



The Power of a Coach

Jody Redman - MSHSL Associate Director - Guest Author

Each year we are presented with an opportunity to provide growth-filled experiences for the students we coach. We show up prepared to give the students we interact with much of what we think they want and need. In a recent video produced in partnership with the MSHSL, MSHSCA and MNIAAAA, called the Parent's Playbook (available on the front page of mshsl.org), students shared with us why they play, the value of mistake making, pressure, and whether or not they think they will become professional athletes. As I sat down and listened to them share their perspective, I was awe-struck by their wisdom. It made me sit back and reflect on the enormous opportunity education-based athletics can and should provide and the incredible power adults have to make a difference. I became acutely aware of the potential that exists to change the trajectory of each students' life who participates in high school sports. Listening to their stories, I was also made aware that this opportunity doesn't just happen. It happens because their coaches were aware of and intentional about this immense responsibility.

As we begin another school year, are you coaching from a high enough purpose? Are you being as intentional about your student's social emotional development as you are their physical skill development? Take a moment and reflect on what you will give to, and develop in, the students on your team this year. This personal reflection should begin with the following four questions:

- Why do I coach?
- Why do I coach the way I do?
- How does it feel to be coached by me?
- How do I define success?

Why Do I Coach?

We spend a considerable amount of time on the technical and tactical aspects of the sports we coach, but there is so much more to consider. Coaching shouldn't start with X's and O's but with why. Your WHY should be a clear and concise statement defining the impact you are trying to make in your students' lives. WHY directs the expenditures of your time, energy, and

effort and provides a final destination. Answering the question 'Why do I coach?' can help a coach identify selfish agendas and develop a purpose that transcends personal, vocational, financial, or ego-driven needs. WHY prompts us to answer the questions of when and how to use the power of coaching to affect students for their lifetime.

You wrote a Transformational Purpose Statement as part of the CER requirement on your Coaches Clipboard. Can you state it and are you living it? The first step is writing the Transformational Purpose Statement, but this doesn't ensure your purpose happens. You also must develop strategies to bring it to life in your program every day. What are you intentionally doing to develop skills that will sustain your students beyond the physical skills of the game? How are you marking and etching character into the lives of the students you coach--character that will help them to become better people, not just better athletes.

Why Do I Coach the Way I Do?

Coaches have an incredible opportunity to dramatically

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If you would be interested in filling one of the open Delegate positions please contact John Schumacher, Executive Director

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POWER OF COACH ... continued from page 1

influence their students' lives. Take a moment and think back: How did your high school coaches impact you? We can name the coaches that you couldn't wait to spend time with and those whose practices dragged on, those who were heroes in your life and those you despised. Why do you coach the way you do? How have the coaches in your past impacted the way that you coach today? Look in the mirror. Good or bad, how much of how you coach is based on what you learned from them?

There are two types of coaches. Transactional coaches strip away fun, use questionable tactics, manipulate and threaten students to achieve their goals. When players perform well, they are rewarded. When they don't perform well, some kind of punishment is inflicted, be it yelling or the withholding of praise, playing time, or participation. Transformational Coaches are coaches who inspire, motivate, and produce positive change in their student-athletes. They understand the needs of young people and offer individual support and encouragement and have a clear vision for the desired impact on their students' lives.

Spend a few moments and think about the coaches you played for and identify the experience. Was it a Transactional one in which you only got something when you proved your value and worth, or was it Transformational, an experience from which you consistently grew? Now that you are the coach, what type of experience are you providing the students who play for you?

What does it Feel Like to be Coached by You?

Identifying whether we are Transactional or Transformational will determine how it feels to be coached by us. Students who have played on your team will remember the time they spent with you and will have stories and memories you helped to create. Through every experience and interaction, you are creating pathways in your students for future responses, solutions, and attitudes. Positively or negatively, you will forever be a part of each person's life that you have had the privilege of coaching. You are leaving an imprint on the students you interact with for a lifetime.

What will your coaching legacy be with the students who played for you? Will it be a legacy of Transaction or Transformation? Will it be defined only by the outcome on the scoreboard or more intentionally by the process and the path that you experienced together? Much of this is determined by how you define success.

How Do You Define Success?

Success can be determined in many ways. Unfortunately, in our culture, it is most often only defined by the outcome on the scoreboard. Our job as teacher-coaches is to make students aware of additional possibilities. We must define success before we measure it. If we measure ourselves against ourselves, we can determine if we are truly successful. This is especially important in our 'win at all cost' sports culture where success is defined most often by winning and in most situations, we are left to feel that we didn't measure up. Focus your definition of success on the aspects of coaching you can control improvement in performance rather than the record, providing a fun environment for participation, encouraging

moving outside of comfort zone which often results in mistakes, and making students better people, not just better athletes.

Defining Our Focus

As coaches, we know there are important lessons to be learned through participation in high school athletics programs. Face it – with less than 3% of students going on to play college and less than 1% professional sports, we are not providing these opportunities to help students get scholarships or professional careers. A greater and more important purpose of our programs is to provide opportunities to make ethical, caring, empathetic people. It is an incredible opportunity and responsibility, one that we as coaches need to approach with conscious intent. We have the power over young people to either do a tremendous amount of good or a tremendous amount of harm.

Choose intentionally, define your purpose and be intentional about giving it life, reflect on how it feels to be coached by you, and why you coach the way you do. Commit to making success about the growth of your student-athletes and not the game's final score. Give students the positive experience we longed for as young people when we were involved in high school sports.

MSHSCA Applauds MN State Supreme Court Ruling

Co-authors -John Schumacher MSHSCA Executive Director and Terry Sadler MSHSCA President.

The MSHSCA Executive Board is very pleased with the MN State Supreme Court's decision in determining that a coach is not a public official and therefore has an easier path in defending his/her good name when false allegations have been made. The state's highest court ruled Wednesday, September 4, that coaches are not public officials under First Amendment law so they have a lower legal bar for proving any defamation case. The ruling reinstates a lawsuit by former Woodbury High School girls' basketball coach Nathan McGuire. Minnesota public high school coaches aren't public officials under the law, according to the high court, because their decisions about playing time and benching tardy players aren't core government functions. Parents who defame their children's public high school coaches don't have legal protections when they make false claims, the Minnesota Supreme Court says. This ruling adds another element of protection to a statute included in a 2013 omnibus education bill that reads: "The existence of parent complaints must not be the sole reason for a board to not renew a coaching contract."

Attorney Donald Chance Mark Jr., who represents McGuire, said the decision will matter statewide because it "finally provides an opportunity for coaches to defend their reputations when (parents) say things that are either untrue or, in some cases, lies." Wednesday's decision reverses a ruling by the Minnesota Court of Appeals, which had affirmed a lower court's ruling against the coach.

The MSHSCA participated as amicus, giving the case more support that it was not just an individual coach's issue, but that it is a state and is actually a nationwide issue. Defending

President's Message

By: **Terry Sadler**

Welcome to the 2019-20 school year. As you are reading this, the days of off-season summer training and fun are behind us and all of the fall activities are well under way. Hopefully you made time for family, fun and relaxation are ready to for the year with batteries fully charged.

As some of you know, our Executive Director John Schumacher was diagnosed with cancer last November. This has sent John and Bernie down a familiar road of appointments, tests, treatments, and procedures. While they have faced some difficult days and celebrated many little victories, the battle continues for them. For any of you who have walked this journey yourself or with a loved one, you know how their year has been. John is not out of the woods yet as they continue their journey with their team of doctors at Mayo.

That being said, I want to assure all of you that we, as coaches and an organization, continue to be in great hands with John and Bernie as our Executive Director and Assistant. They have done a tremendous job of keeping up with the day-to-day operations for the organization and have not dropped the ball in any capacity. There have only been two clinics that they have missed due to scheduling conflicts with appointments, but those sports were extremely understanding. We, the Executive Board, have offered continually to shoulder some of the load to make their schedule less hectic. While John and Bernie have been appreciative of that, they have not had a need for assistance. I say again, the MSHSCA continues to be in a great place as an association with the leadership John and Bernie!

My goals for the year are to bring the state tournament coaches' pass to reality. This has been a mission of previous presidents and executive director. I am optimistic this is finally going to happen in the very near future as Big Schu had a meeting with the MSHSL in August. Additionally, I am working to boost membership of this association. Coaches would have received a letter via email last April encouraging your teacher union negotiators to make membership to the MSHSCA for a paid benefit provided to ALL coaches in the district. I am happy to report Warroad HS will begin covering the membership costs for ALL coaches this year. This is a great demonstration by the district to show support of its coaches.

REMEMBER: Your annual membership runs from August through July. **SIGN UP TODAY!** Do not delay joining until your winter or spring activity begins, you'll be missing out on a considerable amount of your membership benefit.

How about that Parent Playbook video created in a collaborative effort of the MSHSCA, MSHSL and MnIAAA? Something of this nature has been asked for by our coaches for a number of years. We are very pleased with the message being carried by the student-athletes. There has been considerable positive feedback from around the state. Please take the time to watch the six-minute video and share it with your school and community.

Thank you for taking on the role of "coach" to provide opportunities and leadership for the youth in your communities around the state.

MSHSL BOARD OF DIRECTORS REPORT

Jill Johnson

I hope this note finds you welcoming in the 2019 fall season and excited for a school year packed with exciting activities ahead! My name is Jill Johnson and it is my pleasure to serve on the MSHSL Board of Directors on your behalf, as the Girls Sports Representative. Together with the newly elected Boys Sports Representative, John Vraa, it is our privilege to work to advocate for our girls and boys athletic programs throughout the state.

Our MSHSL Board of Directors participated in our annual summer meeting in early August and under the leadership of Board President, Bonnie Spohn-Schmaltz and MSHSL Executive Director, Erich Martens had a very productive work session followed by an official Board Meeting on Tuesday, August 6th. Please find the August 6th meeting synopsis at www.mshsl.org. Of special note, tennis coaches please be

advised that the universal postseason team tennis line-up process was approved for implementation beginning this fall!

A special thank you to all coaches for your dedication to our student participants throughout the state. Whether you are in your first year as a coach, or your 30th, please know that you are making a huge difference in the lives of your students and your efforts are not only worth it, but appreciated! Many of you have already done so, but please go to your coaches' clipboard page to ensure all of your information is up to date and you have completed your online rules meetings for this season. Knowing that there have been some technical difficulties, we want to remind you to make sure all the necessary "boxes" are checked as participation as a coach in post- it season competition depends on it. Please work directly with your school's athletic administrator if your coaches' clipboard is not up to date.

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SUPREME COURT

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coaches' rights to due process has been a long time goal of the MSHSCA. Many people have volunteered their time to see this issue to this point and we as an association should be proud of this win. The decision handed down by the MN State Supreme Court is not designed to protect coaches who do bad things or make bad decisions, but we hope it will protect the integrity of a good coach from slander and defamation from a disgruntled parent, guardian or player. This should also provide a level of protection to athletic directors in doing their jobs as they are often placed on notice if they don't remove a coach as directed by the disgruntled party.

A reminder that MSHSL Area Meetings are taking place throughout the state and we encourage you to stay in contact with your Activities Director and/or Principal so that your input is heard as MSHSL staff collects information on a variety of topics. Feedback from the Area Meetings will be forwarded to the MSHSL Board of Directors at our upcoming October meeting which is scheduled for Thursday, October 3rd. Please go to www.mshsl.org for not only the October board meeting minutes, but for pertinent information throughout the year.

Our MSHSCA looks forward to honoring many of you at the upcoming Hall of Fame and Awards Banquet scheduled for Saturday, October 12 at the Minneapolis Sheraton West. See you there! And, as always, please do not hesitate to contact either John or myself if we can be of assistance in any way. Keep up the great work as your passion is absolutely contagious! Best wishes for a successful and enjoyable school year!

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

- Tony Dungy

Delegates Corner

Tom Critchley

Fall is in the air and our schools are starting to fill up again. Welcome to the 2019-20 school year and another exciting year of Minnesota State High School League Activities! I want to wish everyone the best of luck and hope you have a great year interacting with your student-athletes and watching them grow in their activities and more importantly, as people through your leadership. Thank you for sharing your passion and commitment to your activities and our students.

On a personal note, my wife and I are entering into a new phase of our life as this is our first school year in over twenty years that we will not be sending a kid to school and will not have any participating in high school league activities (although our oldest, Madi, is coaching volleyball in Roseville.) I am not sure how many times I have been asked if I am going to continue coaching now that my daughters have graduated. To me, the answer is, “Why wouldn't I?” I have coached for many years before I had kids and plan on coaching for many years now that they are gone. As I reflect back on my own children's participation in high school activities I am grateful for the opportunities that they have had and am thankful for all the coaches that have played such an important part in their lives.

This past May at the MSHSCA Association Spring Delegate Meeting, I was very impressed at the passion and commitment of the delegates and the leadership of the respective sport associations. A study completed by the National Federation of High School Sports Associations showed that the first time in 30 years participation in high school sports declined nationally but Minnesota was one of three states where participation increased in the 2018-19 school year. I believe a large part of that reason is due to the positive leadership and dedication to our individual sports and how we as an organization come together and respect all activities.

When I accepted the nomination to run as vice-president, I had no idea of how much our organization gives back and honors our coaches. In June we had our annual summer meeting in Park Rapids and a large part of this meeting is reviewing the nominations for various awards. For those of you who attend the spring and fall delegate meetings, you may know Jim Baker as the man behind the push for State Tournament Passes for coaches! On a serious note, Jim is a huge part of our organization and his dedication to the MSHSCA Hall-of-Fame Banquet and honoring our history and past coaches, officials, delegates, etc is truly amazing. I know he is always asking for nominations for the respective awards which I encourage you to continue to send him, but the next time you see him please thank him for all that he does for the Minnesota State High School Coaches Association. Jim is a great person, and I am very grateful for getting to know him and seeing what he does for our group. We are very lucky to have a Jim Baker in our organization!

I am looking forward to our fall meeting and catching up with the delegates and the leadership from the various activities. At any time if our organization or myself can be of assistance, please reach out. I can be reached at tcritchley@dgf.12.mn.us or 218-443-8585.



A View from Schu

By: John Schumacher, MSHSCA EXECUTIVE DIRECTOR

As the fall temperatures seem to be arriving early that means that the fall sports season is off and running for another year of great memories for all the student athletes we have been entrusted to work with throughout the 19 -20 school year. As we have all been told many

times, you as coaches will have a greater impact on your student athletes than anyone else in their lives. That is why education based athletics is even more important today than ever before. What your athletes can learn from you they will take with them for the rest of their lives. I want to wish all of the coaches and athletes the very best this school year and hope you have a great experience and make many memories you will cherish forever.

This past January Bernie and I attended the NOCAD meeting in New Orleans and once again we found out from other states that the MSHSCA is a leader in many ways. We were informed of a major change for this membership year in our liability insurance. It went from one million dollars to two million dollars! Please refer to the information your membership card was attached to or go online to our website for details at www.mshsca.org. Another topic of clarification from the insurance company was that all members of the MSHSCA must be members of a school coaching staff that can be verified by the schools administration. It was made very clear that youth coaches, AAU, JO and traveling team coaches cannot be members of our association as they are not affiliated with a school's athletic department. Besides the liability insurance, our second biggest benefit to our members is the ability to get into high school contests to scout or evaluate players for post season awards by using your MSHSCA Membership card. Last year activity directors from each school were asked to look at the membership lists of coaches for their school and to verify that all coaches who are listed are actually coaching at their school. This practice will continue again this year. We also have many colleges in the state that offer free admission when you present your card. Some limitations apply which basically includes most playoff games. I also remind you that it is important for head coaches to be members of our organization so that you and your athletes can be recognized for post season awards and be honored at the annual MSHSCA Hall of Fame Banquet.

Speaking of the banquet, the annual MSHSCA Hall of Fame Banquet will be held on Saturday October 12, 2019. We will be honoring the Class of 2019 HOF inductees, George Haun recipients, Steve Kerzie award winner and the Officials Distinguished Service winners. For the first time this year the MSHSCA will be presenting Distinguished Service Awards to Assistant Coaches. This award is being given to a group of assistant coaches who have dedicated numerous years to their schools athletic programs and athletes. We will also recognize Championship Coaches, Coaches and Assistant Coaches of the Year. We will also induct members into the 25 Year Club. The list of the HOF honorees can be found in this publication of the Prep Coach. If your life has been touched by any of these individuals and you would like to honor them with your attendance at the banquet, please contact me at jschumacher@mshsca.org or Jim Baker at jbad154@yahoo.com for ticket information. The Bakers work very hard to put together a top notch banquet so we look forward to seeing many of you.

We are excited about how the MSHSCA partnered with the MSHSL and the MnIAAA to develop a parent video to be shown at parent meetings this fall. I have heard many compliments regarding the video and how coaches will be showing it at their parent meetings this year. If you haven't had a chance to see the video you can go to www.mshsl.org and click on Parent Playbook Video to watch it. The message is directed to parents and their role they play in their athlete's participation. I strongly encourage all you to take a look at the video and share it with your parents. The message on the video comes from high school athletes and is not confrontational toward parents.

By the time this issue of the Prep Coach goes to press, the fall season will be in full swing and all of us want to wish you the best of luck this school year. If I can be of any assistance throughout this year don't hesitate to call and I'll do my best to find you an answer or direct you in the right direction.

John Schumacher
jschumacher@mshsca.org
 Phone 218-732-0204.

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bschumacher@mshsca.org.

CHIP SHOTS



By: *Eric Tollefson*
Minnesota Golf Coaches Association President.

As I get older, summers seem to go by in the blink of an eye. I hope all Minnesota State High School Coaches Association (MSHSCA) golf coaches were able to use their 2019 summer time for relaxing and recharging – because here comes the new school year. Fall sports seasons have begun, and in about six months the 2020 Minnesota State High School League (MSHSL) golf season begins.

Whether you are a long-time veteran high school head golf coach or this is your first year as an assistant high school golf coach, the time is now for all Minnesota high school golf coaches to take up or renew MSHSCA membership. Simply go to the MSHSCA website (www.mhsca.org) and use the link on the homepage for online membership registration.

Your fees will include \$35 for general MSHSCA membership, \$15 specific to golf coaching, and a \$3.50 handling fee for a grand total of \$53.50. I don't know about you, but I can spend more than \$53.50 in one night out, and have nothing to show for it! Consider this list of just a few membership benefits...

- You receive \$2,000,000 of liability insurance while coaching and in the classroom
- Your membership card is good for free admission at many Minnesota high schools and colleges
- Your players and team may earn All State and Academic Team awards
- Your players and team may participate in the state-wide Association rankings

Membership runs from August 1 to July 31 and it is really a great deal. I encourage you to join our Association, be an active member, and tell other coaches at your school, in your conference, and your MSHSL section to join as well.

Our Association has been well-served by several coaches who have given back for many years. Our state tournament banquets certainly don't organize themselves; they need managers and emcees to see all necessary details happen in order to make the banquets special celebrations for our players and their families. This year's banquet crews included...

- Class A banquet manager Rich Aulie (Crosby-Ironton) and emcee Steve Heslop (formerly Pine River and Pequot Lakes)
- Class AA banquet manager and emcee Mike Frankenfield (Shattuck-St. Mary's)

- Class AAA banquet manager Tim Kallevig (Park Center) and emcee Barry Wallin (Rosemount)

Finally, thanks again to Barry Wallin and Steve Heslop for our website rankings. During the 2019 MSHSL season Barry managed both girls and boys all-state player and team rankings, while Steve managed our girls and boys academic all-state player and team awards.

Moving forward, our Association will need younger coaches to step forward and fill leadership roles. After many years of service, both Steve Heslop and Mike Frankenfield have announced their resignations for the coming 2020 season. Namely, the MSHSGCA needs both an academic all-state rankings manager and Class AA Banquet manager and emcee to take their places. Both Steve and Mike have indicated their willingness to act as mentors, and to help new managers/emcees adapt to these roles.

If you would like to take on either the academic player and team rankings manager or the Class AA banquet manager/emcee positions please email me at etollefson@moorheadschoools.org

The MSHSGCA hopes to target 100% participation for all MSHSL section coaches at girls and boys A, AA, and AAA golf classes. To this end, I will be emailing every girl's and boy's section coaches this fall in order to encourage all high school coaches and assistant coaches to join or rejoin the MSHSGCA for the coming season.

The MSHSGCA would also like to establish an A, AA, and AAA representative from every girls and boys MSHSL sections to disseminate MSHSGCA concerns within each Minnesota section, and to act as liaison for MSHSGCA and its membership. Some sections have already given such liaison names and some have not. Again, I will be emailing each section to confirm and/or try to enlist these liaison coaches.

Finally, congratulations to all coaches of the year for 2019...

- Class A Girls = Dan Doeden (Park Christian) Boys = Paul Arnoldi (Springfield)
- Class AA Girls = Tony Janu (Minnewaska/BBE) Boys = Jon Horbacz (Cloquet)
- Class AAA Girls = Lynn Anderson (Edina) Boys = Phil Johnson (Elk River)

2019 25 YEAR LIFE MEMBER

Matt Kolb
Jim Ford
David Blank
Ben Youngs
Joe Kemp
Mark Aho
Todd Bergstedt
Scott Berning
David Boone
Beth Clark
Loren Finlayson
Todd Fritze
Wade Grinde

Mike Guzzo
Tim Hoffman
Phil Johnson
Jane Kleinman
Randy Kuechenmeister
Lynn Newton
Gregg Preston
Andrew Rostberg
Brian Schoneck
Rebecca Straub
Rob Walsh
Susan Wasbotten

MSHSCA EMAIL CHANGE:

Contact: John & Bernie Schumacher at
jschumacher@mshsca.org

... continued on page 8

2019 25 YEAR LIFE MEMBER

... continued from page 7

Barry Weidauer
Robert Weier
Lonnie Morken
Wendy Sandven
Jeffery Groves
Dave Herath

Jerome Nemanich
Joseph Rajkowski
Daniel Anderson
Michael Hedlund
Robert Schueller
Todd Cordes

Dan Bursheim
Steven Kellen
Kristoffer Fadness
David Carter
Heidi Spicer
Jeffery Ramey
Steve Riewer
Terrence Doud
Scott DeMaris

Jeff Erdmann
Keith Urbaniak
Kirk Golberg
John Dewall
John Noga
Mike Veneziano
Ron Berdan
Marc Bachman
Jim MacDonald



Brittney Rehling

The 2019 MADT Student Convention will be held at Chanhassen High School on October 12th! We are excited to present this year's theme – WE ARE BETTER TOGETHER! We have some incredible instructors on board, including two NATIONAL CHAMPION college dance teams – the University of St. Thomas Dance Team, and the Minnesota State University, Mankato Dance Team. Along with many other amazing instructors for both our active and classroom classes, we are also VERY excited to welcome back special guest and master class teacher Carsen Rowe from TRIBE 99!

The convention offers a wide variety of movement classes like Jazz Technique, Kick Technique, Contemporary, and Hip Hop. In addition to that, we have College Pom, Leaps and Jumps, Turns/Core/Balance, Improv and more! There are great classroom based offerings, too – The Mental Game, Planning Your Dances, Leadership, and The Importance of Performance,

and Fueling your Body just to name a few!

This year, we are once again thrilled to have Carsen Rowe from TRIBE 99 teach a master class to our convention participants!! Carsen is the co-owner and creative director for TRIBE 99 Choreography where she works as a professional consultant and choreographer for the top high school college, and pro dance teams in the nation. Some of the teams include Carlsbad High School, Seton High School, University of Louisville, University of St. Thomas, Louisiana State University, The Ohio State University, and the Chicago Luvabulls. Since 2013, TRIBE 99's choreography has one 10 UDA National Championships between NDTC and College as well as 3 National Championships at the NDA College Championships. Carsen has traveled to Ecuador, Colombia, China, Mexico, Switzerland, and Austria to perform and work with dance teams around the world. Her professional dance credits include Step Up: High-Water, Love Simon and was featured as a "New Bella" in Pitch Perfect 3.

For more information on the MADT Student Convention, please visit madtcoaches.com. To register for the event, use the following link: <https://www.eventbrite.com/e/madt-lead-student-convention-2019-tickets-65388345301>

MEETING DATES FOR 2019-2020 MEMBERSHIP YEAR

October 12, 2019 Hall of Fame and Awards Banquet. This will once again be held at the Minneapolis Sheraton West.

January 16-19, 2020 NOCAD MEETING in Pasadena.

March 19th, 2020 Spring Delegate Assembly Mancini's, St. Paul

June 28-29, 2020 Summer Meeting to be held in Park Rapids

PREP COACH DEADLINES TO SUBMIT

March 1 | June 15 | September 1 | December 1

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MEMBERSHIP CORNER

Bernie Schumacher

Assistant to the Director

Hi MSHSCA Members! Hope you are refreshed and ready for a new school year! I hope you are finding this article helpful when registering for your memberships and clinics. It is our goal to continue to provide member services and assist you in anyway we can. As of August 1, 2019-July 31, 2020, you now will have a 2 million dollar liability insurance policy at no additional cost to you! The 2019-2020 Membership year link is available on the website at www.mshsca.org. Do it now so you don't forget and so you get your membership card in a timely manner to get into games. Remember that our MSHSCA membership cards are usable to get into many college games too. See the list of colleges in this Prep Coach. Some restrictions apply. Here are some of the most often asked questions and issues we run into:

1) Where do I sign up for my MSHSCA membership?

Go online to www.mshsca.org. There you will see a dark green registration bar on the front page. Follow that and it will guide you to the registration area. Make sure thou when you are logging in that you are not logging into the white word "login" at the top of the home page. That will take you to sport engine and not to the registration portion you need to get at.

2) Membership Year. Membership years run Aug 1st-July 31st. And the 2019-2020 membership year which basically covers fall sports 2019, winter sports 2019-2020 and spring sports 2020 is ready for you. Sign up right away at the beginning of the membership/school year so that you get a full years worth of coverage and benefit. Also, remember many sports associations have deadline dates and you don't want to miss those and take the risk of your athletes not being recognized for postseason awards.

3) Correct Link. Another frequent issue we see is people signing up in the wrong year due to the fact they have the wrong/old registration link. Many smartphones, computers save things through history, so by pulling up what you used last year and registering through archived links you will end up with issues. We have to change our registration link every year, so the one that you used last year is not the correct one for this year. Please always start your registration for membership at our website at www.mshsca.org to assure you are using the correct registration link.

4) I forgot my password. We worked hard this past year with our website designer to get the "forgot password" portion of our system working. It is important though after you request your password that you look in your spam, as we are finding the password response goes there often. This option will not work thou if your email address you used last

HAVE YOUR NEW CARD FOR ALL 2019-2020 SCHOOL YEAR?

Your 2019-2020 Membership & Insurance
Expires July 31st.

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

Park Center does NOT accept Membership Cards for admission.

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



The card is white with Orange Ink for the year 2019-2020.



• • REMINDER • •
AFTER REGISTERING FOR YOUR
MEMBERSHIPS OR CLINICS,
DON'T FORGET TO PRINT YOUR RECEIPT!

year has been changed and is no longer working. You will have to contact me for personal assistance if that is the case.

5) My email address has changed and not active so I can't register. The registration system that we are working with is email specific and the system doesn't care if your email address works or not. Think of your email as an ID only. We know many schools are changing their emails. The one most important thing to remember is that you must go into the system with the last email and password that you signed up your membership with the previous year. Get yourself registered first, hit finished and once registered you can go back in and edit any of your information, from mailing address, phone number, email and even your password. Do right away after you registered thou, especially if your address has changed so that when we print your card we have the correct mailing address. There is an EDIT button to the left of your profile. You know that old saying; "Garbage in garbage out?" How you type your name, address etc. in your profile is how it will come out on your membership card. So type carefully and accurately. Key point...you must get yourself registered into the current system (Membership year/school year) first in order to edit. We are finding people register, but they don't look at their profile information and addresses have changed and not updated and your card ends up coming back to us. Please make sure to always keep your profile up to date which you can update anytime throughout the year. There is an edit button to the left of your profile, click on that when wanting to edit.

6) Assistant Coach vs Head Coach. When registering, make sure that if you are a Head coach that you check the little box below the sport you selected. If you don't check that then you won't come up as a head coach in the system and athletes won't qualify for postseason awards. Sports Associations rely on the This information being correct when recognizing coaches and athletes for postseason awards. Many notice that they aren't listed as head coach when they get their card and then we have to go through another process to get it corrected.

7) Section Selections. The Sports Associations need you make sure when registering, to not only select your sports that you coach but please make sure to select what SECTION you are in. They use this information and are finding out many coaches are skipping this step in the registration. It is important to fill in all areas of your profile, properly select your sport, if you are a head coach or not, and also your section. This information is needed by your sport's associations.

8) Credit Card/Cash. If you are paying by credit card, everything must match exactly. Card number, expiration date AND even your name on the card. If you have a middle initial on your card, you must put that in too. If you hit

payment and the first time it doesn't go through, hit enter again and it should work. If you are paying by cash, please remit your payment ASAP. If payment isn't received In a respectable amount of time, you could risk your membership being deleted for lack of payment which then you would not have insurance coverage nor will your athletes qualify for postseason awards. It's not fun being a collection agent!

9) Receipts. We added a registration receipts link so that you can go back any time and print your receipt. It won't give you a break down, but it gives you a grand total of memberships/events you have signed up for the year. It is best to print your receipt right when you finish registering when it prompts you as that will give you a breakdown. This is also the paperwork you can turn into your school if they refund you or will be paying for your membership. If paying by Credit Card, please print the credit card page so that your school can see the service/handling fees that are charged when using a credit card. If you don't print that page, they will be calling me and asking me what those additional fees are that showed up on their credit card that don't appear on your receipt.

10) Life Membership. Applications are now being taken for approval in June of 2020. Applications must be completed and turned in by May 15, 2020 in order to be considered for membership. Send them in now before you forget. If you applied before May 15th, 2019, you were approved at the Board of Directors June meeting and should have received paperwork with instructions on how to complete the process. Please complete the process before the end of the year or otherwise you will have to re-apply. If you received paperwork, do not register on-line for this year as you have in the past. Fill out the final paperwork and send it in and it will get your MSHSCA membership in place for this year. To find out if you qualify for Life Membership, go online and read the specifics and print out an app and mail it in.

The MSHSCA Website is a very valuable tool that gives you more details and information about our organization, your sports associations and so much more. Please find some time to wander through it so you know what it all offers you. The electronic version of the MSHSCA Prep Coach is on there too.

I hope some of the tips and information above was helpful. If there is a specific question you need answered, please feel free to contact me at bschumacher@mshsca.org or call 218-732-0204. We continue to look at ways to make registering and our website more user friendly. We appreciate your commitment to education based athletics.

Challenges Facing High School Sports Today

By Finn Hoogensen

“Parents and adult fans: The biggest challenge facing high school sports today. Inappropriate adult behaviors at high school athletic events across the country have reached epidemic proportion.”

From Karissa Niehoff, executive director of the National Federation of State High School Associations and Tom Keating, executive director of the Iowa High School Athletic Association.

When more than 2,000 high school athletic directors were asked in a recent national survey what they like least about their job, 62.3 percent said it was, “dealing with aggressive parents and adult fans.”

And the men and women who referee or umpire those contests agree. In fact, almost 60% of new officials registered in Iowa in 2016-17 did not return to officiate in 2017-18, and unruly parents are often cited as a major reason why.

As a result, there is a growing shortage of high school officials here in Iowa, and in baseball, football, track and field, and wrestling, the IHSAA is seeing record lows. No officials means no games.

If you are a parent attending a high school athletic event this fall, you can help by following these six guidelines:

1. Act your age. You are, after all, an adult. Act in a way that makes your family and school proud.

2. Don't live vicariously through your children. High school sports are for them, not you. Your family's reputation is not determined by how well your children perform on the field of play.

3. Let your children talk to the coach instead of doing it for them. High school athletes learn how to become more confident, independent and capable—but only when their parents don't jump in and solve their problems for them.

4. Stay in your own lane. No coaching or officiating from the sidelines. Your role is to be a responsible, supportive parent, not a coach or official.

5. Remember: Participating in a high school sport is not about a college scholarship. According to the NCAA, only about 2% of all high school athletes are awarded a sports scholarship, and the average total value of that scholarship is only around \$18,000.

6. Make sure your children know you love watching them play. Do not critique your child's performance on the car ride home. Participating in high school sports is about character development, learning and having fun—not winning and losing.

Purchasing a ticket to a high school sporting event does not give you the right to be rude, disrespectful, or verbally abusive.

Cheer loud and be proud, but please also be responsible and considerate as a spectator.

The future of high school sports in Iowa is dependent on you.



Krysta DeLong

Fun to see high school sports get back into the swing of things and soon enough it will be time for gymnastics season!

To help prepare for the upcoming season, I encourage you to attend our annual coaching clinic. It will be held at Stillwater High School on Thursday, October 3rd and Friday, October 4th. You can register online NOW at <https://www.mshsca.org/gymnasticsclinics>. This year we have an amazing clinician coming, Mary Lee Tracy! She is the owner and head coach at Cincinnati Gymnastics Academy in Ohio. She has coached 4 Olympians and has had over 25 national team members. Mary Lee has a passion for helping other coaches and strives to help them improve. The cost is \$85 in advance and \$95 at the door.

2019 Gymnastic Clinic - Stillwater High School

Thursday October 3rd & Friday October 4th

Thursday

5:30-6:00 Clinic Registration –

Pizza and Beverages will be available

Thursday evening

6:00-6:45 **Session 1** Judging 101

6:45-7:00 Question/Answer/Break

7:00-7:45 **Session 2** Vault - Mary Lee Tracy – USA Olympic Coach & Owner and Coach of Cincinnati Gymnastics

7:45-8:00 Question/Answer/Break

8:00 – 8:45 **Session 3** What to do with Injured Athletes during practice – MLT

8:45-9:00 Questions/Answer/Break

9:15 Social Hour – Muddy Cow

Friday

8:00-8:30 Registration and Breakfast

8:30-9:15 **Session 4** BARS – MLT

9:15-9:30 Questions/Answer/Break

9:30-10:15 **Session 5** Floor - MLT

10:15-10:30 Question/Answer/Break

10:30-10:40 BREAK

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FLIP NOTES ... continued from page 11

10:40-11:25 **Session 6** - Get your gymnasts ready to peak at the perfect time!

11:25-11:40 Question/Answer/Lunch

11:40-12:20 Lunch/Social Time

12:20-1:00 MGGCA Meeting

1:00-1:45 **Session 7** - Beam

1:45-2:00 Question/Answer/Break

2:00-2:45 **Session 8** - Strength & Conditioning

2:45-3:00 Questions/Answer/Break

3:00-3:15 Wrap up/Clinic Evaluation/Clean up

Thank you to Shelly Eklund, Debbie Driscoll, Toni Kleber and Kaitlyn Helmbrecht for taking the time out of their busy lives to help organize the clinic. Also thank you to Stillwater and their staff for hosting!

Make sure you also take the time to get your MHSCA membership taken care of. Go to <https://www.mshsca.org/joinnow>. You must be a member in order to attend the clinic. Out of state, college and club coaches can join as associate members and attend.

We need coaches and judges for our sport! If you have any alumni or anyone that is interested in giving back to the sport, have them email me (krystadelong@gmail.com) and I will connect them with the appropriate person.

Take time to get ready for the season and enjoy your fall! See everyone on October 3rd for the coaching clinic. _____

Mat Chatter

Shawn Frederixon

Chisago Lakes Area High School



As we prepare for our upcoming wrestling season, a number of proposals are being worked on to help improve MN wrestling. Girls' wrestling, double elimination at the state tourney, and weight classes are all at the forefront of our organization.

Girls' wrestling is expanding across the country. Augsburg University became the first Minnesota institution to recognize it. After winning their 14th national title in March and speaking to a couple of alum this summer, they are looking forward to high expectations and a talented pool of wrestlers to work with from Minnesota. This can only happen if we expand and form a girls' state tournament. A proposal was submitted last year, and unfortunately, I feel it looked like an added expense to member schools. It is true that a new program could be a great expense for schools, but in this case, I feel the framework is already in place. Our plan is to incorporate girls into the boys teams until the numbers reflect the need to break apart. Therefore, girls would use the same facility, coaches, and competition as the boys. The one exception would be the qualifying and state tournaments. Girls would have to decide whether they want to compete in the girls' or boys' state tournament. Currently, there is a rule not allowing two sports to participate together and an exception would be needed. It's an exception that would benefit girl athletes and promote growth in our sport.

Since 1996, wrestling has been trying to eliminate one and done appearances for individuals at the state tournament. Currently, a wrestler may be eliminated from the state tourney after one

match if their opponent moves to the next round and loses. The only tournament this happens at is the state tournament. Parents buy tickets to two rounds of wrestling even though some will not get to see their child wrestle in both rounds. This could be solved by simply allowing a true consolation tournament. Of course, it's not always as simple as it sounds, but it is my belief we can make it happen by working with the MSHSL.

Currently, Minnesota has 14 weight classes for competition. Some would prefer more, some less. Other states are having the same conversations. Recently, the coaches in Pennsylvania proposed moving to 12 weight classes in 2020-21 season. Their plan was submitted to the national federation. If it doesn't pass, they are prepared to ask for a 3 year pilot program. Change is coming to our sport and Minnesota can help lead the way. The most recent poll of Minnesota wrestling coaches showed support for reducing the number of weight classes. We get bogged down in the details. I commend the PIAA for going forward with the plan submitted by the coaches of Pennsylvania.

On a final note, I'd like to congratulate Augsburg (14th title) and St. Cloud State (4th title) on winning NCAA titles this past season in wrestling. Our high school wrestlers are next door to so many great college programs in our state. _____



SYNCHRONIZED SWIMMING

By: Kathryn Henderson

Recruiting Officials

High school fall sports are well under way, and those of us looking ahead to spring have a bit of time to prepare for our upcoming seasons. One of the initiatives synchronized

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swimming continually tries to build is our number of officials. The emphasis to recruit and maintain officials will be stronger in the next year or two as we prepare to switch the judging to the program/system used in United States Synchronized Swimming. Several years ago, we chose to not yet advance to the system due to cost, ease, and uncertainty. Now that we are considering making the change, it is a perfect time to recruit new officials into the sport (and be sure we keep the ones we have). It will be important for coaches and current officials to reach out to former swimmers, officials who have left, and former coaches, and share

the benefits of giving back to the sport by becoming a judge. A typical synchro meet needs 6-10 officials, which is rarely met at many of our regular-season meets. We then have to rely on the coaches to step in and officiate where needed to fill the gaps.

If when we make the change to the national judging system we will need to review the change in percentages/weights given for the particular routine categories. For example, the “difficulty” score will be given as a separate score instead of being included in the overall “technical merit” score. Another change will be the actual computer program used to calculate the

meets. We will either have to purchase the license, or write/code a program. There are lots of decisions to be made, but while those are being finalized lets reach out to potential officials now, so we can build our pool of judges ready to serve in our coming seasons. Coaches reading this can use this as a reminder to contact those who may be interested in officiating. We can then forward any training opportunities over the winter season in order to prepare for spring, which will be here before we know it.

FAST TRACKS

Robb Lageson

Fall has come around again. Temps are starting to cool and the days are getting shorter. Fall is a time of transition. Shorter days, cooler temps, and tighter schedules. We look forward to Winter and good snow and good skiing. We look back at the Summer to decide if we have done enough to be ready.

This time of year our athletes are working to fit their training schedules into their busy school schedules. I am always amazed at how well our high school Nordic athletes fit in quality training. Our athletes are involved in so many interesting activities alongside Nordic Skiing. It often looks like they are trying to juggle live mice.

No surprise, but our sport is subject to winter weather. Both good winter weather and bad winter weather. The definition of good and bad winter weather will vary quite a bit from person to person. For Nordic Ski Coaches a minimum for a good winter is good snow. Good temps are a bonus, but not necessary.

Nordic and Alpine Skiing are the last Minnesota High School Winter Sports that train and compete outdoors. (Wisconsin has Interscholastic Ice Fishing, but I don't think we have that yet.) Back in the day, hockey practice and most games were outside. It was a big deal to occasionally play at the Civic Center or Aldrich Arena. Indoor Ice Arenas made Minnesota into the “State of Hockey”.

We are fortunate to have man-made dependable snow at a few areas in the Metro and Out-State. These venues can make a poor winter into a pretty good winter for skiing. More man-made snow venues will make our seasons more predictable, give our athletes more time on snow training, and will grow our sport.

We already have a strong high school Nordic program. NFHS 18-19 participation survey shows that nationwide there were 5,381 Boys and 4,578 Girls participating in Nordic Skiing. In 2017-18 Minnesota had almost half of the total high school Nordic Skiers with 4,467 athletes participating. An indication of the strength of Minnesota's program is that the Midwest Division for Junior Nationals is now Minnesota. Wisconsin has moved to join Great Lakes Division.

There are a number of interesting issues to be introduced or revisited at the Fall Meeting:

Flouro wax policy clarifications; Adding Adaptive Skiers to Sections and State Races; Access to man-made snow; Relationships between clubs and HS teams, New State Meet format in 21-22 season; John Filander nomination for Hall of Fame, Future of Charlie Banks Relays; Moving the season dates. It is always interesting, but never simple.

Here is a quick preview of the state coaches meeting coming up in Mora.

Date: Oct. 26

Location: Mora Nordic Center

Tentative Schedule

Time: Vendor Social 8:00 - 9:00

Presentation 9:00 – 10:00

Video Analysis of Athletes

Meeting 10:15 – 11:45

Lunch 11:45 - 12:30

Meeting 12:30 – 1:30

Enjoy your fall. Just like in the Game of Thrones, Winter is coming.

CLEARING HURDLES



By: *Clearing the Hurdles*
 Aaron Berndt, Wayzata High School
 President, MN Track & Field Coaches Association

On behalf of the Minnesota Track & Field Coaches Association, I want to welcome everyone back for another great school year. I hope your summer allowed you to relax and rejuvenate.

As many of you have been following, the MSHSL has recently allowed sport associations to request reclassification for the number of classes it sponsors. With approximately 400 schools participating in Track & Field in Minnesota, our sport is well over the threshold for more than the two classes we currently operate under. This past spring, our coaches' association advisory committee submitted a proposal to be classified as an MSHSL three class sport and the proposal is still going through the discussion process. The proposal was discussed this past summer by the MSHSL board and is now being sent out to section assemblies for further vetting.

The proposal is still scheduled to be voted on by the MSHSL board of directors during their October 3rd board meeting. If the proposal passes, there will be a two-year window before implementation of an additional class for track and field. It was discussed at each of the summer association meetings and was well received as an overall positive step toward more representation at the section and state championship meets. There were many variables taken into account and I am happy with what we submitted for consideration. If you would like to view the full proposal, it is posted on our website: mshsca.org/track.

Our association reviews True Team alignment every two years and this past summer, there were a number of minor changes made to a few sections due to either changing enrollments or new schools participating in True Team. The section alignment for all three classes of True Team can be found on our website: mshsca.org/track.

If there are topics you would like to address related to True Team meets or if you're interested in an association leadership role, please consider joining the True Team committee. Our next meeting will be January 23, 2020, which is the opening Thursday night of the annual Minnesota Track & Field Coaches Association Clinic. Contact me and I will include you in future communications.

Even though the start of the next track & field season seems far away, it is not too soon to utilize two of our association mentorship and education programs.

The Women4Women coaching initiative for Minnesota Track & Field coaches is a group devoted to encouraging more women to respond to the call of coaching track & field and supporting women to be strong role models in addition to excellent coaches. This group has put together a great number of resources for members and created an extensive list of coaches to teach and support each other. To learn more or to join women4women, please e-mail Meghan Orgeman of Alexandria (morgeman@alexschools.org).

Another opportunity for coaches is our association mentorship program. Over 30 coaches in MN have volunteered to serve as mentors to new/younger coaches. For a list of contacts and to learn more about the program, the listing can be found on our website at: mshsca.org/mentor.

Save the Date! Keep an eye out for registration information for the 2020 Minnesota Track & Field Coaches Association Clinic. The event will take place at the Bloomington DoubleTree Hotel on January 23-25, 2020. We are fortunate to have such an outstanding clinic in Minnesota. This is such a great opportunity for learn, connect, and share valuable information for the upcoming season.

Please follow Minnesota Track & Field Coaches Association on Twitter @MNTFCA to find the most up-to-date information.

Finally, thank you for all you do for your athletes and in support of Track & Field. Don't forget to join the association for the 2019-2020 season and enjoy the beautiful fall weather!

ICE CHIPS

By: *Greg Anzelc*

To kick off the high school season the MHCA has once again teamed up with the State of Hockey, Minnesota Wild, Minnesota Hockey, USA Hockey and SportsEngine to provide top training for our coaches at the State of Hockey High Performance Coaching Summit held in St. Paul September 20-21. The clinic will feature amazing speakers, opportunity to network with fellow coaches, vendors, sponsors and also a time to celebrate the greats of the game at our Hall of Fame Luncheon on Saturday, September 21. We will also be hosting our MHCA membership meeting as part of the clinic and section reps will host section meetings throughout the two days as well. New this year is a discounted registration for teams that register two coaches, the third and fourth coach can now register for half price. Coaches who participate in the Summit can also receive their USA Hockey certification. Additionally, we have partnered with the State of Hockey and the Minnesota Wild to bring added benefits for MHCA membership which now includes discounted Wild tickets and a chance to take in a Wild game in a suite. To register for the Coaching Summit, Hall of Fame Luncheon and to renew your membership log on to mnhockeycoach.com.

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GENERAL LIABILITY INSURANCE PROGRAM

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.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2019 – August 1, 2020

LIMITS OF INSURANCE

\$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

COVERAGES

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

EXCLUSIONS

- ❖ 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.

CAMP INSURANCE

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

In addition, Participant/Accident Coverage is 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.

NEW PROCEDURE FOR CAMP INSURANCE

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.

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.

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- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

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Lori George
Karen Boller

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

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



Diamond Cuts

Dawn Engebretson

Pumpkin spice lattes, back to school sales, fall color change, pulling that cozy sweater or sweatshirt out of the closet...these are things to look forward to in the fall. Fall is also a time when softball coaches throughout the state reflect back on a snowy, yet excitement filled season.

State Tournament: Congratulations to all the teams that made it to the state tournament this year! Whether it was your first time, or your tenth time, it is always an exciting experience for your players, families, and community. 2019 State Softball Champions are: Maple Grove 4A, Mankato West 3A, Rochester Lourdes 2A, and Edgerton/Southwest Minnesota Christian. As always, we would like to thank all that help to organize the tournament and all the workers at Caswell Park in North Mankato that make the state tournament a great experience for all.

All-Star Series: With the help of the Minnesota Twins, the softball

coaches association put on an All-Star Series the Sunday after the state tournament. Top seniors in each class were able to play together and show their softball talents as well as having a chance to be recognized for their dedication to the great sport of softball.

Border Battle: Sixteen All-Stars were selected to represent Minnesota in the Border Battle vs. the All-Star team from Wisconsin in Madison. They also attended and were recognized at a Milwaukee Brewers game. The Minnesota All-Stars were coached by Brian Dunrud, Josie Smith, and JJ Weller from New York Mills. Team Minnesota lost both games 10-2 and 16-11. Congratulations: Ms. Softball 2019- McKayla Armbruster from Faribault.

2019 Hall of Fame Class: Coach Terry Sadler (Warroad), Player Anne Steffan Horgan (Mankato West), and Player Allyson Leslie (St. Paul Academy).

Plan Ahead: Update your wins/losses on the website (mshsca.org/fastpitchsoftball).

Get your membership to the Coaches Association. Not only does this give you added insurance, but it also gets you into regular season high school events as well as many college games.

I look forward to representing you this year. If you have any questions, please contact me engebretsond@rockford.k12.mn.us or 763-477-5837. Good luck to all the fall sports teams and enjoy a great school year.

COACHES!

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



Your school will receive a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Trophies Plus Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 4 plaques per school.

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Minnesota State High School Coaches Association
**Assistant Coach Distinguished
Service Award**



Criteria:

- The individual should have been a high school Assistant Coach for at least 20 years.
- Nominations may be made by individual coaches, or sport associations.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

School(s), years and which sports that the nominee has served as an assistant coach:

Additional bio information that supports the nominee for the Assistant Coach Distinguished Service Award:

Nominating Person _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Completed applications to: Nathan Youngs at: Nathan.Youngs@dc.k12.mn.us

Youth Suicide Fact Sheet

- For middle and high school age youth (ages 12-18), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- For college age youth (ages 18-22), suicide is the **2nd** leading cause of death. (2016 CDC WISQARS)
- Over-all, suicide is the **2nd** leading cause of death for our youth ages 10-24. (2016 CDC WISQARS)
- Each week in our nation, we lose approximately **100+** young people to the national health problem of suicide.
- 2017 - CDC Youth Risk Behavioral Survey:
 - **Over One out of Every Six** of our nation's youth (17.2%) seriously considered suicide in the previous twelve months.
 - **Almost One out of Every Seven** young people (13.6%) actually made a plan to attempt suicide in the previous twelve months.
 - **Over One out of Every Fourteen** young people (7.4%) reported attempting suicide one or more times in the past twelve months.
- Firearms remain the most commonly used suicide method. Suffocation hanging and poisoning have seen dramatic increases recently.
- **Four out of Five** teens who attempt suicide have given clear warning signs.
- More than **90 percent** of people who die by suicide have demonstrated risk factors such as depression, other mental disorders or a substance-abuse disorder (often in combination with other mental disorders).
- Suicide is one of the **LEADING** causes of **PREVENTABLE** death in our nation today.



To find out more about The Jason Foundation and how you can help make a difference, visit our website at www.jasonfoundation.com.





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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/

FINAL MEMBERSHIP REPORT 2018-19

Types of Membership	2017-18	2018-2019
Active Class A & AA	6383	6559
College Associates	1132	1178
Other Associates	81	58
Active Life	362	343
Retired Life	1228	1293
Honorary	<u>3</u>	<u>4</u>
TOTAL	9189	9435

Breakdown of membership by sport association (2017-18 totals in parenthesis)

Adapted Athletics (15)	21
Boys Lacrosse (95)	104
Alpine Skiing (53)	62
Girls Lacrosse (61)	90
Athletic Directors (106)	119
Football (1130)	1133
Baseball (541)	515
Football Retired (4)	1
Boys Basketball (767)	764
Girls Basketball (744)	737
Golf (boys & girls) (348)	360
Cross Country (427)	449
Soccer (boys & girls) (442)	445
Dance (284)	280
Softball (516)	489
Gymnastics (214)	225
Synchronized Swimming (15)	18
Nordic Skiing (106)	103
Girls Tennis (225)	222
Girls Swimming (241)	240
Boys Tennis (180)	185
Boys Swimming (203)	197
Track & Field (875)	881
Girls Hockey (87)	90
Volleyball (642)	661
Boys Hockey (203)	192
Wrestling (126)	143
Hockey Retired (2)	2
Robotics (0)	58

Sport associations that collect their own dues, but join the MSHSCA are Cheer (13) 16, Clay Target (12) 11, and Badminton (5) 5.

BOUNCE SHOTS



Rob Horn

Another boy's lacrosse season has come and gone in Minnesota, and our sport continues to grow statewide. We have more players participating in MSHSL boys' lacrosse than ever before, but one area our state continues to suffer – officials. We have an officials' shortage, and it's time to do our part to step up and help in any way we can.

When players graduate, I'm sure we can all recall hearing, "I can't wait to come back and get involved Coach!" "Is there a spot for me to help out on staff?" "I think I want to help, but I just don't have the time to commit to coaching full time. Can I volunteer just a couple days around my work schedule?" Former players are excited about giving back to the programs that they put on the uniform for. Coaches, it's time for us to start talking to former players to not just give back to our program, but to give back to the entire lacrosse community and keep our sport growing by helping across the state by becoming an official. This past spring, I heard unfortunate stories of MSHSL games being cancelled simply because there weren't any available officials to work the games. There are some days where officials are working 2 varsity contests to keep our players on the field. Now combine that with our spring weather patterns, and there are games that are postponed due to weather that eventually just get cancelled simply because there aren't enough officials.

I encourage all coaches to start to have a conversation with current players to get involved with the UMLOA (<http://www.umloa.org>) now with youth officiating. It's a great way for high school students to give back to younger players in youth associations, and to put some money in their pockets during the spring, summer and fall. After their playing days are done, we need those that might not have the time to stand on the sidelines to get involved in officiating. It's time we step up and help support all student-athletes in our state playing this great game!

DUGOUT CHATTER



By: Rick Zollner – Pipestone Area
President MSHSBCA

The 2019 MSHSBCA Fall Clinic will be held October 25-26-27. The NEW site is the Double Tree by Hilton, 1500 Park Place Blvd, Minneapolis. Great speakers from college and high school programs are lined up to present. Rob Smith (head coach Ohio University); Brian Grunske (assistant coach South Dakota State University); Pete Meyer (head coach Lisle, IL); Paul Babcock (assistant coach Tinley Park, IL); and David Kirilloff (President of The Language of Hitting and father to top Twins prospect Alex Kirilloff). The MSHSBCA also hopes to have a Twins player or front office person in attendance on Friday night for a Q and A session.

Also, consider attending the HOF Banquet on Saturday the 26th at 7:00pm, and the FCA Breakfast on Sunday the 27th at 7:30am. We have a fantastic 2019 Hall of Fame class. They include Dale Bruns (Holdingford), John Fellows (Ortonville), Hans Hanson (Perham), Jack Kelly (Windom), Bill Lechner (Hill-Murray) and Bucky Lindow (Cannon Falls). Other award winners include: Jim Dimick Retired Coaches Award – Mike Tomsche (EV-W) and Robert Kochevar (Eveleth); Dick Siebert Award – Don Gawreluk (Anoka); Angelo Giuliani Award – Herald Brutlag (Maple Lake); Rob Fornasiere Assistant Coaches of the Year – Scott Courtwright (Mounds View) and Charlie Burg (St. Cloud Cathedral); Tink Larson Field of the Year Award – Minnewaska Area; Craig Anderson Ethics in Coaching Award – Mike Smith (Totino Grace). Please consider nominations of deserving people in your area for these awards. All information can be located at the MSHSBCA.org website. Also, congratulations to Paul Twenge (Minnetonka) for being named the 2019 Region 5 Coach of the Year by the National High School Athletic Coaches Association!

The MSHSBCA would like to congratulate and acknowledge the following coaches for leading their teams to state championships. Class A – Brian Kingery (BOLD); Class AA – Joe Wicklund (Marshall School, Duluth); Class AAA – Matt Kelly (St. Thomas Academy); and Class AAAA Brian Sprout (East Ridge).

The MSHSBCA also named Coaches of the Year. Congratulations to the following coaches. Class A - James Cortez (Kerkhoven-Murdock-Sundberg); Class AA - Joe Wicklund (Marshall School, Duluth); Class AAA - Cole Deibele (Monticello); Class AAAA - Brian Sprout (East Ridge).

The 2019 Play Ball! MN All-Star Series was again a great event! The NORTH All-Stars won the series (4th time overall)! Congrats to Brian Gruber (Minnewaska Area) and Paul Walsh (Parkers Prairie) on doing a terrific job in coaching the NORTH

HALL OF FAME BANQUET

OCT 12, 2019

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team to the 2019 series win! The Todd Oakes Award for top pitching performance was awarded to Eli Sundberg of Chisolm and the Dale Welter MVP Award went to Logan Jasper of Duluth Denfeld. The Mr. Baseball Award (player of the year in MN) went to Drew Gilbert of Stillwater Area.

The NFHS, our national organization, also approved changes that will take effect January 1, 2020. Rule 3-1-4 will allow the starting designated hitter to also be a starting defensive player. Utilizing this option, the player has two positions: defensive player and designated hitter. The team would begin the game with nine starters - nine defensive players – one of whom also assumes the role of the designated hitter. This rule change is similar to the pitcher/dh rule we utilized a few years ago. Another rule change will be all baseballs and chest and body protectors shall meet the NOCSAE standard at the time of manufacture. For more information please visit www.nfhs.org website. Click on “Activities & Sports” at the top of the home page and select “Baseball.”

John Wilkens did a multitude of jobs for our association. Since his retirement we have had much change to our organization. Craig Anderson (retired Pine Island coach) has agreed to become our Executive Director and Troy Urdahl (St. Anthony Village) is our Associate Executive Director. If you would like to become involved and share any of your unique talents please reach out to these gentlemen or any other members of the advisory or executive board. We are always looking for input on how to make our organization the best it can be!

Please remember to update your membership to the MSHSCA and the MSHSBCA for the 2019-2020 season. The membership provides liability insurance that we all need plus it provides eligibility for your players to receive post-season awards. Also, consider membership in one or both of the national associations (BCA or ABCA). Additionally, follow us on Twitter @mshsbca, and continue to check for updated information and what is going on at our website: www.mshsbca.org. Also, at this link you can check out all the current baseball records in the state of Minnesota. If a player of yours tied or broke any records please contact Tink Larson at tlarson@hickorytech.net.

With all the changes to our organization I hope ALL coaches will make an effort to attend our MSHSBCA meeting on Saturday, October 26th at 8:00AM. This is a great time to ask questions and learn more about what is going on with high school baseball in our great state of Minnesota.



Swim Strokes

Swim Strokes
Meghan Weiss

The 2019-2020 girls' high school swim and dive season is well underway! Minnesota swimming has a very deep pool of talent, which will be seen this season at dual meets, invitationals, sections, and the state meet. This depth of talent will be on display at the True Team Section (sponsored by the Minnesota Swimming and Diving Coaches Association) meets held at various sites around the state on Saturday, October 12. Those

Over Hill and Dale

Chris Goebel

CC Association President

Our cc season is a few weeks in, and you can feel the change in the weather! I hope you and your athletes have enjoyed the first couple weeks and are on their way to reaching their season goals.

A special thanks to Thomas Sharp for organizing the clinic this year. It was a great day of learning and celebrating the amazing life with a tribute to Gabe Grunewald. We hope many of you are able to make it next summer! It is such a great opportunity to meet coaches and get prepared with new ideas for the season.

In early August, the cc board met with Lisa from the MSHSL. A few points of interest to you would be the fact that Wayzata Results will be doing the timing this year. They are looking at doing live results with potentially updates at the 1600 and 3200m marks. Also, the schedule and lane assignments are up on the MSHSL Website. AA races will be in the morning, and A will be in the afternoon. Once again, we will also be putting in a proposal to add more medals to the State Meet.

The board and Lisa also had a discussion on the 3 class system that will begin in the fall of 2021. We will be working with them to come up with a race schedule that will be best in handling people and traffic. The board is also aware that there are concerns about finding hosts for section meets. We are working with the MSHSL to see if they can help with an earlier release of section assignments so hosts can be found. The MSHSL will also be looking for ways to potentially find a way to off-set some cost by potentially charging for parking. We will continue to work with the board to make this a smooth transition for cross country!

I hope you all have a great start to the school year and wish your team all the best.

teams that win their section and others that capture the Wild Card will advance to the True Team State meet held at the University of Minnesota Aquatic Center on Saturday, October 19 at 12 pm (A) and 5 pm (AA). This True Team format differs from the MSHSL State meet format, in every athlete scores points, putting the depth of each particular team to the test. The action will continue at the Minnesota State High School State meet with diving preliminaries on November 14, swimming preliminaries on November 15, and swimming and diving finals on November 16. This meet is all held at the University of Minnesota Aquatic Center and will be the place to be to see some extremely fast swimming and fantastic diving. I want to thank the many people who make swimming in Minnesota a tremendous opportunity. The officials, the coaches, the Athletic Directors, the parents, and of course our student-athletes. These people make our sport possible and allow a space where our student-athletes can have an amazing high school swim and dive experience.



CORNER KICKS

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

Summer is over and we have already started a new soccer season. It seems like the 3 months of time off sped by at an extremely fast pace.

I do not know what date this will get to you, but I suspect that most of you will have played many of your games. It is exciting to be a part of the most popular game in the world.

As I stated last time, it seems that a lot of items are repeated in the column but they, for the most part, are things that need to be said and items for information.

The Minnesota State High School Coaches Association will have a new member in the Hall of Fame this year. This honored individual has been coaching for 41 years and we welcome Paul Menge (Blake Girls Coach) to the list of honored coaches. Menge will be inducted into the Hall of Fame at the State Tournament in October. We will print the introduction presentation speech by Bill Vance in the December Prep Coach. Welcome to an extremely well deserving coach and his contributions to High School soccer and the athletes he coached.

As you well know by now, we are moving toward a three-class system in soccer. For the MSHSSCA it will mean a change in our representative system. The section reps will move from 32 members to 48 members. It will be a task to add those numbers, because many of those on the board now will be moving to a different class. The new reps will have to be in place by June. The number breakdown for the three-class tournament as follows: Class AAA-top 64 schools, Class AA-next 64 schools and Class A-the remaining teams. The 3-class system also brings another problem, that of state tournament sites and third place games.

Your MSHSSCA board will be working with the MSHSL in addressing these issues. The MSHSL will also coordinate with the MSHSSCA in restructuring the Advisory Board. It will take some time and hard work to solve these concerns, but your board is looking forward to helping find working solution.

The fall is full of deadlines that each of you need to be aware of meeting. It is your responsibility to become a member of the MSHSSCA. The deadline for membership is October 1, 2019. You do this by going to the website MSHSCA.org and join. Your dues can be done electronically. Please check with your AD if your school is paying the dues. It is important that you complete this on time so your athletes can qualify for honors from the MSHSSCA.

The following dates are important for you:

October 1 Last day to become a member of the MSHSSCA

October 10 All Player Bios must be in by noon for All-State consideration
 October 10 Academic Awards lists-must be in by midnight
 October 13 All -State Section Meeting
 October 20 All State Banquets
 October 22-24 Tuesday, Wednesday, Thursday Quarterfinal Games
 Sites: Chisago Lakes, Farmington, North St, Paul and St. Cloud
 October 28,29,31 Monday, Tuesday, Thursday Semi and Finals
 Site: USBANK

There are several new rules that most of you have become award of by taking your test on the MSHSL Coaches Clipboard.

The one that stands out the most is the new stopping of the clock during the last 5 minutes of regulation play and in the overtimes.

The rule states that a team up by one goal will cause the clock to stop if they make a substitution. Please make your scoreboard operator award of this new rule. There are several other rule changes you need to know. They are the drop ball rule changes, the ACL Prevention play, and the rule that determines the percent of color on a uniform. You can look it up. It is called the Gray Spectrum rule. There is a graph to let you clarify your uniform color.

Steve Clark is again the Referee Evaluator and Rules interpretation person or the MSHSL. Feel free to call him with questions.

The 29th Annual MSHSSCA Clinic was held at the NSC in Blaine and thanks to Greg Juba (Park Girls Retired) it was a great success. We have found that Blaine complex is a great venue for the clinic. Thanks also to Art Seplak (Bloomington Kennedy Girls Retired) for the job he does with registration and operations. It is a great place for vendors, and we want to thank all of them for being at the clinic. The MSHSSCA has six corporate sponsors. Planet Soccer was the clinic sponsor, while BSN Sports continues to be the

Senior Classic provider. There are four additional sponsors and they are Coerver, Sannah Foundation, MN United FC and Select Soccer. Your help is greatly appreciated.

This is the time of the year you need to inform your seniors about the Mike Warter Scholarship. The MSHSSCA has given a scholarship to one girl and one boy that play soccer. The application is on our website and if you have questions please contact Art Seplak (Bloomington Kennedy girls retired) to have them answered. The deadline for the scholarship is **December 16, 2019**.

The BSN Senior Classic will be played on Wednesday November 6th at the Health East Sports Center in Woodbury. The girls will play at 6pm and the boys at 8pm. We really appreciate the facility and the staff at the Center. Teams will be selected after the All-State Selection committee meets on Sunday October 13.

That's it. The next board meeting will be on September 18. The open form will be held between the A and AA sessions

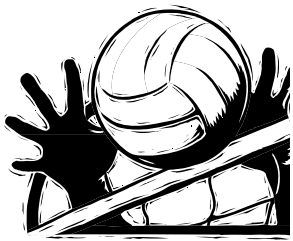
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of the State Tournament Banquet. See you at the U.S. Bank for the state tournament. And most of all remember, you have been blessed with the best job in the world, working with high school athletes.



Dig This

By: *Becca Pulju*
MNVBCA President - *Sebeka*

We are all well into our season, and hopefully, everyone is enjoying it so far. It was great to see many of you at the 40th Annual MNVBCA Summer Clinic last month. I love the sharing of ideas and the gathering of coaches. It is always a fun time to get together. Please make plans to join us next year in Sauk Rapids on July 29th and 30th.

The fall of the school year is busy for everyone, so it is very important to pay attention to important dates. These dates are important in order for the BOC to gather information, especially in the All-State Process. Please note that there have been some changes to the Academic Awards. For individual All-State Academic awards, there is a pdf for you to print off and use for your student-athletes. Please, don't hesitate to reach out to me or your Section BOC representative regarding any questions you may have.

Reminders for the season:

Become a member of the Minnesota High School Coaches Association. It provides great benefits and is also required for you or your players to be available for post-season awards (All-State, Academic Team, Individual Academic). Here is the website to do so: <https://www.mshsca.org/>

Familiarize yourself with our awesome website. We use this for all of our communication and information. Here is the website: <http://www.mnvbca.org/>

Familiarize yourself with the new rules and MSHSL bylaws on the MSHSL website: <http://www.mshsl.org/mshsl/activitypage.asp?actnum=423>

Complete all required educational programs on the Coaches Clipboard section of the MSHSL website. This will require a login, which you should have received from your AD. This contains presentations and continuing education which are required every year.

If you have not done so already, you should purchase at least 1-2 new game balls. The official game ball of the MSHSL is the Baden Perfection 15-0 (VX5EC-220) in blue/white/grey.

Have a plan for keeping stats. Whoever is responsible for keeping stats should be familiar with the statistical definitions that you can find on the Minnesota Volleyball Coaches Association Website. It is very important to keep accurate stats for later in the season when they are used in discussions for All-Conference and All-State meetings

Deadlines:

*** Please go to our website to submit everything. Remember

our website is: <http://www.mnvbca.org/>

Sunday, September 1st: All-State Nominations due!

Monday, October 21st: All-State Statistics Form due; All-State Academic Individual nominations due;

AA-State Academic Team nominations due. Any submissions after 11:59 pm will NOT be accepted.

Monday, October 28th - All-State notifications sent (via email)

Wednesday, November 6th: State Tournament Banquet

Thursday - Saturday, November 7th - 10th: State Tournament @ Xcel Energy Center

Best of luck to you all this fall!

NHSACA RECOGNIZES MINNESOTA COACHES AT NATIONAL CONVENTION

Chet Stevenson, Dwight Lundeen, Steve Paulsen, Michael Mahlen and Lowell Searcy were nominated and recognized at the NHSACA convention..

The National High School Athletic Coaches Association is pleased to announce the recipient of the 2019 National Assistant Boys' Coach of the Year is Chet Stevenson from Brainerd Senior High School. The announcement came during The National Coach of the Year Awards Banquet at the National High School Athletic Coaches Association's national convention at the Ramkota Hotel and Convention Center in Bismarck, ND.

Coach Stevenson was nominated for this national honor by his state's high school coaches' association and was selected as the National Coach of the Year from the eight Coach of the Year finalists who advanced in this competition from across the nation. This selection was based on longevity, service to high school athletics, honors, championship years, and winning percentage. The nominees and finalists are evaluated by experts in the field of coaching using a sport-specific rubrics to assign points in each category. The National High School Athletic Coaches Association is the oldest coaches association formed by coaches, for coaches, in the nation, and has been recognizing national coaches of the year since 1978.

HALL O

The Minnesota State High School Coaches Association is proud to announce the 2019 Hall of Fame Inductees. They are: Brian Luke, Swimming, Stillwater High School; Jim Musburger, Basketball, Strandquist/Karlstad High School; Craig Nelson, Track and Field, Luverne High School; Dave Galovich, Boys Basketball, Crosby-Ironton High School; Dave Palmquist, Girls Hockey, So. St. Paul High School; and Bob Bonk, Cross Country, Fairmont High School.

The George Haun award is a life member of the MSHSCA who has exemplified leadership and commitment to the Coaches Association. The award will be given to Rick Engelstad, Tennis, Pine City; Tom Critchley, Basketball, Hawley & Roseville.

The Steve Kerzie Delegate Service Award is an award for a long serving delegate of the Coaches Association. This year it will be awarded to Shelly Hotzler, Girls Softball, Jackson County Central.

Distinguished Service Awards for Officials recognizes the role of outstanding officials as an integral part of high school programs. They are Bruce Southward, Mike Martin, Mike Amidon, and M.J. Wagenson.

New in 2019 is the Distinguished Service Award for Assistant Coaches. This is an award to long time outstanding assistant coaches. The following coaches will receive this year's award, Jim Knutson, Lakeville South; John McEachran, Perham; Dan Storlie, Byron; and Mark Haesly, Hastings.

A special award this year will be an Honorary Life Membership to the Mancini Family for their dedication to coaches. Pat and John Mancini will accept the award for the Mancini Family but the late Nick Mancini will also be remembered.

Along with the above mentioned, we are honoring state champion coaches, Coach of the Year and Assistant Coach of the Year in all MSHSL sports. There will be 55 coaches who have attained 25 years of service. The award winners will be honored at our Hall of Fame Banquet at the Minneapolis Sheraton West on October 12, 2019.

For ticket information, please contact any award winner or Jim Baker jbad154@yahoo.com

Craig Nelson began his career as an educator in Waubay, SD. He served as the School Counselor, Physical Education Teacher, Head Football Coach, Head Track & Field Coach and Assistant Basketball Coach. He also had to drive the school bus when needed. He coached the Waubay HS Football team to a Conference Championship in his second year as their coach, the first Championship in over 20 years.



After two years in Waubay, Nelson accepted the HS Counselor position in Luverne, Minnesota. He was asked to coach either Girls Track & Field or Golf. Though an avid golfer, he chose Track & Field. Nelson retired after 32 years as Head Girls Track & Field Coach and 25 years as Head Boys Track & Field Coach.

During his tenure the Luverne Track & Field teams won 80 team Championships including Section, True Team Section, Sub-Section and Conference Titles.

The Luverne Boys team won the MSHSL State Track Championship in 2006. The Luverne Girls won the True team State Championships in 2008, 2010 and 2014. The Luverne Girls also won the 2010 MSHSL State Championship completing an incredible season. The Luverne Girls placed in the top three at the True Team State Championships 9 out of 10 years beginning in 2007.

The Luverne Girls and Boys teams have been represented by 234 State Individual Qualifiers from 1986 to 2016. This includes 6 Individual MSHSL State Champions and 2 State Champion Relay teams. In 2017, Nelson was inducted into the Minnesota HS Track & Field Coaches Association Hall of Fame. He has been recognized as a State Coach of the Year three times. In 2015, Nelson was honored as a Finalist for National High School Athletic Coaches Association Girls Track & Field Coach of the Year.

Nelson has given back to his profession by serving as President of the Minnesota Track & Field Coaches Association, President of Minnesota True Team Track & Field Committee and also served as the Co-Director of the Minnesota Track & Field Coaches Association Clinic for 9 years.

Coach Nelson credits the success in the Luverne Track & Field program to the team approach! He is grateful for the great kids that choose to participate. He is also grateful for the contributions of many outstanding assistant coaches whose contributions to the program were priceless! He especially wants to thank three longtime assistants; Al Stoakes, Gordie Hansen and Pete Janiszski. He also credits great support from his family!

Dave Galovich graduated from Buhl High School in 1972 and continued his education at Mesabi Community College and Bemidji State University. He is currently a retired Social Studies and Physical Education teacher, who taught at Erskine, St. Michael-Albertville, and his last 30 years of teaching were at Crosby-Ironton. His coaching duties during his career included, Boys Basketball (this year will be the 42nd as a head coach), Baseball, Boys Golf, Girls Tennis and Football. His high school and college athletic achievements are



F FAME

highlighted by being inducted into the Mesabi Community College Athletic Hall of Fame in 2016 and the Mt. Iron-Buhl High School Basketball Hall of Fame in 2018.

Basketball coaching achievements and honors include: Region/Section Coach of the Year 10 times. Mid-State Conference Champions 10 times. Minnesota Class AA Coach of the Year in 2004 and 2017. Inducted into the Minnesota Boys Basketball Coaches Association Hall of Fame in 2007. Named one of Minnesota's Top 100 High School Coaches in 2015. Inducted into the Crosby-Ironton High School Athletic Hall of Fame in 2016. Was the 2019 recipient of the National Association of Basketball Coaches, Outstanding High School Coach Award. Led C-I to 9 State Tournaments, with runner-ups in 1987, 2008, 2010, and 2017. Current Boys Basketball career record is 728-340, which ranks 5th all time in Minnesota and is 2nd among active coaches in the state. This fall Crosby-Ironton will name their high school gym, the Dave Galovich Gymnasium.

Dave and his wife Pam, have four grown children Kelly, Cassie, Kati and Kyle.

Bob Bonk started out teaching and coaching in Windom, Minnesota from 1971 to 1973. From 1973 to the present, he has been in Fairmont. Bob was a math and phy-ed teacher for 14 years and a secondary school counselor for 22 years. He retired from school counseling in 2007.



His total coaching history from 1971 to the present is as follows:

Track: 48 years coaching. Head boys' track coach for 42 years. Head girls' track coach for 37 years. Assistant boys' track coach six years. He continues to be the head boys' and girls' track and cross country coach. The combined accomplishments of his boys' and girls' track teams through the 2019 season are as follows: Cumulative winning percentage: 89% State True Team Champions: 6 State True Team Qualifying Teams: 25 State True Team Top Three Teams: 17 MSHSL State Team Champion: 1 MSHSL Section Team Champions: 19 Conference Champion Teams: 44 Individual State Champions: 11 Relay State Champions: 6 Individual Top Six at State: 69 Relay Top Six at State: 49 Individual State Qualifiers: 216 Relay State Qualifiers: 73 Cross Country: 44 years coaching.

Bob has been Fairmont's headboys' cross country coach for 44 years and headgirls' cross country coach for 40 years. The combined accomplishments of the boys' and girls' cross country teams are as follows: Cumulative winning percentage: 81% State Team Champions: 3 State Top Ten Team Places: 32 State Team Qualifiers: 44 Conference Team Champions: 38

Individual All-State Runners: 48 Individual State Champion: 1 Other Sports: Besides track and cross country, Bob has coached three other sports. He coached basketball for 13 years, wrestling for four years and football for two years. Through the fall of 2019, he has coached for a total of 111 sport seasons. For cross country, Bob was named State Coach of the Year three times. He was also honored as Girls' National Cross Country Coach of the Year by the National High School Athletic Coaches Association in 2018. In addition, Bob was inducted in the Minnesota Cross Country Coaches Association Hall of Fame in 2003. For track, Bob has been privileged to be named State Track Coach of the Year four times. He also became a member of the Minnesota Track Coaches Hall of Fame in 2016.

Locally, he was selected into the Fairmont Hall of Fame in 2014. He was also honored that year by Fairmont High School as they named the track facility "Bob Bonk Track". It has been Bob's privilege to serve as President and Vice President of the Minnesota Cross Country Coaches Association and as an advisory committee member. In track, Bob was one of the eight founding fathers for True Team Track. He also has presented 18 times at coaching clinics in Minnesota, South Dakota and Iowa.

To conclude, all of the wins and successes have been great, but it is the relationships with the athletes that matter most. Coaching has been a wonderful blessing and career for him.

Brian Luke is a 1971 graduate of Hopkins Lindbergh High School and a 1975 graduate of Southwest Minnesota State University. He had the benefit of being coached by and learning from hall of fame coaches Elmer Luke and Bob Johnson at Hopkins and Don Palm at Southwest State.



Luke was hired by Stillwater in the fall of 1975 to coach the girls and boys high school swimming and diving teams. He is entering his 45th year as the head coach of both programs. He has also coached the high school girls golf team, junior high track and junior high baseball during his years at Stillwater. He taught 9th grade physical science for 35 years before retiring from the teaching field in 2010.

Since Coach Luke began coaching for Stillwater the girls program has won 4 MSHSL Class AA state championships, 7 Class AA True Team state championships, 19 MSHSL section championships, 15 True Team Class AA section championships and 26 conference championships. The Stillwater boys program has won 15 MSHSL section championships, 12 True Team Class AA section championships and 21 conference championships.

... continued on page 26

HALL OF FAME ... continued from page 25

Stillwater has had 360 All-State swimmers and divers, 180 All-American swimmers and divers, and 113 Academic All-Americans.

Coach Luke has earned state coach of the year honors 5 times and is a member of the Minnesota State Swim Coaches Association Hall of Fame. He has received the Distinguished Alumni Award from Southwest State University. He is currently vice president of the boys high school swim coaches association, a member of the MSHSL advisory committee for swimming and diving, member of the state true team advisory board and a section rep for boys swim and dive.

Coach Luke is very proud to coach a program that is inclusive and gives all athletes the chance to feel a part of the program. He strives for excellence, self-discipline and team discipline in all aspects of his coaching. The athletes in the program are expected to improve and to learn. He is also very proud of his 35 years of classroom teaching and used many athletic principles in his classroom.

Coach Luke could not have accomplished any of the above without the support of his wife, Jane. She is an invaluable asset to the Stillwater program. Luke has 4 adult children and 9 grandchildren. He considers himself fortunate to have coached all his children as members of the Stillwater High School swim and dive team.

Jim Musburger grew up in Bemidji, Minnesota where he played football and basketball for the Bemidji Lumberjacks. In 1948, the Bemidji basketball team, coached by Mike Lagather and Bun Fortier, made school history when they defeated Hopkins 38 – 29 for the state high school championship in the era of one-class basketball. Jim is one of the few survivors of that glorious team.



Following high school graduation, Jim enlisted in the Air Force and finished his service at Fort Belvoir, Virginia. He married his high school sweetheart, Adeline Melhus, and they returned to Bemidji where Jim, courtesy of the GI bill, graduated from Bemidji Teacher's College with a teaching degree in history and physical education. Jim worked at Nash Finch during college, played golf for Bemidji State, played on the city champion curling team and raised his growing family.

Coach Musburger made us work really hard and told us, "The way you practice is the way you will play." Every boy in the school went out for basketball except for two and they ended up the team managers. – Donnie Carlson '57, Strandquist

Jim's first job was in Strandquist, a small town with just over 100 residents, where he taught history, science, physical education, coached basketball and was the school principal. Although the high school, grades 9-12, enrolled only two dozen boys, he successfully coached winning teams for five years including two trips to the

district finals. The team caught the eye of the media and was featured on KNOX Television in Grand Forks. Jim also started the school's first baseball team and Letterman's Club.

Coach Musburger moved to Karlstad in 1961 and coached winning basketball teams for the next twenty years. He was also the assistant football coach and head golf coach during this time. Over the years, he won accolades and praise from competing coaches, referees and administration for his sportsmanship, excellent discipline and enviable record. He claimed 316 basketball victories and captured three District Championships in 1966, 1970 and 1975.

His teaching peers elected him 1977 Teacher of the Year. Warren Keller, head basketball coach in Argyle and Coaches Hall of Fame winner, wrote a letter to the editor at the North Star News: Mr. Musburger is truly deserving of the Teacher of the Year Award. His philosophy on teaching and coaching are of the highest caliber. I have coached against Mr. Musburger's teams for the last eight years and he has always finished the game a true gentleman and a good sport. The Karlstad School and community must be proud to have such a fine individual working with their children.

Karlstad athlete Tom Porter '79 wrote about his coach: "A good coach can change a game. A great coach can change a life." For me this couldn't be truer about my High School Basketball Coach. I can't recall if I ever had the chance to thank Coach Musburger for the honor of playing for him, so I'll do it now. Thank you coach for the basketball and life skills I learned while playing under you.

Dave Palmquist has been a teacher and Head Coach the past 32 years. He is a 1982 graduate of Minnehaha Academy. After graduation he attended Bethel University, earning a degree in K-12 Education and played four years of hockey and golf for the Royals. He later obtained his Master's Degree in Athletic Administration from the University of St. Thomas.



Dave met his wife Karen at Bethel and have been married for 33 years and they have 4 adult children, three sons and one daughter. (Joshua, Zachary, Lucas and Abby). "My greatest joy is my family. They along with my faith have been my foundation."

After graduating from Bethel University Dave knew he wanted to coach and teach. He became the Head Boy's Hockey at his alma mater Minnehaha Academy at age 23. He coached the Redhawks for 7 years and also taught middle school PE and Health.

Dave then was given an opportunity to start the new girl's hockey program at South St. Paul High School in 1994. It was a very difficult decision to leave Minnehaha Academy but through a lot of prayer made the decision to come to South St. Paul.

Dave has been the head coach of the Packers the past 25 years and has helped lead the Packers to 4 state championships and the first girls program to win over 500 games. He is the longest serving

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winningest Coach in MN Girls High School Hockey. He was named to the Minnesota Girls Hockey Association Hall of Fame in 2013. He is a two time coach of the year winner and section coach of the year 6 times. His teams have won 9 conference championships and appeared in a record 14 State Tournaments. His teams also were 6x section runner-ups. His team holds a state record 86 game unbeaten streak during the 2002-2004 seasons. Dave was a featured coach in Legends & Legacies: Celebrating a Century of Minnesota Coaches by Ross Bernstein. Dave currently has an overall record of 584-258-29.

Dave can be seen on 45TV as a studio analyst for the Minnesota

State High School Boys Hockey Tournament. He will be entering his 15th year at this position and has one two Emmy's as part of the broadcast team.

The biggest thrill of his career was coaching his daughter Abby for 5 years and being a part of 4 state tournaments with her, including 2 state title games. He also has enjoyed the past 5 years having the ability to coach with his oldest son Josh. Josh is an assistant coach and teacher at South St. Paul.

Dave's goal as an educator and coach has always been about modeling positive values to his players.

GEORGE HAHN AWARDS

Richard Engelstad is a graduate of Lincoln High School in Thief River Falls where he lettered in both hockey and tennis and was captain of the tennis team his senior year. His first tennis coaching job was as a junior high boys' coach for Thief River Falls while attending Northland Community College. He went on to play tennis at Moorhead State University where he received a B.S in physical education and coaching. Coaching got into his blood, and he went on to coach baseball, hockey, and tennis while attending MSU. After graduating from MSU he received his first head coaching experience coaching the Prowler boys' tennis team in Thief River Falls for two years. He also was the girls' assistant coach at this time. He continued his education at Bemidji State University getting degrees in both adaptive physical education and health. He was the assistant coach for the BSU women's tennis team during this time. After graduating from BSU in 1997 he received a job at Pine City, Minnesota, where he has remained for the last 22 years. He has been part of the Dragon boys' tennis program for twenty-two years, first as an assistant coach and for the past eighteen years as the head coach. He also participated in the Dragon girls' tennis program as the assistant coach for five years and the head girls' coach for a total of 10 years.



It was John Eberhart from Pine City who first involved Richard with the Minnesota Tennis Coaches Association (MTCA). He started out in 2003 as the clinic director and the position changed into the Executive Secretary position. During Richard's tenure with the MTCA many changes have occurred. The yearly tennis clinic has expanded greatly; the last expansion included working with the USTA and USPTA. The MTCA took over both tennis state banquets beginning in the fall of 2016. He currently organizes and runs both banquets. He also oversees team and individual academic awards, Coach of the Year awards, player rankings, finances, and is the acting secretary on the advisory staff for tennis with the MSHSL. The major changes within the state

tournament during this time have been the addition of consolation for both team and individuals and adding team and individual seeding to the tournament. He has been very fortunate to have an awesome board to work with during his tenure. For the past two years Richard has been managing the girls' class A tennis state tournament with John Eberhart.

None of this would be possible without his wife Diane. She knows and understands his passion about tennis and is very patient with him as there are times he gets very consumed with it.

Rick sums up his experiences with two thoughts:

It is all about the incredible relationships that I have been able to develop over the years with my family, friends, players, fellow coaches, and all others involved with tennis and the coaching world. These relationships have really developed me into the person I am. Thanks to all.

Finally, It is all about giving back to the game I love and, hopefully, leaving it a little bit better for having been a part of it.

Tom Critchley

Critchley's coaching journey began by serving as 9th Grade basketball coach at Cook County High School followed by two years as a football and basketball assistant coach at Moorhead State University. During his 26 year stint as a head basketball coach, he served at Waterville-Elysian, Hawley, and Roseville Area H.S. His 1987 Hawley and 1997 Roseville teams won Section championships, earning State Tournament berths that came with them. In addition to coaching basketball, Tom also coached football, baseball, and softball plus served as Hawley Community Education Director for 15 years. He was awarded the Butch Nash Award by the Minnesota Football Coaches Association. In addition to coaching honors, Tom was named 1986 Hawley Teacher of the Year. He was selected for induction into the MBCA Hall of Fame in 2000.



Upon earning a Master's degree in Educational Administration

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MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2019-2020 school year.

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

- **Anoka Ramsey Community College (Coon Rapids MN)**
- **Augsburg College (Minneapolis MN)**
- **Bemidji State University (Bemidji MN)**
- **Complimentary passes are not available for Division I Hockey**
- **Bethany Lutheran College (Mankato MN)**
- **Bethel University (St Paul MN)**
- **Carleton College (Northfield MN)**
- **Central Lakes College (Brainerd MN)**
- **College of St. Scholastica**
- **College of St. Benedict**
- **Concordia College (Moorhead MN)**
- **Concordia University (St Paul MN)**
- **MN State Comm. & Tech College (Fergus Falls MN)**
- **Gustavus Adolphus College (St Peter MN)**
- **Hamline University (St Paul MN)**
- **Hibbing Community College (Hibbing MN)**
- **Macalester College (St. Paul MN)**
- **Martin Luther College (New Ulm MN)**
- **Mesabi Community College (Virginia MN)**
- **Minnesota State University Mankato (Mankato, MN) (Call ahead for DL Hockey)**
- **Minnesota State University (Moorhead, MN)**
- **MN West Technical and Community College (Worthington MN)**
- **North Central University (Minneapolis MN)**
- **University of Northwestern (St Paul MN)**
- **Ridgewater Community College (Willmar MN)**
- **Rochester Community College (Rochester MN)**
- **Southwest MN State University (Marshall MN)**
- **St Catherine's University (St Paul MN)**
- **St Cloud State University (St Cloud MN)**
- **St Cloud Tech College (St Cloud MN)**
- **St John's University (Collegeville MN)**
- **St Mary's University (Winona)**
- **St Olaf College (Northfield MN)**
- **U of MN - Duluth * (Duluth MN) Men's Hockey on Availability**
- **University of Minnesota - Crookston (Crookston MN)**
- **University of Minnesota - Morris (Morris MN)**
- **University of Minnesota (Twin Cities MN) - * Women's Basketball Games Only**
- **University of St Thomas (St Paul MN)**
- **University of Wisc-River Falls**

Another example of the MSHSCA at work for the membership!

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



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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 : bschumacher@mshsca.org or mail us at MSHSCA 16332 Deer View Road Park Rapids, MN 56470. Phone 218-732-0204.

SERVICE ACES

By *Dave Wareham*
Totino-Grace High School
President – Minnesota Tennis
Coaches Association



In June, the State Tennis Tournament put a finish to the 2019 Boys' Tennis season. Congratulations to the State Team Champions: Mounds View (Class AA) and Mounds Park Academy (Class A). In addition, individual champions were crowned in both classes:

Singles: Bjorn Swenson – Mounds View (Class AA), Parker Law – Mounds Park Academy (Class A)

Doubles: Sourabh Terakanambi / Nisal Liyanage – Eastview (Class AA), Jeffrey Huang and Brennan Keogh – St. Paul Academy (Class A)

Many terrific matches were played through the tournaments as both players and coaches can be proud of their performances. Further, the MTCA recognized the following coaches as 2019 Coaches of the Year:

Class A Head Coach: Bryan Bieber – Mounds Park Academy
Class A Assistant: Brent Reinbold – Mound Westonka
Class AA Head Coach: Scott Sundstrom – Mounds View
Class AA Assistant: Mike Ach – Blake School

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC. Executive Committee Liaison Assignments 2019-2020

PAST PRESIDENT Mike Peterson	B/G Soccer G Swimming Robotics	B Swimming Wrestling	Baseball B Hockey
PRESIDENT Terry Stadler	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf G Hockey
PRESIDENT ELECT Tom Critchley Jr.	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
VICE PRESIDENT Barry Wohler	Volleyball B Basketball	Synch. Swimming B/G Lacrosse	Softball Dance

Here are the Board of Directors that are the liaisons to various sports organization. Please feel free to contact them with any questions or concerns. They are here to help you.

But here we are again: the end of August and beginning of September, the last summer weekend at the cabin, the final days of the State Fair, the start of the school year for many. And the beginning of the fourth week of the girls' tennis season. The first three weeks have been a time for players to get back into the groove, coaches to figure out lineups, and teams to collectively bond. With solid weather, it's been another great start to the fall tennis season.

As the season turns into high gear through September, the much anticipated match between defending champion, Naomi Osaka, and teen phenom, Coco Gauff at the US Open delivered an indelible reminder about the power of tennis. It wasn't the match itself – Osaka won handily 6-2, 6-1 – but rather what happened after. Osaka invited Gauff to share in the on-court post-match interview. Full of raw emotion, both players complimented each other on their efforts and character.

It is true that at the highest levels – like varsity – competing and even winning are part of the equation. But they are not the only nor the most important parts. Equally valuable are learning about teamwork, accepting a challenge, owning your success and failures, showing grit. And sportsmanship. In the end, a player won't be judged by the score of the match but rather by the way he/she carried themselves, win or lose. Those are the players, like Osaka and Gauff, that are etched in our memories for a lifetime.

Before the fall season gets too far ahead of us, I invite and encourage all of our coaches to join the MN Tennis Coaches Association. There are many benefits:

Part of a fantastic organization whose mission is to create the best experience of high school tennis for our student-athletes

Team and senior individuals can qualify for academic awards. (ONLY possible if the head coach is a member of the MTCA).

Coach of the year awards

Insurance during summertime

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HOOP SCOOP

Liz Carpentier-President

Minnesota Girls Basketball Coaches Association



Summer is over, and it's back to school! I hope all coaches had time to relax and recharge this summer. I would like to welcome all new head coaches or assistants who are busy preparing for the upcoming season! I wish you the best of luck in your new position and hope you enjoy your season developing and leading your players. I would like to invite all coaches to attend the Minnesota Girls Basketball Coaches Association Fall Clinic, which is a great opportunity for all of us to get together, meet new coaches, share ideas, and kick off the high school season. Mark your calendars, Friday, Oct. 25th is the date for the MGBCA coaches clinic. The clinic will be held at the University of St. Thomas. Please see flyer below for a list of speakers!

Welcome to the 41st Annual MGBCA Fall Clinic!

Friday October 25 2019 University of St. Thomas Clinic cost is \$100 includes: Spalding item, Notepad and lunch. Only first 220 registered will receive Spalding item. Breakdown Sports USA specials will be available to all coaches attending the clinic. Register at: <https://www.mshsca.org/page/show/2822757-clinic>

Friday, October 25

- 7:30-8:25 Registration
- 8:25-8:30 Welcome Liz Carpentier President MGBCA, Ruth Sinn U of St. Thomas
- 8:30-9:45 Lindsay Whalen, Women's Coach, University of Minnesota
- 9:55-11:10 Jeff Walz, Women's Coach, Louisville
Topic: Quick Hitters vs. Man & Zone BLOBS & SLOBS
- 11:20-12:30 Ruth Sinn, Women's Coach, University of St. Thomas
- 12:30-1:30 Lunch at St. Thomas Student Union
- 1:30-2:30 Dennis Hutter, Women's Coach, Mayville State
- 2:40-3:40 Karla Nelson, Women's Coach, Minnesota State Moorhead
Topic: A Little Bit of Everything
- 3:50-4:50 TBD
- 4:50 Door Prize Giveaways (Must be present to win)

****Parking Instructions:**

****For coaches planning an overnight stay (Oct. 25 and/or 26), we have a block of rooms reserved at the Best Western Como Park Hotel just 4 miles from St. Thomas. To reserve a room: Call (651) 647-1637 and ask for the MN Girls Basketball Coaches Association Clinic. Cost is \$129.99 per night.**

***To register online for the fall clinic please go to:**
<https://www.mshsca.org/page/show/2822757-clinic>

Looking forward to a great basketball season in MN! Best of luck to all the high school coaches and girls teams across the state!

FOUR NAMED FOR INDUCTION TO MBCA HALL OF FAME

The Minnesota Basketball Coaches Association has named four men who will be inducted into the MBCA Hall of Fame on October 26th. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their achievements and service.



The 2019 inductees are:

- Tim Anderson –Maple River/Mankato Loyola/Mankato West
- Jim MacDonald – Fridley
- Dave Montbriand – Belgrade-Brooten-Elrosa
- Dave Thorson – DeLaSalle

The induction ceremonies will be held at the MBCA Hall of Fame Luncheon on Saturday, October 26, 2:00 p.m., at the Hyatt Regency Hotel in Minneapolis. Ticket information is available on the MBCA website: <http://www.mshsca.org/boysbasketball>

Tim Anderson began his coaching career at Elmore HS; returning to his alma mater as the Head Boys Basketball coach following his college graduation. After one year at Elmore, he moved to Minnesota Lake where he served as an assistant coach for 8 years (Minnesota Lake joined Maple River in 1989). During his tenure as an assistant coach, the Eagles earned a State Tournament title in 1992-93 followed by a State Tournament berth in 1993-94. Tim assumed the lead reins of the Maple River program in 1994. During the course of his 14 seasons at the helm of the program he led the Eagles to ten Valley Conference crowns, and Section titles with State Tournament Appearances in 2006, 2007- state runner-up, and 2008- state third place. Coach Anderson "retired" after the 2008 season but returned to the hardwood in 2009 as the Head Girls coach at Maple River. In 2010, he accepted the position of Head Boys coach at Mankato Loyola where he coached for six years followed by a one year stint at Mankato West. He finished his career with an overall mark of 408-168. Tim was recognized by his peers as Section Coach of the Year in 2006 and 2008 and Minnesota Class AA State Coach of the Year in 2007. He served as a member of the MBCA Executive Board, including MBCA President, and coached in the MBCA All Star Series. His coaching career off the hardwood included 18 years as Head Coach of the Maple River girls' tennis program- earning State Coach of the Year honors in 2007. Since 2017 Coach Anderson has served as an Assistant Coach for the Waseca Bluejays, led by his son Seth.

Jim MacDonald's coaching career spans 32 years- starting as an Assistant Coach at Fridley in 1988. After a one year stint as an assistant coach, "Mac" assumed the reins of the Tigers boys basketball program in 1988 and the 2019-20 season will be his 32nd season leading the Tigers. Under his tutelage

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The 2019 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 25th and Saturday, October 26th at the Minneapolis Hyatt Regency Hotel. Sessions will include large group and on the court presentations.

As of 8-31-2019 the clinic will feature the following speakers:

- **Tim Miles** – Nebraska, Colorado State, NDSU
- **Chris Oliver** – Basketball Immersion; Coaching U
- **Mike Procopio**- BSN Basketball Ambassador; player development coach for Dallas Mavs
- **Scott Thompson** – Legend Leadership Group; former Head Coach Rice, Cornell, Wichita State
- **Willie Braziel** – Columbia Heights HS

Tentative agenda and registration forms are available for view and print on the MBCA website. As additional speakers are confirmed, updated information, including agenda schedule and topics, will posted on the MBCA website and via twitter- @MN_BCA.

The annual Awards Luncheon will include the presentation of coaching awards, including: 2018-19 Section Coaches of the Year, 2018-19 Assistant Coaches of the Year, 2018-19 State Coaches of the Year, coaching milestone awards, and achievement awards. 2019 MBCA Hall of Fame inductees (**Tim Anderson, Jim MacDonald, Dave Montbriand, and Dave Thorson**) and 2019 Hall of Honor recipients will be introduced and recognized.

The annual MBCA Social will occur after Friday evening’s on court sessions. Friday’s luncheon and the coaches social will be complimentary for all clinic registrants.

A wide variety of Exhibitors will display their wares and provide door prizes for clinic participants during the sessions. Opportunities to visit the exhibitors will be scheduled and are highly encouraged. The clinic will also include the distribution of Spalding, Exhibitor and MBCA door prizes to those in attendance. Clinic attendees will receive a complimentary item provided by the MBCA and Fall Clinic partner, Sanford Health.

The cost of the Fall Clinic is \$110 if registered prior to October 16th. **Cost after October 16th and at the door will be \$125.** Registration forms are available and updated clinic information is available online at:

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

The Hyatt Regency is providing a clinic special for coaches’ rooms. **These rooms should be booked prior to October 15th. Early bookings are encouraged. Register online by using the following link:**

<https://www.hyatt.com/en-US/group-booking/MSPRM/G-BBCO>

This will qualify you for the special group rate and assist the MBCA in meeting a pre-determined quota for rooms.

For any further needed information please contact Ron Larson, MBCA Clinic Director, at Ron.Larson@anokaramsey.edu or Tom Critchley at hctirc@earthlink.net.

**MBCA FALL CLINIC
October 25th and October 26th, 2019
Registration Form**

Name(s) _____

School _____

E-Mail contact _____

School Phone _____

_____ 1-4 Coaches from one staff @ \$110

\$ _____

_____ 5 or more Coaches from 1 staff @ \$100

\$ _____

\$ _____ **TOTAL Enclosed**

Make checks Payable to: MBCA Clinic

DEADLINE: Thursday, October 17, 2019
(\$125 after this date)

Remit to: Tom Critchley - MBCA Clinic
2660 Mackubin St.; Roseville, MN 55113
hctirc@earthlink.net

Registration is \$125 at the door. (Mail to address above -
DO NOT STAPLE CHECKS TO REGISTRATION)

MBCA ... continued from page 28

and leadership, the Fridley hoopsters have earned multiple conference titles and won Section championships with State Tournament berths in 2002 and 2016. Coach MacDonald has been recognized by his peers with multiple Conference Coach of the Year honors and being named Section Coach of the Year four times. He is a member of the 400 wins club and enters the 2019-20 season with an overall record of 410-345 as a head coach. In addition to coaching basketball, Coach MacDonald also coached track for 15 years at Fridley, including 10 years as the Head Coach. He led the Tigers to four conference titles and a Section championship with a state runner-up finish. He earned Conference Coach of the Year, three times, and Section Coach of the Year honors twice, while coaching track. Jim serves on the MBCA Academic All State Committee and participated as a coach in the MBCA All Star Series.

Dave Montbriand's basketball coaching career at BBE spanned 29 years- starting as an Assistant Coach at Brooten in 1985. In 1990, he was offered and accepted the position as Head Basketball Coach of the merged Belgrade-Brooten-Elrosa school district. Dave served two stints leading BBE Boys hoops- 1991-2005 and 2009-2014. Under his tutelage and leadership, the Jaguars earned six Central Minnesota conference titles and captured Section 6A/5A championships with State Tournament appearances in 2011, 2012, and 2014. The 2011 BBE squad finished as Minnesota Class A runner-ups and the 2012 and 2014 Jaguars garnered Minnesota Class A State Championship honors. The Jaguars State Tournament teams compiled an overall record of 121-4. From 2009-2014, BBE was virtually unbeatable at home, 71 consecutive wins including 70 consecutive CMC conference victories. Montbriand was recognized by his peers as Section Coach of the Year five times and Minnesota Class A State Coach of the Year in 2012. He finished his career as a head coach with an overall mark of 388-171. In addition to coaching boys basketball, Coach Montbriand coached football, baseball (Head and Assistant), girls basketball, and junior high boys basketball. Dave retired from teaching and coaching junior high basketball at BBE at the conclusion of the 2017-18 school year. He coached JV Basketball for Canterbury HS in Fort Myers, Florida in 2018-19.

Dave Thorson began his coaching career as an assistant at the University of South Dakota in 1989 and the Minnesota Gophers from 1990-94. After five years coaching college hoops, Dave moved from Williams Arena to Nicollet Island and began his high school coaching career as the Head Basketball Coach at DeLaSalle High School. During the course of the next 23 seasons, he led the Islanders to nine State Championships, including six consecutive-2012-2017. The nine state titles are the most by a coach in state history and the six year championship streak is unmatched in state history. Overall, his Islander squads won 13 Section titles and State Tournament berths and 20 Tri-Metro Conference crowns. His teams amassed an overall record of 527-130, a winning percentage of 81%. The 1998-2002 Islanders won 72 consecutive Tri-Metro Conference games. Coach Thorson is a 12 time recipient of MBCA Section Coach of the Year honors and was named Minnesota AAA Coach of

the year two times. Thorson served as a member of the MBCA Executive Board. Dave represented Minnesota basketball on the national and international scene as a coach and clinician for USA Basketball and Nike. In addition to his legendary coaching career, he also served as the DeLaSalle Vice-President of Development. Coach Thorson returned to the college coaching ranks after the 2017 campaign and is currently in his second season as the lead assistant at Colorado State University.

SERVICE AGES ... continued from page 27

You get into high school activities with a pass for free

You can sign up online: <https://www.mshsca.org/tennis>

Good luck to all the teams this fall tennis season. While it doesn't seem too long before teams will be gearing up for section play and the State Tournament, I encourage players and teams, rather than focus on the result, to enjoy the experience of playing the great game of tennis.

ASSISTANT COACH DISTINGUISHED SERVICE AWARD

Dear Membership,

Do you know of an assistant coach who has made a significant contribution to your team and your sport? I'm sure many of you do; assistant coaches can play a vital role on a team and often spend as much time or more in direct contact with athletes and actual face-to-face coaching. A long-term assistant coach can also be a stabilizing backbone to a program when head coaches may come and go. The Minnesota State Coaches Association has decided that the recognition of these pivotal coaches should be recognized and an award has been created to do so. The Assistant Coach Distinguished Service Award will recognize assistant coaches who have coached for 20 or more years and have had a major impact on a program or sport. If you know of a specific coach that you feel is deserving, please go to the MSHSCA website and follow the instructions on the application form.

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Suicide Prevention Awareness Month Informational Packet for Coaches and Administrators

September 2019

The Jason Foundation, Inc.

www.jasonfoundation.com

contact@jasonfoundation.com



SPRING SPORTS ACADEMICS

GOLF - BOYS

Class A

GOLD

United South Central

Ottertail Central

Fertile Beltrami

SILVER

Russell Tyler Ruthton

Class AA

GOLD

Triton

Holy Family Catholic

Jordan

Hill Murray

Annandale

SILVER

Byron

Blue Earth Area

Minnewaska

Academy of Holy Angels

Melrose

Staples / Motley

Barnsville

Class AAA

GOLD

East Ridge

Bloomington Kennedy

Alexandria

SILVER

Northfield

Wayzata

Blaine

Eastview

White Bear Lake

GIRLS

Class A

GOLD

Lanesboro

Adrian

Heron Lake - Okabena -

Fulda

Murray County Central

Russell Tyler Ruthton

BOLD

Hillcrest Academy

Ottertail Central

Park Christian

Fertile Beltrami

Fosston

SILVER

Fillmore Central

Madelia

Westbrook Walnut Grove

Lac Qui Parle Valley

West Central Area

Braham Area

Badger School Dist

Mahnomen-Waubun

Class AA

GOLD

Kasson Mantorville

Lake City

Jordan

St. Peter

Fairmont

Marshal

St. Croix Lutheran Academy

Annandale

Melrose

Sauk Center

Detroit Lakes

SILVER

Montevideo

Dassel - Cokato

Pierz

Staples / Motley

Class AAA

GOLD

Hastings

Lakeville North

Northfield

Wayzata

Eden Prairie

Mankato East

Buffalo

Minnetonka

Willmar

Apple Valley

Rosemount

Simley

Maple Grove

Cambridge - Isanti

Chisago Lakes

St. Michael Alberiville

SILVER

St. Francis

Alexandria

BOYS LACROSSE

GOLD

Benilde St. Margarets

SILVER

Mankato East/West

Cretin-Derham Hall

SYNCHRONIZED

SWIMMING

GOLD

Columbia Heights

Osseo-Maple

Grove-Park Center

Wayzata

SILVER

Blake

Eden Prairie

Edina

Forest Lake

Hopkins

Richfield

St. Louis Park

Stillwater

TRACK & FIELD - BOYS

GOLD

Pillager

Annandale

Grand Rapids

Canby-Minneota

Sauk Rapids Rice

Fairibault

Eden Valley Watkins

Zumbrota Mazeppa

Northwest Nighthawks

Worthington

Sauk center

St Cloud Apollo

Rush City

Mora

Plainview-Elgin Millville

Osakis

Dassel Cokato

Mankato Loyola/Cleveland

Proctor

Holy Family Catholic

Pequot lakes

Blue Earth

New Ulm

BUffalo

Maple River

Montevideo

Maple Lake

Frazee

Mesabi East

Alexandria

Edina

Cambridge isanti

Bagley/Fosston

Eastview

Forest Lake

Waseca

Ellsworth

Cloquet

Byron

Apple Valley

Willmar

Bemidji

Lake Crystal Wellcome

Memorial/Nicollet

Minneapolis South

East Grand Forks

Sibley East

Zimmerman

Academy of holy angels

Brainerd

Minnesota Valley Lutheran

BOLD/BLHS

Prior Lake

Two Harbors
Foley
Pine Island

SILVER

Little falls
Triton
New Prague
Mankato East
Thief River falls
Belle Plaine
Milaca
New Ulm
southwest MN Chirstian/
Edgerton
Cretin-Derham Hal
Fairmont
LaCrescent - Hokah
International school of
minnesota
United North Central
Moose Lake Willow River

TRACK & FIELD GIRLS

GOLD

Pillager
Annandale
International Falls
Belle Plaine
Triton
Canby-Minneota
Plainview-Elgin Millville
Tri City United
Eden Valley Watkins
Zumbrota Mazeppa
Northwest Nighthawks
Worthington
Rochester Century
Sauk center
St Cloud Apollo
Mora
Grand Rapids
Andover
Osakis
Proctor
Rushford Peterson Houson
Dassel Cokato
Eastview
Thief River falls
Mankato Loyola/Cleveland

Fairibault
Zimmerman
Holy Family Catholic
Milaca
Pequot lakes
Blue Earth
New Ulm
Buffalo
Farmington
Howard lake/Waverly
Winsted
Montevideo
Maple Lake
Mesabi East
Park Christian
Cannon Falls
Mankato West
Southwest MN Chirstian/
Edgerton
Alexandria
roseville area
Owatonna
Bagley/Fosston
Crookston
Cretin-Derham Hal
Ely
Foley
Becker
Moundsview
Waseca
Forest Lake
Bloomington Jeffereson
Moorhead
Fairmont
Frazee
Cloquet
Byron
Edina
Hutchinson
Apple Valley
lakeville south
Lakeville North
willmar
Barnesville
Bemidji
Lake Crystal Wellcome
Memorial/Nicollet
LaCrescent - Hokah
Eveleth-Gilbert
Park High School

Minneapolis South
Sibley East
St Croix Lutheran Academy
Minnetonka
United North Central
Moose Lake Willow River
South st paul
Minnesota Valley Lutheran
Sauk Rapids Rice
BOLD/BLHS
Stewartville
West Marshall
GMLOKS
Two Harbors
Saint Peter
Rochester Lourdes
Pine Island
Austin
Lacqui Parle/Dawson Boyd
Howard lake/Waverly
Winsted

SILVER

Little falls
Rush City
Northome/Kelliher/
Blackduck
Heron Lake Okabena/Fulda

Part of the Annual Hall of Fame Awards Banquet

that will be held on October 12th, at the Sheraton Minneapolis West, Minnetonka, will be a presentation to all of the Championship Coaches, Coaches of the Year, and Assistant Coaches from the 2018-19 school year. If a championship coach does not appear in the accompanying list it is due to the fact that the coach was not a member of the MSHSCA.

2019 SPRING SPORTS CHAMPIONSHIP TEAMS

BOYS LACROSSE Prior Lake Casey Mithun
GIRLS LACROSSE Prior Lake Heather Pierson

BOYS TENNIS

Class A Mounds Park Academy Bryan Biever
Class AA Mounds View Scott Sundstrom

... continued on page 36

CHAMPIONSHIP TEAMS

... continued from page 35

SOFTBALL

Class A	Edgerton/SW Minnesota Christian	Andrew Fleischman
Class AA	Rochester Lourdes	Becky Macken
Class AAA	Northfield	Ryan Pietsch
Class AAAA	Maple Grove	Jim Koltjes

ADAPTED SOFTBALL

PI	Dakota United Hawks	Brett Kosidowski
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GIRLS GOLF

Class A	BOLD	David Altmann
Class AAA	Chanhassen	David Kalthoff

BOYS GOLF

Class AA	Holy Family Catholic	Robert G. Nelson
Class AAA	Edina	Phillip Ebner

BASEBALL

Class A	BOLD	Brian Kingery
Class AA	The Marshall School-Duluth	Joe Wicklund
Class AAA	St. Thomas Academy	Matt Kelly
Class AAAA	Eastridge	Brian Sprout

GIRLS TRUE TEAM TRACK 2018-2019

Class A	Minnewaska	Jennifer Johnsrud
Class AA	Willmar	Jerry Popp
Class AAA	Rosemount	Sara Hatleli

BOYS TRUE TEAM TRACK

Class A	St. Charles	Eric Klein
Class AA	Willmar	Jerry Popp
Class AAA	Hopkins	Nikolas Lovas

GIRLS TRACK & FIELD

Class A	The Blake School	Charles Cracraft
Class AA	Rosemount	ara Hatleli

BOYS TRACK AND FIELD

Class A	Jordan	Ben Nylander
Class AA	Hopkins	Nikolas Lovas

SYNCHRONIZED SWIMMING

Wayzata	Signe Hensel
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2018-19 CHAMPIONSHIP COACHES**GIRLS TRUE TEAM SWIMMING**

Class A	Visitation	Nate Linscheid
Class AA	Minnetonka	Dan Berve

GIRLS TENNIS

Class A	The Blake School	Mike Ach
Class AA	Edina	Steve Paulsen

GIRLS SOCCER

Class A	Mahtomedi	Dave Wald
Class AA	Minnetonka	Jeff Hopkins

BOYS SOCCER

Class A	The Blake School	Tamba Johnson
Class AA	Stillwater	Jake Smothers

GIRLS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	St. Michael-Albertville	Heather Strait

BOYS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	Edina	Jamie Kirkpatrick

VOLLEYBALL

Class A	Minneota	Hayley Fruin
Class AA	North Branch	Mike Selbitschka
Class AAA	Champlin Park	John Yunker

GIRLS SWIMMING MSHSL

Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

ADAPTED SOCCER

PI	Humboldt	Mary Bohland
CI	St. Cloud Area	Mike Bakken

FOOTBALL

9 Man	Spring Grove	Zach Hauser
1A	Mahnomen/Wauban	John Clark Jr
2A	Caledonia	Carl Fruechte
3A	Rochester Lourdes	Mike Kesler

SMB Wolf Pack

Collin Quinn	Jeff Williams
5A	Owatonna
6A	Lakeville North
Brian Vossen	

ALPINE SKIING

Girls	Lakeville South	Wayne Hill
Boys	Edina	Jared Scribner

NORDIC SKIING

Girls	Robbinsdale Armstrong	Kim Rudd
	Robbinsdale Armstrong	Stephen Hopke
Boys	Sartell-St. Cloud Cathedral	Joseph M. Teff

GYMNASTICS

Class A	True Team Detroit Lakes	Steve Zamzo
Class A	MSHSL Detroit Lakes	Steve Zamzo
Class AA	MSHSL Lakeville North	Teri Homan

GIRLS HOCKEY

Class A	Breck School	Keith Radloff
Class AA	Edina	Sami Reber

DANCE-High Kick

Class A	Lac qui Parle Valley/Dawson Boyd	
		Lisa Johnson
Class AA	Sartell-St. Stephen	Kelly McCarney
Class AAA	Wayzata	Alyse Iorio

DANCE-Jazz

Class A	Lac qui Parle Valley/Dawson Boyd	
		Lisa Johnson
Class AA	Totino Grace	Kristen Gagnon
Class AAA	Wayzata	Alyse Iorio

BOYS SWIMMING MSHSL

Class A	Breck/Blake	Michelle Carlson
	Breck/Blake	Brian Wright
Class AA	Edina	Scott Johnson

BOYS SWIMMING TRUE TEAM

Class A	Breck/Blake	Michelle Carlson
	Breck/Blake	Brian Wright
Class AA	Edina	Scott Johnson

GIRLS BASKETBALL

Class A	Minneota	Chad Johnston
Class AA	Minnehaha Academy	Matt Pryor
Class AAA	DeLaSalle	Tanysha Scott
Class AAAAA	Hopkins	Brian Cosgriff

BOYS HOCKEY

Class A	St. Cloud Cathedral	Derrick Brown
Class AA	Edina	Curt Giles

ADAPTED FLOOR HOCKEY

PI	Brainerd	Todd Person
CI	St. Cloud Apollo	Mike Bakken

BOYS BASKETBALL

Class A	Henning	Randy Misegades
Class AA	Minnehaha Academy	Lance Johnson
Class AAA	DeLaSalle	Travis Bledsoe
Class AAAAA	Hopkins	Ken Novak Jr

ADAPTED BOWLING

PI	N. St. Paul	Trudy McQuiston
CI	Mankato East	Linda Fleishman
ASD	Hayfield/Blooming	
	Prairie/Kasson Mantorville	Chris Pack

BOYS LACROSSE

Prior Lake	Casey Mithun	
GIRLS LACROSSE	Prior Lake	Heather Pierson

BOYS TENNIS

Class A	Mounds Park Academy	Bryan Bieber
Class AA	Mounds View	Scott Sundstrom

SOFTBALL

Class A	Edgerton/SW Minnesota	Christian Andrew Fleischman
Class AA	Rochester Lourdes	Becky Macken
Class AAA	Northfield	Ryan Pietsch
Class AAAAA	Maple Grove	Jim Koltes

ADAPTED SOFTBALL

PI	Dakota United Hawks	Brett Kosidowski
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GIRLS GOLF

Class A	BOLD	Dave Altmann
Class AAA	Chanhassen	David Kalthoff

BOYS GOLF

Class AA	Holy Family Catholic	Robert G. Nelson
Class AAA	Edina	Phillip Ebner

BASEBALL

Class A	BOLD	Brian Kingery
Class AA	The Marshall School-	Duluth Joe
Wicklund		
Class AAA	St. Thomas Academy	Matt Kelly
Class AAAAA	Eastridge	Brian Sprout

GIRLS TRUE TEAM TRACK

Class A	Minnewaska	Jennifer Johnsrud
Class AA	Willmar	Jerry Popp
Class AAA	Rosemount	Sara Hatleli

BOYS TRUE TEAM TRACK

Class A	St. Charles	Eric Klein
Class AA	Willmar	Jerry Popp
Class AAA	Hopkins	Nikolas Lovas

CHAMPIONSHIP COACHES

... continued from page 37

GIRLS TRACK & FIELD

Class A	The Blake School	Charles Cracraft
Class AA	Rosemount	Sara Hatleli

BOYS TRACK AND FIELD

Class A	Jordan	Ben Nylander
Class AA	Hopkins	Nikolas Lovas

SYNCHRONIZED SWIMMING

Wayzata	Signe Hensel
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2018-2019 ASSISTANT COACH OF THE YEAR**GIRLS TENNIS**

Class A	Yellow Medicine East	Jeff Lalim
Class AA	Brainerd	Chad Anderson

GIRLS SOCCER

Class A	East Grand Forks	Tom Piché
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BOYS SOCCER

Class A	St. Charles	Brian Davidson
Class AA	Famington	Wyatt Wagner

G/B CROSS COUNTRY

Class A	Mesabi East	Kari Hunt
Class AA	Eastview	Cory Fusco

VOLLEYBALL

Class A	Canby	Kari Wollum
Class AA	Concordia Academy	Pamela Fallert
Class AAA	Eagan	Steve Elliot

GIRLS AND BOYS SWIMMING & DIVING MSHSL

Andover	Lee Raihle
Cretin-Durham Hall	Kate Steineman

ADAPTED SOCCER

Humboldt	David Vibar
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FOOTBALL

Glencoe-Silver Lake	Paul Lemke
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GYMNASTICS

Class A	Mahtomedi	Kristin Driscoll
Class AA	Moorhead	Dave Velaski

GIRLS HOCKEY

Class A	Proctor/Hermantown	Jeff Gunderson
Class AA	Roseau	Paul Grafstrom

DANCE

Class A	Richfield	Emma Lyons
Class AA	Totino-Grace	Angee Forte
Class AAA	Wayzata	Leslie Swiggum

GIRLS BASKETBALL

Class A	Menahga	Kevin Sommers
Class AA	Minnehaha Academy	Scott Scholl
Class AAA	Academy of Holy Angels	Gary Rufsvold
Class AAAA	Stillwater	Dean Stambaugh

BOYS HOCKEY

Class A	Greenway	Andy Sertich
Class AA	Duluth East	Dylan Mills

ADAPTED FLOOR HOCKEY

CI	Dakota United Hawks	Scott Kunze
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BOYS BASKETBALL

Westbrook-Walnut Grove	Patrick Merrick
Eden Valley-Watkins	Jacob Anderson
Mankato East	Tony Ball
Northwoods	Jerry Chiabotti
Concordia Academy	Mark Harstad
Prior Lake	Craig Johnson

GIRLS LACROSSE

Chanhassen	Tamara Hodgins
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BOYS TENNIS

Class A	Mound Westonka	Brent Reinbold
Class AA	The Blake School	Mike Ach

BASEBALL

Mounds View	Scott Courtright
St. Cloud Cathedral	Charlie Burg

BOYS/GIRLS TRACK & FIELD - 2017-2018

Class A	Pine Island	Amy Northrop
Class AA	Lakeville North	Michelle Perkins

BOYS/GIRLS TRACK AND FIELD - 2018-2019

Class A	Pierz	Rey Zimney
Class AA	Blaine	Ty Kytta

2018-2019 COACH OF THE YEAR

GIRLS TENNIS

Class A	Litchfield	Matt Draeger
Class AA	Minnetonka	Dave Stearns

GIRLS SOCCER

Class A	Winona Cotter	Marie Barrientos
Class AA	Andover	Tracey Griess

BOYS SOCCER

Class A	Duluth Denfeld	Scott Anderson
Class AA	Duluth East	Cory Bachand

GIRLS CROSS COUNTRY

Class A	Howard Lake-Waverly-Winsted Wade Moravec	
Class AA	Farmington	Adam Lippold

BOYS CROSS COUNTRY

Class A	Nova Classical Academy	Dennis Barker
Class AA	Mounds View	Ross Fleming

VOLLEYBALL

Class A	Mabel Canton	Lonnie Morken
Class AA	North Branch	Mike Selbitschka
Class AAA	Champlain Park	John Yunker

GIRLS SWIMMING MSHSL

Class A	Hutchinson	Rory Fairbanks
Class AA	Edina	Jeff Mace

ADAPTED SOCCER

Humboldt	Mary Bohland
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FOOTBALL

Rochester Lourdes	Mike Kesler
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GYMNASTICS

Class A	Maple Lake	Kaitlyn Helmbrecht
Class AA	New Prague	Doug Amundsen

GIRLS HOCKEY

Class A	Fergus Falls	Tim Lill
Class AA	North Wright County	Cailyn McCauley

DANCE

Class A	LQPV/DB	Lisa Johnson
Class AA	Orono	Sharon Forde
Class AAA	Wayzata	Alyse Iorio

BOYS SWIMMING MSHSL

Class A	Breck/Blake	Michelle Carlson
	Breck/Blake	Brian Wright
Class AA	Edina	Scott Johnson

GIRLS BASKETBALL

Class A	Minneota	Chad Johnston
Class AA	Minnehaha Academy	Matt Pryor
Class AAA	DeLaSalle	Tanysha Scott
Class AAAA	Hopkins	Brian Cosgriff

BOYS HOCKEY

Class A	Mahtomedi	Jeff Poeschl
Class AA	Andover	Mark Manney

ADAPTED FLOOR HOCKEY

PI	Brainerd	Todd Person
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BOYS BASKETBALL

Class A	Spring Grove	Wade Grinde
Class AA	Perham	Dave Cresap
Class AAA	Princeton	Brett Cloutier
Class AAAA	Hopkins	Ken Novak Jr.

BOYS LACROSSE

Minnetonka	Aaron Olivier
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GIRLS LACROSSE

Chanhassen	Rachel Aiken
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BOYS TENNIS

Class A	Mound Park Academy	Bryan Bieber
Class AA	Mounds View	Scott Sundstrom

SOFTBALL

Class A	Edgerton/SW Minnesota Christian	Andrew Fleischman
Class AA	Rochester Lourdes	Becky Macken
Class AAA	Northfield	Ryan Pietsch
Class AAAA	Maple Grove	Jim Koltjes


GIRLS GOLF

Class A	Park Christian	Dan Doeden
Class AA	Minnewaska /BBE	Tony Janu
Class AAA	Edina	Lynn Anderson

BOYS GOLF

Class A	Springfield	Paul Arnold
Class AA	Cloquet-Esko	John Horbacz
Class AAA	Elk River	Phil Johnson

GIRLS HOCKEY "SNAP SHOTS"



By: Tim Morris, Executive Director, MGHCA

Message from the MGHCA President

As we move forward towards the 2019-2020 season, girls' high school hockey will build upon the momentum gained from last year's 25th season of sanctioned girls' high school hockey in Minnesota. High school programs from across the state recognized inaugural teams, honored individual players, and celebrated successes from the past 25 years. The MSHSL also recognized top players, teams, and coaches during the state hockey tournament in February. This year, the MGHCA welcomes over a dozen new head coaches to girls' high school hockey as the association continues to evolve collaboration efforts and camaraderie to show our players that while we are competitive, we also work together to continue to improve girls' hockey. There is great momentum in girls' high school hockey, and the 2019-2020 season promises to provide many more memorable moments.

Best of wishes to all teams,

Shawn Reid, MGHCA President

With summer ending and fall sports up and running, it only means one thing: Hockey season is not far behind! Coaches are busy finalizing their schedules, purchasing uniforms and supplies, reviewing practice plans and generally preparing for the season to start. A couple of items for coaches to be thinking about as they plan their fall schedules.

The State of Hockey Fall Coaching Summit will take place on September 20-21 at the Roy Wilkins Auditorium in St Paul. This is our annual fall coaching clinic and general membership meeting for our coaches' association. (The General Membership Meeting will take place on Saturday, September 21 with lunch provided to those in attendance.) We hope that you and your coaching staff are able to attend both the clinic and the meeting. The cost for

the clinic is \$150 per coach for the first two coaches from your program with the third and subsequent coaches only \$75 each. This is a new pricing structure for the clinic to help conserve your program/team's financial resources. The registration link can be found on the MGHCA website.

The MGHCA will be sending out a survey that we need ALL head coaches to complete as quickly as possible. Essentially, we are asking coaches about revising the State Tournament quarter-final schedule so the Class AA schools would play on Wednesday and the Class A schools would play on Thursday. This change would provide financial respite for many of our out-state Class A teams attending the tournament. The semi-finals and finals would remain as they have been for the past few years with the back-to-back 3rd place and championship games. The rationale for the proposed change will be detailed in the email that will be sent out to all Head Coaches.

The MGHCA has been busy during the summer months planning for the fall Premier Prep League. The league has been expanded to 12 total teams (Eight 19U teams and 4 16U teams). The expansion of the league was done to facilitate a need to provide the younger high school players an opportunity to compete with other high school aged players. All of the teams are full with 240 players participating. One of the 16U teams will have the opportunity to advance to the USA Hockey Tier 2 National Tournament next spring. One of the 19U teams will also have that an opportunity to participate in that event. Last spring our 19U team earned 3rd place honors at the Tier 2 National Tournament.

Also, on the schedule for this spring is the Senior Classic Tournament and U18 Festival. That event will be held at the Super Rink in Blaine, February 28, 29 and March 1st. Section GMs will be contacting coaches over the course of the season for nominations to both of these events. A total of 204 players will have the opportunity to compete for section bragging rights and a chance to represent Minnesota at the CCM High School National Invitational tournament next April.

Good luck to all teams this coming season. Please do not hesitate to contact any of the MGHCA staff if you have any questions regarding programs, awards, membership, etc.

COACHES CARING PROGRAM

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

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

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

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

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

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COACH OF THE YEAR ... continued from page 39

BASEBALL

Class A	Kerkhoven -Murdock- Sunberg	James Cortez
Class AA	The Marshall School of Duluth	Joe Wicklund
Class AAA	Monticello	Cole Deibele
Class AAAA	East Ridge	Brian Sprout

2017-2018 GIRLS TRACK & FIELD

Class A	Two Harbors	Ryan McIntyre
Class AA	Eagan	Rob Graham

2018-2019 GIRLS TRACK & FIELD

Class A	Minnesota Valley Lutheran	Rollin Timm
Class AA	Rosemount	Sara Hateli

2017-2018 BOYS TRACK AND FIELD

Class A	Plainview-Elgin-Millville	Mike Andring
Class AA	Prior Lake	Ken Klamm

2018-2019 BOYS TRACK AND FIELD

Class A	Pierz	Craig Johnshoy
Class AA	Hopkins	Nick Lovas

SYNCHRONIZED SWIMMING

Prior Lake	Catherine Bohnsack
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GEORGE HAHN AWARD

... continued from page 27

from Moorhead State University and completing the Principal Licensure program at St. Mary's University, he left the classroom, courts, and fields and moved into administration by accepting a position as Assistant Principal at Roseville Area Middle School. He "retired" from that position in 2009 but continued to serve in multiple interim administrative positions at Roseville (2009-2015), Minnetonka (2016-17), and Stillwater (2017-2019). Critchley returned to the active coaching ranks in the '06-'07 season by joining the staff of his son Ted at Blaine H.S. and later Roseville Area H.S. where their 2009 Blaine and 2015 Roseville teams earned State Tournament berths by winning Section titles.

Tom is currently in his 23rd year serving as Executive Director of the Minnesota Basketball Coaches Association. Prior to assuming his current leadership role for the MBCA, Critchley served as a member of the MBCA Executive Board and is a past-president of the MBCA.

Tom and his wife, Sally, have five children: Tom Jr., Tim, Chad, Ted, and Amy and twelve grandchildren: Madison, Brooke, Kobe, Carly, Gabby, Rae, Allie, Charlie, Courtney, Carson, Kora, and Calvin.

2019-2020 SPORTS ASSOCIATION CLINICS

DATE	SPORT	LOCATION
Sept. 20-21, 2019	Boys & Girls Hockey - mikejmacmillian@hotmail.com	Roy Wilkins Auditorium, St. Paul
Oct. 3-4, 2019	Gymnastics - shelly.eklund@district 196.org	Stillwater HS, Stillwater, MN
Oct. 25-26, 2019	Boys BB - Tom Critchley Sr. - htirc@earthlink.net	Mpls, Hyatt Regency
Oct 25-27th, 2019	Baseball	Double Tree Hilton-Mpls.
Oct 25, 2019	Girls BB - scott_bergman@isd743.k12.mn.us	St. Thomas Univ
Oct. 26, 2019	Wrestling - kip.lynk@gmail.com	Simley High School
Dec. 7, 2019	Robotics- Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center)
January 24-25, 2020	Track	Double Tree, Bloomington
Februrary 2020	Softball - shelly.hotzler@jccschools.com	Target Field
Feb 28-March 1, 2020	Tennis- Rick Engelstad -rengelstad@isd578.org	Fred Wells Center, St Paul
March 26-28, 2020	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
May 1-2, 2020(tentative)	Swimming and Diving	Marriott NW Mpls-Brooklyn Park
July 2020	Volleyball Clinic-bpulju@sebeka.k12.mn.us	Sauk Rapids High School
August 2020	Cross Country-jhnelson@rwps.org	Twin Cities Orthopedics Vikings Complex
August 2020	Soccer -gruba23@gmail.com	National Sports Center Blaine

SCHOLARSHIP



Dear MSHSCA:

I am honored to be a recipient of the MSHSCA Past Presidents' scholarship. I would like to express my sincere appreciation for your generous support. I will be starting my undergraduate degree at the University of St. Thomas in the fall. This scholarship will help me earn my degree in Actuarial Science and pursue my passion of playing football at the college level.

Once again, thank you for the Past Presidents' scholarship. I am committed to my education and this scholarship is an extra vote of confidence to make my college experience successful. Sincerely Grateful,

SETH PETERSON



Dear MSHSCA Scholarship Committee,

Thank you for taking the time to review my application and selecting me as the recipient of the Val Teichroew Scholarship. It is a great honor to have the opportunity to accept your generous gift. The financial aid will be put toward my tuition at the University of North Dakota as I work toward a degree in physical therapy. With your assistance, I will be able to experience college with reduced stress on student loans and put more focus on my educational and future career goals. Participating in high school athletics was an especially memorable and valuable experience, and I will apply the hard work ethic and persistent attitude developed through sports to the new chapter in my life. Again, thank you so much for your gift of money and support. It's very much appreciated.

Sincerely,

EMMA BOTKER



Dear MSHSCA,

Thank you for for the time and effort put into the scholarship process. It means a lot to be able to be one of your recipients. The support and passion coming from coaches have helped me be the person I am today and also the man I will become. Thank you for this opportunity. The MSHSCA Scholarship will help further my education at Valley City State University. I will be majoring in Social Science Education and get my certificate for Athletic Coaching. I will also be playing football for the VCSU Vikings!

Thank you!

HUNTER GONNERMAN



Dear MSHSCA,

Thank you for selecting me as the recipient for Betsy Farness Scholarship. I am honored to receive this scholarship as Ms. Farness was a leader in promoting girls' sports. Through her leadership and others, I have been able to participate in activities which have helped define who I am today. This generous gift will help me further advance my goals to become a teacher and coach. By taking some of the financial stress off, I will be better able to focus on furthering my education. Thank you for supporting me as I attend Valley City State University next year.

With Gratitude,

ALLIE CRITCHLEY



Dear MSHSCA,

Sports have been a big part of my life from day one. I have been blessed to have great coaches and teammates. I would like to thank the MSHSCA for offering me this scholarship. This scholarship will help me continue my athletic and academic career at Northwestern, St Paul. Once again, thank you.

From,

OWEN BOEREMA

THANK YOU'S



Dear MSHSCA scholarship committee,
I am so grateful to be receiving the Kathy Frederickson scholarship, I personally want to thank you all for selecting me for this scholarship. I plan on putting this scholarship money towards my college education. I am attending the University of Wisconsin Stout in Menomonie, Wisconsin for Interior Design next fall. I also plan on trying out for the softball team. I am now aware of the efforts that Kathy Frederickson gave to help lead the development of opportunities for girls in sports in Minnesota. She has impacted my life as well as many other female athletes by taking the lead in allowing girls to play sports in high school.

Thanks again,

TAYLOR NAAS



Dear officers of the Minnesota State High School Coaches Association,
I was very happy to learn that I was a recipient of the Howard E. Emerson scholarship. I am writing to thank you for your generous, financial support towards my higher education. By awarding me the Howard E. Emerson scholarship, I am able to concentrate on my degree at the University of Wisconsin River Falls. Your financial generosity has allowed me to be one step closer to my goal and has inspired me to help others by giving back to the community. I hope one day I will be able to help other students achieve their goal just as you have helped me.

Sincerely,

NOAH HEGLAND



Minnesota State High School Coaches Association,
Thank you for choosing me as a scholarship recipient for the Fall of 2019. I have worked hard to get myself prepared for college and I am ready for the new challenges ahead. I feel Iowa State University is a perfect fit for me and I look forward to the opportunities ahead. Your generous scholarship will allow me to focus more on my studies and allow me to participate in learning communities and campus opportunities.

Your scholarship is greatly appreciated,

Sincerely,

RYAN HANSE



Dear Minnesota State High School Coaches Association,
I would like to thank you for the scholarship. Next year, I will be playing basketball and pursuing a degree in Biomedical Science at St. Cloud State University. After that, I plan to then go on to medical school. Athletics has played a substantial role in my life, and I do not believe I would be where I am today without it. Thank you so much for your financial support.

Sincerely,

ABBEY MCDONALD



Dear Minnesota State High School Coaches Association,
Thank you for choosing me for the John & Mary Erickson scholarship. I am very honored to be one of the recipients. I will use all of the life lessons I have learned from High School sports in my future career. This scholarship will help cover the cost of furthering my education. Thanks again for this scholarship.

With much thanks,

WHITNEY STEFFEL

MEMBERSHIP PERKS

S

- **SHERATON MINNEAPOLIS WEST** - Minnetonka - 800-325-3535 (upon availability)

H

- **MARIOTT MINNEAPOLIS WEST** - (Code MSHSCA)
Call Patrick Riley - 952-367-5082 (upon availability)

S

For Hotel rates, coaches should indicate membership in MSHSCA.

C

•••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.

A

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!

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

SEND NOMINATIONS TO:
Jim and Janet Baker
1056 20th Ave SE
Pine Island, MN 55963
Email: jbad154@yahoo.com



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

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

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

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____

College: _____ Year: _____

College Honors: _____

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

Coach Awards, Honors & Highlights: _____

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

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

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

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

MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

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

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

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

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

Mike Peterson
458 3rd St SW • Perham, MN 56573



OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____



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