



# THE Minnesota PREP COACH

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## New MSHSCA Vice-President elected

Bob Schueller has been elected as the new Vice President of the MSHSCA. Bob will begin his four-year term of office at the summer executive meeting that will take place in Eagan in June. During the third year of his term, he will be the President of the MSHSCA. Congratulations, Bob!



**Robert "Bob" Schueller**

Bob was raised for eight years in a very small rural Minnesota town called Seaforth before moving to Tyler, MN. His dad was the first coach he had growing up, whether he was just playing catch with a football, baseball or shooting baskets. He had three older brothers and three older sisters who were also into athletics, giving him that competitive edge to want to be better. Bob went on to do a little wrestling in elementary and then played football, basketball, ran track, and played baseball in high school. He was fortunate to play on a basketball State Runner-up team during his senior year.

Bob's first coaching experience was in St. Cloud Apol-

lo North. He coached junior high basketball and baseball. He entered the high school coaching ranks as a ninth-grade coach for St. Cloud Apollo. After graduating from St. Cloud State, he became the assistant basketball coach and head baseball coach at Fertile-Beltrami. His basketball teams made it to two Sweet 16 State Tournaments, including a runner-up finish.

Following Fertile-Beltrami, Bob became the head basketball coach in Wheaton for one year before returning home to Russell-Tyler-Ruthton. While at RTR he worked with his old high school coach before becoming the head basketball

coach. He also coached football in the Middle School. In 2004, Bob made his first trip to the Basketball State Tournament as a head coach and returned with a State Championship.

Bob has spent the last 19 years teaching and coaching in Browerville. He has been the head basketball coach for all 19 years, an assistant volleyball coach for 16 years, and a junior high and assistant varsity baseball coach for 18 years. His basketball team has been to the State Tournament in 2012 and 2016 and won five Conference titles.

Bob is a life member of the MSHSCA. He has been an active member of the MN Basketball Coaches Association, acting as an outstate

representative, Section Rep, and served as President. He has also been a part of several committees that have met with the MSHSL. He has been President of the Browerville Education Association for 12+ years.

**"I have been blessed to work with some terrific coaches for over 30+ years. Coaching both boys and girls has been very rewarding. My experiences with athletics, my years in the classroom, and my ability to work with people will allow me to help serve all coaches in the MSHSCA as your Vice-President. I am fortunate to be able to run for VP of the MSHSCA and am honored to serve."**

**- Bob Schueller**

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**Sports associations clinic, events, and officer updates should be emailed to Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org).**

## The Minnesota PREP COACH

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Kerry Sutherland - Hopkins

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Jennifer Roisum - Battle Lake

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Bob Schuller - Browerville

### SPORTS MEDICINE:

Jennifer Peterson - Buffalo  
Thomas Sharp - Eastview

## 2023-2024 MSHSCA DELEGATES

### SECTION GIRLS SPORTS DELEGATE

1A Adam Wilder (Mabel-Canton)  
2A Rick Bruns (LeSueur-Hend)  
3A Jess Smith (Windom)  
4A Chris Laird (Heritage)  
5A Dawn Engebretson (Rockford)  
6A Tavia Bachmann (Frazee)  
7A Matt Carlstrom (Deer River)  
8A Dave Varriano (Mahnomen-Waubun)  
1AA Jeremy Biermaier (New Prague)  
2AA Mike Lhotka (Dassel Cokato)  
3AA Keith Randa (Apple Valley)  
4AA Tracy Hrouda (Harding)  
5AA Mark O'Neill (Champlin Park)  
6AA Juno Nayagam (Benilde-St. Marg)  
7AA Mark Solberg (Cambridge)  
8AA Kent Hamre (STMA)

### BOYS SPORTS DELEGATE

Gordy Klomps (retired)  
Alan Woiots (New Ulm Cathedral)  
Dave Blank (Wabasso)  
Robert Economy (Eagle Ridge Aca)  
Tom Lawrence (Foley)  
Kyle Haberman (Lake Park-Audubon)  
Open Position  
Lon Boike (Crookston)  
John Cassellius (Winona)  
Mike McGraw (Hutchinson)  
Jeff Groves (Apple Valley)  
Tom Paulson (White Bear Lk)  
William Totimeh (Fridley)  
David Boone (Edina)  
Open Position  
Jeremy Digiovanni (Elk River)

### AT LARGE DELEGATE

Jessica Just (Lakeville South)  
Craig Morgan (MN Valley Luth)  
John Seipp (Trinity School)  
Tim Herman (Heritage)  
Al Amdahl /Bill Baumann (Royalton)  
Mike Peterson (Perham)  
Matt Solberg (Proctor)  
Open Position  
Rod Schwarz (Winona) (Retired)  
Tink Larson (Waseca)  
Tom Sharp (Eastview)  
Tim Ryan (Hill Murray)  
Mark Loahr (Totino Grace)  
Kerry Sutherland (Hopkins)  
Mike Hennen (Forest Lake)  
Rob Nielsen (Det. Lakes)

### AT LARGE DELEGATE

Doug Davis (Northfield)  
Marc Bachman (Saint Peter)

Jim Baker (Retired)  
Chris Kircher /Tim Triplett  
Gregg Martig (Pequot Lakes)  
Nathan Johnson (Proctor)  
Open Position  
Bill Goodman (Apple Valley)  
Gary Prantner (Eden Prairie)

Jerry Utech (Harding)  
Larry McKenzie (Minneapolis North)  
Tarek Morey (Osseo)  
Greg Apahn (Grand Rapids)  
Stephen Schreiber (Bemidji)

SPORTS MEDICINE

Tom Sharp (Eastview)

## 2023-2024 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER ASSOC POSITIONS
AD	Matt Mattson (Champlin Park))	Jeff Boran (WEM)	Dan Johnson (Exec Director)	Mike Beck (Stillwater)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)	Joe Olson	Kelli Waalk (Osseo) (Treas)
Baseball	Dean Schwartz (Glencoe-Silver Lake)	Troy Urdahl ( St. Anthony)	Craig Anderson (Pine Island)	Rick Zollner (Pipstone) (Sec/Treas)
Boys Basketball	Willie Braziel (Columbia Heights)		Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Jeremy Digiovanni (Elk River)	Aaron Boyun (Albany)	Mark Cook (Maple Grove)	Greg Geyen (Monticello) (Clinic)
Cross Country	Jeff Morris (Perham)		Mary Schifsky (Sec) (Roseville)	Dave Chatelaine (Owatonna) (Treas)
Dance	Michelle Kamenov(Two Rivers)	Kristen Gagnon (Totino Grace)	Katie Harmeyer-(Sec)	Brittany Rehling (Roseville)
Football	Matt Mahoney (Fairmont)	Brent Schimek (Deer River)	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Secretary/Treas)
Golf	Heather Hoeck (Milaca)	Craig Nasvik (White Bear Lake)		Alyssa Konecne (Fosston)
Gymnastics	Joni Reitmeier (Worthington).	Toni Kleber (Moorhead)(Past Pres)	Shelly Eklund (Eagan)-Sec	LeeAnn Steen-Gymnastics Delegate
Boys Hockey	Dustin Vogelsang (East Ridge)	Ricky Saintey (Rosemount)	Mike MacMillan (Ramsey) (Exec Direc)	Pat Andrews (Hermantown)
Girls Hockey	Claire Goldsmith (Mound-Westonka)		Tim Morris (Lakeville South)	Robert Sherry (Two Rivers)
Boys Lacrosse	Jon Junker (Chanhassen)	Rob Horn (Benilde)	Darin Nelson (Sec)	Lance Kuehn (Rosemount) (Treas)
Girls Lacrosse	Heather Pierson (Prior Lake)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Patrick Crandall (Lakeville South) (Treas)
Alpine Skiing	Jason Gergen(Hastings)	Jason Nickleson (Visitation)	Scott Carlson (Mankato West)	Bob Boldus (Lakeville North)
Nordic Skiing	David Paulson	Rob Lageson(St. Paul Central)	Jason Mork (Winona/Cotter)	Richard Heilman (Lakeville North)
Robotics	Curtis Robertson (Upsala)	Justin Scheider (Esko)	Jason Herzog (Hopkins)	Scott Davis (Irondale)
Soccer	Ben LeVahn (Maple Grove)	Aaron Percy (Mpls Washburn)	Keith Randa (Apple Valley)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Jason Baune (Becker)	Don Krusemark (Mankato West)		Brenda Carlson(Treasurer)
Strength	Jessica Gust (St. Louis Park)	Alex Greenway (Tracy-Milroy-Balaton)		
Boys Swimming	Ryan Kelly (Austin)	Jason Tangen(Sauk Rapids-Rice)	Todd Walsh (Bloomington-Kennedy)	Katie Haycraft (Prior Lake) (Treas)
Girls Swimming	Megan Magnuson(Century)	Mikayla Beuch(Red Wing)	Todd Walsh (Bloomington-Kennedy)	Katie Haycraft (Prior Lake) (Treas)
Synch. Swimming	Kathy Henderson(Stillwater)		Lauren Kranig (Richfield) (Secretary)	Lauren Kranig (Richfield)
Tennis	Robb DeCorsey (Glencoe-Silver Lake)	Les Zellmann (St. James) (Past Pres)	Dave Wareham (Totino-Grace) (Exec. Sec)	
Track	Meghan Orgeman(Alexandria)	Eric Klein (St. Charles)	Scott Christensen (Stillwater)	Aaron Berndt (Wayzata)
Volleyball	Jim Lee (Ada-Borup)	Lonnie Morken (Mable-Canton)	Becca Pulju (Sebeka)	Kim Duis (Concordia) (Treasure)
Wrestling	Mike Schauer (Grand Rapids)	Eric Swensen (Wayzata) Past-President)	Kip Lynk (Dassel) (Exec Direc)	Kurt Habeck(Wrestling Delegate)

Note: Sport Association officers, please email delegate and sports association officer changes for next year, or as they change to Rick Ringeisen at: ringer@mshsca.org.

# President's Message

By: Jennifer Rosium

As I write my final article Prep Coach, and enter my final year on the board of the MSHSCA, I reflect on all that I learned. This has been a crazy few years for the board and for sports in MN. I started the year before the pandemic hit. We went from meeting in Park Rapids, to meeting in the cities, to online meets, and finally back in person. I have met some amazing people through this organization. Fellow coaches and administrators that are so supportive of both the coaches and players. Through my time on the board, I have a much better appreciation

for what the MSHSCA and each sport association does. It takes a lot of people to organize clinics, events, and meetings. Your hard work is appreciated! This is a great group of people that have each other's backs. As I move into the Past President role, I will continue to serve the association in whatever capacity that may be needed. I truly have enjoyed my time on the board. Finally fellow coaches, enjoy the summer. It is time to reflect, recharge, and remember why we coach.

## MnIAAA CORNER

*Emmett Keenan*

*Activities Administrator - St. Cloud Cathedral*

I would like to tell you about a new experience I had this spring - and what I learned or relearned from it. For the past 20 years, I have been umpiring each spring - which I enjoyed thoroughly. However, this year, due to a need in our school, I decided to coach a 7th/8th-grade softball team here at Cathedral. It has been 23 years since I coached a full season, and my first coaching an interscholastic 7th/8th-grade team. I am not sure what I thought it would be like when I decided to do it. Whatever I thought it would be, it was so much more. The challenges included planning a practice that would work with 1st-year players as well as girls who have been playing since they were five years old; keeping girls engaged in indoor practices (found out later that is just as challenging at outdoor practices); having fun at 6:45 am practices; and somehow being ready to play a game on your first day outdoors. They also included decisions like what music we would listen to at practice, what we would wear on gameday, and what cheers we would use between innings. These are significant decisions - just as important as whether or not we would bunt, steal, or hit-and-run. One thing I had forgotten (or at least put in the back of my mind) from my days of coaching high school girls' soccer - there are few filters at practices - mostly a good thing. However, I heard and learned things that I can never un-learn or un-learn. Not sure if I am the wiser for those or not.

The benefits: I got to witness girls who couldn't catch a ball the first week of practice become confident enough to play defense in a game; witnessed the meteoric growth of some girls who chose to step up as leaders; and, most importantly, seeing the same smiles after a fun win, and a tough loss. And, all the while, having a front row seat to watch a group of girls become an incredibly supportive and tight-knit team.

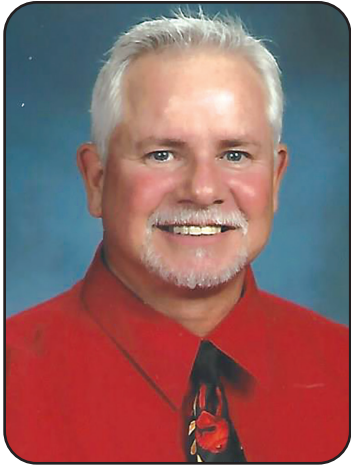
This season reminded me that coaching is very important - and highly challenging. As administrators, we need to continually recognize and support what a difference coaches make and give them all the resources, trust, and encouragement we can daily. Also, go to your administrative team and let them know



what I now know - that 7th and 8th-grade teachers definitely don't get paid enough. The energy is off the charts. After reading the first draft of this article, a colleague of mine, a head coach at Cathedral, suggested that if high school coaches had to coach just one day at the junior high level, it would immediately make them better coaches.

Before the season started, I knew most of these girls, at least a little bit, having a granddaughter the same age and on the team. Sometimes as administrators, we don't always have the opportunity to get to know many kids on the next level. I am grateful to have had that opportunity with 20 wonderful young women - to learn their strengths, challenges, and unique personal gifts. They made me laugh often, shake my head more than once, and want to do my best job for their benefit. I hope I was able to give them a love of sports, the will to win, the ability to handle some setbacks, and knowing the value of being a good teammate. And, I hope, most of all, they have one more adult they can depend on and come to with any problem or situation - or just stop by to say hi. If that's the end result, it was a great season.

## Reflections by Ringer



*By: Rick Ringeisen, MSHSCA  
Executive Director*

### **Some school districts wait to inform coaches they are nonrenewed to ensure summer programs occur.**

At the direction of the MSHSCA Delegates, our association is lobbying in support of coaches for “school boards to provide written notice to a coach

whose contract they decline to renew for the following school year no less than 60 days before the end of the season.” The MSHSCA Delegates directed this action because some school districts have waited until after the MSHSL Summer Waiver period to inform coaches they are nonrenewed for the next school year. Minnesota HR 3120 Education; notification of coaching (nonrenewal) contracts required was introduced by Representative Dean Urdahl (R) District 16A on 3/24/2023 and will be further considered when the Minnesota Legislature is back in session in 2024. HR 3120, if passed, will require school boards to inform coaches within 60 days of the end of their season if they are nonrenewed. For the bill to pass, Minnesota coaches must actively lobby their representatives. Talking points and information about how to email your representatives will be forthcoming when the Minnesota Legislature is in session next year.

Summer programs are no longer considered luxuries; they have become an expectation of communities. By waiting to inform coaches until after the summer program has ended, school districts are holding coaches hostage and preventing coaches from exploring other employment opportunities and spending time with their families.

In recent years, there has been an increase in coaching turnover and nonrenewals. Tim Morris, the Executive Director of the Minnesota Girls’ Hockey Association, tracks when there are head coaching changes in his sport. Of Minnesota’s 111 girls’ hockey programs, 35 were new head coaches for the 2022-2023 school year. In that year, 31.5% of the teams had new head coaches! As of June 14, Minnesota Girls’ Hockey programs already have 21 new head coaches for the 2023-2024 school year, and Tim expects that the number will continue to grow until the start of the hockey season. Tim feels that the massive turnover of head coaches is killing the quality of girls’ hockey programs.

### **Data Needed to Lobby Effectively for HR 3120**

If you know of a coach who was nonrenewed after more than 60 days after the season or after running a summer program, write to Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org).

If other sports associations have data on coaching turnover in their sports, please send it to me at [ringer@mshsca.org](mailto:ringer@mshsca.org). The data is essential to the MSHSCA lobbying strategy for HR 3120. I would also like to be informed of coaching nonrenewals for the 2023-2024 school year you are aware of. There is no official state-wide tracking of coaching turnovers, and I suspect that a high percentage of coaches who are nonrenewed

acquiesce and leave their coaching positions passively so as not to attract negative attention. They may also have even accepted an offer to resign rather than be formally nonrenewed by the school board in their school district. The data will likely show that coaches are often treated fairly and must be allowed to build their programs.

While veteran coaches have honed their craft and continue to build traditions of consistency and success, they have learned how to network and develop relationships with their colleagues who coach at other schools. They also learn how to be transformational coaches and that we compete with others and not against them. New head coaches struggle to get past their third season, being swamped by the workload and learning many lessons the hard way. It is more important today than ever to develop mentorship programs for coaches. To the credit of several of our Sports Associations, mentorship programs are already in place.

### **What to do if you have been nonrenewed**

If you have been nonrenewed, you must first decide if you will acquiesce and leave your coaching positions passively or exercise your rights and force your school board to hold a hearing for you. In Minnesota, there are statutes that offer coaches rights unavailable in other states, such as the right to a hearing when they have been nonrenewed.

If you are going to have a hearing, I recommend the following:

- Look up and read Minnesota Statutes that apply to coaches. The statutes are 122A.33, 122A.40, 122A.41, 122A.58.
- Document everything you remember relating to your nonrenewal. Include email, text messages, phone calls with time stamps, and other information/evidence related to your nonrenewal/incident.
- Create a file and include all communication from your school district regarding your performance as a coach and your nonrenewal. Include all your coaching evaluations.
- Communicate by email in matters relating to your nonrenewal. Communicating by email documents your communications.
- Develop a timeline of the events leading to the nonrenewal, including conversations with the administration, parents, athletes, and other interested parties. Collect and retain any screenshots of text messages or emails, and make notes of conversations you recall so that you can remember them if you speak at a board meeting at a later date.
- Work on determining the level of support you have from your athletes and their parents.
- Contact Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org).
- The MSHSCA will refer you to our attorney and pay for one hour of legal service. If you decide to contract for additional hours of legal service, it will be your responsibility to pay for those services. The MSHSCA attorney endeavors to provide coaches with legal representation at an affordable rate.

## Delegates Corner

*Jen Marshall*

This spring I had the opportunity to attend a Section Championship game and three State Tournament games for Boys' Lacrosse as I was watching a family member compete. Lacrosse games were a new experience for me and watching from the stands as a fan was very foreign. After all, coaches are supposed to be in the middle of all the action and not watching from the bleachers!

Over the week and a half these four games took place, I learned a lot. I enjoyed watching a new sport, seeing plays develop and understanding the rules. I witnessed elation and heartbreak at the end of each game. And, unfortunately, I saw an ugly side to parents and fans.

I've read a lot and watched videos about the negative side of parents and fans but this was the first time I experienced it first hand to this extent. Having been a swim coach for over 20 years, I can count on one hand the number of times I've had to deal with disgruntled parents. Swimming is based on the clock and concrete times are not something one can argue with. Ball sports, as I like to call them, are much more subjective when it comes to playing time and officiating.

The first ugly incident that happened was a parent/fan constantly yelling at and berating an official. This individual

sat toward the back of the stands and had a booming voice. It got to the point where Tournament Management approached the individual and told them to "act like an adult".

The second incident happened at the end of a game. A mother of the losing team walked by the winning team and expressed her thoughts on how the winning team would do in the next game. Her words were inappropriate, uncalled for and downright rude. Here is a group of high school boys who were elated after their upset victory and advancement in the State Tournament. There is absolutely no reason for an adult of the opposing team to say anything to the winning team unless it's positive and congratulatory. After this happened, my immediate thoughts went to this mother's son as I wondered what is said to him at home.

Both of these incidents have left me searching for ways, we as coaches can help prevent them. Don't get me wrong - I know how much is on each of our plates and adding something of this magnitude isn't very appealing. But how would it improve the overall high school athletic experience of the student-athletes we work with? Moreover, how could it affect their choices as they enter adulthood? Maybe some food for thought as we enjoy the summer months and prepare for the upcoming year.

# MSHSL BOARD OF DIRECTORS REPORT:

*By: John Vraa, New London-Spicer HS  
Boys Sports Representative, MSHSL Board of Directors*

At the June 6, 2023, Board meeting, the MSHSL Board of Directors reviewed and approved new behavior expectations developed and written by students through the "Together We Make a Difference" and S.A.L.T. initiatives. More information will be forthcoming from league staff on ways to present these expectations at our league events and display them around our schools.

## MSHSL Behavior Expectations - Developed by MSHSL Students

To create safe, welcoming, and inclusive environments in fine arts and sports in our school and competitions, I will:

- Lead by positive example and demonstrate respect and support for others.
- Follow all MSHSL, school, and venue expectations.
- Refrain from using profanity or ethnic, racial, religious, ability, or gender-based comments, posts, or messages directed at participants, coaches, officials, spectators, or team representatives.
- Act as a responsible and respectful digital citizen who positively uses social media platforms.
- Speak or act in support of others when they are harmed by words or actions.
- Honor each contest and all involved, including participants, coaches, officials, spectators, and team representatives.

- Hold high standards for myself, engage positively, and demonstrate sportsmanship

Other highlights from the June meeting include (1) approval of a position statement on Diversity, Equity, Inclusion, and Belonging. This document is in harmony with the Behavior Expectations. (2) creation of a Task Force to study which season boys volleyball will compete in. (3) the boys and girls basketball proposal to seed the state tournament 1-8 was tabled. This was done to give league staff time to work with other sports advisory groups to create a State Tournament Seeding Policy for all sports.

New coaching continuing education modules will be available on the league website by August 1. Content areas are: (1) InsideOut Coaching, (2) Mental Health – Suicide Prevention, (3) Concussion in Student-Athletes, and (4) What Does DEIB Mean in the MSHSL? Coaches will be required to complete these modules before the start of their first coaching season in 2023-24.

In conclusion, it has been a tremendous professional and personal development opportunity serving as the Boys Sports Representative to the MSHSL Board of Directors for the past four years. I sincerely thank you for the opportunity! Mike Hennen, Activities Director at Forest Lake HS, will do a great job joining the Board in this same capacity in August. I will transition into new roles as Executive Secretary of Region 5A and the Wright County Conference.

I look forward to continuing to work with all the great coaches and activities directors around the state.

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zachary.rourk@uwrf.edu | 218-259-5894 | <https://www.uwrf.edu/programs/strength-and-conditioning>

# Mike Hennen is our new MSHSCA Boys Sports Representative on the MSHSL Executive Board

“I am excited to use my 29 years of coaching, teaching and administration experience to represent and serve students and coaches. I have had a wide variety of experiences collaborating with numerous coaches and advisors in a variety of sports and activities, and have the passion and desire to be a voice with the MSHSL.”



**Mike Hennen**

Mike is the youngest of six kids and grew up in Morris where he participated in any activity and sport that he could while he chased my older siblings around town on his bike trying to keep up with them. His family moved to Annandale in the summer before ninth grade and he graduated from Annandale High School in 1992 as a 3-sport athlete competing in football, basketball and baseball. Mike then attended the University of Minnesota, Morris, and graduated in the Spring of 1996 with a BA in Mathematics, Teaching License and a Coaching Minor while playing football for the Cougars. Mike started coaching in college with football and basketball at Morris Area High

School and Track & Field at West Central.

Mike's first two teaching jobs brought him to Blooming Prairie and Rocori where he taught math and coached football, basketball and baseball at both schools. He then spent the next 20 years teaching and coaching at Cambridge-Isanti High School. In the fall, Mike coached football for 20 seasons with 10 years as Defensive Coordinator and 7 years as Head Coach. He served both the Mississippi 8 and North Central Blue District as the representative to the MFCA. He also served on the Mr. Football Selection Committee for 11 years as

well as a member of the Minnesota Vikings All State Selection Committee. Mike coached Nordic skiing for 2 seasons as he attempted to get that program started at Cambridge-Isanti. He coached one year of baseball and 19 years as the Head Boys Golf Coach in the spring. Mike believes his experience as a Head Coach of both football and golf has prepared me to represent the coaching membership of the MSHSCA on the Board of Directors

Mike is finishing up his 5th year as Activities Director at Forest Lake High School. He currently serves on the MNIAAAA Region Rep as

well as serving as an assistant game manager at the Prep Bowl for the MSHSL. He has been the Tournament Manager for Region 7AA for Football, Girls Tennis, Volleyball, Dance, Softball, Boys Tennis and Track & Field. He has also been the site manager and host of Section Baseball, Gymnastics, Softball, Track and Field and Wrestling. Mike is the Suburban East Conference sport liaison for Boys and Girls Cross Country, Dance, and Boy and Girls Golf. He is also the Meet Manager and host site for True Team Track and Field.

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**“ I believe that I have very well-rounded experiences collaborating with multiple sports and coaches to provide our students with a positive experience. I strongly believe that every sport and activity is important and treat each one fairly and equally. There is not a better teacher of life than educational based athletics. I appreciate this opportunity to represent the MSHSCA at the MSHSL.”**

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**- Mike Hennen**

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## 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 [ringer@mshsca.org](mailto:ringer@mshsca.org)

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.

**Trophies Plus is now helping to sponsor the Coaches Caring Program to help keep it sustainable.**

# MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

**The Registration for the 2023-24 Membership year will begin August 1, 2023, and goes until July 31, 2024.** The registration process with Digital membership cards continues to be more efficient and cost-effective for MSHSCA.

\*\*\*\*\* NEW in 2023-24 \*\*\*\*\*

**The Option to register and send a check or cash is no longer available due to payment issues.**

**The 2 Options will be:**

- Pay with your personal credit card (or)
- Have your school pay using their credit card.

**See below for some common problems and troubleshooting tips with Registration**

As of July 1, 2021, the MSHSCA changed to a digital membership card system. Members no longer receive their annual membership cards in the mail. Instead, MSHSCA members will receive emails with links to download and print their MSHSCA membership cards.

**This change makes it very important that the email you sign in to your account is active because that is your insurance email address, and membership links will be sent to.**

The advantages of the digital registration process are as follows:

- MSHSCA members can carry an MSHSCA card digitally on their phones.
- MSHSCA members will also be able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.
- MSHSCA members will have the option to add their picture to their MSHSCA membership card. This will add a level of security to the MSHSCA membership system.
- The MSHSCA will save thousands of dollars in card printing costs, envelopes, and postage.

You will receive two emails when you join for the 2023-2024 membership year.

The first email will arrive shortly after registering and will provide you with a link to print your receipt. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

For a copy of your receipt, you can click [here](#).

**Registration Info:**

**Username:** your email

**Registration Site:** [mshsca23.cordonco.com](https://mshsca23.cordonco.com) (after August 1, 2023)

The second email will arrive after your membership has been processed. You will be provided several links to download to print the general liability insurance information and your membership card. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association.

To print or save your information, click one of the following links:

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**General Liability Insurance Program**

Insurance information.

**Download the PDF:** (Click here)

**Navigate to the PDF:** (Click here)

**Download the image:** (Click here)

**Navigate to the image:** (Click here)

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**Wallet Size Membership Card**

Keep this card with you. The Membership card is good for admission at many high schools and colleges in Minnesota. You can choose the link to save the image and save it to your camera roll. You can then use your smartphone to show the Membership card. Alternatively, you can view the pdf and print a copy of your membership card.

**Download the PDF:** (Click here)

**Navigate to the PDF:** (Click here)

**Download the image:** (Click here)

**Navigate to the image:** (Click here)

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**Registration Info:**

**Username:** your email address

**Registration Site:** [mshsca23.cordonco.com](https://mshsca23.cordonco.com) (after August 1, 2023)

• In the past, your email was only used as a login ID. From now on, the email address you sign in with must be an active email account that you can access to open the MSHSCA membership emails sent to you. You must log in with the last email and password that you used to sign up for your membership in past years. Once you are in the MSHSCA membership system, you can update your member profile. There is an EDIT button on the left side of your profile. Please note that your membership card will print the information you have entered. As in the past, if you are having difficulty, you can write to the Executive Director, Rick Ringeisen, at [ringer@mshsca.org](mailto:ringer@mshsca.org) and request assistance.

We have only had a few members experiencing problems!

**MEMBERSHIP CORNER... continued on page 9**

**MEMBERSHIP CORNER** ... continued from page 8**MSHSCA Digital Membership****Troubleshooting Tips:**

**“I did not receive an email after registering, but I see my credit card was processed.”**

This is likely due to one of the following reasons:

- The email was blocked, or it is in your Spam mail.
- 1. You received the email but did not recognize it. The email will come from Registration@cordonco.com, and the subject is Minnesota State High School Coaches Association.
- 2. The email is sent automatically to the email address in your MSHSCA profile, so if you are using a different email, you may need to edit your profile.

**Solution:**

You can log into your MSHSCA member profile anytime to open membership links.

Log in to <https://mshsca23.cordonco.com> (after August 1, 2023). This is the same link you use to join MSHSCA every year

Look for the menu on the left side of the page. Click on “Documents Card Print” to open your links.

This is also the same place to EDIT your Profile with any address/email changes.

**“I cannot access the membership links after registering. It says: Awaiting Access Approval.”**

You are likely in the “Check/Money” Payment Method. You will not have access until the payment has been received. Once payment is received, you will receive an email with the links.

**“I cannot edit my MSHSCA Membership Profile.”**

**Solution:**

**The MSHSCA online membership system will only allow you to edit your membership profile after you have joined for the membership year. After you have joined, log out and log back in. Once you have logged in, you can edit your membership profile.** Make sure you advance to the last page, scroll down to the bottom, and press the **“Finish”** button to complete the editing process.

**REFLECTIONS BY RINGER** ... continued from page 4

In Minnesota, annual coaching contracts may or may not be renewed as the school board sees fit. However, in Minnesota, school boards must notify coaches within 14 days of their decision to non-renew. If the coach requests reasons for not renewing the contract, the board must give the reasons in writing within ten days of receiving the request. The existence of parent complaints must not be the sole reason for a board not to renew a coaching contract. Upon request, the school board must provide the coach with a reasonable opportunity to respond to the reasons at a board meeting. The hearing may be opened or closed at the election of the coach unless the board closes the meeting under section 13D subdivision 2, to discuss private data.

In Minnesota, parents can be sued for false claims against high school coaches. In the case of Nathan McGuire, a Woodbury girls’ basketball coach, the Minnesota State Supreme Court established this legal precedent in 2019. McGuire’s attorney, Donald Chance Mark Jr., said the decision matters because it “finally provides an opportunity for coaches to defend their reputations when (parents) say things that are either untrue or, in some cases, lies.” After an eight-year legal battle in 2022, Nathan McGuire achieved a settlement in his favor.

Coaches are extraordinary individuals who change lives for the better. Coaches are altruistic, selfless individuals who continue to serve despite the challenges, long hours, and low pay, so I will leave you for the summer with two excellent quotes that apply to coaches.

**“Coaches are caring adults who have the power to create ethical, caring, and empathetic people who will contribute to an effective society for a lifetime.”**

- MSHSL

**“Be more concerned with your character than your reputation. Because your character is what you really are, while your reputation is merely what others think you are.”**

- John Wooden

**Oftentimes we are asked why different sport association articles aren’t included in the current issue of Prep Coach. There has been a significant decline in submissions. If your association is missing, it is due to not having an article submitted.**



## Swim Strokes

By: *Ryan Kelly*

*Austin Swim and Dive*

We have completed yet another school year and put an exclamation point on yet another successful year in Minnesota High School Swim and Dive. Again, we saw records fall along with our jaws as our athletes and teams blew us away with their unbelievable achievements and progression into what some thought was unattainable just a few short years ago. Swimmers just keep getting faster, and divers just keep getting more impressive.

At our All-State Banquet, the Coaches' Association was honored to acknowledge hundreds of All-State athletes as well as our award winners. Some of our honorees are listed below. The rest of our awards and scholarship recipients are on the MSHSCA Swim and Dive website.

### **Boys Coaches of the Year:**

Michelle Carlson & Brian Wright (Breck/Blake) – A

Kelly Boston (Eden Prairie) – AA

### **Girls' Coaches of the Year:**

Nate Meyer (Melrose) – A

Dale and Megan Magnuson (Rochester Century) – AA

### **Boys Athletes of the Year:**

Charlie Egeland (Breck/Blake) – A

Luke Logue (Eden Prairie) – AA

### **Girls Athletes of the Year:**

Avery Lommel (Delano) – A

Katie McCarthy (Edina) – AA

Along with our athletes, we honored two new members of the MSHSCA Swim Coaches Hall of Fame: Jenny Shaughnessy Ferris, University of Minnesota, and Tom Hodgson, University of St Thomas. It was fantastic hearing the thoughts and memories of these two as they reminisced about their time in Minnesota Swimming and what it gave them. Thanks to Jen Marshall for her fantastic work organizing the All-State Banquet through the years! She did another great job this year.

We will have our True Team summer meeting on June 21. We will also meet with the MSHSL for our annual Advisory meeting in August. Please reach out to your section rep with any thoughts or concerns that you may have, and they can pass those along. We welcome your ideas and continually work to keep our sport moving forward for all involved.

Lastly, I'd like to thank all coaches and officials retiring and/or stepping away after years of service. You have positively impacted countless lives and made the world around you a bit better. Welcome to those who are just getting into the sport this fall/winter! Please reach out to a more senior member of the swimming community in your area when you have questions and need support. If you are unsure who to contact, look to those involved with our association. We will be more than happy to point you in the right direction!

Have a great summer! See you all in the fall!

# Over Hill and Dale

By: *Jeff Morris, Perham High School*

*President, MN Cross Country Coaches Association*

Greetings, MN Cross Country Coaches. As we come off the heels of another great spring track season, this officially marks the start of summer break. For cross country coaches, the summer break means the start of cross country summer training. For most, it means helping our runners organize summer captains' practice or fun runs, plus motivating them with summer mileage goals. Regardless of what summer looks like for you and your team, remember your importance in building up the young people you coach. The summer is a special time to pinpoint those runners from last season who you see potential in but need a little nudge this summer to put in consistent work. It is the reason that most of us get so excited about summer training because we know the payoff in the fall for runners who are willing to put in consistent mileage over the summer.

As we head into the 2023 Fall season, St. Olaf will not host our State meet. This November, the University of Minnesota will host the MSHSL Cross Country State Championship at Les Bolstad Golf Course. In addition to a new state meet location, sections have been realigned with some changes that will affect a lot of sections across the state. These section changes will allow many teams to try new meets this fall and see different competitions. Our Advisory Board has been working hard with Charlie Campbell, who oversees cross country on behalf of the MSHSL. Most of the work we have done with Charlie this past spring has been specifically related to the planning of the State meet. We are working on a few things with the state and hope to see communication from the MSHSL sometime in August on a few things, such as a state meet schedule, course map, and information for spectators. What is certain in our communication with Charlie is that our state meet course will be unique to the state meet and be available for preview the day before the state meet for teams to run on.

As we head into the next cross country season, please look for information from your section reps for details about your Section meets. We will continue to seek your input on anything we can improve to make cross country an incredible experience for all participating. One thing we aim to do as an Advisory is to increase the number of Individual Qualifiers to the State meet from Sections. We are also working with the MSHSL with our new state meet location to honor better the All-State performers honored by the MCCA.

Best of luck with your team's training this summer, and we look forward to seeing many of you at the coach's clinic in August. Details of the clinic will be available shortly. Until then, have a fantastic summer. Happy Summer, Miles!



# Diamond Cuts

By: Jason Baune  
 President Minnesota Fastpitch Coaches Assoc.

After a slow start to the softball season due to the never-ending winter, we had fantastic weather to close out the spring season. I'd like to congratulate all of the teams that made it to the state tournament, and give a special congratulations to our state champions from Edgerton/SW MN Christian, Dilworth-Glyndon-Felton, Mankato East and Rosemount!

On Sunday, June 11th, we hosted our MFCA Hall of Fame/Coach of the Year/All-Star Banquet and All-Star Series. It was a wonderful day of celebrating some of the best players in the state and our new inductees to our Hall of Fame. Congratulations to the following on their induction into the Hall of Fame:

**Players**

- Lindsay "Mamer" Rozek (Manato Loyola)
- Sara Moulton (Eagan)
- Hatty "Rossow" Roggow (Jackson County Central)

**Coaches**

- Skip Dolan (Annandale)
- Dick Swanson (Duluth Central & Duluth Denfeld)
- Bob Beedle (Stillwater & St. Croix Prep)

After the banquet, we headed to Caswell Park, where 88 of the top seniors in the state took part in our All-Star Series. It was a great afternoon with stellar play and a lot of fun!

By the time you read this, our Border Battle will have taken place on June 21st as Team Minnesota took on Team Wisconsin at Jane Sage Cowles Stadium. Congratulates to the following players chosen to play for Team Minnesota: Chloe Brandt (LSH), Jessa Snippes (Rosemount), Brooklyn Jones (Anoka), Paige Zender (Rosemount), Peyton Stevermer (Mankato East), Breck Carlson (Mankato West), Kendal Johnson (STMA), Kurstyn Patnode (Becker), Kenzie Jones (Rogers), Carlee Emery (Mankato West), Macy McNally (Winona), Madi Wihlm (Maple Grove), and Karli Welter (Eden Prairie). Don Krusemark and Dawn Engebretson coached the team.

I'd like to congratulate Pat Bowlin of Winona Cotter on being named 2023 Bob Mertz Lifetime Achievement Award winner. Pat recently won his 802nd game to tie the legendary Bob Mertz at the top of our all-time wins list and will be honored by the Minnesota Twins this summer.

A big thank you to all coaches who have stepped up to serve as section reps, advisory board members, and executive council members. A special thanks to Dawn Engebretson (executive secretary/past president), Don Krusemark (president-elect), Brenda Carlson (treasurer), and Mike Schumacher (Website & Awards Manager). They (along with many others) worked tirelessly to bring back a successful coaches clinic and make our season a success.

That brings me to a request. We are looking for someone to step into the role of President-elect for the 2023-24 school

year. At the end of the month, I will be moving into the role of Past-President, and Don will become our President. In order for our association to continue to be strong, we need coaches to fill these roles. While work is involved, I can vouch for our strong team and encourage anyone interested to contact me in the coming weeks.

Finally, I'd like to wish all of you a relaxing summer. Thank you for all you do to allow student-athletes opportunities to learn and grow. Now I hope you have the opportunity to recharge and come back in the fall ready to guide our young people through the coming school year and softball season. See you in the fall!

## MEMBERSHIP REPORT 2022-2023

June 15, 2023

Types of Membership	Final 2021-2022	June 2021-2022	June 2022-2023
Active Class A & AA	6695	6695	6797
College Associates	1218	1218	1345
Other Associates	87	87	88
Active Life	370	370	323
Retired Life	1480	1480	1521
Honorary	5	5	5
<b>TOTAL</b>	<b>9855</b>	<b>9855</b>	<b>10,079</b>

Breakdown of membership by sports association  
 (2022-2023 totals in parenthesis)

Adapted Athletics (41) 43	Boys Lacrosse (25) 84
Alpine Skiing (58) 62	Girls Lacrosse (56) 95
Athletic Directors (93) 92	Football (1069) 1051
Baseball (390) 525	Football Retired (5) 7
Boys Basketball (625) 600	Robotics (64) 98
Girls Basketball (619) 556	Golf (boys & girls) (228) 419
Cross Country (436) 464	Soccer (boys & girls) (453) 444
Dance (290) 314	Softball (289) 457
Gymnastics (197) 227	Synchronized Swimming (6) 18
Nordic Skiing (106) 125	Girls Tennis (201) 183
Girls Swimming (247) 265	Boys Tennis (133) 145
Boys Swimming (193) 201	Track & Field (687) 792
Girls Hockey (173) 165	Volleyball (552) 572
Boys Hockey (168) 197	Wrestling (177) 173
Hockey Retired (2) 2	Strength (38) 43

Sports associations that collect their own dues and join the MSHSCA are Cheer (6) 14, Clay Target (9) 9, and Badminton (5) 4.

# UNDER THE BAR

By: Jessica Gust

I recently reached out to a small group of parents and athletes because their amazing sports coach had passed along their names to me as being ‘interested but having questions’ about joining S&C for the summer. The email I sent contained some basics about the program (schedule, cost, goals, etc.) and an invitation to join us or reply with any questions.

Here is the reply from one of the parents:

My athlete is a 3 sport athlete, so her S&C is covered during the year, and she’s got a free summer membership to (a particular local health club), so I think we’re good.

If you ask any S&C coach, this is certainly NOT a new conversation, but it continues to grate against the core of our souls every time we are forced to engage. Most of us can agree that every time we have this conversation, we are left doing mental gymnastics to determine the following best approach. Helping people understand that equating the value of a well-designed athletic development program to a free summer membership at the club that shall remain nameless isn’t just insulting...it’s terrifying.

The paradox that always shocks me is that many parents would NEVER second guess paying a coach to help their children improve at basketball, soccer, or any other sport. Thousands of dollars are spent in a year providing opportunities for their kids to play on or travel with club or off-season teams. Yet, when an opportunity is presented to work purely on athletic development outside of the specificity of a sport, people see the minimal value.

While this is short-sighted, it is easy to understand the current state of youth and high school sports. Many children are placed into sport-specific situations very early in their development, and parents feel immense pressure to ‘keep up’ so their kids don’t miss out on any opportunities. The trouble with this approach is that many of our athletes miss out on establishing the essential components of athleticism that serve as the foundation for all sporting activities.

While many versions of this Long Term Athletic Development pyramid have been created, this one from Mike Reinold is the simplest for understanding our current situation. Movement skills, as well as the development of power, speed, and agility adaptations, will provide a more favorable environment for the acquisition of sports skills. But ultimately, we are currently in an environment where this pyramid is often inverted. This comes from early enrollment in sports, which continues to be reinforced as athletes age up to higher-level teams with more intense demands.

So how do we tackle some of the nonsense that shows up around participating in S&C? Here are a few ideas from the S&C community that you might consider as you are communicating with your athletes and parents:

**Athlete:** “Nah, Coach, I’m good. I’m just going to hit up (insert local health club) with my friends.”

**Your snarky internal monologue:** Great...that will do 0% to make you a better athlete. I can’t wait to see how much bigger your biceps get.



**Your actual answer:** “Hey man, I love that you’re excited about going to the gym. What’s your program?”

A perplexed look typically follows this and then some fumbling around about some lifting split they don’t understand. Use this to open the door and discuss how athletic development is WAY more than just lifting weights. Maybe ask if they plan on playing college sports and point out that college teams are all expected to lift with their peers, and pro athletes do the same. Sometimes I point out how awkward it might be to arrive at college without actual S&C experience.

**Parent:** “Yeah, we’re not going to have the time for S&C this summer because (insert very special child’s name here) will be traveling with (insert very special team’s name here), and we’re concerned about them being overworked.”

**Your snarky internal monologue:** Sure, sure...I totally agree. We certainly wouldn’t want to overwork them with 3-4 45-60 minute training sessions throughout the week. I mean, that tournament where they’re playing 3-4 games per day for 3-4 days in a row is definitely a reasonable workload.

**Your actual answer:** “I can understand your concern. What is cool about participating in a well-designed athletic development program is that we can modify as needed to accommodate (very special child) and their game schedule. What we do here at S&C can help (very special child) perform at a higher level and build their work capacity, so they are better prepared for all those important tournaments. I’d love for you to consider trying it and sending (very special child) to S&C on any days they are available this summer.”

You’ve got their attention once you make it about making their kid perform better in their sport. I think that parents often just get a bit of tunnel vision around the sport itself, and if you can open their eyes to the fact that S&C can step up their kids’ game, you’re getting somewhere.

**Athlete:** “My coach says that if I do S&C, it’s gonna mess up my (technique of some sort).”

**Your snarky internal monologue:** Swear words of your choosing...how are we still on this????

**Your actual response:** This is where you have to be a little savvy and pick something interesting for the kid. “Ok, let’s walk this logic through to the highest level. Do you believe that LeBron lifts?” “Yes, OK...so do you think that LeBron’s shot is messed up?” “No...OK. So do you think he’s lifted for a long time?” “Yes? Cool. So if all the dudes in the NBA lift, they should all have messed up shots, then?” “No? So if it doesn’t mess up their shot, do you think maybe it won’t mess up your shot?”

First, if you’re a coach that says this...please just stop. If you’re dealing with teenagers who had a good (technique of some sort) and then it got weird or ‘bad’, maybe it’s because they’re in the middle of puberty and just grew 4 inches and are living in a different body every single day. If anything, being in S&C will help to mitigate all the strange changes that happen to our teenage athletes as they grow and develop. We get to spend time with your athlete almost every day, almost all year long. We probably already know funky things are happening to them and are already working with them to learn how to use their new body!

**Parent:** “I think (very special child) is getting everything they need in their sports practices.”

**Your snarky internal monologue:** Yeah, no. Absolutely no way.

**UNDER THE BAR ... continued from page 12**

**Your actual response:** “You know, being a sports coach is tough. They have limited time in practice to check many different boxes each day. It would be unreasonable to expect a sports coach to be able to incorporate all of the things that fall under the umbrella of S&C. That’s why sports coaches often partner with the S&C staff to figure out how to manage their athletes’ needs. Your sports coach is worried about planning for the next game or meets, teaching sports skills, making sure the team is working well together, etc. They’re probably not worrying much about tendon and ligament health.”

I like to think about sports and S&C in the same way I think about going to the doctor and the dentist. Both are extremely important, and your overall health depends on each of those needs

being addressed by specific professionals. Most sports coaches I work with are happy to have the support of the S & C staff because it frees up more of their time to focus on the nuts and bolts of their game.

There are endless examples that demonstrate that parents, athletes, and some sports coaches still need to understand the importance of participating in a well-designed athletic development program. As S&C coaches, we all have these conversations often enough that they become exhausting. We ask that you, as sports coaches, take the time to educate yourself on how S&C can help your program and your athletes. We ask you to intervene when you hear questions like the ones above. And we ask that you take the time to learn about the S&C program at your school, the coach’s philosophy, and how they work with your athletes both in and off-season. If you and your athletes aren’t taking full advantage of what S&C offers, you are missing out on what some might call a secret weapon!

# SERVICE ACES

By: Robert DeCorsey  
MTCA PRESIDENT



Hello Tennis Coaches and Fans—

It is mid-June, which means school is out, summer programs have started, and the state tournament is in the books. It seems like only yesterday, it was March 27th, and we were under 3 feet of snow...everyone from Duluth/North Shore are yelling “4 FEET!!!” The snow melted, came back, and melted again and taught us lessons of overcoming obstacles—just as our great sport does. The spring season was successful for many teams and individuals in many ways. Congratulations to everyone who participated—it takes a village to run our programs.

It was a terrific finish to the 2023 Boys’ Tennis season with the return of the State Tournament banquet and the crowning of STATE team and Individual Champions:

**Class A**

**Team:** St. Paul Academy Singles: Marjan Veldic [Rochester Lourdes]

**Doubles:** Leo Benson / Maik Nguyen [St. Paul Academy]

**Class AA**

**Team:** Wayzata HS Singles: Matthew Fullerton [Edina]

**Doubles:** Kai Chen / Andrew Richardson [Blake]

Congratulations to these players AND all the participants and place winners. You represented your school teams and the state’s best high school tennis.

Further, congrats to our Section: COACH of the YEAR winners:

**Class A: COACH of the YEAR [Section]**

	<b>Head Coach</b>	<b>Asst. Coach</b>
Section 1	Nicholas Dudley Lake City HS	
Section 2	Aaron Rothenberger St. Peter HS	Laura Olsen Fairmont HS
Section 3	Scott Soden Montevideo HS	

Section 4	Luke Elifson St. Paul Academy	Max Hommeyer St. Paul Academy
Section 5	David Wiggins St. Anthony Village HS	Tony Carpenter St. Anthony Village HS
Section 6	Zach Kantor Foley HS	Chris Gross Foley HS
Section 7	Jace Friedlieb Rock Ridge HS	Thomas Proulx Cloquet HS
Section 8	Shawna Spears Thief River Falls HS	Laura Fay Thief River Falls

**Class AA: COACH of the YEAR [Section]**

	<b>Head Coach</b>	<b>Asst. Coach</b>
Section 1	Joshua Heiden Rochester Century/ John Marshall HS	Michael Kohel Lakeville South HS
Section 2	Robert Paul Mound-Westonka HS	Robb DeCorsey Shakopee HS
Section 3	Jordon Stevens Eagan HS	Michelle Zeng St. Paul Harding HS
Section 4	Dan Haertl Centennial HS	Chris Torvi Irondale HS
Section 5	Dan Schink Armstrong HS	Brad Olson Wayzata HS
Section 6	Jake Smith Mpls. Washburn HS	Lynn Larson Bloomington Jefferson HS
Section 7	Randy Ronning Elk River HS	Terry Grzybowski Elk River HS
Section 8	Hokan Bengston Becker HS	Jill Kedrowski Monticello HS

Again, the MTCA wants to thank everyone for all of the time, energy, and effort they put into their programs and supporting their athletes. Have a great and recharging summer...before we know it, the girls’ season will be underway.

A couple of housekeeping items: Make sure you have submitted your summer waivers. Remember to renew your MSHSCA and MTCA membership—encourage all your coaches to become members.

Thank you for everything y’all continue to do.

# HOOP SCOOP

By: *Jeremy Digiovanni*

*President Minnesota Girls*

*Basketball Coaches Association*



Spring has finally sprung, and school is winding down for the year. While for many educators, this is a time to unwind and slow the pace for a few months. As coaches, our busy summer season is about to begin. Morning workouts, weight room sessions, team camps, and many tournament opportunities are just around the corner. This is our improvement season, a chance to put our kids in a better position to be successful next winter. So while it's an important time for our programs to advance, it's also essential for each of us to spend time with family and enjoy life outside of the classroom and gym, which we don't get to do too much during the school year.

Our association had a busy end to the winter, starting with a return of the state tournament banquet in March. With over 1,100 people in attendance, it is safe to say it was a great success enjoyed by many. While many people were involved in making this a great night, much credit goes to Lisa Bistodeau from Alexandria for organizing the logistics for the banquet. We look forward to continuing this tradition of recognizing our state teams for their hard work and accomplishments. The week that followed was full of exciting action in each of our classes, topped off with the crowning of four champions from St. Michael-Albertville, Benilde-St. Margaret's, Providence Academy, and Mountain Iron-Buhl. Congratulations to all of our participants on a fantastic 2022-2023 season!

In April, the All-Star series was held at Holy Angels where four teams of seniors represented their schools one last time in two games that afternoon. Two big highlights of the day were

the announcement of STMA's Tessa Johnson as this year's Miss Basketball winner and the presentation of a lifetime achievement honor to Pat Barrett for all his contributions to our association and girls' basketball. Two well-deserved honors for people that are great ambassadors for our sport.

Looking ahead to next year, a big item for everyone will be implementing the shot clock. The official guidelines are expected to be approved by the MSHSL in June so that your teams can prepare this summer for the change. Our clinic will be held on October 27th at the University of St. Thomas. Clinic coordinator Craig Geyen is putting together another great set of speakers this year, including Scott Bergman from Sauk Centre and the staff from Gustavus Adolphus in St. Peter, with others to be announced as we get closer to the fall.

One new initiative is a mentorship program for new coaches that hopefully will help our retention numbers improve as we see many veteran coaches leave the profession. First-year coaches will be invited to the clinic free of charge, and virtual roundtable sessions will be offered throughout the year, allowing new coaches to connect and exchange ideas with veteran coaches. We are excited to start this process to better equip our new members for long term success in their careers.

Serving our association as president over the past two years has been my honor and privilege. We have a wonderful group of people that have stepped into various new roles this year as we reorganize our structure. I look forward to passing the torch to Aaron Boyum from Albany, who will serve as our new president. I am confident that we will continue to make significant progress for our sport, coaches, and students under his leadership!

I hope everyone has a fantastic summer doing what you enjoy most with those closest to you. Thank you for allowing me to serve the great group of people that are Minnesota girls basketball coaches!!

# Mat Chatter

By: *Shawn Larson*



As I write this article, the summer solstice is fast approaching. For wrestling coaches and teams, it means several different events are taking place. Many wrestlers view summer as a very important part of their training, while others are involved in other sports. At this time, we as coaches need to make sure that the summer is not a set-aside time and that it is a time for learning and growth in the sport.

For some teams and athletes, this is a time for camps and clinics. Getting away to a camp or a clinic can be very beneficial for each individual and, more importantly, for the teams. Great things can happen when the teams can get together to learn from other coaches, try new skills, and bond through a good time. Coaches, athletes, and parents need to remember that their school team is important.

During the summer, several wrestlers compete at high levels. The MNUSA team will send teams to 14u, 16u, and Junior

Duals. The summer will culminate with Fargo Nationals. Although wrestling in the summer is important, some of the athletes choose not to compete. Others may not have the means. For this reason, it is imperative that strength training and other conditioning is offered to wrestlers to keep them from regressing over the summer months.

Getting information to families about training and diet is also valuable this time of the year. If parents and guardians know what is available for their competitors, they are more likely to "push" the wrestlers into sound decisions. For several sports, summer is a time for improvement, and the more information that can be given to teams and families, the better our teams can become. It should be reiterated that the school teams should be high on the list of priorities.

Hopefully, this summer will provide everyone with the perfect mix of relaxation, training, and competition. Keep an eye out for our future stars on the mat, as they are doing very impressive things in Minnesota. Lastly, encourage former athletes or dedicated observers to become officials. There are some excellent officials out there; however, we need several more across all sports. Many of those great officials are undiscovered in our programs and communities. Good luck to wrestlers and coaches with their endeavors this summer, and enjoy every moment on your way to your goals.

# Goal Posts

By: Ron Stolski

I write this on Father's Day eve. Fellow coaches, this article will feature reports, updates, and reminders. First, a reflection that I hope makes you pause and do the same, reflect about dads.

Sitting at a computer or gadget tonight, I thought, "What the heck ever happened to the telephone, or a card or note?" My father would not recognize this tool. I remember my father, a man of the great depression who, because of chance and circumstance, never finished high school. He had to go to work at a grain elevator in South East Minneapolis. On weekends he worked as a floor walker, now called "security," in the bars and restaurants of North East Minneapolis.

He was both a hard man and the wisest man I have ever known. Although he passed away years ago, his kitchen table advice, admonitions, encouragement, support, and love, live in me still. Tonight, I hope he somehow knew how proud I was of him...for the lessons and life he gave to our family. I hope, too, to be half the man he was. Let's salute all the dads and fathers of the MFCA.

In the summer Keepers magazine, you'll find a recap of the 2023 clinic. It was our best attended to date. With over 1400 plus coaches registered, vendors, speakers, and visitors, our total was nearly 1700. Thanks to all who have made it a premier event! Plans are already underway to make the "next one the best." Mark the date, April 4-6, 2024.

To quote a redistricting committee member, "The district football process went very well. Increasing the size of the districts was the biggest change. The change allowed us the flexibility to schedule match-ups based on location, section placements, and competitive balance. There was also a great deal of collaboration between the districts. This change also allowed us to limit zero week, preserve rivalries between teams in different classes, and, in most cases, limit travel. It should be a banner year for football in Minnesota!"

Tackle Cancer chairman Dave Nelson reminds us to set a date for your Tackle Cancer game in 2023. We are coming off a year of raising over \$473,000 for cancer research and patient aid for Minnesotans. This makes our 11-year total just under \$3,000,000, an astounding accomplishment. Dave and I had the opportunity to present our Tackle Cancer effort at the AFCA national convention last January. Exec directors and presidents from across the country were impressed and equally astounded when they heard about the process and success, with many saying, "We can't do that!" To quote Steve Nunnink, "There's a difference between can't and won't!" You will be receiving information and updates from Dave and his committee soon. Please join this worthy and essential effort.



Kudos and thanks to past president Mat Mahoney for his leadership. Engage in the salute to football week. Congratulations to President Brent Shimek. He is engaged in MFCA. We will benefit from his competent skills. We are blessed to have him.

So we begin again. Excitement is temporary, and passion lasts a lifetime. Raise a glass, Coach, to our passion, football. Go get 'em!



## Chairlift Chat


By: Jason Gergen  
Hastings Alpine  
MSHSCA Section 4 Representative

The MSHCA Alpine Coaches congratulate Team Minnesota Alpine on their outstanding performance at the Western U.S. High School Alpine Championship. For the first time, alpine ski racers represented Minnesota at this prestigious event. The racers were selected based on their finish at the 4 section races and joined teams from CO, WY, OR, and NV. Team MN finished a close second to powerhouse Colorado and proved we can develop exceptional ski racers even with short hills. From the state champion Hill Murray Pioneers, Kate Reardon was our top female skier finishing 3rd overall. Hastings Raider and State meet bronze medalist Jackson Reents finished 2nd overall for the boy's team. The Minnesota State High School Alpine Coaches Association is proud to support the team and will continue to coordinate the effort in the future.

We would also like to recognize our Alpine Coaches of the Year. Our girl's head coach of the year is no stranger to Minnesota alpine ski racing. Mark Conway continues to devote his time and efforts to promoting and coach skiers from the Minneapolis public school district. We are proud to name him Girls Head Coach of the Year. John Oberholtzer has been named as the Boy's Head Coach of the Year. His Cook County/Silver Bay team was a force to be reckoned with this season and will undoubtedly make another run this coming season. The assistant coaches of the year are Scott Carlson from Mankato and Mark Lindemer from Hill Murray. Assistant coaches are essential to any program, and we encourage all to join the MSHSCA to be recognized.

Summer is our time to thaw out and shed some layers. It's also time for ski areas to make capital improvements, and we will see a few this year. New chairlifts and start ramps will greet racers at Wild and Buck this coming season, and we are excited to see the new layouts. Other ski areas continue to improve snowmaking, lighting, and facilities for our athletes. If your area improves over the summer, encourage your athletes to thank them for their continued investment in the future of our sport. We aim to have a preseason meeting to get information out to coaches, and to hear from our membership. Look for information as we get closer to the fall. In the meantime, we hope everyone has a safe and fun summer!

# GIRLS HOCKEY "SNAP SHOTS"



By: Tim Morris,

Executive Director, MGHCA

[www.MGHCA.com](http://www.MGHCA.com) [Execdirector.MGHCA@outlook.com](mailto:Execdirector.MGHCA@outlook.com)

**“The purpose of the Minnesota Girls Hockey Coaches Association shall be to promote the welfare of girls high school team coaches and high school girl athletes and their participation in hockey as players, officials, coaches and administrators. The association will promote and administer development programs in order to increase participation in girls’ high school hockey in the state of Minnesota and to promote those players wishing to play collegiate hockey. The MGHCA shall provide resources and continuing education for all high school coaches. The MGHCA will also promote sportsmanship and comradeship among all high school coaches throughout Minnesota.”**



## MGHCA FALL CLINIC & AWARDS LUNCHEON

The MGHCA will once again be hosting a FREE clinic this coming fall. The clinic is tentatively set for October 13th, with the location yet to be determined. The importance of attending the fall clinic can't be stressed enough. It is an opportunity for coaches to meet one another, learn from one another and enjoy the company of others who share your passion for the game. We will disseminate more information to our member coaches (head and assistants) as soon as more information becomes available.

## MGHCA WEBSITE

We are encouraging all coaches to familiarize themselves with the MGHCA website. Our coaches association website provides one-stop shopping for all information regarding girls' high school hockey here in Minnesota. We are also encouraging teams to use the FREE website space for their own teams' information. Contact Executive Director Tim Morris on how to get started. On the website, coaches can find information regarding our off-season programs, award information, current articles, calendar of events, clinic information, historical information, and much more. The link to the website is [www.MGHCA.com](http://www.MGHCA.com).

## PREMIER PREP LEAGUE TRYOUTS

Tryouts for the Premier are currently underway with teams being formed around the beginning of July. Around 400 players have signed up for tryouts with 280 player/goalie spots in the league. Teams will again be eligible to advance to USAH National Tournaments at the 16U and 19U Tier 2 tournaments

in the spring of 2024. The USAH National HS tourney will be held in West Chester, PA, on March 20-24, 2024. The 16U USAH Tier 2 tournament will be April 3-7, 2024, in Green Bay, WI. The 19U Tier 2 tournament will be April 3-7, 2024, in East Lansing, MI. The Premier Prpe League will have 4 to 5 teams advancing to these national tournaments.

## 2023 AMERICA'S SHOWCASE TOURNEY

The MGHCA sent 20 players to the 2023 event in St. Louis, MO, this past April, with Team Minnesota winning all five games by a combined score of 37 to 3. Players for this event were selected at a tryout held the same weekend as the Senior Classic tournament at the beginning of March. Makenna Larson took home the tourney's best defender award, while Claire Riestenberg was awarded the Most Valuable Player award. Tim Morris and Mickey Morris coached the team.

## MSHSCA MEMBERSHIP

We encourage all high school coaches to become members of the MSHSCA (and thereby members of the MGHCA) at their earliest convenience once the new link for the 2023-24 membership becomes available. The liability insurance that coaches receive as part of their membership alone is worth becoming a member. As a reminder, Head coaches must be members to ensure your team qualifies for any team awards or players qualify for any individual awards. All coaches must be members to be considered for post-season coaching honors.

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## ICE CHIPS

By: Greg Anzelcc

The MCHA proudly announces its Hall of Fame, inductees, and award recipients. Hall of Fame inductees include Brendan Flathery, Duluth Marshall; Jim O'Neil, Cretin Derham Hall; Dan Forsyth, Forest Lake; Todd Weisjahn, Armstrong/Orono. The Cliff Thompson Award goes to Keith Hendrickson from Virginia. The Dave Peterson Award recognizing leadership in developing youth locally or statewide is awarded to Mike Schwartz. The Bruce Johnson Award is given to an MCHA Board Member, and this year it's John Ammerman. The Oscar Almquist Award is a non-coach award and will be presented to John Peterson. Registration is now open for our Fall Clinic in Grand Forks, Oct. 13-14. This will be a great weekend full of fantastic speakers, breakout groups, tours of Engelstad Arena, tickets to the Ice Breakers Tournament, and more! Check out [mnhockeycoach.com](http://mnhockeycoach.com) for more information!

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@MSHSCA

# DUGOUT CHATTER



By: *Dean Schwirtz - Glencoe Silver Lake  
President - MSHSBCA*

As I begin writing this article, I'm listening to a state tournament game on the radio. I just keep thinking, man, I wish I had the opportunity to be back coaching in the tournament. The Minnesota state high school league puts on an outstanding tournament for everyone involved. With that being said, I'd like to recognize the teams that are participating in this year's state tournament, 2023.

## **MSHSL State Tournament Teams for 2023**

**4A**-Lakeville South, Minnetonka, Rosemount, East Ridge, Mounds View, Edina, Anoka and Sartell

**3A**-Grand Rapids, St. Thomas Academy, Byron, Mahtomedi, Little Falls, New Prague, Benilde-St. Margaret's and Monticello.

**2A**-Belle Plaine, Fairmont, Perham, Foley, St. Agnes, Esko, Cannon Falls, and Holy Family Catholic.

**1A**-Yellow Medicine East H.S., New Ulm Cathedral, Hinckley-Finlayson, Lyle-Pacelli, Belgrade-Brooten-Elrosa, South Ridge, Fosston, and Legacy Christian Academy.

One week after the state championship games, we will have our All-Star series played at Chaska Ballpark. The All-Star series is kicked off by a banquet held at Canterbury Park. This series recognizes our top senior baseball players across the state. Teams are chosen at the end of May from the nominations of their coaches and will be representing six teams from both the north and south in various parts of the metro region. Listed below are the coaches that will be leading their teams. Congratulations to all coaches selected to coach. Also, a huge thank you to Don Gawreluk for everything he's done to make this series a success!

## **2023 All-Star Series Coaches:**

All-Star Series Dates - June 22-24, 2023

Metro South - Chair, Rob Walsh

Brian Kelly, St. Louis Park

Corey Kennedy, Lakeville South

Metro North - Chair, Shannon Blansette

Matt Mossey, Coon Rapids

Tyler Niedfeldt, Becker

Metro East - Chair, Brian Sprout

Adam Hunkins, St. Paul Central

Greg Setterlund, Roseville

Metro West - Chair, Jared Mountain

Ryan Trucke, Watertown - Mayer

KC Solum, St. Michael - Albertville

Dan Gynild, Minneapolis Roosevelt

North - Chair, Bill Kinnunen  
Jake Munsch, Alexandria

Tyler Olin, Cloquet

South - Chair, Rick Zollner

Nate Hebrink, MACCRAY

Matt Smith, Winona

The Minnesota State High School Baseball Coaches Association will conduct the 17th annual MSHSBCA Junior Showcase for about 150 of Minnesota's top seniors-to-be (2024 graduates). The date will be Thursday, July 6, 2023, starting at 8:00 am, and will be held at the Minnetonka High School all-turf baseball field. Coaches were asked to nominate their 2023 juniors (2024 graduates) whom they feel have the potential to play college baseball.

Congratulations to the MSHSBCA Scholarship award winners. Dominic Adkins of Saint Agnes School (Baseball, Football, & Swimming), Patrick Kelly of Andover High School (Baseball), and Aidan Walsh of Saint Agnes School (Football, Hockey & Baseball). Each student-athlete will receive a \$500 scholarship on behalf of the Minnesota state high school baseball coaches association.

Please visit our website at [www.mshsbc.org](http://www.mshsbc.org) and follow us on Twitter @MSHSBCA for the latest information.

Before I go, please take the time to thank all the people that make the games possible in your communities. Think about your ticket takers, concession workers, announcers, scorekeepers, grounds crew, city workers, umpires, and the list goes on and on. Without them, we wouldn't have the great fields and be able to play the games we do!

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*“Here’s how  
I’m going to  
beat you.  
I’m going  
to outwork you.  
That’s it.  
That’s all there  
is to it.”*

**- Pat Summitt**

# BANK SHOTS



By: Tom Critchley

Congratulations to the coaches and players from the four 2023 State Champions: Wayzata- Bryan Schnettler, Totino Grace- Nick Carroll, Albany-Cory Schlagel, and RTR-Drew Gravley. The MBCA also congratulates MBCA 2023 Section and State Coaches of the Year, MBCA Assistant Coaches of the Year, 2023 State and Section Academic Team Champions, and 2023 Academic All-State honorees. Award recipients are listed in this edition of the Prep Coach and on the MBCA website (<http://www.mshsca.org/boysbasketball>).

The MBCA All-Star Series was held at Anoka Ramsey Community College on April 1st. Thank you, and best wishes at the next level and in all future endeavors to the members of the 2023 All-Star Class. Special thanks to All-Star Coaches: Greg Garman, Keith Pearson, Cliff Anderson, Phillip Rotunda, Jerry Kline Jr., Tony Yazbeck, Joe Hutchins, Keenan Shelton, and Albert Reed.

Congratulations to MBCA 2023 McDonald Award recipient Nasir Whitlock- DeLaSalle. The MBCA is honored to recognize Nasir for his accomplishments throughout his career while continuing to honor Coach McDonald's legacy for his achievements, contributions, and service to the game. Coach Mike McDonald, representing the MBCA and the McDonald family, presented Nasir with the award.

Congratulations to Matthew Bothun, St. Francis, as the 2023 Tom Critchley Sr. Leadership Award recipient. The award is presented to a Senior athlete who serves as a captain of his team and demonstrates leadership on and off the court. MBCA member head coaches nominated candidates. Each candidate provided an essay defining their leadership abilities and how those abilities were used, not only with their team but also in their school and community. A committee chaired by Kelly Raymond, MBCA Academic Chairman, selected Matthew as the 2023 honoree. Matthew received an honorary award and a \$750 scholarship from the MBCA and the Critchley family.

The Minnesota Basketball Coaches Association (MBCA), the Minnesota Black Basketball Coaches Association (MBBCA), and the Minnesota Girls Basketball Coaches Association (MGBCA) are honored and proud to announce Sunaja Agara- Hopkins and Jalen Hayes- Richfield as the 2023 recipients of the Dr. Richard Green Memorial Scholarship Award. Recipients of the Award Scholarship were selected for demonstrated and documented leadership skills on and off the court – school and community involvement. Sunaja and Jalen will be awarded \$1,500 Scholarships by the MBCA, MBBCA, and the MGBCA.

The MBCA hosted 126 athletes and welcomed Coaches from DI, DII, DIII, NAIA, and JUCO programs throughout the



Sunaja Agara



Jalen Hayes

**BANK SHOTS** ... continued from page 18

country at the 2023 MBCA NCAA/NFHS/MSHSL Approved June DI Scholastic Event at Hopkins High School on June 16th and 17th. Minnesota is recognized nationwide as a state where highly skilled and talented college prospects abound. And in addition to their physical talents, Minnesota hoopsters are recognized as having high basketball IQs, good teammates, and character and integrity on and off the court. As the saying goes, “those things don’t just happen; people (Coaches) make things happen.” Special thanks to the High School Coaches who volunteered their time and service to coach the 14 teams in the event.

The following proposal of the MBCA and MGBCA Basketball Advisory Committees was presented at the June MSHSL Board of Directors meeting. The proposal was:

- Seed the State Tournament 1-8 Proposal- The State Tournament participating Coaches will seed teams 1-8 in their respective tournament. Brackets: All Classes in Boys and Girls- Upper Bracket Seed #1 vs Seed #8, Seed #4 vs Seed #5 ; Lower Bracket Seed #2 vs Seed #7, Seed #3 vs Seed #6. A 12/2022 survey of Boys and Girls Head Coaches favored seeding State Tournaments 1-8 by an 88%-12% margin. Administrative Regions approved of the proposal by a 12-4 margin.

Tom Critchley- MBCA, Pat Barrett, MGBCA, and James Ware, Basketball Coach at Park Center, spoke in favor of the proposal. At the June 6th Board of Directors meeting, the proposal was tabled.

Favorably, the Board did task the MSHSL Staff to gather information from other Sports Advisory Committees and bring it to the August meeting for study and discussion and a plan to vote on the proposal in August or October. Discussion with MSHSL staff and Board of Directors members indicates that it could still be implemented for the 2024 State Tournaments even if approved in August or October.

Also, at the June MSHSL meeting, the MSHSL Board of Directors approved policy language for implementing the Basketball Shot Clock for the 2023-2024 season. The policy language addresses reset adjustments to the Shot Clock rule. Also approved is the removal of the closely-guarded counts while a player is dribbling in the front court. Policy language was also approved for Shot Clock violations as a reviewable situation via replay in limited circumstances during State Tournament play. All Head Coaches should have received detailed information from their Section Representative in a June email.

The MBCA extends a special thank you and appreciation to MSHSL Executive Director Erich Martens and Staff Basketball Liaisons; Phil Archer, Lisa Quednow, and Jason Nickleby for their efforts in establishing and maintaining a collaborative partnership in the planning and decision-making processes.

The MBCA Fall Clinic will be held October 27-28 at the Minneapolis Hyatt Regency. A session with MSHSL officials to provide information on the adopted shot clock procedures has already been scheduled. Further details and information will be available in the September Prep Coach and on the MBCA website.

The MBCA would like to thank the Minnesota Timberwolves for their continued support of the MBCA, coaches, and student-athletes. Special thanks to Jeff Munneke, Matt Bare, and John Thomas for facilitating the venues through which a variety of support for High School and Youth basketball originates and extends from.

Congrats to Robert “Bob” Schueller-Browerville-on his election to the MSHSCA Vice-President position.

MSHSCA 2023-24 membership is now open; mshsca.org. The MBCA strongly encourages Head Coaches and Assistant Coaches to renew and/or join the MSHSCA/MBCA for 2023-24. MSHSCA membership includes but is not limited to a \$2 million liability insurance at no additional cost, a pass that allows entrance to games, and more. MBCA membership allows members and the student-athletes they coach to be eligible for Coach and Athlete awards, All-Star game participation, Academic Awards- Team and Individual, Scholarships, et more.

Matt Halverson- Goodhue will serve as the 2023-24 MBCA President. Thank you to 2022-23 President Willie Braziel – Columbia Heights for a well-done job. The MBCA also thanks the outgoing Executive Board members for their service, commitment, and contributions to the organization and the sport of basketball; Neil Steffes- Fertile-Beltrami, Dave Flom – Southwest Christian, and Nick Carroll-Totino Grace.

“I think the teaching profession contributes more to the future of our society than any other single profession”- John Wooden. Research reflects the coach as one of the most influential persons in American life. As oft times said, “a coach can influence more lives in a single year than most people can in a lifetime.” Thank you, Coaches, for all the contributions you make daily on behalf of the communities and students you represent and serve.

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*“Do you know  
what my favorite  
part of the game is?  
The opportunity  
to play.”*

- Mike Singletary

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# CORNER KICKS

By: Ron Kruschwitz

*North St. Paul Boys (retired)*

*Soccer Communications Officer*

Summer is here, and most of the state tournaments are finished. I am one of the clerks at the State Track meet, and this year I was made aware of how many soccer players participate in track. I was able to talk to many of them, and it is obvious that we have many multiple sports athletes in our soccer. I also had the privilege to talk to some Senior Classic participants.



Your Soccer Advisory Committee discussed how we are addressing the diversity of our sport and addressing the harassment that has occurred at games by players, students, and other fans attending the contest. The MSHSSCA will continue to look at this issue. We remind our coaches that before your season starts, you need to discuss with your AD and address these issues.

1. How will we, as a school, set the tone for fan and player behavior?

2. When an incident arises at a home soccer game, and you are busy coaching your team, how will it be dealt with, and who will address it?

Remember that the 2023 no-contact dates are from Saturday, July 1st, through Friday, July 7th. Coaches CAN NOT have contact with THEIR athletes during this time.

Moving to a 3 Class state tournament has meant significant changes for High School Soccer in Minnesota and the MSHSSCA. It has provided a greater opportunity for teams to reach the State Tournament. There are other benefits to having a 3rd, Class. Each Class now has a girls' and boys' All-State team, which increases the chances for players to get the recognition they deserve. We also added another Mr. and Ms. Soccer winner for the third class. In addition, we have two more Coach of the Year and Assistant Coach of the Year to award. The best reward of the new format was to add a whole group of teams being in their first tournament.

The MSHSSCA is looking to streamline due dates for our awards and make it easier for our volunteers to complete the work of determining award winners. For this reason, we will be having NEW AWARD DUE DATES this season. Please check your website or refer to the letter that each coach will receive from their section rep.

Greg Juba (Park Girls Retired) and Dominic Issac (Mahtomedi Boys), our Co-Clinic Directors, have provided information about our 33rd Annual Soccer Clinic. This will take place at the National Sports Center in Blaine. The clinic will be held on August 10th and 11th this year. This is

a reminder that registration for both the MSHSSCA and the MSHCA are not included in the registration for the clinic. Visit [www.mshca.org](http://www.mshca.org) for online registration with a credit card. The online registration will close one week before the clinic. If you do it on the paper form, mail it to Art Seplak at 10077 Upton Road, Bloomington, MN, 55431-2849.

Make sure you bring all of your assistant coaches. It is a great place to meet all your section coaches and others from around the state. You can pick up some scrimmages and games, see our sponsors, and look at the new products for our sport. We have top Minnesota and Nationally recognized soccer coaches and clinicians, as well as practice sessions with women's and men's college and professional soccer teams. And if you are new this year, the MSHSSCA has an excellent session for coaches new to high school coaching.

An additional bit of information. There will be a Coaches' Social on Thursday, August 10th. This will take place at Broadway Pizza, located at 11822 Aberdeen St. N.E. in Blaine. It is scheduled from 6:30-9:00 pm with a Social Hour with light dinner options.

A quick reminder that the fee for the clinic does not pay your Minnesota State High School Coaches Association or your Minnesota State High School Coaches Association dues. There are many benefits to being a member, and they are:

1. Makes sure school, players, and coaches are eligible for MSHSSCA/MSHSCA Post season awards.

2. Receive a two million-dollar Liability Insurance Policy. That Policy runs from August 1 -July 31.

3. A membership card that is good for entry into regular season games for many high school and college athletic events.

The website for the MSHSCA has the registration information and costs.

Please check our website at [mnhssoccer.com](http://mnhssoccer.com) for all the important dates. It is imperative that you do not miss important dates for submitting information and joining the MSHSSCA organization. October 1st is the last day to become a member of the Coaches Association. Midnight on Sunday, October 8th, is the deadline for submission of All-State Players Bios.

This a reminder that State Tournament Quarter Final sites will be announced later. These are games played on Tuesday, October 24th, Wednesday, October 25th, and Thursday, October 26. The Tournament moves to the US Bank Stadium on Tuesday, October 31st, Wednesday, November 1st, and Friday, November 3rd The Senior Classic will be played at M Health Fairview Sports Center in Woodbury on Wednesday, November 9th. More dates are on the website.

The MSHSL Soccer Advisory Committee recommended two new rules that were accepted. These are: removing the 10-minute overtime period and establishing a Mercy Rule for regular season games. Watch for exact working on these two new initiatives on your coach's clipboard this fall.

The 2022 Soccer All-State and State Tournament Ceremony was a great success. Your association plans to hold another Ceremony in 2023, but there will be changes

**CORNER KICKS** ... continued from page 20

in costs and food at the ceremony. It will be held at the RiverCentre on Sunday, October 22nd.

Sometimes it is good to realize that there are many great people working in other sports. The Clerks at the State High School track meet are a super group. I work with these people, and they are the best in the business—first names only for this group. Congrats to Dennis, Patty, Tom, Julie, Mike, Gary, Stephanie, Bill, Jon, and Todd.

And to Peggy as we celebrate our 60th anniversary. She does everything from proofreading my columns to keeping me organized. You are the best.

That wraps up another column. I hope you enjoy your summer, work with your team, and take some time for yourself. See you at the Clinic in August.

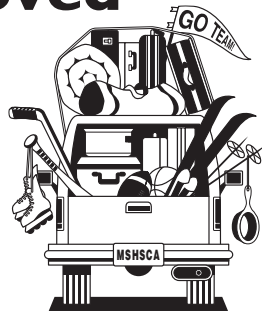
## Have You Moved or Changed Your Email?

If you have moved recently, it is important that you log onto your MSHSCA profile and edit your mailing address. Having the correct mailing address prevents delay in you receiving your membership card and other correspondence.

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

**Life and Retired Members:** If you have moved and are receiving Prep Coach in the mail, it is important that

you notify us of your new mailing address. You can send your mailing information to my email at : [ringer@mshsca.org](mailto:ringer@mshsca.org) or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535



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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  
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Association. Annual membership  
paid by MSHSCA.

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

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



By: *Tiffany Sandhurst - New Prague*  
*MADT Board of Directors*

The 23-24 dance team season is scheduled to begin on Monday, October 23rd, 2023, and pre-season choreography starts October 9th. Our Coaches Association Board of Directors met this June, reviewing policies and procedures, aligning our mission and values with the work we are doing, as well as general season planning and coordinating events for our upcoming season. We also delegated new roles and positions for the upcoming season. Our executive board includes: President: Michelle Kamenov (former coach), Vice President: Kristen Gagnon (Totino-Grace), Past President: Marissa Haakonson: (St. Cloud Cathedral), Secretary: Katie Harmeyer (Woodbury) and Treasurer: Brittany Rehling (Roseville).

Our Dance Team Coaches Association core values include: Education, Growth, and Community. Our focus over the years has been to engage with the coaches in our state and provide engaging events, share knowledge, and provide opportunities for personal development as well as options for their athletes training and growth. Ways that we've incorporated our values into offerings our association has provided included hosting monthly mentorship zoom meetings which focused on a different topic coaches could share and talk about together. We also paired rookie coaches with veteran coaches in our mentorship program, providing new coaches with a dedicated resource to help them navigate through the season. We hosted our fall membership meeting at TopGolf in Brooklyn Center this past year, which was a huge success. Not only did we have a great meeting and brought in some influential speakers, we rounded out the evening by socializing, networking and playing some rounds of golf together. We flew in some incredible professionals for our student convention, and partnered with Miss Dance Team Minnesota to promote the first College Dance Team Recruitment Combine in Minnesota. We were fortunate to have three board members attend the National Dance Coaches Association Conference in Arizona this year, who brought back some terrific ideas and made connections with coaches from across the country.

The 23-24 State Dance Team Tournament is scheduled for Friday, February 16th (Jazz) and Saturday, February 17th (High Kick) at the Target Center. We are finalizing the details for this year's Coaches Continuing Education workshop, Student Convention, Coaches Celebration, All-State Showcase, College Recruitment Combine, and membership meetings. Those dates will be published on our social media platforms as well as posted on our website soon: [www.madtcoaches.com](http://www.madtcoaches.com)



By: *Heather Pierson*

The Girls Lacrosse Coaches Association was busy this year with many board changes and several new head coaches added to the association! It has been great to see more people get involved in growing the game of lacrosse and being more active in their youth programs! In youth lacrosse across the state, we are up approximately 30% with the number of teams registered for spring and summer lacrosse -- this is bridging the gaps in our high school programs.

Now the question becomes how to keep those athletes involved through their senior year and in their respective programs. We see programs folding or co-opting due to a lack of athletes out for the sport, but in previous years those programs had healthy numbers and could stand on their own. Is it an uncontrollable shift within their school/community, or are athletes finding other sports? We believe that creating two classes in lacrosse would encourage the growth of the sport across the state, allowing for new programs to start & playing other programs that are more of their caliber. For now, the coaches association encourages sportsmanship from all programs to care for each other in how they play and the number of goals they score against their opponents.

The boys & girls coaches associations started their first Hall of Fame this year, inducting former head coaches who played a critical role in growing the game in MN & all had massive success within their programs. Congratulations to our Class of 2023 Girls Lacrosse Hall of Fame Recipients!

Judy Baxter (Eden Prairie)  
 Beth Patterson (Eden Prairie)  
 Laura Mark (The Blake School)

**Our Coach of the Year & Assistant Coach of the Year recipients are:**

Joel Tornell (Lakeville South)  
 Chelsea Cross (Wayzata)

Congratulations to both of these coaches on a job well done this season!

As I finish writing this article, I sit at Stillwater High School watching the State lacrosse championship game between the Benilde St. Margaret Red Nights and the Edina Hornets! The predictions are split between who will win this game; however, it is an exciting game for the sport because both of these teams have not yet won a State lacrosse title! They represent how close this race to the championship game was! Before we put a bow on this season and sign off on a great 2023 lacrosse year, here are the results...

**State Champions: Benilde-St. Margaret**  
 3rd Place: Lakeville South  
 5th Place: Elk River



## SYNCHRONIZED SWIMMING

By: Kathryn Henderson

The Minnesota High School Synchronized Swimming Coaches Association just concluded its 49th annual state championship at the University of Minnesota's Jean K. Freeman Aquatic Center. Swimmers in grades 7-12 competed in solo, duet, trio, and team events in three different levels of competition (short program, long program, and extended program). The 2023 championship included over 200 athletes from 13 teams across the Twin Cities metro area. The top three placing teams for 2023 are Stillwater, Wayzata, and Forest Lake.

The Minnesota high school synchronized swim season lasts three months each spring. The schools compete in high school conference meets, then compete in three different section qualifying championships, to then move on to the state championship held at the end of May each year. Teams earn points by having their athletes place in the top 7 of each event. Swimmers compete in both figure and routine competition. The average figure score is added to the routine score for the final placement score. Swimmers who place in the top 7 of their events then move up to the next category the following year.

### Final Team Standings:

1. Stillwater 146
2. Wayzata 120
3. Forest Lake 64
4. Blake 56
5. St. Louis Park 51
6. Edina 31
7. Hopkins 18
8. Richfield 7
9. Prior Lake 5
10. Columbia Heights/DeLaSalle 3
11. Osseo/Maple Grove/Park Center 2
12. Bloomington 1
12. Eden Prairie 1

### All-State Winners

- Hailey Schmit - Stillwater
- Grace Chatwin - Forest Lake
- Paige Schmit - Stillwater
- Claire Oh - Blake
- Mae Turman - St. Louis Park
- Zofi Steffen - Edina
- Sophia Chau - Stillwater
- Ruby Ravnholdt - Wayzata
- Annie Gritters - Stillwater
- Pia Leiseth - Blake



## Dig This

By: Jim Lee,  
Ada-Borup West

With the 4th of July fast approaching, families will be reuniting at barbecues around the nation to commemorate our nation's independence. Likewise, our volleyball families will reunite at the 42nd annual MNVBCA clinic on Wednesday and Thursday, July 26th and 27th, at Mounds View High School! The President's Address will begin at 12:00 pm with the 1st clinic session scheduled at 1:00 pm and to conclude at 5:00 pm. At 5:00 pm, food trucks will be provided to satisfy your hunger until 6:00 pm when the All-Star Match begins, including members from the 2022 All-State teams. The Coaches' Social will begin at approximately 8:00 pm at the DoubleTree by Hilton in Roseville (651-636-4567). Thursday's sessions will run from 9:00-4:00, with a complimentary lunch in the middle of the day and door prizes before you head home!

The biggest stars and stripes leading the charge at our clinic this year will be Mick Haley (former US Women's National Team, former USC Head Coach, former Texas Head Coach) and Keegan Cook (US Women's National Program, Head Coach at the University of Minnesota)! The complete list of clinicians and online registration information is provided at [www.mnvbca.org](http://www.mnvbca.org).

Don't forget that during the 4th of July timeframe, July 1st-7th, the MSHSL Blackout Dates allow you, the generals, to recuperate before heading back into battle with your troops!

Many years ago, some legends in our volleyball community emerged from a battle fought on many fronts for many years to establish girls' volleyball as a high school sport. Through their persistent tenacity, we can celebrate 2023 as a revolutionary 50 years of girls' volleyball being played in Minnesota as a high school sport. Since my first year in coaching, I have listened deep into the night at many past clinics about the stand-offs, struggles, and scars endured in our sport's early years. Sometimes it only takes one person to recognize a legend, but it takes an army of coaches to immortalize one. This fall at the MNVBCA banquet on the evening before the start of the 2023 state tournament, we would like to recognize the legend of the 1st volleyball state championship team in the state of Minnesota from Osseo High School in the year 1974 and induct them into the MNVBCA Hall of Fame.

If you were an athlete or coach at our 1st volleyball state tournament in 1974 (Osseo beat Bloomington Kennedy), please contact Jim Lee ([jiml@ada.k12.mn.us](mailto:jiml@ada.k12.mn.us)). We're hoping to honor the troops who fought for our volleyball "independence" at the 1st state tournament in the future!

# ROBOTICS

By: Curtis Robertson



This year has come to an exciting conclusion with the completion of the State Tournament. The MSHSL Robotics Tournament took place on May 6th in Williams Arena at the U of M Twin Cities. Of the 190 teams this year that competed in FIRST Robotics Competition, 36 of the top Teams from around the state competed for the tournament's top Alliance. How FIRST Robotics Competition works is teams are placed onto alliances, which are collaborative groups of three teams, to go head to head against another alliance completing a number of tasks that change annually. This year the main competition revolved around picking up game pieces that are Cones and Inflatable cubes (like a beach ball) then traveling across the field to place them onto designated scoring zones. In the last few seconds of the match, your alliance could receive bonus points for balancing on a platform with your teammates. This event was truly exciting to see how incredible the designs of each team's robot turned out, how effective they were at picking and placing game pieces, and the sheer amount of skill in driving the robots traversing the field, playing defense, and scoring points.

At the State Tournament, our Elimination tournament was brought down to four alliances to compete in a double elimination bracket. At the conclusion of our State Tournament, the third-place match was exciting and came down to just a one-point difference. Congratulations to Teams 4607 - Becker High School, 5172 - Greenbush High School, and 5913 - Pequot Lakes High School. Our Finals match for first and second place came down to a best of three and went three rounds. The underdog team dominated the first match. The second match was a close win by two points for the top-seeded team, but ultimately after round three, the underdog team won the tournament taking first place. Congratulations go to the 2nd place alliance of 2470 - Bloomington High School, 5232 - Hermantown High School, and 3184 - Burnsville High School. Our state championship alliance is 5348 - Dassel Cokato High School, 4728 - Rocori High School, and 2847 - Fairmont High School.

This year the Minnesota Robotics Coaches Association also took time to recognize our section coaches of the year, inducted two new Hall of Fame members and inducted our inaugural All-State Robotics Team individual awards. Congratulations to the following recipients on their accomplishments and recognitions!

## All-State Student Team Member Award:

### Programming:

Noah Bloch  
Becker High School  
Team 4607 - CIS  
Parker Carbonneau  
Team - 2502 - Talon Robotics

Luverne High School  
Team 8298 - Mighty Morphing  
Banana Slugs  
Pearl Jain

### Design:

Caraira Jensen  
Cass Lake-Bena High School  
Team - 3134 - The Accelerators  
Ally Deyle

Eden Prairie High School  
Lincoln High School  
Team- 3277 - ProDigi  
Will Dirkswager  
Hopkins High School  
Team - 2239 - Technocrats

### Competition:

Byron High School  
Team - 4859 - The Cybears  
Nathan Nelson  
Rochester Public Schools  
Team - 2530 - Inconceivable

### Build Team:

Audie Wandmacher  
St. Michael Albertville Schools  
Team - 7028 - Binary Battalion  
Ava Anderson  
Denfeld Senior High School  
Team- 4009- Denfeld DNA Robotics  
JT Remme  
Luverne High School  
Team- 8298 - Mighty Morphing  
Banana Slugs

### Business:

Matt Huesman  
Irondale Senior High  
Team - 2052 - Knightcrawler  
Abrianna Hanson

### Section Coach of the Year:

Section 1 Coach of the Year 2023  
Stephen Mroz  
Rochester Public Schools  
FRC 2530

Section 1 Assistant Coach of the Year 2023  
Aaron Nepstad  
Byron High School  
FRC 4859

Section 2 Coach of the Year 2023  
Sam Viesselman  
Section 3 Assistant Coach of the Year 2023

Jerome Gerber  
East Ridge High School  
FRC 3130  
Section 4 Coach of the Year 2023

Scott Davis  
Irondale High School  
FRC 2052  
Section 4 Assistant Coach of the Year 2023

Tanya Drake  
Park Center High School  
FRC 3291  
Section 5 Coach of the Year 2023

Paul Dirkswager  
Hopkins High School  
FRC 2239  
Section 5 Assistant Coach of the Year 2023

Sandy Olson  
Eden Prairie High School  
FRC 2502

Section 6 Coach of the Year 2023  
Todd Kruse

Adhi Kartheesan  
Eden Prairie High School  
Team - 2502 - Talon Robotics  
Aiden Nelson  
Fairmont High School  
Team - 2847 - The MegaHertz  
Kohen Briggs  
North Woods Schools  
Team - 7864- North Woods Robotics

### Leadership:

Lars Erickson  
Hermantown High School  
Team - 5232- Talons  
Mallory Von Tersch  
Luverne High School  
Team - 8298 - Mighty Morphing  
Banana Slugs  
Ethan Murphy  
Rochester Public School  
Team - 2530- Inconceivable

Fairmont High School  
FRC- 2847  
Section 2 Assistant Coach of the Year 2023

Kyle Schroeder  
Hutchinson High School  
FRC 2509  
Section 3 Coach of the Year 2024  
Sydney Benz-Herzog  
Visitation High School  
FRC 2177

Legacy Christian Academy  
FRC 8516  
Section 6 Assistant Coach of the Year 2023

Alex Jurek  
Becker High School  
FRC 4607  
Section 7 Coach of the Year 2023

Ryan Lindsay  
St. Louis County Schools  
FRC-5653  
Section 7 Assistant Coach of the Year 2023

Justin Scheider  
Esko High School  
FRC-5690

Section 8 Coach of the Year 2023  
Linsey Strand  
Cass Lake - Bena School  
FRC 3134/3275

Section 8 Assistant Coach of the Year 2023  
Matthew Wendland  
Cass Lake - Bena School  
FRC 3134/3275

**ROBOTICS** ... continued from page 24

**State Coach of the Year:**

2023 Coach of the Year Todd Kruse Legacy Christian Academy FRC 8516	2023 Assistant Coach of the Year Sam Viesselman Fairmont High School FRC 2847
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**2023 - MRCA Hall of Fame:**

Dave Stead Retired MSHSL Executive Director	Laurie Shimizu 1816 Communications Mentor FIRST co-Volunteer Coordinator FIRST Senior Mentor
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*“Don’t be afraid  
to give up  
the good  
and go  
for the great.”*

- Steve Prefontaine

**MINNESOTA STATE HIGH SCHOOL  
COACHES ASSOCIATION, INC.**

**EXECUTIVE COMMITTEE  
LIAISON ASSIGNMENTS  
2023–2024**

<b><u>PAST PRESIDENT</u></b> Jennifer Rosium	<b>B/G Soccer</b> <b>G Swimming</b> <b>Robotics</b>	<b>B Swimming</b> <b>Wrestling</b>	<b>Baseball</b> <b>B Hockey</b>
<b><u>PRESIDENT</u></b> Jen Marshall	<b>Football</b> <b>Adapted Athletics</b>	<b>G Basketball</b> <b>Gymnastics</b>	<b>G/B Golf</b> <b>G Hockey</b>
<b><u>PRESIDENT ELECT</u></b> Kerry Sutherland	<b>B/G Cross Country</b> <b>G Tennis</b>	<b>Nordic Skiing</b> <b>Alpine Skiing</b>	<b>B Tennis</b> <b>B/G Track</b>
<b><u>VICE PRESIDENT</u></b> Bob Schueller	<b>Volleyball</b> <b>B/G Lacrosse</b>	<b>Synch. Swimming</b> <b>B Basketball</b>	<b>Softball</b> <b>Dance</b>
<b>Girls Sports</b> <b>Inclusion &amp; Diversity</b>	<b>Becky Leuer</b> <b>Larry McKenzie</b>		

These are your representatives for your sports association on the MSHSCA Board of Directors. Please contact them if you have any issues, concerns, or questions. Their information is listed on our website at [www.mshsca.org](http://www.mshsca.org)

**SPECIAL MEETINGS OF IMPORTANCE**

September 9, 2023	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West
June 25-26, 2023	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
July 23-28, 2023	NHSACA Convention (National COY & HOF Banquets)	Lincoln, NB
September 8, 2023	HOF Meeting	Minneapolis Marriott West
September 9, 2023	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West
October 13, 2023	HOF Coordinator/Exec Direc Meeting	Sheraton Minneapolis West, Minnetonka
October 14, 2023	MSHSCA Hall of Fame Banquet	Sheraton Minneapolis West, Minnetonka
Jan. 10-14, 2024	NOCAD National Convention	Albuquerque, NM
March 21, 2024	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 22, 2024	MSHSCA Spring Delegate/President Meeting	Mancini’s in St. Paul
March 25-28, 2024	MNIAA-ADs Conference	River’s Edge Convention Center & Kelly Inn, St. Cloud
June 23-24, 2024	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
September 7, 2024	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West



MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION  
AUGUST 10<sup>th</sup> - 11<sup>th</sup>, 2023  NATIONAL SPORTS CENTER, BLAINE

# 33rd ANNUAL SOCCER COACHES CLINIC

The Minnesota State High School Soccer Coaches Association (MSHSSCA), in conjunction with the Minnesota State High School Coaches Association (MSHSCA) invites all interested youth, club, high school and college soccer coaches to our 33rd Annual Soccer Coaches Clinic. This two-day clinic includes field and classroom educational sessions, the opportunity to connect with vendors, networking with other coaches, and more.

<b>Thursday, August 10th</b> <b>6:30 PM – 9:00 PM</b>	<b>Broadway Pizza</b> 11822 Aberdeen St NE, Blaine, MN 55449	Keynote session Social hour with light dinner options Featuring: TBA
<b>Friday, August 11<sup>th</sup></b> <b>7:30 AM – 1:00 PM</b>	<b>National Sports Center</b> 1700 - 105th Ave NE, Blaine, MN 55449	8:15- 9:00 Sign-in / Registration 9:00 - 9:50 Session 1 10:00- 10:50 Session 2 11:00 - 11:50 <b>Session 3</b> 12:00 - 1:00 <b>Session 4</b>
<ul style="list-style-type: none"> <li>• Session for all <b>NEW COACHES</b> head and assistants, will occur during session 3.</li> <li>• <b>Head Coaches Meeting during Session 4</b>. Association business for the upcoming season will be discussed.</li> </ul>		

**Due to increased costs, LUNCH WILL NOT BE PROVIDED. We encourage you to join us Thursday evening.**

Clinic Registration, covering both Thursday and Friday, is just \$50 through August 1<sup>st</sup>. After August 1<sup>st</sup> and at the door the cost will be \$60. Join or renew a membership in **United Soccer Coaches** (regularly \$125) for only \$100 before August 1<sup>st</sup>, or \$125 after August 1<sup>st</sup>. *Reminder...registration in the MSHSSCA and MSHSCA is NOT included in the Clinic or USC fees, and must be done online at [www.mshsca.org](http://www.mshsca.org) by October 1<sup>st</sup> to be eligible for player/team/coach awards!!*

### Two Registration Options

Mail or Email (Check)	Online (Credit Card)
Fill out the form on the next page & MAIL or EMAIL to: <b>Art Seplak</b> Email: <a href="mailto:ajseplak@q.com">ajseplak@q.com</a> 10077 Upton Road Home: 952.881.2898 Bloomington, MN 55431-2849	Click here for <a href="#">online registration</a> . Closes 8/2.

For more information, please visit our website at [www.mnhssoccer.com](http://www.mnhssoccer.com)

For clinic questions, contact:

Greg Juba [gjuba23@gmail.com](mailto:gjuba23@gmail.com) or 651.260.1048 or Dominic Isaac [dmncisaac@gmail.com](mailto:dmncisaac@gmail.com) or 651.235.2608

For registration questions, contact:

Art Seplak at [ajseplak@q.com](mailto:ajseplak@q.com) or 952.881.2898

### Joint Clinic and National Coaches Association Registration Form

Head Coaches, please include your address, phone number and email. Contact information for Assistant Coaches is only required if joining/renewing United Soccer Coaches (USC). Please check all options for each coach registering.

Name, Address, Phone Number, Email	High School	Coach Type (Check one)	Gender Coached	(NSCAA #)	AttendIng Thursday (Check one)
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Head <input type="checkbox"/> Assistant	<input type="checkbox"/> Boys <input type="checkbox"/> Girls		<input type="checkbox"/> Yes <input type="checkbox"/> No

**Fees:** (Check the choices for EACH registrant)

Registration	Before 8/1 Attendee	After 8/1 Attendee	Before 8/1 Only United Soccer Coaches (Optional)	Total
Yours	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$100.00	= \$
#2 Registrant	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$100.00	= \$
#3 Registrant	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$100.00	= \$
#4 Registrant	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$100.00	= \$
#5 Registrant	<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$100.00	= \$
<b>Make Checks payable to: MSHSSCA</b>			<b>TOTAL SENT</b>	= \$

**REMINDERS:**

1. Minnesota State Soccer Coaches Association membership **MUST** be done online at [mshsca.org](http://mshsca.org) by **October 1st**.
2. Clinic registration **DOES NOT** include MN State Soccer Coaches Association membership!

#### Two Registration Options

Mail or Email (Check)	Online (Credit Card)
Fill out the form on the next page & MAIL or EMAIL to: <b>Art Seplak</b> 10077 Upton Road Bloomington, MN 55431-2849	Visit <a href="http://www.mshsca.org">www.mshsca.org</a> for online registration. <b>W</b> <b>Closes on August 2nd.</b> Email: <a href="mailto:ajseplak@q.com">ajseplak@q.com</a> Home: 952.881.2898

# MEMBERSHIP PERKS

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- **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)
- **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)  
Call Patrick Riley - 952-367-5082 (upon availability)

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 \$2,000,000 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!

# Hall of Fame Banquet

The MSHSCA Hall of Fame Banquet will be held on Saturday, October 14, 2023, at the Sheraton West Minneapolis on Ridgedale Blvd., just off I-394. The social hour will begin at 4:30 pm; the doors will open between 5:30-5:45 pm, with dinner and the banquet to follow at 6:00 pm. Award winners are guests of the MSHSCA. Additional banquet tickets may be ordered in advance. Rooms will be available at the Sheraton Minneapolis West the night of the banquet, and a special rate is available.

## **Sheraton Minneapolis West Hotel**

12201 Ridgedale Drive

Minnetonka, MN 55305

952-593-0000

Check-in time: 3:00 pm

Check-out time: 12:00 pm

MSHSCA Hall of Fame nominations are being accepted at [mshsca.org](https://mshsca.org). Follow the link for **Awards** and you will find the **online nomination form**. There is also a printed form included in this issue of Prep Coach.

At the banquet, the following will all be recognized and receive awards:

- MSHSCA Hall of Fame Class of 2023
- Officials Distinguished Service Award
- Assistant Coaches Distinguished Service Award
- George Haun Leadership Award
- Steve Kerzie Delegate Service Award
- Championship coaches
- Coaches of the Year
- Assistant Coaches of the Year
- 25-Year Life MSHSCA Members

The MSHSCA takes tremendous pride in honoring the great men and women who coach Minnesota high school sports. MSHSCA takes great pride in making this a fun and memorable event to recognize the award-winning coaches and their supporters.

# WINTER & SPRING ACADEMIC AWARDS

## BASKETBALL-BOYS

### Gold

Avail Academy  
Cromwell-Wright  
Fertile-Beltrami HS  
Goodhue  
Stephen-Argyle HS  
Wayzata

### Silver

Albany  
Andover Becker  
Belgrade-Brooten-Elrosa  
Belle Plaine  
Buffalo  
Byron  
Chanhassen  
Chatfield  
Chisago Lakes  
Cretin Derham Hall  
Crookston  
Delano  
Detroit Lakes  
Eden Valley-Watkins HS  
Farmington  
Frazee  
Hastings  
Heritage Christian  
Hermantown  
Hinckley-Finlayson HS  
Holy Family HS  
Lake Crystal Wellcome Memorial HS  
Lake Park-Audubon HS  
Lakes International Academy  
Lakeville North  
Lakeville South  
Lesiston-Altura HS  
Little Falls  
Lyle-Pacelli HS  
Minneota  
Minnesota Valley Lutheran  
Mora  
Moundview  
New Life Academy  
Northern Freeze  
Owatonna  
Park Christian HS  
Pelican Rapids  
Perham  
Pine Island  
Randolph  
Red Lake Country Central HS  
Rockford  
Schaeffer Academy  
Spring Grove  
Springfield  
St. Anthony Village  
St. James  
Stewartville  
Stillwater  
Waconia  
Watertown-Mayer  
West Central HS

## BASKETBALL- GIRLS

### Gold

Adrian  
Albany HS  
Alexandria Area HS  
Annandale  
Avail Academy  
Badger / Greenbush-Middle River  
Barnesville HS  
Becker  
Belgrade-Brooten-Elrosa HS  
Belle Plaine HS  
Benilde-St. Margaret's HS  
Bethlehem Academy  
Blaine High School  
Blooming Prairie  
Buffalo High School  
Buffalo Lake-Hector-Stewart HS  
Byron  
Cedar Mountain  
Central High School (in Norwood Young America)  
Chanhassen  
Chaska  
Chatfield  
Clinton/Graceville/Beardsley HS  
Cloquet  
Crookston  
Dassel-Cokato  
Delano  
Detroit Lakes HS  
Dover-Eyota  
East Grand Forks  
Eden Prairie  
Fairmont  
Farmington  
Fertile-Beltrami HS  
Fillmore Central  
Fosston High School  
Frazee HS  
Gibbon-Fairfax-Winthrop HS  
Goodhue  
Grand Meadow HS  
Hancock  
Heritage Christian Academy  
Hill City/ Northland (in Remer, MN)  
Hillcrest Lutheran Academy  
Hinckley-Finlayson HS  
Kasson-Mantorville HS  
Kerkhoven-Murdock-Sunburg HS  
Kittson County Central HS  
Lac Qui Parle Valley HS  
Lake City HS  
Lake Crystal Wellcome Memorial (LCWM)  
Lakeville North HS  
Lester Prairie  
Lincoln HS ( in Thief River Falls)

Litchfield Senior HS  
Luverne  
Maple Grove  
Maple River  
Marshall HS  
Martin County West HS  
Medford  
Melrose Area  
Minneapolis Southwest HS  
Minneota  
Minnewaska  
Monticello  
Mora  
Morris Area / Chokio -Alberta  
Mounds Park Academy  
Mountain Lake Area -Comfrey HS  
Murray County Central HS  
New London-Spicer  
New York Mills  
Northfield  
Ogilvie  
Owatonna  
Park Christian HS  
Pelican Rapids  
PEM (Plainview-Elgin-Millville) HS  
Pequot Lakes  
Perham  
Pine City  
Red Lake Falls  
Rochester Lourdes HS  
Rock Ridge Eveleth-Gilbert / Virginia  
Roseau HS  
Rosemount  
Sartell-St. Stephen HS  
Sauk Centre  
Sauk Rapids-Rice HS  
Schaeffer Academy  
Sleepy Eye St. Mary's HS  
Southwest Christian High School (in Chaska, MN)  
Spectrum HS  
Spring Grove  
Springfield Public School  
St. Croix Lutheran Academy  
St. Paul Academy  
St. Peter HS  
Stewartville  
Tri City United (in Montgomery, MN)  
Underwood  
Verndale  
Wabasha-Kellogg High School  
Waconia  
Wadena - Deer Creek  
Warren-Alvarado-Oslo HS  
Waseca  
Watertown-Mayer HS  
Waterville-Elysian-Morristown (W-E-M)  
Wayzata  
Westbrook- Walnut HS  
Wheaton / Herman- Norcross

Zumbrota-Mazeppa HS

### Silver

Academy of Holy Angels  
Ada-Borup-West HS  
Austin  
Bemidji  
Bertha-Hewitt HS  
Bloomington Jefferson  
Brainerd  
Breckenridge  
Caledonia  
Cambridge-Isanti HS  
Cannon Falls  
Chisago Lakes HS  
Climax / Fisher  
Cretin-Derham Hall  
Dilworth-Glyndon-Felton HS  
East Ridge HS  
Eastview HS  
Esko  
Fergus Falls  
Foley  
Glencoe-Silver Lake HS  
Goodridge / Grygla  
Grand Rapids High School  
Hawley  
Heron Lake-Okabena HS / Fulda HS  
Hills-Beaver Creek HS  
Holy Family Catholic  
Houston HS  
Kelliher / Northome  
Kenyon-Wanamingo HS  
Kimball  
Kingsland  
Lakeview  
Lakeville South HS  
Lanesboro  
Le Sueur-Henderson HS  
Lewiston-Altura HS  
Littlefork - Big Falls HS  
Mabel-Canton HS  
Mankato East HS  
Mankato West HS  
Maple Lake  
Mayer Lutheran HS  
Minneapolis Washburn HS  
Moorhead  
Nevis  
New Prague  
New Ulm Cathedral HS  
New Ulm HS  
Nicollet HS  
North Branch Area HS  
Northern Freeze Tri County HS / Marshall County Central HS  
Orono  
Osakis  
Park HS (in Cottage Grove, MN)  
Parkers Prairie HS  
Randolph  
Red Rock Central HS  
Royalton

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# WINTER & SPRING ACADEMIC AWARDS

Sebeka  
 Simley  
 Southwest MN Christian (in Edgerton, MN)  
 St Michael-Albertville HS  
 St. Cloud Crush St Cloud  
 Apollo / St Cloud Tech / St Cloud Cathedral  
 Swanville HS  
 Totino-Grace High School  
 Visitation  
 Willmar  
 Win-E-Mac HS  
 Worthington HS  
 Zimmerman

## GOLF-BOYS

### Gold

Albert Lea HS  
 Bemidji HS  
 Breck School  
 Breckenridge - Wahpeton HS  
 Byron HS  
 Detroit Lakes  
 Eastview HS  
 Fergus Falls HS  
 Hermantown HS  
 Lakeville North HS  
 Mountain Lake Area-Comfrey HS  
 Russell-Tyler-Ruthton HS  
 St Peter HS  
 St. Anthony Village HS  
 St. Croix Lutheran HS  
 West Central Area HS  
 Zumbrota-Mazepa HS

### Silver

Alden-Conger HS  
 Andover HS  
 Caledonia HS  
 Canby HS  
 Holy Family Catholic HS  
 Lac qui Parle Valley HS  
 Northfield HS  
 Park Christian High School  
 Park HS ( in Cottage Grove, MN)  
 Westbrook-Walnut Grove HS  
 White Bear Lake Area HS

## GOLF - GIRLS

### Gold

Albany HS  
 Alden-Conger HS  
 Barnesville HS  
 Blue Earth Area HS  
 BOLD HS  
 Braham HS  
 Buffalo HS  
 Byron HS  
 Caledonia HS  
 Cedar Mountain HS (in Morgan, MN)  
 Champlin HS

Chaska HS  
 Chisago Lakes Area HS  
 Eastview HS  
 Eden Prairie HS  
 Elk River HS  
 Fergus Falls HS  
 Fillmore Central HS  
 Frazee HS  
 Hermantown HS  
 Heron Lake-Okabena HS  
 Hutchinson HS  
 Jordan HS  
 Lac qui Parle Valley HS  
 Lakes International Language Academy  
 Lanesboro HS  
 Lincoln HS (in Lake City)  
 Milaca HS  
 Park Christian HS (in Moorhead, MN)  
 Pequot Lakes HS  
 Perham HS  
 Rochester Mayo HS  
 Rogers HS  
 Roseau HS  
 Russell-Tyler-Ruthton HS  
 Southwest Christian HS (in Chaska, MN)  
 St Peter HS  
 St. Anthony Village HS  
 St. Cloud Cathedral HS  
 St. Croix Lutheran HS  
 Stewartville HS  
 Totino-Grace HS  
 Wabasha-Kellogg HS  
 Wadena- Deer Creek HS  
 White Bear Lake Area HS  
 Willmar HS

### Silver

Canby HS  
 Fertile-Beltrami HS  
 Houston HS  
 Mesabi East HS (in Aurora, MN)  
 Triton HS

## GYMNASTICS

### Gold

Annandale High School  
 Becker High School  
 Benson/KMS (Kerkhoven-Murdock-Sunberg)  
 Big Lake High School  
 Breck School  
 Byron High School  
 Caledonia/Spring Grove/Houston  
 Dassel-Cokato High School  
 Detroit Lakes  
 Litchfield High School  
 Little Falls High School  
 MAHACA (Morris / Hancock / Chokio-Alberta)  
 Mankato West

Melrose Area High School  
 New London-Spicer High School  
 New Ulm High School  
 North Branch High School  
 Paynesville / Eden Valley  
 Watkins  
 Perham  
 Pine Island/Zumbrota-Mazepa  
 Pipestone Area High School  
 Redwood Valley  
 Rockford High School  
 Rush City/Pine City/Hinckley  
 Simley High School  
 St. Peter High School  
 Stewartville/Chatfield  
 Watertown-Mayer/Mound-Westonka  
 Willmar High School  
 Winona  
 Worthington High School

### Silver

Austin High School  
 Blue Earth Area High School  
 Delano High School  
 Glenco-Silver Lake High School  
 Howard Lake-Waverly-Winsted High School  
 Luverne High School  
 Mahtomedi  
 Maple Lake High School  
 Marshall High School  
 Princeton High School  
 St. Francis High School  
 Waseca  
 Windom/Mountain Lake

## HOCKEY- GIRLS

### Gold

Alexandria  
 Andover  
 Anoka / Spring Lake Park  
 Apple Valley  
 Blaine  
 Blake School  
 Bloomington Jefferson  
 Buffalo  
 Chisago Lakes  
 Cretin Derham Hall  
 Crookston  
 Dodge County  
 Eagan  
 East Grand Forks  
 Eden Prairie  
 Edina  
 Elk River / Zimmerman  
 Farmington  
 Forest Lake  
 Hastings  
 Hibbing / Chisholm  
 Hill Murray  
 Holy Family  
 Hopkins / St Louis Park

Lakeville South  
 Litchfield / Dassel- Cokato  
 Luverne  
 Maple Grove  
 Marshall HS  
 Metro South  
 Minneapolis  
 Minnesota River Valley  
 Minnetonka  
 Moorhead  
 Mounds View  
 Owatonna  
 Pine City  
 Prior Lake  
 Proctor / Hermantown  
 Robbinsdale Armstrong / Robbinsdale Cooper  
 Rochester Century  
 Rochester John Marshall  
 Rock Ridge  
 Rogers  
 Roseville  
 Sartell / Sauk Rapids - Rice  
 Shakopee  
 Simley  
 Visitation  
 Waconia  
 Warroad

### Silver

Champlin Park / Coon Rapids  
 Detroit Lakes  
 East Ridge  
 Fergus Falls  
 Mankato East / Loyola  
 New Prague  
 New Ulm  
 North Wright County  
 St Cloud Icebreakers  
 Thief River Falls  
 Two Rivers

## ROBOTICS

### Gold

Brainerd HS  
 Byron HS  
 Legacy Christian HS  
 Redwood Valley HS  
 Visitation School

### Silver

Alexandria HS  
 Becker HS  
 Chisago Lakes HS  
 Cloquet HS  
 Dawson-Boyd HS  
 East Ridge HS  
 Eden Prairie HS  
 Edina HS  
 Esko HS  
 Fergus Falls HS  
 Greenbush-Middle River HS  
 Hutchinson HS  
 Irondale HS  
 Kasson-Mantorville HS

# WINTER & SPRING ACADEMIC AWARDS

Lincoln HS (in Thief River Falls)  
 Little Falls Community HS  
 Luverne HS  
 North Branch HS  
 Pequot Lakes HS  
 Pine River-Backus HS  
 ROCORI HS  
 Shakopee HS

## SOFTBALL

### Gold

Albany Senior High School  
 Alden Conger-Glenville Emmons  
 Andover High School  
 Annandale High School  
 Ashby High School  
 Austin High School  
 Badger-Greenbush-Middle River  
 Barnesville High School  
 Becker High School  
 Bemidji High School  
 Benilde St. Margaret's  
 Bertha-Hewitt/Verndale  
 Bethlehem Academy  
 Big Lake High School  
 Blaine High School  
 Blooming Prairie  
 Bloomington Jefferson  
 Blue Earth Area  
 Brainerd High School  
 Brandon-Evansville  
 Browerville  
 Burnsville High School  
 Caledonia High School  
 Cannon Falls High School  
 Central Public Schools  
 Champlin Park High School  
 Chisago Lake High School  
 Cleveland High School  
 Clinton-Graceville-Beardsley  
 Cloquet High School  
 Concordia Academy  
 Cretin-Derham Hall  
 Dassel-Cokato  
 Delano High School  
 DeLaSalle  
 East Central High School  
 Eastview High School  
 Eden Prairie High School  
 Eden Valley Watkins  
 Edgerton-Southwest Christian  
 Edina High School  
 Fairmont High School  
 Farmington  
 Fertile-Beltrami  
 Foley High School  
 Fosston High School/ Win-E-Mac High School  
 Frazee  
 Glencoe-Silver Lake  
 Goodhue Public School  
 Hancock  
 Hastings

Hawley High School  
 Hayfield  
 Hermantown High School  
 Hill City/Northland  
 Hopkins High School  
 Irondale  
 Kasson-Mantorville  
 Kerkhoven/Murdock/Sunburg  
 La Crescent - Hokah  
 Lac qui Parle Valley  
 Lake Park Audubon  
 LCWM  
 Lester Prairie  
 Little Falls  
 Littlefork-Big Falls  
 Long Prairie-Grey Eagle  
 Madelia High School  
 Mankato West  
 Maple Grove  
 Maranatha Christian Academy  
 Martin County West  
 Mayer Lutheran High School  
 Menahga  
 Milaca High School  
 Minneota/Canby  
 Minnetonka  
 Montevideo High School  
 Monticello High School  
 Morris Area/Chokio Alberta  
 Mounds Park Academy  
 Mountain Lake Area-Comfrey  
 Murray County Central  
 New London Spicer  
 New York Mills  
 Nicollet High School  
 North High School (NSP)  
 NRHEG  
 Ogilvie High School  
 ORONO HS  
 Osakis High School  
 Owatonna  
 Park of Cottage Grove  
 Park Rapids Area High School  
 Parkers Prairie  
 Paynesville Area Schools  
 Pequot Lakes  
 Perham High School  
 Pierz Healy High School  
 Pine Island High School  
 Plainview-Elgin-Millville  
 Princeton  
 Randolph  
 Red Rock Central/Westbrook Walnut Grove  
 Robbinsdale Armstrong High School  
 Rochester Lourdes  
 Rock Ridge  
 Rockford High School  
 ROCORI High School  
 Rogers High School  
 Roseau High School  
 Rosemount High School  
 Rothsay  
 Saint Agnes  
 Saint James HS

Saint Peter High School  
 Sauk Centre  
 Sauk Rapids-Rice High School  
 Silver Bay  
 Simley  
 Sleepy Eye High School  
 Southland High School  
 Spring Grove High School  
 Springfield High School  
 St Anthony Village  
 St Cloud Crush  
 St Louis Park  
 St. Charles High School  
 Stewartville High School  
 Stillwater Area High School  
 Tartan High School  
 Totino-Grace  
 Tracy Area High School  
 Tri-City United High School  
 Triton High School  
 Upsala Area Schools  
 Visitation  
 Wabasha-Kellogg High School  
 Wabasso High School  
 Waconia High School  
 Wadena-Deer Creek  
 Walker Hackensack Akeley  
 Warroad High School  
 Watertown-Mayer High School  
 Waterville-Elysian-Morristown  
 Wayzata High School  
 West Lutheran High School  
 White Bear Lake High School  
 Winona Senior High School  
 Yellow Medicine East  
 Zimmerman High School  
 Zumbrota Mazeppa High School

### Silver

Anoka High School  
 Apple Valley High School  
 Atwater-Cosmos-Grove City  
 Belle Plaine High School  
 Bloomington Kennedy  
 Byron High School  
 Coon Rapids High School  
 Dover-Eyota  
 Duluth East High School  
 Eagan High School  
 Fergus Falls High School  
 Forest Lake High School  
 Greenway high school  
 Hill-Murray  
 Holdingford High School  
 Houston High School  
 Hutchinson High School  
 Isle. (Mille Lacs-coop with Onamia)  
 Jackson County Central High School  
 Kelliher/Northome School District  
 Kimball Area High School  
 LeSueur Henderson  
 Lewiston-Altura

Lincoln High School  
 Luverne  
 Mahnomon-Waubun  
 Mankato East  
 Maple Lake High School  
 Medford High School  
 Minnesota Valley Lutheran High School  
 Moose Lake/Willow River  
 Mound Westonka High School  
 New Prague High School  
 New Ulm Cathedral  
 New Ulm High School  
 Norman County East/Ulen-Hitterdal  
 North Branch Area High School  
 North Woods School  
 Pelican Rapids  
 Pine City High School  
 PROCTOR  
 RCW-BOLD  
 Red Lake Falls  
 Richfield High School  
 Rochester John Marshall  
 Rochester Mayo  
 Rushford-Peterson  
 Saint Francis High School  
 Schaeffer Academy  
 Sleepy Eye St. Mary's  
 Southwest Christian High School  
 St. Cloud Cathedral  
 Swanville High School  
 Waseca High School  
 West Marshall  
 Windom Area High School  
 Woodbury

## SYNCHRONIZED SWIMMING

### Gold

St. Louis Park  
 Stillwater  
 Wayzata

### Silver

Blake  
 Eden Prairie  
 Edina  
 Forest Lake  
 Hopkins  
 Maple Grove  
 Osseo  
 Park Center (in Brooklyn Center)  
 Prior Lake  
 Richfield

## TENNIS - BOYS

### Gold

#### Class A

Academy of Holy Angels  
 Aitkin  
 Cotter HS  
 DeLaSalle  
 Foley HS

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# WINTER & SPRING ACADEMIC AWARDS

Hermantown  
 Holy Family Catholic HS  
 Minnehaha Academy  
 New London-Spicer HS  
 Saint Anthony Village HS  
 South St. Paul HS  
 Southwest Christian  
 St. Peter

**Class AA**

Andover HS  
 Bemidji  
 Blaine  
 Buffalo HS  
 Centennial  
 Coon Rapids HS  
 Cretin-Derham Hall  
 Delano  
 Duluth East  
 Eagan HS  
 Eastview  
 Irondale

Lakeville North HS  
 Mankato West  
 Maple Grove HS  
 Mounds View  
 New Ulm  
 Princeton  
 Robbinsdale Armstrong  
 Rochester John Marshall  
 Roseville Area HS  
 Saint Thomas Academy  
 Shakopee HS  
 Spring Lake Park HS  
 St. Cloud Tech/ St Cloud Apollo  
 Wayzata HS  
 Woodbury HS

**Silver**

**Class A**

Blue Earth Area  
 East Grand Forks HS  
 Lake City  
 Lincoln HS (Thief River Falls)

Litchfield  
 Minnewaska Area  
 Montevideo  
 Mora HS  
 Osakis  
 Pine City HS  
 Schaeffer Academy  
 St. James HS  
 Totino-Grace  
 Waseca HS

**Class AA**

Becker  
 Bloomington Jefferson

Cambridge-Isanti HS  
 Chanhassen HS  
 Chaska  
 Chisago Lakes  
 Forest Lake  
 Monticello  
 Mound- Westonka HS  
 New Prague  
 Park HS  
 St. Francis HS  
 St. Michael Albertville (STMA)  
 Two Rivers HS  
 Waconia  
 Worthington



## 2023-24 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
July 26-27, 2023	Volleyball Clinic- dswenson@isd465.org	Mounds View High School
TBD	Cross Country Clinic - Thomas.Sharp@district196.org	Eastview High School
August 10 & 11/2023	Soccer Clinic -gruba23@gmail.com	National Sports Center Blaine
TBD	Gymnastics Clinic - shelly eklund@district 196.org	Big Lake High School
TBD	Girls Hockey Clinic - morrisgang@msn.com	NSC (National Sports Center), Blaine
October 13-14, 2023	Boys Hockey Clinic - mikejmacmillian@hotmail.com	Grand Forks, ND - Hosted by the UND Hockey Staff
TBD	Dance Convention - carlsonm@westonka.k12.mn.us	Mound Westonka High School
TBD	Soccer Banquets - ajkw10@gmail.com	Roy Wilkins Auditorium
TBD	Girls Basketball Clinic - craig.geyen@monticello.k12.mn.us	University of St. Thomas
TBD	Boys Basketball Clinic	Minneapolis Hyatt Regency Hotel
TBD	Wrestling Clinic - kip.lynk@gmail.com	Recorded Virtual Conference
TBD	MN High School Football All-Star Banquet	Doubletree Hotel
TBD	MN High School Football All-Star Game Showcase	U.S. Bank Stadium
TBD	Mr. Football Banquet Football - Ron Stolski - stolski@yahoo.com	Double Tree in St. Louis Park
TBD	Baseball Clinic- mark.downey@moundsviewschools.org	Target Field
TBD	Robotics clinic - Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center)
TBD	Track & Field Clinic - jjosephs@isd721.org	Intercontinental - St. Paul Riverfront
TBD	Softball Clinic- jasonbaune@gmail.com	Target Field
TBD	Tennis Clinic - David Wareham - dwareham67@gmail.com	Lifetime Fitness, Bloomington
March 25-28, 2024	MNIAAA AD Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
TBD	Football Clinic - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
TBD	Football Hall of Fame Banquet	Double Tree, St. Louis Park
TBD	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park

Sport Association officers, email Rick Ringeisen updates for the above schedule at ringer@mshsca.org.

# WINTER & SPRING 2022-2023 CHAMPIONSHIP TEAMS

SPORT	SCHOOL	COACH	Class	School	Coach
			Class AAAA	St. Michael-Albertville	Kent Hamre
<b>GIRLS ALPINE SKIING</b>	Hill-Murray	Donald Shipp		<b>ADAPTED FLOOR HOCKEY PI</b>	Brainerd Todd Person
<b>GIRLS NORDIC SKIING</b>	Duluth East	Bonnie Fuller-Kask		<b>ADAPTED FLOOR HOCKEY CI</b>	Burnsville/Farm/ Lakeville David Diehl
<b>BOYS NORDIC SKIING</b>	Duluth East	Bonnie Fuller-Kask		<b>BOYS BASKETBALL</b>	
<b>GYMNASTICS</b>			Class A	Russell-Tyler-Ruthton	Daren Gravley
Class A	Big Lake	Landon Goldsmith	Class AA	Albany	Cory Schlagel
True Team			Class AAA	Totino-Grace	Nick Carroll
			Class AAAA	Wayzata	Bryan Schnettler
<b>GYMNASTICS</b>				<b>SPRING 2023 CHAMPIONSHIP TEAMS</b>	
Class A	Big Lake	Landon Goldsmith		<b>BOYS LACROSSE</b>	
MSHSL				Lakeville North	Matthew Stonestrom
<b>GYMNASTICS</b>				<b>GIRLS LACROSSE</b>	
Class AA	New Prague	Darrell Christenson		Benilde-St. Margaret's	Ana Bowsby
MSHSL				<b>BOYS TENNIS</b>	
<b>GIRLS HOCKEY</b>			Class A	St. Paul Academy- Summit	Luke Elifson
Class A	Warroad	David Marvin	Class AA	Wayzata	Jeff Prondzinski
Class AA				<b>SOFTBALL</b>	
<b>DANCE-High Kick</b>			Class A	Edgerton/ SW MN Christian	Andrew Fleischman
Class A	St. Cloud Cathedral	Marissa Haakonson	Class AA	Dilworth-Glyndon- Felton	Ron Drechsel
Class AA	Mound-Westonka	Molly Carlson	Class AAA	Mankato East	Joseph Madson
Class AAA	Eastview	Taylor Varghese	Class AAAA	Rosemount	Tiffany Rose
<b>DANCE-Jazz</b>				<b>ADAPTED SOFTBALL CI</b>	
Class A	St. Cloud Cathedral	Marissa Haakonson		Burnsville/ Farmington/Lakeville	Dave Diehl
Class AA	Orono	Sharon Forde		<b>ADAPTED SOFTBALL PI</b>	
Class AAA	Maple Grove	Stacy Marquardt		Dakota United Hawks	Brett Kosidowski
<b>WRESTLING</b>				<b>GIRLS GOLF</b>	
Class A	Jackson County Central	Nathan Hanson	Class A	Lac qui Parle Valley	Kipp Stender
Class AA	Simley	Will Short	Class AA	Pequot Lakes	Savannah Nelson
Class AAA			Class AAA	Maple Grove	Randy Glasmann
<b>BOYS SWIMMING MSHSL</b>				<b>BOYS GOLF</b>	
Class A	Breck-Blake	Michelle Carlson	Class A	Lakeview	Sarah Wahlstrom
	Breck-Blake	Brian Wright	Class AAA	Edina	Michael McCollow
Class AA	Eden Prairie	Kelly Boston		<b>BASEBALL</b>	
<b>BOYS SWIMMING TRUE TEAM</b>			Class A	Fosston	Ryan Hanlon
Class A	Breck-Blake	Michelle Carlson	Class AA	Esko	Ben Haugen
	Breck-Blake	Brian Wright	Class AAA	New Prague	Tanner Oakes
Class AA	Minnetonka	John Bradley	Class AAAA	East Ridge	Brian Sprout
<b>BOYS HOCKEY</b>				<b>GIRLS TRUE TEAM TRACK</b>	
Class A	Mahtomedi	Jeff Poeschl	Class A	Luverne	Peter Janiszski
<b>GIRLS BASKETBALL</b>					
Class A	Mountain Iron-Buhl	Jeff Buffetta			
Class AA	Providence Academy	Conner Goetz			
Class AAA	Benilde-St.Margaret's	Tim Ellefson			

# WINTER & SPRING 2022-2023 CHAMPIONSHIP TEAMS

Class AA Rocori Brad Bauer  
 Class AAA Minnetonka Jane Reimer-Morgan

## BOYS TRUE TEAM TRACK

Class A Howard Lake-Waverly-Winsted Andy Hertwig  
 Class AAA Wayzata Aaron Berndt

## GIRLS TRACK & FIELD MSHSL

Class A Eden Valley-Watkins/Kimbal Tyler Warren  
 Class AA Monticello Kim Nygaard  
 Class AAA Minnetonka Jane Reimer-Morgan

## BOYS TRACK AND FIELD MSHSL

Class A St. Croix Lutheran Brent Schacht  
 Class AA Waseca David Abel  
 Class AAA Rosemount Jay Hatleli

## SYNCHRONIZED SWIMMING

Stillwater Kathryn Henderson



## 2022-23 SECTION COACHES OF THE YEAR

SECTION 1A: Wade Grinde, Spring Grove  
 SECTION 2A: Sam Carlson, Mankato Loyola  
 SECTION 3A: Daren Gravley, Russell-Tyler-Ruthon  
 SECTION 4A: Robbie Whitney, New Life Academy  
 SECTION 5A: (Co) Scott Kramer, Nevis  
 (Co) Robert Schueller, Browerville  
 SECTION 6A: Jordan Roos, Border West  
 SECTION 7A: Chris Carlson, Northland  
 SECTION 8A: Destry Sterkel, East Grand Forks  
 Sacred Heart

SECTION 1AA: Greg Berge, Lake City  
 SECTION 2AA: Craig Morgan, Minnesota Valley  
 Lutheran

SECTION 3AA: Jacob Anderson, Eden Valley-Watkins  
 SECTION 4AA: Eric Schutte, Concordia Academy  
 SECTION 5AA: Joe Burger, Holy Family  
 SECTION 6AA: Cory Schlagel, Albany  
 SECTION 7AA: Rich Spiczka, Pequot Lakes  
 SECTION 8AA: Jonathan Hams, Thief River Falls

SECTION 1AAA: Parker Lyga, Stewartville  
 SECTION 2AAA: Joe Madson, Mankato East  
 SECTION 3AAA: Todd Anderson, Delasalle  
 SECTION 4AAA: Nick Carroll, Totino-Grace  
 SECTION 5AAA: Kyle Waterworth, St. Francis  
 SECTION 6AAA: Damian Johnson, Benilde-St. Margaret's  
 SECTION 7AAA: Andy Fenske, Hermantown  
 SECTION 8AAA: Forrest Witt, Alexandria

SECTION 1AAAA: John Oxton, Lakeville North  
 SECTION 2AAAA: Jon Bryant, Edina  
 SECTION 3AAAA: Paul Goetz, Eastview  
 SECTION 4AAAA: Greg Burke, White Bear Lake  
 SECTION 5AAAA: James Ware, Park Center  
 SECTION 6AAAA: Keenan Shelton, Mpls. Southwest  
 SECTION 7AAAA: Jeremy Hable, Andover  
 SECTION 8AAAA: Josh Ortmann, Buffalo

## 2022-23 MBCA STATE COACHES OF THE YEAR

CLASS AAAA: Paul Goetz, Eastview  
 CLASS AAA: Joe Madson, Mankato East  
 CLASS AA: Cory Schlagel, Albany  
 CLASS A: Scott Kramer, Nevis

## 2022-23 MBCA ASSISTANT COACHES OF THE YEAR

Jason Sorenson – Buffalo  
 Jon Ledeboer – Heritage Christian Academy  
 Gavin Bopp – Two Harbors  
 Marc Paul – Concordia Academy  
 Pete Nez – Redwood Valley  
 Bill Dent – Nevis  
 Damien Paulson – Duluth East  
 Nick Nowak – Princeton  
 Brian Schwantz – Perham

# 2023 SCHOLAR



## ELIZABETH AHLIN

### Little Falls High School - Betsy Farness Scholarship

Elizabeth is a graduate of Little Falls HS where she participated in Tennis, Cross Country, Nordic Skiing and Track & Field. She will attend St. Olaf College in the fall and she received the Betsy Farness Scholarship. Being a Varsity athlete taught her time management, planning and the importance of commitment. She feels the experience of being in athletics has not only made her the person she is, but it has given her the initiative to become the person she is meant to be.



## DANIEL BARTLE

### Pillager High School - Darien & Mary DeRocher Scholarship

Daniel credits being a member of the first Robotics Team for Pillager HS with preparing him for the future where teamwork & leadership are both crucial to the success of both the individual and the team. He feels the decision to join the Robotics team was the best decision of his HS career. He was awarded the Darien & Mary DeRocher Scholarship and he plans to attend Central Lakes College in the fall.



## KIARA GENTZ

### Owatonna High School - Velma Teichroew Scholarship

Kiara is the recipient of the Velma Teichroew Scholarship to be used as she heads to the University of Wisconsin - LaCrosse in the fall. She participated in Cross Country and Track & Field at Owatonna HS. She learned many things including hard work & dedication, the importance of rest, mental toughness and finding community. She feels the lessons she has learned will prove to be invaluable in her life.



## MORGAN J. GILLARD

### East Ridge High School - Howard Emerson Scholarship

The Howard Emerson Scholarship was awarded to Morgan. His participation on the East Ridge Swim & Dive Team allowed him to create strong bonds with team members, develop a strong work ethic and develop an everlasting love for self-improvement. He heads to the University of St. Thomas in the fall, where he will continue to compete.



## JOSIE JERPSETH

### Annandale High School - Kathy Frederickson Scholarship

As a 3 sport athlete, Josie learned how to work with others, manage her time, face adversity, be resilient and be a more confident person with a strong work ethic. She plans on attending the College of St. Benedict in the fall and is the recipient of the Kathy Frederickson Scholarship.

# SHIP WINNERS



## CHLOE KOCH

### Highland Park High School - Past President Scholarship

At Highland Park HS, Chloe participated in Cross Country, Nordic Skiing, and Track & Field. Through sports, she learned to believe in herself and push herself harder than she ever thought possible. The thing she will remember the most from HS athletics are the people. Chloe was awarded the Past President Scholarship and plans to continue Nordic Skiing at Williams College next year.



## MADELINE PRONDZINSKI

### Minnetonka High School - Past President Scholarship

As a graduate of Minnetonka HS, Maddie is grateful for the athletic opportunities she received. She learned the importance of being a strong leader, the power of a good coach, and how to be a respected adult. She also learned the value of hard work and the importance of communication. She is the recipient of the Past President Scholarship.



## ANIKA REILAND

### Kingsland High School - John & Bernie Schumacher Scholarship

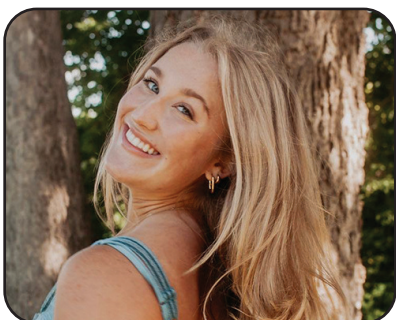
Anika was involved in multiple sports at Kingsland HS. Her participation in sports taught her many lessons that she will carry with her beyond high school. She learned that one should not shy away from challenges but rather embrace and learn from them. She plans on attending the University of Wisconsin-LaCrosse in the fall, and she was awarded the John & Bernie Schumacher Scholarship.



## JEBRYAN SAWYER

### Northfield High School - Steve Kerzie Scholarship

Jebryan is a graduate of Northfield HS, where he participated in Golf and Swim & Dive. He was awarded the Steve Kerzie Scholarship and heads to Minnesota State University-Mankato next fall. The demands of being a student-athlete helped him gain mental and physical toughness, and perseverance helped him believe in himself.



## VIOLET URDAHL

### St. Anthony Village High School - John & Mary Erickson Scholarship

Violet participated in both Gymnastics and Softball at St. Anthony Village HS. Gymnastics trained her to be a leader, softball educated her on how to be an athlete. Though her love for sports is a huge part of her identity, her true self is found in the bonds that she created. Violet is the recipient of the John & Mary Erickson Scholarship.



[Redacted]

[Redacted]

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

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

[Redacted]

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

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2023 – August 1, 2024

[Redacted]

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

[Redacted]

[Redacted]

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

- ❖ Camp Insurance Request form is available on our website: [www.loomislapann.com](http://www.loomislapann.com)

[Redacted]

[Redacted]

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



[www.loomislapann.com](http://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

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

**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.

Minnesota State High School Coaches Association  
HALL OF FAME NOMINATING FORM



SEND NOMINATIONS TO: Mark Solberg 430 8th Ave NW  
Cambridge, MN 55008 Email: msolberg1957@gmail.com

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_  
Birth Date \_\_\_\_\_ Marital Status \_\_\_\_\_ Deceased \_\_\_\_\_  
Spouse's Name \_\_\_\_\_ Children's names and ages \_\_\_\_\_

Nominating Person or Group \_\_\_\_\_  
Rationale for Nomination \_\_\_\_\_

Personal History: Hometown \_\_\_\_\_  
College/s \_\_\_\_\_ Year \_\_\_\_\_

College Honors: \_\_\_\_\_  
Coaching History: (Sports, schools & years) \_\_\_\_\_

Coaching awards, honors & highlights: \_\_\_\_\_

Are you currently an inductee to a sport association? \_\_\_\_\_ If yes, please list: \_\_\_\_\_

Present status \_\_\_\_\_ Organizations & honors other than coaching: \_\_\_\_\_

Coaches Association involvement & present status: \_\_\_\_\_

Please list other highlights & experiences: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Date \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

RICK RINGEISEN, MSHSCA  
20085 Italy Ave.  
Lakeville, MN 55044

MINNESOTA PREP COACH



## Someone You Know May Need a Friend



Awareness and education are key to preventing youth suicide, the 2nd leading cause of death for young people ages 10-24.

**if** The **Jason Foundation**  
[www.jasonfoundation.com](http://www.jasonfoundation.com)

# LEARN

how you can **B1** for a friend  
[rascalflattsB1.com](http://rascalflattsB1.com)

