The Blake School winning the Class A title and Edina winning the Class AA title, their first state championship in girls hockey. These teams were led by veteran Blake coach Shawn Reid and first year head coach Sami Reber for Edina. Reber is a former Hornet player and the first female coach to win a Class AA state title in girls hockey. Congratulations to both teams on their great seasons and state championships!!

The end of the season also meant distributing numerous awards to our players and coaches at the various banquets surrounding the state tourney. At the Minnesota Girls Hockey Coaches Association Hall of Fame and Awards banquet, the MGHCA inducted three individuals into the Class of 2016 Hall of Fame. The coaches inducted into the Hall of Fame were Denny Bray of Austin; John Schultz of Moorhead; and Steve Guider from Blaine HS. Between these three coaches, they have served over 80 years as high school coaches. Congratulations to these individuals for their service to their respective schools and community.

Two individuals were also named as Brano Stankovsky Award recipients for their service to the coaches association and to girls high school hockey in Minnesota. Tim Hunst from Owatonna and Tom Peart of Minneapolis were recognized for their contributions. This award was named for the long-time Blake School head hockey coach who passed away from complications of a stroke in 2012.

The MGHCA also recognized our top academic teams and individuals. The following teams were recognized as our section academic champions:

2016-17 ACADEMIC TEAM CHAMPIONS

1A – 3.772 Northfield

2A – 3.886 Litchfield – Dassel – Cokato

3A – 3.788 Luverne

4A – 3.851 Minnehaha United

5A – 3.753 Princeton

6A – 3.898 Alexandria

7A – 3.864 Eveleth/Gilbert

8A – 3.942 East Grand Forks

State Class A team Academic winner – East Grand Forks 3.942

1AA – 3.944 Dodge County

2AA – 3.815 Holy Family/Waconia

3AA – 3.922 East Ridge

4AA – 3.812 White Bear Lake

5AA – 3.958 Maple Grove

6AA – 3.852 Robbinsdale Armstrong/Cooper

7AA – 3.848 Cambridge Isanti/Mora/Pine City

8AA – 3.889 Roseau

State Class AA team Academic winner – Maple Grove 3.958

The MGHCA also recognized 117 seniors as Academic All-State for their academic excellence. These seniors have a cumulative GPA of 3.80 or better while participating in girls high school hockey and all are in good standing with their team and the MSHSL. Each of these seniors will receive a certificate from the MGHCA that can be awarded at their team banquet. In addition to these academic awards, the MGHCA also awarded three \$1000 scholarships to deserving seniors. These recipients were:

Mackenzie Bergstrom, Roseau HS – Adrenaline Fundraising Scholarship – Awarded to a player showing leadership and community service initiatives.

*“No excuses,
No explanations.
You don’t win on emotion.
You win on execution.”*

- Tony Dungy



After the Game Bring Your Team to 

WINTER ACADEMIC RESULTS 2016-2017

Cross Country
(Missed in Dec. Issue)

BOYS GOLD

Breck
Math and Science
Academy
Melrose
Minnehaha Academy
Morris Area
Mounds Park Academy
New London-Spicer
Nova Classical
Academy
Osakis
Staples-Motley
Trinity at River Ridge

BOYS SILVER

Albany
Breckenridge-Wahpeton
Holdingford
Holy Family Catholic

GIRLS GOLD

Albany
Breck School
Eden Valley Watkins/
Kimball
Holy Family Catholic
Math and Science
Academy
Melrose
Minnehaha Academy
Morris Area
New London Spicer
Osakis
Staples-Motley
Trinity at River Ridge
West Central Area

GIRLS SILVER

Wheaton

GIRLS BASKETBALL GOLD

Rushford-Peterson
Blooming Prairie
Bethlehem Academy
Houston High School
Buffalo Lake-Hector-Stewart
BOLD
Mankato Loyola
United South Central

Sleepy Eye
Red Rock Central
Red Rock Central High
School
MACCRAY
Dawson-Boyd
Murray County Central
Adrian High School
Canby
Southwest Minnesota
Christian
Heritage Christian Academy
Maranatha Christian
Academy
Lester Prairie/Holy Trinity
Belgrade Brooten Elrosa
Sebeka
Menahga
East Central
Cromwell-Wright
New York Mills
Park Christian School
Underwood
Sacred Heart High School
Win-E-Mac
Lourdes High School
Pine Island
Blue Earth Area
Tri-City United
Belle Plaine HS
St. Peter
Morris Area Chokio Alberta
Minneota
Trinity School at River Ridge
Concordia Academy
St Croix Lutheran
Eden Valley - Watkins
Holy Family Catholic
Southwest Christian
Annandale
Sauk Centre
Melrose Area High School
The Marshall School
Pequot Lakes
Barnesville High School
Byron
Jordan High School
Waseca High School
South St. Paul
Mahtomedi High School
Monticello High School
ROCORI High School
Willmar Senior High
Dassel cokato
New Prague

Roseville Area HS
Centennial High School
Cambridge-Isanti High
School
St. Francis High School
Moorhead
Maple Grove
Brainerd High School

SILVER

Randolph High School
Grand Meadow High School
Lanesboro High School
Fillmore Central High
School
Cleveland High School
Windom Area High School
New Ulm Cathedral High
School
Minnesota Valley Lutheran
Cedar Mt/Comfrey
Sleepy Eye St.Mary's
Springfield
Lac qui Parle Valley
Renville County West
Hills-Beaver Creek
West Lutheran High School
Mayer Lutheran High School
Legacy Christian Academy
North Lakes Academy
Swanville High School
Verndale
Kimball
Nevis Public School
Upsala Schools
Pine River Backus
Browerville-Eagle Valley
McGregor High School
Kerkhoven Murdock
Sunburg
Battle Lake
Clinton/Graceville/Beardsley
Ada-Borup
Ortonville High School
South Ridge High School
Bigfork School
Ely
Kittson County Central
Stephen/Argyle Central
Clearbrook-Gonvick High
School
Red Lake Falls
Warren-Alvarado-Oslo
Plainview-Elgin-Millville HS
Dover-Eyota
La Crescent High School
Chatfield
Hayfield
Zumbrota-Mazeppa

Caledonia High School
Central High School
Medford
NRHEG Public Schools
Maple River
Glencoe-Silver Lake
New London - Spicer
Benson
Jackson County Central
Pipestone Area
Tracy-Milroy-Balaton
Martin COUNTY West
Minnehaha Academy
Rockford High School
Maple Lake
PACT Charter School
Watertown-Mayer High
School
Rush City High School
Milaca High School
Holdingford
Pine City High Scholl
Osakis High School
Pierz Healy High School
Pillager High school
Aitkin High School
Two Harbors
Esko
Crookston High School
East Grand Forks Sr High
DGF
Pelican Rapids
Hawley
Roseau
Albert Lea High School
Northfield High School
Kasson-Mantorville
New Ulm
Mankato West High School
Mankato East
Academy of Holy Angels
Waconia High School
Orono High School
Grand Rapids High School
Sauk Rapids - Rice
Little Falls
Sartell-St. Stephen
Fergus Fall HS
Bemidji
Alexandria
Farmington HS
Rochester Century
Lakeville North
Chaska
Edina
Rosemount
Eagan High School
Park High School

NORDIC SKIING
 BOYS' TEAM AWARDS
 GOLD AWARDS (Average
 team GPA 3.75 or greater)
 Anoka
 Blaine
 Bloomington Jefferson
 Brainerd
 Burnsville
 Cloquet - Esko - Carlton
 Duluth East
 Eden Prairie
 Edina
 Elk River
 Ely
 Grand Rapids
 Holy Family
 Lakeville North
 Little Falls
 Maple Grove
 Minnehaha Academy
 Minneapolis South
 Minnetonka
 Moorhead
 Mora
 Mounds Park Academy
 Orono
 Park Center
 Robbinsdale Armstrong
 Roseville
 Saint Cloud Cathedral -
 Sartell
 Saint Paul Academy &
 Summit School
 Saint Paul Central
 Saint Paul Highland Park
 Spring Lake Park - Saint
 Anthony
 Stillwater
 Tartan
 Wayzata
 White Bear Lake
 Willmar
 Winona/Winona Cotter
 Silver Awards (Team GPA
 3.5-3.75)
 Blake
 Champlin Park
 Chanhassen
 Coon Rapids
 Hibbing
 Irondale
 Minneapolis Southwest
 Mounds View
 Mound Westonka
 Prior Lake
 Rogers
 Saint Cloud Tech

BOYS' ALL-STATE
 ACADEMIC AWARD
 WINNERS
 Senior Section Race Skiers
 with a 3.9 GPA or higher
 Albrecht, Josh - Stillwater
 Bich, Nathan - Proctor/
 Hermantown
 Bodigheimer, Isaac - Cloquet
 - Esko - Carlton
 Braaten, Anders - Winona/
 Winona Cotter
 Brink, Mac - Brainerd
 Burgoyne, Alec - Irondale
 Claridge, Will - Eden Prairie
 David, Evan - Grand Rapids
 Doyle, Joey - Minneapolis
 Southwest
 Elsesser, George - Spring
 Lake Park - Saint Anthony
 Erkkilla, Quinn - Cloquet -
 Esko - Carlton
 Friese, Maxwell - Elk River
 George, Ben - Mounds Park
 Academy
 Graupmann, William -
 Minnetonka
 Gullickson, Alex - New
 Prague
 Halverson, Josh - Wayzata
 Harris, Kevin - Proctor/
 Hermantown
 Hempe, Matthew - Maple
 Grove
 Ince, Duncan - Lakeville
 North
 Johansson, Rae - Spring
 Lake Park - Saint Anthony
 Johnson, Sether -
 Minnetonka
 Kraftson, Shad - Stillwater
 Meany, Connor -
 Bloomington Jefferson
 Nesheim, Sam - Brainerd
 Omdal, Max - Lakeville
 North
 Ousdigian, Mark - Mounds
 View
 Quist, Sam - Anoka
 Patterson, Eric - Duluth East
 Saetveit, Adam - Osseo
 Scheller, Peter - Champlin
 Park
 Schwinghamer, Michael -
 Mora
 Shield, Doug - White Bear
 Lake
 Sinkonen, Parker - Cloquet -
 Esko - Carlton

Sorensen, Jared - Chanhassen
 Swift, Evan - Eden Prairie
 Urke, Dan - Wayzata
 Woetzel, Carter - Blaine
 Young, Sam - Winona/
 Winona Cotter
 Ziemer, Kyle - Saint Paul
 Academy & Summit
 School
 GIRLS' TEAM AWARDS
 GOLD AWARDS (Average
 team GPA 3.75 or greater)
 Anoka
 Blaine
 Bloomington Jefferson
 Brainerd
 Burnsville
 Champlin Park
 Chanhassen
 Chaska
 Cloquet - Esko - Carlton
 Detroit Lakes
 Duluth East
 Eden Prairie
 Edina
 Elk River
 Ely
 Grand Rapids
 Henry Sibley
 Hibbing
 Holy Family
 Hopkins
 Irondale
 Lakeville North
 Lakeville South
 Little Falls
 Maple Grove
 Mesabi - Virginia - Eveleth -
 Gilbert
 Minneapolis South
 Minneapolis Southwest
 Minnehaha Academy
 Minnetonka
 Moorhead
 Mora
 Mounds Park Academy
 Mounds View
 Mound Westonka
 Orono
 Osseo
 Park Center
 Prior Lake
 Robbinsdale Armstrong
 Roseville
 Saint Cloud Cathedral -
 Sartell
 Saint Cloud Tech

Saint Louis Park
 Saint Paul Central
 Simley
 Stillwater
 Tartan
 Wayzata
 White Bear Lake
 Willmar
 Winona/Winona Cotter
 Silver Awards (Team GPA
 3.5-3.75)
 Blake
 Coon Rapids
 Saint Paul Academy &
 Summit School
 Saint Paul Highland Park

GIRLS' ALL-STATE
 ACADEMIC AWARD
 WINNERS
 Senior Section Race Skiers
 with a 3.9 GPA or higher
 Allevan, Anna - Holy Family
 Anderson, Renae - Hopkins
 Axberg, Elizabeth - Irondale
 Badger, Anna - Maple Grove
 Boehm, Emma - Henry
 Sibley
 Bratrud, Brooke - Eden
 Prairie
 Cottrell, Alli - Eden Prairie
 Cripe, Elizabeth - Minnehaha
 Academy
 Crosby, Lynnette - Mesabi -
 Virginia - Eveleth - Gilbert
 Dahl, Lauren - Minnetonka
 Deters, Sylvie - Cloquet -
 Esko - Carlton
 DiGiorno, Olivia - Roseville
 Duerr, Anne - Chaska
 Engelhardt, Anna - Saint
 Paul Highland Park
 Ernst, Abby - Holy Family
 Fox, Erika - Cloquet - Esko -
 Carlton
 Gardner, Molly - Mounds
 Park Academy
 Giesting, Anna - Hopkins
 Glebova, Diana - Champlin
 Park
 Goodwin, Linnea -
 TrekNorth
 Greenlee, Emma - Mesabi -
 Virginia - Eveleth - Gilbert
 Gross, Cassie - Eden Prairie

... continued on page 24

After the Game Bring Your Team to 

Winter Academics ... continued from page 23

Hauch, Eryn - Maple Grove	Loppnow, Madison - White Bear Lake
Hauch, Jena - Maple Grove	O'Connor, Quinn - Chanhassen
Hands, Katie - Mounds Park Academy	Paulsen, Taylor - Eden Prairie
Herridge, Jamie - Henry Sibley	Prokosch, Greta - Henry Sibley
Hokanson, Anna - Detroit Lakes	Schroeder, Kaethe - Saint Cloud Tech
Holmstrom, Krista - Burnsville	Schumacher, Anna - Detroit Lakes
Homer, Caroline - Ely	Schuster, Jordan - Minnetonka
Larson, Chloe - Bloomington Kennedy	Strobel, Alexis - Saint Cloud Tech
Leone-Getten, Siena - Saint Paul Central	Strootman, Maren - Osseo
Leslie, Grace - Orono	Strootman, Samara - Osseo
Longley, Elise - Bloomington Jefferson	Surver, Betsy - Orono
Lucas, Cynthia - Blake	Toussaint, Monica - Lakeville North
Maijala, Anja - Cloquet - Esko - Carlton	Versen, Theresa - Hopkins
Masog, Christy - Little Falls	Waugh, Emma - Cloquet - Esko - Carlton
Meyer, Michelle - Irondale	Whitcomb, Liz - Henry Sibley
Morris, Elysia - Deer River	Zweber-Langer, Harmony - Lakeville South
Mosborg, Amanda - Edina	
Naatjes, Bailey - Lakeville North	
Nistler, Keely - White Bear Lake	

WINTER TEAM CHAMPIONSHIP RECOGNITION

Every fall during the Hall of Fame Banquet, the MSHSCA takes time to reward championship coaches with a plaque and a remembrance of a job well done. Listed below are the winter champions that were decided prior to the printing of this issue of The MN Prep Coach. If a sport or a team does not appear it is due to the fact that the coach was not a member of the MSHSCA.

BOYS SWIMMING (TRUE TEAM)

A St. Thomas Academy

AA Minnetonka

BOYS SWIMMING (MSHSL)

A Breck/Blake

AA Minnetonka

BOYS NORDIC SKIING

Minneapolis Southwest

GIRLS NORDIC SKIING

Ely

GIRLS ALPINE SKIING

Chisago Lakes/St. Croix Falls

GYMNASTICS

A Detroit Lakes

AA Lakeville North

GIRLS HOCKEY

AA Edina



DISCOUNTS AND BENEFITS

Access exclusive discounts/
benefits for member
coaches of the Minnesota
Coaches Association.

There are thousands of
products and services available
to you exclusively through the
National High School Athletic
Coaches Association. Annual
membership paid by MSHSCA.

Discounts on travel,
insurance, office depot/office
max and others.

www.hscoachesbenefits.org/

MSHSCA 2017 MEETING DATES

Spring Delegate Meeting	March 24, 2017	Mancini's Charhouse - St. Paul
Summer Meeting	June 25 & 26, 2017	Detroit Lakes
President's Meeting	September 9, 2017	

PREP COACH DEADLINES TO SUBMIT

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

The MSHSCA is a high school coaches association created and governed by Minnesota high school coaches. The MSHSCA offers coaches a voice in current state issues. It also provides them with the finest recognition program available and a benefits package including an insurance program, an association newsletter and other corporate benefits.

Goals

- To promote and publicize high school sports in Minnesota.
- To recognize those men and women coaches who have dedicated their time, energy and spirit to the high school sports programs in Minnesota.
- To offer a unified voice in Minnesota on coaching and athletic issues that affect high school athletics.

MSHSCA Mission Statement

Recognize

We recognize coaches for seasonal, academic and lifetime achievements. Our awards include sport coaches of the year, sport assistant coaches of the year, team academic coaches of the year, state championship coaches, Hall of Fame membership and distinguished service awards.

Communicate

We provide a unified voice. Through our Minnesota Prep Coach newspaper and our MSHSCA.org website, we offer communication tools for the coaches of Minnesota to publicize their sport. These informative tools give coaches opportunities to promote their sport and communicate with their sport associations in regards to clinics, rules and membership.

Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with

the Minnesota State High School League, its Board of Directors and the many committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

MSHSCA CODE OF ETHICS

As a professional educator, I will:

1. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
2. Respect the integrity and personality of each individual athlete.
3. Encourage the highest standards of conduct and scholastic achievement.
4. Seek to inculcate good health habits including the establishment of sound training rules.
5. Fulfill responsibilities to provide health services and an environment free of safety hazards.
6. Exemplify the highest moral character, behavior and leadership.
7. Provide ethical relationships among coaches.
8. Encourage a respect for all athletics and their values.
9. Abide by the rules of the game in letter and spirit.
10. Respect the integrity and judgment of sport officials.
11. Display modesty in victory and graciousness in defeat.
12. Demonstrate a mastery of and continuing interest in coaching principles and techniques through professional improvement.

The code of ethics of this association shall be adhered to by each and every member of the MSHSCA. Any action by members of the MSHSCA contrary to the principles therein established shall be subject to review by the Executive Committee according to policies established by the MSHSCA Delegate assembly.

After the Game Bring Your Team to 

HAZING AWARENESS

High School Hazing by the Numbers

1. 1.5 million high school students are hazed each year.
2. 91% of all H.S. students belong to at least one group, and half of them, 48% report being subjected to hazing activities.
3. 43% were subjected to humiliating activities and 30% performed potentially illegal acts as part of their initiation.
4. Both male and female students report high levels of hazing.
5. Every kind of high school group was involved in hazing including 24% of the students involved in church groups.
6. 10% of all college students admit to being hazed in high school.
7. 79% of the NCAA Athletes report being hazed in high school.
8. 25% were first hazed before the age of 13.
9. 92% of the high school students will not report a hazing, and of these respondents, 59% know of hazing activities and 21% admit to being involved in hazing.
10. 48% of the students acknowledge participating in activities which are defined as hazing, 29% did potentially illegal things to join a group, however only 14% admit to being hazed. This underscored the “disconnect” between how adults define hazing vs. how students define it.

BEWARE

The Life You Save May Be Your Own

WARNING SIGNS: Hazing may skid into a hazardous zone when:

1. The leaders of the group are very aggressive, and intimidating
2. You have heard rumors from your peers about activities that are hazardous.
3. Your gut is churning and you sense danger.
4. You have been warned by authorities that the group has a reputation for being extreme.
5. You don't want to acknowledge it, but you have witnessed some events which are dangerous or are inconsistent with your own morals and values.
6. You feel stuck. You are already involved and do not know how to get out of the group or process.

RESPONSIBILITY: There are many kind of responsibilities, some legal, some ethical. Each state and each school has different laws and policies and therefore it is impossible to predict who may be held responsible. In general, you are responsible for yourself.

Your presence or absence may count towards responsibility. For example, even though you did not actively hurt someone, you also made no attempt to stop it, get help or report it.

You may be held responsible for your lack of actions.

Obviously if you participated in some hazardous behavior you may be held responsible. In the end, many people get away with a lot, but some get into deep trouble.

WHAT CAN YOU DO?

Kids:

1. Depending on your position in the group (status, degree of power) you can try to influence others to think before they act, and to consider the long-term consequences.
2. Create connections with your peers, and have a plan of action in case a dangerous situation arises.
3. **IF YOU ARE A BYSTANDER, DO NOT GO AGAINST THE GROUP ALONE. Unless you are in a powerful position of leadership,** opposing the group as an individual will cause you pain and suffering. If you can organize the group to act together to prevent the perpetrators and the victims from getting into trouble then do it. If not, do not try to stop violence alone. However, you can try to get help or report the incident as an individual- either anonymously or by revealing your identity.

Parents:

1. Teach your children that no one has the right to violate their body.
2. Model behaviors which you want them to imitate.
3. Protect your child by making the school and other authorities accountable for the actions of their staffs.
4. Demonstrate by doing. Therefore have your child see you organize as a group in order to fight for a cause.
5. Support your children when they sense danger or injustice. Discuss actions that they might do.
6. Teach them, at the appropriate age, (middle school) about hazardous hazing.
7. If you are a bystander in any situation, consider your options and explain them to your child.
8. Before your children are in a situation without adult supervision, have discussions about responsibility and consequences- legal and ethical.
9. When relevant, check to see the kinds of adult supervision, rules and laws that are in place for the location that your children will be in.
10. Have complete information about the place where your child may be when under the supervision of others. Make sure you can contact them and vice-versa.
11. Let your child know, that regardless of the stated policy, if there is a true emergency, where they are significantly threatened, that they can reach you by phone; and that they should call. _____



NEW CAMP INSURANCE REQUIREMENT: PARTICIPANT/ACCIDENT COVERAGE

As a member benefit of your coaches association, your members will continue to have General Liability coverage for their coaching activities (for example, State Association sanctioned All-Star Events, camps, other coaching activities and classroom coverage). The new requirement from the General Liability Company is that if a coach operates/conducts a camp he/she must have Participant/Accident coverage for all participants/campers attending the camp. Your member coach has the option to provide proof of existing Participant/Accident coverage or to purchase the coverage at a discounted rate through the NOCAD Camp Insurance Program.

WHY THE CHANGE?

When a coach is coaching at his/her school, student athletes are always covered by an Accident Insurance Policy that is provided by the school or the High School Association. The coverage is in place to help schools and High School Associations eliminate potential litigation; because when someone is injured, the Participant/Accident Insurance Policy can pay medical bills.

Even if the injured party has Primary Medical Insurance, most policies no longer pay 100% of the medical bills and parents could have high out-of-pocket expenses. For example, if a student has a \$50,000 ACL injury and the parents' Primary Medical Insurance Policy has an 80/20 co-pay, the insurance company is going to pay \$40,000 and the parents would have \$10,000 in out-of-pocket expenses.

In today's legal climate, everything possible must be done to protect our General Liability Policy from lawsuits being filed for negligent acts when someone is injured. Camp Liability Policies could be unavailable in the near future if Participant/Accident coverage has not been added.

Thank you,

Greg Joly: gjoly@loomislapann.com

Lori George: lgeorge@loomislapann.com

Loomis & LaPann, Inc.

Insurance Administrator

800-566-6479

www.loomislapann.com

LOOMIS & LAPANN, INC.
INSURANCE SINCE 1852

LOOMIS & LAPANN, INC.

INSURANCE SINCE 1852

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Minnesota State High School Coaches Association and its members.

Houston Casualty Company

August 1, 2016 – August 1, 2017

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits
- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

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

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

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

www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

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

COACHES CARING PROGRAM

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

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

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

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

After the Game Bring Your Team to 

MEMBERSHIP PERKS

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C
A

- **COUNTRY INN & SUITES - Eagan** - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800
- **COUNTRY INN & SUITES by Carlson** - Minneapolis West, MN - 651-287-8800
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR . 15% discount. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - Rate Code: L16 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796
- **ROSEVILLE VISITORS Association DISCOUNTS** - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr
Coaches Call 800-325-3535, ask for MN Coaches Association Rate
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400

For Hotel rates, coaches should indicate membership in MSHSCA.

MEMBERSHIP PERKS

•••Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!



Diamond Cuts

By: *Laura Olson - Maple River HS*

Who can believe that it is already December! Before you know it, March will be here and we will be in the gyms starting our indoor practices. As we gear up for our spring seasons, there are some changes and dates to make sure that you are aware of. First, the MSHSL advisory committee approved the following for the upcoming 2016-2017 season: seeding of the state tournament team and a 15 run rule after the completion of 3 ½ innings. This is exciting because these changes came about because of the survey of and feedback from our coaches association members. Thank you to all of those who participated in the process. Your input is important in helping to improve and promote the sport of fastpitch softball. Secondly, make sure to save the date on February 4th. This is the date for the Winter Clinic at Becker High School. There is an outstanding line up of clinicians that will provide you with information and drills for defense, offense, pitching and team culture. You do not want to miss out on learning from Gerice Olson and Beth Spoehr from the NDSU coaching staff, as well as favorites John Tschida from the University of St. Thomas and Jody Lunz. More information about the clinic can be found online at <http://www.mshsca.org/fastpitchsoftball>. Speaking of the website, other important information can be found there, such as the link for membership, the link to update your win/loss record and the dates for submitting nominations for Academic All-State Individual (April 7), Academic All-State Team (April 7), All-Star (April 23) and All-State (May 21). Because of turnaround time, these dates are firm and there will be no exceptions. Of course, this is all a mute point if you are not a member of the coaches association, so if you

are not a member yet this year, make sure to do that sooner than later. Not only does this allow you to nominate your student athletes for the post season awards mentioned above, it also has other benefits. The biggest benefit is our liability coverage. Since many of our programs have coaches that are not paid employees of a school district, this coverage would cover them in case of a situation would call for it. I would strongly encourage every member of your coaching staff to be a part of the association. As a member, you also get into any regular season activity that MSHSL sanctions, as well as some college games. The deadline for membership is April 1st. Lastly, make sure that you are staying current and up to date on your MSHSL coaches clipboard. Remember, this is where you will find the online rules meeting when it becomes available for the spring sports and well as information on your continuing education requirements as a coach.

Now, if I still have your attention I would like to end with some recognition of teams and individuals. Our defending state champions in our 4 classes are Edgerton/SW MN Christian (Class A), Zumbrota-Mazepa H.S. (Class AA), Mankato West H.S. (Class AAA) and Chanhassen H.S. (Class AAAA). Team Minnesota represented us in the Wisconsin-Minnesota Border Battle held at the University of St. Thomas. Unfortunately, they lost 6-2 and 2-1 in the double header, but a good time was had by all. Our reigning Ms. Softball is Katelyn Kemmetmueller from Rogers H.S. and she will be continuing her post secondary career at the University of Minnesota. And last but not least, I would like to recognize you as coaches. Our sport is as great as it is because of people like you. Thank you for all you do and all you sacrifice for our student athletes. I leave you thinking about the words of Pete Carroll, "Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen". Be that nudge, that direction and that support for your players. May great things happen with your team this year!

Have a very happy holiday and winter season. If you were to need anything, please feel free to email me at lolson@isd2135.org.



Swim Strokes

By: *Andrew Michelson*
Boys' Association President
Rosemount High School

In 1962, Albert Oshiver became the first person to swim the Panama Canal straight through. It took him 29 hours to accomplish that feat. Oshiver and many other swimmers have attempted the canal swim and were charged under a dollar as a toll to pass through. Needless to say, not all at one time, but boys in Minnesota have swam the Panama Canal, all 48 miles, many times from December to March. After months of breaking down their bodies, the boys swimmers of Minnesota have been resting during a phase called taper to build them back up again to have the best performances of their lives at either their final dual meet, a junior varsity championship meet, a section meet, or the state meet.

There is always great anticipation the weeks before sections and state with some of the inseason times being put up. I know this year's championship meets will not disappoint. Building up to the state meet this year was the 13th annual Coaches Association True Team Section and State meets. These meets are designed to allow every entrant to score and therefore the outcome has more to do with the depth of a team, as opposed to just the top few swimmers of a team. The class A champion was St. Thomas Academy with Breck/Blake coming in close behind as runner-up. In Class AA Minnetonka dominated the field with Stillwater coming in second. Congratulations go out to all the participants in the true team meets and thank you for participating.

The State Swimming and Diving meet has already taken place by the time you are reading this. The meet was March 3rd and 4th held at the University of Minnesota Aquatic Center. No doubt there was some amazing swims and dives that took place. Find all the results on the MSHSL website.

... continued on page 33

HOOP SCOOP



Mark Cook - Maple Grove HS Head Girls Basketball Coach

President – Minnesota Girls Basketball Coaches Association

The 2017 Minnesota Girls Basketball State Tournament will see the return of the consolation bracket. The tournament has not hosted a consolation bracket since moving to four classes in the 1990s. Waconia’s Carl Pierson and St. Michael-Albertville’s Kent Hamre were both key players in the process to bring the consolation bracket back. The goal was to create a more complete state tournament experience for all teams and eliminate the “one and done” situation for those teams that lose their first game.

I have been incredibly blessed with the opportunity to bring two teams to the state tournament in my coaching career so far. We were down there in 2010 and 2011. At that time there was no consolation bracket. Unfortunately, both teams lost in the first round and our trip to State became a “one and done” situation. While I cherish the memories of those two trips, I can’t help but think our experience would have been even more exciting had we had the opportunity to play at least one more game.

Others has expressed concerns that in the current format, some outstate fans will wait and see how teams do the first

game before they decide whether or not they are going to come to the cities for the weekend. They were not going to make the long trip for only one game. The hope is that with the addition of the consolation bracket, more people will decide to make the trip, which will hopefully increase attendance at many games throughout the tournament.

Not everyone is in favor of having a consolation bracket. Some coaches feel that playing what some deem as “meaningless” games is a waste of time, energy, and resources. I have heard coaches say they would not be excited about having to coach those consolation games, while others have said that if you want to play more games...win! Some opponents of the consolation plan base their arguments on more of a business perspective. They have been reluctant to support the consolation bracket plan due to space and cost concerns.

While there are some logistical issues, like getting all the games in at reasonable start times, that will be worked out over the next year or two, bringing back the consolation bracket will create more opportunities for kids. This is the spirit of what our programs and the MSHSL are all about. Let’s create opportunities for kids to learn, grow, and be inspired. The consolation bracket allows kids to have more opportunities to compete and feel truly a part of the greatest time of the year. As a coach and a fan, I am excited to see how bringing the consolation bracket back will add to the state tournament experience.

Swim Strokes ... continued from page 32

Moving into April there are a couple more events to keep on your calendars. Our annual All-State banquet will be held on Friday, April 28th Minneapolis Marriott Northwest (new location). It’s a great way to honor the top eight finishers from the state meets – girls and boys – as well as honor coaches, officials, and support staff who make swimming and diving in Minnesota as great as it is.

That same weekend the Coaches Association will be hosting the annual Upper Midwest Swimming and Diving Clinic at the Minneapolis Marriott Northwest. This is a new location from previous years. This year’s featured speakers will be Chris Plumb - Head Coach Carmel Swim Club and Carmel High School, Alan Boelk - Head Coach University of Wisconsin-Stevens Point, Jon Howell - Head Coach Emory University, Chris Maiello- Head Coach University of North Dakota and Joel Shinofield - Executive Director of the College Swimming Coaches Association of America. More information regarding both the clinic and banquet can be found on the MSHSCA website – link to sport associations and then to swimming and diving and then banquet or clinic.

Finally, I just want to thank every coach for taking time out of your busy work schedule and family time to work with these swimmers and divers. Your guidance both in and out of the pool makes a difference in their lives beyond the times they swim. The endurance and resilience they learn from our sport will carry over to the other aspects in their lives and make them better people

FEBRUARY MEMBERSHIP REPORT 2017

<u>Types of Membership</u>	<u>2015-16</u>	<u>2016-17</u>
Active Class A & AA	6402	6022
College Associates	1257	1180
Other Associates	78	69
Active Life	394	340
Retired Life	910	1334
Honorary	3	3
	<u>9,044</u>	<u>8,948</u>

Breakdown of membership by sport association (2015-16 totals in parenthesis)

Adapted Athletics (26) 16	Boys Lacrosse (99) 35
Alpine Skiing (53) 60	Girls Lacrosse (72) 34
Athletic Directors (95) 94	Football (1123) 1106
Baseball (521) 452	Boys Hockey (249) 194
Boys Basketball (830) 762	Golf (boys & girls) (345) 250
Girls Basketball (699) 692	Soccer (boys & girls) (416) 435
Cross Country (419) 467	Softball (491) 370
Gymnastics (218) 212	Synchronized Swimming (19) 11
Nordic Skiing (113) 125	Girls Tennis (221) 211
Volleyball (665) 660	Boys Tennis (173) 141
Boys Swimming (196) 206	Track & Field (837) 749
Girls Swimming (251) 242	Wrestling (114) 112
Girls Hockey (61) 74	Dance (25) 13

Sport associations that collect their own dues, but join the MSHSCA are Cheer 14, Clay Target 14, and Badminton 4.

After the Game Bring Your Team to

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

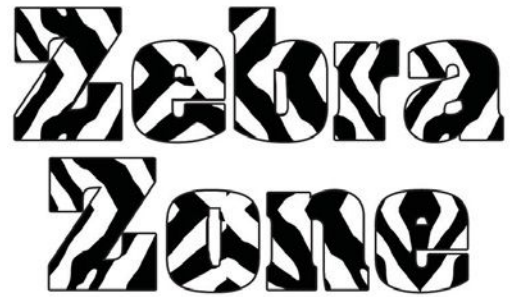
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

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

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

John Schumacher
16332 Deer View Rd • Park Rapids, MN 56470



By: *Terry Eiter*
Detroit Lakes

Zebra Zone Article #46 – March 1, 2017
By Terry J. Eiter

It is always interesting how the official, approved attire in officiating seems to change just a bit from year to year. I have my own theories as to why that happens - but I'll pass on that for now. According to the New York Times in the 1930's NFL officials "wore solid white dress shirts, bow ties and beanies." From the article it stated that: "In the early days of football, the officials wore white dress shirts, often with a bow tie and usually a beret-type hat," says Paul Lukas, editor of the Uni Watch blog, which chronicles sartorial trends in sports. "The notion was that a formally dressed gentleman has an air of authority, and that's what you want in an official." An "air of authority" - gotta love it! I say that kiddingly.

The story goes on: "The trouble was that some teams also dressed in white, including a group of Arizona football players. In 1920, a quarterback passed a ball to a referee named Lloyd Olds, after mistaking his white shirt for a team uniform. The mix-up so bothered Olds, the story goes, that he appealed to a friend — George Moe, proprietor of a sporting goods store — to make an eye-catching shirt that would set him apart from the players. The fans hated it. When Olds first wore the black-and-white-striped shirt in 1921, he "received plenty of boos from the crowd," he told an interviewer. And yet the design caught on because it did, in fact, distinguish the ref from the players.

So that explains many things. It gives us the origin of the striped referee's shirt. It explains why referee's shirts and uniforms are unique from the players. It proves that

OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

if a quarterback whines enough they'll get their way. And, last but not least - it also verifies that from the beginning of time that referee's have been booed.

In 2006 the NFL went to shirts that had wider stripes and black pants - moving away from the white knickers. Making a fashion statement was not the primary motivation behind the decision to make the change, NFL spokesman Greg Aiello said. First was the desire for a lightweight, more efficient fabric that would be cooler in hot weather and warmer in cold weather and give a distinctly NFL look." Really? Sounds to me like a fashion statement, but I regress. And, I mean really, who ever looked "good" in those knickers?

Speaking of fashion statements: this year saw more and more basketball players "rolling: the tops of their shorts. I'm old school - I think it looks tacky and isn't the manner in which the uniform was intended to be worn. If she shorts are too long, get shorter shorts. Don't buy them when they hang down to the ankles. Even more interesting is that sometimes it is actually legal to roll them, and sometimes it isn't. It all depends on one certain criteria - a visible manufacturer's logo. If they roll the shorts and there is a visible manufacturer's logo on the waistband - and there is already one that is visible on the uniform - then it is illegal. No visible logo? Then it's legal. Seems ridiculous to me.

March Madness is upon us. It's marks the time of year when seemingly everyone takes a few minutes to complete some kind of "bracket." Millions of NCAA basketball tournaments brackets are filled out as experts and fair weather fans make an attempt to get the perfect bracket. To my knowledge - that has never happened. This is probably one reason it is so intriguing for people to give it a go in the office pool and why not? The road to the Final Four in college basketball and the road to the Frozen Four in college hockey are both exciting to follow - but my personal preference is still at the high school level.

Knowing the grassroot dedication that high school kids display no matter their skill level is to be admired. One coach recently told me his team was 3-20 and his players were still showing up ready to work in practice, ready to do what was needed to get better and stayed positive throughout the challenges. Undoubtedly this happens at the collegiate level as well - but those collegiate athletes aren't

holding down jobs, they are not milking cows before school (yes, that happens!) and most of the high school kids will never don a uniform past high school graduation. The situations and stories are countless and examples of how much high school sports can literally bring an entire community is, well - priceless. Spring seasons are soon to be on their way and I'd like to wish all coaches and teams nothing but the best.

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

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

WOMEN COACHES SYMPOSIUM



THRIVE

FRIDAY APRIL 21, 2017

TCF BANK STADIUM, 7am - 3pm
MINNEAPOLIS, MN

An unique, professional development, networking, and community building event for women coaches of all sports and levels.

Registration, group pricing, info, and scholarships available at:
z.umn.edu/wcsreg



**Featuring The Jean K. Freeman
Keynote Speaker:**
JILL ELLIS

Head Coach of the United States Women's National Soccer Team and a development director of the United States Soccer Federation. In her 2 years as USWNT Head Coach, Ellis has led the team to 58 wins.





After the Game Bring Your Team to 

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FUEL YOUR TEAM

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

GAME DAY READY!



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