



# THE *Minnesota* PREP COACH

Vol. 55 No. 2

Published by the Minnesota State High School Coaches Association

May 2017

## WARROAD'S TERRY SADLER ELECTED AS MSHSCA VICE PRESIDENT

In a closely contested election, Terry Sadler, of Warroad received the majority of votes from the membership to be elected as the new Vice President of the MSHSCA. He narrowly edged out Tim Morris of Blaine, High School for the position. He will begin his four year term of office at the summer executive meeting that will be held in Detroit Lakes in June. During the third year of his term he will be the President of the MSHSCA.



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.



### Featured In This Issue

|                                       |       |
|---------------------------------------|-------|
| World Suicide Information . . . . .   | 11    |
| Scholarship Winners . . . . .         | 18-19 |
| Late Winter State Champions . . . . . | 25    |
| Winter Team Academics . . . . .       | 25    |

### Clinic Information

|                             |      |
|-----------------------------|------|
| Soccer Clinic . . . . .     | 9-10 |
| Volleyball Clinic . . . . . | 31   |

## The Minnesota PREP COACH

Published quarterly by the Minnesota State High School Coaches Association and distributed, without charge, to all members in good standing.

### EDITOR - Mindy Nielsen

Address all new communications and photos to:  
**Mindy Nielsen**  
Email: prepcoach@mshsca.org  
(218) 841-7976

## MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

### PRESIDENT:

Todd Smrekar - Cambridge-Isanti

### PRESIDENT-ELECT:

Gary Prantner - Byron

### VICE PRESIDENT:

Mike Peterson - Perham

### PAST PRESIDENT:

Rob Nielsen - Detroit Lakes

## HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

## OFFICIALS DSA

John Schumacher - Park Rapids

## All Daily Communications should be addressed to:

### EXECUTIVE DIRECTOR:

John Erickson  
MSHSCA  
PO Box 519  
Detroit Lakes, MN 56502  
(C) (218) 234-0345  
(H) (218) 847-6796  
Email: jomar2@arvig.net

## ADMINISTRATIVE ASS'T:

Mary Erickson, Detroit Lakes

## MSHSL BOARD OF DIRECTORS:

Jill Johnson (Waconia)  
Craig Anderson - Pine Island

## FINANCE REPS:

Rick Ringeisen - Lakeville South

## SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

## SPORTS MEDICINE:

Randy Glasmann - Maple Grove  
Tom Sharp - Eastview

## 2016-2017 Delegates and Sport Association Officers

| SECTION           | GIRLS SPORTS DELEGATE            | BOYS SPORTS DELEGATE          | AT LARGE DELEGATE              | AT LARGE DELEGATE              |
|-------------------|----------------------------------|-------------------------------|--------------------------------|--------------------------------|
| 1A                | Gary Prantner (Byron)            | Gordy Klomps (retired)        |                                |                                |
| 2A                | Rick Bruns (LeSueur-Hend)        | Rob Stevermer (United SC)     | Craig Morgan (MN Valley Luth)  | Alan Woitas (New Ulm Cath)     |
| 3A                | Gary Hildebrandt (Heron Lk)      | Dave Blank (Wabasso)          | Todd Tinklenberg (Pipestone)   |                                |
| 4A                | Chris Larid (Heritage)           |                               | 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.)   |                                |                                |
| 1AA               |                                  | John Cassellius (Winona)      | Rob Schwartz (Winona)          |                                |
| 2AA               | Mike Lhotka (Dassel Cokato)      | Carl Pierson (Waconia)        | Tink Larson (Waseca)           |                                |
| 3AA               |                                  | Jeff Groves (Apple Valley)    | Tom Sharp (Eastview)           |                                |
| 4AA               | Gerald Keenan (Harding)          | Tom Paulson (White Bear Lk)   | Tim Ryan (Hill Murray)         | Jerry Utech (Harding)          |
| 5AA               | Mark O'Neill (Champlin Park)     | William Totimeh (Fridley)     | Mark Loahr (Totino Grace)      |                                |
| 6AA               |                                  | David Boone (Edina)           | 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)       |                                |
| SPORT ASSOC       | PRESIDENT                        | PRESIDENT ELECT               | EXECUTIVE SECRETARY            | MEMBERSHIP/TREAS.              |
| AD                | Charlie Campbell (Brainerd)      |                               | Mike Beck                      |                                |
| Adapted Athletics | Marcus Onsum (Robbinsdale)       |                               |                                |                                |
| Baseball          | Don Gawreluk (Andover)           |                               | John Wilkins (retired)         |                                |
| Boys Basketball   | Mike Trewick (St. Cloud Tech)    |                               | Tom Critchley (retired)        |                                |
| Girls Basketball  | Mark Cook (Maple Grove)          |                               | Jen Johnson (Edina)            |                                |
| Cross Country     | Jesse Nelson (Red Wing)          |                               |                                | Dave Chatelaine (Owatonna)     |
| Football          | Terry Bahlmann (Marshall)        |                               | Ron Stolski (Brainerd)         | Jim Dotseth (Treasurer)        |
| Golf              | Bob Gorden (Detroit Lakes)       |                               |                                |                                |
| Gymnastics        | Kaitlyn Helmbrecht (Maple Lake)  |                               | Shelly Eklund (Eagan)          | LeeAnn Steen Delegate          |
| Hockey            | Mark Manney (Andover)            |                               | Mike MacMillan (Minneapolis)   |                                |
| Girls Hockey      | Jessica Christopherson (Wayzata) |                               | Tim Morris (Blaine)            |                                |
| B-Lacrosse        | Jon Junker (Chanhassen)          |                               |                                |                                |
| G-Lacrosse        | Alexandra Ross (Apple Valley)    |                               |                                | Alex Erickson (Farmington)     |
| Alpine Skiing     | Jason Nickleson (Visitation)     |                               |                                |                                |
| Nordic Skiing     | Doug Boonstra (Eden Prairie)     |                               |                                |                                |
| Soccer            | Erin Murray (Orono)              | Jason Arnebeck (Park)         | Dave Halgren (retired)         | Keith Randa (Apple Valley)     |
| Softball          | Laura Olson (Maple River)        |                               | Shelly Hotzler (JCC)           |                                |
| B-Swimming        | Andrew Michelson (Eagan)         |                               | Todd Walsh (Bloom.Kennedy)     | Kate Steineman (Cretin-DH)     |
| G-Swimming        | Katie Haycraft (Prior Lake)      | Nathan Youngs                 |                                |                                |
| Synch. Swim       | Jennifer Wood (Eden Prairie)     |                               |                                | Kathy Bohnsack (Prior Lake)    |
| Tennis            | Ford Rolfsrud (Shakopee)         |                               | Rick Englestad (Pine City)     |                                |
| Track             | Gary Wade (Rushford-Peterson)    |                               |                                | Scott Christensen (Stillwater) |
| Volleyball        | Marty Kiebel (Maple Lake)        | Becca Pulju (Sebeka)          | Janet Golden-Landquist (Nevis) | Sue Alstrom (Treasurer)        |
| Wrestling         | Will Short (Simley)              | Matt Clark (Park Rapids)      | Kip Lynk (Dassel)              | Kurt Habeck (Eastview)         |

# President's Message

By: Todd Smrekar, President  
Cambridge-Isanti High School

The following article, by Jody Redman of the Minnesota State High School, is reprinted with permission. It is aligned perfectly with the focus of what I have written about in my President's messages all year. It has been honor to serve as your President, I admire everything that all coaches do in all sports. Wishing everyone the best!

The Benefits of Purpose-based Participation are Vast and Powerful

MARCH 14, 2017 | JODY REDMAN |

Sports are a valued part of our culture. We value sports because we believe the students that are involved acquire something through their participation. But have we ever looked closely at how they benefit? What do the students who participate in our programs actually get and what is the purpose of education-based sports?

In a recent message to his school community, Brainerd High School Activities Administrator Charlie Campbell shared:

“The high school sports experience is squeezed between two models that challenge school communities on the purpose of education-based programs. It's easy to be confused. On one end of the continuum, the media, through their constant focus on professional and ‘big-time’ collegiate sports, continually tells us that sports, and the athletes that participate in them have value if they win and only if they win.

The end of each season brings about the firing and hiring of coaches, and players are traded, demoted, or drafted in hopes of winning more games. And, of course, in this entertainment-based system of sport there is one primary objective and that is to make money. On the other end of the continuum, well-intentioned youth, traveling and club programs are creating teams for 8-, 9-, and 10-year old children and trying to ‘win’ a myriad of weekend tournaments, creating all-star teams, vying for national championships, and generally, reinforcing the notion that if you're good (at age 8, 9, or 10), you have value.

For athletics to be education-based, whereby we are developing better people and not just better athletes, we must be intentional—we must be awake and understand the purpose. Purpose must resonate with us in our human condition. If you Google ‘purpose’ the first hit (after the definitions) is Rick Warren's best-selling book, *The Purpose Driven Life*. Wikipedia says that as of 2007, over 30 million

copies have been sold and that *Purpose Driven Life* is the second most translated book after *The Bible*. It seems purpose is something we are all searching for. Webster would say Purpose is, ‘The reason for which something is done, or for which something exists.’ To put it more simply, it is the WHY.”

The great call of a coach is to be awake—mindful of what students in our programs are really getting. Our main role as a coach in education-based athletics is the human development of every student on our team. Winning is the by-product of something bigger, an awareness in us that transforms a game of throwing a ball through a hoop into an opportunity to create caring, empathetic, responsible members of society. When coaches are awake, they take the student's learning of physical skills and X's and O's to the next level.

They concurrently teach them the WHY's, the lasting values acquired through the learning of those same physical skills. For this to happen, coaches must understand their purpose and WHY they coach. Campbell continues:

“Though most coaches are fiercely competitive, and they work tirelessly to help young athletes win and find success, when you ask them about their purpose, you will hear them talk about instilling discipline, developing mental and physical toughness, teaching students to dream big, demanding accountability, creating a positive family culture where every student belongs, cooperation, passion, the necessity of intense preparation, sportsmanship and perseverance. And so this is our platform in education-based athletics: To teach core values and qualities that transcend the outcome on the scoreboard and contribute to the well-being and human growth and development of the student-athletes we serve.”

Consciously creating a game plan is necessary to transform a student's experience from only X's and O's to value-filled WHY's. Asking the right questions, creating awareness, and providing experiences with greater depth are keys to lasting success. When this happens, success will no longer be measured only by the outcome on the scoreboard or the acquisition of a new physical skill. Instead, the true measurement of success will be seen in the students who learn the valuable life lessons that participation in education-based athletics provides.



## SNYNCHRONIZED SWIMMING

By: Kathryn Henderson

### Show Time!

We are about two-thirds into our current season (at the time of writing this article), and it is now crunch time for Minnesota high school synchronized swimming teams. We've already had several conference meets, and have a few more to prepare for, in addition to getting ready for the end-of-season section and state championships. In the midst of all the competitions, synchro teams also typically put on a show for family and friends. It is a lot of extra work, and time to put a show together, but it's a time for the swimmers to show off their work in a non-competitive environment, and it can also be a great fundraiser for the team.

A synchro show is also important for many teams, since it's the only time some of the junior varsity (short/long division) swimmers have a chance to perform before heading off to the section/state championships. It's pretty daunting to think that 3 months of hard work, long hours, and intense practices of learning and perfecting choreography gets squeezed into a 3-minute performance. And that performance is your only score contributing to the overall team points. Coaches use the show as a dress rehearsal for those final competitions, and to be able to make final changes in choreography. Depending on the size of the team, a show can consist of 10-25 routines, all set to music, and emceed. If you live in a community that has high school synchronized swimming, I recommend you attend a synchro show this spring. Show support for these athletes, and enjoy an evening of entertainment. \_\_\_\_\_

## Over Hill and Dale

By: Jesse Nelson  
Red Wing

As we wind down another school year, cross country season is a lot closer to starting than that beautiful day in November when we wrapped up. Knowing this always brings out the excitement for athletes and coaches.

Our annual clinic will be held at Eastview HS on Monday, July 31st. See our page on the Minnesota State High School Coaches Association website [www.mshsca.org](http://www.mshsca.org) for registration information. Tentative speakers lined up so far are Dennis Barker and Dr. Paul Langer of Twin Cities Orthopedic. Thanks to Tom Sharp for his work with the clinic. Our clinic is a great opportunity to grow and improve within our profession, take

## FLIP NOTES



By Kaitlyn Helmbrecht  
MGGCA President  
Maple Lake High School

### Happy Spring!

As summer is approaching quickly, I would like to remind you that all members of the B squad, JV and varsity coaching staffs must sign a summer waiver to work with their athletes during the summer. This includes volunteer coaches. Waiver forms can be found on the MSHSL site under Coaches Clipboard and are filed with your school district. Remember the no contact period from July 1st to July 7th.

We held our Spring Advisory meeting with Amy, and our Section Rep meeting, at the beginning of April. Here are a few highlights from the meeting;

Coaches Clinic will be held in Becker, MN, on October 12 & 13. If you have any suggestions for clinicians or requests for topics, please let me know. We are always looking for new ideas that will support and enhance your ability to grow or improve your gymnastics programs.

We should have an answer on our MSHSL proposal for Advancing to the State meet by the middle of June.

Detroit Lakes will be the host of the Class A True Team Invitational Meet for the 2017-2018 and 2018-2019 seasons.

Have a great Summer! \_\_\_\_\_

advantage of it!

Look for more updates of our website in the coming months as well.

<http://www.mshsca.org/crosscountry>

The annual MSHSL advisory committee meeting will be held in late summer. Please let me know of any state meet feedback or other issues you would like addressed. [jhnelson@rwps.org](mailto:jhnelson@rwps.org)

Enjoy the chaos of the end of the school year and get your kids running this summer! \_\_\_\_\_



# ICE CHIPS

By: *Greg Anzenc*

## MHCA Announces Their Hall of Fame Class of 2017

The honorees will be recognized at the MHCA Fall Clinic, September 22-23.

### George Nemanich – Red Wing

George Nemanich led the Red Wing boys' hockey team to one state championship and six state tournament appearances in 18 years as head coach. He finished with a 331-142-15 record behind the bench. Nemanich guided the Wings to three Minnesota Conference championships and to a total of 13 section finals.

### Russ Welch – Hastings & South St. Paul

Russ had a wonderful career at both schools. Russ gave over 30 years at two tremendous programs and hundreds of players who have gone on to be successful at the next levels of the game and very productive people in society.

### Dave Swanberg - LSHSTPTCUC Bulldogs

Dave has been a part of the Bulldog hockey program in some capacity for 30 years, including 20 as a high school coach. He has amassed a record of 225-165-17 as a head coach, 50-31-1 as an assistant coach, and a combined record of 275-196-18 as a high school hockey coach.

Wayne Orn - 1967-68 Head Coach Devils Lake, 1968-70 Detroit Lakes Head Coach - 1970-75 Head Coach Austin HS - 1975-81, Stillwater Head Coach

Wayne was instrumental in the development of the early years of high school hockey in Minnesota and helped build programs in three different communities. He was a front runner in summer opportunities for his communities in Austin

and Stillwater. He acted as director from 1976 -97 for St. Croix Valley Hockey School in Stillwater.

### Cliff Thompson Award - Lorne Grosso – Rochester Mayo

With 677 career wins at the end of the 2013-14 regular season, Rochester Mayo head coach Lorne Grosso, who has been the school's head coach for 47 years, is the winningest coach in Minnesota boys high school hockey history, having passed the legendary Willard Ikola for the state's top spot during the 2010-11 season.

### Oscar Almquist Award - John Gilbert

Gilbert is a long-time supporter of high school hockey who, as a journalist, has covered the game tirelessly. As a sportswriter at the Duluth News-Tribune, and then for 30 years at the Minneapolis Tribune (and Star Tribune), Gilbert covered all levels of hockey, from high school, college, professional and Olympic.

### Dave Peterson Award - Pat Forte

Forte started coaching high school hockey in 1988 as an assistant with Chisholm High School for a year. Then he spent a year as an assistant in Austin. Forte's other coaching stops included Brainerd, St. Cloud Apollo, Sartell and Mora at the high school level, and then on to St. John's University in Collegeville.

### Bruce Johnson Award - Mike MacMillan

Mike has served on the MHCA board in a variety of capacities since 1997 beginning as the MHCA Coaching Clinic Coordinator. He has also served as section rep for sections 6 and section 8 and currently serves as the MHCA Executive Director, a position he has held since 2006. Mike career as a HS coach began in Menomonie, WI in 1981-82 and finished as Head Coach in Buffalo, MN in 2011. Mike is currently assistant head coach at Hamline University as well as USA Hockey National Coach – In – Chief.

## Delegates Corner

By : *Gary Prantner - Byron High School*

Thank you,

As another school year closes, I want to thank you from all of the parents, fans, athletic directors, and administrators. You as a coach may not hear those two words enough. So....  
THANK YOU!

Thank you, because without you, the coaches we would not have had all the exciting moments from this past year. There were state tournament games held at US Bank for the first time. Think of the memories that were created with all of the athletes that had the opportunity to play there. From the 9 Man football championship, soccer championships, and baseball teams that got to play in there this spring.

Thank you, because without you coaches we would not

have John's Journal, @MSHSLjohn, met Moose Lake's, Danny Lilya, experienced the Cinderella ride of North Woods, the dominance of De La Salle, the buzzer beater from Sam Debois, the great teamwork from the Roseau Rams, the back to back championship for the Goodhue girls, the 2 OT thriller between Hermantown and MAML, and the pure greatness of Brady Berge.

Thank you for all of the time and effort you have put into your programs, athletes and communities. Remember to take some time off this summer to recharge the battery, because before you know it fall sports will be kicking off. Thanks again for all the memories of the 2016-2017 school year.

## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES



I am starting a lot of last time around duties at this time in our last year as your directors. This will be the last closing article I write at the end of a membership year. This realization causes one to reflect on the role so many great men and women played in helping us along the way as well as bringing

great leadership and growth to the MSHSCA. I want to thank the members of the Executive Board for all the help and many contributions this year. You have all been great. I want to thank all of the Sport Association Officers for all the hard work and leadership you provide to each of our Sport Associations and the Coaches you represent. We continue to be blessed with great leadership.

It has been a very eventful year for the MSHSCA. Certainly one of the big events was the naming of John Schumacher to be the next Executive Director of the MSHSCA. John was approved by the September Delegate Assembly as the next Executive Director. John brings a ton of experience to the position having served in many capacities with the MSHSCA as well as the MSHSL. A highlight that we will always remember is the naming of John Millea as an honorary life member of the MSHSCA. John's positive comments about our student athletes and coaches is shared around our state and as an organization concerned about our student athletes we cannot thank John enough.

One of the biggest concerns that I have going forward is that, we as coaches, keep the bigger picture in mind. The MSHSCA is an association of high school coaches. We are a group of men and women who advocate for education based athletics. We are a group of men and women who want to do our best to provide opportunities for our student athletes to become the successful leaders of tomorrow. We all want to see the development of well rounded individuals.

We do want them to become the best athlete they are capable of becoming, but in the end the most important thing is for us all to help our athletes be successful in life, in part due to the values and ethics we help instill in each of them.

I still believe that being called to be a coach is one of the most challenging and exciting callings we can ever have in life. We are challenged in many different ways. The pressure brought on coaches by parents and other forces is incredible. The intensity of the criticism seems to grow proportionally to the amount of time and money parents have invested in the youth programs, the traveling teams, the AAU teams, the elite teams, the JO teams and on and on. While all of these various teams and programs have been effective in improving the level of athletic performances in our state in all sports, with continued new records set, the bottom line still comes down to something called genetics.

I would hope that as each of our athletes participation days in organized sports comes to a close that each of them are able to look back on the experience with positive memories. I hope that each of our athletes look back and are able to say "Thanks Coach. You helped me to become that person I have become because of your influence in my life. You not only taught me values you role modeled them for me". A few of us will have the opportunity to coach an elite athlete who may go on to higher levels but all of us will have the opportunity to help shape thousands of young men and women who will be tomorrow's leaders. To be called as a coach is a special calling and that calling is part of the bigger picture.

Have a great summer! Recharge, reload, relax and enjoy some time to yourself. You have all earned it. \_\_\_\_\_

### EMAIL CHANGE:

Contact  
John & Mary Erickson  
at  
jomar2@arvig.net



# CLEARING HURDLES



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

I hope everyone is having a great track and field season and all athletes are staying healthy. As I write this article, I am also preparing to host our section's True Team Meet. It seems that the seasons go faster each year. I wish everyone the best of luck for the completion of your season.

As I mentioned, this week will be the section True Team Meets. We have a high number of teams competing this year. This is a great sign for the future of track and field! With this, also comes the responsibility for us, as coaches, to help organize and run the local section meets and also get involved to help with the state meet as well. The State True Team Committee will be meeting in Holdingford to determine the wild card teams for all classes on Saturday, May 13. I would like to thank Mark Alcorn, Aaron Berndt, Tony Einertson, Scott Christensen, and many others on the state true team committee for all the work they do.

Once again Stillwater High School will host the State True Team Championships. It starts with the class AAA Friday, May 19, starting at 4:00pm. Saturday, May 20, will be the class A and AA meets. Class A starts at 10:00am, with the AA starting at 3:00pm. This year, all three championships will be streamed live on FloTrack, and can be watched live at milesplit.com. I hope this will bring more exposure to our great championship series. Minnesota Track and Field participation is at an all-time high and the True Team Meet is one of the biggest reasons. The True Team Meet allows for more participation, more camaraderie, and more school spirit. Thanks again to all the coaches, volunteers, and parents who make this happen!

Once again, this June, we will be having our annual Track and Field Coaches Association Meetings. We will stay with the three locations, North, Metro and South. Aaron Burndt is also looking into an online format that all coaches could attend. Please look at our website later in May for the dates and locations. This is your chance as coaches to let the association know what is happening in your section and promote changes that you may want to occur. Communication is the key for positive change and to help make this sport even better for our athletes. Please take time to attend these meetings.

I wish everyone the best for the remainder of the 2017 season!

## HAVE YOUR NEW CARD FOR ALL FALL SPORTING EVENTS

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

A member of the coaching profession  
for 25 years or more

Date Issued

Executive Director

The card is white with Blue Ink for the year 2016-2017.

### 2016-2017 Membership Card

Minnesota State High School Coaches Association

John Erickson, Director, Detroit Lakes

Phone: (218) 847-6796 • Email: jomar2@arvig.net

Website: www.mshsca.org

President, Todd Smrekar - Cambridge-Isanti

**John Doe**

**St Anthony Village**

Asst. Football

Head Wrestling

Asst. B/G Track



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



# CORNER KICKS

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

I looked back at last year's article and found out that the Minnesota weather pattern has not changed. It is the last day of April and snow is in the forecast for most of the state. Did I miss something about spring, or do I just accept the fact I live in Minnesota?

The 27th annual Soccer Coaches Clinic is set for Thursday and Friday, August 10-11, 2017. Greg Juba (Park Girls Retired) the clinic director has sent the clinic information to the Prep Coach. Please read it, fill it out and send it in. The clinic starts on Thursday, August 10, at the Village Sports Restaurant. There is a 6:30-9:00 session with Ian Barker from the NSCAA, plus a social hour. The clinic convenes at North St Paul High School on August 11, with registration at 7:30 a.m. and sessions starting at 8:30. The cost is \$50.00 before August 1, and after that date it will cost you \$60.00. All the pertinent information is on the registration form in the Prep Coach, and will be online at our website.

A quick reminder about membership. Your membership is done on-line, but can also be done at the Clinic. You join the Minnesota State High School Soccer Coaches Association through Minnesota State High School Coaches Association on line. The Clinic registration does not include this fee. Consider having your whole staff become members of the MSHSSCA. It is a small fee. The insurance coverage is one of the greatest values of membership. A reminder that you must belong to the association to have your players considered for All-State teams and Academic Team Awards. Would you further consider becoming a member of the National Soccer Coaches Association? It is also a great value and the more coaches that belong to the National association, the more players and coaches that can be honored by that organization.

The Minnesota State High School League has completed the section/region realignment for the 2017-2018 and 2018-2019 seasons. All coaches need to go on their Coaches Clipboard. The schedule for your updates has been changed. Each coach will have to complete the following three CER Modules. They are: Why We Play, Asthma, and Concussion. It will take you approximately 2.5 hours to complete these modules. All coaches should do this before August. The soccer specific modules will come out in August. Every coach in the state will now be on the same schedule for renewal. Please check and see what you have to do to complete the new assignments.

The Minnesota United FC has invited the soccer coaches in your parent organization to attend a practice on August 9th at the Sports Center in Blaine. More information will become available as to the time of the scheduled practice.

I just received the annual red/yellow card research. We, as an organization, have been doing this for many years. We

continue working on the problems of ejections from games. Soccer ejections were down from 2015 to 2016. The decreased number was down 10% and the reason was the number of hard red cards dropped. Perhaps the most impressive item is that the total ejection numbers for head coaches dropped from 10 to 5. The assistant coach's number stayed the same at 5. Of the 10 coaches removed from contests, the boys had 9 of the ejections. Specific improvements from 2015-2016 was the drop in one team's ejections from 7 to 0 and one from 5-0. In 2015 there were 12 teams with more than 3 ejections, that number dropped to only 7. Overall, the number was higher for this year than 2013 and 2014, but we are trending in the right direction. One of the important items to remember that many of these red cards are not for violent acts or abusive language. There is always room for objectivity, but we think this decrease is worth celebrating. Thanks to Jason Arnebeck (Park of Cottage Grove Boys) and President Elect for sharing this information.

The following items are information from the April 26th meeting of the MSHSL/MSHSSCA Advisory Committee Meeting. As for classification the MSHSL is gathering information about the item, and you as a coach are advised to encourage your AD to become part of that committee. A request for changing the soccer markings at US Bank for the next tournament was made. Also moving the all-tournament committee box closer to the field was requested. The placing of our information on the scoreboard will require us to communicate with Lisa Lissimore earlier before the event.

At the April 1st MSHSL board meeting, the Minnesota Vikings addressed the board to express interest in hosting events. Events would likely cost the schools money to be there. An indoor venue could be an appealing option for late-fall events. All of the dimensions are yet to be determined, and any contracts with the Vikings have not been discussed.

We have a new referee coordinator the MSHSL. Steve Clark has accepted this position. In addition, he will serve as a Referee Liaison for the MSHSSCA. Welcome aboard and we look forward to working with you.

NFHS-2017 rule change reads: Any rule change regarding long-sleeve clothing will remain as it has been for Minnesota. Clothing showing below a team uniform must be of alike color for the entire team. It does not need to match the uniform, but all players must wear the same color.

We have some great news. Vince Thomas (Eden Prairie boys coach) and math teacher is back working again. We are excited that he is winning the battle with his melanoma. It was great to see him at the April 26 meeting. Vince serves as the Secretary to the Executive Board.

A quick reminder about the website. The new address is <http://www.mnhssoccer.com>

Please check it often. All of the information about timeline dates, meetings, and records are on the website.

The column is written. Enjoy your summer, your family and friends. It will not be long until the August Clinic and the season start.

Enjoy!



## MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION

Website 2017: [www.mnhssoccer.com](http://www.mnhssoccer.com)

in conjunction with the Minnesota State High School Coaches Association, Inc.

# 27<sup>th</sup> ANNUAL SOCCER COACHES CLINIC

revised: 4-26-17

**WHO:** OPEN to ALL interested soccer coaches (youth, club, high school, college)**THURSDAY** night August 10<sup>th</sup>: 6:30PM – 9:00PM  
Keynote session, Ian Barker - NSCAA, plus social hour**FRIDAY**, August 11<sup>th</sup>: 7:30AM – 2:45PM**WHERE:** The Village Sports Bar  
3600 Hoffman Road  
White Bear Lake, MN (651.770.8670)**WHERE:** North (St. Paul) High School  
2416 East 11<sup>th</sup> Avenue  
North St. Paul, MN**COST See Box below:** Includes appetizers Thursday night and a box lunch on Friday  
T-Shirt for the first 250 registered coaches

For more information, please call:

Greg Juba, Clinic Coordinator -- Head Girls' Soccer Coach -- Retired

cell -- 651.260.1048

email - [gjuba23@gmail.com](mailto:gjuba23@gmail.com)

## AGENDA for Friday

7:30 – 8:15AM Sign-in / Registration  
 8:30 – 9:25AM Session I  
 9:40 – 10:35AM Session II  
 10:50 – 11:45AM Session III  
 11:45AM – 12:45PM LUNCH  
 12:50 – 1:40PM Session IV  
 1:50 – 2:45PM Session V

**NOTE:** There will be a **Head Coaches Meeting during Session V**. Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed. **Session for all NEW COACHES, head and assistants, will occur during the lunch hour.**

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

### Costs:

Clinic Registration = \$50 before August 1<sup>st</sup>, 2017  
 = \$60 after August 1<sup>st</sup>, 2017

NSCAA Dues = \$70 before August 1<sup>st</sup>, 2017  
 (National Soccer Assoc.) = \$85 after August 1<sup>st</sup>, 2017

\*\*\*MSHSSCA Dues\*\* MN Soccer Coaches Association dues need to be paid online by credit card or paid at the clinic.

DEADLINE for DUES PAYMENT is: October 1<sup>st</sup>, 2017.

\*\*\*PLEASE go online and take care of it NOW!\*\*\*

Total for each Coach = \$50 Clinic Only  
 = \$120 including NSCAA

Above costs reflect registration BEFORE August 1<sup>st</sup>

Registration Form is on the back of this page – please fill it out and  
**Mail to**  
 (Before August 1, 2017):

**Art Seplak**  
**10077 Upton Road**  
**Bloomington, MN**  
**55431-2849**  
**952.881.2898**

## **REGISTRATION FORM CAN BE FOUND ON PAGE 10**

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

# 27<sup>TH</sup> ANNUAL SOCCER COACHES CLINIC INFO FOUND ON PAGE 9

## Clinic and National Coaches Association Registration Form

!!!Please CIRCLE the (Head/Asst) & (Girls/Boys) choice!!!

!!!Please CIRCLE the lunch choice for each coach!!!

!!!Please give YOUR PREFERRED mailing address, phone and EMAIL!!! !!!Current NSCAA members, please add MEMBER NUMBER!!!

!!!Please CIRCLE if YOU plan to attend Thursday night's Keynote session with Ian Barker, (NSCAA) on DEFENSE!!!

Your Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Turkey or Ham or Roast Beef or Veggie

Do YOU plan to attend Thursday evening at Village Sports Bar? (Circle) YES NO

### OTHER REGISTRANTS:

#2 Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Turkey or Ham or Roast Beef or Veggie

Do YOU plan to attend Thursday evening at Village Sports Bar? (Circle) YES NO

#3 Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Turkey or Ham or Roast Beef or Veggie

Do YOU plan to attend Thursday evening at Village Sports Bar? (Circle) YES NO

#4 Name \_\_\_\_\_ School \_\_\_\_\_ (Head/Asst) (Girls/Boys)

Address \_\_\_\_\_ (NSCAA #) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Turkey or Ham or Roast Beef or Veggie

Do YOU plan to attend Thursday evening at Village Sports Bar? (Circle) YES NO

Fees: (circle the choices for each registrant)

| Registration                   | Clinic Registration Attendee    | National Soccer Coaches' Association of America (NSCAA) (Optional) Dues | Total |
|--------------------------------|---------------------------------|---|-------|
| Yours                          | \$50 before 8/1 /\$60 after 8/1 | + \$70 before 8/1 /\$85 after 8/1                                       | =     |
| #2 Registrant                  | \$50 before 8/1 /\$60 after 8/1 | + \$70 before 8/1 /\$85 after 8/1                                       | =     |
| #3 Registrant                  | \$50 before 8/1 /\$60 after 8/1 | + \$70 before 8/1 /\$85 after 8/1                                       | =     |
| #4 Registrant                  | \$50 before 8/1 /\$60 after 8/1 | + \$70 before 8/1 /\$85 after 8/1                                       | =     |
| Make checks payable to MSHSSCA |                                 | <b>TOTAL SENT</b>   | =     |

REMINDER: Minnesota State Soccer Coaches Association membership MUST be done online at [www.mshsca.org](http://www.mshsca.org), DUE October 1<sup>st</sup>.

(Clinic registration DOES NOT include MN State Soccer Coaches Association membership!)

Mail to: ART SEPLAK, 10077 UPTON ROAD, BLOOMINGTON, MN 55431-2849 (home:952.881.2898)



*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/](http://www.jasonfoundation.com/coachesassistanceprogram/)

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

# CHIP SHOTS



By: , Bob Gorden  
President Golf Cch Assoc.

As I sit writing this article on April 26, snow is in the air, the temperature is 29 degrees, and Detroit CC is white from the snow we got during the night. I guess every year we have interesting days during spring golf season here in Detroit Lakes. I had team members hitting balls outside in February. We had one of our courses open the second week of the season, March 28, and our CC open three days later. Even with this little weather bump in the road, we have been pretty lucky and have had pretty weather. Only in Minnesota do we get these type of weather changes during spring golf.

Hope all the coaches are sending in rankings weekly. It started April 24, and runs until the last one due on May 28. This is a very easy on-line process on the coaches association site, under golf. It would be great to have all teams send in their stats so we have teams and individuals rated each week when they deserve to be. If a player is in the Top 10 anytime during ratings, they are awarded an All-State award at the end of the season. These are handed out at the state banquet, or mailed after the banquet. Remember to fill out Academic forms and submit on-line on the Coaches site. These are due by May 26, and can be found under forms on the golf page. Your players deserve this recognition.

Remember, when we get to the end of our season, I need your section coach year nomination. Please, make sure someone emails these names after your section tournament, so we can have a representative from all the classes and all the sections

## MnIAAA CORNER

Submitted by: Charlie Campbell, Brainerd High School, MnIAAA President

### Lessons Learned from Duke University's Dr. Greg Dale

A number of years ago while attending the National Athletic Directors' Conference in San Antonio, I had the opportunity to hear a keynote message from Dr. Greg Dale, Director of Sport Psychology and Performance at Duke University. His message delivered strategies on 'developing the credible coach.' His message was simple, powerful and packed w/ research and real-life examples. In an effort to help more prep coaches here in MN, the MnIAAA brought Professor Dale to the State AD conference in March to bring his message to area athletic administrators.

Credibility is a fickle thing...No matter one's chosen vocation, he or she is most credible the first day on the job. The remaining days are a continual effort to maintain that credibility. Today's coaches have a particularly daunting

on our final ballot. If I don't get one, your section winning team's coach will be on the ballot. REMEMBER, the coach has to be a member of our association to be nominated. Send the name to [bgorden@detlakes.k12.mn.us](mailto:bgorden@detlakes.k12.mn.us). I only can speak about AA, but when the section winning coach gets up to introduce his team and individuals who qualified, at the State Banquet, I think it is sad that we don't have all the players in attendance. These players deserve to be recognized in front of all their peers, and should be in attendance.

Not that I am ready or thinking of the end of season, as we have a lot of golf ahead, but here is info on State Golf banquets: Chairmans for banquets:

Class A is Rich Aulie, 218-838-2899, and will be held at Holiday Inn in St.Cloud. Class AA is Mike Frankenfield, 507-413-2632, and will be held at Park Ballroom in New Prague. I understand a new menu is planned this year.

Class AAA is Tim Kallevig, 763-569-7632, and will be held at the Earle Brown Heritage Center in Brooklyn Park.

All these banquets will be held on June 12th this year. Please, after your team or an individual qualifies for the State, contact your class chairman listed above with your team and parent count of tickets needed. You will collect the needed money, pay and pick up all of the tickets at your banquet as you enter. If you have any questions about the banquet, please, contact your class chairman. Any concerns, questions you might have and want to bring to your board, please email any of your advisory board. Board members are listed on our Golf Coaches website at [mshsca.org](http://mshsca.org).

As you enjoy the rest of your 2017 season, good luck to you and your team, and hope to see you on a course soon. Enjoy this great game with your teams. Both you and your players can enjoy this game for a lifetime.

task maintaining credibility as current sport culture allows everyone to be an "expert" with a win-at-all costs mindset. As every reader of this article is aware, the scrutiny and pressure on today's high school coaches is unprecedented. Dr. Dale's research and message gives coaches several clear takeaways to help them build and maintain credibility in their leadership position. Here are a few practical tips from Professor Dale:

### CHARACTER-BASED

- Credible coaches are character-based
- Credible coaches understand their principles/values and their coaching philosophy is aligned with those values
- Their principles will not be sacrificed to win a game
- Credible coaches will work to teach and develop character in their athletes
- Credible coaches are honest with their players about their roles on the team and spend individual time w/ the least skilled players everyday. Credible coaches are not harsh, but they are honest

... continued on page 13

## COMPETENT

- Credible coaches are competent
- They strive to be innovative
- They are students of their game-inquisitive
- They do not get stuck in their “comfort zone”
- They admit mistakes and are humble.

## CARING

- Credible coaches are caring
- They listen and spend time w/ each athlete seeking to know about the total person, not just the athlete
- They put kids first

## CONFIDENCE-BUILDERS

- Credible coaches build confidence in their student-athletes
- They focus on athletes’ potential and plant seeds of success in their minds
- Confidence building coaches accentuate the positive and emphasize effort
- They criticize and correct without destroying the confidence of a student-athlete

## CONSISTENT

- Credible coaches are consistent
- They control their emotions
- They administer discipline consistently.

- They don’t make a lot of rules
- No rules exist that they wouldn’t apply to their best player in the biggest game

## COMMUNICATORS

- Credible coaches communicate effectively
- Open and direct communication toward athletes-No mind games
- Credible coaches are aware of their body language and the message it sends
- They communicate before, during and after competition-no matter the outcome.
- Credible coaches value their athletes’ input

Credibility does not come upon coaches by accident. ALL coaches, when they choose to be intentional about aligning their coaching purpose with their principles and values, seasonal and daily planning, and interaction with their student-athletes, can build and maintain credibility in today’s culture.

If you’re interested in more in-depth information from Professor Dale visit [www.excellenceinperformance.com](http://www.excellenceinperformance.com) or check out “The Seven Secrets of Successful Coaches,” a book Professor Dale co-authored w/ leadership specialist, Jeff Janssen.

# 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 **SUBWAY**

## 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.



## *Trophies Plus Specializes in High School Awards*

*Chenille, Certificates, Medals, Ribbons, Trophies, Plaques. All customized in your school needs*

**800-397-9993**

Website: [www.trophiesplus.com](http://www.trophiesplus.com) • Email: [trophyman@trophiesplus.com](mailto:trophyman@trophiesplus.com)

## **Budget Crunch?**

Check us out - Lowest prices in the USA!

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

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



**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!!**



## 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/](http://www.hscoachesbenefits.org/)

## ADAPTED ATHLETICS

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

As this issue goes to press, we find the 2017 Adapted Softball season in full swing. Most teams have completed roughly half of their schedule and are gearing up for the State Tournament on June 2 & 3, 2017, at Coon Rapids High School. While many teams will be in the hunt for a title, last year's State Champions, North Suburban (CI Division) and Dakota United (PI Division) will surely be looking to defend their crowns once again this year.

The 2017 Adapted Floor Hockey season was a tremendous success. Once again, Bloomington Jefferson High School provided us with a fantastic tournament site. The Brainerd Warriors and head coach, Todd Person, took home the PI State Championship, while the North Suburban Cougars and head coach Deb Kline claimed the CI title. Congratulations to the players, parents and coaches from each of these programs on their remarkable floor hockey season.

Finally, I want to take this opportunity to thank all of our Minnesota Adapted Coaches Association members for selecting me to represent our association over the course of the last couple of years. It truly was an honor for me to represent all of our outstanding coaches, and it was an experience that I thoroughly enjoyed. Our current vice-president, Brett Kosidowski from Dakota United, will be taking over as our new president in June, however, we are still in need of a new vice president. If you are interested, or know of a coach that would be worthy of this position and would like to nominate them, please get in touch with me as soon as possible.

Our adapted athletes are incredibly fortunate to have such hard working, inspirational coaches leading them throughout the school year. As things wind down, please be sure to take some time for yourselves to relax, recharge and enjoy the summer months with your friends and family...the fall season will be here before we all know it!

Have a great summer!



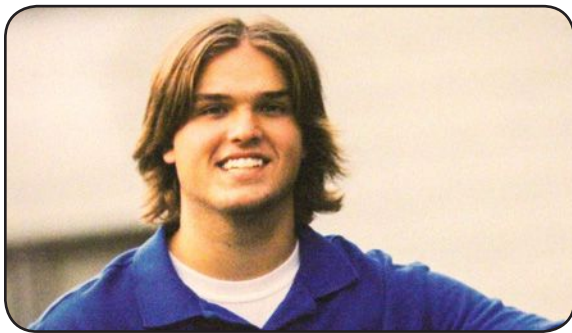
After the Game Bring Your Team to **SUBWAY**

The MSHSCA is proud to announce the scholarship winners for 2017. For many years the MSHSCA has been involved in awarding scholarships to deserving male and female athletes from around the state of Minnesota. This year's selections represent a true mix of academic excellence, athletic accomplishments and role model character traits. The MSHSCA would like to thank the scholarship committee for their hard work and dedication in continuing to make outstanding selections.

# MSHSCA ANN



**Kayla Rudie** attends Willmar High School and is a three sport athlete. Kayla thanked her coaches for helping grow into the successful student and athlete she has become. "My coaches helped me reach my potential not only as an athlete, but also as a student and person by pushing me to lengths I did not know I was able to reach. I cannot thank my coaches enough for all they have done for me." Kayla will continue her studies and running career at Lipscomb University in Nashville, Tennessee. Kayla has been awarded the Val Teichroew scholarship.



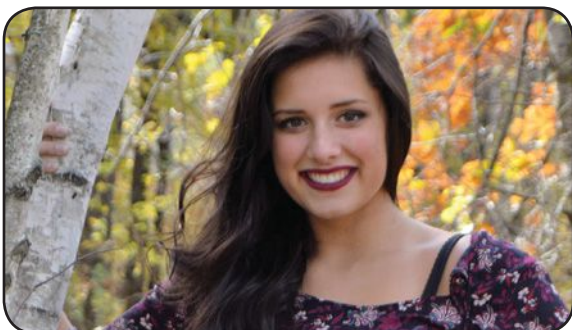
**Carlton Lindow** is a three sport athlete at Cannon Falls high school. Carlton has been awarded the Past Presidents scholarship and will be attending University of Northwestern – St. Paul in the fall. Carlton speaks about the lessons sports have taught him by saying; "One of the great lessons I have learned is how to be a part of a team. Sports have taught me the importance of being accountable to coaches and teammates because we are all relying on each other. When you care about the guy next to you more than you care about yourself, special things happen."



**Kendall Kohler** is a three sport athlete at Alexandria high school. Kendall is an outstanding athlete as demonstrated by her selection to the all state soccer team as well as being chosen to play in the all star game in basketball. Kendall talks about the importance of sports in her life by saying; "Sports itself have taught me more life lessons than I could have ever imagined. Most importantly, athletics has taught me the true value of goal setting. Kendall has been awarded the Betsy Farness scholarship and will be attending Northern State University in Aberdeen, South Dakota in the fall.



**Alex Woitas** is a three sport athlete at Sleepy Eye St. Mary's high school. Alex summed up the important lessons he has taken away from sports with the following statement; "When I sign up to be a part of a team, I put that uniform on knowing I am representing my school, and it is important to strive to be a positive role model. It is also vital to realize that there are players, coaches, officials and young aspiring athletes that are watching my behavior on the different playing fields. My demeanor is both a reflection of my character and the school". Well said Alex. Alex will enroll at Gustavus Adolphus College in the fall and he has been awarded the Howard E. Emerson scholarship.



**Shania Glenz** is a two sport athlete at Verndale high school. Shania was the captain of both the volleyball and basketball teams and her coach wrote the following about Shania, "She is the type of leader that the youth in our school respect and emulate; the combination of her positive attitude, respectful demeanor, and concern for others makes her an excellent person". Shania has been awarded a Subway scholarship and will attend the University of Wisconsin – River Falls in the fall.

# OUNCES 2017 SCHOLARSHIP WINNERS



**William Huls** is a three sport athlete at ROCORI high school. William participates in football, basketball and baseball and all of the teams he has been on have advanced to the state tournaments. William says that baseball has become his favorite and he comes from a long line of successful players in his family including his father who coaches him in high school. Speaking about the teams he plays on William states; “There has never been one person on my team that has done everything, and that is what makes us good. We play together and we play hard – always pushing each other to be better”. William will attend St. Thomas University in the fall and has been awarded the Subway scholarship.



**Addison Smrekar** is a two sport athlete at Cambridge-Isanti high school. Addison participates in swimming and hockey. This is a tough combination in that the two sports overlap seasons more than any other. In order to facilitate this overlap in seasons Addison had to put in some incredibly long days and demonstrated a commitment that is most admirable. Addison’s hockey coach wrote this about her. “I got to know Addison very well. Her drive, exemplary character, ability to lead others, and high academic performance has not creased to amaze me”. Addison has been awarded the Kathy Fredrickson scholarship and will be attending the University of Minnesota in the fall.



**Anders Amdahl** is a two sport athlete at Albany high school. Anders is a talented athlete who had to overcome a serious knee injury during his sophomore wrestling season. Anders worked hard to get back in the game and as a senior he went on to win numerous awards in football. Anders has displayed an impressive resume as leader and role model for others to follow. He has a level of involvement in various school activities that can only leave one to wonder, where did he ever find the time to do all that. Anders has been awarded the Steve Kerzie scholarship and will be enrolling at the University of Wisconsin – River Falls in the fall.



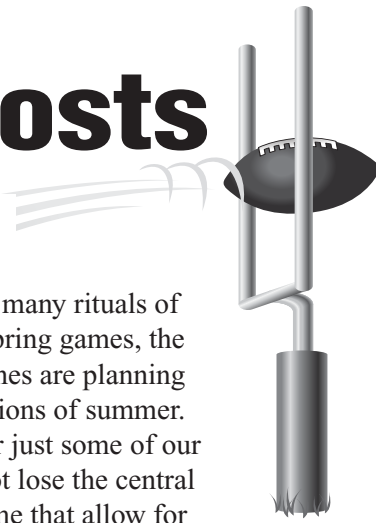
**Maycen Kirchner** is a three sport athlete at Detroit Lakes high school. In addition to being elected captain for all three teams Maycen has also racked up impressive results in the classroom where she maintains a GPA of 4.2. Maycen credits the highs and low of athletics as great lessons to be used in the future. “More importantly, however, I have learned that the key to success is working through those struggles and disappointments, digging deep into one’s self to preserve, improve and be the best you can be. Through sports, I have developed leadership skills which will help me throughout life. Maycen has been awarded a Past President’s scholarship and will attend Concordia College in Moorhead in the fall.



**Max Martig** is a three sport athlete at St. Cloud Tech high school. Max is quick to credit a senior leader on the track team for helping him when he joined the track team in sophomore year. Max wrote, “He became my mentor and taught me about discipline. Success comes when you push yourself to the limit at every practice. Joey made me realize this quickly and helped me develop tremendous self discipline. Max is a top notch student as well as athlete and will be attending the University of Minnesota in the fall. Max has been awarded the Darien DeRocher scholarship.

# Goal Posts

By: Ron Stolski - Brainerd  
Exec. Director MFCA



Finally, Spring! Among the many rituals of football, college recruiting, spring games, the NFL draft, most MFCA coaches are planning activities for our 11 days/sessions of summer. Whether we plan to use all, or just some of our allotted time, I hope we do not lose the central and eternal lessons of our game that allow for the pure JOY of coaching and playing football. These lessons we teach and learn, the relationships formed with our fellows of the huddle, the impact on them, and one another, most importantly, the kids who come to play, cannot be understated. For this writer that joy has fueled the passion to spend a lifetime on the field. Literally, daily, I am reminded of the good fortune it has been to have chosen to be a coach, and of the responsibility it is to make every effort to 'do it right'.

These three experiences, two of which are very recent, illuminate this point.

\* At the MFCA Clinic, during the Championship Coaches panel, in response to the moderator's questions, stated the keys to success. EVERY coach responded with answers like CULTURE, TRUST, PROCESS, CARING ENVIRONMENT, CONFIDENCE, RESPECT.

\* At the MFCA Awards Banquet, each Hall of Fame inductee mentioned the love and appreciation of family, and the importance of relationships. Will Wackman, the recipient of the Assistant Coach Of The Year Award, gave an inspirational, passionate acceptance enunciating with grace how humbled, thankful, and proud he was to be a coach. In the silence of the room, Will's eloquent words echoed the greatness of our game. They echo in me still.

\* Last Fall, at season's end, a senior who had never played football before, who had come out for the first time, with tears streaming down his face, clasped hands, hugged and said, "Coach, if only I had known, I would have come sooner." The coach replied, "but you came now!" Recently, in the weightroom, hands clasped again, the coach asked, "So what are your plans?"

"Coach," he said, "I am joining the Marines."

"Kid, I am so proud of you, you will be one heckuva Marine"

There is joy in coaching football, keepers. Let us not forget to share and celebrate it.

Thanks to MFCA clinic! You set another attendance record. We march on. Plans will soon be underway for 2018. If you have suggestions for the progra, or any other way we can

make the experience valuable and meaningful, please contact a clinic committee member.

Congratulations to outgoing president, John Clark, for his good work with the Heads Up Football initiative. Please note there are six Player Safety Coach Clinics scheduled for this Summer. The sites are Mankato, Kasson Mantorville, Brainerd, Proctor, Prior lake, and the Vikings Training Facility. Your athletic director has received information. More Questions? Visit the website. Enjoy your Summer. Let's make sure to let the kids enjoy it too!



Tim Morris

The hockey "season" is finally over with the culmination of the MN Hockey High Performance programs this past spring. Many of our high school athletes will represent Minnesota at the USA Hockey National Camps this summer. Player lists will be available at the MN Hockey website [www.minnesotahockey.org](http://www.minnesotahockey.org) very soon under the High Performance tab. Over 600 girls participated in one of the many programs offered with these training and selection opportunities.

Preparations are underway for the 2017 Premier Prep League. This league is very competitive and also allows athletes to pursue other high school activities in the fall. Tryout information can be found for coaches and players on the MGHCA website [www.mghca.com](http://www.mghca.com) under the "Programs" tab. This league fills fast, so players should not delay.

In the fall, the MGHCA is pleased to announce to our membership that the Fall Clinic will be held in conjunction with the boys high school coaches association. This will be a High Performance where coaches can earn the next level of the USA Hockey Coaches Education Program up to a level 4. Dates, cost and location will be posted to the boys and girls coaches websites as soon as information is finalized. Coaches can check out information at [www.mnhockeycoach.com](http://www.mnhockeycoach.com) or [www.mghca.com](http://www.mghca.com).

# DUGOUT CHATTER



By: *Don Gawreluk*

*Vice-President - Minnesota State High School Baseball Coaches Association*

Welcome to Spring Baseball in Minnesota!

It shouldn't really surprise us anymore as it is raining outside right now as I write this update... just overheard the weather forecaster say on the TV that snow is likely from the I-94 corridor to the great Northeast region of our state! What is with this crazy late April weather!

The 2017 spring baseball season is well underway. Thank you, coaches, for being so flexible, creative and knowledgeable on how to work through the twists and turns that Mother Nature is bringing us! As we move forward with our season, be sure to nominate your deserving players for All-State, Academic, All-Region and All-Conference awards. Consider nominating a fellow assistant or two to recognize their outstanding work as well. Keep an eye on the competition and recommend their top student-athletes for post-season awards, too. We do our very best to promote our deserving student-athletes and coaches for the successes they have in the classroom and on the field of play.

For 2017, coaches have been asked to tag @MSHSBCA on Twitter about the great things their programs are doing in their communities, and here are a few examples:

\*Coaches, the Minnesota Twins and folks from all over the upper Midwest are helping the Waseca community rebuild Tink Larson Baseball Field after last year's tragic fire in their grandstand.

\*Coaches and student-athletes from St. Anthony Village HS adopted Highway 88 in Hennepin County and spent a Saturday cleaning up, collecting dozens of bags of trash.

\*Minnetonka HS coaches and student athletes hosted a clinic for their local Miracle League ballplayers.

\*OTC Baseball (Battle Lake, Henning, Underwood) hosted youth clinics to teach and promote the game like so many of our high schools do around the state.

\*Champlin Park HS coaches and players held a community outreach night and packed 46,008 meals at Feed My Starving Children.

We all know how fortunate we are each and every day to play/coach this great game. Coaches are often modeling for their student-athletes what it means to serve. The MSHSBCA is making service a focus for 2017 and celebrating what our

member programs are doing to help their communities. Through the game of baseball, we can strengthen our communities and bring them closer together.

Selection Sunday is coming up May 21, at Target Field. Play Ball! MN All Stars will be selected for our 6 teams. Minnesota can boast having one of the largest all star baseball series in the country! We give many thanks to Cambria, the Minnesota Twins Community Fund and the Business Impact Group for their generous support of our annual All Star Series. This year's event will be held again in beautiful Chaska! New Twins Director of Baseball Operations, Derek Falvey, will address participants and guests at our banquet, which will be held at Canterbury Park again this year.

Finally, the MSHSBCA thanks all baseball coaches for your membership. Membership in MSHSCA and MSHSBCA provides the liability insurance that we all need, plus it provides eligibility for your players to receive post-season awards. Also, consider membership in one or both of the national associations (BCA or ABCA.) Additionally, follow us on Twitter @mshsbcA, and continue to check for updated information to help you navigate your way through the nomination processes for post-season awards on our website; [www.mshsbcA.org](http://www.mshsbcA.org). We hope to see you all either on the field or in the stands at the Prep Championship Series at Target Field on Monday, June 19! Best of luck to all teams this spring!

## 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 **SUBWAY**

# HOOP SCOOP



*Mark Cook - Maple Grove HS Head Girls  
Basketball Coach*

*President – Minnesota Girls Basketball Coaches Association*

Coaches do a lot of different things when it comes to the world of professional development. We go to clinics, we meet with college coaches, we buy books and videotapes about different aspects of the game, we bring in various talented clinicians to work with our athletes. There is one thing that I don't think many of us do enough of that takes a lot less time, effort, and money than any of the things mentioned above - taking the time to talk and collaborate with other coaches. Coach John Carrier from Henry Sibley is the coach of their boys basketball program. Each Spring he sets up a roundtable once a month and invites other coaches from the area to create an opportunity for coaches to come and sit down and share with each other their knowledge of the game. It is a great way to collaborate and build relationships with other coaches.

As I was thinking about what to write about for this issue, I thought about how valuable it could be to hear from some successful coaches and what they are doing in their programs. I interviewed the four state championship coaches from the 2017 Minnesota Girls Basketball State Tournament. Jeremy Digiovanni, returned to Elk River this year to lead the girls program that he had been an assistant in for quite some time to an undefeated, state championship season. Lavesa Glover-Verhagen, was in her first year as the head coach at Orono High School and led that program to a championship. Kelsey Filpula-Didrikson is the head coach up at Roseau High School and also led her program to an undefeated season and a state championship. Josh Wieme has led Goodhue to back-to-back state championships. I asked each of them to respond to 5 questions. A few added some final thoughts at the end as well. I hope you find their responses and comments as interesting and valuable as I did. Hopefully there is something you can take away from these great coaches that you may be able to apply to your program.

**Did you know that coming into this year that this team was special or had a shot to win it all? If yes, did it change your preparation, offseason programs, or practice planning?**

Jeremy - We knew this was a very special team that was capable of great things, but we also knew we had to get better every single day if we wanted to accomplish the goal of finally reaching the state tournament and then winning it. Since it was my first year leading the program after being an assistant for several years, we kept a lot of things similar to what we've done in the past. I think the biggest thing we tried to focus on was just taking each day and each game one at a time and not getting to worried about anything beyond that. We knew where we wanted to be in March, but we could only get there by working hard and staying focused on the task at hand as

those were the only things really in our control.

Lavesa - Yes. I knew this team was special because they were willing to work and do what was necessary to be successful. I know my thought augmented to having a shot to win it all after our Kasson-Mantorville game. For me that was a turning point for us, it was the realization that if we can maintain this way of play we can really have a shot to compete with the best teams in the state. Throughout the season as a staff we changed a ton in the way we handled practices and game preparation. We were very focused on us. We wanted to make sure that as a unit we were continually doing everything possible to be our best. That would have been our focus whether or not we were going to be State Championship contenders. What changed really was the length of time we practiced and what we emphasized in practices.

Kelsey - Honestly, yes, we knew had a chance to win it all this year. When you feel like being a State Champion is within your potential it definitely informed our preparation and and focus all season long. We talked a lot about winning a title and that if that's something we seriously wanted to achieve here's what we need to do better, different, what it was. It was a guiding goal for us all year long.

Josh - We brought 7 players back as defending state champs, so we knew we had the talent to maybe repeat and have another special season. Knowing that, we had many more conversations about the mental challenges about not trying to duplicate last season, but rather make this one it's own special year. Also, we dealt with getting kids hungry again to "climb the mountain" while always knowing there was a target on our back, where everyone we played wanted to knock us down. It was a very unique thing to deal with! For the most part, our practices remained as they have the past 5-6 years. We adjusted our focus a few times as needed as the year went on and we found things to improve on, but we had the same approach as in years past. We had the same off-season program that we've developed and used for the past 5-6 years. Our kids are involved in other sports and activities and stay very busy. Basketball is important to them but not the only thing in their lives!! Besides, players who want to get better will find a way to get in the gym, or driveway, and improve themselves.

**What do you think made this team a special group capable of winning a state championship? What did you do as a coach along the way to help foster that?**

Josh - This group was special because they all complement each other on and off the court so well. We have some incredibly quick and fast players who excel defensively (but struggle offensively); some very good shooters who are quite short and not great ball handlers; some taller players who lack quickness; some scorers who need to be set up or great spacing to operate. All of these strengths made up for another player's weakness, which made for a great team. Also, over the years, the individual players have worked to improve their weaknesses, so that they aren't glaring areas other teams can

exploit. In addition, this particular group has played together on varsity for the better part of 3 years, so that experience has led to a cohesiveness on the court that obviously paid off.

Kelsey - We didn't win a state title in one game or one season even - it was a process much bigger and longer than that. Obviously by the time I got these girls they'd spent hours practicing and playing, which laid a strong foundation. This was our third consecutive trip to State, and I'd say both previous trips were, for us, incredibly beneficial in preparing for playing that level of competition and on that big of a stage. This year, our team motto was UNITED - I really worked hard to sell that and that everyone's role was important, that this was something we'd accomplish together, and that the process had to be fun so we remained UNITED.

Lavesa - These young ladies were underdogs and as a result they would go into every challenge with the attitude that they had nothing to lose and THAT is what motivated them to continue to play at the level that they did! Outside of Tori Andrew, they had limited in game experience and that showed at times, but I tried to foster an environment where we did not dwell on that youth but embraced it. We were very relaxed yet calculated and focused on various ways to motivate them without discouraging them. It was a crazy game of chess, but I will say that I think that relaxed approach really helped them when it came to those BIG games.

Jeremy - Our kids are not only solid basketball players, but they are wonderful people that have strong work ethics, take pride in their work in the classroom, are willing to donate time to youth and community groups, and are extremely devoted to each other as friends. I really felt it was our coaching staff's job to keep them pointed in the right direction and let their talents and smarts do the rest. We didn't want to over-coach and give them too much to think about.

**What are the most important things that you do as a coach to help prepare your team for big section and state tournament games?**

Lavesa - RELAX. That was the theme for our entire unit (even the coaches). Basketball is a game of runs. We feel as a staff that the team that can maintain consistency during that most likely will end up being victorious. We felt that we had prepared our kids to the point that they felt confident in what we do.

Kelsey - I'm very disciplined and organized and that influences how I coach, so every day there is a very concrete practice plan with clear purposes and objectives, every big game there's a written game plan for the girls to study, and both my assistant coach and I talk a lot with the girls and are very honest - call a spade a spade...we were not a normal team this year. We had a chance to do something special and we needed the girls to be comfortable with hearing that all year so they would handle the pressure and hype. And I think

the preparation every day helps them feel comfortable and prepared going into big games.

Jeremy - Keep it simple and approach it like we have every other game of the season. Kids thrive on routine, and we've learned that these girls kept their focus best when given short, simplified tasks that were immediately in front of them.

Josh - By the time we are playing a big section or state game, we know what our own strengths are. We go into a big game focusing on our strengths, and how it is going to be effective against our opponent. We also will try to identify our opponents biggest strength, and address how the things we have proven to do will be able to slow down that strength. We focus on just a couple of things, and the talk is always centered around the things that we do.

**What was the greatest piece of advice you ever received about getting your team prepared for a big game? Who gave you that advice, if you are willing to share?**

Kelsey - Not any single piece of advice, but when I student taught in Hawley, MN I got to spend some time as a volunteer assistant in Bill Gottenborg's gym - incredibly valuable experience. I learned so much watching how he conducted himself, his team, and valued and appreciated the knowledge of his whole coaching staff.

Josh - The bigger the game, the smaller the focus. Put the effort in to sound fundamentals, doing the little things like clean passing, boxing out, grabbing the ball with 2 hands, take good shots, etc. My dad shared that with me.

Jeremy - Control the controllables, mainly your attitude and effort. There are a lot of things that will happen in a basketball game between two closely matched teams that you do not have control over (made/missed shots by you or the opponent, calls by officials, miscues by you or a teammate that are done and over, etc.). Focus on what you can control and let everything else happen as it will from there. This was a big part of my time in Rogers with Lamar Detert, and I continue to use that philosophy now.

Lavesa - I have received a multitude of advice while coaching and there are two that stick out to me. The first coming from my wife, "Remember they feed off your energy so you HAVE to be aware of that and make sure you are being a positive force for them." And the second coming from my former collegiate coach Kevin Borseth, which was a simple cliché saying probably spoken around the country but always held true to me. Play Hard. Play Smart. Play Together.

**What is one thing that you do or have done that you feel has helped make you a better coach that you would recommend to others?**

Jeremy - We had the opportunity to play a lot of close games against great teams throughout the season. That high level

... continued on page 24

## HOOP SCOOPS ... continued from page 23

of competition in pressure situations not only helped prepare our team for the situations we faced in the state tournament but also helped our coaching staff make quicker and better decisions in the heat of the moment. There's no substitute for experience, and it was those experiences that paid off in the end for our team.

Lavesa - I took a moment to really analyze and reflect on the WHY I do this (coaching). It was a process that occurred throughout the season but I always had a concrete underlying understanding of my WHY, which really helped me get through the toughest of times. It allowed me to focus on making myself better, to be my best (because that is what I require of my student athletes).

Kelsey - Pick and choose my battles carefully! :) Right is right is right, so if the battle needs to be picked I will...but I've also learned, sometime the hard way, to let go of things I can't control.

Josh - I feel that I have grown a lot as a coach by embracing Why We Play. As a result I have made much greater efforts to create important, valued roles for each player on our team. We still have a lot of players who don't see much court time and just don't have a lot of varsity skill, but they are so important to our team in creating a positive culture that supports each other and has fun. I coached some teams years ago that had a lot of talent, but didn't have that culture, and those teams never reached their potential. But our best teams have always felt like

a family, and those kids play so much harder for each other and it means so much more, regardless of how the season ends.

Final thoughts:

Josh - Have fun. That means you, the coach! I believe the coach has to have fun with it, have fun with their kids, let them see some of your different sides. We as coaches need to enjoy what we're doing and who we are with, otherwise it's work. The kids will have fun if we are, but it's hard for them to if we aren't.

Lavesa - Have fun. I know sometimes that isn't easy, but if you aren't having fun... why are you doing it?

Jeremy - Take time to enjoy every moment with your team because you never know if or when these opportunities will ever come again.



## Swim Strokes

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

By the time the March issue was printed we had not yet had our state meet so I'd like to go over the many highlights from the Class A and Class AA meets. First, congrats to the team champions Breck/Blake (A) and Minnetonka (AA). The runner ups for each meet were St. Thomas Academy (A) and Eden Prairie (AA). At the Class A meet Orono set a new meet record in the 200 yard medley relay. At the Class AA meet there were meet and all time state records set in the 200 yard medley relay (national public school record, Minnetonka), 200 yard freestyle (Sam Schilling, Minnetonka), 200 Individual Medley (JohnThomas Larson, MN Online), 100 yard freestyle (Sam Schilling, Minnetonka), 500 yard freestyle (JohnThomas Larson, MN Online), 200 yard freestyle relay (Eden Prairie), 100 yard backstroke (Jack Dahlgren, Chanhassan), and the 400 freestyle relay (Minnetonka). Needless to say there was some extremely fast swims and excellent dives to watch at both meets. Congrats to all of the teams and participants in this year's State Swimming and Diving meets.

Even though the girls' and boys' swim and dive seasons are over, our association and its members have been very busy. By the time this article is published we will have had our All-State Banquet ceremony with nearly 700 in attendance. The banquet is a great opportunity to honor the boys' and girls' who were top 8 in their respective events at the state meets. We will also announce male and female athlete of the year, boys'

and girls' coach of the year, induct individuals into our Hall of Fame and give out service awards to individuals who have dedicated enormous amount of time and energy to the sport of swimming and diving in the State of Minnesota. It is truly a special evening.

At our end of April coaches clinic we will have had over 100 coaches from MN and surrounding states in attendance learning to continue to grow and develop their knowledge of the sport. It is always a good opportunity, no matter how many seasons you have been on the pool deck. During our clinic we will host our annual business meeting. The typical business items were addressed, updates on the clinic, All-State banquet, and website. True Team host sites were finalized as much as possible. A finalized true team schedule will announced at the summer true team meeting June 27th, at Oak Grove Middle School in Bloomington starting at 10am. I encourage as many of you as possible to attend the summer true team meeting and be involved in the process. We are excited to announce that we have launched our new website, MSHSCASwimDive.com. Thank you Todd Walsh, Executive Secretary and Webmaster, for putting that together and launching it.

As the summer progresses we will be changing over Girls' Association Presidents from Katie Haycraft from Prior Lake to Nathan Youngs from Dassel-Cokato. I know that Nathan will do an excellent job on the girls side.

With the season over, now is the time to rejuvenate, reflect and relax. Make sure to spend some quality time with family and friends and as many of us do, start planning for next season. Congrats again to all of the boys' coaches and good luck to the girl's coaches as you prepare for your next season starting August 14th.

## WINTER STATE CHAMPIONSHIP RECOGNITION

The second part of the winter state tournaments once again provided many exciting events displaying excellence. The MSHSCA would like to take the opportunity to congratulate all schools, teams and coaches for attaining the pinnacle of their season, a STATE CHAMPIONSHIP.

Next fall at the annual Hall of Fame Banquet, the MSHSCA will honor the championship coaches with a plaque presentation as part of the many awards granted that evening.

Listed below are the winter state champions and their coaches that were not mentioned in the March issue of the MN Prep Coach. If a sport is not included it is due to the fact that the coaches are not members of the association.

### BOYS BASKETBALL

|          |                   |
|----------|-------------------|
| Class 1A | Minneapolis North |
| Class 2A | Minnehaha Academy |
| Class 3A | DeLaSalle         |
| Class 4A | Apple Valley      |

### GIRLS BASKETBALL

|          |           |
|----------|-----------|
| Class 1A | Goodhue   |
| Class 2A | Roseau    |
| Class 3A | Orono     |
| Class 4A | Elk River |

### BOYS HOCKEY

|          |              |
|----------|--------------|
| Class A  | Hermantown   |
| Class AA | Grand Rapids |

### GIRLS HOCKEY

|          |                  |
|----------|------------------|
| Class A  | The Blake School |
| Class AA | Edina            |

### WRESTLING

|          |                    |
|----------|--------------------|
| Class 1A | Zumbrota-Mazeppa   |
| Class 2A | Kasson-Mantorville |
| Class 3A | Apple Valley       |

### BOYS ALPINE

Minnetonka

## WINTER ACADEMIC AWARDS

### BOYS SWIMMING

#### GOLD

Brainerd  
Buffalo  
Chanahssen  
Cretin-Derham Hall  
Irondale  
Lakeville North  
Mankato West  
Owatonna  
Saint Thomas Academy

#### SILVER

Cambridge Isanti  
Dassel-Cokato/Litchfield  
Detroit Lakes  
Duluth East  
East Ridge  
Eden Prairie

## 2017 MINNESOTA BASKETBALL COACHES ASSOCIATION ACADEMIC TEAM CHAMPIONS

### STATE ACADEMIC TEAM CHAMPIONS

|            |                     |               |
|------------|---------------------|---------------|
| Class A    | Hancock             | Cory Bedel    |
| Class AA   | Eden Valley-Watkins | Adam Langer   |
| Class AAA  | Little Falls        | Cory Schlagel |
| Class AAAA | Woodbury            | Kent Getzlaff |

### SECTION ACADEMIC TEAM CHAMPIONS

| Class A    | School                   | Coach            |
|------------|--------------------------|------------------|
| Section 1: | Goodhue                  | Matt Halverson   |
| Section 2: | Mankato Loyola           | Eric Larson      |
| Section 3: | Lac qui Parle Valley     | Barry Besonen    |
| Section 4: | West Lutheran            | Steve Jensen     |
| Section 5: | Browerville-Eagle Valley | Robert Schueller |
| Section 6: | Hancock                  | Cory Bedel       |
| Section 7: | North Woods              | Will Kleppe      |
| Section 8: | Kittson County Central   | Chad Kujava      |

| Class AA   | School                   | Coach         |
|------------|--------------------------|---------------|
| Section 1: | St. Charles              | Terry Knothe  |
| Section 2: | Tri-City United          | Ben Haugen    |
| Section 3: | Minnewaska Area          | Phil Johnsrud |
| Section 4: | Minneapolis Roosevelt    | Robert Mestas |
| Section 5: | Eden Valley-Watkins      | Adam Langer   |
| Section 6: | Braham                   | Jeff Eklund   |
| Section 7: | Marshall School (Duluth) | Kevin Snyder  |
| Section 8: | Hawley                   | Nathan Stoa   |

| Class AAA  | School                 | Coach          |
|------------|------------------------|----------------|
| Section 1: | Kasson-Mantorville     | Terry Pederson |
| Section 2: | Mankato West           | Tim Anderson   |
| Section 3: | Academy of Holy Angels | BJ Etzold      |
| Section 4: | Mahtomedi              | Keith Newman   |
| Section 5: | Willmar                | Matt Williams  |
| Section 6: | Delano                 | Terry Techam   |
| Section 7: | Chisago Lakes          | Todd Dufault   |
| Section 8: | Little Falls           | Cory Schlagel  |

| Class AAAA | School           | Coach            |
|------------|------------------|------------------|
| Section 1: | Owatonna         | Josh Williams    |
| Section 2: | Chanahssen       | Nathan Pelowski  |
| Section 3: | Hastings         | Chad Feikema     |
| Section 4: | Woodbury         | Kent Getzlaff    |
| Section 5: | Spring Lake Park | Grant Guzy       |
| Section 6: | Wayzata          | Bryan Schnettler |
| Section 7: | Andover          | Matt Aune        |
| Section 8: | Moorhead         | Tyler Bormann    |

... continued on page 26

After the Game Bring Your Team to 

## WINTER RECOGNITION ... continued from page 25

Edina  
Eveleth-Gilbert  
Faribault  
Farmington  
Forest Lake  
Hopkins  
International Falls

Maple Grove  
Melrose/Sauk Centre  
Minnetonka  
MN Online High School  
Montevideo  
Morris  
Rochester John Marshall

Rochester Mayo  
Roosevelt High School  
South Saint Paul High School  
Southwest  
St. Paul Central  
St. Paul Harding  
Winona

---

## MSHSL BOARD OF DIRECTORS REPORT

*By: Jill Johnson*

As another successful school year comes to a close we eagerly await the 2017 MSHSL Spring State Tournaments that are just around the corner. Hard to believe how fast the seasons fly by and how much activity can be packed into a school year!

Spring is a great time to reflect on what has been accomplished and the incredible success stories that have resulted from participation in high school activities! As your elected representative to the board of directors, I had the pleasure to witness first hand some of the greatest thrills that came with state tournament participation while humbly awarding state championship medals. The stories of victory and defeat, the display of respect towards competitors and officials alike and the sheer joy that student athletes exhibited were absolutely some of the most inspirational highlights of my career! Thank you for affording me this opportunity, it was remarkable to say the least!

Although we know “it takes a village” to raise our kids, I wholeheartedly believe that it is because of the efforts of all of you, the coaches, who make these incredible experiences possible for our students. The hours that you spend behind the scenes and in front of the public, modeling the right way to accomplish goals. The commitment each of you have to growing the human being that stands in front of you, listening and absorbing the intentional way you stay focused on the purpose and values you have established for your program. The professional approach you take in matters related to building

relationships with students, parents and communities. All of the thousands of success stories whether at a state tournament or at a regular season practice starts with coaches like you that are driven to uphold positive core values in an ever-changing sport culture. Thank you for your dedication to our kids, YOU make a difference!!

I also would like to extend a thank you to the many Sport Association leaders that Craig and I were able to hear from and meet in person at the Spring Coaches Association Meeting in St. Paul in March. Your leadership is appreciated and we look forward to continuing to work with you to serve your needs. A special welcome to the Girls Hockey and Dance Team representatives as both groups have now officially affiliated with the MSHSCA!

The April MSHSL Board of Directors meeting synopsis as presented by Tim Leighton does a nice job highlighting the activity at our last meeting, inclusive of noting that the discussion for possible coaches state tournament passes continues. The next Board meeting is scheduled for Monday, June 5th, so please do not hesitate to contact Craig or myself if we can be of assistance to you and your program.

Good luck with the remainder of your Spring Season and best wishes for a safe and enjoyable summer. Don't forget that the new Coaches Clipboard Continuing Education Requirements will be available July 1st on the MSHSL website! Craig and I look forward to working with you again during the 2017-2018 school year, take good care!

---

## Mat Chatter

*By: Matt Clark*

*Head Wrestling Coach Park Rapids  
MWCA President*



Wrestling had another great year and state tournament. It is always fun to watch and coach these young athletes at the pinnacle event of their high school season, the state tournament. When I think of the state tournament I think of traditional and dominant performances of teams and individuals that produce year after year.

Teams like Apple Valley that have won twelve consecutive state championships.

Kasson-Mantorville that have won back to back state championships. Or student athletes like Brady Berge and Brent Jones that won their fourth state titles. These types of performances deserve a high form of respect from our wrestling community, no matter if you love them or hate them. These athletes have accomplished what most athletes just dream of.

Then I looked at the results from the state tournament a little closer and noticed that yes, we do have some

traditional teams and individuals that win year in and year out. We also have a lot of diversity in our wrestling. For instance, 187 schools in the state of Minnesota sent at least one student athlete to the state tournament to represent their school. We also had student athletes from 29 different schools that won state championships. So yes, the traditional teams and individuals will stay strong, but the underdogs in wrestling will also have their say in the history books.

---

# 2017 MN HIGH SCHOOL GYMNASTICS ACADEMICS AWARDS

## Section 1A Champion ~ Austin

|                           |       |                |
|---------------------------|-------|----------------|
| Austin                    | 3.960 | Gold ~ Class A |
| Champion                  |       |                |
| La Crescent               | 3.873 | Gold           |
| Byron                     | 3.870 | Gold           |
| Kasson-Mantorville/Triton | 3.850 | Gold           |
| Pine Island               | 3.789 | Gold           |
| Red Wing                  | 3.778 | Gold           |
| Winona/Cotter             | 3.592 | Silver         |
| Stewartville/Chatfield    | 3.569 | Silver         |

## Section 2A Champion ~ Mankato West

|                     |       |        |
|---------------------|-------|--------|
| Mankato West        | 3.940 | Gold   |
| Waconia             | 3.850 | Gold   |
| Glencoe-Silver Lake | 3.810 | Gold   |
| Waseca              | 3.777 | Gold   |
| Mankato East/Loyola | 3.776 | Gold   |
| St. Peter           | 3.506 | Silver |

## Section 3A Champion ~ Jackson County Central

|                        |       |        |
|------------------------|-------|--------|
| Jackson County Central | 3.918 | Gold   |
| Worthington            | 3.878 | Gold   |
| Hendricks/RTR          | 3.828 | Gold   |
| Martin County Area     | 3.812 | Gold   |
| Luverne                | 3.779 | Gold   |
| Pipestone              | 3.600 | Silver |
| Redwood Valley         | 3.575 | Silver |

## Section 4A Champion ~ Simley

|                        |       |        |
|------------------------|-------|--------|
| Simley                 | 3.890 | Gold   |
| St. Anthony Village    | 3.790 | Gold   |
| Mahtomedi              | 3.770 | Gold   |
| St. Paul Johnson       | 3.760 | Gold   |
| St. Paul Highland Park | 3.710 | Silver |

## Section 5A Champion ~ Watertown-Mayer/Mound-Westonka

|                     |       |        |
|---------------------|-------|--------|
| Watertown-Mayer/M-W | 3.958 | Gold   |
| Delano              | 3.869 | Gold   |
| Columbia Heights    | .847  | Gold   |
| Orono               | 3.749 | Silver |

## Section 6A Champion ~ New London-Spicer

|                   |       |        |
|-------------------|-------|--------|
| New London-Spicer | 3.944 | Gold   |
| Willmar           | 3.921 | Gold   |
| Dassel-Cokato     | 3.914 | Gold   |
| Melrose           | 3.894 | Gold   |
| Litchfield        | 3.888 | Gold   |
| Benson Area       | 3.719 | Silver |
| Maple Lake        | 3.683 | Silver |
| Annandale         | 3.580 | Silver |

## Section 7A Champion ~ Rush City/Pine City/Hinckley-Finlayson

|                     |       |        |
|---------------------|-------|--------|
| RPHF                | 3.945 | Gold   |
| Becker              | 3.881 | Gold   |
| Zimmerman/Spectrum  | 3.866 | Gold   |
| Monticello          | 3.839 | Gold   |
| North Branch        | 3.795 | Gold   |
| Big Lake            | 3.775 | Gold   |
| Sartell-St. Stephen | 3.710 | Silver |
| Sauk Rapids-Rice    | 3.707 | Silver |
| Chisago Lakes       | 3.549 | Silver |

## Section 8A Champion ~ Alexandria

|                           |       |        |
|---------------------------|-------|--------|
| Alexandria                | 3.952 | Gold   |
| MAHACA                    | 3.914 | Gold   |
| Fergus Falls              | 3.899 | Gold   |
| Big Stone Lake Area       | 3.811 | Gold   |
| Little Falls              | 3.760 | Gold   |
| Detroit Lakes             | 3.755 | Gold   |
| Park Rapids/Menahga/Nevis | 3.667 | Silver |
| LPGE - Browerville        | 3.606 | Silver |
| Perham                    | 3.594 | Silver |

## Section 1AA Champion ~ Owatonna

|                         |       |        |
|-------------------------|-------|--------|
| Owatonna                | 3.907 | Gold   |
| Rochester Century       | 3.870 | Gold   |
| Rochester Mayo          | 3.865 | Gold   |
| Northfield              | 3.860 | Gold   |
| Farmington              | 3.844 | Gold   |
| Hastings                | 3.667 | Silver |
| Faribault               | 3.578 | Silver |
| Rochester John Marshall | 3.552 | Silver |

## Section 2AA Champion ~ Lakeville South

|                       |       |        |
|-----------------------|-------|--------|
| Lakeville South       | 3.926 | Gold   |
| New Prague            | 3.855 | Gold   |
| Bloomington Jefferson | 3.680 | Silver |
| Prior Lake            | 3.649 | Silver |
| Lakeville North       | 3.650 | Silver |

## Section 3AA Champion ~ Eagan

|              |       |        |
|--------------|-------|--------|
| Eagan        | 3.923 | Gold   |
| Rosemount    | 3.888 | Gold   |
| Eastview     | 3.850 | Gold   |
| East Ridge   | 3.830 | Gold   |
| Henry Sibley | 3.741 | Silver |
| Apple Valley | 3.727 | Silver |
| Park         | 3.680 | Silver |

## Section 4AA Champion ~ White Bear Lake

|                  |       |        |
|------------------|-------|--------|
| White Bear Lake  | 3.879 | Gold   |
| St. Paul Central | 3.850 | Gold   |
| Stillwater       | 3.810 | Gold   |
| Roseville        | 3.576 | Silver |

## Section 5AA Champion ~ Maple Grove

|               |       |      |
|---------------|-------|------|
| Maple Grove   | 3.834 | Gold |
| Champlin Park | 3.775 | Gold |
| Rogers        | 3.773 | Gold |

... continued on page 29

After the Game Bring Your Team to 



**GYMN ACADEMICS ... continued from page 27**

|             |       |        |
|-------------|-------|--------|
| Wayzata     | 3.680 | Silver |
| Park Center | 3.679 | Silver |

## Section 6AA Champion ~ Minneapolis South

|                       |       |        |
|-----------------------|-------|--------|
| Minneapolis South     | 3.900 | Gold   |
| Edina                 | 3.870 | Gold   |
| Minnetonka            | 3.820 | Gold   |
| Eden Prairie          | 3.810 | Gold   |
| Minneapolis Washburn  | 3.810 | Gold   |
| St Louis Park         | 3.700 | Silver |
| Minneapolis Southwest | 3.660 | Silver |

## Section 7AA Champion ~ St. Francis

|             |       |      |
|-------------|-------|------|
| St. Francis | 3.896 | Gold |
|-------------|-------|------|

|                  |       |        |
|------------------|-------|--------|
| Andover          | 3.848 | Gold   |
| Cambridge-Isanti | 3.838 | Gold   |
| Forest Lake      | 3.803 | Gold   |
| Centennial       | 3.801 | Gold   |
| Coon Rapids      | 3.594 | Silver |

## Section 8AA Champion ~ Buffalo

|                         |       |                             |
|-------------------------|-------|-----------------------------|
| Buffalo                 | 3.967 | Gold ~ Class<br>AA Champion |
| Bemidji                 | 3.941 | Gold                        |
| Brainerd                | 3.923 | Gold                        |
| Elk River               | 3.920 | Gold                        |
| St. Cloud Tech          | 3.816 | Gold                        |
| St. Michael-Albertville | 3.807 | Gold                        |
| Moorhead                | 3.744 | Silver                      |

# SERVICE ACES

By: Ford Rolfsrud



Thank you coaches for a great 2017 season! As the season draws to a close, please take a moment to reflect on your season and pat yourself on the back for all of the hard work you've done to give all the athletes on your courts the best experience possible. These are truly memories that will last them a lifetime and you have been instrumental in making those memories positive. Keep working hard to teach them sportsmanship, hard work, and how to have fun.

All of us here at the MTCA want to update you on some of the happenings this year in Minnesota High School tennis. Once again, we put on the coaches' clinic, awarded the Coach of the Year in girls and boys tennis, All-Academic Team and Individual Awards, compiled team and individual rankings, and for the first time we took on the responsibility of coordinating and hosting the state tournament banquets.

## COACHES CLINIC

The 2017 MTCA Coaches' Clinic was another fun event. We started the event with some match play on Friday night followed by our annual membership meeting. Saturday was a day full of highly knowledgeable speakers, including our keynote speaker, Harsh Mankad who presented how to maximize player potential. Also presenting this year was Christin Thurston (Cardio Tennis for your Team), Marc Stingley (Transitioning and Playing the Net), Kevin Whipple (Maximizing Practice Time for Singles and Doubles), and Bruce Gullickson (Large Group Drills and Games).

## COACH OF THE YEAR

This fall we named our girls tennis Coach of the Year, and we will name our boys tennis Coach of the Year this spring. In order to be nominated for these awards, you must be a member of

the association. All Section Coach of the Year Award recipients and coaches of teams qualifying for the state tournament are eligible for the State Coach of the Year Award. Members of the MTCA vote for coach of the year each season.

## STATE TOURNAMENT BANQUET

For the first time, the MTCA coordinated and hosted the girls' state banquet in the fall. The event went well and we learned some logistical corrections we can make in the future to make it go even smoother this spring when we coordinate and host the boys' banquet. If you have a team or individual participant, you're strongly encouraged to attend this fun event to celebrate your athletes' accomplishments for the season. This spring, the boys' banquet will be at the Earle Brown Heritage Center in Brooklyn Center. It will be held the evening of Monday, June 6. We hope to see everyone there.

## ACADEMIC RECOGNITION

Another benefit of membership in the Minnesota Tennis Coaches Association is academic recognition for your student athletes. As a member, your team and your senior athletes are eligible for Academic Awards. We award over 100 senior girls and over 100 senior boys each year, as well as many teams, for their outstanding achievement in the classroom.

If you have any questions or comments, please direct them to Rick Engelstad, Executive Secretary ([rengelstad@isd578.org](mailto:rengelstad@isd578.org)) or members of our MTCA executive board. Our board consists of the following members: President Ford Rolfsrud (Shakopee), President-Elect Dave Wareham (Totino-Grace), Past President Les Zellman (St. James), Hall of Fame Director Dave Gunderson (Virginia), and Executive Secretary Rick Engelstad (Pine City). Please check our new and improved website for further updates and important information: [www.mshsca.org/tennis](http://www.mshsca.org/tennis).

Coaches, thank you again for all you do for your athletes, your school, your community, and the sport of tennis in the state of Minnesota. Keep up the great work!



## 2016-17 SECTION COACHES OF THE YEAR

Section 1A: Matt Halverson, Goodhue  
 Section 2A: Lance Larson, Springfield  
 Section 3A: Derrick Jenniges, Westbrook-Walnut Grove  
 Section 4A: Larry Mckenzie, Minneapolis North  
 Section 5A: Scott Kramer, Nevis  
 Section 6A: Kyle Haberman, Lake Park-Audubon  
 Section 7A: Will Kleppe, Northwoods  
 Section 8A: Nevin Lubarski, Stephen-Argyle

Section 1Aa: Greg Berge, Lake City  
 Section 2Aa: Pat Churchill, Nrheg  
 Section 3Aa: Trent Sukalski, Jackson County Central  
 Section 4Aa: Lance Johnson, Minnehaha Academy  
 Section 5Aa: Skip Dolan, Annandale  
 Section 6Aa: Matt Meyer, St. Cloud Cathedral  
 Section 7Aa: Dave Galovich, Crosby-Ironton  
 Section 8Aa: Arly Ohm, Breckenridge

Section 1Aaa: Kris Fadness, Austin  
 Section 2Aaa: Travis Carroll, Marshall  
 Section 3Aaa: Jason Birr, St. Thomas Academy  
 Section 4Aaa: Willie Braziel, Columbia Heights  
 Section 5Aaa: Kyle Johnson, Big Lake  
 Section 6Aaa: Dave Thorson, Mpls. Delasalle  
 Section 7Aaa: Dan Elhard, Grand Rapids  
 Section 8Aaa: Matt Johnson, Fergus Falls

Section 1Aaaa: John Oxtan, Lakeville North  
 Section 2Aaaa: Dana Kallman, Chaska  
 Section 3Aaaa: Zach Goring, Apple Valley  
 Section 4Aaaa: Paul Virgin, East Ridge  
 Section 5Aaaa: Mark Tuchscherer, Champlin Park  
 Section 6Aaaa: Bryan Schnettler, Wayzata  
 Section 7Aaaa: Matt Aune, Andover  
 Section 8Aaaa: Nick Schroeder, Maple Grove

### MBCA STATE COACHES OF THE YEAR

Class Aaaa: Bryan Schnettler, Wayzata  
 Class Aaa: Dave Thorson, Mpls. Delasalle  
 Class Aa: Dave Galovich, Crosby-Ironton  
 Class A: Matt Halverson, Goodhue

### MBCA ASSISTANT COACHES OF THE YEAR

Joel Andrychowicz, Irondale  
 Kevin Keto, Forest Lake  
 Shawn Mayers, Melrose  
 Matt Mullenbach, Richfield  
 Brent Olson, Robbinsdale Armstrong  
 Trent Witz, Minneapolis North

## MAY MEMBERSHIP REPORT 2017

| Types of Membership | 2015-16  | 2016-17  |
|---------------------|----------|----------|
| Active Class A & AA | 6402     | 5966     |
| College Associates  | 1257     | 1180     |
| Other Associates    | 78       | 70       |
| Active Life         | 394      | 355      |
| Retired Life        | 910      | 1319     |
| Honorary            | <u>2</u> | <u>2</u> |
|                     | 9,043    | 8,892    |

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

Adapted Athletics (26) 17  
 Boys Lacrosse (99) 95  
 Alpine Skiing (53) 60  
 Girls Lacrosse (72) 67  
 Athletic Directors (95) 99  
 Football (1123) 1123  
 Baseball (521) 522  
 Boys Hockey (249) 204  
 Boys Basketball (830) 773  
 Golf (boys & girls) (345) 308  
 Girls Basketball (699) 696  
 Soccer (boys & girls) (416) 431  
 Cross Country (419) 439  
 Softball (491) 482  
 Gymnastics (218) 212  
 Synchronized Swimming (19) 15  
 Nordic Skiing (113) 125  
 Girls Tennis (221) 213  
 Volleyball (665) 663  
 Boys Tennis (173) 176  
 Boys Swimming (196) 206  
 Track & Field (837) 806  
 Girls Swimming (251) 243  
 Wrestling (114) 113  
 Girls Hockey (61) 76  
 Dance (25) 15

Sport associations that collect their own dues, but join the MSHSCA are Cheer 16, Clay Target 14, and Badminton 4.

# 38TH ANNUAL MNVBCA COACHES CLINIC

**July 26 & 27, 2017 -  
St. Cloud State University**

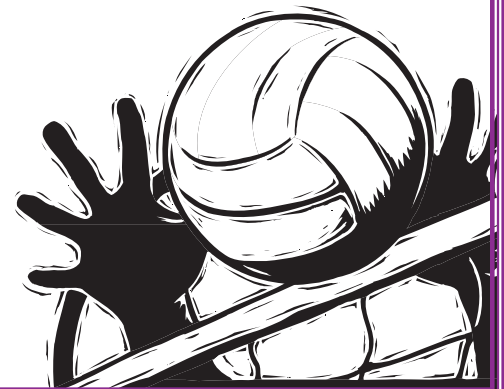
The 2017 MNVBCA Fall Coaches Clinic will be held on  
July 26 & 27, 2017 • St. Cloud State University.

This year's Baden Featured Speakers will be Jenny McDowell, of Emory University, and Laura Kasey, of the University of Minnesota. Several experienced college and high school coaches will also be serving as clinicians. The detailed 2017 clinic schedule will be released early in the summer.

## REGISTRATION IS NOW OPEN.

To register and for more specific information about  
the clinic go to [www.mnvbca.org](http://www.mnvbca.org).

For questions, call John or Mary Erickson  
at (218) 847-6796 or email at [jomar2@arvig.net](mailto:jomar2@arvig.net)



## 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](mailto: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 **SUBWAY**

# MEMBERSHIP PERKS

S  
H  
S  
C  
A

- **MINNESOTA ZOO - Apple Valley Corporate Rates -**  
\$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.  
Call John Erickson for discount card - (h) 218-847-6796
- **SHERATON MINNEAPOLIS WEST HOTEL - 12201 Ridgedale Dr (weekends only)**  
Coaches Call 800-325-3535, ask for MN Coaches Association Rate
- **MARIOTT MINNEAPOLIS WEST - St. Louis Park (952) 544-4400 (weekends only)**

*For Hotel rates, coaches should indicate membership in MSHSCA.*

•••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!

# 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.

# 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.

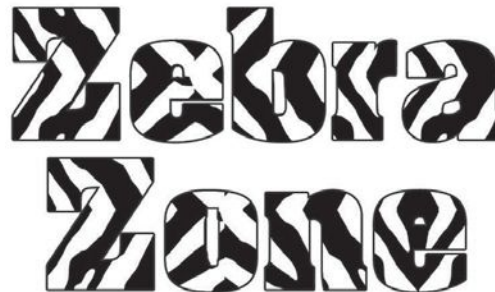
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

It seems like not that long ago I was being folded up and sandwiched into a hide a bed with 3 "larger than me" humans. It was an unpleasant affair to say the least and if my math is correct it was actually 13 years ago. I believe they said they'd let me out if I agreed to take over writing this column from Lowell Searcy. Not sure what goods they had on Lowell to convince him to do this, but the nearly 800 pounds of human on me at the time made me agree to do it. So you have John Erickson, Rob Nielsen and Flint Motchenbacher to either thank or curse at for putting up with me during this tenure. 800 pounds? Not too far off.

I can think of many adjectives to describe the time I've spent doing "Zebra Zone" over the years. But the one that currently comes to mind now is selfish. Admittedly, I am becoming more selfish. I find myself caring more about my family and close friends and less and less about the mundane, petty and frustrating aspects of life. This article is not a priority for me anymore, as it once was, and it's become a struggle to get it done. So, it's time to move on from "Zebra Zone" and pass the baton on to another.

While being selfish is my primary citation for fading off, it isn't the only cause. Admittedly, frustration has also set in a bit. When you do something long enough it's not always going to be a pot of roses. While it doesn't have a direct impact on writing this piece, I've grown concerned and yes, frustrated, by the politics of officiating. Perhaps one of the bigger concerns is how it has become almost "czarist." When 1 individual has the authority to control the number of playoff games in multiple sections tells me the system is broke. All the while there is apparently

## 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 (\_\_\_\_) \_\_\_\_\_

no accountability for it and those that have the ability to make change choose not to or are concerned about retribution of same kind and sit idly aside. There are so many officials that pay their due diligence and because they aren't from a "select" Association they have zero opportunity of netting playoff assignments because of their Association affiliation. Anyhow, that's how things are handled often in my neck of the woods. There's more - but I'll leave it at that. Adding to the frustration is knowing that it can, and is, handled in a much more ethical and professional manner by others. For those that are doing it right way - thank you!

That being said it's time for some more thank you's. First off - my hat goes off to John and Mary Erickson for their vision, dedication and commitment to the MSHSCA. Without any doubt the Association would not be in the fine condition it currently is without their direction. Thanks for the opportunity you have given me to "get the word out" regarding officiating in Minnesota. It's always been a challenge to write a officiating article in a coaches publication - so thanks for your persistence and ongoing support. I wish you both the best in as you transition out of your duties with the Association.

Thank you to Kevin Merkle of the MSHSL. Kevin has always been a steadfast champion FOR officials. From the initial time I contacted Kevin to more recently he has always been prompt and courteous and always looked for ways to work WITH officials. There was never a time when he didn't get back to me in a prompt and professional manner. Being that I was from "outstate" greater Minnesota didn't matter to Kevin - he was always there to help. I recall a phone call to him and letting him know that I had found out that I was approved to teach a "Sports Officiating" class at Detroit Lakes High School. He replied "that's great, how can I help?" I requested a few materials and the very next day I had 2 large boxes of Case books, Rule books and Officials manuals delivered to my classroom. He went above and beyond. As I was to find out as time went on - that was the norm. In that, I'm sending my best to you and wishing you all the best my friend!

Thank you to the many, many Activities Directors that have

been such a pleasure to work with. Please know that the extra efforts you do to create enjoyable officiating experiences for your officials do not go unnoticed. Thank you for those that go the extra mile - all the little things: your promptness in getting contracts out, welcoming officials at the door, that extra bottle of water or a snack and always ensuring a safe atmosphere - it is very much much appreciated!

Thank you to the coaches for providing me with plenty of material for this article. At times I wish the "real story" could be shared here but too often things needed to be watered down just a tad. While many times we have agreed to disagree on the court or field I'd always admired the coaches that can leave it there and enjoy a beverage afterwards together. Yes, that happened a couple times. I look forward to our continued relationships both on and off the battlefields.

Lastly, thanks to my brothers and sisters who don the stripes, whistle and other gear of the trade. The friendships gained over the years has been a huge part of my life - and it will continue to be. I'm looking forward to the opportunities to create more memories while doing a hobby I still truly love to do.

I'll leave you with this and I hope not to offend anyone. As coaches, AD's and school personnel please remember the great impact you have on kids. To so many of them, YOU give them hope, direction and the will to want to do well. So when kids are struggling, be there for them - you never know the difficulty they may be going through. Daily struggles can quickly turn into so much more. Personally having a child struggling with mental illness that has really put things into perspective for me. To say it's been humbling is an understatement. Please know that even kids who are "mentally healthy" still need you to be there for them and to right the ship from time to time. For those that aren't, the challenge and the need support them is even greater. Please accept the challenge.

Signing off. 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 and subvarsity baseball and softball. He has coached baseball, basketball and track. He can be contacted at dlref@hotmail.com.*

## MSHSCA 2017 MEETING DATES

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

**MSHSCA**  
PO Box 519  
Detroit Lakes, MN 56502

**SUBWAY**

# Save time!

**A new way for your  
team to order.**

Download our new app today for  
on-the-go, customizable ordering  
or order online at [SUBWAY.COM](http://SUBWAY.COM).



At participating locations only.  
SUBWAY® is a Registered Trademark of Subway IP Inc. ©2017 Subway IP Inc.

