



THE Minnesota PREP COACH

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JOHN'S JOURNAL: Lots Of Reasons To Smile At Mabel-Canton

*On Heels Of Memorable Trip To State,
Volleyball Coach Lonnie Morken Reaches 800 Career Wins*

** This article is reprinted from John Journal on September 13, 2023.*

By John Millea

Lonnie Morken smiles all the time. And he has plenty of reasons to smile. The volleyball coach at Mabel-Canton High School has built one of the state's top programs during 30 years there, the team is undefeated this season and coming off a third-place finish at last year's Class A state tournament.

Early this season, Morken, 52, became only the fourth volleyball coach in Minnesota history to record 800 career wins. That's another reason to smile.

Lonnie and his wife Stephanie are parents of three daughters; Sadie is 22 and works as a para-professional at Mabel-Canton (where Lonnie and Stephanie teach), Sophie graduated last spring and is playing volleyball at the College of St. Benedict in St. Joseph, and Sahara is a junior on

the volleyball team. Smile? You bet.

Everybody involved in volleyball knows Lonnie Morken and smiles at the mention of his name. He's the coach who has never been seen wearing anything but short pants; his fashion choice will be interesting when he is inducted into the Minnesota State High School Coaches Association Hall of Fame on Oct. 14, by tradition a coat-and-tie event. (He was inducted into the Minnesota Volleyball Coaches Association Hall of Fame in 2011.)

He graduated from high school in Spring Grove in 1989 and Luther College in Iowa in 1993; Spring Grove is eight miles east of Mabel and Luther is 18 miles south. Morken is a fixture in that region, but rewind the tape 32 years or so to a time when Morken was uncertain of his future in the area and considered moving away. That seems unthinkable now.

How he got involved in

volleyball, and how he remained close to home, is a story that leans on serendipity, fortune and maybe just a bit of good timing.

As a high school student he served as a line judge at Spring Grove home volleyball matches, so he got to know something about the sport. A three-sport athlete himself, he played basketball and baseball as a college freshman before a shoulder injury on the baseball field delayed his sophomore season on the Luther basketball team.

Unable to play basketball, he began hanging out with male friends who played on Luther's club volleyball team. He earned work-study money by line judging Luther women's volleyball matches and being around the game so much made him fall in love with the sport.

"It's funny how your life experiences shape and mold you," he said.

He graduated from Luther

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President's Message

By: Jen Marshall

Happy Holidays! My wish is for all coaches across Minnesota to take some time this holiday season to refresh, reflect, and rejuvenate! Spend time with those important to you outside of coaching.

Congratulations to all fall programs, and all the best to those involved during the winter season. Embarking on a new season is always exciting - enjoy the journey.

Sports Engine published an article in June 2023 outlining "Tips for Coaches on Dealing with Difficult Parents." I'm hoping some of the info summarized below will help you if and when you're faced with a challenging situation.

First, make a good impression. If you're a new or seasoned coach, you'll always meet the parents of new student-athletes you work with. Keep the lines of communication open. A perfect way to do this is to share your Purpose Statement. When parents know right from the get-go why you coach and what your purpose is, they can better understand your decisions.

Next, create a Code of Conduct. This is all about establishing boundaries with clearly defined terms. When parents know what is acceptable behavior and what is not,

it puts expectations on them to act accordingly. The Code of Conduct can be simple and direct and should focus on setting a good example for the student-athletes. No need to overcomplicate it. This is an easy way to get everyone on the same page and can be referred to if and when needed during the season.

Communicate your coaching strategy. This will vary at different levels in your program, so make sure coaches at all levels are communicating with their teams, too. Parents might not agree with how the team is run, but at least they'll be aware of the motivation behind it.

Finally, don't talk with anyone who is yelling at you. This is the absolute worst time to have a conversation as emotions are high, and things said are often later regretted. If you're confronted with this situation, try to stay calm and let the individual(s) know that you prefer to meet in private later. Most importantly, don't get pulled into a shouting match. This only makes you look bad - let the parent(s) look like an idiot instead.

Thank you for serving the student-athletes in your community. Keep fighting the good fight, and stay awesome.

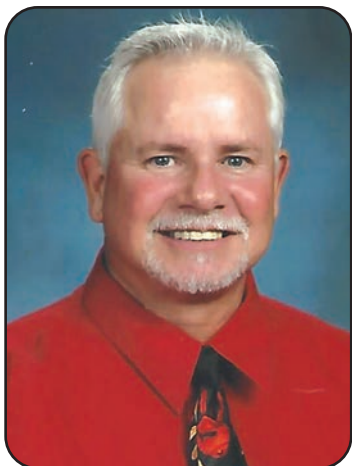
Sports associations clinic, events, and officer updates should be emailed to Rick Ringeisen at ringer@mshsca.org.

2023-24 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
Jan. 12-13, 2024	Baseball Clinic- mark.downey@moundsviewschools.org	Target Field
TBD	Robotics clinic - Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center)
Jan. 25-27, 2024	Track & Field Clinic - jjosephs@isd721.org	Intercontinental - St. Paul Riverfront
Feb. 3, 2024	Softball Clinic- jasonbaune@gmail.com	Target Field
March 1-3, 2024	Tennis Clinic - David Wareham - dwareham67@gmail.com	FORT
March 2, 2024	Girls Lacrosse Meeting	Benilde-St. Margaret HS
March 25-28, 2024	MNIAAA AD Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
April 4-6	Football Clinic - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
April 4-6	Football Hall of Fame Banquet	Double Tree, St. Louis Park
April 26-27	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.

Reflections by Ringer



*By: Rick Ringeisen, MSHSCA
Executive Director*

A coach's influence lasts a lifetime.

As a coach, your influence carries your players day to day, season by season, and beyond through their lives. That fact makes coaching one of the most important professions in the world, and it takes highly resilient individuals to become

career coaches by staying above the fray. Coaches are often the most influential mentors in a student-athlete's life beyond their parents. Coaches are the ones who are there when student-athletes work for their goals, pick them up when they fall short, and fill up their emotional gas tanks by being positive and coaching them up for the next opportunity. All those things happen because coaches build personal relationships, develop trust, and gain influence.

As coaches, we constantly look for ways to improve as a coach and person for our programs. That leads us to attend clinics and keep a stack of books we plan to read about coaching. People we know often recommend books, and some even go so far as to give us books to read. There is a new book out that I highly recommend that you pick up. The title is *"Chasing Influence,"* and the author is a fellow Minnesota coach. St. Anthony Baseball Coach Troy Urdahl is the author, and it is by far the most enjoyable and impactful coaching book I have read.

The basis of Troy Urdahl's book *"Chasing Influence,"* is founded in Minnesota sports lore of a mythical coach named Stick Olson, whose life events closely resemble legendary Waseca Baseball Coach Clint "Tink" Larson. The book is filled with coaching wisdom and powerful quotes woven into the fabric of being on one of his teams; the players return for the rededication celebration of the ballpark they consider a second home. Chapter by chapter, the player's character takes center stage and draws you deeper into the story. It is so deep that the story will flood your mind with players and stories from your own coaching career. The book will enthrall you with the author's mastery of linking sports and important life lessons into a chain of events learned through being on a team and having a caring coach. The greatest treat from reading this book is that your mind will be filled with memories of your past teams and players.

This past fall, when I was about two-thirds of the way through reading *"Chasing Influence,"* I participated in a local scholarship golf tournament. The golf tournament is called *"A Big Swing for Big Nate Memorial Golf Tournament."* The golf tournament is hosted annually to raise money for scholarships by the Rasmussen family in honor of their son Nate, who tragically died in an automobile accident in 2002. The tournament is always well attended because our community dearly loves and respects the Rasmussen family. Nate was beyond exceptional. He was funny, brilliant, a gifted athlete,

and a tremendous leader. Nate was one of the rare small-town talented athletes who had the option of choosing between a D1 college athletic career and a Major League Baseball contract. Nate played a few years in the minors. After leaving MLB, he went to St. John's University, where he played football, graduated Magna cum Laude, and then went to work for the Target Corporation.

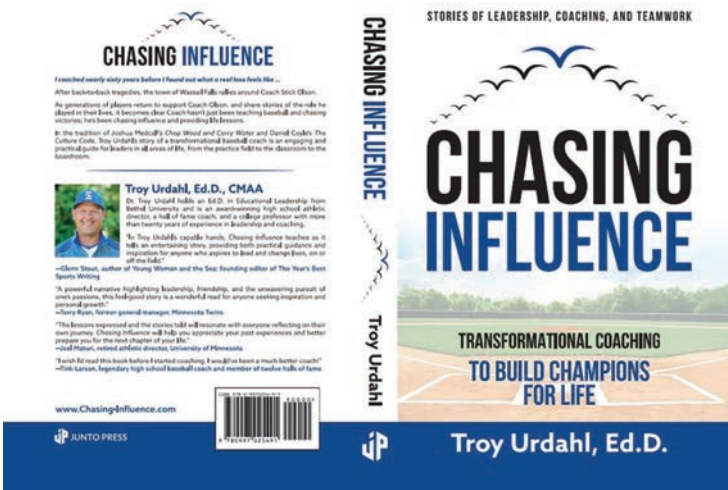
At the tournament, I played in a foursome with three other long-time Lakeville coaches. It was extra fun for us to visit with the attendees because many of Nate's former teammates and friends attend the golf tournament each year, which meant we could reconnect with many student-athletes we had in class and coached. During the social time, there was a lot of reminiscing about Nate and the times we all shared while those in attendance were students in our classes and players on our teams.

It was a gratifying experience and fun to talk to each of our former student-athletes and hear about their accomplishments. They reminisce about being in our classes and on our team, and we talked about the things we remembered about them. It was also nice to hear how our teaching and coaching made a difference in their lives. We met their spouses and children, who were also playing in the tournament. As the conversations developed, they vividly recalled several unforgettable memories. Those wonderful reconnections and gratifying conversations would not have happened if we did not attend the golf tournament. Numerous pictures were taken, and a few FaceTime calls were made to spouses who were also students in our classrooms and athletes on our teams who were not at the tournament.

On the drive home, it struck me that reading *"Chasing Influence"* was the anticipatory setup for what happened at the *"A Big Swing for Big Nate Golf Tournament."* In addition, funds were raised for several local scholarships! As teachers and coaches, we really do have a lasting impact on our student-athletes. It is just a matter of time before coaches cross paths with their former student-athletes, reconnecting and hearing firsthand the difference we made for them. While we all gathered for a worthy cause at the golf tournament, reconnecting with former students and players was the highlight of the day.

When I got home, I grabbed my copy of *"Chasing Influence"* and read until dinner time. I am now convinced more than ever that, as coaches, we are more than the heart and soul of our communities. People want to connect with us and for their kids to be on our teams because of the life lessons we teach beyond the games. There is no better way to understand this than to attend public events in your community. Think about how often people greet you as a "Coach" and want to spend a few minutes talking to you and asking about your team and family. In many ways, coaches are local celebrities.

No profession impacts young people's lives in a positive manner more than coaches. A coach's influence extends well beyond the game and lasts a lifetime. I suggest you pick up a copy of Troy Urdahl's *"Chasing Influence."* Your coaching will be reinvigorated! *"Chasing Influence"* is available on Amazon.com.



“Chasing Influence” is available on Amazon.com.

MSHSCA Members are nominated for the National NHSACA Awards

Congratulations to the following coaches for being nominated for National High School Athletic Coaches Association Coach of the Year, Scott McCready for being nominated for National Athletic Director of the Year!

AD / Sport	AD / Coach	High School
Athletic Director	Scott McCready	Saint Charles HS
Baseball	Troy Urdahl	St Anthony Village HS
Boys' Assistant	Matt Braaten	Cambridge-Isanti HS
Boys' Basketball	Willie Braziel	Columbia Heights HS
Boys' Cross Country	Scott Christensen	Stillwater HS
Boys' Track & Field	Scott Christensen	Stillwater HS
Football	Chad Johnston	Minneota HS
Girls' Assistant	Karla (Reimer) Jensen	Pierz HS
Girls' Basketball	Kent Hamre	St. Michael-Albertville HS
Girls' Cross Country	Matt Gabrielson	Edina HS
Girl's Track & Field	Jane Reimer-Morgan	Minnetonka HS
Golf	Jessica Kamman	Elk River HS
Soccer	Tony Pezneker	Wayzata Girls HS
Softball	Joe Madson	Mankato East HS
Special Sports	Kathy Henderson	Stillwater HS
Swimming & Diving	Jen Marshall	Farmington HS
Tennis	Aaron Rothenberger	St. Peter HS
Volleyball	Lonie Morken	Mabel HS
Wrestling	Tim Haneberg	Hastings HS

Minnesota's Coaching Legends Nucech & Scanlon will be inducted into the National Coaches Hall of Fame.

Minnesota coaching legends Gail Nucech from Hibbing and Chuck Scanlon from Apple Valley are going to be inducted into the National High School Athletic Coaches Association National Coaches Hall of Fame. The Banquet will be held during the NHSACA National Convention in Bismarck, North Dakota, on Tuesday, June 25, 2024, at the Bismarck Hotel & Conference Center.

Gail Nucech and Chuck Scanlon's biographies from their

2010 induction into the MSHSCA are reprinted below from the Prep Coach September 2010 issue.

Gail Nucech (Hibbing) Biography

Gail attended Greenway High School, Itasca Junior College, and Bemidji State College. She has coached a variety of sports in her career, including volleyball, basketball, Softball, track and field, and gymnastics. Volleyball being her most significant sport as a coach.

She retired from teaching in 2005 but continues to coach volleyball. Four Halls of Fame have preceded this year's induction, including the Bemidji State University Hall of Fame, the Minnesota Volleyball Coaches Hall of Fame, the Greenway High School Hall of Fame, and the Minnesota State High School League Hall of Fame. Governor Rudy Perpich proclaimed October 16, 1960, as Gail Nucech Day.

Her honors won, and achievements are lengthy, including being the winningest volleyball coach in Minnesota High School Volleyball — 859 wins and 218 losses, Iron Range Champions - 25 times Region 7AA and AAA Champions - 23 times, participation in 23 state tournaments with one state title, one-second place, four third-place finishes, and seven 5th place finishes.

She was the Region 7AA/AAA Coach of the Year several times and was also recognized as a State Coach of the Year. Gail and her daughter participated together in the 2006 state tournament. She organized the Hibbing Junior Volleyball Program and had her teams competing at the Nationals tournaments from Minneapolis to Texas. Won the National Girls and Women Sports Day Special Merit Award, and she developed and coached the Hibbing Fast Pitch Program. Serves as a Volleyball Rules Interpreter and was on the Task Force for Coaches recertification. She has raced Sled dogs and earned first place in North Star Races and was 1st in Minnesota Championship points. She and her husband, Dennis, have one child - Crystal and one grandchild.

Chuck Scanlon (AppleValley) Biography

Look in the yearbooks of Apple Valley High School, and for the past 33 years, you will see Chuck Scanlon's photo next to generations of winning teams ranging from boy's soccer to boys and girl's hockey to baseball.

Recently, Coach Scanlon became the winningest coach in the history of Minnesota soccer with an amazing record of 541- 89-46 record, including 9 state championships, 17 section championships, and 20 conference championships. His team went on a 47-game winning streak, which was another state record.

Coach Scanlon is credited with developing one of the top soccer programs in the nation and, as a result, was named the Division 1 National Coach of the Year by the National Soccer Coaches Association.

That is just for soccer. Scanlon has also pioneered the girls' hockey program at Apple Valley. His team won the nation's first-ever Girls Championship game in the State Hockey Championship in 1985. They also won the first televised state championship game in 1998. In 18 years, his hockey teams have compiled 217 victories, 3 Section Titles, 2 State Championships, and 1 third-place finish.

Chuck's passion for coaching grew out of his experience as

Delegates Corner

Kerry Sutherland

The winter season with its unique sports and camaraderie, promises a journey of victory, defeat, growth and unity. There will be echoes of skates on ice, strategic maneuvers on the basketball court, and shared victories under stadium lights.

Winter sports season is especially meaningful to me, because it's the time I get to reunite with my players and the coaches after a long off season of preparation and promise. As coaches come together, we get to witness the growth of individual players, both in and out of competition. This fills us with a sense of pride that goes beyond the scoreboard. The camaraderie built between coaches and athletes creates a

bond that transcends the game. Every practice and game is an opportunity to create shared memories that last a lifetime.

Witnessing the spark of determination in our players' eyes, and celebrating their victories big or small, makes being a high school coach a deeply rewarding and fulfilling experience.

So as we embark upon our winter sports season, always remember that the true victory lies in the privilege we get as coaches, of sharing in this journey with our players.

Sometimes you will never know the value of a moment until it becomes a memory.

-Dr. Seuss

MSHSL BOARD OF DIRECTORS REPORT:

By: Mike Hennen, Boys' Sports Rep

The MSHSL board has held two board meetings this fall. The first on October 5th and most recently on November 30th. Each board meeting comes with hours of preparation in committee meetings and working meetings to allow the board to have ample time to discuss, ask questions and make informed decisions. It has been a great opportunity to represent the MSHSCA on this board for the first few months of this year.

October 5th Meeting:

- Boys Volleyball was approved to be placed in the spring with full implementation for the 2024-25 school year. It has grown to over 2000 participants which ranks 10th in the country in numbers.
- Approved a Team State Tournament Seeding Policy that will take effect for the 2024-25 school year. There are three options for Activity Advisories to make recommendations to the MSHSL Board.
 - Team sport seeds Nos. 1-5 with random draw for seeds Nos. 6, 7, and 8.
 - Team sport seeds all teams once per state tournament.
 - Team sport does not seed in the first round of the tournament. The team sport will use a regional/sectional or scheduled rotation.
- Approved the third day to the Softball State Tournament beginning in 2024.
- Approved a change to the method of calculating the qualifying standards for the State Track & Field Meet. The new standard would be determined by taking the average of the performance of the 9th place finisher in the state prelims the previous three years.
- Approve the addition of the 400-meter event in the wheelchair division at the sections and state levels, effective in 2024.

November 30th Meeting:

- Approved a MSHSL Belief Statement that solidifies a commitment to regional representation at state tournament events.
- Approved policy language that allows the maximum daily limit in wrestling to increase from five matches to six matches per day with a maximum of ten matches in consecutive days.
- Excited to host "Together in Partnership," the statewide conference working toward developing personal leadership skills and ensuring safe, more respectful and inclusive environments in education-based athletics and Fine Arts activities.

Winter and Spring Advisory Committee if you want your team sport seeding method to change for the 2024-25 school year please submit those proposals. Deadline for Winter - February 15th and for Spring - May 15th. Fall Activity Advisory Proposals that will become action items at the February Board Meeting are as follows:

- Football – proposal to seed 1-4 North and 1-4 South once teams have made the State Tournament.
- Soccer – proposal to change the suspended game rule to start at the point of suspension if before the end of the first half.
- Girls' Tennis – proposal to add a class of tennis to make it a 3-class post season tournament divided by thirds.
- Girls' Volleyball – proposal to seed all teams 1-8 at the State Tournament.

As we head into the winter seasons, remember to embrace the entirety of the winter sports season and to foster a positive and enriching environment for student-athletes. Encourage your team to savor every moment, learn from challenges, and celebrate victories. Make time for yourself and enjoy the season!!!

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Diversity, Equity, & Inclusion

Larry McKenzie

Embracing Diversity, Equity, and Inclusion in High School Sports: Fostering a Culture of Belonging

High school sports play a pivotal role in shaping the lives of young athletes, fostering teamwork, discipline, and leadership. However, the significance of diversity, equity, and inclusion (DEI) in high school sports cannot be understated. Embracing DEI principles within athletic programs is essential for creating an environment where every student-athlete feels valued, respected, and supported. By promoting diversity, equity, and inclusion, high school sports programs can not only enhance athletic performance but also cultivate a culture of belonging and acceptance.

Diversity within high school sports encompasses a wide range of factors, including race, ethnicity, gender, sexual orientation, socioeconomic background, and physical and cognitive abilities. Recognizing and celebrating this diversity is crucial for fostering a sense of community and breaking down barriers that may exist among student-athletes. When individuals from various backgrounds come together to participate in sports, it not only enriches the overall experience but also promotes cross-cultural understanding and empathy.

Equity in high school sports pertains to ensuring fairness and equal opportunities for all student-athletes, regardless of their background or circumstances. It involves addressing disparities in access to resources, facilities, coaching, and support systems. By prioritizing equity, high school sports programs can create an environment where every student-athlete has the chance to thrive and succeed, irrespective of their socioeconomic status or personal challenges.

Inclusion is the active and intentional effort to create an environment where all student-athletes feel welcomed, respected, and empowered to contribute their unique perspectives and talents. Inclusive high school sports programs foster a sense of belonging and acceptance, where student-athletes feel comfortable being their authentic selves. When every student-athlete feels included, they are more likely to develop a strong sense of belonging and form lasting connections with their teammates, coaches, and the broader school community.

Integrating DEI principles into high school sports not only benefits individual student-athletes but also contributes to the overall success and reputation of the athletic program. Here are several reasons why diversity, equity, and inclusion are crucial within high school sports:

1. **Promoting Personal Growth:** Exposure to diversity and inclusion in high school sports exposes student-athletes to new perspectives and experiences, fostering personal growth and empathy. It helps them develop cultural competence and a greater appreciation for the value of inclusivity.

2. **Enhancing Team Dynamics:** Embracing diversity and inclusion can strengthen team dynamics by promoting open communication, collaboration, and mutual respect among student-athletes. When individuals from diverse backgrounds come together, they bring a variety of skills, ideas, and strengths that can enrich the team's overall performance.

3. **Reflecting Real-World Diversity:** High school sports programs that prioritize diversity and inclusion mirror the diversity found in the broader society. By preparing student-athletes to navigate a diverse world, these programs equip them with essential life skills and perspectives that extend beyond the playing field.

4. **Reducing Discrimination and Bias:** By fostering a culture of inclusion, high school sports programs can help reduce instances of discrimination, bias, and unfair treatment. This creates a more supportive and respectful environment for all student-athletes, coaches, and staff.

To effectively promote diversity, equity, and inclusion within high school sports, several strategies can be implemented:

1. **Diverse Representation:** Encourage diverse representation among coaching staff, athletic administrators.

Happy Holidays to you!

“Be the change that you wish to see in the world.” - Mahatma Gandhi

Larry A. McKenzie, Author, Educator, Dynamic Motivational Speaker, Transformational Basketball Coach, Radio Host, and 2018 Bush Fellow

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2023-2024

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

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

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

Remember to Register for 2023-24!

Over 8000 Coaches have registered so far for this Membership Year. Registration began 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 to pay with your personal credit card (or) have your school pay using their credit card.

MSHSCA members will receive emails with links to download and print their MSHSCA membership cards.

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

It is very important that the email you use to sign in to your account is active because that is the email address that your insurance and membership links will be sent to.

The advantages of the digital registration process are as follows:

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

When you join for the 2023-2024 membership year, you will receive two emails.

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

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:

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](#))

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. As an alternative, you can choose to 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](#))

Registration Info:

Username: your email address

Registration Site: mshsca23.cordonco.com

• 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 into 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 and request assistance.

MEMBERSHIP CORNER ... continued from page 8

MSHSCA Digital Membership Troubleshooting Tips:

“I did not receive an email after I registered, 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.
- 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.
- 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 at any time to open membership links.

Log in to <https://mshsca23.cordonco.com>. 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 not allow you to edit your membership profile until after you have joined for the membership year. After you have joined, log out and log back in. Once you have logged in, you will be able to edit your membership profile. Make sure you advance to the last page and scroll down to the bottom and press the **“Finish”** button to complete the editing process.

2023-2024 CHAMPIONSHIP TEAMS & COACHES

FALL SPORTS	TEAM	COACH	FALL SPORTS	TEAM	COACH
GIRLS TRUE TEAM SWIMMING			VOLLEYBALL		
Class A	Orono	Mark Seguin	Class A	Russell-Tyler-Ruthton	Daynica Brown
GIRLS TRUE TEAM SWIMMING			Class AA	Pequot Lakes	Christine Ganley
Class AA	Minnetonka	JB Bradley	Class AAA	Marshall	Dan Westby
GIRLS TENNIS			Class AAAA	Wayzata	Scott Jackson
Class A			GIRLS SWIMMING MSHSL		
Class AA	Rochester Mayo	Jeff Demaray	Class A	Visitation	Nate Linscheid
GIRLS SOCCER			Class AA	Edina J	eff Mace
Class A	St. Paul Academy and Summit School	Aileen Guiney	ADAPTED SOCCER PI		
Class AA	Benilde-St. Margaret's	Scott Helling-Christy	ADAPTED SOCCER CI		
Class AAA	Edina	Katie Aafedt		Burnsville/ Farmington/Lakeville	Shawn Tatge
BOYS SOCCER			FOOTBALL		
Class A	St. Paul Academy and Summit School	Max Lipset	9 Man	Nevis	Shawn Klimek
Class AA	Hill-Murray	Jeff Zupfer	1A	Minnesota	Chad Johnston
Class AAA	Wayzata	Dominic Duenas	2A	Eden Valley-Watkins	Adam Tri
GIRLS CROSS COUNTRY			3A	Stewartville	Garrett Mueller
Class A	St. Cloud Cathedral	Gregory Jamison	4A	Hutchinson	Andrew Rostberg
Class AA	Marshall	Marie Sample	5A	Chanhassen	Cullen Nelson
Class AAA	Wayzata	Kalsey Beach	6A	Centennial	Mike Diggins
BOYS CROSS COUNTRY					
Class A	Heritage Christian	Lydia Hatton			
Class AA	Mankato East	Chris Ward			
Class AAA	Wayzata	Mark Popp			

MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at
ringer@mshsca.org



Goal Posts

By: Ron Stolski



Fellow Keepers,

The holiday season is a time of thanks, bustle, and blessings. It is a time for family, friendships renewed once again, and those formed anew. It is time to gather and, perhaps, rest. It is a quiet reflection of the past season and seasons past—a time for recognition, thanks, and congratulations.

CONGRATULATIONS TO;

- The MSHSL once again administering a remarkable playoffs; a memorable Prep Bowl.
- The State Champions; 9 man Nevis, 1A Minneota, 2A Eden Valley-Watkins, 3A Stewartville, 4A Hutchinson, 5A Chanhassen, 6A Centennial. And all tournament participants who modeled the best of sportsmanship!
- The Mr. Football finalists, Luke Dingman, Belgrade-Brooten-Elrosa, Wyatt Gilmore, Rogers, Savion Hart, St. Thomas Academy, Ayden Heyer, Stewartville, Emerson Mandell, Irondale, Antonio Menard, Lakeville North, Francis O'Malley, Montevideo, Will Steil, Rocori, Maxwell Woods, Chanhassen, Tanner Zolnosky, East Ridge
- 2022 Assistant Coach of the Year Charlie Reed, Woodbury, a recipient of the National Frank Broyles HS Assistant COY; honored in Little Rock, Ark, Dec. 2-4
- Stephen-Argyle, the Minnesota winner of the National Football Foundation Academic Excellence Award
- The All-Star players and coaches of the South and North who participated and competed in the 50th anniversary of the "modern" All-Star Football Showcase on Dec. 2.
- Nick David, incoming MFCA President, Mound-Westonka, and Bryan Strand Barnsville, 1st Vice President.

THANK YOU TO;

- The membership of the MFCA..... Coaches who conduct, instruct, direct, model, and inspire. You are the steel that has formed, created, and sustained the experience of high school football in Minnesota.
- Bob Madison, the MSHSL.
- Outgoing President Brent Shimek, Deer River, for his thoughtful, inciteful leadership.
- Dave Fritze, All-Star game manager and selection committee chairs, Bill Magnuson and Brian Vossen
- Mr. Football chair Clay Anderson and his selection committee.
- The Minnesota Vikings' generous support of the Showcase and HS football.
- Dave Nelson, whose commitment, drive, and leadership of the Tackle Cancer campaign has resulted in an ASTONISHING twelve-year total of approx

3,500,000.00 for the Randy Shaver Community Cancer Research Fund.

- The MFCA sub-district reps and committee chairs for their commitment to serve.
- The MFCA clinic committee whose goal is to "better our best" and to conduct the finest high school clinic in the nation. The 2024 date is April 4-6, and registration is now open.
- Terry & Megan Turek for publishing one of the finest association magazines in the nation.
- Jim Dotseth and Rob Nielsen, without whom, we would not and could not be the efficient organization we strive to be.
- The DoubleTree.
- The many sponsors of the MFCA whose support enables us to serve in a myriad of ways.

REMINDERS;

- The MFCA is a 501 (c) 3 not-for-profit organization. There is a link on the website for those who desire to make a contribution. It is a tax deduction.
- Deadlines for awards are fast approaching. Visit the forms page on the website to submit.
- Remember to complete the NFHS rules questionnaire.

And so, good keepers, in this season of thanks and gratitude, let us all be thankful for the privilege of being called coach, for the passion that lasts a lifetime. From the MFCA to you...a wish for A BLESSED AND HAPPY HOLIDAY and quiet reflection.



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

The Minnesota Synchronized Swimming coaches and officials have two clinics planned in preparation for our upcoming 2024 spring season. The coaches will be hosting an in-person coaches clinic on January 22 at the Edina Community Center. The clinic will follow the regular coaches meeting starting at 6:30 pm. The organizers are still working on the details, but head coaches will be asked to submit some information ahead of time. Topics covered at the coach's clinic may include drills, lifts/throws, cutting music, lettering policies, and other procedural ideas such as banquets, shows, and suit rentals/libraries. All coaches are welcome to attend. Details will be emailed to all head coaches, who can then disperse to assistant coaches as needed.

The Minnesota Synchronized Swimming Officials Association is also planning an in-person clinic this winter. It will coincide with the rules interpretation requirements for the season. The specifics are not yet published. The clinic will take place on either Saturday, February 24 or Saturday, March 9 (not to interfere with zone meet dates for USAAS). Topics may include judging routine difficulty and figures. Once finalized, the information will be sent to all current officials. New officials will also be welcome and encouraged to attend.

Mat Chatter



By: Shawn Larson

It is finally winter sports season. If you are like me, you have been waiting for this for about seven months. Thinking about all the great things that will happen during this season is exciting. As you begin the season, it is easy to focus on filling out a lineup or how to win in certain matches. The beginning of the season is important as that is when you lay the foundation of what you want to achieve and also plan what will be built upon that foundation.

Although the outcomes are always important in any sport, the process becomes the focus of our program. We want to focus on the things that we can control. We want to make goals that are easy to measure and that are a push to attain. If athletes learn to focus on the process, they become less concerned with winning and losing. With less fear of losing and more focus on improving, athletes usually have more fun. If it is more fun, and there is less fear, often that is when the best results come along.

Along a similar train of thought, I look closely at weight management. In wrestling, getting athletes to choose a proper weight class to compete in is important. It used to be an automatic response from wrestlers that they were going drop ten or more pounds to wrestle for an entire season. Weight management is still an important part of the sport, though I am curious if it is imperative. As a coach of more than one sport and one who wants the absolute best for his athletes, I am interested in learning what would happen if a wrestler avoids “cutting” during a career in this sport. At the senior level, the athletes with the most success arguably have made their bodies bigger as they get older. What may happen if coaches support the idea of growing instead of cutting? As with anything else, the results may be good, bad, or may not change, but it is something that I would like to check in to. Stay tuned for that idea.

With the declining numbers across the nation in most sports, coaches are trying to find ways to increase participation. It is a challenge to find the right recipe in your program. Some believe having their athletes compete and train all year in one sport is best. Others believe being a multi-sport athlete is the best way to train athletes. I think it is best when the athlete finds motivation to improve at something and dedicates their efforts to improving. I want to see future leaders who are ready to take risks, aren't afraid to fail, and feel confident they can do great things. When all of us have those kids competing for us, we are all winners.

Keep boosting the athletes who are doing the right things. Support the ones that need just a bit of direction. Pick up the ones who may be feeling down about who they are. All of the athletes we have belong with us, and we need to let them know they have value. Good luck in your seasons, and I hope I see you on the mat sometime soon.



Swim Strokes

By: Megan Magnuson

Rochester Century High School

memagnuson@rochesterschools.org

The 2023 Girl's MSHSL State Swimming and Diving season wrapped up November 16-18 at the University of Minnesota. Both A and AA meets were impressive, with the quality of swimming and diving high school teams showcased in Minnesota. Swimmers and divers from around the state earned numerous All-American qualifying times/scores, and the state will be well-represented when the NISCA All-American athletes are announced this spring. Congratulations to Visitation as the Class A State Champion and Orono as the runner-up. This is Visitation's 10th consecutive championship and 14th championship overall. Also, congratulations to the Class AA Champion, Edina. This marks 19 overall championships for Edina. Minnetonka was the runner-up in AA. Additionally, 72 teams earned an Academic Gold award, and 42 teams earned an Academic Silver award. We should be very proud of these athletes for their tremendous accomplishments, not just in the water but also in the classroom.

The MSHSCA True Team section meets were held on October 14, 2023. These were well-attended again this year, and the True Team State meet on October 21, 2023, was equally exciting. Congratulations to the Class A Champion, Orono, and the Class AA Champion, Minnetonka. A huge THANK YOU to the 16 schools that hosted these championship meets. Much time and energy is needed to make the True Team Championships successful. This wouldn't be possible without the efforts of athletes, coaches, parents, and volunteers around the state!

Coaches, please mark your calendars for the annual MSHSCA sponsored Coaches Clinic, which will be held Friday and Saturday, April 26-27, 2024. The yearly All-State Banquet will also be held on Friday, April 26, 2024. There will again be online registration for the clinic and banquet and online voting for the 2023 Coaches and Athletes of the Year Awards. More information about the clinic and banquet will be posted on the MSHSCA Swimming & Diving website (www.mshscaswimdive.com) soon.

Finally, thank you to everyone for your hard work in making swimming and diving a premier high school sport in Minnesota. Coaching takes passion, and we continue to see this in small and large contributions throughout the state. If you haven't yet checked out Minnesota Swim and Vibe (mnswimandvibe.com), please take a moment to do so. This is a recent contribution to our sport from one of our dedicated association coaches, and it is contributions like this that will ensure our stability well into the future.

Congratulations to the coaches who just finished their seasons, and good luck to the coaches who are just starting again with the boys' season. Your dedication to the athletes and the sport is immeasurable. Have a joyful and relaxing holiday season!

BANK SHOTS



By: *Matt Halverson*

One of the most profound quotes that have helped this generation of coaches is, “Coach, how you would want to be coached.” It puts us in the shoes of our athletes and allows us to reflect on if we could spend 2-3 months with this person as our team leader. However, have we, as coaches, ever considered it from an official’s perspective? “What is it like to be an official in one of my games?” or “Would I want to be an official for a coach like me?”. I recently watched an old Disney Classic with my 5-year-old daughter, *Air Bud*. Even in a Disney movie, officials are portrayed as adversaries, non-worthy, or having obvious faults. Think about other famous sports movies: *Hoosiers*, *Bad News Bears*, *Any Given Sunday*, or *Remember the Titans*. It doesn’t take long to figure out that some of our adversarial approaches have been a part of us since we were kids.

My challenge to us all is to be better in how we treat officials. Basketball is the most intimate form of officiating. The action is in close proximity, primarily constant moving, the calls are not always obvious, and the number of fouls or penalties is always easy to see on a scoreboard, unlike most other high school sports. If you are a coach and feel your conduct is already favorable towards the officials, we must work on our players, assistants, or fellow coaches. As coaches, we can set the tone for the entire gym and the fans. If you ever remember being a kid and seeing your teacher outside the classroom for the first time, that was a big deal. It was when you realized that teachers are people, too. They get groceries and need to get gas, and they spend time in other places besides the school. Our officials are the same way. They are giving back to the game in a different way but still enjoy it. They, like us, want to provide a great experience for our student-athletes.

Another thing for all of us to think of, regardless of sport, is the pool of potential candidates in our program to be an official. Have you ever discussed the officiating profession with your student-athletes? Have you ever had them try to officiate an elementary or middle school-level tournament? Have you ever had an official come in and talk about the financial opportunity? We, as coaches, can certainly do our part to raise awareness of the possibility of becoming an official among our student-athletes. Most of us have student-athletes who would love to make a buck or two!

We recently had our clinic and banquet for the Boys Basketball Association. It was yet another successful year of great clinicians, recognizing excellent people to our Hall of Honor and inducting superb coaches to our Hall of Fame. If you still need to join our association, please do so right away so you can stay informed on the many happenings of our association and the great game of basketball in our state. Lastly, I wish everyone a healthy 2023-2024 basketball season. Not everyone has the opportunity to profoundly impact a young person’s life, positively or negatively, as coaches do. All the best!

FLIP NOTES

By: *Cindy Jacobson*
MGGCA President



I hope everyone has enjoyed their fall so far. Winter Season is now in full swing, and competitions are ready to start. Gymnastics coaches and athletes are ready to start!!

The coach’s clinic went well this fall. We had our coaches from our association be the clinicians this year; they did a wonderful job. It was held in Big Lake again, and their coaches and parents did a fantastic job. I also want to thank the clinic committee, especially Shelly Ecklund, for all their hard work putting this clinic together. Your work does not go unnoticed.

The season started on November 13th; the first competition can start as early as November 30th. The rules meetings are open on your coach’s dashboard. Coaches, please make sure that your assistant coaches become members of the coaches association. There are so many benefits that come with being a member.

Coaches, remember to look at the timeline sent out and send in your scores to Cindy and Chris so we can have an accurate rating for Class A and AA rankings.

I hope everyone will have a safe, healthy, and fun season!! Thank You, coaches, for giving our athletes a place to strive to be their best!!

Happy Flipping !!

ICE CHIPS

By: *Greg Anzelcc*

The MHCA held the Annual Fall Clinic Oct. 13-14 in Grand Forks. It was a great weekend full of coaching, education, great speakers, and networking. Minnesota continues to lead the way nationally in many categories of player registration and development, regarding players in college. The men in NCAA D1 totaled 219 players. 214 played High School Hockey, with 164 playing their senior year. Minnesotans continue to succeed in the NHL, with 67 NHLers playing during the 2022-23. This beat the record set the previous year at 65. 59 of the 67 played high school hockey, including the following schools: Chisago Lakes, South St. Paul, Brainerd, Hopkins, Rogers, Cloquet, East Grand Forks, Baudette, Forest Lake, and Delano.

We look forward to a great season and thank our sponsors who helped us achieve our goals, including the Minnesota Wild, Legacy Hockey, MNHockey.tv. and our newest partner, The Coaches Site.

SERVICE ACES

By: Robert DeCorsey
MTCA PRESIDENT



Happy December! The girls' season has ended, and what a terrific season we

had. August does not feel like that long ago. I remember everything that happened on

the first day of practice and everything after that. The season flies, and so many memories are made in such a short time, but they will last a lifetime for our players. Thank

you for taking on the tremendous challenge of making an impact on all of our players.

What a way to celebrate a terrific 2023 Girls' Tennis season with the crowning of STATE

Team and Individual Champions:

Class A

- Team: Blake
- Singles: Isabelle Einess [Breck]
- Doubles: Nana Vang / Fatemeh Vang [Blake]

Class AA

- Team: Rochester Mayo HS
- Singles: Claire Loftus [Rochester Mayo HS]
- Doubles: Malea Diehn / Keely Ryder [Rochester Mayo HS]

Congratulations to these teams, players, AND all the participants and place winners

Congratulations to our STATE Coach of the Year winners:

Class A

- Head Coach: Kristin Unverzagt [Pine City HS]
- Asst. Coach: Jeff Adams [Pine City HS]

Class AA

- Head Coach: Jeff Demaray [Rochester Mayo HS]
- Asst. Coach: Neil Chalmers [Albert Lea HS]

Terrific work with your players and programs. You are well deserving of this recognition, representing the best of our high school coaches.

MTCA Clinic Save the Date

- March 1-3 at the FORT (same as last year)
- We NEED more coaches in attendance
 - Last year was our lowest attendance (60 coaches).
- Friday will have court time and a chance to recognize our Section + State Coaches of the Year
- Saturday, we will have our annual membership meeting during our lunch hour
 - This is an important time to weigh in on topics/issues such as classification, coaching, seeding, and lineups
 - Your input is important and valued
 - Detailed agenda to follow in January
- Vendors will be there again
- Saturday / Sunday will have on-court presentations

We are submitting a 3-class system for girls' tennis again. We feel confident that we have great support in our proposal.

Be on the lookout for more information.

Before we know it, the boys' season will be here. We will see plenty of snow before then and during the season. That's all a part of northern tennis. Let's make sure we are all recharged and ready to give our boys the great experience they deserve.

To all, have a great holiday and winter season.



By: Alex Greenway

Confidence Carries Over

Hello coaches! I hope you are having an excellent start to winter training. This is a topic that many strength coaches could write a novel on. One big question we ask ourselves daily: What exercises and lifts translate to the competitive field, court, rink, or mat?

The answer to that question is, quite simply, it depends. It depends on how well a movement is coached. It depends on the athlete and how well they execute the movement. It depends on skill at the actual sport. We have all coached kids who can back-squat a house but aren't good at their respective sports! So, do all lifts translate to the sport? No, but some do. Which ones? It depends! Does weight training translate to wins and losses? It depends! So why the heck do we spend any time in the weight room? I believe there is one thing that always translates to the sport and always goes with a kid when they leave the weight room. One thing can always be carried over to life and sports. That one thing is confidence. Confidence carries over.

The weight room is for everyone and can produce immediate results. I have kids coming in all the time who have little or no experience. Some kids can breathe the air in the room and get stronger! These kids are my favorite. They have no idea what they are capable of until they find out! This can happen five minutes after they walk in. This week, for example, all the kids wanted to bench press, and I let them. They usually try the bar to get a feel, then throw on a bit of weight. Then, the confidence starts to build, and they add a bit more. Then, they try to quit and move on to another lift. If safe, I say, "No, let's add some more!" To which they reply, "I don't think I can do that much!" With some positivity and encouragement, they lie down under the bar and get ready to do something they have never done before. To their surprise, they lift it! That's the magic moment. The kid gets up with the most confident look, and for that moment, they are the strongest kid in school! This is often all it takes to get a kid hooked on weight training. They start to come in more often and can be seen sneaking a quick flex in the mirror. They walk a little taller in the hallways and can be heard joining in conversations about lifting that they couldn't previously be a part of. They are a lifter now. Nothing carries over from the weight room to the sport like confidence. Confidence occurs every time, regardless of the coach in the room, the equipment quality, or the training experience level. Confidence can be built in minutes and last a lifetime. That is truly what makes the weight room a one-of-a-kind place.

CLEARING HURDLES



By: Meghan Orgeman, Alexandria Area High School, President, MN Track & Field Coaches Association

I have a simple question to ask each of you. Who is in your corner as a coach? Take a moment to write down five coaches you go to with questions about your coaching philosophy, program organization, workout planning and implementation, technical skill development, and progressions, and or your ability to support your athletes' holistic health. With the coaches you listed, do you also connect with these coaches to support your mental health as a coach? Coaching is full of emotions, pressures, and uncertainty. It is messy, beautiful, and brutal. It delivers moments of pure joy and elation and moments of tremendous heartbreak. It involves human elements that extend beyond our control and are often hard to digest (even if you are the "best" coach, someone inevitably will not be on "team you" or will not agree with your well-thought-out plans). So, given the importance and complexity of our role as "coach," who is in your corner? What coaches are supporting you?

When I reflect on my journey as a coach, in the first three years of coaching, I see an overly enthusiastic young coach who was immersed in the needs of her athletes. In those early years, I was focused on changing the world, one athlete at a time, and I invested minimal effort to connect with the coaching community surrounding me. Not connecting was neither personal nor because I didn't believe they could help me. It was due to naivete. It was a blind spot. Over the years, I have learned that my success and well-being as a coach are rooted in my connections with other coaches. Without my mentors, my previous coaches from high school and college, and the coaches in my program, conference, and section, I would not be as alive in my role as "Coach" as I am today, fifteen years later.

We need the support of other coaches to do this critical work. If you cannot write down at least five coaches in your corner, come to our MN Coaches Clinic this year. We have intentionally created events to provide opportunities to unite a passionate community of track and field coaches. See below for more information on our 2024 Clinic and the many exciting opportunities to build your coaching support network.

MN TRACK & FIELD COACHING CLINIC:

January 25-27, Intercontinental - St. Paul RiverFront Hotel

Registration: Registration for our 2024 clinic is now open! Register by going to: <https://www.mshsca.org/trackclinic>

Clinic Features:

Keynote Speakers: We are excited to announce that Joe Schmit, an award-winning broadcaster, community leader, author, and Certified Speaking Professional, will be the keynote speaker at our clinic banquet this year. Our Women4Women keynote speaker will be Dorothy McIntyre, a true pioneer for

girls' sports in Minnesota and a trailblazer for women coaches.

Clinic Special Events:

Thursday, January 25: The opening night of our annual Coaches Association Clinic will host the following must-attend events:

- **6:30 pm: MN Coaches Association/True Team Meeting and Social:** If there are topics you would like to address related to True Team or MN High School Track & Field, or if you're interested in an association leadership role, please consider attending this meeting.
- **7:45 pm: Women4Women Symposium and Social:** Save the date for our Second Annual Women4Women Coaches Symposium, where women and men from youth, high school, and collegiate sports programs gather together to learn, network, and support the recruitment and retention of women in coaching. This year, Dorothy McIntyre will talk about her journey in bringing girls' sports to Minnesota and what it means to be a trailblazer. Coaches will walk away feeling inspired, renewed, connected, and empowered after attending the 2024 Women4Women Coaches Symposium! Last year, the room was packed (standing room only!) with passionate coaches from all levels and sports, so mark your calendars and invite all of your coaching friends (from every sport!) to this year's Women4Women event!
- **To Register go to:** <https://forms.gle/BaMmLkGz7TS19G6w6> or go to our Coaches Association Women4Women website: <https://www.mshsca.org/w4w>

Friday, January 26: New Coach Breakfast

- **8:00 am:** Coaches in their first three years of coaching are encouraged to stop in and take advantage of this opportunity to make connections, ask questions, and get support from veteran coaches. Coaches will also be provided new coach association resources, a complimentary breakfast, and opportunities to build their coaching network. We are excited to support and welcome new coaches into our coaching community.

Saturday, January 27: New Coach Clinic Session (Question and Answer)

- **10:30 am:** There will be a clinic session on Saturday for new coaches to check in, extend the conversations held at the New Coach Breakfast, ask and answer questions, and create a plan to continue to build a support network.

EXCITING ASSOCIATION UPDATES:

MSHSL Updates:

- **State Qualifying Standards:** Our standards proposal passed at the October MSHSL board meeting! The new language states: *The qualifying standards for each track and field event are established by taking the previous three-year average of the 9th place finisher from prelims (in events that have prelims and finals on the track) and from finals in all other events at the MSHSL State Meet. The standard may not deviate more than 1% up or down in any given year.* Please be patient as we transition to our new format. We only have two years of results within our three-class model, so it will take some time before our standards accurately represent each class. With time, our

standards will define All-State caliber marks rather than our previous standards, which were almost unobtainable in some events. We are proud of this long-sought-after change because if athletes are good enough to contend for All-State honors, they should have the opportunity to compete at the state meet regardless of the competitiveness of the section.

- **400m Wheelchair Division Event Added:** Additionally, at the October MSHSL board meeting, our proposal to add the 400m Wheelchair Division passed! Previously, there was a wheelchair event for every open event on the track, except for the 400m. Starting in 2024, wheelchair athletes can compete in the 400m dash. As we move forward, our advisory board will continue to work on developing exciting opportunities to showcase the elite talent and potential we have in MN for all athletes.

True Team Updates:

- **New True Team State Meet Site (starting in 2025):** After 17 years of Stillwater High School hosting our Minnesota True Team State Championship Meets, the 2024 season will be our final year at Pony Stadium. In 2025, Eden Prairie High School will take over as our state meet host. We sincerely thank Stillwater High School, especially our meet directors (Scott Christenson and Ricky Michel), for continuing a tradition of excellence and facilitating exhilarating state meet experiences and memories among athletes, coaches, families, and Minnesota track and field enthusiasts.
- **True Team Section Alignment Updates can be found here:** <https://www.mshsca.org/page/show/4474451-section-meet-information>

If you want more information on our association, please visit our association webpage for the program links. The web address is <https://www.mshsca.org/track>.

To close, the coaches I rely on for support, the ones I wrote down on my list, came from many small moments together at track meets, coaching clinics, and leadership roles. Make sure you are taking advantage of building these relationships in the smallest of ways within the most regular moments. You never know when you will need to rely on these relationships in the biggest of ways in the most challenging moments.

As always, we are here for you, so please never hesitate to reach out. I couldn't be more proud to be among many incredible Minnesota High School Track and field coaches and athletes!

*“Keep working, even when
no one is watching”*

- Alex Morgan



Diamond Cuts

By: Don Krusemark
President Minnesota Fastpitch Coaches
Association

Happy holidays! I hope everyone is doing well, and with the holidays upon us, you will get a chance to spend time with loved ones and recharge!

As the calendar turns to January, now would be an excellent time to plan for the coming softball season. Take some time to update your softball practice plans as necessary. Adding a wrinkle will keep your practices fresh for you and your players. There are many online videos and readings that promote a variety of concepts you can use for practice. Adjust as necessary to meet your needs and space.

Another idea to get a jump on the season is to organize and implement a strength training program. A program targeting softball movements involving balance, footwork, hand/eye coordination, and core strengthening will make a big difference in the spring. Only some of your athletes are participating in a winter sports program, and a twice-weekly lifting program can be a difference-maker in the spring.

As most of you know, our state tournament is now a three-day event! All teams will play one game on Wednesday. The game times for days two and three have not been finalized as of this writing, but we know that every team will play on day two, and depending on the results, you could play a second game on day two with all championship games on day three. Again, discussion is ongoing with the MSHSL, but I see a great state tournament in 2024!

If you have not yet done so, please consider becoming a member of the softball association. Being a member allows you to nominate your players for postseason honors and for you to receive any postseason accolades. Our great softball association is only as strong as its members.

The annual MFCA softball clinic is on Saturday, February 3rd! Once again, the Minnesota Twins will partner with us and host the clinic at Target Field. We will be finalizing our clinic lineup, and so far, our list of presenters is awesome! This clinic is catered to all high school coaches, regardless of the level you coach and club coaches. This will be a full day with some of the most knowledgeable coaches in the country. Stay tuned for registration information coming out soon. This clinic is a must-attend for all softball coaches!

Finally, we are still looking for a person to fill the role of president-elect! This is a great way to become involved with the softball association. You would do a great job, and we are always looking for dedicated people who have great ideas and are passionate about kids and the sport of softball! If you have any questions, please email me or anyone on the executive committee.

DUGOUT CHATTER



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

It is that time of year when baseball coaches start thinking about our baseball clinic. This year's clinic has an incredible list of high school, college, and professional coaches. The clinic begins on January 12 and ends on January 13 with our award celebration. If you, as a high school coach, have not attended a clinic before, I highly suggest you attend this one. We genuinely believe it is one of the best in the country with our partnership with the Minnesota Twins. Below, you will find information about this year's clinic.

2024 MSHSBCA Clinic Schedule:

Friday

8:00am	Dave St. Peter	Welcome
8:15am	Scott Foxhall, Auburn	Intentional
Strikeouts		
9:00am	Dan Skirka, Murray St	Racer Infield Skills And Drills
9:45am	Break	
10:15am	John Butyen	Game Management & Pre-Game Preparation
10:15am	Brian Swan	Coaching For Winning & Life Lessons
11:00am	Scott Foxhall, Auburn	Daily Bread Throwing Program
11:00am	Brian Raabe, Bethel	Offensive Play Calling
11:45am	Lunch	
1:00pm	Derek Woodley, Yankees	Catching Progressions
1:45pm	Dan Skirka, Murray St	Building Culture Through Competition
1:45pm	United Healthcare	
2:30pm	Break	
3:00pm	Drek Woodley, Yankees	Creating A Competitive Training Environment
3:45pm	Brian Bambenek, Great Lakes Bb	Developing An Effective Practice
4:30pm	Clinic Ends	

Saturday

8:30am	Mshsbca Meeting	Mshsbca Meeting
9:15am	Tony Diaz, Mn Twins	How To Coach Fielding Like A Pro
10:00am	Break	
10:30am	Josh Ruffin, Mn Twins	How To Keep Pitchers Healthy
10:30am	Bryan Ludwig, Mn Twins	Elite Catching Drills For Success
11:15am	Frankie Padulo, Mn Twins	Hitting Approach Like A Pro
11:15am	Chad Raines, Mn Twins	How Coaches Can Utilize Rapsodo
12:00pm	Lunch	

1:15pm	Derek Shomon, Mn Twins	Breaking Down Swing Mechanics
2:00pm	Derke Falvey, Mn Twins	Championship Mindset
2:45pm	Clinic Ends	

Minnesota State High School Baseball Coaches Association Hall of Fame/Awards Banquet

The social hour begins at 6:00 pm. This year, we celebrate the following award winners.

2024 MSHSBCA Hall of Fame Inductees:

- Greg Fehrman - Two Rivers
- Mark Grundhoefer - Waconia
- Pete Guzy - Minneapolis Edison
- Jared Mountain - Minneapolis Southwest
- Chris Nelson - Red Lake County
- Dean Schwirtz - Glencoe-Silver Lake

2023 MSHSBCA Coaches Awards:

- Dick Siebert Award - Rick Zollner - Pipestone
- Jim Dimick Award - Bruce Hollom - LeSueur-Henderson, and Bruce Belseth - Sleepy Eye
- Rob Fornasiere Award - Don Gawreluk - Anoka, and Dave Sell - Glencoe-Silver Lake
- Angelo Giuliani - Lon Berberich - LeSueur-Henderson
- Tink Larson Field of the Year - Sartell - Orthopedic Sports Field
- Craig Anderson Ethics Award - Mike Zamacoma - Harding
- AAAA Coach of the Year - Brian Sprout - East Ridge
- AAA Coach of the Year - Tanner Oakes - New Prague
- AA Coach of the Year - Ben Haugen - Esko
- A Coach of the Year - Brock Meyer - Lyle/Pacelli

2024 PitchKount changes for MSHSL

PitchKount will remain the management system used by the MSHSL for the 2024 baseball season, and to streamline and reduce the workload on coaches, there is a slight change to the process of submitting game reports. In the past, both teams had to input a game report and verify their opponent's game report, which required two tasks for each coach. However, only the home team will input the game report and list both team's pitchers. The visiting team will only have to review the game report for accuracy. So, this new process makes it easier for coaches.

Additionally, PitchKount is releasing its patented PKLive! in-game app for game use. The PKLive! app will provide coaches with alerts of approaching day-of-rest and maximum limit thresholds. It will also remind them of players ineligible to pitch that day. Lastly, by using the PKLive! app, coaches won't have to manually input game reports as the data will automatically sync from the PKLive! app into the PitchKount system itself.

Additional Information

Please visit our website at www.mshsbca.org and follow us on Twitter @MSHSBCA for the latest information. If you are looking to fill games, scrimmages, or have new records, please continue to email Tink Larson at tlarson@hickorytech.net. We will see you at the clinic!



Chairlift Chat

By: Jason Gergen
Hastings Alpine
MSHSCA Section 4 Representative

The temps have fallen, and the snow farmers have been working hard. If they haven't already, most ski areas will be opening the first weekend of December. Many athletes have been out west training and getting their ski legs back while coaches have been putting the final touches on their calendars. The Minnesota State High School Coaches Association welcomes everyone to a new season promising to be filled with exciting races. We encourage you to remind new and assistant coaches of membership benefits. You will be covered with \$2,000,000 of liability insurance as a member. It will allow your athletes to be eligible for academic honors, along with eligibility for head and assistant coach of the year awards. Membership also gives you a voice in shaping the future of our sport.

A couple of exciting announcements. This year, the Western National High School championship race will be held at Mammoth Mountain in CA. We couldn't be prouder of the effort put forth by Team MN last season, finishing second in their first appearance, and we know they'll be competitive again this year. On the rules and competition front, many of you know a new FIS rule regarding eliminating hiking from Slalom. We are happy to report that the MSHSL has not adopted that rule, and competitors will be allowed to continue after coming to a stop if they do not interfere with the next competitor's run or have not been passed by the next competitor. Often, the points of an athlete who had a bobble or fall in the course do play a role in the final team tally. This will keep an emphasis on athletes finishing their runs, and I believe it to be the correct decision of the MSHSL.

The Alpine Coaches Association board appreciates the response of those who participated in the survey earlier this season. Those surveys help us take a pulse on the feelings of our members concerning rule and policy changes. Currently, there are two topics that we consider to be front burner. The use of video review and a possible shift in the season start and end dates. I know you have been polled multiple times on these two topics, and we continue to get mixed feedback. For a rule change proposal to be passed, it must have strong support from the coaches. In the case of the season start and end date shift, that is not the case. You may have heard that Nordic is pushing for a similar change in their schedule, and that proposal has yet to be embraced. One possible solution mentioned during our discussions, and received strong support from the Nordic coaches, is a Winter Waiver period. We are still working out all the details, but it would allow coaches to work with athletes after the conclusion of the state meet. A summer waiver period isn't applicable to our sport without incurring huge travel costs, but a few more weeks of training and skiing with warmer, longer days is something many coaches would embrace. The waiver period would be solely for training and practice and optional for each program. We are organizing a guide to exactly how such a proposal would

work and request your input. Please contact your section rep and share your thoughts, concerns, and ideas.

The other policy change is the use of video review. The coach's association board strongly favors this rule change and is advocating for its passage. We also represent the coaches who are members and are always open to your feedback. A couple of important points we would like to convey. Video would only be used to overturn an improper disqualification during the normal protest period, and it would have to be conclusive evidence to overturn the disqualification. We also want to remind everyone that physical evidence, such as video, is simply a tool that should be available for the highly experienced and independent jury to decide on a protest. Look for more information on these topics, and as always, please share your thoughts with your section reps. We wish everyone the best of luck this season and look forward to seeing you on the slopes!

ROBOTICS

By: Curtis Robertson

The FIRST Robotics Competition (FRC) season is among us, and teams from across the state

are getting excited for the kick-off that will take place on January 6th. At Kick-Off, our teams learn what this year's challenge will be, and then take a total of 6 weeks to begin the design, plan, prototype, build, program, and practice before their official competitions take place!

FIRST Robotics students are a commendable batch of students who show a lot of grit and determination. FIRST Robotics students share and showcase many talents and skills that are required in every other team sport across the country. These skills include teamwork, cooperation, problem-solving on the fly, communication skills, and many more.

Throughout the fall, there have been a number of teams who've been working with Off-Season events where they continue to play the game from 2023. These off-season events are a great opportunity for teams to introduce and train new members, continue to refine their engineering skills and utilize them similarly to training camps.

We look forward to the new season ahead! Consider reaching out to your local teams and ask to see what they are up to! Most teams are always looking for adult mentors to assist in ANY capacity. Teams are always looking for mentors that have technical skills and professional skills.

Happy build season! And good luck to all of our teams!



MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at
ringer@mshsca.org



Over Hill and Dale

By: Jeff Morris, Perham High School
President, MN Cross Country Coaches Association

First off, congratulations to all teams on the 2023 season! Many great races and performances marked this season. To top it all off, cross country teams were back contesting the state meet at the University of Minnesota at Les Bolstad Golf Course. We could not have gotten a better day back at the U of M for our first year. The atmosphere was fantastic, the course was prime time for great races, and the number of fans spread across the course was terrific. As the offseason for distance runners and their coaches gets underway, I want to focus on the state meet in this edition of the article.

First, I want to congratulate all the teams and individual athletes who qualified for this year's state meet. A special congratulations to our state champions this year:

Teams:

AAA Girls – Wayzata
AA Girls – Marshall
A Girls – St. Cloud Cathedral
AAA Boys – Wayzata
AA Boys – Mankata East
A Boys – Heritage Christian Academy

Individuals:

AAA Girls – Nora Hushagen, Forest Lake
AA Girls – Isabelle Schmitz, Hutchinson
A Girls – Olivia Pauly, St. John's Prep
AAA Boys – Robert Mechura, Roseville Area
AA Boys – Eli Hall, Pequot Lakes
A Boys – Eddie Snider, Mounds Park Academy

It was so much fun watching all the teams and individuals compete. Despite the course being a little soggy, running from spot to spot and seeing fans lined up throughout the course was excellent. The MSHSL and the University of Minnesota did a great job preparing for the location change, and we are confident that the experience will only continue to improve moving forward. Throughout the day, I got many comments about how fair, fun, and fast the course ran. The times that were run in all the races set the bar for the season to follow, and hopefully, a great tradition of racing can happen in the future.

I would also like to thank everyone who submitted responses to our surveys and the feedback given as we worked with the State High School league to move the meet to a new location. The advisory board has created a survey for this year's state meet experience so that we can pass this information on to the MSHSL and the University of MN to make the meet even better. One excellent addition we could make to the State meet was the inclusion of All-State runners. It was extraordinary to recognize these runners as part of the awards presentation. It went exceptionally well, and I hope that we can continue the tradition in the future. We also recognize that we have much to learn and take in this first year. The survey will be emailed out soon and available on the MSHSCA website for filling out. We recognize that some tweaking needs to be done with parking and the shuttle time, so please fill out the survey when available.

One more thing that the Advisory Board is hoping to get started this next year is a Cross Country Mentorship Program. The goal is to support programs across the state that need coaching for team resources to build their program more significantly and better. We hope to have many resources available to all MN Cross Country coaches as early as this spring. Please keep your ears open for more details about this new opportunity.

Have a great holiday season, new year, and winter! The track season begins in March, so enjoy the next three months off.

HOOP SCOOP

By: Aaron Boyum



As I write this article, coaches across the state have moved past preseason workouts and scrimmages. We are wrapping up the first game week of the regular season and continuing to learn more about our basketball teams and programs. There are several things to look forward to in what will surely be a competitive season of girls' basketball across the state.

On the last Friday in October, we held another outstanding basketball clinic at the University of St. Thomas. We had one high school coach and several college speakers from across the state and the University of Michigan. Our speakers were outstanding! Our speakers were very knowledgeable, but more importantly, they had a special skill to break things down and convey their messages in a way that made the information easily applicable to the great high school girls' basketball programs we have across the state. I do not doubt that coaches left the clinic this year with great information to take back to their programs. Over 200 coaches at the clinic were also able to hear from an official that visited to detail some of the nuances of the fresh shot clock that is now in play for both girls and boys basketball across the state. Our coaches association is excited about this change. We have a good tempo to our girls' basketball games in the state, so I don't know how much it will come into play during most of our games. I assume that teams will visit end-of-game situations and clock management as the year progresses to see how best to handle those things. We also honored our new Minnesota Girls Basketball Coaches Association Hall of Fame inductees, who were introduced at the clinic and honored at our MGBCA Hall of Fame Banquet. Congratulations to them on their fantastic accomplishment!

I'm sure coaches across the state appreciate the more reasonable weather conditions outside this year compared to the frigid temperatures and thick snow we already had at this time a season ago. Inside the gym, things will continue to heat up as we progress through the year into many holiday tournaments across the state, followed by heavier conference basketball action. We have tremendous girls' basketball talent in our state, with a large number of girls that go on to play at high levels in the college game. We hope you get out and enjoy the great talents of female basketball players our state offers, as we are extremely fortunate.

GIRLS HOCKEY "SNAP SHOTS"



By: Tim Morris,

Executive Director, MGHCA

www.MGHCA.com 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 AWARDS & PROGRAMS

The MGHCA sponsors many awards and programs available to players and coaches each season. Below is a list of these with brief descriptions, who to contact, and the website page. Please note, the Head Coach MUST be a member of the MSHSCA for their team, players, or coaches to be eligible for any of these awards/recognitions.

Individual Academic All-State Award – This recognition is offered to all seniors playing girls high school hockey with a cumulative GPA of 3.8 or higher up to and including the first semester of their senior season. Coaches can find the nomination form on the MGHCA website at www.mghca.com/page/show/115700-mghca-academic-all-state.

Team Academic Award – This award recognizes outstanding team GPA with the Section winners receiving a plaque at the Ms Hockey Banquet and two Class winners also recognized. The nomination form and the instructions for completing the nomination form are also found on the website at www.mghca.com/page/show/115700-mghca-academic-all-state. Bob Sherry coordinates both of these awards and he can be contacted at bobbysherry1@gmail.com.

All-State and All-State Honorable Mention Awards – The MGHCA recognizes outstanding play from the current season for athletes in both Class A and Class AA. Head coaches are asked to nominate players they feel are worthy of the recognition in December with the All-State committee meeting in late January to start the selection process. The web address is www.mghca.com/page/show/115699-mghca-all-state.

Nominations and questions regarding the all-state process can be sent to Tom Maeckelbergh at tmaeckelbergh@yahoo.com.

MGHCA Scholarships – The MGHCA offers three \$1000 scholarships each year. They are the Charlie Stryker scholarship, the Exec Council scholarship and the Premier Prep League scholarship. Information can be found at www.mghca.com/page/show/115694-scholarships. Bob Sherry coordinates these

awards. His contact info is listed above.

Head & Assistant Coach of the Year Awards – The MGHCA recognizes coaches for their contributions at the Section and State level. Coaches can get access more information at www.mghca.com/page/show/115705-mghca-coach-of-the-year. Claire Goldsmith coordinates the Section and State Coach of the Year selection process. Her contact info is goldsmithcl@gmail.com.

MGHCA Hall of Fame – Nominations are currently being taken for next fall's MGHCA HOF class. Individuals who have distinguished themselves over a period of years are eligible to be nominated for this prestigious recognition. The nomination instructions and nomination form can be found at www.mghca.com/page/show/115706-mghca-hall-of-fame with Tom Maeckelbergh chairing the HOF committee. His contact info is tmaeckelbergh@yahoo.com.

Brano Stankovsky Award – This award recognizes individuals who have contributed to the programs and services provided by our coaches association. This is not a "best" coach award, but an award for coaches who distinguish themselves by offering their time and talents to help develop, promote and administer those awards and programs offered by the MGHCA, the MSHSCA and the MSHSL. The award is named for long time Blake School head coach Brano Stankovsky who passed away in 2012. Info and nomination form can be found at www.mghca.com/page/show/950070-brano-stankovsky-award. Tim Morris coordinates the award and he can be contacted at execdirector.mghca@outlook.com. One person is selected each year from the pool of nominations received.

Ms. Hockey and Senior Goalie of the Year Awards – These awards are presented each year to outstanding student athletes at the year end MGHCA awards banquet usually held in St Paul the Sunday after the completion of the MSHSL state tournament. More info for these awards can be found at www.mghca.com/page/show/115696-award. Bryan Zollman from Let's Play Hockey coordinates the award and the banquet. His contact info is letsplay@letsplayhockey.com. The Head Coach MUST be a member of the MSHSCA for their players to be eligible for these recognitions.

Hobey Baker HS Character Award – This award is available to all high school teams in Minnesota. Head Coaches select one of their senior players who exemplifies the characters of All-American Hobey Baker. More information can be found at www.mghca.com/page/show/115703-hobey-baker-hs-character-award. You can also send questions to communications@hobeybaker.com.

Senior Classic All-Star Series – This program serves as an opportunity for Minnesota's best senior players to compete with one another one last time. The level of play is tremendous with teams formed by their competitive sections. Info can be found at www.mghca.com/page/show/115688-senior-classic-all-star-series. These games are played the weekend after the conclusion of the state tournament.

America's Showcase, St. Louis, MO – This is a showcase event for sophomores through seniors with all games being played in St Louis, Missouri at the Centene Ice Center. Eighteen skaters and two goalies are invited to participate after the tryouts held the weekend after the state tournament. Info can be found at www.mghca.com/page/show/4857510-america-s-showcase and you can contact Tim Morris for further info at execdirector.mghca@outlook.com.

Have a great season!!



CORNER KICKS

By: Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer

Year two of the new three class format for soccer has come to an end and what a great year we had.

The second year of the State Tournament Banquet saw another change in the format and cost to teams and parents. We extend our thanks to Andrea Winiecki for her work in organizing the highly successful event. The second person who was instrumental in the banquet was Max Lipset (SPA Boys) for his successful work with Stimulus and the remarkable job in the distribution of tournament t-shirts. In addition, there were many individuals that contributed to the banquet and other facets of the program. Thanks to all.

Thanks again to all the people that put in time for the Tournament Banquet. Thanks go out to Art Seplak (Bloomington Kennedy Girls) for his impeccable job as the announcer for the teams. In addition, Greg Juba (Park of Cottage Grove Girls -Retired) for his work with the award plaques. Add in Berry Arrowsmith (Blaine Boys) for his outstanding work as the webmaster for our MSHSSCA.

We are privileged to announce that Tracey Greiss (Andover Girls) is taking over as our Association President for the next two years. She has been instrumental in working with the MSHSL. We thank Aron Percey (Minneapolis Washburn Boys) for his leadership the past two years. He has led us in the transition from two to three class soccer as well as the new banquet format. Moving into the President Elect job will be Jens Levinson (Austin Girls).

The next segment of this article is the awards given by the MSHSL and the MSHSSCA.

The following teams won 2023 championship:

GIRLS A	St. Paul Academy	Aileen Guiney
GIRLS AA	Benilde-St. Margret's	Scott Helling-Christy
GIRLS AAA	Edina	Katie Aafedt
BOYS A	St Paul Academy	Max Liset
BOYS AA	Hill-Murray	Jeff Zupfer
BOYS AAA	Wayzata	Dominic Duenas

The following athletes were awarded the Ms. and Mr. Soccer winners for 2023. These awards were given at the State Tournament Banquet.

MS. Soccer

GIRLS A	Berit Parten	Minnehaha Academy
GIRLS AA	Audrey Garten	Academy of Holy Angels

GIRLS AAA	Izzy Engle	Edina
MR. Soccer		
BOYS A	Cooper Olson	St. Paul Academy
BOYS AA	Everett Hoepner	Academy of Holy Angels

BOYS AAA	Emmett Brown	Minneapolis Washburn
The MSHSSCA gives two different coaching awards. The first is the Coach of the Year and the second is Assistant Coach of the Year.		

COACH OF THE YEAR

BOYS A	Matthew Carlson	St. Croix Preparatory
BOYS AA	James See	Academy of Holy Angels
BOYS AAA	Matt Hager	Sartell
GIRLS A	Taige Puetz	St. Charles/ Lewiston-Altura
GIRLS AA	Rosie Crossley	Minneapolis Roosevelt
GIRLS AAA	Christa Carlson	Centennial

ASSISTANT COACH OF THE YEAR

GIRLS A	Tom Piche	East Grand Forks
GIRLS AA	Brad Lucas	Delano
GIRLS AAA	Ken McCarthy	Wayzata
BOYS A	Russ Barclay	St. Charles/ Lewiston-Altura
BOYS AA	Bobby Loukinen	Little Falls
BOYS AAA	Mary Dye	Eastview

A list of all the Academic Awards and All-State teams are posted on the website. Also, all the Section Coaches of the Year are listed, as well as all the candidates for Ms. and Mr. Soccer.

The 42nd Annual BSN Senior Classic was played in Woodbury on Wednesday November 8. The Senior Classic Coordinator team selected the teams. The Girls Black team was coached by Christa Carlson (Centennial) and the Girls White team was led by Taige Puetz (St. Charles/Lewiston-Altura). The Black team won 2-0. The Boys White team was under the direction of Max Lipset (St Paul Academy) and the Black team was coached by Jeff Zuper (Hill Murray). The White team prevailed 5-2.

The pictures, rosters, scores, and Players of the Game pictures on the website are the work of Berry Arrowsmith. Berry is to be congratulated on his work on rosters and uniform assignment for the Senior Classic. There are always many people to thank. Greg Juba for getting uniforms and facility use. Steve Witt for his amazing job as announcer. Robert Lamb for his splendid work on the clock. To our referees Jim Hirsch, Brianna Pensini, Brian Wood, and Ryan Griggs for taking time to officiate the game. To Dave Bahr (Byron boys) his help with uniforms Thanks to ticket manager Art Seplak and his wife for the ticket sales. Finally, my wife Peggy keeps me on task and keeps a perspective on the entire process.

A sidelight to this game. Crissy Makela (Mankato West Girls) had daughter Aubrey play in the game. That makes all three of her children that have played in the Senior Classic. Her two boys played in earlier contests.

The MSHSSCA wants to thank BSN Sports for supplying the game uniforms and Select for giving us the game and awards soccer balls.

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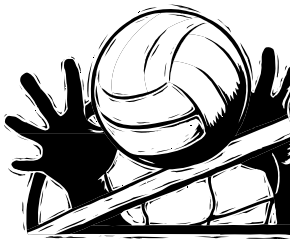
A special thanks to Dave Black and the staff at Health East Sports Center for hosting the Senior Classic.

Art Seplak (Mike Worter Scholarship Chair) announced that applications are now being taken for the two scholarships the MSHSSCA awards each year to honor Mike Worter (Eagan Girls). There are two 1,000-dollar scholarships, one for a girl and one for a boy. Application forms are on the website. Your organization has given over 42,000 dollars to worthy Minnesota High School soccer players.

Additional National Soccer Awards will be in the next Prep Coach along with information about high school soccer and our association.

Thanks again to Executive Secretary Keith Randa for his 2023 season summary of the awards. We are extremely fortunate to have Keith as our Executive Secretary.

That is a wrap. 2023 has been another of those years that we have had to make changes and adapt. Have a great Holiday season. And as always, you have the greatest job in the entire world, working with kids. Have a great Holiday season.



Dig This

By: *Jim Lee,
Ada-Borup West*

Parenting isn't easy! No perfect "How-To" book has the solutions to every situation that occurs throughout the parenting life cycle. But the wisdom applied after gaining experience with the first child can make additional future family members much easier!

Three of our state champions applied the previous season's wisdom to earn 2023 state championships! Pequot Lakes finished second in 2022 but raised the 2023 AA championship trophy with a 3-0 win over Rush City! Marshall used their experience from their past two championships to defeat Delano 3-0 in the AAA Championship! Wayzata clinched their fourth straight AAAA championship with a tight match against New Prague to become the 2023 champion! Proving that the "parents" of these teams, Christine Ganley (Pequot Lakes), Dan Westby (Marshall), and Scott Jackson (Wayzata), gained valuable wisdom from their previous trips to the "delivery room" at the Xcel.

One of our state champions, RTR, and their "parent," Daynica Brown, discovered how much fun that first birth can be! Living through their first state birth, RTR claimed the 2023 A Championship with a tough match versus Mayer Lutheran.

Leading up to the state tournament, the 2023 State Tournament Banquet at the Roy Wilkins Theatre also yielded some unforgettable memories for the parents in attendance! In addition to the announcement of the All-State teams, the five Ms. Baden finalists were announced: Ava Carlson (Cloquet), Audrey Kocon (Mounds View), Braya LaPlant (Grand Rapids), Olivia Swenson (Wayzata), and Stella Swenson (Wayzata). Master of Ceremonies Jeff Groves announced Stella Swenson,

who will attend the University of Minnesota, as the 2023 Ms. Baden Award winner!

The 2023 Hall of Fame inductees were also announced at the State Tournament Banquet: Scott Jackson, whose parental qualities have guided many athletes to become a part of something bigger after graduating from the Wayzata and Armstrong program; Jim Lee, whose parental figures, brothers, sisters, and daughters had impacted him throughout his volleyball tenure at Waconia and Ada-Borup-West; and our 1st state volleyball champion in 1974 from Osseo whose team members still fondly looked at their coaches and each other as brother and sister.

The Osseo team, along with the other seven teams who competed in the first state volleyball tournament in 1974, Crookston, Moorhead, Virginia, Redwood Falls, Windom, Bloomington Kennedy, and Rochester Mayo, were also honored on the court before the AAA Championship match on Saturday. Fifty years of volleyball in Minnesota was only possible with these pioneers breaking through barriers in 1974. Approximately fifty team members from the eight teams attended the Saturday matches, including Helen Swanson, a referee in the 1974 state tournament, and Dorothy McIntyre, a huge advocate for Title IX and girls' sports since the 1970s! Watching how much respect these ladies displayed towards Dorothy and Helen throughout the day was incredible! Many said they didn't realize how much of an impact they would have on girls' volleyball 50 years later and were grateful to be acknowledged on the court.

Parenting isn't easy! But the process can be SO rewarding for the parent and the other parties involved over the years. That first child, first state birth, and first volleyball state tournament in 1974 are memories that can never be torn away. The only question is, are you ready for another birth next year? Every other team will be developing their maternal/paternal instincts in the next eleven months, too, to be the next team like RTR or Stella Swenson to experience their state tournament birth or to become the next Ms. Baden 2024.

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.

FAST TRACKS

By: David A. Paulson

President of the Minnesota High School Nordic Ski Coaches Association

The Nordic Ski season has arrived... without snow.

This past year and a half has provided a wonderful opportunity for me to serve as President of the Minnesota High School Nordic Ski Association. My tenure is almost over, to be replaced by Andrew Hansen, head coach of the Wayzata Nordic Ski Team. Two years ago, our bylaws were rewritten by Paula Anderson, former head coach of Ely Nordic, and David Johnson, Head Coach at Marshall High in Duluth, and approved by the membership. The changes set several fixed policies and improved the participation of our coaching membership. In the past season, we had five new proposals approved by the League and five new proposals to be submitted in February.

One new proposal, submitted for this next year, is a request to start our ski season two weeks later and extend the season two weeks further into February. With the changing weather patterns, we spend almost a third of our season in dryland training and indoor strength work. We are also attempting to get approval for one weekend of coach contact during the season so teams can take a winter trip with coaches. Many teams have been taking these trips with coaches but without coaching on Sundays. In some instances, some ADs have yet to allow a coach even to ride the bus with a team returning from an invitational race or ski trip. We hope this change can be made for the 24-25 season.

We have also emphasized the importance of Association membership, which includes liability insurance. After reviewing the issues of liability carefully, it is imperative that all coaches become members of their sports association, if for no other reason than to obtain liability insurance. Getting a liability rider when a coach attends a sporting event with his or her team that is not part of the high school league-approved schedule is also important. A liability lawsuit can pass directly to a coach's wealth if uninsured.

In addition to the other approved changes, John Furlow, head coach at South High School in Minneapolis, and I worked with the Central Cross Country Ski Association and the regional director of the United States Ski and Snowboard Association to develop a new training program for head Nordic coaches, assistant coaches, and participating parents. This course is not required by the association, but it has been very well received. The participation charge is \$50.00 per participant, and it includes two hours of in-class coach training and two hours of technical training outside. This is followed by an online test going over the materials covered. Jon and I will travel anywhere in the state to deliver this course to a minimum of seven coaches, asst. coaches, and or parents working with Nordic ski teams. Interested teams can contact me at 612-810-1902 or at my email, <davidapaulson@mac.com>.

Candidly, we are a bit apprehensive about this winter's snow. The temps have been too warm for natural snow and much too warm for snowmaking. To help with the absence of natural snow, we now have four quality racing sites with artificial snow in the

metro area. These include Hyland Park, Elm Creek, Theodore Wirth, and a new site in Saint Paul, Battle Creek Park. Some private snow-making sites and some Alpine areas allow Nordic skiing early in the morning before the Alpine slopes open. Despite these issues, the Nordic program continues to grow across the state, with teams participating from as far south as Winona, as far west as Detroit Lakes, and as far north as Ely.

At our fall meeting, we elected a new set of Association leaders. We are fortunate to have strong leadership for our association, and we intend to continue to add value to all of our association members.

Wishing all of the coaches of all of our great high school sports the very best,

MEMBERSHIP REPORT 2023-2024

December 1, 2023

Types of Membership	Final 2022-2023	December 2022-2023	December 2023-2024
Active Class A & AA	6797	4936	5323
College Associates	1345	1345	1354
Other Associates	88	58	61
Active Life	325	306	285
Retired Life	1521	1510	1549
Honorary	5	5	5
TOTAL	10,083	8160	8577

Breakdown of membership by sports association

(2022-2023 totals in parenthesis)

Adapted Athletics (39) 32	Boys Lacrosse (15) 17
Alpine Skiing (40) 51	Girls Lacrosse (27) 24
Athletic Directors (84) 85	Football (1014) 984
Baseball (302) 331	Football Retired (7) 5
Boys Basketball (537) 502	Robotics (63) 95
Girls Basketball (476) 481	Golf (boys & girls) (183) 195
Cross Country (444) 462	Soccer (boys & girls) (435) 447
Dance (298) 281	Softball (218) 226
Gymnastics (184) 145	Synchronized Swimming (4) 4
Nordic Skiing (111) 111	Girls Tennis (175) 181
Girls Swimming (260) 260	Boys Tennis (107) 108
Boys Swimming (158) 147	Track & Field (600) 601
Girls Hockey (129) 107	Volleyball (566) 536
Boys Hockey (138) 128	Wrestling (150) 168
Hockey Retired (2) 3	Strength (36) 48

Sports associations that collect their own dues and join the MSHSCA are Cheer (11) 8, Clay Target (7) 7, and Badminton (4) 3.

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from the *Dance Floor*



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

As December 1st hits, we are nearly six weeks into our winter dance team season already. Some teams began competing as early as mid-November, but many others are just hitting the floor for the first time. There is always a lot of enthusiasm in the first few weeks of the competitive season as schools find out what everyone has selected for their music selections, uniform choices, and enjoy each other's creativity in choreography. Many conference meets and invitationals are packed in before the holidays, and there is just a buzz of excitement.

Competitions & Results

If you are still looking to add a competition to your schedule, please check out <https://madtcoaches.com/invitationals/invitational-schedule/> for a list of competitions and showcases still available to register for.

As a reminder, if your school is hosting a meet or competition, please send your results and JAM score sheet packets to madtwebsite@gmail.com so we can add them to our website's season score composite and results page.

Mentorship Zoom

Our next Mentorship Zoom session will take place on **Wednesday, December 13th, at 8:15 pm with TRIA!** This class will focus on injury prevention. Specifically, HIPS - Injury prevention, strengthening, and good stretches. HAMSTRINGS - How to prevent pulled hamstrings - even after a good warm-up and stretch, BACKS - How to avoid injury, SHIN SPLINTS - how to prevent injury and more!

We need at least ten coaches to join us! **Register here:** <https://forms.gle/hs7RihJxavVV9niNA>

Please mark your calendars for important 23-24 dates and events for this coming season:

All-State Videos & Details sent to Member Coaches: December 4th

MADT Membership Deadline: December 31st

All-State Submissions Due: January 7th @ 6:00 PM

All-State Video Review: January 21st @ Two Rivers High School

All-State Results Announced: January 28th to Coaches, January 31st to Dancers

Coaches & Sportsmanship Nominations and Academic Awards: Due by February 1st

All-State Showcase: Saturday, March 2nd @ Eastview High School

College Recruitment Combine: Sunday, March 3rd @ Eastview High School

Student Scholarship Applications: Due by March 8th

The 23-24 State Dance Team Tournament is scheduled for Friday, February 16th (Jazz) and Saturday, February 17th (High Kick) at the Target Center.

Coaches Weekend 2024

We have been planning a fun and valuable weekend for you and your coaching staff! If you haven't already, mark your calendars to **SAVE THE DATE** for Coaches Weekend - April 5-7, 2024!

Coaches Continuing Education Workshop: Friday - Saturday, April 5th & 6th @ Delta Hotels Minneapolis

Coaches Celebration: Saturday, April 6th @ Delta Hotels Minneapolis NE

Spring Membership Meeting: Sunday, April 7th @ Totino-Grace High School

For additional information, please visit our website: www.madtcoaches.com



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April 4-6, 2024

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Standard King Single/Double \$89

POST SEASON AWARDS

Deadlines are approaching for end of season awards. Please visit the MFCA Forms Page to nominate players for post season awards. Remember you must be an MSHSCA/MFCA member for your athletes to be eligible for those awards.

MEMBERSHIP

Renew your MSHSCA and MFCA membership for 2023-24 if you have not already. Encourage any new coaches on staff or any new coaches in your area to become members by sharing information regarding the benefits of MSHSCA/MFCA membership. Membership provides you with liability insurance, opportunities for MSHSCA and MFCA awards for you and your players, admission to high school events throughout the state and voice with the MFCA and the MSHSL.

JOHN'S JOURNAL... continued from page 1

with a goal to teach physical education and coach volleyball close to home, which didn't work out right away. He found work as a substitute teacher, but finding a permanent position was tough. He interviewed at schools in Minnesota and Iowa but wasn't hired.

He was hired to help coach junior varsity volleyball back in Spring Grove in the fall of 1993, admitting, "I had played a little but really knew nothing about volleyball." He checked out library books about the game and got to work.

In that first year as a coach, the Spring Grove JV team was unbeaten and the freshman team lost only once, which may have opened some eyes about the young coach. But he still didn't have a teaching job and was considering moving four or five hours away to wherever he could get hired.

And then the head coaching job in Mabel opened up and some of Morken's friends encouraged him to apply. He was hired to coach but was still looking at teaching on a substitute basis. And then – smile! – a teaching position that fit his qualifications became available at Mabel.

The year before he became coach, the Cougars recorded zero wins. They won six times in his first year, then seven, then 12 and in his fourth year they won 17 times.

"In those first few years I was trying to figure out how to coach volleyball and mentor players," he said.

Reaching the 800-victory club is very special to Morken. No. 800 came during a Sept. 2 tournament in Floodwood, and a home win over Kingsland on Tuesday was his 804th. Previous coaches to reach 800 were Gail Nucech of Hibbing in 2007, Milan Mader of Lakeville in 2010 and John Dzubay of Stewartville in 2012. Dzubay is the only other active coach on the list.

"It's really humbling, for one," Morken said. "When I hear John and Milan and Gail, they're the pioneers, right? There were trailblazers before me. As a young coach, I called and emailed them with questions.

"I have an overwhelming level of gratitude toward the volleyball community. I try to be an ambassador and give back to other coaches now. If I hadn't been so well received by the volleyball community I might not have stuck with it."

Bethany Moen, who was an eighth-grade volleyball player in Mabel when Morken came to town, has now been an assistant coach for 22 years.

"As a young adult, he had a purpose and a point and he had a plan," she said. "And I think he was more regimented at that time. Obviously getting married and having children softened Lonnie a little bit and the Lonnie I see today is definitely different. I think he's evolved with the girls at the right pace and speed."

This year's Mabel-Canton team is ranked No. 2 Class 1A behind Minneota. They are unbeaten in their first 11 matches this season, the latest a 3-0 sweep of visiting Kingsland that lasted 46 minutes. With no seniors on the roster, the Cougars' effort was balanced: Sahara Morken had 30 assists, 12 digs and five aces, Lydia Vatland had three aces, Kailey Ingvalson had 10 kills, Saijal Slafter had nine kills and Kinley Soiney had 13 kills and three aces.

Asked to describe her father as a coach, Sahara smiled and said, "He really doesn't yell that much, even if he's upset. He doesn't yell and he's very clear about what he says to you. And he treats all of us the same. He knows what he's talking about."

Mabel-Canton's trip to the state tournament last season was

special for several reasons. One was the opportunity for all of Lonnie Morken's friends in the sport to celebrate with him, another was ending a long drought of state appearances. The Cougars finished fifth at state in 2000 and third in 2001, and then waited it out against some of the best small-school competition in the state before returning to the big show in 2022. From 2002 to 2021 they lost in section championship matches 10 times.

Mabel-Canton finished 36-3 last season. The only seniors on that team were Sophie Morken and Makenzie Kelly. So this year's team is experienced, although the Cougars are playing without junior hitter Hope Erickson, who suffered a wrist injury in a preseason scrimmage. The Cougars are hoping Erickson will be able to return before the postseason begins.

"We want to make sure we peak at the right time," said the coach. "Not having Hope right now should help us develop depth."

If all goes well and a few bounces go their way, the Cougars may get back to state without another two-decade wait.

"It was a lot of fun," Sahara Morken said of last year's experience. "That's all we talked about, that whole week and for like three weeks after. We talked about how exciting it was.

"All of us are so determined to go back because we had so much fun last year and everyone's goal is to get to state this year. We all want it so bad."

No matter how or where the season ends, Lonnie Morken's positive impact on his community and volleyball all over Minnesota continues to produce smiles.

"He is dedicated to Mabel-Canton, to the girls, to the families," said Moen. "It's a family endeavor; it's not him and it's not the girls but it's everybody."

OK everybody. Smile.

--MSHSL senior content creator John Millea has been the leading voice of Minnesota high school activities for decades. Follow him on Twitter @MSHSLjohn and listen to "Preps Today with John Millea" wherever you get podcasts. Contact John at jmillea@mshsl.org

REFLECTIONS... continued from page 5

a successful student-athlete. He was an All-American goalie at Bemidji State University from 1972 to 1975 and was a member of the 1973 National Championship Hockey Team. His prowess earned him Bemidji State University Hall of Fame honors and recognition as one of their "50 Greats for 50 Years."

What makes Scanlon so special is that his current and former athletes will tell you his unique and rare ability to guide any team to believe in themselves and achieve greatness. His pre-game motivational speeches are legendary, and his enthusiasm and energy for sports have his summer youth league scrambling for a chance to play for him when they grow up.

Since taking the helm at Apple Valley, Chuck has been named Coach of the Year four times, Section Coach of the Year 12 times, and ESPN RISE High School National Coach of the Year. He is a 1970 graduate of Richfield High School. He has education degrees from Bemidji State University and the University of Minnesota.

Congratulations, Gail and Chuck! You are richly deserving of being inducted into the NHSACA National Coaches Hall of Fame!

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Distinguished Service Assistant Coach Hall of Fame & Awards Banquet Acceptance Statements

The following Assistant Coach Distinguished Service Award acceptance statements were unintentionally omitted from the MSHSCA Hall of Fame & Awards Banquet. They are printed below to allow the award-winning coaches to accept their awards graciously and express their appreciation.

Matt Braaten – Acceptance Statement

I am here before you today, overwhelmed with gratitude and humility, as I accept the prestigious Assistant Coach Distinguished Service Award. This recognition reflects the collective effort and dedication of an exceptional team that I am honored to be a part of. First and foremost, I want to express my deepest appreciation to Cambridge-Isanti Schools, Superintendent Dr. Rudolph, High School Principal Dr. Gibbs, former Athletic Director Mark Solberg, countless other leaders and my many head coaches for providing me with an incredible opportunity to contribute to the lives of students through sports. To my coaching colleagues, the players, and the athletics and activities support staff – thank you for allowing me to play a small role in our shared journey towards excellence.

Being an assistant coach is about more than just strategy and technique. It's about building relationships, fostering trust, and nurturing growth – both on and off the field. I am immensely grateful for the guidance and mentorship of the head coaches I have worked with. Mike Hennen, Shane Weibel, Jody Ledahl, Mike McDonald, Todd Smrekar, and Mike Bergloff, whose leadership has been an endless source of inspiration for me. Your best in each individual player is truly remarkable.

I must also acknowledge the dedication of our players. It's their passion, resilience, and relentless pursuit of greatness that fuels our collective ambition. Every victory and every challenge they faced together only strengthened their bond, and I am privileged to have been a part of their journey to excellence.

Behind every successful coach, there's a support system that provides the foundation for growth. To my wife, Jessica, and sons, Connor and Cooper, – your encouragement, understanding, and unwavering belief are some of my driving forces. You've been my pillars of strength during late nights, tough losses, and triumphant victories, and for that, I am eternally grateful.

Being recognized for this award is not the end of a coaching journey; rather, it's a reminder of the responsibilities and opportunities that lie ahead. As the current Director of Athletics and Activities at Cambridge-Isanti Schools, my commitment to nurturing talent, fostering a culture of sportsmanship, and promoting a strong work ethic remains unwavering. I will continue to learn, adapt, and evolve so that I can contribute to the success and growth of our team in a new and impactful way.

In closing, I stand here not just as an individual recipient of this honor but as a representative of a collective effort. Every

member of my organization has played a part in this recognition. Together, we embody the spirit of sportsmanship, resilience, and unity that defines our team.

Thank you once again for this incredible honor. Let's continue to push boundaries, inspire greatness, and make a positive impact in the world. Here's to the journey ahead – one filled with challenges, victories, and the unwavering pursuit of excellence. It is always a great day to be a Bluejacket!

Career Highlights/Accomplishments

Helped lead the Cambridge-Isanti Football team to a section championship and state tournament in 2018.

Coached back-to-back section boys basketball championships and state participants in 2019 and 2020. (although Covid-19 cut short their bid in 2020)

Helped guide the Bluejacket girls' basketball team to 4 consecutive section finals from 2009-2012.

In 2021, was awarded the Rob Fornasiere State Assistant Coach of the Year Award in baseball.

Throughout the span of my coaching career:

- Coached 17 years of girls' basketball
- 5 years of boys basketball
- 14 years of football
- 13 years of baseball
- As well as over 20 years of youth coaching baseball, basketball, and football in the Cambridge-Isanti community for his children and their teams.

Leo Fausch – Acceptance Statement

I am very honored to accept this Distinguished Service award. Special thanks to Jim Baker, who nominated me, and thanks to the Coaches' Association selection committee.

In my high school days in the mid-60s, I was fortunate to have an amazing young coach, Dale Champ, who has since been inducted into the MN Basketball Coaches' Hall of Fame. He was a real inspiration to me and encouraged me to pursue teaching and coaching as my career. I earned my social studies and phy-ed degree at Mankato, allowing me to teach and begin coaching.

My entire 31-year teaching career was spent in Lake City, Minnesota, but my coaching career spanned 42 years. My first coaching experience was assisting Henry Dison at varsity. Dison took me, a rookie, under his wing.

Then, coaching was put on hold as I was drafted into military service for two years. While I was away, Jerry Snyder entered the Lake City scene in 1970 as the varsity coach. For more than 25 years, he cultivated a strong sense of discipline in all his teams, emphasizing defense. Jerry has been a great mentor to me and one of the strong factors in my growth as a coach. And he also has been a great friend, neighbor, and a good fishing buddy.

Next, I worked under Greg Berge (current Lake City head coach) for seven years. We worked together to continue the tradition and success of Tiger teams.

My final eight years were under varsity coach Shawn Sweeney. He urged unselfish team play and reminded his players that it's not the number of wins and losses that count. It is effort and fair play.

Under each of these varsity coaches, my goal at the B-Squad level was to develop players' fundamentals so that when they made the transition to varsity, they would have success. I encouraged my players to be competitive but to remember that it's still a GAME and to have FUN. And every year, I reminded my team that "A" comes before "B" ---- ACADEMICS before BASKETBALL. Hopefully, I've inspired some young athletes ---- as my high school coach did for me ---- to use their team experiences in the real game of life. During my coaching tenure, my B-squad teams tallied more than 500 victories.

There's an enduring connection between a coach and players. It is especially rewarding when my former players keep in touch with me. Some of them have become teachers and coaches themselves. Some have served as parent volunteers, and some still continue to coach at the high school or even college level. Many of those bonds and friendships have continued for decades. Those are the lasting bonds and great rewards of coaching.

I served as an assistant coach for four Tiger state tournament squads ---1978, 1979, 1983, and 1990 ---- with three of the four resulting in state championships. I was privileged to coach Randy Breuer, Pat Kennedy, and Bill Anderson through the 1978 and '79 state championships, and Tony Heise and Brent Meincke on the 1990 winning roster. They, as well as numerous other players --- several of them here tonight --- have contributed to my Tiger highlights.

Thank you to all my fellow coaches and to all who have been part of Lake City's basketball program. A special thank you to all my players. It's been an honor to teach and work with you.

And personally, thank you to my family and to my wife, Sue, for the sacrifices --- November through March -- for 42 years and over 800 games! She's always provided encouragement, win or lose.

It's been a rewarding six-decade journey from the 1960s to 2013. This honor is to be shared with all my players, our school, and my fellow coaches. No one wins an award alone in a team sport.

Thank you.

Ron Trunk – Acceptance Statement

I worked under outstanding head coaches at North Branch, including Becky Leuer (Volleyball), Larry Brodin (Softball), Tony Aho (Wrestling), Mike Selbitchka (Volleyball), Kathy Crudo (Softball), and Chris Johnson (Gymnastic). I thank them for their service and dedication to their sport and to the community of North Branch. It was a privilege to coach at the State Tournament as their assistant in all four sports I coached at North Branch. I graduated from Princeton High School, where I lettered in Wrestling and Football. After high school, I attended Moorhead State University, where I lettered in Wrestling and graduated with a K-12 Physical Education degree. In 1988, I was hired as the Head Wrestling coach at North Branch Area High School. In my time at North Branch, I coached wrestling for 20 years (six as a head coach), Softball for 27 years (eight as a head coach), Volleyball for 30 years as a 9th grade coach, and three years as a Gymnastics assistant. I retired from

teaching and coaching in 2022. I have been married to my wife Michelle for 31 years. We have two daughters, Emily, 27, and Kathryn, 25. Thank you for this great honor!

Karla Jensen – Acceptance Statement

I would like to thank my friend and fellow coach, Craig Johnshoy, for nominating me for this award. I also would like to thank the MSHSCA for deciding I am worthy to receive it. Craig took over the head position from me as I added on to my family. I continued on in the program at the Junior High level and soon after became his assistant at the varsity level. It has been a great ride with awesome coaches and athletes.

I feel very fortunate to have been a part of the movement for Girls' athletics and the realization that it is an important part of education. I was fortunate enough to be able to compete at the initial start of the movement. The only option previously in Minnesota for girls was cheerleading or GAA (Girls Athletic Association).

Coaching has been an important part of my life for as long as I can remember. As a little girl, I would ride the bus to games & track meets with my Dad when he coached in South Dakota. He coached for over 40 years in all areas of athletics in South Dakota and later in Minnesota. I have two sisters who are very successful coaches for Minnetonka and Becker High Schools, and my husband Mark was Head wrestling coach for 25 years at Pierz. I have coached basketball, volleyball, cheerleading, and I started the Pierz tennis program along with my husband, but Track and field has always been my passion. When I started out as Head girls coach, I had no assistant, and I also did the Junior High program the last hour of the day. We were fortunate to have an all-weather track, something most schools in the late 70's did not have. Because of this, we hosted many meets.

I was unable to coach this year as I have been battling cancer. I was only able to attend a few of my sister Jane's track and field meets this year at Minnetonka. My doctor is in the cities, and I was fortunate to be able to stay at her home. This challenge helped to remind me how important athletics are for everyone. The relationships and bonds made are lifelong, and I felt much love and support. Fortunately for me, I have a great team of Doctors & healthcare providers, two of whom are my daughters. Thankfully, with patience, I am now on the road to recovery.

I have many great memories filled with wonderful people, but I'm especially thankful for the opportunity to have coached my 4 daughters in tennis and track & field. Another very special recent day was during the State Track and Field meet this spring, which I was unable to attend. Ashley Kimman, my hurdler from the previous year, had just won the 100 hurdles, and she face-timed me right after her race. She showed off her 1st place medal. She told me she thought of me as she was getting into the blocks and again over the 5th hurdle. She proceeded to give me way too much credit for her win. As we were talking, she informed me that Jonny Cheney, my former boy hurdler, had just won the 110's. Talk about an amazing end to their high school careers!!

Once again, thanks to the MSHSCA for the special recognition. The deep love and compassion for coaches and fellow athletes is one of the valuable outcomes of sports participation. Thank you to everyone who gives their time and talents to make sports great in Minnesota!

HALL OF FAME



**2023 Hall Of Fame Inductee
John Hardgrove**



**2023 Hall Of Fame Inductee
Lonnie Morken**



**2023 Hall Of Fame Inductee
Erin H.**



**Assistant Coaches
Distinguished Service Award
Leo Fausch**

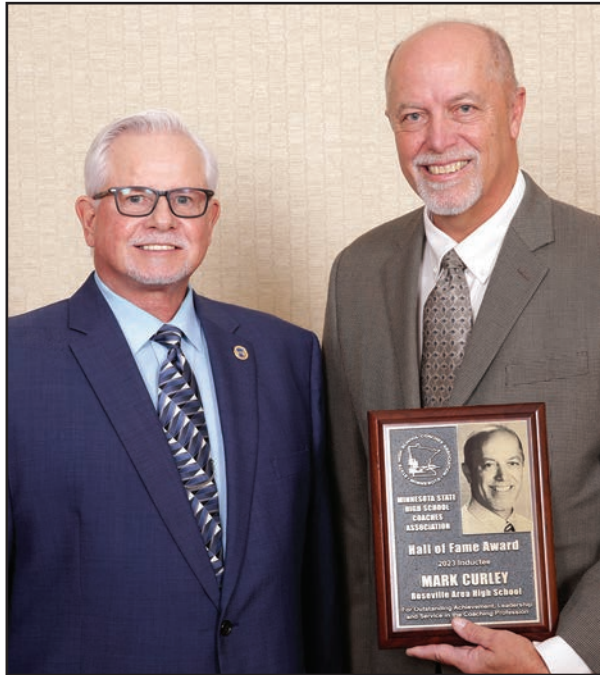


**Assistant Coaches
Distinguished Service Award
Ron Trunk**

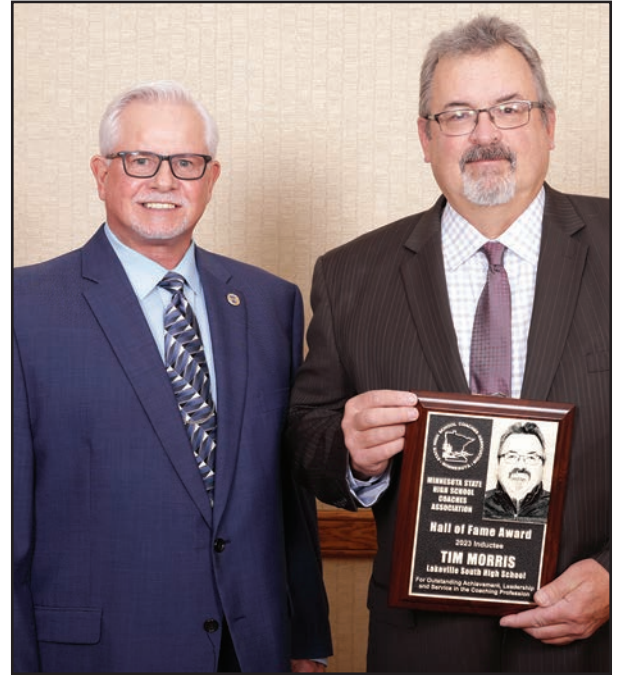
F FAME



Fame Inductee
erman



2023 Hall Of Fame Inductee
Mark Curley



2023 Hall Of Fame Inductee
Tim Morris



Assistant Coaches
Distinguished Service Award
Matt Braaten



Assistant Coaches
Distinguished Service Award
Karla Jensen

HALL O



Championship/Coach of the Year Awards



Championship Coaches

F FAME



Coach of the Year

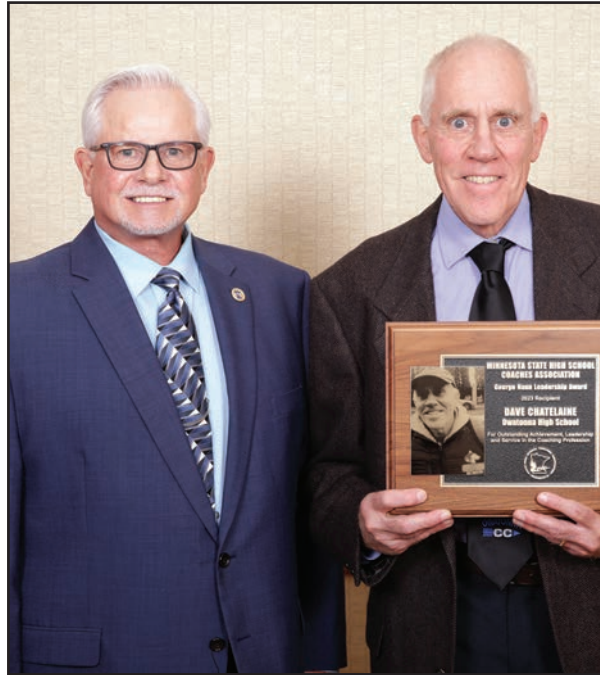


Assistant Coach of the Year

HALL O



**John Sshumacher
Meritorious Service Award
Bernie Schumacher**



**George Haun Leadership Award
David Chatelaine**



**Officials Distinguished
Scott Hill**



**Steve Kerzie Delegate Service Award
LeeAnn Steen**



**George Haun Leadership Award
Jan Eifealdt**

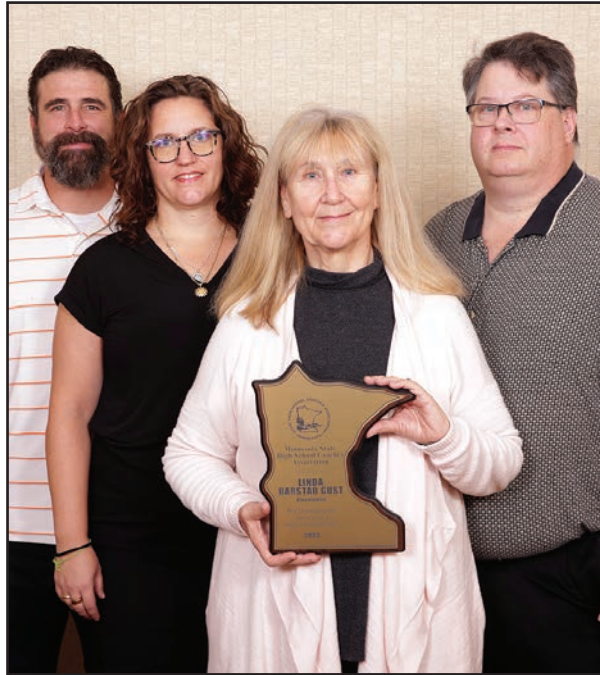


**Officials Distinguished
Mike "Dro"**

F FAME



Distinguished Service Award
T Hill



Officials Distinguished Service Award
Linda Barstad Gust



Officials Distinguished Service Award
Terry Bumgarner



Distinguished Service Award
"Droopy" Drury



25 Year Life Membership Coaches

FALL ACADEMIC AWARDS

CROSS COUNTRY - BOYS GOLD

Academy of Holy Angels
Alexandria
Annandale
Avail Academy
Bagley High School
Barnum
Belle Plaine
Bemidji
Benilde - St. Margaret's
Bertha-Hewitt
Big Lake
Blaine
Blooming Prairie
Bloomington Jefferson High School
Blue Earth Area
BOLD HS
Brainerd
Breck School
Buffalo Lake-Hector-Stewart HS
Buffalo High School
Byron
Canby-Minneota
Champlin Park
Chanhassen High School
Chatfield High School
Concordia Academy
Coon Rapids High School
Dawson-Boyd HS
Delano
DeLaSalle
Detroit Lakes High School
Duluth East
Eagan High School
Eagle Ridge Academy
East Grand Forks Senior High
East Ridge
Eastview
Eden Prairie High School
Edina High School
Esko
Fairmont High School
Farmington
Fillmore Central
Hastings
Hawley High School
Heritage Christian Academy
Hermantown High School
Holdingford
Holy Family Catholic
Hope Academy
Houston
International Falls
International School of Minnesota
Kasson-Mantorville
La Crescent-Hokah
Lac qui Parle Valley
Lake City
Lake Crystal Wellcome Memorial (LCWM)

Lakeville North
Lakeville South
Lanesboro
Le Sueur-Henderson HS
Lewiston-Altura
Mahtomedi
Mankato East
Mankato West
Maple Grove Senior High
Marshall High School
Marshall School - Duluth
Math and Science Academy
Melrose
Mesabi East
Milaca High School
Minneapolis Roosevelt
Minneapolis Southwest High School
Minnehaha Academy
Minnesota Valley Lutheran HS
Minnewaska Area
Montevideo
Monticello
Moorhead High
Moose Lake
Mora
Mound Westonka
Mounds View
Mountain Lake
New Prague
Nicollet
North Branch
Northfield
Northwest Nighthawks Coop
Norwood Young America
Orono High School
Ortonville
Osseo High School
Owatonna
Park High School (Cottage Grove)
Park Rapids Area
Perham High School
Pine City
Pine Island
Plainview-Elgin-Millville
Princeton
Prior Lake
Proctor
Providence Academy
RAACHE
Redwood Valley
Richfield High School
Robbinsdale Armstrong
Rochester Century
Rochester John Marshall
Rochester Lourdes
Roseau
Rosemount
Roseville Area High School
Royalton High School
Rushford-Peterson HS
Saint John's Prep
Saint Michael-Albertville HS
Saint Paul Highland Park
Saint Thomas Academy
Sartell
Sauk Rapids-Rice HS
Shakopee High School
Simley High School
South Ridge
Springfield
St Cloud Tech
St. Agnes School
St. Anthony Village
St. Cloud Cathedral
St. Cloud Christian School
St. Croix Lutheran Academy
St. Francis
St. Paul Como Park
St. Peter High School
Staples-Motley
Stephen-Argyle Central HS
Stillwater Area High School
Totino-Grace
Trinity School at River Ridge
Wadena-Deer Creek
Warren-Alvarado-Oslo HS
Warroad High School
Watertown-Mayer HS
Wayzata
White Bear Lake Area High School
Willow River
Winona HS
Woodbury
Zimmerman

Madelia
Martin Luther
Menahga
Morris Area
Mounds Park Academy
Mountain Iron-Buhl
Murray County Central
New London-Spicer HS
Nova Classical Academy
Paynesville
Pelican Rapids
Pierz
Riverside Christian School
Rochester Mayo
Rockford High School
ROCORI
Rush City
Saint Louis Park
Saint Paul Johnson High School
Sebeka
Sibley East
Silver Bay
Southland
St James High School
St. Charles High School
St. Cloud Apollo
Stewartville
Truman
Two Harbors
Wabasha-Kellogg HS
Waseca
Windom Area

CROSS COUNTRY - GIRLS GOLD

Academy of Holy Angels
Alexandria
Andover
Annandale
Apple Valley HS
Ashby
Austin HS
Avail Academy
Barnum
Becker
Belgrade-Brooten-Elrose HS (BBE)
Belle Plaine
Benilde - St. Margaret's
Benson
Blaine
Blooming Prairie
Bloomington Jefferson High School
BOLD HS
Brainerd
Brandon-Evansville HS
Breck School
Breckenridge-Wahpeton HS
Buffalo Lake-Hector-Stewart HS
Buffalo High School
Byron

SILVER

Albert Lea
Andover
Ashby
Austin HS
Becker
Belgrade-Brooten-Elrosa HS (BBE)
Brandon-Evansville HS
Breckenridge-Wahpeton HS
Chokio-Alberta HS
Cook County
Cotter
Eden Valley- Watkins HS
Foley
Forest Lake
Frazee-Vergas High School
Fridley
Fulda
Granada-Huntley-East Chain HS
Grand Meadow
Grand Rapids
Heron Lake-Okabena
Hutchinson
Irondale
Kimball
Lakeview
Le Sueur-Henderson HS
LeRoy-Ostrander HS
Lester Prairie
Luverne

FALL ACADEMIC AWARDS

Canby-Minneota Champlin Park Chanhasen High School Chokio-Alberta HS Concordia Academy Cook County Cotter HS Dawson-Boyd HS Delano High School DeLaSalle Detroit Lakes High School Duluth East Eagan High School Eagle Ridge Academy East Central East Ridge Eastview Eden Prairie High School Eden Valley-Watkins HS Ely Esko Fairmont High School Faribault Farmington Fergus Falls Fertile-Beltrami High School Fillmore Central Foley Fulda Gibbon-Fairfax-Winthrop (GFW) Goodhue Grand Rapids Greenway Hastings Hawley High School Heritage Christian Academy Hill-Murray Holdingford Holy Family Catholic Hope Academy International Falls International School of Minnesota Jackson County Central Janesville-Waldorf-Pemberton (JWP) Kasson-Mantorville Kerkhoven-Murdock-Sunburg HS (KMS) Kimball La Crescent-Hokah Lac qui Parle Valley Lake City Lake Crystal Wellcome Memorial (LCWM) Lakeville North Lakeville South Lanesboro Le Sueur-Henderson HS Lester Prairie Litchfield High School Little Falls Community High School Luverne	Mahtomedi Mankato East Mankato West Marshall High School Marshall School - Duluth Math and Science Academy Melrose Menahga Milaca High School Minneapolis Roosevelt Minneapolis Southwest High School Minnehaha Academy Minnesota Valley Lutheran HS Minnewaska Area Monticello Moorhead High Moose Lake Mora Morris Area Mound Westonka Mounds View Mountain Lake Murray County Central Nashwauk-Keewatin New London - Spicer HS New Prague New Ulm Cathedral Nicollet North Branch Northfield Northwest Nighthawks Coop Norwood Young America Orono High School Osseo High School Pacelli Park High School (Cottage Grove) Park Rapids Area Paynesville-BBE Pelican Rapids Perham High School Pierz Pillager Pine City Pine Island Pipestone Area Schools Plainview-Elgin-Millville Prior Lake Proctor Providence Academy RAACHE Redwood Valley Richfield High School Robbinsdale Armstrong Rochester Century Rochester Lourdes Rochester Mayo Rockford High School ROCORI Rogers Roseau Rosemount Roseville Area High School Royalton High School	Saint John's Prep Saint Louis Park Saint Michael-Albertville HS Saint Paul Highland Park Sauk Rapids-Rice HS Sebeka Shakopee High School Silver Bay Simley High School Sleepy Eye Public HS Sleepy Eye St. Mary's South Ridge South Saint Paul Southwest Minnesota Christian Springfield St. Agnes School St. Anthony Village St. Charles High School St. Cloud Cathedral St. Cloud Christian School St. Croix Lutheran Academy St. Peter High School Stephen-Argyle Central HS Stillwater Area High School Totino-Grace Tracy-Milroy-Balaton HS Tri City United Trinity School at River Ridge Two Harbors Wadena-Deer Creek Warren-Alvarado-Oslo HS Warroad High School Waseca Watertown-Mayer HS Waterville-Elysian-Morristown (WEM) Wayzata West Central Area Schools Westbrook-Walnut Grove HS White Bear Lake Area High School Willow River Winona HS Woodbury Zimmerman Zumbrota-Mazeppa HS	Nova Classical Academy Owatonna High School Pequot Lakes High School Princeton Providence Academy Rush City Rushford-Peterson HS Sartell Southland St James High School St. Cloud Apollo St. Francis Staples-Motley Stewartville Thief River Falls United South Central HS Wabasha-Kellogg HS Wheaton High School Windom Area
			FOOTBALL 9 MAN GOLD Fertile-Beltrami Hancock Heron Lake-Okabena/Fulda Kittson County Central Park Christian Southland Stephen-Argyle Central
			SILVER Border West Cedar Mountain Cromwell-Wright Area Granada-Huntley-East Chain/ Truman Hills-Beaver Creek Mabel-Canton Nevis Ogilvie Red Rock Central Underwood
			CLASS 1A GOLD Ada-Borup-West Adrian-Ellsworth BOLD Fillmore Central GFW Goodhue Minneota Murray County Central New York Mills Parkers Prairie Red Lake County Upsala-Swanville-Area (USA)
			SILVER Bethlehem Academy Braham Area Springfield Tracy Milroy Balaton Wabasha-Kellogg

FALL ACADEMIC AWARDS

West Central Area
Yellow Medicine East

CLASS 2A GOLD

Barnesville
Hawley
Lewiston-Altura
Maple River
Minnesota Valley Lutheran
(MVL)
Paynesville Area
Saint Agnes
St. Clair/Loyola

SILVER

Barnum
Chatfield
Crosby-Ironton
Eden Valley-Watkins
Frazee
Janesville-Waldorf-Pemberton
Randolph
Rush City
Warroad

CLASS 3A GOLD

Albany
Concordia Academy
Dassel-Cokato
Foley
Litchfield
Minnewaska Area
Mora
Morris Area/Chokio-Alberta
Perham
Stewartville
Zumbrota-Mazeppa

SILVER

Fairmont
Luverne
Milaca
Rockford
Tri-City United
Watertown-Mayer
Worthington

CLASS 4A GOLD

Byron
Detroit Lakes
Kasson-Mantorville
Marshall
Orono
St. Anthony Village

SILVER

Academy of Holy Angels
Chisago Lakes
Grand Rapids
Hermantown
Mound Westonka
Rock Ridge

ROCORI
Willmar

CLASS 5A GOLD

Andover
Chanhassen
Owatonna
Waconia

SILVER

Alexandria Area
Brainerd
Hastings
Mahtomedi
Mankato East
Mankato West
Monticello
Moorhead
New Prague
Northfield
Rochester John Marshall
Sartell
Sauk Rapids-Rice
St. Paul Highland Park

CLASS 6A GOLD

Anoka
Eastview
Farmington
Lakeville North
Lakeville South
Maple Grove
Rochester Mayo
Stillwater Area
Wayzata
Woodbury

SILVER

Blaine
Centennial
Champlin Park
Eagan
East Ridge
Forest Lake
Minnetonka
Rosemount
Shakopee

SOCCER- BOYS

SILVER

Avail Academy
Byron
Holy Family Catholic
Hope Academy
Hopkins
Marshall School
Minneapolis Washburn
Mound Westonka
Park High School
Providence Academy
Southwest Christian

SOCCER- GIRLS GOLD

Alexandria Area High School
Andover High School
Bemidji High School
Benilde-St. Margaret's
Bloomington Jefferson
Byron
Chanhassen
East Grand Forks
Eden Prairie
Esko High School
Farmington
Heritage Christian Academy
Hopkins High School
Lakeville North
Lakeville South High School
Maple Grove
Minneapolis Roosevelt
Minneapolis Southwest
Mounds View High School
Orono
Pine Island
Red Wing High School
Rochester Century
Saint John's Preparatory School
South St. Paul
Southwest Christian
Spring Lake Park
St. Croix Lutheran Academy
St. Louis Park
Tartan High school
Trinity School at River Ridge
Visitation School
Waconia High School
Wayzata
Winona Senior High School
Zumbrota-Mazeppa HS

SILVER

Apple Valley High School
Caledonia Area
Cambridge-Isanti
Concordia Academy
Crookston High School
Delano
East Ridge
Hope Academy
Kasson-Mantorville High
School
Lakes International Language
Academy
Legacy Christian Academy
Lewiston-Altura High School
Little Falls
Mankato West
Minnetonka High School
New Ulm High School
Owatonna High School
Park High School
Providence Academy
Rochester Lourdes
Sartell High School
Simley
St Agnes

St Michael-Albertville
St. Charles High School
St. Cloud Cathedral
St. Paul Johnson
St. Peter
Triton High School
White Bear Lake Area High
School
Zimmerman

SWIMMING & DIVING - GIRLS

GOLD

Albany
Albert Lea
Alexandria
Anoka
Austin
Becker
Benilde-St. Margarets
Blaine
Bloomington Kennedy
Brainerd
Buffalo
Champlin Park
Chaska
Chisago Lakes
Cloquet Esko Carlton
Coon Rapids
Crookston/Fosston/Bagley
Delano
Detroit Lakes
Duluth Denfeld
Duluth East
Eden Prairie
Edina
Elk River
Faribault
Farmington
Hastings High School
Hibbing
Hopkins
Ironton
Lakeville North
Lakeville South
Mankato East
Mankato West
Melrose
Minneapolis South/Roosevelt
Minneapolis Southwest
Morris-Minnewaska
Mound Westonka / Holy Family
Mounds View
Northeast Range-Ely
Northfield
Orono
Park Center
Prior Lake
Red Wing
Richfield/Holy Angels
Robbinsdale Armstrong
Rochester Century
Rochester Mayo
Rosemount High School
Roseville

FALL ACADEMIC AWARDS

Sartell
Sauk Rapids
Shakopee
St. Anthony Village
St. Cloud Cathedral/St John's
Prep
St. Cloud Tech
St. Paul Como Park
St. Peter
Tartan
Thief River Falls
Tri-City United
Two Harbors
Visitation
Waconia
Warroad/Roseau High School
Watertown - Mayer
Wayzata
Winona
Woodbury

SILVER

Andover
Apple Valley High School
Breck School
Cambridge-Isanti
Centennial
Cretin Derham Hall
Dassel-Cokato
Eagan High School
East Ridge
Eastview
Fergus Falls
Foley
Forest Lake
Fridley HS
Grand Rapids
Hill-Murray
Holdingford
John Marshall
Litchfield
Little Falls
Mahtomedi
Maple Grove
Marshall
Mesabi East
Minnetonka
Monticello
North Saint Paul
Ogilve / Mora
Osseo
Owatonna
Park High School
Park Rapids
Proctor-Hermantown
Rocori
Sauk Centre
Simley
Spring Lake Park
St. Cloud Apollo
St. Louis Park
St. Paul Central
Two Rivers High School
Willmar

TENNIS CLASS A GOLD

Belle Plaine
Crookston
East Grand Forks Senior High
Fairmont
Foley High School
Lake City Lincoln HS
Litchfield
Maple River
Melrose Area High School
Minnehaha Academy
Minnewaska
Mora High School
Morris Area Secondary
New York Mills
Osakis
Parkers Prairie
Pequot Lakes
Perham
Pine City High School
Pipestone Area High School
Roseau High School
Southwest Christian HS
St. James
St. Paul Academy & Summit
School
Thief River Falls Lincoln HS
Wadena-Deer Creek HS
Waseca HS

SILVER

Benson
Breck School
Cannon Falls High School
Glencoe- Silver Lake High
School
Holy Family Catholic High
School
KMS (Kerkhoven-Murdock-
Sunberg)
Le Sueur-Henderson High
School
MACCRAY High School
Montevideo
Mounds Park Academy
Park Rapids Area High School

CLASS AA GOLD

Academy of Holy Angels
Albert Lea High School
Andover High School
Annandale
Anoka Senior High School
Austin High School
Bemidji High School
Benilde-St. Margaret's
Blaine High School
Bloomington Jefferson HS
Brainerd High School
Burnsville
Cambridge-Isanti High School
Chanassen High School

Delano High School
Detroit Lakes High School
Duluth East High School
East Ridge HS
Eastview
Eden Prairie
Edina High School
Fergus Falls
Hastings High School
Hutchinson
Jordan High School
Lakeville South High School
Little Falls Community High
School
Mankato East
Mankato West
Maple Grove
Marshall High School
Minneapolis Washburn HS
Minnetonka
Monticello High School
Mound Westonka High School
Mounds View
Mpls Roosevelt
New Prague
North Branch
Northfield High School
Osseo Senior High School
Park HS
Princeton
Prior Lake High School
Red Wing High School
Robbinsdale Armstrong
Rochester Century High School
ROCHESTER Mayo
ROCORI High School
Rogers
Rosemount
Roseville Area High School
Shakopee High School
Spring Lake Park High School
St Michael-Albertville High
School
St. Cloud Apollo HS
St. Cloud Cathedral HS
St. Cloud Tech HS
St. Paul Harding High School
St. Peter
St. Anthony Village
Stewartville
Tartan High
Totino-Grace HS
Two Rivers High School
Visitation School
Waconia High School
Wayzata High School

SILVER

Becker High School
Big Lake
Carlton High School
Champlin Park
Cloquet High School
Eagan High School
Elk River

Esko High School
Eveleth-Gilbert High School
Faribault High School
Hermantown HS
Sartell High School
South St. Paul
St. Francis HS
Tri-City United
Virginia High School
Woodbury High School

VOLLEYBALL GOLD

Academy of Holy Angels
Ada-Borup-West High School
Albany High School
Albert Lea
Alden-Conger High School
Alexandria
Andover HS
Annandale
Anoka High School
Atwater-Cosmos-Grove City
High School
Badger High School
Barnesville High School
Belgrade-Brooten-Elrosa
School (BBE)
Bemidji High School
Benilde-St. Margaret's
Benson
Bertha-Hewitt High school
Blackduck High School
Blooming Prairie High School
Blue Earth Area
Braham Area High School
Brainerd
Breckenridge-Wahpeton High
School
Buffalo
Byron
Canby High School
Central High School
Champlin Park
Chatfield High School
Chisago Lakes
Chokio-Alberta High School
Cleveland
Climax High school
Clinton-Graceville-Beardsley
High School
Cotter High School
Cretin-Derham Hall
Cromwell-Wright High School
Dassel-Cokato High School
Delano
DeLaSalle High School
Detroit Lakes
East Central High School
East Grand Forks Senior High
Farmington
Fertile-Beltrami
Fillmore Central
Fisher High school
Floodwood High School

FALL ACADEMIC AWARDS

Foley High School	Mora High School	Tri-City United	Forest Lake Area High School
Frazee- Vergas High School	Morris Area High School	Tri-County High School	Fosston High School
Fulda High School	Mound Westonka	Triton High School	Goodridge High School
Gibbon - Fairfax - Winthrop High School	Mounds View	Underwood	Grand Rapids High School
Glencoe Silver Lake	New London Spicer	United South Central High School	Grygla High School
Grand Meadow Public School	New Prague	Upsala Area Schools	Hayfield High School
Greenbush-Middle River High School	New Richland-HEG High School (NRHEG)	Verndale	Hinckley Finlayson High school
Hancock High School	New York Mills	Wabasha-Kellogg High School	Holdingford High School
Hastings High School	North Branch High School	Wabasso	Holy Family Catholic High School
Hawley High School	Nova Classical Academy	Wadena-Deer Creek High School	Jackson County Central
Herman-Norcross High School	Ogilvie	Walker-Hackensack -Akeley High School	Kimball Area High School
Hermantown	Osakis High School	Waterville-Elysian-Morristown HS (WEM)	Kingsland High School
Heron Lake-Okabena High School	Osseo	West Central Area High School	Kittson County Central
Hill-Murray	Owatonna High School	West Lutheran High School	LeSueur- Henderson High School
Hillcrest Lutheran Academy	Park Christian	Westbrook -Walnut Grove High School	Littlefork-Big Falls High school
Hope Lutheran High school	Parkers Prairie	Wheaton High school	Long Prairie-Grey Eagle Secondary School
Hopkins High School	Paynesville Area High School	White Bear Lake	Madelia High School
International Falls High School	Pelican Rapids	Win-E-Mac High School	Mahnomen High School
Irondale High School	Pequot Lakes High School	Winona Senior High School	Minnehaha Academy
Janesville-Waldorf-Pemberton High School	Perham-Dent Public Schools	Worthington High School	Minneapolis South High
Jordan High School	Pierz High School	Zimmerman High School	Minnetonka
Kasson-Mantorville High School	Pine Island	Zumbrota-Mazeppa High School	Minnewaska Area High School
Kenyon-Wanamingo High school	Plainview-Elgin-Millville High School (PEM)		Nashauk-Keewatin High school
Kerkhoven-Murdock-Sunburg High school	Princeton High School	SILVER	Nevis
Lake Crystal Wellcome Memorial	Prior Lake	Apple Valley	New Ulm Cathedral
Lake Park-Audubon High School	Providence Academy	Austin	Norman County East
LeRoy-Ostrander High School	Red Lake Falls	Avail Academy	North Woods School
Lewiston Altura	Redwood Valley High School	Bagley High School	Pact Charter School
Litchfield High School	Rochester Mayo High Shool	Battle Lake	Park Rapids Area High School
Mabel-Canton High School	Rockford High School	Belle Plaine	Randolph Schools
MACCRAY High School	ROCORI High School	Bethlehem Academy	Red Lake County Central
Mahtomedi	Rogers High School	Big Lake High School	Red Rock Central
Mankato West High School	Roseau	Bigfork High School	Rochester Lourdes
Maple Grove Senior High School	Rushford-Peterson High School	Bird Island-Olivia-Lake Lillian High School (BOLD)	Roseville Area
Maple Lake	Russell-Tyler-Ruthton High School	Blaine High School	Rush City
Maple River	Sacred Heart High School	Browerville High School	Schaeffer Academy
Maranatha Christian Academy	Saint James Area	Burnsville	Simley HS
Marshall County Central High School	Saint Paul Central High School	Caledonia High School	Sleepy Eye High School
Marshall High School	Sartell-St. Stephen High School	Cannon Falls	Spring Grove
Martin County West	Sauk Rapids-Rice High School	Cedar Mountain	Spring Lake Park High School
Math and Science Academy	Sebeka High School	Centennial High School	Springfield Public School
Medford	Shakopee High School	Central MN Christian School	St. Clair High School
Melrose Area	Sibley East	Chaska High School	St. Cloud Tech High school
Menahga	Southland	Concordia Academy	St. Paul Humboldt
Milaca	Southwest Christian	Crookston	St. Paul Harding High School
Minneapolis Edison High School	St. Anthony Village High School	Crosby-Ironton High School	Stephen-Argyle Central High School
Minneota	St. Cloud Cathedral	Deer River High School	Swanville high school
Monticello High School	St. Croix Lutheran Academy	Dilworth-Glyndon-Felton High school (DGF)	Tracy-Milroy-Balaton High school
Moorhead High School	St. Louis Park High School	Eagle Valley High School	Two Rivers High School
	St. Michael-Albertville High School	East Ridge High School	Ulen-Hitterdal Public school
	St. Paul Como Park Senior High School	Edina High School	Watertown-Mayer High School
	St. Peter Public School	Elk River High School	Waubun High school
	Staples-Motley	Ely	Willmar Senior High School
	Stewartville	Fergus Falls	Windom Area High School
	Stillwater Area High School		
	Thief River Falls (Lincoln HS)		



[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

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

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Lori George lgeorge@loomislapann.com
Karen Boller kboller@loomislapann.com

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

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

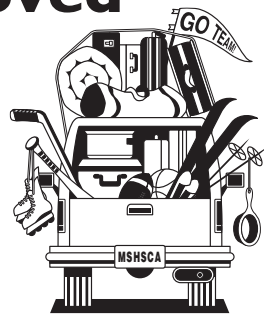
1. Executive Director available to work for you on a daily basis.
2. Dues include a \$2,000,000 Liability Insurance while coaching.
3. Membership card is for admission at many high schools and colleges in Minnesota.
4. Teams are eligible to earn Academic Team and Individual honors.
5. Provide scholarships 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!

“It’s not whether you get knocked down; it’s whether you get up.”

- Vince Lombardi

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 or mail us at MSHSCA 20085 Italy Ave. Lakeville, MN 55044 Phone (952) 250-9535



DISCOUNTS AND BENEFITS

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

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

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

www.hscoachesbenefits.org/

SPECIAL MEETINGS OF IMPORTANCE

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

MN TRACK & FIELD COACHES ASSOCIATION

SECOND ANNUAL WOMEN⁴WOMEN COACHES SYMPOSIUM

ALL Coaches (all genders, sports, & levels) are invited to this free event.

Keynote, Round Table Talks & Social. Come to Learn, Grow, and Network.



DATE

January 25, 2024



LOCATION:

INTERCONTINENTAL HOTEL -
ST. PAUL RIVERFRONT



TIME

7:45 PM - 9:15 PM

KEYNOTE:

"AND THE GIRLS ALSO RAN"

DOROTHY MCINTYRE

Minnesota Trailblazer for Girls Sports

ROUND TABLE DISCUSSIONS:

COACHES WILL CONNECT WITH AND HEAR THE STORIES OF OTHER COACHES FROM A VARIETY OF YEARS IN COACHING.

RSVP:

To RSVP go to: <https://www.mshsca.org/w4w>



COACHES CARING PROGRAM

Checks should be made out to the MSHSCA,
and the donation should be mailed to the following address:

MSHSCA
20085 Italy Avenue, Lakeville, MN 55044

Thank you for considering a donation to the Coaches Caring program. The Coaches Caring program has supported and lifted coaches' spirits with support when they are facing life-altering adversity. Since the Coaches Caring program was established in 2011, over eighty coaches have received letters of support and a check to help with expenses.

Your donation will make a difference to coaches and their families in their time of need.
Coaching Caring nominations should be emailed to
Nathan Youngs at nathan.youngs@dc.k12.mn.us



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Website: www.trophiesplus.com

Email: trophyman@trophiesplus.com

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*The Officers, Chairpersons and
the Editor of the Minnesota
Prep Coach would like to wish
the MSHSCA Membership
the very best Holiday Season
and Good Luck in 2024!*