



THE Minnesota PREP COACH

Vol. 61 No. 3

Published by the Minnesota State High School Coaches Association

September 2023

8 Realities of Being a High School Coach

By Greg Berge

I believe that high school sports are the ultimate lab setting for life.

High school sports teach invaluable life skills that are needed today more than ever. They teach resilience, accountability, sacrifice, commitment, and much more.

As a 1990 Spring Lake Park High School graduate, I was a three-sport athlete and multi-sport team captain. I am who I am because of my high school sports experience. I am who I am because of my supportive parents, my many coaches, and my teammates.

I decided to coach through college. I coached basketball and football. My first teaching job was in Lake City, MN, where I became a head basketball coach at age 26. I coached for seven years.

My passion for leadership led me into school administration, where I have been a high school principal for 19 years, the last 17 in Lake City. I was fortunate to get back in coaching and have been the vari-



**Greg Berge,
Lake City's Head Boys'
Basketball Coach & Principal**

ty boys basketball coach and high school principal in Lake City for the last 10 years. I am very grateful to do both in our wonderful Lake City community.

One thing I have learned, and I know for sure, is that our kids need great coaches. And coaches are getting harder to find.

I decided I wanted to do more.

I began giving leadership and culture workshops across MN. And then, about 18 months ago, I decided to write. I write actionable ideas

on Coaching, Leadership, Culture, and Teams. I write on Twitter, now "X," and a free weekly newsletter for coaches. I have also written four books.

I have learned a lot over my career in coaching and school leadership and have been sharing this over these months. One such thing I have learned over the years is that being a High School Coach is hard work, but it is also incredibly rewarding.

Here are the 8 Realities of Being a High School Coach

1: It will consume you - Coaching is more than just a job - it's a way of life. You'll spend countless hours planning practices, analyzing game footage, and strategiz-

ing for the next big game. But when your team succeeds, it makes it all worth it!

2: There will be critics - No matter how well you perform or do your job, there will always be people who criticize your decisions and strategies. Know and accept this. Remember, you know your team better than anyone.

3: You are not in it for the money - Coaching is not a job that pays well, but it's about something other than the money. It is a calling. It is a lifestyle. It's about the love of the game and the desire to help young athletes grow and develop into their full potential.

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

The Minnesota PREP COACH

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

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2A	Eric Lewis (LeSueur-Hend)	Alan Woitos (New Ulm Cathedral)	Craig Morgan (MN Valley Luth)	Marc Bachman (Saint Peter)
3A	Jess Smith (Windom)	Dave Blank (Wabasso)	John Seipp (Trinity School)	Jim Baker (Retired)
4A	Chris Laird (Heritage)	Robert Economy(Eagle Ridge Aca)	Tim Herman (Heritage)	Chris Kircher /Tim Triplett
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl /Bill Baumann (Royalton)	Gregg Martig (Pequot Lakes)
6A	Tavia Bachmann (Frazee)	Kyle Haberman (Lake Park-Audubon)	Mike Peterson (Perham)	Nathan Johnson (Proctor)
7A	Matt Carlstrom (Deer River)	Open Position	Matt Solberg (Proctor)	Open Position
8A	Dave Varriano (Mahnommen-Waubun)	Lon Boike (Crookston)	Open Position	Open Position
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Bill Goodman (Apple Valley)
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8AA	Kent Hamre (STMA)	Jeremy Digiovanni (Elk River)	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)
SPORTS MEDICINE		Tom Sharp (Eastview)		

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

President's Message

By: Jen Marshall

Welcome to the 2023-24 school year and back to the high school coaching life! I sincerely hope you have a fabulous season filled with learning, inspiration, and fun.

In the June 2023 Prep Coach, I wrote an article about my recent experiences as a spectator at a Spring State Tournament. Specifically, negative parents who displayed ugly behavior at these high school games.

This year, my goal as President is to provide resources and information to coaches statewide to help them navigate, prevent, and curtail ugly parent behavior in their program. This isn't meant to add things to your overflowing plate—instead, resources of simple things you can use or look back on when needed.

Last spring, I came upon Greg Berge on Twitter (@gb1121). (Side note: Yes, I know 'Twitter' has changed to 'X' over the summer - I just haven't come to terms with it yet.) I have no idea how or why I stumbled upon Greg's account, but I've found it to be one of the best things out there! While preparing to write this article, I did some research on Greg. It turns out he's the Principal and Head Boys' Basketball Coach in Lake City AND a member of MSHSCA! How cool is that?!?

Some of you reading this know Greg and must think I'm an idiot for not realizing he's from Minnesota. However, I'm confident that there are more coaches across the state, like me, who do not know him. Therefore, let me enlighten those like me and tell you about Greg.

Greg has been a teacher, coach, and school administrator for 28 years and has a great interest in leadership, team development, competition, and success. In addition to coaching basketball, he's an Assistant Coach for football

and girls' golf. Greg has written four books that focus on leadership and team culture, and he has a website with free, yes free, resources for coaches on (gb1leadership.com). Beyond all this, I have found his tweets to be simple, direct, and valuable - something all coaches appreciate.

A favorite post of his popped up on June 21st titled, "Expectations for ALL Sports Parents":

1. Cheer for ALL players on the TEAM
2. Support the Officials
3. Speak positively about the coaches
4. Encourage and support your child
5. Ask Questions - Not Opinions
6. Be a positive influence at games
7. Be a fan of the TEAM.

The post also explains each expectation in more detail to provide supporting points.

I took a screenshot of the post as it would be a perfect resource at the beginning of the season at a Parent Meeting. These are the parents' expectations in our program and are expected to be followed. Simple, direct, straightforward. It's tough to argue with any of them too! It also provides a reminder during the season if a situation arises and something to reference later.

In my coaching experience, over-communicating on the front end drastically helps in the future. Something like this may help you at the beginning of the season to prevent unnecessary parent ugliness during it.

Check Greg out on Twitter (@gb1121) and his website (gb1leadership1.com). He's one of us - a Minnesotan in the High School Coaching trenches! Keep doing what you do, and stay awesome.

BERGE... continued from page 1

4: There is no overnight success - Building a successful team takes time, patience, and dedication. There will be ups and downs, but if you stay the course and keep pushing forward, you'll see the results. And remember, the #1 job of a coach is to Build Culture.

5: You need a supportive spouse - This should be #1 on the list for many! Coaching can strain your family. Having a spouse who understands and supports your passion is critical. Make sure to take the time to show your appreciation and give back.

6: You will not make everyone happy - As a coach, you will make tough decisions that not everyone will agree with. But remember, you're in it for the team's benefit, not just one individual. You will never make everyone happy. So make you happy.

7: You can't want it more than the kids - As a coach, you can inspire and motivate your players, but ultimately, they

must want it. This can be hard for a younger coach. Encourage them to work hard and set goals. Let them take ownership of their success.

8: It is still WORTH it! - Despite the challenges, being a coach is incredibly rewarding! Watching your players grow and develop into strong, confident young adults is one of the best feelings in the world.

As you start a new school year, I hope you all feel the support and collegiality of the coaching community. It is so important that we work together to grow and develop all of our coaches.

Please know how important you all are in the lives of our students, and remember, our kids need great coaches. Good luck!

Follow me at the links below:

1. "X" (formerly Twitter) - www.twitter.com/gb1121
2. Great Teams Better Leaders (free weekly newsletter) - gregberge.beehiiv.com
3. Website - www.gb1leadership.com



*By: Rick Ringeisen, MSHSCA
Executive Director*

The coaches of our past influence how we coach today.

Have you ever been at practice and found yourself coaching a drill you did as an athlete or caught yourself quoting one of your old coaches? Every day, when we are with our teams, we carry in

our hearts and minds the influence of the coaches from our past. Many of us have gone on to be friends and colleagues of our former coaches. The fostering of friendships with coaches from our past becomes a special relationship. It allows you to remain close and have an objective person to talk to about coaching. The give and take of those conversations expand our knowledge and strategies, accelerating our evolution as a coach. As the seasons pass by and you talk to your old coaches, the more you realize coaching is a journey defined by relationships you have made along the way.

Do you remember when you decided to become a coach, and what influenced that decision? Some coaches have always known that coaching would be their future; others accept positions when asked. Every coach has their own story and reasons for returning for the following year. The foundation for becoming a coach usually starts when athletes develop a love and passion for the sports they someday coach. No matter the path you took, there is a good chance that your coaches played a role in you becoming a coach.

Have you ever thanked your coaches or told them about their influence on your life? Do you strive to build personal relationships with all of your athletes? Coaches who become genuinely interested in their athletes beyond athletics and as individuals make team chemistry connections. In some cases, coaches become the most important adult role model in the lives of their athletes. Coaches teach their athletes much more than athletic skills; they also teach their athletes how to become quality individuals. Coaches have the opportunity to teach their athletes how to bring out the best in themselves. While coaching pay is not great, the chance to spend a lifetime coaching sports we love while giving back, serving our community, and making a positive difference makes us realize how truly blessed we are to have been coached and to be a coach.

If you listen to yourself while coaching, you will hear yourself quoting your old coaches, and your mind will be filled with memories of how your coach impacted you and helped develop you into the coach you are today. There are things you do and don't do because of the coaches from your past. As a coach, you strive to make a positive difference every day. You show up prepared and give your best to prepare your athletes to be successful and handle adversity. Those lessons will be used their entire lives.

Do you remember your coach's inspirational conversations

Reflections by Ringer

and speeches? Do you remember their passion for the game, your team, and you as an athlete? Did your coach's words fuel your competitive edge? Did your coach pick you up when you were down and build you back up to rebound your confidence? Do you also give speeches to your team to motivate them to compete at their full potential? Do you share your passion and enthusiasm with your team? As a coach, you are in a leadership role. However, you must also know when to let your assistants and athletes inspire each other. That is when a team's energy and confidence explode off the charts. A coach's words and actions are important because they set the tone and launch the team's synergy for outstanding performances.

It's a fabulous, magical feeling when teams pull it all together and win when they are underdogs. However, a tough loss can devastate your team, especially for the athletes who feel they have let down the team. That is when your people skills will be tested, and you may have to make tough decisions. When those tough decisions have to be made, nobody understands the gravity of the decision better than the coach. Actions and words are important, so holding back by controlling your actions and filtering your words allows coaches time to respond from a more positive perspective.

We all know there will be wins and losses. If the losses start outnumbering the wins as a coach, we know this leads to disappointment, frustration, and criticism. The criticism can turn ugly and become personal attacks. When that happens, coaches start questioning whether to continue to coach. The criticism and pressure can come from many directions. However, increased parent criticism and blindsided attacks to get coaches fired create a hostile coaching environment. This trend has resulted in young coaches leaving the profession at an accelerated rate.

Support of the school's administration and personal resilience will allow coaches to survive tough times and build traditions of excellence. While the ultimate goal is to build a program that thrives and is consistently a championship contender, there will be an ebb and flow resulting in periods of rebuilding. When times are tough, a coaching staff needs to support one another and dig in to work hard and build on the foundation of their team's past success.

As you start making your way to practice and games this year, pause, take a few deep breaths, and collect your thoughts. Remember what it was like as an athlete and how it felt to be coached. Remember how much playing the game with your teammates meant to you. Your mind will be filled with emotions and the bond you shared with your teammates that has spanned your lifetime. You might remember being an underclassman having high hopes of getting a shot at varsity action or being so excited to play that it was difficult to pay attention in school. Think about your coaches and how much they influenced you, and remember you have the same impact on your players. If you take that pause, you will be invigorated to coach. You will also know you are right where you should be, coaching and making a positive difference in the world. It's time to coach and do for others what was done for you. You may just find yourself coaching a drill you did as an athlete or quoting one of your old coaches!

Delegates Corner

Kerry Sutherland

Embracing Routine: The Transformative Value of Going Back to School

As summer's carefree days gradually give way to the crisp air of autumn, a familiar shift occurs in households across the country. Backpacks are dusted off, pencils sharpened, and the morning rush becomes again a ritual. The return to school and the establishment of a routine mark a pivotal chapter in the lives of children. Beyond the classroom walls, this transition holds the key to unlocking a multitude of invaluable benefits that shape their growth, development, and future success.

1. **Structure and Time Management:** The school routine bestows children the gift of structure. It outlines their days, setting the rhythm that helps them navigate tasks and responsibilities efficiently. Waking up at the same time, adhering to meal schedules, and allocating dedicated hours for study and play cultivates a sense of time management that becomes second nature. Learning to manage time not only enhances productivity but also equips children with a fundamental life skill.

2. **Academic Growth:** The classroom provides a structured environment where knowledge flourishes. The routine of attending classes, engaging in discussions, and completing assignments fosters a culture of continuous learning. Consistent exposure to diverse subjects and ideas expands children's intellectual horizons, enabling them to build a strong foundation of knowledge and critical thinking skills.

3. **Social Development:** School is a microcosm of society where children interact with peers from diverse backgrounds. The routine of spending time with classmates fosters the development of social skills, empathy, and collaboration. Through group projects, shared activities, and spontaneous conversations, children learn to navigate interpersonal

relationships essential for personal and professional success.

4. **Self-Discipline and Responsibility:** Embracing a routine instills a sense of self-discipline and responsibility in children. Meeting deadlines, completing assignments, and participating in extracurricular activities demand commitment and accountability. These habits, nurtured in the school environment, lay the groundwork for children to become responsible individuals who can handle challenges and commitments effectively.

5. **Confidence and Goal Setting:** Big and small Achievements are integral to a child's self-esteem. The routine of setting goals, working towards them, and eventually celebrating accomplishments fuels a sense of achievement and boosts confidence. Whether it's acing a test, mastering a musical instrument, or excelling in sports, the routine of consistent effort and improvement reinforces the belief that hard work reaps the rewards.

6. **Emotional Well-being:** Routine provides children with a sense of predictability and stability, which can positively impact their emotional well-being. A structured day reduces anxiety by minimizing uncertainties. Additionally, engaging in physical activities, creative pursuits, and spending time with friends contributes to a balanced and fulfilling life.

Returning to school and establishing a routine signify more than the end of summer; they herald a period of profound growth and transformation for children. Beyond the confines of textbooks and classrooms, routines equip children with life skills that pave the way for success. From time management to interpersonal skills, the benefits of embracing routine extend far into their futures, shaping them into confident, responsible, and well-rounded individuals prepared to take on the world.

MSHSL BOARD OF DIRECTORS REPORT:

By: Dawn Engebretson, Girls' Sports Rep

The MSHSL board held its annual fall workshop and board meeting July 30-August 1 in Spicer, MN. We met our seven new board members, including the new Boys Sports Representative, Mike Hennen, from Forest Lake. We had some great discussions about the happenings of activities in the state of Minnesota.

Some highlights from the board meeting include:

1. Approving a revision to State Tournament Dates for Adapted Athletics after the Representative Assembly approved a bylaw amendment.
2. Approved the creation of a sub-committee of Board Members to explore a process for bracketing team state tournaments. This group has met once and will continue to meet throughout September. A recommendation will be brought to the Board at the October meeting.
3. Board members were assigned their committee groups for 2023-2024. The committees are the Eligibility

Committee, Audit/Finance Committee, Marketing and Communications Committee, and the Education and Leadership Committee.

4. Approved the District Football Policy, including language changes for numbering and naming districts and sub-districts.
5. Approved the Speech 2023-2024 books and topic.
6. Set the Strategic Directions for the 2023-2024 school year, which include:
 - Health and Safety
 - Diversity, Equity, Inclusion and Belonging
 - Communication and providing outstanding experiences for students.
7. Approved the 2023-2024 budget, which includes a \$1.4 million credit back to member schools for the 2023 school year.

The spring activity advisory proposals will be voted on at the October Board meeting. Softball is proposing changing

DIRECTORS..continued on page 23

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Diversity, Equity, & Inclusion

Larry McKenzie

It's Been A Long Time Coming, But I Know A Change Is Gonna Come, Oh Yes It Will!

Where did my summer go? I cannot believe the school year has started and the kids are already back in school.

As I traveled the country this summer one thing that was truly evident is that “America’s current challenges in race relations are a stark reminder that progress is an ongoing journey, where the wounds of the past continue to shape the present. We stand at a crossroads, grappling with deep-rooted systemic inequalities, racial biases, and the urgent need for social justice. To overcome these challenges, we must confront the uncomfortable truths, engage in honest dialogue, and actively work towards dismantling the barriers that divide us. Only through empathy, understanding, and collective action can we strive for a future where all individuals, regardless of their race or ethnicity, are treated with equal dignity, respect, and opportunity.”

On my visit to Houston, I was blessed to participate in a life changing workshop led by Kyle Williams and Kamal Carter titled “A Long Talk About The Uncomfortable Truth”. It was one of the most impactful and eye-opening experiences in which I have ever participated. It was a workshop that sparked hope, a focused-on truth, understanding, and problem solving while holding us all accountable for becoming change agents in the spaces and places that we are a part of.

I thought that a long talk about uncomfortable conversations could be highly beneficial for high school coaches. Here are six things I think can be helpful to you:

1. **Developing Cultural Competence:** High school coaches work with students from diverse backgrounds. Engaging in uncomfortable conversations helps coaches understand the cultural nuances, experiences, and perspectives of their athletes. It enhances their cultural competence, allowing them to build stronger relationships and create an inclusive and supportive environment.

2. **Addressing Sensitive Issues:** High school coaches often encounter sensitive issues such as discrimination, racism, bullying, mental health challenges, and more. Having uncomfortable conversations equips coaches with the skills and knowledge to address these issues effectively. They can learn about appropriate responses, strategies for intervention, and ways to support their athletes through difficult situations.

3. **Promoting Open Dialogue:** Encouraging uncomfortable conversations fosters an environment where athletes feel safe to express their thoughts and concerns. Coaches can create space for open dialogue, allowing athletes to discuss topics they might otherwise avoid. This open dialogue promotes trust, empathy, and understanding among team members, leading to stronger teamwork and collaboration.

4. **Challenging Stereotypes and Biases:** Uncomfortable conversations challenge stereotypes, biases, and assumptions. Coaches can help athletes recognize and confront their own biases and encourage them to be more inclusive and accepting. By addressing these issues head-on, coaches can foster an environment that celebrates

diversity and promotes equality.

5. **Developing Conflict Resolution Skills:** Conflict is inevitable within any team setting. Uncomfortable conversations provide an opportunity for coaches to teach athletes effective conflict resolution skills. Coaches can model healthy communication strategies, active listening, and empathy, helping athletes learn to navigate conflicts in a respectful and constructive manner.

6. **Promoting Personal Growth:** Uncomfortable conversations encourage self-reflection and personal growth for both coaches and athletes. By exploring uncomfortable topics, coaches can challenge their own beliefs and expand their perspectives. Athletes can also gain a deeper understanding of themselves, their teammates, and the world around them, leading to personal development and increased resilience.

Overall, engaging in uncomfortable conversations helps high school coaches create a more inclusive, supportive, and empathetic environment for their athletes. It promotes personal growth, cultural competence, and equips coaches with the skills to address sensitive issues effectively. These conversations contribute to the holistic development of athletes both on and off the field.

For more information: www.alongtalk.com

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EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2023–2024

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

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

MEMBERSHIP CORNER

Joyce Ringeisen

Assistant to the Director

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

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

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

The 2 Options will be to pay with your personal credit card (or) have your school pay using their credit card.

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

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

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

The advantages of the digital registration process are as follows:

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

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

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

Hello Your Name,

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

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

Registration Info:

Username: [your email](#)

Registration Site: mshsca23.cordonco.com (after August 1, 2023)

The second email will arrive after your membership has been processed. You will be provided several links to download to print

the general liability insurance information and your membership card. The email will look like the sample below.

Hello Your Name,

Thank you for registering with the Minnesota State High School Coaches Association. To print or save your information, click one of the following links:

General Liability Insurance Program

Insurance information.

Download the PDF: ([Click here](#))

Navigate to the PDF: ([Click here](#))

Download the image: ([Click here](#))

Navigate to the image: ([Click here](#))

Wallet Size Membership Card

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

Download the PDF: ([Click here](#))

Navigate to the PDF: ([Click here](#))

Download the image: ([Click here](#))

Navigate to the image: ([Click here](#))

Registration Info:

Username: [your email address](#)

Registration Site: mshsca23.cordonco.com (after August 1, 2023)

- In the past, your email was only used as a login ID. From now on, the email address you sign in with must be an active email account that you can access to open the MSHSCA membership emails sent to you. You must log in with the last email and password that you used to sign up for your membership in past years. Once you are in the MSHSCA membership system, you can update your member profile. There is an EDIT button on the left side of your profile. Please note that your membership card will print the information you have entered.

As in the past, if you are having difficulty, you can write to the Executive Director, Rick Ringeisen, at ringer@mshsca.org and request assistance.

MEMBERSHIP CORNER ... continued from page 8

MSHSCA Digital Membership

Troubleshooting Tips:

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

This is likely due to one of the following reasons:

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

Solution:

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

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

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

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

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

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

“I cannot edit my MSHSCA Membership Profile.”

Solution:

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

2023-24 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
Sept. 24, 2023	Dance Convention - carlsonm@westonka.k12.mn.us	Mound Westonka High School
October 5-6, 2023	Gymnastics Clinic - shelly eklund@district 196.org	Big Lake High School
October 13-14, 2023	Boys Hockey Clinic - mikejmacmillian@hotmail.com	Grand Forks, ND - Hosted by the UND Hockey Staff
TBD	Girls Hockey Clinic - marrisgang@msn.com	NSC (National Sports Center), Blaine
TBD	Soccer Banquets - ajkw10@gmail.com	Roy Wilkins Auditorium
Friday, October 27, 2023	Girls Basketball Clinic - craig.geyen@monticello.k12.mn.us	University of St. Thomas
October 27th & 28th, 2023	Minnesota Basketball Coaches Association Fall Clinic	Minneapolis Hyatt Regency Hotel
TBD	Wrestling Clinic - kip.lynk@gmail.com	Recorded Virtual Conference
TBD	MN High School Football All-Star Banquet	Doubletree Hotel
TBD	MN High School Football All-Star Game Showcase	U.S. Bank Stadium
TBD	Mr. Football Banquet Football - Ron Stolski - stolski@yahoo.com	Double Tree in St. Louis Park
TBD	Baseball Clinic- markdownney0@gmail.com	Target Field
TBD	Robotics clinic - Alex Jurek ajurek@isd726.org	St. Cloud State (Atwood Memorial Center)
January 25-27, 2024	MN Track & Field Coaches Association Clinic - jjosephs@isd721.org	Intercontinental - St. Paul River Front Hotel
TBD	Softball Clinic- jasonbaune@gmail.com	Target Field
TBD	Tennis Clinic - David Wareham - dwareham67@gmail.com	Lifetime Fitness, Bloomington
March 25-28, 2024	MNIAAA AD Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
TBD	Football Clinic - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
TBD	Football Hall of Fame Banquet	Double Tree, St. Louis Park
TBD	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park

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



The 2023 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 27th, and Saturday, October 28th, at the Minneapolis Hyatt Regency Hotel. Sessions will include large groups and on-court presentations.

As of 9-01-2023, the clinic will feature the following speakers:

- **Bob McKillop– Davidson**
- **Hugh McCutcheon- University of Minnesota**
- **Ben Johnson and University of Minnesota Coaching Staff**
- **Abe Woldelassie - Macalester**
- **Andre Phillips – Mound/Westonka**
- **Steve Makowske- MSHSL Officials**

As additional speakers are confirmed, updated information, including agenda schedule and topics, will be posted on the MBCA website, <http://www.mshsca.org/boysbasketball>, and via Twitter- @MN_BCA.

The annual Awards Luncheon will include the presentation of coaching awards, including 2022-23 Section Coaches of the Year, 2022-23 Assistant Coaches of the Year, 2022-23 State Coaches of the Year, coaching milestone awards, and achievement awards. 2023 MBCA Hall of Fame inductees (**Mike Devney, Mike McDonald, Charles Portis, Mike Sjoberg, Mark Torgerson, and Kurt Virgin**) and 2023 Hall of Honor recipients will be introduced and recognized.

Friday's luncheon and the Friday evening Coaches social will be complimentary for all clinic registrants.

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 Dr. Dish drawing for a Rebel + Shooting Machine and distribution of Spalding, Exhibitor, and MBCA door prizes to those in attendance.

The Fall Clinic costs \$125 for the first three coaches and \$110 for each additional coach beyond three if registered before October 18th. **The cost after October 18th and at the door will be \$135.** Registration forms, including online registration, are available online at <https://mnstatehscoachesassoc.sportngin.com/register/form/60089213>

The Hyatt Regency is providing a clinic special for coaches' rooms. **These rooms should be booked prior to October 10th. Early bookings are encouraged. Register online by using the following link:** <https://www.hyatt.com/en-US/group-booking/MSPRM/G-BBC3>

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

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

Goal Posts

By: Ron Stolski



Keepers,

I recently received a communication from a former member of our coaching staff...an outstanding, passionate coach who recently retired. He was a ninth-grade coach who knew his football, cared for the kids (they loved him), supported the overall program, and sent them to varsity football and beyond. He believed in the purpose and the cause and sold the life lessons of football to each and every kid who came to his door and stepped on the field. We were fortunate to have him on our staff. He was and is a model keeper.

His heartfelt note briefly addressed his concern for the lack of young teachers and coaches entering our profession. Who, he asked, will be the next keepers of the game? Thus, the inspiration for this column.

If you are the head coach, 9 man to 6a, you are the face of the program. You give it direction, communicate the philosophy, answer the questions, and represent the school and community. But you know, whether you have a staff of three or thirty, the most essential piece of you, of the program, is your assistants. They are the heart and soul of the football experience for the team.

Let us recognize and salute the staff K-12: those who coach the units, share and live the "message", who arrive early and stay late. Those who help create the game plan are in the weight room, those who challenge, care, and comfort the players and are with them in joy and sorrow. Simply put, there is no program without them. Take the time, coach, to thank them, applaud them, publicly recognize them; let them know that you realize their vital importance and that they, indeed, are true keepers.

A few things to note;

The Double Tree Hilton in St. Louis Park has a discounted rate of \$109.00 for MFCA members for all visits. This does not include our clinic rate. Call 952-542 8600, identify as an MFCA member, and use corporate code 0003241970, SRP code P69.

Support Tackle Cancer, the Salute Weekend, and the All-Star Game. This is the 50th anniversary of the renewed game, which was restarted in 1974.

Planning for the 2024 clinic is underway. Let's plan to make it the "best". If you have any suggestions, please contact Claud Allaire or Ron Stolski.

What do you want your staff legacy to be, coach? It is up to you and the staff. Have a great season !

The passionate coach who shared his concern with me has three sons coaching football in greater Minnesota schools. Who will be the next keepers? They, and those like them, will be.



Diamond Cuts

By: Don Krusemark
 President Minnesota Fastpitch Coaches Association

I hope you are enjoying these last days of summer. Many of you are gearing up for a new school year after a summer that has flown by way too fast. The summer softball season is a great time to learn new strategies and to connect with players from different programs. Whether you were actively coaching a summer team, attended a softball clinic to increase your knowledge, or hosted hitting sessions, the time you give to your student-athletes is very much appreciated.

The annual senior All-Star series and the Border Battle, both held in June, were successful. Top senior softball players in Minnesota were invited to play in each event. This was an excellent showcase for our seniors and their talent. Please consider nominating your deserving seniors next spring for these events hosted by the softball association and the Minnesota Twins. Next year's Border Battle will be held in Wisconsin.

A big thank you to all coaches who have stepped up to serve as section reps, advisory board members, and executive council members. A special thanks to Jason Baune (past president), Dawn Engebretson (executive secretary-past president), Brenda Carlson (treasurer), and Mike Schumacher (website and awards manager) for their work on the executive council. They, along with countless other coaches, help to make the softball association a strong and vital network for all things softball. We are actively looking for someone to step into the role of president-elect. This is an opportunity for you to grow our association and make Minnesota softball as strong as possible. Please consider this opportunity, and if you have any questions, ask any of the current members of the executive council.

A couple of items that the softball association will be actively pursuing this year are:

1. Making our state tournament a three-day event instead of the traditional two-day affair.
2. Incorporating the international rule entering the 10th inning in all high school games.

If you have any questions or suggestions about these proposals, don't hesitate to ask.

Looking ahead, the annual softball coaches clinic will be held in early February. We look forward to continuing our partnership with the Minnesota Twins and their Community Fund. You can get a clinic discount when you join the coaches association. As we get closer to the softball season, more information will be coming out.

I encourage you to join the Minnesota High School Coaches Association. This includes assistant coaches as well as head coaches. The association is only as strong as its members. Becoming a member also allows you to nominate your players for post-season awards. Register now and enjoy the benefits that come with being a member.

Finally, I wish all of you a great start to another school year! You are an essential piece of the total educational journey for each student! Be the difference in the lives of your students. They may not actively tell you, but they need your positive energy. Until next time!

MEMBERSHIP REPORT 2022-2023

July 29, 2023

Types of	Final 2021-2022	Final 2021-2022	Final 2022-2023
Membership			
Active Class A & AA	6695	6699	6797
College Associates	1218	1218	1345
Other Associates	87	87	88
Active Life	370	370	323
Retired Life	1480	1480	1521
Honorary	5	5	5
TOTAL	9855	9859	10,083

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

Adapted Athletics (41) 43	Boys Lacrosse (25) 84
Alpine Skiing (58) 62	Girls Lacrosse (56) 95
Athletic Directors (93) 92	Football (1069) 1051
Baseball (390) 525	Football Retired (5) 7
Boys Basketball (625) 600	Robotics (64) 98
Girls Basketball (619) 556	Golf (boys & girls) (228) 420
Cross Country (436) 465	Soccer (boys & girls) (453) 446
Dance (290) 314	Softball (289) 457
Gymnastics (197) 227	Synchronized Swimming (6) 18
Nordic Skiing (106) 125	Girls Tennis (201) 183
Girls Swimming (247) 265	Boys Tennis (133) 145
Boys Swimming (193) 201	Track & Field (687) 792
Girls Hockey (173) 165	Volleyball (552) 572
Boys Hockey (168) 197	Wrestling (177) 173
Hockey Retired (2) 2	Strength (38) 43

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

MEMBERSHIP REPORT 2023-2024

September 6, 2023

To date, 4,491 coaches have registered for their 2023-2024 MSHSCA membership.



UNDER THE BAR

By: *Jessica Gust*

Congratulations on wrapping up another successful summer training season to all the strength coaches! I don't know about you, but I always feel a great sense of urgency around summer training, even though it is the shortest training block we have all year. I think we've all heard the old S&C adage about microwaves vs. crock pots, but WOW...summer sure sometimes feels like a microwave situation! By the time school releases and you take out all the mandated breaks, most of us are sitting around seven weeks of summer training. My schedule ended up at 31 training days this summer for those kids who had perfect attendance.

If you place that same block somewhere else during the year, it would fit between the start of school and MEA break. That's not much time when you take it out of the context of the summer. We all want to see fantastic progress during the summer, but as you reflect on how it went for you and your athletes, please be kind to yourselves and them, and remember, CROCK POT! Also, if you're a sports coach, I think it is a good reminder that there is nothing magical about the seven weeks of summer training. It is just one portion of a long commitment to athletic development. Please have reasonable expectations of your athletes and their S&C coaches around how much progress can be made relative to strength, speed, power output, and body composition. None of us get to dictate the rate at which tissue adaptation happens in each of our athletes. If you see a radical change in kids over a very short period, thank their parents for their genetic contribution!

As we roll into the school year, we get to adjust back to the normal pace of training. I don't know about you, but I love nothing more than a good 6:30 a.m. session of off-season kids. They are my absolute favorite type of person, ready to get up and attack the day while the rest of the world is still snoozing away. During one of my early morning sessions this past week, I was reminded of an important lesson about adaptability and energy.

As I rolled into school at 6 a.m., I quickly discovered that the Wi-Fi was completely down in the building. We use iPads and TeamBuildr to deliver our workouts to the kids, and I immediately started panicking about all the groups scheduled to come through that morning. I had off-season, boys and girls soccer and swimming all lined up that morning. And while this is not the first time the Wi-Fi has left me hangin', it was the first time it happened with a full schedule.

Fortunately, I caught myself with an important reminder from one of my mentors, leadership coach Jeremy Boone- It's only awkward if you make it awkward. I have used this many times, and you can replace awkward with any other word: stressful, uncomfortable, annoying, etc. This is so powerful when working with teenagers; we all know they will mirror the energy you bring into the space. So rather than delivering a message that presented the situation as dire, annoying, and troublesome, I managed to get myself together before the kids arrived and presented it as 'Hey team, wi-fi is out, here's how we're going to adapt for today, no big deal, doesn't change the work we're going to get done.'

Now, this was a minor issue. It's a first-world problem, but

that doesn't change how powerful the mindset shift can be. As coaches, we're asked to adapt to many dynamic situations: weather, sharing space, construction, bus changes, and absent kids. The list could go on and on, so we need to make sure we're flexing our adaptability muscle as often as possible in ways that prevent bringing that potential negative energy into the team's orbit. But more importantly, flex that muscle publicly to model that adaptability for them. Ask them what they would do and how they would resolve the problem. (See what I did there? Choose your words carefully!)

Anyway, my Wi-Fi issues have been resolved. We all survived the potential internet apocalypse and are better for it. Remember that most kids don't remember the Xs and Os you teach them; they remember the life lessons you send their way!

Shifting gears, we have a couple of technical updates for you:

First, by the time this is published, we will have elected a new vice president to the MSCA. Our past president, Mike Breyen, has left me to fill his shoes. We are very grateful for all the work Mike did to help us get the MSCA off the ground, and we will continue to lean on his expertise for a long time.

Second, we would love to invite you for a FREE event on Saturday, November 11th, at Mound Westonka High School. The Minnesota NHSSCA Advisory Board will be hosting our MN Family Day in the morning with lots of collegial time to discuss a few planned topics as well as time to bring your questions. Please visit www.NHSSCA.us for more information and to register.

Lastly, we want to remind all the individual sports organizations that we can present S & C-related topics at any of your clinics! Last year, we attended several clinics and had a great time presenting relevant topics to sports coaches. If you want us to send a speaker to your clinic, please schedule it with me or Alex Greenway.

In adaptability,
Jessica Gust



ICE CHIPS

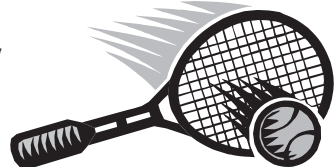
By: *Greg Anzelcc*

Registration is open for our Fall Clinic, Oct. 13-14, in Grand Forks. This will be a great weekend full of awesome speakers, breakout groups, tours of Engelstad Arena, tickets to the Ice Breakers Tournament, and more! Check out mnhockeycoach.com for more information!

The MCHA Hall of Fame inductees and award recipients have been announced! Hall of Fame inductees include Brendan Flathery, Duluth Marshall; Jim O'Neil, Cretin Derham Hall; Dan Forsyth, Forest Lake; Todd Weisjahn, Armstrong/Orono. The Cliff Thompson Award goes to Keith Hendrickson from Virginia. The Dave Peterson Award recognizing leadership in developing youth locally or statewide is awarded to Mike Schwartz. The Bruce Johnson Award is given to an MHCA Board Member, and this year it's John Ammerman. The Oscar Almquist Award is a non-coach award and will be presented to John Peterson. For more information visit mnhockeycoach.com.

SERVICE ACES

By: Robert DeCorsey
MTCA PRESIDENT



Happy mid-season—

It is hard to believe we are already hitting mid-season. I'm hopeful you are rounding into late-season form. That's the goal: to help our players play their best at the end of the season, heading into section play. This is year 30 for me in the tennis coaching world, and I have experienced pretty much everything you can, coaching-wise. My teams have been really good, and I have teams with just enough players to make up a team. Through all these challenges, I've learned more and more that the PROCESS is what's important...much more important than the outcomes. Focusing on the PROCESS leads to better outcomes for our players and can help keep them fresh through the gauntlet of our season. The other thing I continue to push is to control your controllables—focus on the things you can control, and more importantly, it's how you react to those things outside your control that will affect your outcomes. As much as we need to help our athletes with this, we must also remember this.

College coaching model - This is one thing I am pushing for—the ability to coach our players during their matches in a timely manner. We need to create more teachable moments for our athletes. We are education-based athletics. Tennis is the only sport where you cannot coach your players throughout the game. This makes zero sense to me. Please contact me if you have questions about this model or want to discuss it. Rdecorsey@gsl.k12.mn.us

We are also working on retooling our 3 class proposal for girls' tennis and are exploring a change to how our boy's classes are divided.

Please feel free to reach out to me with questions/concerns.

Our Advisory Team/Executive Board has been working hard on these things.

As sections are coming up, look for the Academic Award messages, or check the MSHSCA website and go to the MTCA tab to find the forms and deadlines for Academic Awards. Remember, you must be an active member of the coaches association for your athletes to be eligible for awards.

Thank you, and good mojo to all as we sprint to the end of the regular season.



Swim Strokes

By: Megan Magnuson
Rochester Century High School
memagnuson@rochesterschools.org

Welcome to the 2023-2024 swimming and diving season! Minnesota continually delivers on the quality of swimmers and divers competing for their local high school teams, which will again be showcased at the Class A and AA State Meets November 16-18 at the University of Minnesota Aquatic Center. Visitation is the defending Class A champion, while Edina will work to defend its title in Class AA. Last year's A meet also brought about one new record from The Blake School in the 100 backstroke.

The MSHSCA will again be hosting the True Team Section and State meets. This has been an extremely positive experience for participating teams. This opportunity brings us as close to a team concept as possible. Information about this year's meet can be found at: <https://sites.google.com/view/mshscaswimdiv/mn-true-team?authuser=0>

The True Team section meets will be held on Saturday, October 14th. The A and AA True Team State meet will be held on Saturday, October 21st, at the University of Minnesota Aquatic Center. Class A meet begins at 12 p.m., and Class AA will dive in at 5 p.m.

High school coaches, thank you for everything that you do! You play an essential role in the lives of young adults. Athletes look to you for mentorship, guidance, workouts, structure, a listening ear, and everything else in between. Your role is valued, and YOU are valued!

Don't forget that there are resources and mentors surrounding you who are ready to help at a moment's notice. If you haven't had the chance to do so yet, take time to familiarize yourself with our association website: mshscaswimdiv.com. Another great new resource for coaches and athletes is MN Swim and Vibe: mnswimandvibe.com. Finally, search out each other. The wealth and knowledge of our fellow colleagues are invaluable. Small moments of connection and conversation can pay off in enormous ways. We need each other!

Ready or not, the 2023-24 season is upon us. Without a doubt, it will be exciting and one to remember.

Thank you, coaches, for everything you do! Good luck this season, and I look forward to seeing all of you on deck.

***“Just Play. Have Fun.
Enjoy the Game.”***

- Michael Jordan

***“Be so good
they can't ignore you.”***

- Steve Martin

CLEARING HURDLES



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

When not coaching track & field, I have the privilege of working with all sports as a strength and conditioning coach at Alexandria Area High School. Seeing “my” athletes invest in their abilities in the weight room always leaves me with tremendous joy and pride. My role as a strength coach allows me to push my athletes and provides me with perspective. Seeing our track and field athletes work hard and shine in other sports and activities reminds me that I get to be one part of their high school journey and not the only part. As I see them grow and shine in different ways through other sports and activities, I am reminded of the importance of encouraging athletes to remain multi-sport athletes, where they can have diverse experiences and connections. When we allow and encourage our athletes to be involved in multiple sports/activities, we support a well-rounded high school experience, we reduce the risk of overuse injuries, and we lessen the potential for burnout. As you gear up for a new school year this fall, I hope you enjoy seeing “your” athletes participate in other activities that bring them joy and help them grow in new and different ways! I can’t wait to see how our athletes grow on the court, course, field, pool, and mat this year leading into their track and field season!

Your voice gives life to the messages athletes hear. If you believe in athletes remaining multisport athletes, tell your athletes!

First, **this is your reminder to renew your MSHSCA membership or become a new member of the Minnesota State High School Coaches Association.** It’s quick and easy. Go to: <https://www.mshsca.org/membership>, and click on “Join Now”. By joining, you gain access to support from a passionate community of coaches, have additional liability insurance, are connected to a wide range of resources, and become eligible for postseason **Academic All-State awards, Section and State Coach of the Year** honors, and the ability to submit your athletes for consideration for **Mr. and Ms. Track & Field** (more information on how to nominate athletes for these prestigious awards can be found on our association website).

Track & Field SAVE THE DATES: As you crack open your new 2023-2024 academic calendars, here are some dates to save:

- **January 25-27: MN Track & Field Coaches Association Clinic.** Our clinic will again be held at the Intercontinental - St. Paul River Front Hotel. We had our most significant number of attendees in recent years at last year’s clinic and plan to have another outstanding schedule of speakers, networking opportunities (Women4Women and a new coaches breakfast!), and a top-notch banquet where we will honor last year’s coaches and volunteers of the year as well as our 2024 Hall of Fame Inductees.

- **Thursday, January 25:** The opening night of our annual Coaches Association Clinic will host the following must-attend events:
 - **Women4Women Symposium and Social:** Save the date for our Second Annual **Women4Women Coaches Symposium**, where women and men from youth, high school, and collegiate sports programs gather together to learn, network, and support the recruitment and retention of women in coaching and learn about best practices for coaching girls in sport. You will leave this event feeling renewed, empowered, and supported! Last year, the room was packed (standing room only!) with passionate coaches from all levels and sports, so mark your calendars for this year’s Women4Women event!
 - **MN Coaches Association/True Team Meeting and Social:** If you would like to address topics related to True Team or MN High School Track & Field, or if you’re interested in an association leadership role, please consider attending this meeting. Our next meeting will be held on Thursday night, the opening night of the annual Minnesota Track & Field Coaches Association Clinic.
- **Monday, March 11:** Start of the 2024 Track & Field Season!
- **May 17-18:** True Team State. The 2024 State True Team meet will again be held at Stillwater Area High School with Class AAA on May 17th and A/AA on May 18th.
- **June 6-8:** MSHSL State Meet. Our state meet will once again be held at St. Michael-Albertville High School.

OTHER ASSOCIATION UPDATES:

MSHSL Advisory Council: As we approach the 2024 season, I want to remind you of a few initiatives our association advisory council is working with the league on. Last year, we worked to increase head coach access at the MSHSL State Meet and felt the changes were overall favorable. We are awaiting board approval on our proposal to revise our state meet qualifying standards, and this year, we will focus on creating more opportunities for our wheelchair athletes.

- **MSHSL State Qualifying Standards:** Your feedback clearly expressed that the current State Qualifying marks are too rigorous. Our association submitted a proposal to the high school league to change how qualifying marks are determined. Currently, standards are created by taking the 5-year average of 5th place in each event. This proposal seeks to create standards by taking the 3-year average of 9th place (this will be from prelims for events that have finals). We aim to change how qualifying standards are determined starting the 2024 season.

True Team Committee: Our True Team Committee met this summer to approve the 2024-2025 True Team Section Realignment, discuss section and state True Team meet procedures and other items such as further developing our mentorship program.

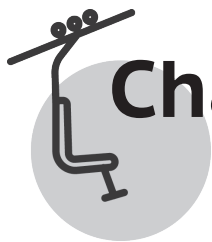
- **Mentorship Program.** As an association, we have many veteran coaches who are passionate about supporting, guiding, and mentoring coaches. We know that the average timespan of a new coach is under five years. We are looking to change that in Minnesota. If you are a new coach or someone struggling with the decision to

remain in coaching, please reach out to Eric Klein (our Association Vice President) at eklein@schs.k12.mn.us or me, Meghan Orgeman, at morgeman@alexschools.org.

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

To close, as you set your intentions for another school year (or, let's be honest... scramble to get prepared for what's coming!), remember to slow down (soak in the moments), be a model of the person you hope your athletes will become, keep it positive, be open about your fears, plan as much as you can (structure and purposeful planning bring comfort to our athletes), and enjoy the limited amount of time you get to share with your incredible student-athletes.

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



Chairlift Chat

By: *Jason Gergen*
Hastings Alpine
MSHSCA Section 4 Representative

The Labor Day forecast is hardly what's needed to get people thinking about ski racing, but the winds of change will be upon us shortly. It's that time of year to renew your membership with the MSHSCA and remind everyone on your staff to renew or join if they haven't already. You will be covered with \$2,000,000 of liability insurance as a member. It will allow your athletes to be eligible for academic honors, along with eligibility for head and assistant coach of the year awards. Membership also gives you a voice in shaping the future of our sport through coach polling.

We have heard from our members and are planning a fall meeting of association coaches. We aim to discuss possible rule changes, season schedule changes, rules updates, and other new business. Look for an email towards the end of September with more details. We also encourage you to contact your representatives to share items you want to see on the agenda. Speaking of scheduling now is a great time to remind families that the season of swaps is about to kick off. While good-used racing equipment can be challenging to find, the swaps can provide families with a less expensive way to outfit their athletes.

The MSHSL coach's dashboard has been updated to include all the new CER modules, except for the Alpine rules update, which will be coming in November. There is also a fillable template for your Emergency Action Plan. We look forward to hearing from you and can't wait to see everyone back on the slopes.

Mat Chatter

By: *Shawn Larson*



The start of the school year is always exciting for teachers, parents, and students. We also have the fall sports season at the beginning of the school year. Although it is still a few months away from the wrestling season, there is plenty we, as coaches, can do to prepare for the upcoming winter season.

Fall is a perfect time to look into the logistics of our season. First of all, ensuring you have your coaches on board and ready to impact your program is necessary. Make sure you discuss what worked well last season, what has happened in the off-season, and the vision for this year. Next, ensure the facilities you use are taken care of and ready to go. During this time of the year, one could repair equipment and get your scales certified so everything is ready to go when November rolls around. Lastly, make sure the schedule is set for the season. When planning, there is more than just events. Looking into your practice schedule, the skills you teach, and even planning for lodging is a great thing to do before the pressure from the season mounts.

Fall is also a great time to check in with our athletes. During the pre-season, athletes would benefit from discussions about goals, mindset training, and a regular training regimen. Many of our athletes play sports in the fall, so they are currently training, but it does not hurt to check in with how they prepare for the winter. Weight management can also be addressed during school's first couple of months. If you have athletes planning for a specific weight class, it could be beneficial to help them with a diet plan and encourage the safest weight loss procedures possible.

Although we are focused on our sport year-round, the pre-season also can be a time to relax and recharge. Encourage athletes to build in rest and recover from injuries. Go out and cheer on your athletes if they are involved in fall sports. Take time to enjoy the world around you without whistleblowing, and you can find that when the season arrives, you are ready to give it your all for your program. Regardless of what you do or do not do during the next couple of months, know that you are valued (at least by me) for the efforts that you put in for our sport. As long as you have the best interest of your program in mind, you are doing what needs to be done. Have fun with your preparations for this year, and I sincerely wish you the best of luck!



DUGOUT CHATTER



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

As we now roll into the fall season, this is the time we're starting to check all of our equipment needs and make sure we have everything ordered for the upcoming season. Before we turn the page, look at our state champions and runners-up from this past year.

Class A Fosston, coached by Ryan Hamlin, and runner-up Lyle-Pacelli, coached by Brock Meyer

Class AA Esko, coached by Ben Haugen, and runner-up Perham, coached by James Mulcahy

Class AAA New Prague, coached by Tanner Oakes, and runner-up Mahtomedi, coached by Rob Garry

Class AAAA East Ridge, coached by Brian Sprout, and runner-up Rosemount, coached by Chris Swanson

This past June, we held our junior showcase and had over 150 people registered. We're considering hosting the junior showcase on Tuesday, July 9, 2024. Along with our juniors, we are looking at hosting the top 50 sophomores in the state. Information will be provided through the coaches' association email as the date approaches. Thank you to Minnetonka High School and Paul Twenge for being gracious hosts!

I would like to recognize this year's Hall of Fame class members.

Greg Fehrman – Two Rivers

Greg graduated from Ivanhoe High School in 1969, where he played football, basketball, and baseball, earning all-conference honors in football and baseball.

Greg was an assistant football coach and assistant baseball coach for ten years before becoming the head baseball coach in 1997. His teams have won 356 games, with his 2016 team

winning a state championship.

Greg taught special education his entire career, retiring in 2014 but continuing as head baseball coach. He continues to coach ninth-grade football.

Mark Grundhofer – Waconia

Mark Grundhofer graduated from Forest Lake High School in 1985. He played football, hockey, and baseball, earning all-conference honors in all three sports his senior year. He was an all-conference baseball player at Bemidji State.

Mark became the head baseball coach at Waconia in 1996 and retired after the 2021 season with 324 wins in 26 years. His teams won seven conference titles, and his 2017 team scored 26-0 in the state championship.

Mark also coached football and boys' hockey and currently coaches girls' hockey and ninth-grade football. He also coached the American Legion, Junior Legion, and youth travel teams.

Pete Guzy – Minneapolis Edison

Pete Guzy graduated from Minneapolis East High School in 1924, earning ten letters playing football, basketball, and baseball. He went on to the University of Minnesota, where he was a quarterback for the Gophers football team. He was also a captain and All-Big 10 pitcher for the Gophers baseball team.

Pete taught and coached one year at Faribault and six years at Superior, Wisconsin, before moving to Edison High School in 1935. He was the football coach for 32 years and baseball coach for 28 years, winning a state baseball championship in 1949.

The football field at Edison High School was renamed Pete Guzy Field in 1978. He was the first inductee of the Edison Community Sports Foundation Hall of Fame. Pete passed away in 1986.

Jared Mountain – Minneapolis Southwest

Jared Mountain graduated from Minneapolis Roosevelt High School in 1988, where he participated in football, baseball, golf, cross country, and cross-country skiing.

Jared played baseball at the University of North Dakota and participated in the DII World Series as a senior. He was also an assistant coach at UND for three years.

Jared was head baseball coach for 26 years before retiring

SPECIAL MEETINGS OF IMPORTANCE

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

from coaching in 2022 with 358 wins and 15 Minneapolis City Conference championships. He is now the Athletic Director at Minneapolis Southwest.

Chris Nelson – Red Lake County

Chris Nelson graduated from Thief River Falls High School in 1988, where he played football, basketball, and baseball, earning all-conference honors in basketball.

Chris was all-state in basketball and baseball at Northland Junior College and is in the Northland Athletic Hall of Fame. Chris also played basketball and baseball at Mayville State and was an all-conference pitcher his senior year.

Chris became the head baseball coach at Red Lake County in 1995. His teams have won 356 games and have advanced to the state tournament five times. He coached junior high football and junior varsity basketball before turning to officiating basketball for the past 14 years.

Dean Schwartz – Glencoe-Silver Lake

Dean Schwartz graduated from Glencoe High School in 1992, where he was all-conference in football, basketball, and baseball.

Dean was captain of the baseball team at Bethany Lutheran Junior College and then played baseball at Huron College.

Dean has been the head baseball coach at Glencoe-Silver Lake since 2001, winning 353 games and advancing to the state tournament six times, winning a state championship in 2021.

Dean has also coached football, basketball, and volleyball and has been the Glencoe-Silver Lake Activities Director for nine years. He is currently president of the Minnesota High School Baseball Coaches Association.

This year, the Minnesota State High School Baseball Coaches Association Clinic will be held on January 12 and 13 at Target Field.

Thank you to Don Gawreluk for his outstanding leadership in running this year's All-Star Series. The time and effort you put into this event is incredible. I genuinely believe our All-



Star Series is one of the best in the country!

I encourage everyone who still needs to join the Minnesota State High School Baseball Coaches Association. Go to mshsca.org to join. The benefits for you and your team are great!

Thank you to the Minnesota Twins for being such great hosts for our August meeting.

Please visit our website at www.mshsbc.org and follow us on Twitter @MSHSBCA for the latest information. If you want to fill games, scrimmages, or have new records, please continue to email Tink Larson at tlarson@hickorytech.net. Thank you, Tink, for everything you do!

Have a great fall!

COACHES CARING PROGRAM

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

MSHSCA
20085 Italy Avenue, Lakeville, MN 55044

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

Your donation will make a difference to coaches and their families in their time of need.

Over Hill and Dale

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

Summer has ended, and the best time of the year is upon us as Fall Cross Country is in full swing. The temps will eventually turn cooler, and the leaves will change color, making for some beautiful fall cross country meets. As we head into the fall, the first 3 weeks of the season are so special for cross country teams across the state. Summer mileage t-shirt, early season time trials, team bonding before school starts, and new faces to our cross country teams. The sport of cross country is so special, and every fall takes young runners on a journey that will impact them for a lifetime.

When it comes down to it, cross country like life boils down to three essential areas for your teams and athletes to focus on to be successful. The first is to focus on relationships with your teams. The relationships the kids you coach have with each other, but also your coaching staff. The most successful cross country teams understand that relationships matter greatly in this sport. We have a saying on our team about no put-downs! This means you don't put your teammates down, and you don't put yourself down. Runners are in the business of motivating and encouraging their teammates and themselves. When you make encouragement and motivation a focus on your team, it will help the athletes learn to put each other first and support each other when things are going well or when it is hard. The second area of focus for teams is taking care of their bodies. Focusing on good physical health means eating good foods and getting good sleep. When you combine these two things, athletes can recover better, and the more we all coach, I think the more we all realize how much recovery matters. The final area of focus for your team this season is purposeful work. Develop a plan for your team, and as my amazing assistant coach (my wife) always says, Make a Plan and Work the Plan. We want our athletes to trust the process, but they also are looking for purpose. So, create purposeful work for your athletes.

As this season progresses, we'll all look forward to those meets that leave lasting memories for us coaches, especially our athletes. Some of the most memorable and exciting moments each year are end-of-season championship meets. These can be conference, section, or state championship races. Not every team or individual will get to win a race or team title, but what is great about our sport is that over the course of the season, all your athletes can maybe achieve a season or personal best, come back from a frustrating injury, earn a top 7 or top 9 roster spot, or be an amazing leader for the team. It is fun to see all the success all teams can have when we celebrate progress. When the athletes keep showing up to work hard and inspire each other to work hard, success is earned.

As we look toward those end-of-season goals, we are excited about the new location for the State meet at the University of MN Les Bolstad Golf Course. The course has been designed and marked out with tons and tons of work done by the MSHSL with good involvement from the Advisory Board. They have listened to many ideas for the new state meet location and the schedule for the state meet weekend. It will be a very special

day for the runners. The MSHSL will release an official map and schedule for the State meet in a few weeks, so please look for information on your Coaches' Clipboard or from your Athletic Director.

Finally, the Advisory Board would like to recognize and say thanks to some special cross country coaches. First to two who are stepping away from coaching and the Advisory Board for the Cross Country Coaches Association. Jane Reimer-Morgan and Dave Chatelaine are retiring from coaching cross country and have served as Delegates on the Advisory Board. Dave has served as President, Vice President, and Treasurer and was awarded the George Haun Award from the MSHSCA. Jane coached cross country for 33 years at Minnetonka and 47 in track (40 in Minnetonka). She also served as a delegate for 14 years. We would like to thank them both for their service to the sport of cross country. Jane Reimer-Morgan will continue to serve MN cross country as we look to set up a mentorship program for coaches and programs needing assistance.

Another coach we would like to recognize and congratulate is Trish Reimer Kealy, who serves as Head Coach for Becker Cross Country. Trish was honored as one of eight National Finalists for the Girls Cross Country National Athletic Coaches Association (NHSACA) National Coach of the Year. Congrats to Coach Trish Reimer Kealy and her program on this amazing honor.

Best of luck this fall. Have a great season, and continue to pour into the lives of young cross country runners.

HOOP SCOOP

By: Aaron Boyum




As we move through the fall, coaches look forward to a basketball season with some exciting new rules and initiatives. There is optimism and eagerness to see how this impacts our game.

One great way to get more information on the shot clock and continue developing your coaching craft is to attend the MGBCA Clinic held at St. Thomas University on Friday, October 27th. We're thrilled Mandy Pearson of UMD and Ruth Sinn of UST are returning speakers this year. Coach Kelly from Gustavus and Coach Thiesee of Minnesota State University Mankato will also share their insights at the clinic. MGBCA Hall of Fame Member Coach Scott Bergman of Sauk Centre will present as a high school coach. We are working to have more coach presenters lined up as well!

In addition to a great lineup, we are fortunate to have a lead official presenting at the clinic. They will discuss the nuances of the shot clock rule in Minnesota. Coaches will also have the opportunity to ask any questions that they may have about rule implementation.

Another exciting thing that is new this year is that all first-time high school head coaches are able and invited to attend the clinic for free. We look forward to everyone gathering again this year in comradery to grow personally and continue advancing the tremendous talent, skill, and legacy of the girl's basketball game in Minnesota.

GIRLS HOCKEY "SNAPSHOTS"



By: *Tim Morris,*
Executive Director, MGHCA
www.MGHCA.com Execdirector.MGHCA@outlook.com

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



MGHCA FALL CLINIC & AWARDS LUNCHEON

The MGHCA will host their fall clinic on October 13th at the Riverside Room at 317 Washington St., St. Paul, MN. Coaches MUST pre-register for the clinic. Continental breakfast and a buffet lunch will be provided to all attendees. In addition, all attendees will receive one ticket to the University of St. Thomas vs. University of Minnesota women’s and men’s games starting at 4 p.m. that day. The clinic is just a one-day clinic with various college coaches presenting topics related to girls’ high school hockey. Registration can be completed online on the MGHCA website. The clinic will start with check-in at 8:00 a.m. and presentations at 8:45 a.m. This clinic is a great way to connect with fellow coaches and learn from some of our state’s best.

MGHCA WEBSITE

We are encouraging all coaches to familiarize themselves with the MGHCA website. Our Coaches Association website provides a one-stop shop for all information regarding girls’ high school hockey here in Minnesota. We are also encouraging teams to use the FREE website space for their own teams’ information. Contact Executive Director Tim Morris on how to get started. On the website, coaches can find information regarding our off-season programs, award information, current articles, calendar of events, clinic information, historical information, and much more. We are ALWAYS accepting stories from teams around the state to post to the website. If you have highlights or personal interest items, please email your story to the Executive Director. It’s great if there are photos accompanying the article! The link to the website is www.MGHCA.com.

PREMIER PREP LEAGUE

The Premier Prep League (PPL) is starting its 16th year this fall with 14 teams and 280 players participating. Games start the last weekend in August and finish up before the start of the MSHSL season. Game schedules, results, and player stats can be found on the MGHCA website.

MSHSCA MEMBERSHIP

We encourage all high school coaches to become members of the MSHSCA (and thereby members of the MGHCA) at their earliest convenience once the new link for the 2023-24 membership becomes available. The liability insurance that coaches receive as part of their membership alone is worth becoming a member. As a reminder, Head coaches must be members to ensure your team qualifies for any team awards or players qualify for any individual awards. All coaches must be members to be considered for post-season coaching honors. The membership deadline for coaches and their players to be eligible for post-season awards is January 20, 2024. The liability insurance alone is worth the cost of membership!

FLIP NOTES

By: *Cindy Jacobson*
MGGCA President



I hope everyone had a great summer filled with family and friends!! I can’t believe the 2023-2024 school year is already upon us. This means that the Gymnastics season is just a few months away.

The MGGCA will have our coach’s clinic in Big Lake again this year but a week earlier on Thursday, October 5th and 6th. Our clinicians will be some very accomplished coaches from our association. They know the high school timelines for competition better than the bigger clubs. This year, we will also have a coach to help with the dance and beam composition of routines and a Judge to help some of our newer coaches put routines together. You can visit the MGGCA website for more details and sign up for the clinic. At this time, it would give you the excellent opportunity to become a member of the coaches association!

The gymnastics season will start on Monday, November 13th, 2023. The online rules will open on your coach’s dashboard on November 6, 2023. The general online coach’s meeting opened up at the end of July.

I want to wish everyone a happy and healthy fall. Also, Thank You to all the coaches out there who had camps and lessons for various gymnasts and helped promote this wonderful sport of gymnastics.

“Behind every Gymnast who believes in themselves is a coach who believed in them first.”

Enjoy your Fall Season!!
Happy Handstand



CORNER KICKS

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

When you get this edition of the Prep Coach you will be almost done with your regular season. We were privileged to have Phil Archer from the MSHSL office and soccer director at our Pre-Clinic Representative Meeting. I want to share the MSHSL Mission statement with you.

“The Minnesota State High School League provides educational opportunities for students through interscholastic athletics and fine arts programs and provides leadership and support for member schools.”

There are six additional educational purposes, and I hope to share them with you in a later column.

The 33rd Annual Soccer Coaches Clinic underwent some changes; the most obvious was a half-day clinic at Blaine. Thanks again to Greg Juba (Park Girls Retired), our Clinic Director, for another job well done. We thank the following presentation for their time and efforts at the clinic.

Amos Magee and MNUFC Academy Staff
 Jon Lowery and University of St. Thomas Staff
 Craig Lange of Skillfull Coach
 Sheila McGill and Women’s UST Staff
 Cristiano Costa-MNUFC Academy Keeper Coach
 Sean Holmes and the St. Cloud State Men’s Soccer Coach
 Keith Randa and John Litecky-New Coaches Information Seminar

At the present time, we are polling the MSHSSCA membership on the new policy for suspended games for Section and State contests. This would replace the current policy to go back and start the game over from the beginning. We should have results for you in the next issue.

The MSHSSCA continues to work on replacing important positions in our organization. The jobs of All-State Boys Coordinator, President-Elect, Secretary, and Treasurer are just a few of the positions we need to be filled.

The season has started, and the two new rule changes have been implemented. The mercy rule and the new rule of no overtime games are being enforced and working. More on that after the season when we get coaches’ feedback.

I will include membership information, not knowing if you will get this edition before Oct. 1. Your membership must be completed online at www.mshsca.org by Sunday, October, to be eligible for all MSHSSCA awards. Your complete staff should join, and it is a small fee. The second most important benefit of the organization is the insurance coverage you

receive. To clarify further, you must belong to the association for your players to be considered for the All-State teams, Academic Awards, and Coaching Awards.

You also need to consider joining the United Coaches Association. It is a great value, and the MSHSSCA needs more coaches to join. The more members we have from Minnesota will give us a chance at more national honors.

As we move into the second year of our sponsorship of the State Tournament Ceremonies, the gathering is on Sunday, October 22, 2023, at the Roy Wilkins Auditorium in St. Paul. Like last year, the association will hold a separate Girl’s and Boy’s Ceremony. The Coach’s Association continues to evolve how we celebrate these student-athletes. As we get closer to the date, more information about ticket pricing and T-shirt purchases will be available. Please make sure you communicate this date to your team, as it is the weekend of MEA. If you have any questions about the ceremony, please contact MNSHSSoccerCeremony@gmail.com.

The Girls’ Ceremony will occur at 10:00 a.m. and the Boys’ at 3:00 p.m. All 24 Girls and Boys Sections Championship teams and All-State Nominees are being honored.

We are hoping for this fall and in the future to have an option to have our MSHSSCA Board meet in person and via video. This will allow the board to get back to in-person interactions during meetings. Greg Juba is working with MNUFC to meet in their building in Minneapolis since it is centrally located.

The dates for the State Tournament are posted on the website. The semi-final dates are Tuesday, Wednesday, and Thursday, October 24, 25, and 26. Sites will be available soon. The State Tournament dates are Tuesday, October 31, Wednesday, November 1, and Friday, November 3. Third-place games will be played on Wednesday, November 1, and Thursday, November 2.

A reminder that all of the information you need is on the website MSNSSCA.org. We are grateful for the time Berry Arrowsmith (Blaine Boys) dedicated to maintaining the website. Thanks, Berry, for all the work you do.

The BSN Senior Classic will be played on Wednesday, November 8, at the Minnesota Health East Fairview Sports Center in Woodbury. Two girls and two boys teams will be selected from the All-State teams to play in the game. The girls will play at 6 p.m., and the boys will follow at 8 p.m. Coaches, ensure you can attend the game to watch your athlete complete.

That will do it for this edition. Have a great season, and remember you have the best job in the world working with student-athletes.



MSHSCA EMAIL CHANGE:

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

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

In the past MSHSCA June article, we missed announcing our incredible coaches awards that were given out at our Spring Coaches celebration, so we wanted to make sure that we honored those coaches and schools at this time before we head into the 23-24 season.

2022-2023 MN Association of Dance Team Awards

- **Class A Head Coach of the Year:** Grayce Meyer, Holdingford
- **Class AA Head Coach of the Year:** Sharon Forde, Orono
- **Class AAA Head Coach of the Year:** Stacy Marquart, Maple Grove
- **Class A Assistant Coach of the Year:** Christine Nerdahl, Yellow Medicine East
- **Class AA Assistant Coach of the Year:** Tara Brandt, New Prague
- **Class AAA Assistant Coach of the Year:** Annie Lindberg, Wayzata

Rookie Coach of the Year: Erin Christenson, Hawley

- **Class A Team Sportsmanship Award:** Montevideo
- **Class AA Team Sportsmanship Award:** Totino-Grace
- **Class AAA Team Sportsmanship Award:** Lakeville South

Congratulations to all of these coaches and schools for these honors!

The 23-24 dance team season is scheduled to begin on Monday, October 23rd, 2023, and pre-season choreography starts on October 9th. The 23-24 State Dance Team Tournament is scheduled for Friday, February 16th (Jazz) and Saturday, February 17th (High Kick) at the Target Center.

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

- **Fall Membership Meeting:** Sunday, September 24th @ Spring Lake Park High School
- **Student Convention:** Sunday, October 1st @ Two Rivers High School
- **All-State Showcase:** Saturday, March 2nd @ Eastview High School
- **College Recruitment Combine:** Sunday, March 3rd @ Eastview High School
- **Coaches Continuing Education Workshop:** Saturday, April 6th @ Delta Hotels Minneapolis NE

- **Coaches Celebration:** Saturday, April 6th @ Delta Hotels Minneapolis NE
- **Spring Membership Meeting:** Sunday, April 7th @ Totino-Grace High School

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



Dig This

By: *Jim Lee,*
Ada-Borup West

That first home match every season brings the thought of “what did I forget?” Past years: stat sheets, towels, extra uniforms, pens, goody bin. Thought I had all bases covered this year—nope, I forgot one thing: flags! Easy fix (they were just in the storage room), but sometimes, something slips by no matter how hard you prepare for something.

Some reminders so that nothing slips by this season:

1. Placing athletes on the All-State Watch List deadline: September 1st;
2. Team Academic Awards, All-State Statistics, Academic All-State, and the new MNVBCA Jeff Groves Outstanding Assistant Coach Award due date is Monday, October 23rd;
3. All-State Banquet: Tuesday, November 7th;
4. 2023 State Tournament November 8th-11th;
5. The MSHSL has an updated roster form which has been updated with 18 roster slots: <https://www.mshsl.org/sports-and-activities/volleyball-girls>
6. Highly recommend becoming a member of Minnesota State High School Coaches Association—that insurance coverage alone should motivate you to join! <https://www.mshsca.org/joinnow>

If we ran out of your size for the 50th Anniversary T-shirts, an online store has been created to purchase them: <https://mnavolleyball23.itemorder.com/>

We still expect to honor the team members from our 1st volleyball state tournament in 1974 on Championship Saturday (November 11th) at this year’s state tournament. Profits from the t-shirt sales will be funneled toward providing admission into the state tournament this year for the team members from the 1974 state tournament teams and possibly a suite at the Xcel for their viewing, plus food during the matches. Dorothy McIntyre—Title IX extraordinaire and the 1974 Tournament Co-Director--will also be at the 1974 State Tournament reunion!

I’m having trouble contacting members from the Rochester Mayo, Moorhead, and Virginia 1974 state tournament teams. If you have insight into how to contact their team members, please contact me: jiml@ada.k12.mn.us.

Hope nothing slipped by where I forgot to include something important . . . If so, head to our website for updates throughout the season! <https://www.mnvbca.org/>

FAST TRACKS

By: *David A. Paulson*

President of the Minnesota High School Nordic Ski Coaches Association

Nordic Skiing: The Invisible Sport

In the past few weeks, I have surveyed, in person, eleven Minnesota High School coaches of other sports to learn what they know about Nordic skiing. What they answered surprised and disappointed me for their candor and sincere lack of interest. I began my casual survey with the question, “How many student-athletes do you think compete in Nordic skiing in Minnesota Public Schools?” The guesses ranged from 1200 to 2350. In 2019, the High School Athletics Participation Survey reported that over 9,800 students participated nationally in high school Nordic competitions. This figure does not include Nordic academies that exist all over New England’s snow belt and the Alpine areas of the West. Remember that only a small percentage of states have consistent snow conditions required for Nordic skiing. Of that national number, over 5,800 come from Minnesota High Schools.

It was my second question that got the conversation rolling. “How complex do you think the skill sets are required to be a successful Nordic skier?” Here are a few responses: “Nothing compared to hockey.” “A kid has got to be nuts to ski in lycra at 40 below zero!” “Nordic is one of the wastebasket sports of high school athletics. It collects kids from 9th grade and on who can’t make it in any other sport!” “Get with reality. The kids who ski Nordic are doing it for winter training for their primary sports in Spring and Fall.” “The cost to participate in Nordic skiing, as I understand it, far outweighs the benefit of that sport.” “Even if they succeed in high school, where will they go for scholarships... do they even have collegiate programs in Nordic skiing?”

I avoided being confrontational in my responses because I wanted more information. My next question was: “Has the Nordic coach in your school asked to talk to your team about joining Nordic?” Here are some responses to that question: “Our varsity team members train year-round. They do not need or even want Nordic in the off-season.” “Nordic season runs at the same time as our sport. There is no reason for a coach to talk to my team.” “Think about this...the Nordic coach has to be out recruiting team members. We do not do any recruiting. We are turning kids away because they don’t meet our standards. Those kids can be picked up for the other sports, including the Nordic or Alpine program.” “A Nordic coach has never approached me. I am not even certain if we have a Nordic program.” “There are a number of sports programs in high school that should be eliminated. All of our budgets are less than what we need. If half of these “go nowhere” programs were cut, the more popular programs would have budgets that more closely meet our needs.” My second to last question was this: “Have you ever been out to see a Nordic ski meet?” The answers were terse: “Why would I do that?” “Hell no!” “I wouldn’t even know where to go or when.” “Are you kidding me?” The last question I asked reluctantly was: “Do you think coaching Nordic skiing is as complex and as challenging as coaching your sport?”

Here were a couple of their answers: “What’s to coach?” “Kids have been walking all their lives. Now, all you do is show them

how to walk faster.” “I suppose the biggest challenge is showing the kids how to dress right so they don’t freeze while waiting for the bus to come and then... get them gathered so they can go home and get warm.” “I suppose they must be taught how to put and wax on skis.”

Now, all of these coaches were stone sober. I hadn’t confronted them in a bar after winning or losing a game or after a hard practice in their sport. I met them casually as they went through their everyday life routines. At first, I thought they were “funning” with me. Also, remember they were not in a group, but I talked to them as individuals. When I left each of them, I realized they were serious. They didn’t give a damn about Nordic skiing, and why should they?

But I wasn’t going to leave them without some serious Nordic basics. I asked them to consider a few things that might, upon further reflection, help them gain a more positive view of Nordic skiing:

Nordic skiing is considered one of the world’s top three most physically and intellectually demanding sports.

Nordic skiers consistently test with the highest Max VO₂ of any other sport, including endurance bike racing.

Nordic skiing is a complex set of sports consisting of jumping, cross-country, biathlon, telemarking, and backcountry skiing. On the other hand, Alpine includes a whole set of different sports, including slalom, giant slalom, aerial, snowboarding, etc.

High School Nordic skiing is two sports in one. Classic and Skating. Both sports require special equipment and have their own set of complex techniques.

There are more variables in Nordic skiing than in any other sport. Skiers are not only adapting to complex technical motions but must accommodate temperature, humidity, snow conditions, wind, sleet, and falling snow, not to mention equipment maintenance and WAXING.

Like all sports, the technical aspects take years to master to a level of being highly competitive. A sport as physically demanding as Nordic requires a high level of efficiency to utilize stored energies to the finish line properly. There are no 45-second shifts in Nordic.

Nordic is one of the three most expensive sports offered in high schools.

Like other sports, Nordic skiing demands creating a culture that generates interest throughout the school. Most sports have their own “on-site” facilities, contributing to the marketing of those sports as the sports venue is ever present and visible. Nordic skiing seldom has its own ski venue on school property, and the skiers disappear to remove venues.

Only 19 colleges and universities offer Nordic skiing, making skiing scholarships highly competitive. Most universities that offer Nordic as a varsity sport are high academic schools, and the Nordic programs are highly selective.

Despite costs and low visibility, Nordic skiing, with its massive physical and psychological demands, continues to grow in numbers year over year.

Nordic skiers tend to be in the upper 10% academically in their class.

Nordic skiing was first offered in Minnesota high schools in 1935 and was one of the first sports that included girls without compromising the sport’s challenges for gender considerations.

As for my survey, the comments of these coaches are honest. They knew little about Nordic and were indifferent. We Nordic coaches need to be better ambassadors of our sport. We Nordic

coaches need to promote our sport throughout our schools continually. We need to do a better job of reporting racing results in our local newspapers. We must emphasize creating youth programs in our school districts to attract children as young as 4th grade, as other sports do. We need to work with the Nordic club systems for mutual benefit. We also need separate middle school programs focusing on skill development and fun. Too frequently, we have been putting middle school kids into varsity programs that need to account for periodization and proper physical development. This adversely impacts the sense of self-confidence and often creates an unwarranted feeling of inadequacy. By failing to teach kids at their level and to introduce them to competition at their appropriate physical development phase, we can lose kids early in their ski experience.

Nordic has unique challenges—the changing weather patterns force Nordic programs to ski on man-made or unnatural snow. We almost always travel to venues that try to accommodate ski teams with large numbers. We are sometimes in charge of our venues or when we can ski. It is tempting to be jealous of coaches whose practice in a climate-controlled environment, just down the hall, where the floor is always the same, swept by janitors, the room is the same temperature, the balls have the same pressure, the net or basket is always at the same height, and the only equipment a kid needs is a pair of sneakers, a t-shirt, a pair of shorts, and proper undergarments.

When we venture out onto a new ski venue, we know that our most significant challenges are utilizing our careful preparation, followed by precise onsite coaching that helps skiers understand the ever-changing course and racing tactics required to out-think and outperform. The racing experience is always different.

All of us coaches in our various sports share the same responsibility: to nurture and care for the athletes in our programs. We are fortunate to have a state that supports such a large number of sporting experiences. We also need to support each other, as each sport has its unique issues, but they all contribute to the growth and development of the athlete. We can learn from each other to be better at what we do. I encourage coaches of other sports to come to a Nordic ski race this winter. Watching what these talented athletes do might change or expand their understanding of this most challenging and exciting sport.

DIRECTORS..continued from page 5

to a 3-day state tournament. Speech has a proposal on visual aid citation and adjusting tiebreaking criteria. Track and Field proposed a 400-meter event for the wheelchair division.

Also upcoming in October will be the results from the Boys Volleyball Task Force and its recommendation for placement based on school member, officials, and coaches surveys.

Staff shared that Football recommends seeding in the semifinals 1-4 in all classes except 6A.

Fall is always an exciting time in high school athletics as the new group of seniors learn to navigate their new leadership roles on the field, on the court, and in the classroom. Fall is all about possibilities and opportunities. Make sure to embrace these opportunities for yourself and make this an amazing 2023-2024 school year!

2023-2024 MSHSCA 25 YEAR LIFE MEMBERS

Clay Anderson	Kimball Area
Craig Aycock	St. Cloud Tech
Brian Bos	Pipestone Area
Paul Broberg	Rogers
Troy Bouman	Pipestone Area
Philip Carlson	Paynesville
Robert Carpentier	Mankato Loyola
Scott Cater	Bloomington Jefferson
Joel Christianson	Cedar Mountain-Morgan
Cindy Clough	Brainerd
Kyle Collins	Waseca
Wayne Dickie	RAACHE
Brian Fogal	Tri-City United
Kris Fremo	Saint John's Preparatory
Brian Gronski	Blaine
Sarah Groven	Rochester Lourdes
Mark Grundhofer	Waconia
Grant Guzy	Spring Lake Park
Mike Harris	Hopkins
Todd Henrickson	Barnesville
Eric Kauffmann	Butterfield-Odin
Dan Kostich	Moorhead
Rick Kuehlwein	Waseca
Aitor Leniz	Braham
Rick Light	Woodbury
Bill Magnuson	Pequot Lakes
Tim Provinzino	Chisholm
Trish Reimer Kealy	Becker
Vance Ressler	Albany
Tom Rodefeld	Irondale
Wendy Rooney	Cambridge-Isanti
Mike Schaub	Barnesville
Steve Sonnicksen	Blue Earth Area
Kevin Stelter	Owatonna
Bill Tauer	Tracy-Milroy-Balaton
Jim Tisel	Holy Family
Rick Wolfe	New London-Spicer
Tony Yazbeck	Cretin Derham Hall

MSHSCA 2023 SCHOLARS



ELIZABETH AHLIN

Little Falls High School - Betsy Farness Scholarship

Thank you for awarding me with the Betsy Fairness Scholarship. This scholarship means a lot to me in my future college endeavors. Athletics were a very important part of my high school career, along with fairness and equality. Thank you again for the scholarship!



DANIEL BARTLE

Pillager High School - Darien & Mary DeRocher Scholarship

I would like to express my sincere gratitude for receiving the Darien and Mary DeRocher Scholarship from the Minnesota State High School Coaches Association. I am honored to have received this scholarship, and I am grateful for the financial assistance it will provide. This scholarship will assist me in my lifelong dream and ambition of entering the robotics field of manufacturing. I am genuinely excited about the opportunity to pursue a career in a field that interests me. Once again, thank you for honoring me with this scholarship and helping me achieve my lifelong dream.



KIARA GENTZ

Owatonna High School - Velma Teichroew Scholarship

Thank you so much for selecting me to receive your generous scholarship! It will aid me as I work through college these next few years at the University of Wisconsin-La Crosse. I plan on studying Physics with a Biomedical concentration to attend medical school. I plan on continuing to run cross country and track and field. High school athletics have provided me with so many opportunities and taught me so many lessons that I'll remember for the rest of my life. I'm so grateful for everything the MSHSCA does, especially for this scholarship. Once again, thank you so much!



MORGAN J. GILLARD

East Ridge High School - Howard Emerson Scholarship

Thank you so much for selecting me to receive the Howard E. Emerson Scholarship. I never could have imagined at the start of my high school swim career that my story would ever become significant enough to warrant being awarded a scholarship, and thus, I am incredibly grateful. I hope that receiving this scholarship encourages other swimmers to share their stories and continue to improve and advance the sport we all love while learning and growing as a human and a leader. Thank you!



JOSIE JERPSETH

Annandale High School - Kathy Frederickson Scholarship

Thank you very much for the generous scholarship! I appreciate it! High school athletics have taught me many valuable life lessons. I hope to continue to teach those lessons to others as I further my education at the College of St. Benedict to pursue a career in secondary education with an emphasis in math and hopefully coach one day. So many of my most meaningful high school memories are from athletics, and they are the experiences I will remember the most. I am humbled to receive the Kathy Frederickson scholarship. Thank you!

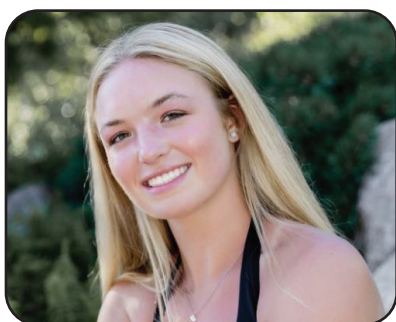
SCHOLARSHIP THANK YOU NOTES



CHLOE KOCH

Highland Park High School - Past President Scholarship

Thank you so much for providing this scholarship opportunity. Athletics have been very impactful on my high school experience. They have taught me to believe in myself and push harder than I ever thought possible. Because of the experiences I have had in high school, I have been inspired to continue to pursue athletics. This scholarship will help me continue my athletic career as I enter my first year of Nordic skiing for Williams College in the fall. Thank you again for making this scholarship possible. Thanks.



MADELINE PRONDZINSKI

Minnetonka High School - Past President Scholarship

Thank you so much for your role in my college education, I am so grateful. Additionally, I am honored and privileged to receive this scholarship. Throughout the past five years, I have grown so much through sports and formed lifelong connections that I deeply value. I could not be more thankful for the opportunities I have received from athletics. I have enjoyed learning from various coaches and taking life lessons. I want to thank my late coach, Dave Stearns of Minnetonka Tennis, for instilling the power of controlled aggression into my young mind. Dave was an amazing mentor, beloved by many, especially his players. Coach Stearns sticks out because he was my first coach who developed a personal relationship with me (besides family members). Dave and I bonded over our love for tennis and basketball. His technical approach to coaching was a new method for me, and it expanded my knowledge/conceptualization of the tennis game. Overall, I am thankful for all the coaching experiences I have had through The Minnesota State High School Coaches Association, and I am extremely grateful for this scholarship!



ANIKA REILAND

Kingsland High School - John & Bernie Schumacher Scholarship

Thank you for awarding me the John & Bernie Schumacher Scholarship. The scholarship will be extremely helpful as I continue my education and track career at the University of Wisconsin-LaCrosse. Thank you also for supporting the coaches of Minnesota. I have been mentored by many great coaches throughout my career. These coaches, as well as teammates, have taught me valuable lessons that will last a lifetime. I will never forget the memories I made through participating in high school sports. I look forward to one day coaching the youth of the next generation.

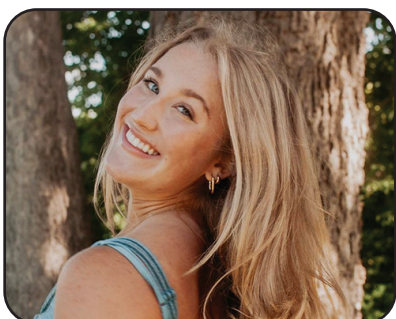


JEBRYAN SAWYER

Northfield High School - Steve Kerzie Scholarship

Thank you so much for selecting me for your scholarship. Your support means that I am one step closer to realizing my dream of becoming a pilot. Thank you for all the work that is done for student-athletes like me. Being part of teams during high school helped me to be a better athlete, a better student, a better friend, and a better person. Knowing that this support will follow me into my first year of college is amazing.

Thank you again,



VIOLET URDAHL

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

Thank you so much for awarding me this scholarship. I am extremely excited to study biomedical engineering at UW-Madison in the fall, and your generous contribution will play an invaluable role in my education. I am eternally grateful to have had the opportunity to participate in high school athletics because they provided me with experiences, skills, and relationships that will encourage my future success.

Hall of Fame Banquet

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

Sheraton Minneapolis West Hotel

12201 Ridgedale Drive

Minnetonka, MN 55305

952-593-0000

Check-in time: 3:00 pm

Check-out time: 12:00 pm

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

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

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

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



SIX NAMED FOR INDUCTION TO MBCA HALL OF FAME

The Minnesota Basketball Coaches Association has named six men who will be inducted into the MBCA Hall of Fame on October 28th. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promoting high school basketball in the state via their achievements and service.

The 2023 inductees are:

- **Mike Devney** – Esko, Duluth Denfeld, Carlton
- **Mike McDonald** – Cambridge-Isanti
- **Charles Portis** – St. Paul Highland Park
- **Mike Sjoberg** – St. Thomas Academy, Hastings
- **Mark Torgerson** – Morris
- **Kurt Virgin** – Eagan, Apple Valley, Claremont

The induction ceremonies will be held at the MBCA Hall of Fame Ceremony on **Saturday, October 28, 2023, at 2:00 p.m.**, at the Hyatt Regency Hotel in Minneapolis. Ticket information will be available on the MBCA website: <http://www.mshsca.org/boysbasketball>

Mike Devney began his coaching career at Carlton, where he led the Bulldogs to the 1998 and 1999 Section titles with State tournament appearances resulting in a 1998 Class A runner-up finish and a 1999 Class A third-place finish. In 1999, after five years coaching at Carlton, Mike moved to Esko and assumed the reins of the Eskimos program. During his 19 seasons at the helm of the Esko program, he led the Eskimos to eleven Polar League Conference crowns and six Section titles with State Tournament Appearances, including a 2013-14 State Class AA Championship. In 2019, Mike accepted the Head Coaching position at Duluth Denfeld and spent three years leading the Hunters before retiring from teaching and coaching in 2021. He is a member of the 500 Wins Club with an overall mark of 519-230. Coach Devney was recognized by his peers as Section Coach of the Year seven times and was named Minnesota Class A Coach of the Year in 1999 and Minnesota Class AA Coach of the Year in 2003. Mike is a lifetime MSHSCA member.

Mike McDonald's coaching career has spanned 42 years—starting as an assistant coach at Askov in 1981. Mike moved to Presho, SD, in 1982, and after serving one year as an assistant coach, he accepted and held the Head Coaching position from 1983-87 and led Lyman County HS to a 67-20 record and a 1985 SD Class B State Championship. In 1987, Mike moved back across the border and began his Minnesota coaching career as the Head Basketball Coach at Cambridge-Isanti High School. Bluejacket cagers have won ten conference titles and four Section Championships with State Tournament appearances with Coach McDonald at the helm. McDonald has been recognized by his peers with multiple Conference Coach of the Year honors and is a five-time Section Coach of the Year honoree. Mike is a member of the 500 Wins Club

with an overall mark of 524-483. In addition to coaching basketball, Coach McDonald served as Track and Field throwing coach for 32 years at C-I. He was named MSHSCA Assistant Track Coach of the Year in 2000. Mike is a lifetime MSHSCA member. He served on the MBCA Executive Board as a Section rep and 2014-15 MBCA President and coached in the MBCA All-Star Series. Coach McDonald retired from teaching in 2021 but continues to serve as Head Basketball Coach at Cambridge-Isanti and will enter his 37th campaign with the start of the 2023-24 season.

Charles Portis became the Head Boys basketball coach at St. Paul Como Park in 1983 after beginning his career as head coach at St. Paul Ramsey Jr. High School in 1980. After spending five years leading the Cougars, Portis moved on to St. Paul Highland Park in 1988, where he coached until his retirement in 2010. During his 22-year tenure as the Scots head coach, his teams won four St. Paul City Conference Championships and one Section Title. Portis' 1998-99 squad, featuring sophomore and future University of Minnesota Golden Gopher Moe Hargrow, finished with a 27-2 mark and a Class AAA State Championship. At the time of his retirement in 2010, Portis' 310 victories were second to MBCA Hall of Famer Dan Brink. Today, he ranks fourth behind current St. Paul Central head coach Scott Howell, who played for him at Ramsey Jr. High, MBCA Hall of Famer Vern Simmons, and Brink. In addition to his basketball coaching role, Charles was a St. Paul Public School District employee, serving as a guidance counselor at Highland Park.

Mike Sjoberg became the Head Boys Basketball coach at St. Thomas Academy in 1992 and led the Cadets basketball program for the next 20 seasons, retiring in 2015. Mike started his basketball coaching career as the Head Coach at Hastings, spending three years leading the Raiders before moving to STA. Coach Sjoberg led the Cadets to nine Conference titles and six Section crowns. St. Thomas Academy won the 1998 and 2007 State Championships and earned three State runner-ups and one State third-place finish in their six State Tournament appearances under his tutelage and leadership. Mike was recognized by his peers as Section Coach of the Year two times and Associated Press Coach of the Year in 2006. Coach Sjoberg finished his career with an overall mark of 395-149, a 72.6% winning percentage. In addition to coaching boys' basketball, he also coached varsity golf for 27 years. His career at St. Thomas Academy included serving as a Teacher, including being named 2006 Teacher of the Year, Dean of Students, Principal, and Assistant Headmaster. Mike passed away in 2021.

Mark Torgerson's coaching career spanned 42 years—starting as an Assistant Baseball Coach at Morris in 1981. After stints as an assistant coach in Girls' and Boys' basketball, Mark assumed the reins of the Tigers boy's basketball program in 1987 and led the Tiger hoopsters for the next 35 years. Under his leadership, the Morris hoopsters earned eight West Central Conference titles, eleven District/Sub-Section titles, and four Section championships with State Tournament berths. The 1994 Tigers finished as Class A State Tournament runners-up. Coach Torgerson was recognized by his peers by being named Section Coach of the Year four times. He is a member of the 500 Wins Club and concluded his career with an overall

2022-2023 CHAMPIONSHIP COACHES

FALL SPORTS	COACH	SCHOOL	GYMNASTICS		
GIRLS TRUE TEAM SWIMMING			Class A True Team	Landon Goldsmith	Big Lake
Class A	Nate Linscheid	Visitation	Class A MSHSL	Landon Goldsmith	Big Lake
Class AA	John Bradley	Minnetonka	Class AA MSHSL	Darrell Christenson	New Prague
GIRLS TENNIS			GIRLS HOCKEY		
Class AA	Brent Lundell	Minnetonka	Class A	David Marvin	Warroad
GIRLS SOCCER			DANCE-High Kick		
Class A	Sue Pawlyshyn	St. Anthony Village	Class A	Marissa Haakonson	St. Cloud Cathedral
Class AA	David Marshak	Holy Angels	Class AA	Molly Carlson	Mound-Westonka
Class AAA	Gretchen Stramel	Rosemount	Class AAA	Taylor Varghese	Eastview
BOYS SOCCER			DANCE-Jazz		
Class A	Max Lipset	St. Paul Academy	Class A	Marissa Haakonson	St. Cloud Cathedral
Class AA	Eli Baker	DeLaSalle	Class AA	Sharon Forde	Orono
Class AAA	Dominic Duenas	Wayzata	Class AAA	Stacy Marquardt	Maple Grove
			Class AAA	Jill Leste	Maple Grove
GIRLS CROSS COUNTRY			WRESTLING		
Class A	Jeff Morris	Perham	Class A	Nathan Hanson	Jackson County Central
Class AA	Brad Moening	St. Paul Highland Park	Class AA	Will Short	Simley
Class AAA	Addy Hallen	Wayzata	Class AAA	Tim Haneberg	Hastings
BOYS CROSS COUNTRY			BOYS SWIMMING MSHSL		
Class A	Lydia Hatton	Heritage Christian Academy	Class A	Michelle Carlson	Breck-Blake
Class AA	Christopher Ward	Mankato East	Class AA	Brian Wright	Breck-Blake
Class AAA	Andrew Hansen	Wayzata	Class AA	Kelly Boston	Eden Prairie
VOLLEYBALL			BOYS SWIMMING TRUE TEAM		
Class A	Hayley Fruin	Minneota	Class A	Michelle Carlson	Breck-Blake
Class AA	Melissa Huseh	Cannon Falls	Class AA	Brian Wright	Breck-Blake
Class AAA	Dan Westby	Marshall	Class AA	John Bradley	Minnetonka
Class AAAA	Scott Johnson	Wayzata	BOYS HOCKEY		
GIRLS SWIMMING MSHSL			Class A	Jeff Poesch	Mahtomedi
Class A	Nate Linscheid	Visitation	Class AA	Sean Goldsworthy	Minnetonka
Class AA	Jeff Mace	Edina	GIRLS BASKETBALL		
ADAPTED SOCCER			Class A	Jeff Buffetta	Mountain Iron-Buhl
PI	Lorrie Buecksler	Dakota United Hawks	Class AA	Conner Goetz	Providence Academy
CI	Shawn Tatge	Burnsville/Farmington/ Lakeville	Class AAA	Tim Ellefson	Benilde-St. Margaret's
			Class AAAA	Kent Hamre	St. Michael-Albertville
FOOTBALL			ADAPTED FLOOR HOCKEY		
9 Man	Dan Zubich	Mountain Iron-Buhl	PI	Todd Person	Brainerd
1A	Chad Johnston	Minneota	CI	David Diehl	Burnsville/Farmington/ Lakeville
2A	Bryan Strand	Barnesville	BOYS BASKETBALL		
3A	Chad Gustafson	New London Spicer	Class A	Daren Gravley	Russell-Tyler-Ruthton
4A	Chris Mensen	Simley	Class AA	Cory Schlagel	Albany
5A	Steve Hamilton	Elk River	Class AAA	Nick Carroll	Totino-Grace
6A	Matt Lombardi	Maple Grove	Class AAAA	Bryan Schnettler	Wayzata
WINTER SPORTSCOACH		SCHOOL	SPRING SPORTS COACH		SCHOOL
ALPINE SKIING			ADAPTED BOWLING		
Girls	Don Shipp	Hill-Murray	PI	Trudy McQuiston	North HighSchool- NSP
NORDIC SKIING			ADAPTED BOWLING		
Girls	Bonnie Fuller-Kask	Duluth East	ASD	Christopher Withers	Zimmerman
NORDIC SKIING					
Boys	Bonnie Fuller-Kask	Duluth East			

ROBOTICS (3 School Alliance)

Jay Femrite Rocori
Sam Viesselman Fairmont

BOYS LACROSSE

Matthew Stonestrom Lakeville North

GIRLS LACROSSE

Ana Bowlsby Benilde - St. Margaret's

BOYS TENNIS

Class A Luke Elifson St. Paul Academy-Summit
Class AA Jeff Prondzinski Wayzata

SOFTBALL

Class A Andrew Fleischman Edgerton-SW MN Christian
Class AA Ron Drechsel Dilworth-Glyndon-Felton
Class AA Tyler Drechsel Dilworth-Glyndon-Felton
Class AAA Joseph Madson Mankato East
Class AAAA Tiffany Rose Rosemount

ADAPTED SOFTBALL

CI Dave Diehl Burnsville/Farmington/
Lakeville
PI Brett Kosidowski Dakota United Hawks

GIRLS GOLF

Class A Kipp Stender Lac qui Parle Valley
Class AA Savannah Nelson Pequot Lakes
Class AAA Randy Glasmann Maple Grove

BOYS GOLF

Class A Sarah Wahlstrom Lakeview
Class AAA Mike McCollow Edina

BASEBALL

Class A Ryan Hanlon Fosston
Class AA Ben Haugen Esko
Class AAA Tanner Oakes New Prague
Class AAAA Brian Sprout East Ridge

GIRLS TRUE TEAM TRACK

Class A Peter Janiszkeski Luverne
Class AA James Meyer Rocori
Class AA Brad Bauer Rocori
Class AAA Jane Reimer-Morgan Minnetonka

BOYS TRUE TEAM TRACK

Class A Andy Hertwig Howard Lake-Waverly-
Winstead
Class AA Dan Connors St. Thomas Academy
Class AAA Aaron Berndt Wayzata

GIRLS TRACK & FIELD MSHSL

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

BOYS TRACK AND FIELD MSHSL

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

SYNCHRONIZED SWIMMING

Kathy Henderson Stillwater

2022-2023 COACH OF THE YEAR

SPORT	ASST. COACH	SCHOOL
GIRLS SOCCER		
Class A	Bryan Hollaway	Minnehaha Academy
Class AA	Brooke Moses	Grand Rapids
Class AAA	Tracey Griess	Andover
BOYS SOCCER		
Class A	Alex Hess	St. Cloud Cathedral
Class AA	Derek Engler	Orono
Class AAA	Jake Smothers	Stillwater
GIRLS CROSS COUNTRY		
Class A	Greg Jamison	St. Cloud Cathedral
Class AA	Brad Moening	St. Paul Highland Park
Class AAA	Jane Reimer-Morgan	Minnetonka
BOYS CROSS COUNTRY		
Class A	Lydia Hatton	Heritage Christian Academy
Class AA	Chris Ward	Mankato East
Class AAA	Chris Harder	Rosemount
GIRLS SWIMMING & DIVING		
Class A	Nathan Meyer	Melrose
Class AA	Megan Magnuson	Rochester Century
Class AA	Dale Magnuson	Rochester Century

FOOTBALL		
9 Man	Dan Zubich	Mountain Iron-Buhl
1A	Chad Johnston	Minneota
2A	Bryan Strand	Barnesville
3A	Chad Gustafson	New London Spicer
4A	Chris Mensen	Simley
5A	Steve Hamilton	Elk River
6A	Matt Lombardi	Maple Grove
Overall	Chad Johnston	Minneota
VOLLEYBALL		
Class A	Hayley Fruin	Minneota
Class AA	Melissa Huseth	Cannon Falls
Class AAA	Dan Westby	Marshall
Class AAAA	Jackie Richter	Lakeville North
GIRLS TENNIS		
Class A	Matt Draeger	Litchfield
Class AA	Ann Strader	Lakeville South
BOYS ALPINE SKIING		
	John Oberholtzer	Cook County
GIRLS ALPINE SKIING		
	Mark Conway	Minneapolis

Nordic Skiing Boys

Bonnie Fuller-Kask Duluth

Nordic Skiing Girls

Bonnie Fuller-Kask Duluth

GYMNASTICSClass A Landon Goldsmith Big Lake
Class AA Patrick Kloeckner Prior Lake**GIRLS HOCKEY**Class A Tom Patnode Simley
Class AA Ryan Kraft Moorhead**Dance**Class A Grayce Meyer Holdingford
Class AA Sharon Forde Orono
Class AAA Stacy Marquardt Maple Grove**BOYS SWIMMING & DIVING**Class A Michell Carlson Breck/Blake
Brian Wright Breck/Blake
Class AA Kelly Boston Eden Prairie**GIRLS BASKETBALL**Class A Jeff Buffetta Iron Mountain-Buhl
Class AA Aaron Boyum Albany
Class AAA Ryan Liffriq Stewartville
Class AAAA Kent Hamre St. Michael-Albertville**BOYS HOCKEY**Class A Mike Luckraft Northfield
Class AA Wes Bolin Woodbury**BOYS BASKETBALL**Class A Scott Kramer Nevis
Class AA Cory Schlager Albany
Class AAA Joe Madson Mankato East
Class AAAA Paul Goetz Eastview**WRESTLING**Class A Shay Mahoney Caledonia-Houston
Class AAA Nicholas Hackman Waconia**ROBOTICS**Todd Kruse Legacy Christian Academy
Sam Viesselman Fairmont**BOYS LACROSSE**

Ian Murphy Armstrong

GIRLS LACROSSE

Joel Tornell Lakeville South

BOYS TENNISClass A Luke Elifson St. Paul Academy &
Summit School
Class A Zach Kantor Foley
Class AA Jeff Prondzinski Wayzata**SOFTBALL**Class A Andrew Fleischman Edgerton
Class AA Ron Drechsel DGF
Class AA Tyler Drechsel DGF
Class AAA Joseph Madson Mankato East
Class AAAA Tiffany Rose Rosemount**GIRLS GOLF**Class A Aaron Mensink Fillmore Central
Class AA Savannah Nelson Pequot Lakes
Class AAA Jessica Kammann Elk River
Class AAA Mike Schumacher Wayzata**BOYS GOLF**Class A Sarah Wahlstrom Lakeview
Class A Chad Villagomez Heritage Christian Academy
Class AA Michael Lundbohm Roseau
Class AAA Jim Stern Spring Lake Park**BASEBALL**Class A Ryan Hanlon Fosston
Class AA Ben Haugen Esko
Class AAA Tanner Oakes New Prague
Class AAAA Brian Sprout East Ridge**GIRLS TRACK & FIELD**Class A Jeff DeBuhr Chatfield
Class AA Co-Head James Meyer Rocori
Class AA Co-Head Brad Bauer Rocori
Class AAA Jane Reimer- Morgan Minnetonka**BOYS TRACK & FIELD**Class A Brian Nelson
Class AA Dave Able Waseca
Class AAA Aaron Berndt Wayzata**ADAPTIVE PI**

Todd Person Brainerd

ADAPTIVE CI

Shawn Tatge Lakeville South

SYNCHRONIZED SWIMMING

Lauren (Kranig) Rice Richfield

2022-2023 ASSISTANT COACH OF THE YEAR

SPORT	ASST. COACH	SCHOOL	FOOTBALL		
				Charlie Reed	Woodbury
GIRLS SOCCER			CROSS COUNTRY		
Class A	Amelia Crouley	St. Charles	Class A	Jim Anderson	Lake City
BOYS SOCCER			Class AA	Bradley Pedersen	Belle Plaine
Class AAA	Jake Smothers	Stillwater	Class AAA	Chad Claybaugh	Lakeville North

MINNESOTA PREP COACH**GIRLS SWIMMING & DIVING**

BOYS & GIRLS	Annette Crews	White Bear Lake
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VOLLEYBALL

Class A	Dana Peterson	Minneota
Class AA	Rocky Xiong	Cannon Falls

GIRLS TENNIS

Class A	Jeffrey Adams	Pine City
Class AA	Neil Strader	Lakeville South

BOYS ALPINE SKIING

Mark Lindemer	Hill-Murray
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GIRLS ALPINE SKIING

Scott Carlson	Mankato
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NORDIC SKIING

BOYS & GIRLS	Ben Croft Ellen McCarthy	Cloquet-Esko-Carlton Eastview (ISD196)
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GYMNASTICS

Class A	Doug Amundsen	New Prague
Class AA	Brent Wuollet	Becker

GIRLS HOCKEY

Class A	Steve Woog	Simley
Class AA	Brian McKinney	Lakeville South

DANCE

Class A	Christina Nerdahl	Yellow Medicine East
Class AA	Tara Brandt	New Prague
Class AAA	Annie Lindberg	Wayzata

BOYS SWIMMING & DIVING

Boys & Girls Assistant	Stewart Rival	Stillwater
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GIRLS BASKETBALL

Class A	John Villebrun	Mountain Iron-Buhl
Class AA	Todd Kuhn	Albany
Class AAA	Samuel Barnes	Stewartville
Class AAAA	Steph Lahr	St. Michael-Albertville

BOYS HOCKEY

Class A	Jeff Lagoo	South St. Paul
Class AA	Steve Aronson	Minnetonka

BOYS BASKETBALL

Jon Ledeboer	Heritage Christian Academy
Gavin Bopp	Two Harbors
Marc Paul	Concordia Academy
Pete Nez	Redwood Valley
Bill Dent	Nevis
Damien Paulson	Duluth
Brian D. Schwantz	Perham

GIRLS LACROSSE

Chelsea Cross	Wayzata
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BOYS TENNIS

Class A	Max Hommeyer	St. Paul Academy & Summit School
Class AA	Brad Olson	Wayzata

BASEBALL

Dave Sell	Glencoe-Silver Lake
Don Gawreluk	Anoka

TRACK & FIELD

Class A	Shelly Bungum	Triton
Class AA	Lisa Conzemius	Detroit Lakes
Class AAA	Michell Snobeck	Eagan

SYNCHRONIZED SWIMMING

Ali Bodin	Wayzata
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GIRLS GOLF

Class A	Andy Todd	Filmore Central
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BOYS GOLF

Class A	Jamie Rohde	Heritage Christian Academy
Class AA	Paul Grafstrom	Roseau

ADAPTED CI

Scott Kunze	Eastview
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MBCA HALL OF FAME..continued from page 27

record of 593-311 in his 35 years at the helm of the Tigers program. In addition to coaching basketball, Coach Torgerson coached baseball for 21 years at Morris, including five years as the Head Coach. Mark is a lifetime MSHSCA member and participated as a coach in the MBCA All-Star Series. Torgerson retired from coaching after the 2022 season.

Kurt Virgin spent the first five years of his 36-year coaching career as the Head Basketball Coach at Claremont HS, leading the Parrots to a 74-29 record and three Conference championships. In 1981, he accepted a teaching/coaching position at Apple Valley HS, where he served as Boys Assistant Basketball Coach for two years before accepting the

Head Girls Basketball Coach position in 1983. After leading the Eagles Girls squad for six seasons, he accepted the Head Boys Basketball coaching position at the newly opening Eagan HS in 1990, a position he held for the next 21 years. Under Coach Virgin's leadership, the Wildcats won four Section crowns with State Tournament berths, finishing as AAAA State runners-up in 1999. Coach Virgin is a member of the 400 Wins Club with an overall 485-313 career mark. He was a four-time Section 1AAAA Coach of the Year honoree. Kurt also served as a Soccer Coach for 24 years and ranks as the 6th winningest Soccer Coach in Minnesota HS history with 445 wins. Coach Virgin is a lifetime MSHSCA member and coached in the 2007 MBCA All-Star Series. He retired from teaching and coaching in 2011.

HALL OF FAME

ERIN HERMAN

Erin Herman graduated from Sherburn High School in 1980. While Competing in Basketball Erin was a 6-year letterwinner, All Conference 4 years, MVP 3 years, All State 2 years, and a 1000 pt. scorer. In Tennis, Erin was a 3-year letterwinner, 3-year MVP, All-Conference 2 years, and State Qualifier in 1979. Erin went on to the University of North Dakota, where she earned her BS in Secondary Education in 1984 and attended the University of North Dakota for graduate school in 1984-85. Erin earned her MA in Education Administration from the University of Minnesota in 1992 and her Education Administration Licensure from the University of Minnesota St. Mary's in 2000.



While attending the University of North Dakota, Erin made the President's List twice with a 4.0 GPA and the Dean's List six times with a 3.70 GPA.

Erin was a two-sport athlete at the University of North Dakota, competing in Tennis and Softball. While in Tennis, Erin was the NCC Conference Singles Champion in 1982 and Doubles Champion and Team Champions in 1984. Erin also was a Graduate Assistant coach in the Women's Basketball Program at the University of North Dakota in 1984.

Erin started her teaching and coaching career at Appleton, MN, then taught social studies and coached basketball and volleyball at Hopkins High School for three years.

Erin found her home at Hill-Murray High School, where she has been the Head Girls' Basketball Coach since 1989 and was an assistant coach in Volleyball and Track. Erin has taught Social Studies, served as Athletic Director/Dean of Students, Assistant Principal, Fine Arts Director, and became the High School Principal from 2016 to 2021.

Erin retired from school administration in 2021.

Erin has been named Section Coach of the Year 15 times, won 9 Section Tournament titles, and was Section Runner-up 2 times. She led Hill-Murray to State Class AAA Runner-up finishes two years in 2010 and 2011.

Erin was named State Class AAA Coach of the Year in 2010 and 2011 and served as the All Star series coach in 2000 and 2022. Erin was the MGBCA President from 2007-2008 and was the Fall Clinic Co-Director from 2007 to 2012. She was inducted into the MGBCA Hall of Fame in 2005. Erin served on the Region 4AA Committee in 1995-1999 and was the Chairperson in 1997-1999 and 2005-2007. She was on the Women in Sports Leadership Committee from 1996 to 2000 and has served on numerous MSHSL Committees.

JOHN HARDGROVE

John Hardgrove was raised in Fond du Lac, WI, and graduated from St. Lawrence High School in 1973. Upon graduation, he enrolled at the University of Wisconsin-La Crosse, earning a Bachelor of Science in Secondary Education for Mathematics. He also earned a Master of Arts in Education from St. Mary's University in 1999. His college degrees took him to his first job as a junior high school math teacher in Beloit, WI, 1978. After completing his internship at Stillwater Senior High School in 1978, he returned to the area for a 35-year career as a secondary math instructor in Mahtomedi, MN, from 1979 until his retirement in 2014. The years were highlighted working with highly motivated students and a department of math colleagues who were "second to none."



As a high school athlete, John earned ten varsity letters as a football, basketball, and baseball team member. Multiple all-conference selections in each sport highlighted the personal achievements. Still, a trip to the state baseball tournament in the 3rd year of the program and the only conference football championship in the 4th year of the program stand out as extremely memorable.

His passion for sports drove him to become an educator and a high school coach. Initially, he was involved in lower-level football, girls' basketball, and baseball in the early years of his career. He served as varsity girls' basketball coach for 27 seasons and varsity baseball for 34 seasons.

In addition to his coaching stints at Mahtomedi, he was an assistant girls coach 9th-grade boys coach, and is currently an assistant varsity baseball coach at Stillwater area high school. Coaching has been a lifelong passion, and the true reward has been to work with quality young people, teach them the game, watch them compete, and go on to greater things as young adults. He has been blessed to see numerous athletes continue playing at all three NCAA Women's Basketball and Men's Baseball levels. Most notably, the MLB drafted five of his former baseball players, with two currently playing in the major leagues.

His basketball teams earned three conference championships, while the baseball teams were seven-time conference champions at Mahtomedi. Recently, he has participated in eight straight state tournaments ('14-'22) as a head or assistant coach, with two state championships ('18, '22), one runner-up title ('16), and 3rd place ('19).

Before arriving in MN, he was a legion baseball coach in LaCrosse (WI), where his teams were three-time state tournament participants, including a 1978 State Championship and berth in the National Regional Tournament.

OF FAME

With the assistance of his players and assistant coaches, John has been rewarded with the Metro GBB Coach of the Year (92-93), Assistant GBB Coach of the Year (02-03), Section GBB Coach of the Year (92-93, 97-98, and 98-99). In baseball, Section Coach of the Year honors were earned in six seasons, along with multiple conference Coach of the Year. In 2014, he earned the American Baseball Coaches Association Regional Coach of the Year for Division II, which covered the entire Midwest regional area. He has served as a coach in two MN GBB All-Star Series ('93, '98) and is a three-time Lion's All-Star/Play Ball MN All-Star baseball coach ('94, '05, '15).

He was honored by being previously selected to the MN Girls' Basketball Coaches Association (2013) and the MN State High School Baseball Coaches Association (2015) Halls of Fame for his accomplishments as a high school coach. These are two cherished awards, as honorees are included in the company of the extraordinary coaches who have preceded those who have gained that recognition.

While coaching was the passion, serving the coaches and athletes of the conference, sections, and state was another mission. John spent ten years as the section representative for girls' basketball and nine years for baseball. Most recently, he has served as the Section 4AAA BB/GBB Tournament Manager for the past four years. In addition, he has been a high school football official from 1992 to the present, as well as an NCAA football official from 1994 to the present, working from the junior college ranks to currently at Division II in the NSIC. This commitment has seen him selected to work 17 MSHSL FB State Tournaments, including 6 Prep Bowls, 7 Division III Playoff Games, including the 2015 National Semi-final Game, and 5 Division II Playoff Games.

John's commitment to high school and collegiate athletics and its participants would not be possible without the generous support of his wife of 44 years, Carol, and his two children Ashley (Derek) and Andrew, along with two grandchildren, Austin and Alexandra. They have shared in the highs and the lows and have been there every step of the way. Every coach needs to be blessed with a loving family that knows how important the job is to you and wants you to succeed.

Being a coach and involved in athletics provides a multitude of rewards. However, the true rewards of coaching are to see young people go on to earn degrees, enter the working world, make their mark in their place of employment, raise strong families, and repeat the cycle. The opportunity to guide young people to be successful in life is one I will long cherish, as will be the relationships I have gained through my coaching experience.

TIM MORRIS

Tim Morris has coached high school hockey for 32 years. He started his hockey coaching career in 1986, coaching until 1995 as a coach at the Roseville/Edison Youth Hockey Association and as an Assistant Boys Hockey Coach from 1993 to 1995 at Fridley High School. Tim was the Head Girls Hockey Coach at Totino Grace High School from 1995-2001 and Eden Prairie High School from 2001-2011. Tim became the Assistant Girls' Hockey Coach at Blaine High School from 2011-2018 and then took his talents to Lakeville South High School as the Head Girls Hockey Coach from 2018 to the Present.



Tim has an overall coaching record of 541-241-28, and his teams have won 8 Conference Championships. Tim's teams have competed in 6 State Tournaments, winning 2 State Titles in 2006 and 2008, 2nd Place in 2017, 3rd Place in 2004, 4th Place in 2003, and Consolation Champions in 2015. His teams have won 12 Section Girls Academic Team Hockey Championships and 7 State Girls Hockey Team Academic Championships. Eighty of Tim's players have gone on to play college hockey, and several have won NCAA National Championships.

Tim was named Section Coach of the Year 4 times. He has 6 Conference Coach of the Year Awards, and in 2022, he was honored with the State Class AA Girls Hockey Coach of the Year Award. He received the Brano Stankovsky Award in 2013. Tim was inducted into the MGHCA Hall of Fame in 2013 and awarded the MN Hockey 25-Year Service Award in 2022. In 2007 and 2019, Tim received the National Girls & Women's Sports Day Breaking Barriers Award.

Tim was the President-Elect and President of the Minnesota Girls Hockey Coaches Association from 1999 to 2004 and has served on several MSHSL Committees from 2004 to the Present. He served as Program Director for MN Hockey High School NIT Tournament from 2011-2020 and was the Program Director for MN Hockey HP Festival & Camp in 2011 and 2012. Tim has been the Director of Girls High School MN Hockey from 1997 to the Present.

HALL OF FAME

MARK CURLEY

Mark Curley attended St. Louis Park High School and participated in soccer, gymnastics, and track and field. He was the gymnastics team captain and all-conference his senior year. He graduated in 1975 and continued his education at St. Cloud State University. While at SCSU, Mark participated in gymnastics and served as the team captain in his junior and senior years. His college highlights were the team placing fourth at the 1978 NCAA championships and him placing sixth on the Pommel horse. He started his coaching career while student teaching at Park Center High School and helped the boy's gymnastics team to a state runner-up in the Fall of 1979. He returned to SCSU for winter and spring quarters and was the assistant men's gymnastics coach under Paul Terry. After graduating in 1980 with a degree in teaching and coaching, Mark found a job at Alexander Ramsey High School, now Roseville Area High School. He coached boys' and girls' gymnastics and boys' junior high track and field. His boys' gymnastics journey took him to Irondale High School and Jackson Junior High at Coon Rapids High School. His last two years coaching boys were at Roseville Area High School, where he was an assistant under Fred Kueffer. Those two teams placed second and first in the state, with the 1991 team setting an all-time state team scoring record. This was bittersweet as this was the state's last year for boy's gymnastics. With that time slot open, Mark found time to coach cheerleading for six years. He continued coaching track and field for 17 seasons. Thirty-seven of his forty years coaching girls gymnastics was in the Roseville School District. During this time, Mark was the section representative for 29 years, on the state meet equipment committee for 26 years, Gymnastics Coaches Association. He was the Co-President in 1996 & 1997. Mark has been a fall gymnastics clinic clinician and has coached at numerous summer camps. Mark was section coach of the year in 2006 and 2016 and state coach of the year in 2006. His teams have won 15 conference championships, 14 undefeated seasons, 16 section championships, and 15 section runner-ups. For seven seasons, Roseville was ranked number one in the nation by the National High School Gymnastics Coaches Association. Mark's teams have been on the podium at the state meet 15 times, including nine state championships, five runner-ups, and one third-place finish. Roseville's team score of 154.65 still stands as the highest in state history. Mark has Coached 23 individual state champions and numerous All-Americans. Mark was inducted into the Minnesota Girls Gymnastics Coaches Hall of Fame in 2000 and the University of Minnesota Gymnastics Hall of Fame in 2018 for lifetime service to Minnesota gymnastics.

Mark and his wife Jan were blessed with four wonderful children, Emi, Katie, Lisa, and Michael, along with seven grandchildren:



Maddie, Andrew, Preston, Parker, Quincy, Mya & Eddie.

This past season, Mark was coaxed out of retirement to be the assistant gymnastics coach at Roseville by his granddaughter Maddie, who is the head coach. His daughter Emi was the other assistant coach, making for three generations of family coaching together. Mark was also an NHS advisor for seven years and a student council advisor for 12 years. In 1999, Mark was the co-chair of the National Association of Student Council conference held at Roseville Area High School. 1,500 students and 500 advisors attended the five-day conference from all 50 states, Canada and Australia. He received the Northwest Youth and Family Services award in 2000 for his outstanding service to youth in the community. When Mark looks back at his 40+ years of coaching, it is always with fun memories of all the great people he has met on this fantastic journey. Mark hoped he had prepared his teams well enough to live up to their abilities. If they did, then the meet was successful regardless of the outcome. Mark often said Gymnastics is just a platform to teach life skills.

LONNIE MORKEN

Lonnie Morken is entering his 30th year as the Head Volleyball Coach and Elementary PE Teacher and his 15th year as Athletic Director at Mable-Canton High School. Lonnie's career record is 793-141. Lonnie has won 3 Section titles and placed 3rd at state twice in 2001 and 2002 and 5th in 2000. He has won 14 Sub-section titles and 25 Conference championships.



Lonnie has coached 12 All-State athletes, including the 2004 Miss Volleyball Player, Karlie Urbaniak. 28 of Lonnie's players have continued playing in college. Eleven former players have gone on to coach HS Volleyball.

Lonnie was State Class A Coach of the Year in 2018 and was named Section 1A Coach of the Year 14 times. Lonnie was inducted into the MNVBA Hall of Fame in 2011.

He has served on the Region 1A Committee for five years, Rep Assembly for four years, and is a member of the MNIAAAA. Lonnie has served for 26 years on the Board of Control, 19 years on the VB Coaches Advisory Board, and was the Past President of the MNVBCA for three years. He is a yearly speaker at the MN Volleyball Clinic and has served for 19 years on the State All-Tournament Selection Team. Lonnie is the President-Elect and future President of the MNVBCA for 2023 to 2027.

His family includes his wife, Stephanie, and daughters, Sadie, 21, Sophie, 18, and Sahara, 16.

OF FAME

GEORGE HAUN AWARD

DAVID CHATELAINE

Dave graduated from Osseo High School in 1976 as an Osseo Cross Country and Track Team member. In 1980, Dave graduated from the University of Minnesota as a Gophers Cross Country and Track team member. Dave coached one cross country season at Brooklyn, MN, Junior High and taught Industrial Arts from 1981 to 1985. He coached Boys Cross Country, was an assistant Boys and Girls Track coach, and the Head Boys Track in 1984 and 1985.



Dave started his teaching and coaching career at Owatonna High School in 1985, where he taught Industrial Arts until 2019. While at Owatonna, Dave was the Head Boys Cross Country Coach from 1991-2022, the Head Boys Track Coach from 1991-1998, Middle School Track Coach from 2000-2009, and Assistant Boys Track Coach from 2011-2022.

Dave has been named the Section 1AA Boys Cross Country Coach of the Year 8 times, Big 9 Conference Boys Cross Country Coach of the Year 8 times, and Minnesota State Class AA Cross Country Coach of the Year in 1999. Dave was inducted into the Minnesota High School Cross Country Coaches Hall of Fame.

Dave's Owatonna Boys Cross Country Teams won 11 Big 9 Team Championships, 8 Section 1AA Boys Cross Country titles, and 2 Section 1AA Runner-up finishes. Daves's teams qualified for the state meet ten times, earning 5 top 5 finishes with a best 3rd place State Cross Country finish in 1999.

Dave coached many All-Conference and Conference Individual Champions and 7 All-State Cross Country Runners.

Dave was the State Cross Country Hall of Fame Coordinator 2000-2010, Hall of Fame Selection Committee, Vice President 2006-2008, President 2008-2010, and Treasurer 2012-2023. Dave has served on the State Cross Country Advisory Committee, State Meet Social Coordinator, and State Cross Country Scholarship Coordinator.

He is a registered track official from 2000-present, Section 1AA Track Meet Manager 2001-2006, and Big 9 Track Meet Manager in 2006. Dave served as the Meet Manager for the Ev Berg Cross Country Meet, Big 9 Cross Country Meet, Section 1AA, and 1AAAA from 2016 to the present.

Dave's family includes his wife, Kathy, daughters Katie, husband Chris, Amy, and son D.J., wife Carrie.

GEORGE HAUN AWARD

JAN EIFEALDT

Jan graduated from Bellingham Public School, now part of the Ortonville school district. She is a graduate of Westmar College of LeMars, Iowa, with a B.S degree in Physical Education, and minors in Biology and History in '68. In college, she became the president of the Fellowship of Christian Women Athletes and was on the first college women's bowling team that competed against other college teams. In 1967, Jan ran hurdles and long and high jumped in her first college track meet.



Her first and only teaching position was elementary and adaptive physical education for the Ortonville Schools. She retired in 2002 only to return and teach a few more years half-time in DAPE.

Coach Jan Eifealdt began her coaching career at Ortonville in the spring of 1970 where she helped form and coach track to elementary and high school students. Thus began the school's first girls' track program and the start of Coach Eifealdt's long coaching career in track (32 of them as head coach and now assistant). It was in 1970 that Ortonville invited girls from other schools to participate in their first track meet. She was part of organizing the District Eleven Girls Coaches. The coaches worked to schedule games and meets, as the MSHSL allowed an extramural program of 3 meets and games.

During the 1970-71 school year, Jan was instrumental in creating an extramural girls' basketball team. That team only played three games, but things progressed quickly to a District Eleven Tournament win in 1973. Jan became president of the District Eleven Coaches for Girls, and they also had their first District Track Meet in Ortonville. Ortonville went on to compete in their first Region Meet to qualify for state. They won and sent a relay team, sprinter, half-miler, and thrower in three events, who became the state champion in discus with a new record in 1973.

Jan worked with elementary students to provide a new opportunity for girls. She again created the first girl's gymnastics team in 1975-76. However, Minnesota voted to have basketball in the winter, so she ended up coaching basketball into the District Championship, and after the region coached the gymnastics team to their first appearance in the region.

Jan's career also included coaching girls' volleyball as head coach, JV, and 9th until 2002. In the winter, you would find Jan coaching 7th-grade girls basketball from the late 80s till 2019.

Jan also taught track and field events in the summer for elementary students and had a track meet at the end for them. She participated in the Hershey Summer track program. She also played and

HALL OF FAME

coached summer fast-pitch softball, and her High school team had a 21-game win streak. She started refereeing volleyball when the district started having volleyball matches and continued until she took the assistant. Volleyball position. She refereed basketball when she wasn't coaching track.

Jan was active in the newly formed MN State H.S. Coaches Assoc. for Girls and served on the track advisory board, was a delegate to the assembly, and has continued to this day as a member of the coaches' association.

Some other highlights of Jan's career. She was the region Track Coach of the Year, Westmar College Alumni Track Coach of the Year, Finalist for Minnesota Teacher of the Year, and District Eleven Volleyball Coach of the Year in '88. She coached the Little Sioux Conference Track Champions '81, '83, '84, and the True Team Section Champions in '87 and '88. She coached several Pheasant Conference Track Team Championships for both girls and boys. Jan was the 2016 National Girls and Women's in Sports Breaking Barriers Award winner. She has coached several section champions and state participants in the early years of gymnastics. Today, you will find Jan in the gym, supporting all the young athletes and coaches. Some whom she coached and taught in elementary, and yes, you will still find her on the track and throwing area still coaching. But you will also find her now as a lay pastor, stretching her wings in a new way.

STEVE KERZIE AWARD

LEEANN STEEN



LeeAnn Steen graduated from Jackson High School in 1981, where she competed as a Varsity Gymnast from 1975 to 1981. Individually, LeeAnn qualified for the State Gymnastics Meet in 1979, where she placed 6th in the All Around. LeeAnn competed on three teams that qualified for the State Gymnastics Meet, where they won the State Title in 1979 and 1980 and were State Runner-up in 1981.

LeeAnn became an Assistant Gymnastics Coach at Jackson High School from 1984 to 1986, and in 1985, Jackson won the State Championship. LeeAnn became the Head Coach at Martin County West/Martin County Area from 1988 to 2019. LeeAnn's teams made 8 State Team appearances, placing 3rd in 2010. She qualified 47 Individuals to the State Meet and had a record of 229-112. She was named Section 3A Coach of the Year and was selected to the State Gymnastics Hall of Fame.

LeeAnn has served as a Gymnastics Judge from 1981 to Present. LeeAnn is a lifetime member of the MSHSCA and a longtime MSHSCA Delegate. She has been the Section 2A and 3A Gymnastics Rep and the Minnesota Gymnastics Coaches Association President. LeeAnn has served on the State Gymnastics Coaches Hall of Fame Selection Committee.

OFFICIALS DISTINGUISHED SERVICE AWARD

Terry Bumgarner, Richfield
Linda Gust, Bloomington
Mike Drury, Thief River Falls
Scott Hill, Monticello

ASSISTANT COACHES DISTINGUISHED SERVICE AWARD

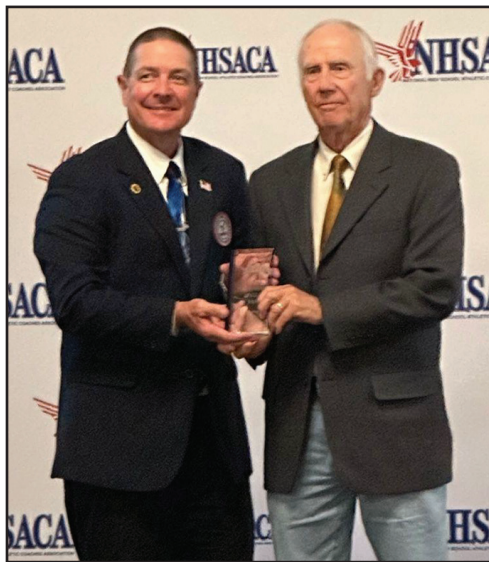
Mike Braaten, Cambridge-Isant
High School
Leo Fausch, Lake City Lincoln
High School
Karla Jensen, Pierz High School
Ron Trunk, North Branch
High School

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION DISTINGUISHED SERVICE AWARD

Bernie Schumacher, Park Rapids

2023 NHSACA National Coaching Hall of Fame

National High School Athletic Coaches National Convention, held in Lincoln, Nebraska, this past July



Hutchinson football coaching legend Grady Rostberg and Mahtomedi Gymnastics coaching legend Debbie Driscoll are pictured receiving their National High School Athletic Coaches Association Hall of Fame Award from NHSACA President Rocky Ruhl this past July at the National Convention in Lincoln, Nebraska.



The nine Minnesota NHSACA National Coach of the Year finalists are pictured. Left to right: Troy Urdahl - St. Anthony Village AD, Nathan Linscheid - Visitation Girls' Swimming Coach, Kirk Golberg - Lakeville South Assistant Coach, Jenny Raiche - Eastview Dance Coach, Trisha Reimer-Kealy - Becker Girls' Cross Country Coach, Ted Hill - Minnewaska Boys' Soccer Coach, Tim Zupfer - Alexandria Girls' Golf Coach, Mike Schumacher - Wabasha-Kellogg Softball Coach, and Al Amdahl - Albany Baseball Coach.



Jenny Raiche - Minnesota

- ❖ 10 Years Head Dance Coach at Eastview High School
- ❖ 2496/60 Career Varsity Won/Loss Record
- ❖ NDCA: Marketing/Branding Director; Area Cmte Member
- ❖ MADT: Member of Board; Communications Director, 2 Yrs; Coaches Recognition Director, 4 Yrs
- ❖ MSHSL Dance Team Advisory Board, 4 Years
- ❖ 20 State Team Championships; 16 Runners-up Teams
- ❖ MADT: Hall of Fame Inductee; COTY, 4 Times
- ❖ Women Sports Foundation: Breaking Barrier Award

Eastview Dance Coach Jenny Raiche was awarded the National Special Sports Coach of the Year Award!



Nate Linscheid - Minnesota

- ❖ 28 Years Head Coach at Visitation School
- ❖ 1668/298 Career Varsity Won/Loss Record
- ❖ MSSCA: Section Representative, 18 Years; President, 2 Years; Vice President, 2 Years
- ❖ 12 State Team Championships
- ❖ 20 Sectional Team Championships
- ❖ NHSACA National Coach of the Year Finalist
- ❖ MSSCA: State Coach of the Year, 4 Times; Section Coach of the Year, 15 Times

Visitation Girls' Swimming Coach Nate Linscheid was awarded the National Swim Coach of the Year Award!

SPRING ACADEMIC AWARDS

BASEBALL

Gold

Albany
Anoka
Blooming Prairie
Breck School
Delano
Eastview
Esko HS
Fairmont
Kasson-Mantorville
Lakeville North
Lakeville South
Lester Prairie
Little Falls
Mahtomedi
Minneapolis Southwest
Minnehaha Academy
Montevideo
Mounds View
Ogilvie
Owatonna
Parker's Prairie
Paynesville
Perham
Roseau
Sartell HS
Shakopee
Spring Grove
St John's Prep
St. Anthony Village
Wayzata
Yellow Medicine East

Silver

Academy of Holy Angels
Austin
Battle Lake HS
Bemidji
Brainerd
Burnsville
Cannon Falls
Central Public Schools (in
Norwood Young America)
Chatfield
Henning
Jackson County Central
Lac qui Parle Valley
Legacy Christian Academy
Mabel-Canton
Mankato East
Marshall
Nevis
New Prague
North St Paul HS
Pine City
Roseville
Sleepy Eye
Sleepy Eye St Mary's
Spring Lake Park
Springfield
St. Agnes
Stewartville
Swanville HS
Totino-Grace

Tri City United (in
Montgomery, MN)
Upsala HS
Woodbury
Zumbrota-Mazeppa

DANCE

Gold

Benilde-St. Margaret's H. S.
Brainerd H.S.
Chanhassen H.S.
Detroit Lakes H.S.
Eden Prairie H.S.
Goodhue H.S.
Holdingford H.S.
Holy Family Catholic H.S.
Hutchinson H.S.
Minnewaska Area H.S.
Mound-Westonka H.S.
Sartell-Saint Stephen H.S.
Tri-City United HS
Wabasha-Kellogg H.S.
Wayzata H.S.

Silver

Albany H.S.
Atwater-Cosmos-Grove City H.S.
BOLD HS
Belle Plaine H.S.
Bemidji H.S.
Blaine H.S.
Bloomington Kennedy H.S.
Byron H.S.
Canby HS
Minneota HS
Centennial H.S.
Chaska H.S.
Chatfield H.S.
Chisago Lakes Area H.S.
Columbia Heights H.S.
Cretin-Derham Hall H.S.
Crosby-Ironton H.S.
Delano H.S.
Eagan H.S.
Eastview H.S.
Edina H.S.
Farmington H.S.
Frazee H.S.
Fridley H.S.
Hawley H.S.
Hermantown H.S.
Hopkins H.S.
Kasson-Mantorville H.S.
Lac qui Parle Valley
Dawson-Boyd HS
Lake City H.S.
Lakeview H.S.
Lakeville North H.S.
Lakeville South H.S.
Maple Grove H.S.
Melrose Area H.S.
Minnetonka H.S.
Monticello H.S.
Mounds View H.S.
New London-Spicer H.S.

New Prague H.S.
Orono H.S.
PACT Charter School
Plainview-Elgin-Millville H.S.
Rogers H.S.
Richfield H.S.
Rosemount H.S.
Saint Cloud Cathedral H.S.
Sauk Rapids Rice H.S.
Simley H.S.
Spectrum H.S.
Spring Lake Park H.S.
Stewartville H.S.
Totino-Grace H.S.
Two Rivers H.S.
Waconia H.S.
Winona H.S.
Zumbrota-Mazeppa H.S.

LACROSSE - GIRLS

Gold

Andover
Anoka
Blake
Bloomington Jefferson
Champlin Park
Chanhassen
Cretin-Derham Hall
Duluth Marshall
Eagan HS
Eastview HS
Eden Prairie
Edina
Elk River
Farmington
Grand Rapids
Greenway HS (in Coleraine,
MN)
Hill-Murray
Hopkins
Hutchinson
Lakeville South
Maple Grove
Minnetonka
Mound Westonka
Orono
Park High School (in Cottage
Grove)
Prior Lake
Rochester Century
St Anthony Village
St. Louis Park
St. Michael-Albertville
St.Paul Academy & Summit
School
Stillwater
Totino Grace HS
Wayzata
Woodbury

Silver

Academy of Holy Angels
Big Lake
Chaska
Chisago Lakes

Mankato East HS
Mankato Loyola HS
Mankato West HS
Rocori

SWIM & DIVE - BOYS

Gold

Andover
Blake HS
Brainerd
Breck
Eden Prairie
Edina
Farmington
Lakeville North
Maple Grove
Monticello
New York Mills
North High School (in St Paul)
Perham
Rochester Century
St Thomas Academy
Tartan

Silver

Alexandria
Anoka
Apple Valley
Austin
Benilde-St Margaret HS
Blaine
Bloomington Kennedy
Centennial
Champlin Park
Chanhassen
Chaska
Cretin-Derham Hall
Duluth
Eastview
Faribault
Hopkins
Hutchinson
Irondale
Lakeville South
Little Falls
Mankato East
Minneapolis Roosevelt
Minneapolis Washburn
Minnetonka
Osseo
Owatonna
Park Cottage Grove
Richfield
Rochester John Marshall
Rochester Mayo
Rosemount
Sauk Rapids-Rice HS
St Louis Park
St Paul Como Park HS
Two Rivers
Winona

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SPRING ACADEMIC AWARDS

TRACK & FIELD - BOYS

Gold

Albany
Alexandria Area HS
Andover
Annandale
Avail Academy
Bagley / Fosston
Belle Plaine
Bemidji
Bertha-Hewitt / Verndale
Big Lake
Brainerd
Buffalo
Byron
Canby / Minneota
Clinton-Graceville-Beardsley HS
Deer River / Northland
DeLaSalle HS
Detroit Lakes
Dilworth-Glyndon-Felton
Eagan
Eagle Ridge Academy
East Grand Forks Senior HS
Eastview HS
Eden Prairie
Eden Valley-Watkins/Kimball
Edina
Faribault HS
Foley
Hancock
Herman-Norcross HS
Holy Family Catholic HS
Jordan HS
La Crescent-Hokah HS
Lac qui Parle Valley / Dawson-Boyd
Lake Crystal Wellcome Memorial / Nicollet
Lakeview
Lakeville North
Lanesboro / Fillmore-Central / Mabel-Canton
Lester Prairie
Mankato East
Math & Science Academy
Milaca
Minneapolis Roosevelt HS
Montevideo
Monticello
Moorhead
Mound Westonka HS
Mounds View
Mountain Lake Area - Comfrey HS
New Prague
Northfield
Northome / Kelliher / Blackduck
Northwest Nighthawks
Ortonville
Owatonna
Park HS
Park Rapids Area HS
Parnassus Preparatory School
Pelican Rapids

Pequot Lakes
Pillager
Pine City
Pine Island
Princeton
Proctor
Richfield HS
Rochester Mayo
Rocori HS
Rogers
Rushford-Peterson / Houston
Saint Cloud Apollo
Sauk Rapids-Rice HS
Simley
Southwest Christian HS
St. Charles
St. Cloud Cathedral
Stephen-Argyle Central HS
Trinity School at River Ridge
Warren-Alvarado-Oslo HS
Waseca
West Lutheran HS
Wheaton HS
Worthington
Zumbrota-Mazeppa HS

Silver

Blue Earth Area
Chatfield
Crosby-Ironton HS
Osakis
Pierz
Rush City HS
Sibley East
Thief River Falls
Two Harbors

TRACK & FIELD - GIRLS

Gold

Albany
Alexandria Area HS
Andover
Annandale
Austin High School
Bagley / Fosston
Barnesville
Becker
Belle Plaine
Bemidji
Bertha-Hewitt / Verndale
Bloomington Jefferson HS
Blue Earth Area HS
Buffalo
Byron
Cambridge-Isanti HS
Canby / Minneota
Chanhassen
Chatfield
Clinton-Graceville-Beardsley HS
Crookston HS
Crosby-Ironton HS
Deer River / Northland
DeLaSalle HS
Detroit Lakes
Eagan
Eagle Ridge Academy

East Central
East Grand Forks Senior HS
Eastview HS
Eden Valley-Watkins/Kimball
Edina
Eveleth-Gilbert HS
Faribault HS
Farmington
Foley
Frazee
Greenway / Nashwauk-Keewatin
Hancock
Herman-Norcross HS
Holy Family Catholic HS
Hutchinson
International Falls
Jordan HS
La Crescent-Hokah HS
Lac qui Parle Valley / Dawson-Boyd
Lake Crystal Wellcome Memorial / Nicollet
Lakeview
Lakeville North
Lakeville South
Lanesboro / Fillmore-Central / Mabel-Canton
Mankato East
Mankato West
Math & Science Academy
Menahga HS
Milaca
Minneapolis Roosevelt HS
Minnetonka
Minnewaska
Montevideo
Moorhead
Mound Westonka HS
Mounds View
Mountain Lake Area - Comfrey HS
Northfield
Northome / Kelliher / Blackduck
Northwest Nighthawks
Osakis
Owatonna
Park HS
Park Rapids Area HS
Parnassus Preparatory School

Pelican Rapids
Pequot Lakes
Pierz
Pine City
Pine Island
Plainview - Elgin- Millville HS
Princeton
Proctor
Richfield HS
Rochester Century
Rochester Mayo
Rocori HS
Rogers
Rosemount
Roseville Area
Rush City HS
Rushford-Peterson / Houston
Saint Cloud Apollo
Sauk Rapids-Rice HS
Sebeka HS
Sibley East
Simley
South St. Paul
Southwest Christian HS
St. Cloud Cathedral
St. Croix Lutheran Academy
Stephen-Argyle Central HS
Thief River Falls
Tri City United
Trinity School at River Ridge
Two Harbors
United South Central / Alden-Conger
Virginia HS
Warren-Alvarado-Oslo HS
Waseca
Wayzata
West Lutheran HS
Wheaton HS
Worthington
Zimmerman HS
Zumbrota-Mazeppa HS

Silver

Avail Academy
Braham
Lester Prairie
Long Prairie-Grey Eagle HS
Ortonville
Triton HS

MSHSCA EMAIL CHANGE:

Contact:

Rick & Joyce Ringeisen at

ringer@mshsca.org



Trophies Plus - Sponsor of Coaches Caring

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

Minnesota State High School Coaches Association
HALL OF FAME NOMINATING FORM



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

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

Nominating Person or Group _____
Rationale for Nomination _____

Personal History: Hometown _____
College/s _____ Year _____

College Honors: _____

Coaching History: (Sports, schools & years) _____

Coaching awards, honors & highlights: _____

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

Present status _____ Organizations & honors other than coaching: _____

Coaches Association involvement & present status: _____

Please list other highlights & experiences: _____

Nominated by: _____ Date _____

Phone: _____ Email: _____

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SPRING 2023 CHAMPIONSHIP TEAMS

SPORT	SCHOOL	COACH	SPORT	SCHOOL	COACH
ADAPTED BOWLING			BOYS TRUE TEAM TRACK		
PI	North High School- North St. Paul	Trudy McQuiston	Class A	Howard Lake- Waverly-Winsted	Andy Hertwig
CI	Lake City	Kimberly Bobb	Class AA	St. Thomas Academy	Dan Connors
ASD	Zimmerman	Christopher Withers	Class AAA	Wayzata	Aaron Berndt
ROBOTICS (3 School Alliance)			GIRLS TRACK & FIELD MSHSL		
	Rocori	Jay Femrite	Class A	Eden Valley- Watkins/Kimbal	Tyler Warren
	Fairmont	Sam Viesselman			
BOYS LACROSSE			Class AA	Monticello	Kim Nygaard
	Lakeville North	Matthew Stonestrom	Class AAA	Minnetonka	Jane Reimer- Morgan
GIRLS LACROSSE			BOYS TRACK AND FIELD MSHSL		
	Benilde-St. Margaret's	Ana Bowsby	Class A	St. Croix Lutheran	Brent Schacht
BOYS TENNIS			Class AA	Waseca	David Abel
Class A	St. Paul Academy- Summit	Luke Elifson	Class AAA	Rosemount	Jay Hatleli
Class AA	Wayzata	Jeff Prondzinski	SYNCHRONIZED SWIMMING		
SOFTBALL				Stillwater	Kathy Henderson
Class A	Edgerton/SW MN Christian	Andrew Fleischman	CLAY TARGET		
Class AA	Dilworth-Glyndon -Felton	Ron Drechsel		United South Central	
Class AAA	Mankato East	Tyler Drechsel	BADMINTON		
Class AAAA	Rosemount	Joseph Madson		Edina	Steve Henke
		Tiffany Rose			
ADAPTED SOFTBALL					
CI	Burnsville/ Farmington/Lakeville	Dave Diehl			
PI	Dakota United Hawks	Brett Kosidowski			
GIRLS GOLF					
Class A	Lac qui Parle Valley	Kipp Stender			
Class AA	Pequot Lakes	Savannah Nelson			
Class AAA	Maple Grove	Randy Glasmann			
BOYS GOLF					
Class A	Lakeview	Sarah Wahlstrom			
Class AA	Totino-Grace	Ast. Douglas Schmitz			
Class AAA	Edina	Mike McCollow			
BASEBALL					
Class A	Fosston	Ryan Hanlon			
Class AA	Esko	Ben Haugen			
Class AAA	New Prague	Tanner Oakes			
Class AAAA	East Ridge	Brian Sprout			
GIRLS TRUE TEAM TRACK					
Class A	Luverne	Peter Janiszkeski			
Class AA	Rocori NA	James Meyer			
		Brad Bauer			
AAA	Minnetonka	Jane Reimer- Morgan			

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

Trophies Plus - Sponsor of Coaches Caring



[Redacted]

[Redacted]

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

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

[Redacted]

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

HDI Global Specialty (A Rated)

[Redacted]

[Redacted]

August 1, 2023 – August 1, 2024

[Redacted]

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

[Redacted]

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

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

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

[Redacted]

[Redacted]

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

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

[Redacted]

[Redacted]

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

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INSURANCE SINCE 1852

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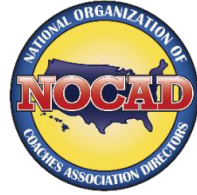
Greg Joly gjoly@loomislapann.com
 Lori George lgeorge@loomislapann.com
 Karen Boller kboller@loomislapann.com

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

Warning Signs of Youth and Young Adult Suicide



Four out of **Five** individuals considering suicide give some sign of their intentions, either verbally or behaviorally. Learn to identify youth and young adults who are struggling before they think taking their life is the only way to end their pain. Below are some of the warning signs that may be exhibited.



- Extreme depression, withdrawal
- Sleeplessness, lowered grades, poor performance
- Giving away personal possessions
- Putting affairs in order (goodbye letters, wills)
- Suicide threats (written, verbal, nonverbal)
- Previous suicide attempts
- Acquiring the means to attempt suicide (pills, rope, gun, knives, etc.)
- A sudden lift in spirits after extreme depression (this can mean a person is relieved that problems will "soon be ended")

If you are ever concerned about someone who exhibits concerning signs, reach out for professional help. The Suicide & Crisis Lifeline is available 24/7 for those in distress or looking for prevention and crisis resources. Call or text 988 for free, confidential support. Also, identify local resources in your area. Visit your nearest ER or call 911 if you need emergency assistance.

The Jason Foundation has many programs and resources for coaches, educators, youth workers, parents, and students available at no cost. These programs are available for education and to help guide in assisting at-risk youth. Visit jasonfoundation.com to learn more.

www.JasonFoundation.com

The Jason Foundation | 18 Volunteer Drive | Hendersonville, TN 37075 | (615) 264-2323

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

MINNESOTA PREP COACH



Someone You Know May Need a Friend



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

if The **Jason Foundation**
www.jasonfoundation.com

LEARN

how you can **B1** for a friend
rascalflattsB1.com

