



# THE Minnesota PREP COACH

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## John's Jottings: Dwight Lundeen Will Call It A Career After 2026 Season

### Becker's Only Head Football Coach Has Been At The Helm For 56 Years



Becker High School football coach Dwight Lundeen.



Dwight Lundeen (left) celebrates Becker's 2024 state championship with his family.

*This article is reprinted from John Millea's Substack.com post from November 11, 2025.*

A few weeks ago, I was chatting with Dwight Lundeen at a social function. As Dwight and I and our spouses talked, Dwight asked me how retirement was treating me. As we discussed such decisions, I asked if he knew how long he would continue to serve as the head football coach at Becker High School.

It seemed like an obvious question. After all, Dwight has been in that job for 56 years. Coming out of college, he accepted a teaching job at Becker in 1969, agreed to become the first coach of a first-year football program, and the rest is history. He has led the Bulldogs to four state championships, five state runner-up finishes, and a total of 417 wins. That ranks second all-time

among Minnesota high school football coaches behind Verdale's Mike Mahlen, who finished 2024 (his 57th season) with 440 wins.

He answered my question by saying, "I'm getting close."

I received a phone call from Dwight early Tuesday morning, informing me of his retirement decision. He plans to coach one more season and step down after the 2026 campaign. He will leave with a full heart.

"It was kind of getting to be time," he said. "It's difficult, but a good thing needs to come to an end. I'm very blessed to go out on what I think are on my terms. I could do it until I'm 100 probably,

#### JOHN'S JOTTINGS

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## 2024-2025 MSHSCA DELEGATES

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Adam Wilder (Mabel-Canton)	Gordy Klomps (retired)	Doug Davis (Northfield)	Greg Berge (Lake City)
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)	Open Position	Open Position
4A	Chris Laird (Heritage)	Robert Economy(Eagle Ridge Aca)	Tim Herman (Heritage)	Jim Baker (Retired)
5A	Aaron Boyum (Albany)	Tom Lawrence (Foley)	Al Amdahl /Bill Baumann (Royaltan)	Chris Kircher /Tim Triplett
6A	Tavia Bachmann (Frazee)	Kyle Haberman (Lake Park-Audubon)	Mike Peterson (Perham)	Gregg Martig (Pequot Lakes)
7A	Kole Schultz (Deer River)	John Wagner(Mesabi East)	Matt Solberg (Proctor)	Nathan Johnson (Proctor)
8A	Dave Varriano (Mahnommen-Waubun)	Lon Boike (Crookston)	Jeremy Digiovanni (Walker-Hackensack-Akeley)	
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rod Schwarz (Winona) (Retired)	Jessica Just (Lakeville South)
2AA	Mike Lhotka (Dassel Cokato)	Mike McGraw (Hutchinson)	Tink Larson (Waseca)	Adam Grant (Blue Earth)
3AA	Keith Randa (Apple Valley)	Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	Jon Miller (Prior Lake)
4AA	Tracy Hrouda (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Mark O'Neill (Champlin Park)	William Totimeh (Fridley)	Mark Loahr (Totino Grace)	Larry McKenzie (Minneapolis)
6AA	Juno Nayagam (Benilde-St. Marg)	David Boone (Edina)	Kerry Sutherland (Hopkins)	Tarek Morey (Osseo)
7AA	Mark Solberg (Cambridge)	Kellie Stedje (Forest Lake)	Mike Hennen (Forest Lake)	Greg Apahn (Grand Rapids)
8AA	Kent Hamre (STMA)	Open Position	Rob Nielsen (Det. Lakes)	Stephen Schreiber (Bemidji)
		Tom Sharp (Eastview)		

SPORTS MEDICINE

## 2024-2025 MSHSCA SPORT ASSOCIATION OFFICERS

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT/VICE PRES.	EXECUTIVE/SECRETARY	TREASURER/OTHER
AD	Bill Quan (Osseo)	Will Short (Simley) Past Pres.	Dan Johnson (Exec Director)	Ken Hubert (Faribault)
Adapted Athletics	Brett Kosidowski (Eastview)	Luke Wisniewski (Mpls)	Kelli Waalk (Osseo) (Treas)	
Baseball	Dean Schwartz (Glencoe-Silver Lake)	Troy Urdahl ( St. Anthony)	Craig Anderson (Pine Island) (Exec Direc)	Rick Zollner (Pipstpne)
Boys Basketball	Matt Halverson- (Goodhue HS)	Josh Ortmann (Buffalo)	Tom Critchley Sr. (Exec Direc) (retired)	
Girls Basketball	Jeremy Digiovanni (WHA)	Aaron Boyum (Albany) Past. Pres	Mark Cook (Maple Grove)	Scott Bergman (Sauk Centre)
Cross Country	Jeff Dickman ( Rockford)	Jeff Morris (Perham) Past Pres.	Christian Zimmerman(SW Christian)	Thomas Sharp(Eastview)
Dance	Tiffany Sandhurst (New Prague)	Jenny Whiteley - Spring Lake Park	Marissa Haakonson Membership	Brittany Rehling (Roseville)
Football	Nick David(Mound-Westonka)	Bryan Strand(Barnesville)	Ron Stolski (Brainerd) (Exec Direc)	Jim Dotseth (Sec/Treas)
Golf	Heather Hoec (Milaca)	Craig Nasvik (White Bear Lake)	Alyssa Konecne (Fosston)	
Gymnastics	Jessica Lofrano-Larson (Brainerd)	Joni Reitmeier(Worthington) Past. Pres.	Shelly Eklund (Eagan)-Sec	
Boys Hockey	Ricky Saintey (Rosemount)	TBD	Dustin Vogelsang (East Ridge)	Pat Andrews (Hermantown)Girls
Hockey	Claire Goldsmith (Minneapolis)	Tim Morris Ex Direc (Lakeville South)	Robert Sherry (Lakeville South)	
Boys Lacrosse	Andy Lee (Edina)	Giuseppe Palermo(Benilde-St. Margaret's)	Darin Nelson (Sec)	Lance Kuehn (Rosemount) (Treas)
Girls Lacrosse	Heather Pierson (Prior Lake)	Theresa Boyd (Hill-Murray)	Kelsey Long (Rosemount) (Secretary)	Kelly Crampton
Alpine Skiing	Jared Scribner ( Edina)	TBD	TBD Bob Boldus (Lakeville North)	
Nordic Skiing	Andrew Hanson (Wayzata)	David Johnson (Marshall) Past.	Jason Mork (Winona/Cotter) Acad	Richard Heilman (Lakeville N)
Robotics	Justin Scheider (Esko)	Curtis Robertson (Upsala) Past Pres	Alex Jurek (Becker)	Scott Davis (Irondale)
Soccer	Tracy Griess (Andover)	Jen Levisen (Austin)	Keith Randa (Apple Valley) (Exec Sec)	Art Seplak (Treas) Greg Juba (Clinic)
Softball	Sean Hall (Forest Lake)	Dawn Engebretson (Rockford)	Brenda Carlson (Treasurer)	
Boys Swimming	Jason Tangen (Sauk Rapids-Rice)	Scott Johnson (Edina)	Todd Walsh (Bloom-Kennedy) (Exec Sec)	Katie Haycraft (Prior Lake) (Treasurer)
Girls Swimming	Cassie Kieffer (New Prague)	Megan Magnuson (Century)	Todd Walsh (Bloom-Kennedy) (Exec Sec)	Katie Haycraft (Prior Lake)
Strength	Jessica Gust (St. Louis Park) (Vice Pres)	Zack Nauert (Mound-Westonka)	Alex Greenway (Tracy-Milroy-Balaton)	
Synch. Swimming	Kathy Henderson(Stillwater)	TBD	Lauren Kranig (Richfield) (Secretary)	Natalie Bodin (Wayzata)
Tennis	Aaron Rothenberger(St. Peter)	Aaron Rothenberger(St. Peter)	Dave Wareham (Totino-Grace) (Exec. Sec)	
Track	Eric Klein (St. Charles)	Rob Graham (Eagen)	Scott Christensen (Stillwater) (Sec/Treas)	Chris Harder (HOF) Rosemount)
Volleyball	Jim Lee (Ada-Borup)	Lonnie Morken (Mable-Canton)	Becca Pulju (Sebeka)	Kim Duis (Concordia)
Wrestling	Matt Hennen ( Scott West)	Tim Haneberg (Hastings)	Kip Lynk (Dassel) (Exec Direc)	Kurt Habeck (Delegate)

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

# President's Message

By: Bob Schueller

## Fall Sports Success / Welcoming Winter Seasons & Coaches

As the leaves have fallen and the temperatures begin to drop, and now snow on the ground, we take a moment to reflect on the excitement and accomplishments of your fall sports teams. This season was filled with determination, teamwork, and school pride—both on and off the field.

Your fall athletes showed incredible effort, whether battling through tough matchups, improving every day in practice, or supporting their teammates from the sidelines. We are proud of each team for their dedication, sportsmanship, and the positive example they set for your school community. Coaches, athletes, and fans alike helped make this a memorable season, and we thank everyone who contributed to the success and spirit of fall sports.

Now, as we turn the page to winter, we are excited to cheer on your next group of student-athletes. The winter sports season brings its own energy and challenges, and we know your athletes are ready to rise to the occasion. We look forward to seeing the same passion, determination, and school pride from our courts, mats, rinks, slopes, stages, and beyond.

But success in sports is never the result of one person alone. Our assistant coaches have played a vital role in

developing players, fostering a positive team culture, and ensuring that practices and events run smoothly. They are the steady voices offering encouragement, the ones working closely with athletes on the details, and often the unsung heroes of every season. We appreciate everything they do to support our programs and help our athletes grow.

Coaching is a journey built on shared knowledge. Every coach—no matter how experienced—has learned from someone who came before them: a mentor, a colleague, a former coach who inspired them. The lessons passed down through the years shape how we teach, lead, and support our young athletes today.

As new coaches join our programs, we recognize how important that support system remains. Experienced coaches play a key role in guiding and encouraging those just beginning their coaching paths. When we collaborate, share ideas, and lift each other, our entire athletic community becomes stronger.

Here's to the continued success of all our teams—fall, winter, and beyond.

Together, we build stronger athletes, stronger coaches, and a stronger school.

## 2025-26 SPORT ASSOCIATION CLINIC & EVENT SCHEDULE

DATE	SPORT	LOCATION
January 15-16, 2026	Baseball Clinic- markdowney0@gmail.com	Target Field
January 15-16, 2026	Track & Field Clinic - josephs@isd721.org	Intercontinental - St. Paul Riverfront
January 31, 2026	Softball Clinic- jasonbaune@gmail.com	Target Field
March 5 & 6, 2026	Tennis Clinic - Les Zellmann - lzellmann@isd840.org	St. Louis Park
March 14, 2026	Golf Clinic - Criag Nasvik	Site: TBD
March TBD, 2026	Girls Lacrosse Meeting	Benilde-St. Margaret's High School
March 24-26, 2026	MNIAAA AD Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
March 26-28, 2026	MFCA Football Clinic - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
March 28, 2026	MFCA Youth Clinic	Double Tree, St. Louis Park
March 28, 2026	MFCA Football Hall of Fame Banquet	Double Tree, St. Louis Park
March 19, 2026	MSHSCA Executive Board/Finance Meeting	Hilton Garden Inn, Eagan
March 20, 2026	Spring Delegate Assembly	Mancini's
April 24-25, 2026	Swimming and Diving - mplsswim@gmail.com	Marriott NW Mpls-Brooklyn Park
April TBD, 2026	Swimming & Diving All-State & Hall of Fame Banquet	Marriott NW Mpls-Brooklyn Park
June 28-29, 2026	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan

*If your event for the 2025-2026 school year is not listed, please send the event date and details to Rick Ringeisen at [ringer@mshsca.org](mailto:ringer@mshsca.org).*

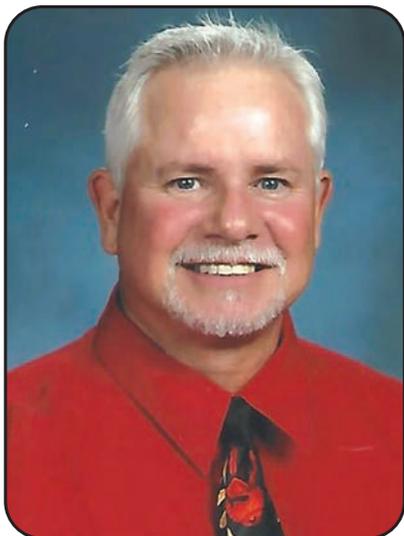
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# Reflections by Ringer



By: Rick Ringeisen,  
MSHSCA Executive  
Director

**How does a coach know when it's time to retire?** Last fall, when asked about retirement, Legendary Becker Football Coach Dwight Lundeen answered, *"I'm getting close."*

The cover article in this issue of the Prep Coach features two

of Minnesota's greatest legends of prep sports. The article featured Dwight Lundeen, who at the time was the longest-tenured active coach in Minnesota and had just finished his 58th season, and the journalist John Millea, who wrote the article on Dwight Lundeen's prestigious career. John wrapped up his career with the MSHSL, traveling across the state posting stories in his John's Journal.

At the MSHSCA Hall of Fame Banquet in October, both Dwight and John were honored. Dwight was inducted into the MSHSCA Hall of Fame, and John was recognized for his coverage of Prep Sports and honored with a plaque and an honorary MSHSCA Life Membership. Dwight's induction presentation was impressive, with over 400 wins and still counting. At the time of the banquet, John was recently retired, and Dwight was in the middle of fall football season.

In John's November 11th post, he wrote that a few weeks earlier, he asked Dwight how long he would serve as the Head Football Coach at Becker High School. Dwight answered, "I'm getting close". In early November, Dwight let John know that after the 2026 season, he would leave with a full heart. The moment I read what Dwight said, I finally heard the answer to the question that many long-time coaches have spent many hours contemplating. The time to retire from coaching is when your heart is full. Of course, the answer will be different for everyone, but a full heart is a good place to start, accepting that it's time to move on.

The most common thing I have been told by people who are not coaches about retirement is, "You'll know when you know it's time to retire." As an educator and coach, that line never made sense to me. From their perspective, they spend their career going to work. I spent my career getting to go to school, teach, and coach! Monday was my favorite day of the week, because I was going back to school! I absolutely loved

teaching and coaching, and never considered either one work. When I was a kid, my parents often said clichés to me, and I hated it at the time. But I remember well being told to find something you like to do, and you'll never work a day in your life.

Coaches are a special breed. They coach for lots of different reasons, and the best of them create a positive culture, and the success of their programs is the byproduct of the positive impact they have on their athletes. Coaches, as a group, are among the finest in the world because of the passion and love they give back to their athletes, teams, schools, and communities. In my 45-year career as an educator and coach, I have never heard a coach complain about the long hours or the pay, which is well below minimum wage. In fact, I don't recall ever hearing of a coach who was hired asking about the pay before accepting the position. All in all, coaches are optimistic, seeing the best in others, especially the athletes we coach and the people in our circle.

As coaches, we are always looking for the metaphorical rainbows in life, which means we are filled with hope, and when they appear, it means rain is falling somewhere on the horizon. We understand better than most that for growth and rainbows, rain must fall. Getting wet is part of the price we pay to coach. There is much more to our relationships with the student-athletes we coach. We teach through sport and mentor them to become the best versions of themselves. In turn, every day they inspire us to be the best we can be, and being in the presence of their youth, we don't realize we have aged. Like Dwight, I am starting to feel I am getting close. My first realization was one morning when I looked in the mirror and realized I looked like what I considered my father's generation. That only made me more excited about going to practice to coach.

There is good news to share. The first good news is that Dwight will be returning to coach the Becker Bulldogs Football Team next fall! The second is that John Millea has continued to post stories about prep sports on the Substack.com website. The following link will take you directly to John's post on Substack.com, [johnmillea.substack.com](http://johnmillea.substack.com).

So, as a coach, how will you know when it is time to retire? There is really no pat answer. A good place to start is knowing when your heart is full, or when life's circumstances change. My greatest hope for all coaches is that, ultimately, the decision to retire is yours to make, not one made for you. I am closing with a tribute to my parents and one of their clichés that they often said to me. When one door closes in life, another one opens. It was their way of making me realize that, as one opportunity ends, another will soon present itself. It is better to see the glass half full!

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

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

Your AD should be alert to envelopes with the return address of [Trophies Plus Awards](#). They will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school. Thank you for your help with this program to recognize your athletes.



# Delegates Corner

Kyle Haberman

## Coaching Through the Chill: Keeping Your Team Mentally Fresh During the Long Winter Months

The long winter months—stretching from the post-holiday slump well into the early spring—can present a unique challenge to any team. The days are short, the training schedule is relentless, and the initial excitement of the season has faded, replaced by fatigue and a creeping sense of monotony. For coaches, this critical period isn't just about maintaining physical conditioning; it's about safeguarding the team's mental well-being and emotional energy. A "fresh mind" is just as important as a "fresh body" for high performance, and mastering the mental side of the game during the grind is essential to ensuring the team emerges stronger on the other side.

To combat the winter slump, coaches must first embrace the concept of the "mental break" within the training structure. While winter training often focuses on heavy lifting and high-volume work, which can quickly lead to burnout, injecting variety and a deliberate shift in focus can be incredibly refreshing. This involves implementing a 'Fun Day' schedule once or twice a month, dedicating a session to non-traditional activities like ultimate frisbee or a competitive scavenger hunt where the goal is engagement, not mastery. Furthermore, coaches should use indoor time to integrate basic sports psychology, discussing visualization techniques, mindfulness, and coping strategies for pressure, dedicating 15 minutes of a session to watching game film, not for technical critique, but for identifying and celebrating positive play patterns. Even scheduling slightly longer mid-practice breaks, allowing players to disengage and chat about non-sport topics completely, offers a vital mental reset that can dramatically improve the focus of the remaining training hour.

Equally important is shifting the team's narrative to focus on the "Process," rather than the distant "Outcome." When the season feels endless, players can easily lose sight of the ultimate goal. Therefore, instead of focusing only on the championship in three months, coaches should set short-term goals by establishing achievable targets for the next two weeks, such as improving the team's free-throw percentage or reducing unforced errors. These smaller, continuous wins provide an immediate feeling of progress. In cold, dark practice environments, where effort can feel unrewarded, coaches must be intentional about verbally recognizing intensity and hustle, celebrating the effort just as much as the result. Occasionally, a quick team discussion, reminding athletes why they started the sport and focusing on their passion and what they value most about their teammates, can tap into intrinsic motivation that is far more resilient than reliance on external, long-term rewards.

Finally, a strong focus on individual wellness and connection is non-negotiable. The winter slump can often be exacerbated by seasonal affective disorder (SAD), academic stress, and social isolation. Coaches need to be proactive in supporting holistic well-being by instituting a quick, non-invasive check-in system, such as asking players to rate their current energy or rest levels. This acknowledges that they are students and

people first, and athletes second. Team building outside a training context is also crucial; an optional, low-pressure team dinner, movie night, or volunteering opportunity offers a chance for players to connect as friends, deepening the trust that serves as the team's internal support system during tough times. To reinforce physical and mental recovery, coaches must use the winter as a prime educational time to emphasize the necessity of sleep and nutrition, framing quality sleep not as a luxury, but as the single most critical component of physical and mental performance, because a tired mind is inherently an unmotivated mind. Ultimately, the team's energy often mirrors the coach's; by prioritizing mental freshness, variety, and connection, a coach can be the spark that ensures the team is not just surviving the winter but using it as a deliberate foundation for peak performance when the spring thaw finally arrives.

## MEMBERSHIP REPORT 2024-2025

December 1, 2025

Types of Membership	Final 2024-2025	December 2024-2025	December 2025-2026
Active Class A & AA	7092	5622	5589
College Associates	1372	1372	1318
Other Associates	77	82	52
Active Life	365	299	313
Retired Life	1575	1588	1650
Honorary	6	6	6
<b>TOTAL</b>	<b>10470</b>	<b>8650</b>	<b>8614</b>

Breakdown of membership by sports association  
(2023-2024 totals in parenthesis)

Adapted Athletics (37) 35	Boys Lacrosse (20) 27
Alpine Skiing (48) 53	Girls Lacrosse (26) 23
Athletic Directors (85) 82	Football (981) 983
Baseball (312) 318	Football Retired (11) 7
Boys Basketball (562) 530	Robotics (106) 115
Girls Basketball (489) 493	Golf (boys & girls) (204) 268
Cross Country (471) 463	Soccer (boys & girls) (487) 503
Dance (276) 265	Softball (258) 227
Gymnastics (172) 166	Synchronized Swimming (5) 3
Nordic Skiing (109) 111	Girls Tennis (201) 205
Girls Swimming (265) 247	Boys Tennis (120) 125
Boys Swimming (155) 137	Track & Field (654) 66
Girls Hockey (121) 97	Boys Volleyball (22) 36
Boys Hockey (141) 137	Girls Volleyball (546) 555
Hockey Retired (3) 2	Wrestling (180) 153
Strength (47) 40	

Sports associations that collect their own dues and join the MSHSCA are Cheer (10) 12, Clay Target (8) 12, and Badminton (4) 5.

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# Access, Engagement & Opportunity

By: Kerry Sutherland

By: Kerry Sutherland

As winter rolls in, I find myself reflecting on how my life and activities change with the cold and snow. I often retreat indoors, preparing to hunker down until spring. I've always attributed this attitude to my dislike for the cold and snow. Still, the reality is that there are ways to make winter more tolerable and even enjoyable with proper clothing and preparation.

When I think back to my childhood, I realize that I was never exposed to outdoor activities. Growing up in a predominantly Black community, outdoor sports were not a part of my experience. After moving to Minnesota as a young adult, I was surrounded by an abundance of outdoor activities, yet I still didn't get involved. Even as a parent, I didn't actively encourage my children to participate in outdoor winter sports and activities. While they did play outside in the snow and tried snowboarding and skiing, my own reluctance to embrace the cold held them back.

Now, as I see my grandchildren talking about winter sports they want to try, I can't help but feel a sense of regret that I didn't prepare their parents better for these times. It's not just about playing sports; it's about learning to appreciate the beauty of the outdoors and nature, especially in a climate like Minnesota, where it often feels like the majority of the year is cold and snowy.

Minnesota, known for its long winters and abundance of lakes, offers a unique playground for outdoor sports enthusiasts. As we consider the potential of winter activities such as snowboarding, skiing, snowshoeing, hockey, broomball, ice skating, and even ice fishing, it becomes clear that diversifying access to these sports and activities is crucial. This is especially true for boys and girls, as well as people of color, who have often been historically underrepresented in many outdoor sports and activities.

## The Importance of Diversity in Sports

### 1. Promoting Inclusion:

- Encouraging participation from diverse groups fosters a sense of belonging. When children see peers from varied backgrounds engaging in sports, it inspires them to join, breaking down barriers of race, gender, and socio-economic status.

### 2. Building Community:

- Sports can unite individuals from different backgrounds, creating a sense of community. By involving boys and girls of all ethnicities, we can build networks that promote understanding and collaboration.

### 3. Enhancing Opportunities:

- Diversifying sports provides more opportunities for youth to explore their interests and talents. This can lead to personal growth, confidence, and a lifelong passion for physical activity.

Minnesota's winter landscape offers a plethora of activities accessible to everyone, regardless of background. Here's a closer look at some key winter sports:

#### 1. Snowboarding and Skiing

- Accessibility Programs:

Implementing programs that provide equipment rental and lessons can make skiing and snowboarding more accessible to underrepresented communities.

#### 2. Snowshoeing

- Family-Friendly Adventure: Snowshoeing is an affordable and easy entry point for families. Community events can introduce families to this sport, fostering a love for the outdoors.

#### 3. Hockey

- Breaking the Ice: Hockey is a beloved sport in Minnesota, yet it can be costly. Offering free clinics and community leagues can encourage participation from diverse groups, ensuring that every child has the chance to skate.

#### 4. Broomball

- Inclusive Fun: This informal sport requires minimal equipment and can be played on any ice surface, making it a perfect option for community gatherings and events.

#### 5. Ice Skating

- Community Rinks: Local initiatives to create free or low-cost skating rinks can open up ice skating to all. Programs that offer lessons can further boost participation.

#### 6. Ice Fishing

- Cultural Connection: For many communities, ice fishing is a traditional activity that can be shared and celebrated. Workshops can teach fishing skills, promoting cultural exchange and bonding over shared experiences.

#### 7. Winter Camping

- For the adventurous, winter camping in Minnesota's state parks can be a unique experience, complete with snowshoeing and ice fishing.

#### 8. Fat Biking

- This emerging sport involves riding specially designed bikes with wide tires on snow-covered trails, providing a fun way to explore winter trails.

### Strategies for Integration

To ensure that these winter activities are accessible to all, particularly for boys and girls and people of color, we can implement several strategies:

- Community Outreach: Engage schools, community centers, and local organizations to spread awareness about available programs and activities.

- Partnerships with Local Organizations: Collaborate with nonprofits and cultural organizations to create programs that cater to diverse communities.

- Inclusivity in Coaching: Train coaches and instructors on cultural competency to create welcoming environments for all participants.

- Access to Equipment: Develop equipment-sharing programs to reduce barriers for families who may not be able to afford specialized gear.

### Conclusion

Diversifying sports in Minnesota is not just about increasing participation; it's about creating a more inclusive, vibrant community. By promoting outdoor winter activities for boys, girls, and people of color, we can harness the power of sports to foster unity, health, and joy. As Minnesota embraces its winter landscape, let's ensure that every child has the opportunity to enjoy the beauty of the outdoors, regardless of their background.

Have a great winter, bundle up, and enjoy!

Coach Kerry

# MSHSL Board Of Directors Report:

*By: Mike Hennen,  
Boys' Sports Rep*

Continued expansion of Girls Wrestling and an option for Member Schools to play additional baseball and softball games were among the approvals by the Minnesota State High School League's Board of Directors during its regularly scheduled meeting on Thursday, Oct. 2, at the League Office.

Girls Wrestling, first sanctioned by a vote of the Representative Assembly in 2021, will expand from four to eight sections with two state qualifiers from each weight class in section competition. This increases the number of state qualifiers in each weight class from eight participants to 16.

At its meeting on June 3, 2025, the Board of Directors approved adding a half day to the Wrestling State Tournament, with Day 1 beginning on Wednesday afternoon. That approval provided increased flexibility, in part, to accommodate the growth of Girls Wrestling and planned additional qualifiers. The half-day addition also provided the ability to move to full wrestlebacks at the state tournament level.

The Board of Directors also approved the option of adding up to four regular-season games in baseball and softball. The approval provides scheduling flexibility, especially in case of inclement weather that often presents challenges in the early spring.

The approved proposal will allow teams to count in-season tournaments, doubleheaders, or triangulars as one event, instead of the two or three games that might be played on that day. Tournaments paired on Friday and Saturday will count as one event. Teams will be permitted to have a maximum of two in-season tournaments.

More than 80 percent of the softball and baseball coaches surveyed supported the proposal. The Region Committees and Activities Advisory Committee also approved the proposal.

Among other Action Items:

- The Board of Directors approved an expansion of basketball replay policy to include basket interference as a reviewable occurrence in state tournament semifinals and finals.

Via its Executive Committee, the Board of Directors:

- Approved the renewal of a contract with Signature Concepts, the League's official merchandise and apparel provider.

- Approved TCO Stadium in Eagan as the site for the third-place and championship lacrosse games on June 13, 2026; the Adapted Hockey State Tournament at Bloomington Jefferson in March, 2026; the Adapted Softball State Tournament at Wayzata High School in May, 2026, and Monday, June 15 as the Baseball Championship Series date at Target Field. The Robotics State Tournament held on May 16 at Concordia University (St. Paul) was also approved.

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

## MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

### EXECUTIVE COMMITTEE LIAISON ASSIGNMENTS 2025-2026

<b>PAST PRESIDENT</b> Kerry Sutherland	B/G Soccer G Swimming Robotics	B Swimming Wrestling	Baseball B Hockey
<b>PRESIDENT</b> Bob Schueller	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf G Hockey
<b>PRESIDENT ELECT</b> Kyle Haberman	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
<b>VICE PRESIDENT</b> Al Amdahl	B/G Volleyball Dance	Synch. Swimming B Basketball	Softball B/G Lacrosse
Girls Sports Inclusion & Diversity	Becky Leuer Kerry Sutherland		

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

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# MEMBERSHIP CORNER

*Joyce Ringeisen*

*Assistant to the Director*

## Remember to Register for 2025-26!

**Registration for the new Membership Year will begin August 1, 2025 and goes until July 31, 2026.**

The registration process with Digital membership cards continues to be more efficient and cost effective for MSHSCA.

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

**The 2 Options to pay are:**

1. Pay with your personal credit card
2. (or) have your school pay using their credit card.

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

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

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

The advantages of the digital registration process are as follows:

\*MSHSCA members are able to carry an MSHSCA card digitally on their phones.

\*MSHSCA members are able to print a copy of their MSHSCA membership card at home if they prefer to carry a hard copy with them.

\*MSHSCA members have the option to add their picture to their MSHSCA membership card. This adds an additional level of security to the MSHSCA membership system.

\*The MSHSCA saves thousands of dollars in card printing costs, envelopes, and postage.

**When you join for the 2025-2026 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 to the right:.

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: [mshsca24.cordonco.com](https://mshsca24.cordonco.com)

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

Hello Your Name,

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

### General Liability Insurance Program

Insurance information.

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

### Wallet Size Membership Card

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

Download the PDF: (Click here)

Navigate to the PDF: (Click here)

Download the image: (Click here)

Navigate to the image: (Click here)

### Registration Info:

Username: your email address

Registration Site: [mshsca24.cordonco.com](https://mshsca24.cordonco.com)

**MEMBERSHIP CORNER... continued from page 8**

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

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

**MSHSCA Digital Membership Troubleshooting Tips:**

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

This is likely due to one of the following reasons:

- The email was blocked, or it is in your Spam mail.
  1. You received the email but did not recognize it. The email will come from [Registration@cordonco.com](mailto: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 at any time to open membership links.

Log in to <https://mshsca24.cordonco.com>. This is the same link you use to join MSHSCA every year.

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

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

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

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

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

**Solution:**

**The MSHSCA online membership system will not allow you to edit your membership profile until after you have joined for the membership year.** After you have joined, log out and log back in. Once you have logged in, you will be able to edit your membership profile. Make sure you advance to the last page and scroll down to the bottom and press the “**Finish**” button to complete the editing process.

## OTHER SPECIAL MEETINGS OF IMPORTANCE

Jan. 14-18, 2026	NOCAD National Convention	San Antonio, Texas
March 19, 2026	MSHSCA Finance Meeting	Hilton Garden Inn, Eagan
March 20, 2026	MSHSCA Spring Delegate/President Meeting	Mancini's in St. Paul
March 24-26, 2026	MNIAA-ADs Conference	River's Edge Convention Center & Kelly Inn, St. Cloud
June 28-29, 2026	Summer Board of MSHSCA Directors Meeting	Hilton Garden Inn, Eagan
September 11, 2026	HOF Meeting	Minneapolis Marriott West
September 12, 2026	MSHSCA Fall President/Delegate Meeting	Minneapolis Marriott West

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# Chip Shots

By: *Craig Nasvik, White Bear Lake  
President - Minnesota Golf Coaches Association*

I hope everyone is having a great school year. Here we are, already looking at December.

We had several proposals up for consideration with the high school league. Two of the proposals passed and were accepted by the league in October. The following are the changes for golf this year:

Proposal # 1 - Allow coaches to change their line-up for two-day events without having to count as two events.

Proposal #2: This proposal would allow coaches to have two alternates on their section roster.

Reminder: registration is open for the High School League. Make sure to register all your coaches at all levels so they are all members of the high school league. As a member, you and your golfers are then eligible to receive any All-State awards and Academic awards. The insurance you get by being a member is priceless.

Information about our Spring Clinic will be released soon.

I hope everyone has a great holiday season.

Craig Nasvik  
President MGCA



# Dig This

By: *Lonnie Morken  
MNVBCA President*

Another fantastic volleyball season is in the books. Our state champions were crowned Saturday, November 8th. Lakeville South, Marshall, Hawley, and Mayer Lutheran all won their championship games. For Lakeville South, Hawley, and Mayer Lutheran, it was their second consecutive first-place finish. Our top-notch banquet was held on Tuesday, November 4th. We honored the teams that qualified for state, as well as the players who were recognized as all-state. Steve Willingham, the current head coach at Lakeville South, was inducted into our Hall of Fame. New Prague head coach Greg Sayuk and retired North Branch coach Becky Leuer both received our Distinguished Service award. Finally, Centennial middle hitter Elena Hoecke was named Ms. Baden, the top senior volleyball player in the state. Congratulations to all the teams and individual award winners! Enjoy the off-season. Time moves quickly. Soon we will be talking about our clinic, and the 2026 season will be upon us!

Lonnie Morken  
MNVBCA President

# Goal Posts

By: *Ron Stolski*

Fellow Keepers,  
And so, now the season and all its accolades, awards, and recognitions are part of your season's memories; your team and community's history. The playoffs, district and sections, and Prep Bowl have concluded. So too, the All-Star game has been played, Mr. Football has been selected and announced. Minnesota HS football 2025 has ended. The question, however, remains. Does our passion, our love for coaching our wonderful game, and all the life lessons in it ever really end? Is this the end of the beginning, or the beginning of the end?

As we enjoy our Holiday season, before the weight room bars rattle and the room sings with the melodic chatter from past, present, and future athletes, some MFCA thanks, salutations, reminders, thoughts...

To;

\* Thank you to all coaches in Minnesota, head and assistant at every level, for unconditionally caring and giving, and to the Ad's that support them.

\*President Bran Strand-Barnseville, for his thoughtful, inclusive Head Coaches survey that will serve us for years to come as we progress forward.

\* salutation to Mpls. North HS matriarch and Coach Beulah Verdell, a retired nurse who just completed her 26th season as an assistant coach at North High.

\* to membership chair, Marc Bachman, for his equally

valuable survey and for setting a goal of 1200 members for 2026.

\*To Rob Nielsen and Jim Dotseth, for all of it.

\* to Bob Madison, MSHSL, and Rick Ringeisen, MSHSCA, exceptional leaders; special friends.

\* To our sponsors: Field Turf, The Leading Edge, The TEEHIVE, Astro Turf, Game One, Dynamic Fitness & Strength, Clell Wade, Blaze Credit Union, Wilson, Let's Play Football, Adrenaline, Minnesota Vikings, Josten's, and The Golden Gophers. WITHOUT WHOM THE MFCA COULD NOT BE!

\* To the Doubletree, St. Louis Park, our "home away from home," and to Nicole Gebeck and Alex for attending to our every need.

\* to all committees and chairs for their excellent work and service.

\* To Nick David and Dave Nelson for the Swanson/Hof room renovation.

\* To Tackle Cancer chair, Dave Nelson, for his diligent, inspirational leadership of the TC effort. Since its inception in 2012, TC has raised \$4,000,000. If you have not yet joined the FIGHT, please do. The goal for 2026 is \$650,000.

\*To all Mr. Football candidates, finalists, and recipient, Roman Voss.

\* Congrats to Prep Bowl champions, Spring Lake Park, Annandale, Hills-Beaver Creek, Edina, Orono, Minneota, and Jackson County Central

GOAL POSTS.... continued on page 11

**Trophies Plus - Sponsor of Coaches Caring**

# FLIP NOTES

By: Jessica Lofrano-Larson  
Brainerd High School



I hope that everyone's seasons are off to a great start! Practice officially kicked off on November 10th, and meets started as early as November 26th. As we get into the season, I want to call everyone's attention to a few items:

-Our Fall Clinic was a big success, and we extend a huge thank you to the UW Stout Coaching Staff and our spotting clinicians for their expertise, to Stillwater for hosting, and to the clinic planning committee for their hard work toward making the event a success.

-The Rules Meetings are available on your dashboard of the MSHSL website. These should be completed before your first competition.

-The membership deadline for the MGGCA is December 31st. This membership makes your team and athletes eligible for awards such as All-State, Elite All-Around, COTY, and Academic Silver & Gold Awards.

-For a complete overview of the season and important dates, we encourage you to keep a close eye on the Season Timeline available on the association website.

-New this year, we will be holding both A and AA True Team meets. Be sure to submit your scores after each meet to be included in the rankings and to be eligible for these meets.

-Finally, also new this year, we will be holding three monthly "Chalk Talk" online meetings for coaches. They will be an opportunity to discuss MSHSL and association happenings, share ideas and advice, and answer your coaching questions. Our first call will be held on Sunday, December 14th at 6 pm, and we'll cover tips for managing the season and schedules, team-building ideas, and be joined by a judge to help answer routine and meet questions.

Thank you for the incredible amount of time and energy you invest in your gymnasts every day; your commitment to their growth and well-being is what makes Minnesota gymnastics so special! I can't wait to see all of the success this season brings!



# DIAMOND CUTS

By: Sean Hall  
MFCA Coaches Association President  
Forest Lake High School  
Head Softball Coach

## Clinic Registration Info:

- The registration fee is the same as last couple of years, and the registration fee includes a complimentary buffet lunch (valued at \$25)

- **MFCA Members: \$80. Use Member2934 discount code when registering to receive the \$80 registration fee.**

- Non-MFCA Members: \$100.

- The registration fee will go up \$20 on January 12, 2026.

- View Complete Registration How-To Here

**\*Important: Clinic Registration Tips for Adding Additional Coaches:**

After filling out your own registration:

- Select "Add Another Registration" on the top right of your registration summary page.

- At the "Who are you registering" prompt, choose "My Participant"

- Click "Add a new participant" on the bottom right corner and fill out the profile for the staff member.

- After submitting the profile, select "Register" on the bottom right.

- Enter a discount code (if applicable) or continue completing all required fields for that staff member.

- Repeat these steps for each additional coach or staff member.

- When all registrations are added, click "Complete" on the registration summary page.

## Hotel:

For those wanting overnight accommodations, rooms at the Lofton Hotel are available at a nightly rate of \$132. The Lofton Hotel is accessible to Target Field through the Skyway System.

- [Click Here to Make a Hotel Reservation](#)

## Key Events:

The **Section Coaches Meeting** time and location is forthcoming.

For any question regarding registration, please contact Chelsey Falzone with the Twins at [chelseyfalzone@twins.com](mailto:chelseyfalzone@twins.com). If you are experiencing trouble registering, please be detailed about what you're experiencing.

We look forward to seeing you there!

## GOAL POSTS.... continued from page 10

Finally,  
Gentle reminders;

PLEASE support our sponsors when you need goods and services.

If you have not already, JOIN the MFCA. Enlist and help your staff at every level to do the same.

The MFCA Clinic is Mar 26-28, with the HOF and awards banquet on the 26th. Registration is open. Clinic planning

has begun. The goal is for it to be THE BEST EVER, and to top 2000 attendees. Register, attend, and help us continue to be among the highest-attended, most valuable Clinics in the nation.

In addition, Claud Allaire and Dave Nelson are planning and hosting MFCA Mini Clinics this winter. Announcements as to dates and times are coming soon.

Enjoy the Holidays, good keeper. Surely, we are blessed.

Much respect,

Ron Stolski

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# Chairlift Chat

By: Jason Gergen  
Hastings Alpine  
MSHSCA Section 4 Representative

Well, Mother Nature is finally cooperating, and the temps are dropping. A few ski areas are already open, with the remaining slopes opening for skiing the first week of December. We are all hoping for a normal winter after the past couple of warm, dry seasons. As a former snowmaker, it takes a lot of hard work and long hours to build a base that will last the season. I think it's important to remind your athletes to thank everyone who makes your local ski area happen. The Minnesota Alpine Coaches Association also wants to thank you for dedicating your time and effort. You're helping young athletes develop into good sportsmen and better people through alpine ski racing. The coaches association is here to support you, and we encourage your entire staff to sign up. I think we're all familiar with the liability waivers that all ski areas require. Those waivers attempt to shield the ski areas from liability in the event of an accident, but they do not protect the coaches on the hill. Our sport operates in a public arena shared by skiers and snowboarders of all abilities. For that reason alone, I can't think of a better reason to have the extra liability insurance provided by membership. Please encourage your assistant coaches to join for the additional insurance and to make them eligible for assistant coach awards.

The board of directors will look a little different this season with Jared Scribner of Edina taking over as President. We want to thank Nate Springer of Eden Prairie for his time as President and recognize the accomplishments of his tenure, including the Bibbo at state and the participation and success of Team Minnesota at the Western Nationals. We also have several new coaches assuming roles on the board and as section reps. Please reach out to your reps with any questions, concerns, or ideas. We are always happy to help and excited to hear of new ideas to make Alpine skiing the best sport it can be. Section 4 coaches reach out to me; section 5 is represented by Matt Brenteson; section 6 is Tom Schulz; and section 7 is Benji Neff. We already have some exciting ideas and plan to present them soon, before polling and introducing them to the league. I know it sounds like a broken record, but we have a short window for competition this season, and I want to wish all of you and your athletes the best of luck.

On behalf of the MN Alpine Coaches Association Board,  
Jason

## MSHSCA EMAIL CHANGE:

Contact: Rick & Joyce Ringeisen at  
[ringer@mshsca.org](mailto:ringer@mshsca.org)



# ROBOTICS NUTS AND BOLTS

By: Ellie Feist

Robotics teams all across the state are *gearing up* for the start of our season on January 10th. Students have been spinning their *wheels and launching* their theories about what the 2026 REBUILT season will entail. Our teams participate in a program called FIRST, which stands for For Inspiration and Recognition of Science and Technology. They release what we call a game for students all across the globe to compete in. Minnesota will have students not just locked in, but *plugged in*, for 2 months straight.

Don't short-circuit wondering why you've seen your school's robotics team hard at work this year when the season doesn't start for another month. FIRST is more than just about robots. The goal is to create the STEM leaders of tomorrow. The most prestigious award in FIRST is called the Impact Award. Teams need to show the judges the *blueprints* of their operations about how they build up other teams, inspire the community in STEM, and make a difference.

In order for us to make sure Minnesota teams *measure up* against the global competition, they spend the summer and fall season *calculating* the best strategy to share their love of STEM with everyone else. Robotics is all about the connection created with other teams in their areas. Whether they are working with teams from other high schools or supporting the younger robotics programs in their area, our FIRST Robotics students are *programmed* to lend a helping hand. There's no time for them to have their heads in the *clouds* when there are at least five different off-season competitions hosted by various schools for them to participate in.

Our students run on *Java* as they refuse to *power down*. They have spread across various activities like viruses. You might have seen our students *scanning* the area at the MN State Fair, at local 4th of July celebrations, or at your school hosting summer camps. Our highly *charged* students are promoting STEM and education, whether it's a STEM open house in your district, My Book Day for elementary students, shooting their t-shirt cannon at the homecoming game, or even just encouraging new students to join their club at your activities fair. Instead of *recharging* over the holidays and settling down for a *byte* of *Raspberry Pi*, you'll see robotics collecting donations for food banks, hosting Toys for Tots events, ringing bells outside of department stores, bagging your groceries, or decorating Christmas cards for soldiers and nursing homes. Our students do their best to give back to the communities that support them and never take anything for *granted*.

Even if it feels like our *screws are a bit loose* as we put the final touches on our 2025 season schematics, we'll be *reassembled* in no time. All of us coaches are ready to see how this new season will *spark* the creativity in our students. Please wish us the best of luck as we prepare to *flip the switch* on for 2026.

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# GIRLS HOCKEY "SNAP SHOTS"



Submitted by Tim Morris, Executive Director, MGHCA  
www.MGHCA.com Execdirector.MGHCA@outlook.com

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



## MGHCA AWARDS & PROGRAMS

The MGHCA sponsors many awards and programs available to players and coaches each season. Below you will find a list of these, with brief descriptions, who to contact, and the website page. Please note that the Head Coach MUST be a member of the MSHSCA for their team and players to be eligible for any of these awards/recognitions. Head and assistant coaches must be members to qualify for recognition for any postseason coaching awards.

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

**Team Academic Award** – This award recognizes outstanding team GPA, with the Section winners receiving a plaque at the Ms Hockey Banquet, and two Class winners are also recognized. The nomination form and instructions for completing it are also available on the website at [www.mghca.com/page/show/115700-mghca-academic-all-state](http://www.mghca.com/page/show/115700-mghca-academic-all-state). Bob Sherry coordinates both awards and can be contacted at [bobbyserry1@gmail.com](mailto:bobbyserry1@gmail.com).

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

Nominations and questions regarding the all-state process can be sent to Tom Maeckelbergh at [tmaeckelbergh@yahoo.com](mailto:tmaeckelbergh@yahoo.com).

**MGHCA Scholarships** – The MGHCA offers three \$1000 scholarships each year. They are the Charlie Stryker Scholarship, the Exec Council Scholarship, and the Premier Prep League Scholarship. Information can be found at [www.mghca.com/page/show/115694-scholarships](http://www.mghca.com/page/show/115694-scholarships). Bob Sherry coordinates these awards. His contact info is listed above.

**Head & Assistant Coach of the Year Awards** – The MGHCA recognizes coaches for their contributions at the Section and State level. Coaches can get access to more information at [www.mghca.com/page/show/115705-mghca-coach-of-the-year](http://www.mghca.com/page/show/115705-mghca-coach-of-the-year). Tom Anitzberger coordinates the Section and State Coach of the Year selection process. His contact info is [tanitzberger@gmail.com](mailto:tanitzberger@gmail.com).

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

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

**Ms. Hockey and Senior Goalie of the Year Awards** – These awards are presented each year to outstanding student-athletes at the year-end MGHCA awards banquet, usually held in St. Paul on the Sunday after the completion of the MSHSL state tournament. More info for these awards can be found at [www.mghca.com/page/show/115696-award](http://www.mghca.com/page/show/115696-award). Bryan Zollman, from Let's Play Hockey, coordinates the award and the banquet. His contact info is [letsplay@letsplayhockey.com](mailto:letsplay@letsplayhockey.com). The Head Coach MUST be a member of the MSHSCA for their players to be eligible for these recognitions. New this year, a Senior Defender Award will recognize the best senior at that position.

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

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

Have a great season!!

Submitted by Tim Morris, Executive Director, MGHCA  
[www.MGHCA.com](http://www.MGHCA.com)  
[Execdirector.MGHCA@outlook.com](mailto:Execdirector.MGHCA@outlook.com)

# CLEARING HURDLES

By: Eric Klein, St. Charles High School,  
President, MN Track & Field Coaches Association

Though the track and field season is still many weeks away, there is still plenty happening in the Minnesota track and field world.

**First,** I want to thank all of you for your incredible response to the 2025 Fall Track & Field Association survey. Nearly 250 coaches responded, almost 70 more than in 2022, when the association last ran a survey. We are grateful for your willingness to express your thoughts on the current state of Minnesota track and field. The advisory board and I have gained valuable data through this survey, data that can support several initiatives to improve our sport, and we have already begun communicating with MSHSL about these items. Thank you for your part in this process.

If you want to see the survey results, the advisory board has produced a thorough report summarizing the responses. This report is available on the association's home page (<https://www.mshsca.org/track>).

**Second,** the snow on the ground outside is, of course, a sure sign that the annual MN Track & Field Coaching Clinic is fast approaching. This year's clinic is January 15-17 at the Intercontinental -St. Paul RiverFront Hotel. We have an incredible group of speakers coming for this year's clinic, not to mention two Hall of Fame inductees, a President's Award recipient, Coach of the Year recognitions, and more.

I thought I would take a moment to highlight four things in particular that I'm looking forward to at this year's clinic.

**1. Boo Schexnayder**—I am fortunate to have seen Boo present on a wide variety of topics over the years, and every single time, it has been compelling. No matter what he is presenting on, you know it will be informative and accessible. I have told people before that if Boo were presenting on watching paint dry, I'd still attend, and would likely come away having learned something important. While "paint drying" isn't on his list of presentation topics for our clinic, he is covering nearly everything else. He'll be giving two presentations in the sprints room (one on team-wide speed development, and another on cold weather/short pre-season training adaptations), three in the horizontal room (one on triple jump coaching, one specifically on LJ/TJ approach technique and accuracy, and one on hamstring health), and two in the vertical room (one on HJ coaching and error correction, and one on pole vault approach). No matter who you are, you will have ample opportunity to learn from Boo at the 2026 clinic.

**1. Timo Mostert**—It may be scandalous for the president of the track and field association to admit this, but while I deeply love the sport of track and field, my first and forever true love was cross country. I was a distance runner through high school and college, and though I haven't coached cross country (or distance in general) since 2017, that love for distance is still there. That was never more apparent than last winter, when for the first time I got to watch Timo Mostert present. His presentation was enticing and informative, leaving me excited and wishing I could drop everything and run a distance race again. Timo is giving four presentations in the distance room and one in the general room. Even if you are not a distance coach—but especially if



you are, and especially if you are, like me, an erstwhile distance racer—then Timo's presentations are sure to be worth it.

**3. Junior High Room**—This year, the clinic is proud to offer a speaker room featuring presentations on junior high track and field. We all know that our programs can rise and fall, in part, on the groundwork laid by our junior high programs. A high-quality junior high program can not only seamlessly prepare your younger athletes to join the varsity squad in 9th grade, but also serve as a natural recruiter for younger kids. We are excited to offer a series of presentations specifically highlighting junior high track concerns and opportunities.

**4. The Random Unknown Coach**—Even before I took on a role with the coaches association, every time I would come to the MN track clinic, I'd inevitably find myself deep in conversation with another coach whom I'd never met before. It might be a conversation about training, philosophy, or culture, but I always came away feeling immensely grateful for the chance encounter. According to the fall survey, I am not alone in this experience either. 30% of respondents said they attend the clinic for the very opportunities to interact with and learn from other MN coaches. It is my absolute favorite part about this clinic, and I am looking forward to having such moments with coaches again this winter.

Whether you are in your first year as a coach or your fortieth, I invite you to join us on January 15-17 for the 2026 MN Track and Field Clinic. More information on the clinic can be found below:

## MN TRACK & FIELD COACHING CLINIC:

January 15-17, Intercontinental - St. Paul RiverFront Hotel

Registration: Registration for our 2026 clinic is now open! Register by going to: <https://www.mshsca.org/trackclinic>.

### Clinic Features:

**Keynote Speaker:** We are excited to announce our 2026 keynote speaker, John Millea, a long-time Minnesota sports journalist and media specialist covering high school sports.

**Presenters:** Boo Schexnayder, Timo Mostert, Scott Christensen, David Dumble, Isaac Smith, Chad Gunnelson, Shana Wilkins, and MORE.

### Clinic Special Events:

Thursday, January 15: The opening night of our annual Coaches Association Clinic will host the following must-attend events:

- **6:30 pm: MN Coaches Association/True Team Meeting and Social:** If there are topics you would like to address related to True Team or MN High School Track & Field, or if you're interested in an association leadership role, please consider attending this meeting.

- **7:45 pm: Women4Women Symposium and Social:** Save the date for our Second Annual Women4Women Coaches Symposium, where women and men from youth, high school, and collegiate sport programs gather together to learn, network, and support the recruitment and retention of women in coaching

### • **Friday, January 16:**

- **8:00 am: New Coach Breakfast:** Coaches in their first three years of coaching are encouraged to stop in and take advantage of this opportunity to make connections, ask questions, and get support from veteran coaches.

- **5:15 pm: MSHSCA Banquet** Presentation of awards, Hall of Fame induction, President's Award, keynote speaker, social, and vendor door prizes to follow.



# UNDER THE BAR

By: Jessica Gust

## How are 'we'?

This is such an important question to ask if you are part of a team of adults working with kids... for lots of reasons, including our own health as adults and the health and well-being of the kids we work with, but also for the 'health' of the system we work in. When I started working as a strength coach, I had already spent a full decade as a sports coach. Then I did another 10 years of work as a sports coach while growing our S&C program before I gave up coaching sports and shifted my full attention to our S&C program. When I worked as a sports coach, I used the words 'my kids' a lot. As you might expect, most people assumed I was talking about my own children. People would often ask how many kids I had, and I would say something like 'oh, just 45'. It was always a funny conversation starter. I claimed those athletes as my own, I protected them, I developed them, and I cared about them deeply. I thought I had more control than I did.

As we all know, we have minimal time with our athletes each season, and then they're off to their other sports or off-season programs. And the only thing we can do is surrender control to the other coaches; they'll work with them, and we'll cross our fingers that they have productive off-seasons. This is where 'we' come in. If you are reading this newsletter, you are working for an educational institution, which implies that we should focus on the growth and development of our athletes within the context of sport, not just on sport performance. If we are going to embody that philosophy fully, we need to ensure that, as a coaching staff, we work together to support growth and development throughout the year. We need to be cautious that when we make decisions for our team and our athletes, we are not working against the greater 'we'. This is one of the most significant arguments for a school-based strength and conditioning program.

As a strength coach, I still say 'my kids' a lot, and people still ask how many kids I have. But now the answer is 'oh, just 700'. One of the greatest privileges of my job is no longer worrying about looking out for my sport and my athletes. I now have the honor and responsibility of looking out for all of 'our' kids. As a sports coach, this should be extremely comforting and reassuring. As strength coaches, we oversee programming across all seasons and track the progress of all our athletes, whether they're in or out of season. We can manage workload, adapt to the needs of athletes and teams, and provide guidance to coaches as needed. We get to be a neutral party for kids, which I believe is one of the most valuable parts of our jobs. We get to spend significantly more time with them than any of their sports coaches do, and the kids know we are there to support them and with them for the long haul (and the ups and downs that inevitably show up).

If you are a sports coach, it means you were on at least



# Swim Strokes

By: Cassie Fisher

## Backstroke Wedges

If you've coached a backstroker long enough, you've seen it happen: the slip. That heart-sinking moment when a swimmer launches off the wall, and their feet slide down the pad, costing them precious time or even a disqualification. For years, we've coached around it, taught dryland, and did drills to strengthen starts. But now, a simple piece of equipment is changing the game: the backstroke wedge.

Backstroke wedges, once reserved for elite-level meets, are becoming more common across high school pools in Minnesota. These adjustable ledges attach to the starting block and give swimmers a firm surface to push against during their start. The result? More explosive takeoffs, fewer slips, and a noticeable boost in confidence for athletes who've struggled with consistency.

This isn't just about performance, but it is about equity. When some teams train with wedges, and others don't, it creates a gap that shows up on race day. As coaches, we're always looking for ways to level the playing field. Introducing wedges into regular training and competition environments helps ensure that all athletes have the tools they need to succeed.

I'm proud to share that the Minnesota High School Coaches Association advisory committee has unanimously voted to support the implementation of backstroke wedges in MSHSL swim and dive competition. We've formally pitched this initiative to the League, with Todd Walsh, Executive Director of the MSHSL Coaches Association, spearheading the effort. This is a pivotal moment for our sport. The MSHSL is listening, and our unified voice as coaches can help ensure that our athletes have access to the same tools they use in club swimming and beyond.

Of course, implementation comes with challenges. Not every facility has wedge-compatible blocks, and not every program has the budget to purchase them. But there are creative solutions: shared equipment between teams, booster club support, and district-level collaboration. Some coaches have even built mock wedges for practice starts, helping swimmers get used to the feel and timing.

Backstroke wedges may be small, but their impact is anything but. They represent progress, safety, and a commitment to giving every swimmer their best shot off the wall. Let's embrace this innovation and continue pushing our sport forward, one start at a time.

## UNDER THE BAR.. continued

one team at some point, so you know what it means to be a team player. If 'we' are going to succeed as a coaching staff, 'we' all need to get on the same page with 'our kids'. Taking advantage of your school-based S&C program is an excellent first step. If you don't have a school-based S&C program, you are welcome to have your AD contact our organization. We love supporting schools through the process of establishing a new program.

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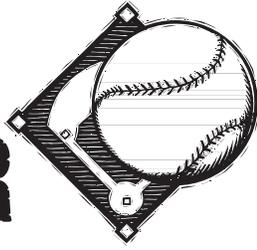


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# DUGOUT CHATTER



By: *Bucky Lindow, MSHSBCA Vice President*

*“Anybody can be great...because anybody can serve,”  
Martin Luther King Jr.*

Your service to your community and to the baseball players you coach is making a positive impact on the world! Thank you.

## **Tournament policy**

Thank you to anyone who worked on or gave input regarding the Baseball and Softball Optional Tournaments policy. The MSHSL board approved the policy in October, and it goes into effect for the 2026 season. All head coaches and Athletic Directors should have received information via email from the MSHSL in October with all the details. In a nutshell, the policy is similar to volleyball and wrestling, where teams can play multiple games over a Friday/Saturday period and count that as one of their 20 dates. Refer to the MSHSL information for all the details.

## **Dual Membership**

Thank you for getting registered for MSHSCA and MSHSBCA! In 2024-2025, we had 506 registered members. In case you didn't know, your membership in our organization automatically makes you a member of the NHSBCA (National High School Baseball Coaches Association). Minnesota had a strong presence at the NHSBCA convention in Fort Myers in early December. Mike Parker (Stillwater) and Kevin McDermott (Woodbury) were presenters. Tink Larson (Waseca) was inducted into the Hall of Fame. Tom Zbacnik (Esko) was recognized as assistant coach of the year. Troy Urdahl (St. Anthony Village) stepped into his role as 2nd Vice President. Shannon Blansette (Anoka) began his role as lead on the region's All-American committee. Craig Anderson (Pine Island) continued as Executive Committee Member, Chair of the Hall of Fame committee, and Master of Ceremonies at the induction ceremony. Paul Twenge (Minnetonka) continues as Associate Executive Director and a member of the Hall of Fame committee. Bill Kinnunen (Grand Rapids), Al Amdahl (Albany), Tink Larson (Waseca), and Bucky Lindow (Cannon Falls) continue on various committees. Minnesota is highly respected at the national level. Congratulations!

## **Upcoming January Clinic at Target Field**

The MSHSBCA/Minnesota Twins Baseball Coaches Clinic is set for January 16-17 at Target Field with top-notch clinicians, vendors, meals, and events! You won't want to miss this! The registration details are on the MSHSBCA website. A huge thank you to Clinic Director Mark Downey, Chelsey Falzone from the Minnesota Twins, and the entire clinic committee for planning one of the finest clinics in the country. The emphasis this year will be to give you a plethora of drills that you can put into practice this spring.

## **Hall of Fame and Award Winners**

The January Clinic will conclude with our annual Hall

of Fame and Awards Banquet on Saturday, January 17. Congratulations to the 2026 Hall of Fame Class: Paul Jenkins (Eagle Valley), Jerry Miller (Belle Plaine), Jerome Nemanich (Sartell), Tim Povinzino (Chisholm), Graydon “Soup” Stromme (Duluth Morgan Park), Bob Turner (St. Paul Como Park), and Jon Wroge (Norwood Young America).

Congratulations to these award winners who will be honored at the banquet:

### **John Anderson- Coaches of the Year**

Mike Gullingsrud (Red Lake County), Dan Drazan (Pine Island), Rob Garry (Mahtomedi), and Buzz Hannahan (Cretin-Derham Hall).

### **Rob Fornasiere - Assistant Coaches of the Year:**

Tom Zbacnik (Esko) and Eric Gassman (Lakeville South).

### **Dick Siebert Award:**

Scott McCready (St. Charles)

### **Jim Dimick Retired Coaches Award:**

Charlie Warring (Sauk Centre) and Greg Rathbun (Triton)

### **Angelo Giuliani Award:**

John Millea (MSHSL)

### **Craig Anderson Ethics in Coaching:**

Dwight Kalvig (Blackduck)

### **Tink Larson Field of the Year:**

Castle Field (Anoka)

### **Things to mark on your calendar:**

**March 9:** Arm care week begins

**March 16:** Practice begins

**April 30, May 1, May 2:** BAM (Baseball Across Minnesota)

Baseball at all levels, youth to professional, will have a statewide celebration of the great game of baseball. Click on the Baseball Across Minnesota Link on the MSHSBCA webpage for information and ideas. Thanks to all who have made this special the past two years.

**May 15:** All-Star Series Nominations are due

**May 17:** All-Star Series Selection Sunday

**June 11,12:** State Tourney at various sites

**June 15:** Prep Championship Series at Target Field

**June 25, 26, 27:** All-Star Series in Chaska

Thanks to Chairman Don Gawreluk, this is one of the finest high school all-star events in the United States!

Special thanks to Tink Larson for his email communication, keeping us informed of games wanted, MSHSBCA news and information, registration links, etc.

Feel free to reach out to me if I can help you in any way. See you at the clinic!

Bucky Lindow

MSHSBCA Vice President

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

- Vince Lombardi

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# Over Hill and Dale



By: Jeff Dickman, Rockford High School  
President, MN Cross Country Coaches Association

First off, congratulations to all cross country teams, athletes, and coaches on the 2025 season! The Minnesota State Cross Country Meet is such a wonderful opportunity to see a carnival of excellence, and this year was no exception. Schools, teams, athletes, coaches, and families come from across Minnesota to experience, cheer, and celebrate a terrific accomplishment: making it to the University of Minnesota and competing against the best. Les Bolstad Golf Course, just down the road from the State Fairgrounds, was in Year 3 hosting the cross-country version of the “Great Minnesota Get Together.” We could not have had a better day for our athletes, officials, volunteers, and spectators.

Congratulations to all the teams and individual athletes who qualified for this year’s state meet. A special congratulations to our state champions this year:

#### Teams:

AAA Girls – Wayzata  
AA Girls – Minneapolis Southwest  
A Girls – New London-Spicer  
AAA Boys – Blaine  
AA Boys – St. Paul Como Park  
A Boys – Lewiston-Altura/Rushford-Peterson/Houston

#### Individuals:

AAA Girls – Maddie Gullickson - Wayzata  
AA Girls – Keira Friedrich, St. Peter  
A Girls – Margaret Duffy, St. John’s Prep  
AAA Boys – Sean Fries, Minnetonka  
AA Boys – Charlie Loth, St. Paul Como Park  
A Boys – Erik Semling, Winona Cotter/Hope

It was a very competitive first Saturday in November, which started with great races in Class A, highlighted by the only repeat champion of the day for individuals, Erik Semling of Winona Cotter. The girls’ race was filled with drama on the team side, as the final results were decided by a tiebreaker in favor of New London-Spicer and their 6th-place runner. Class AA Boys and Girls featured two of the city’s teams claiming the top spots, with Minneapolis Southwest Girls and St. Paul Como Park Boys standing atop the podium. Finally, in Class AAA, Sean Fries of Minnetonka set the new State Meet and State Course record with an eye-popping 5k time of 14:50, and Maddie Gullickson of Wayzata broke 17:00 to claim her first State Cross Country Individual Championship. Class AAA Girls had Wayzata repeat as champions, while the Blaine Bengals ran their best team race of the season to secure the boys’ championship.

Cross Country is so unique for our State Championship in that, unlike “bracket sports,” all 16 teams and individual qualifiers are all in the same race, so all six races have up to 160 individuals competing for individual and team places when the starting gun goes off. To watch the first 400 meters of a cross country meet at State with the sea of colors on jerseys and shorts representing all 8 sections and corners of the state of Minnesota is a beautiful mosaic highlighting the spirit of competition, sportsmanship, and commitment it has taken from athletes to get to that special Saturday in November at the UofM.

Thank you to all of the officials, volunteers, administrators, spectators, and COACHES for all you do in making our State Championship special. Year 3 at the UofM was wonderful!

# HOOP SCOOP

By: Matt Solberg  
Head Girls Basketball Coach -  
Proctor High School  
MNGBCA President 2025-2026



The echo of the PA system. The squeaking of shoes on a freshly cleaned floor. The roar of the crowd. All of the sights and sounds of high school basketball are in full effect in a gym near you. As I write this article, we have wrapped up a full week of competition, and each team is learning more about themselves by the minute. We had a great clinic at the end of October at the University of St. Thomas that was attended by well over 200 coaches. We honored the new inductees into the Minnesota Girls Basketball Coaches Association Hall of Fame, and we would like to offer a sincere thank you and congratulations to all involved for their contributions to our game. Last year was our first year as a state implementing the shot clock, and at this point, it is hard to fathom that in the past we played without it. This will be our second year with the shot clock rule, and teams have adjusted their play to be in compliance with the rule change.

Our executive council met with the MSHSL in mid-October with several potential initiatives, and we were told to collect feedback on the pulse and status of our game statewide to see if these initiatives had merit. As a result, our association created and sent out a survey to all girls’ basketball coaches in the state of Minnesota regarding the status of their programming and the challenges that they face. The results were shared with our coaches, and there were several interesting takeaways. The number one challenge facing our programs, as indicated by the survey, was a struggle to find athletes or a lack of participants. The status of our game is such that the top end has never been better, and there are players from our state contributing at the collegiate level on a national scale. However, the bottom end has never been worse, and there are a number of programs that are struggling with both numbers and competitive balance. As a result, there are a number of cooperative programs that have previously never existed out of necessity to have enough players to field a team. Our executive council is aware of these issues and is trying to take steps to get in front of them. We sincerely appreciate all survey respondents for their contributions, as the results of this survey will help us improve our game for all involved moving forward.

The weather has turned, and snow and frigid temperatures have become the norm, forcing several cancellations and postponements over the past week. However, it will continue to heat up as many of our programs participated in Thanksgiving weekend neutral site games to try to sharpen up before they enter conference play. We hope you are able to attend a basketball game this coming winter and are able to take in and support girls’ basketball in the state of Minnesota. See you in the gym!

# SPEAKER LINEUP

# SOFTBALL COACHES CLINIC

**PIPER RITTER**

*University of Minnesota Twin Cities*

**KRISTI VILLAR**

*University of St. Thomas*

**ANDREA HAYDEN**

*Minnesota Lynx*

**CASEY BOROVAC**

*Kansas City Royals*

**MORGAN DEBORD**

*University of Minnesota Twin Cities*

**MITCH ROBERTS**

*St. Cloud State University*

**STEPHANIE LOMBARDO**

*University of Minnesota Twin Cities*

**KIRK WALKER**

*Oklahoma Spark, AUSL*

**BRECK DICKEY**

*Kansas City Royals*

**ROYA ST. CLAIRE**

*University of Minnesota Twin Cities*

**KRISTI WILLIAMS**

*Blue Springs South High School*

**BRYAN LUDWIG**

*Minnesota Twins*

**BAILEY OETTING**

*University of Minnesota Twin Cities*

**January 31, 2026**

**TARGET FIELD**

# BANK SHOTS



*By: Matt Halverson*

As we officially open another high school basketball season, I want to extend a warm and genuine welcome to each of you. This time of year always brings a renewed sense of purpose, fresh rosters, fresh goals, and the excitement of seeing our programs take shape. Whether you're a veteran coach with many years of experience or stepping into your first season, we all share the privilege of guiding young athletes through one of the most important periods of their lives.

Working with high school-aged student-athletes is one of the greatest joys in our profession. These kids are discovering who they are, what they believe in, and how to push through adversity. Every practice, every team meeting, and every conversation becomes a chance to help shape their growth. We get to witness the spark in a player's eye when something finally "clicks," the pride they feel when they overcome self-doubt, and the way teammates learn to lean on each other. These moments are reminders that our impact extends far beyond the scoreboard.

As coaches, we know that the lessons learned on the hardwood mirror the lessons needed for life. Discipline, accountability, sacrifice, and resilience. These are values we work to instill daily. But just as importantly, we learn from our players. Their energy, their honesty, and their willingness to persevere often challenge us to be better leaders, better listeners, and better examples. This season, I encourage each of us to embrace those opportunities for shared growth.

While competition will always be a cornerstone of our sport, let us also celebrate the relationships built along the way. The bus rides, the early-morning workouts, the tough losses, and the breakthrough wins. Each moment contributes to a bigger story that helps define what high school athletics is all about. Our role is to make that story meaningful, memorable, and rooted in character.

Thank you for the commitment, passion, and care you bring to your programs and communities. Wishing you and your teams a season filled with growth, joy, and purpose, both on and off the floor.

## The MSHSCA is proud to announce the coaches nominated for National Coach of the Year Awards!

The following coaches are the Minnesota nominees for the NHSACA National Coach of the Year Awards. The top eight finalists will be invited to the NHSACA National Coach of the Year Banquet this coming summer, on June 30, 2026, in Coralville, Iowa.

### Minnesota's 2026 National Coach of the Year Nominees

AD / Sport	AD / Coach	School
Athletic Director	Brad O'Donnell	Saint Clair
Baseball	Bucky Lindow	Cannon Falls
Boys' Basketball	Barry Wohler	Osseo
Girls' Basketball	Erin Herman	Hill-Murray School
Boys' Cross-Country	Chris Harder	Rosemount
Girls' Cross-Country	Brad Moening	Saint Paul Highland Park
Golf/Bob	Gorden	Detroit Lakes
Soccer	Pat Malicki	Woodbury
Softball	Pat Bowlin	Winona Cotter/Hope Lutheran
Football	Steve Hamilton	Elk River
Swimming & Diving	Brian Luke	Stillwater
Special Sports (Gymnastics)	Debbie Driscoll	Mahtomedi
Tennis	Jeff Demaray	Mayo
Boys' Track & Field	Eric Klein	St. Charles
Girls' Track & Field	Jennifer Johnsrud	Minnewaska
Volleyball	Scott Jackson	Wayzata
Wrestling	Bill McDonald	Watertown Mayer/Mayer Lutheran
Boys' Assistant	Douglas Bloom	Elk River
Girls' Assistant	Trisha Kennedy	Lakeville South

**Trophies Plus - Sponsor of Coaches Caring**



# Quick Hits!

By: Krista Flemming, Shakopee High School  
President, Mn Boys Volleyball Coaches Association

Welcome to the first edition of *Quick Hits*, a new Prep Coach column designed to deliver the latest and greatest insights in boys' volleyball.

Find highlights on coaching strategies, statewide updates, and the ongoing efforts to expand boys' volleyball across Minnesota.

## MN Boys Volleyball Coaches Association - Year One

The Minnesota Boys Volleyball Coaches Association (MBVCA) was officially established in late December 2024 as a fully incorporated 501(c)(3) organization. This milestone was a collaborative effort, and it wouldn't have been possible without the guidance of past and present leaders of the Minnesota Volleyball Coaches Association, Rick Ringeisen, and the legal counsel of the MSHSCA.

Krista Flemming, Shakopee Head Coach and Co-Director of the MN Boys HSVB Association, is serving as the first President and authored the association's bylaws. The MBVCA launched with strong leadership and organization in its inaugural year.

**ASSOCIATION STATS:** 78 coaches joined in the first year, reflecting rapid growth and enthusiasm for the new sport. A 7-person Board provides overall governance and strategic direction while 8 Section Coordinators ensure representation amongst the 83 participating schools in Minnesota. Various committees coordinators lead specialized areas such as awards, Top 10 weekly rankings, and advisory support.

**AWARDS & RECOGNITIONS:** The first-ever MBVCA Awards Night was held just before the inaugural MSHSL Boys Volleyball State Tournament in June 2025, marking a historic celebration for the sport in Minnesota.

Legendary voices in volleyball and sports – Hugh McCutcheon, Walt Weaver, and Mike Max – inspired attendees with their words. Twenty-two athletes were named to the inaugural All-State Team, while eight teams were recognized as Section Champions.

Governor Tim Walz proclaimed Minnesota Boys Volleyball Day in honor of the first-ever MSHSL State Tournament. He presented each head coach and athletic director with a copy of the proclamation. View the ceremony at <https://www.mnboyshighschoolvolleyball.com/mbvcaeents>

**Hugh McCutcheon Coach of the Year:** Ryan Dehnel, Eastview

**Walt Weaver Player of the Year Career Award:** Remi Xiong, Spring Lake Park

The **Koua Yang Excellence Award** was established in honor of Koua Yang, Como Park Athletic Director, recognizing his extraordinary advocacy and leadership in advancing Minnesota boys' volleyball. While Koua Yang was the inaugural recipient in 2025, the award will continue to be presented to others who embody the same spirit of dedication and lasting tribute to the foundational contributions helping advance Minnesota boys' volleyball in future years.

**MSHSL FIRST STATE TOURNAMENT:** Located at the University of St. Thomas, the inaugural MSHSL Boys Volleyball State Championship delivered unforgettable drama and history with an epic finale: #1 seed Eden Prairie, coached by Stephanie Chapek, staged a thrilling five-set reverse sweep to defeat #2 seed Rogers, capturing the first state title in MSHSL history.

Eastview secured the bronze medal while St. Paul Central claimed the consolation bracket crown. Ten outstanding athletes were honored as the first-ever MSHSL Boys Volleyball All-Tournament Team selections, cementing their place in Minnesota volleyball history.

**SUMMER CLINIC:** The MNVBCA (girls' VB) hosts an annual volleyball clinic that unites coaches, athletes, and leaders from across the state. In 2025, the MBVCA (boys' VB) partnered with MNVBCA to set a new attendance benchmark, promoting the strength of collaboration and the expanding reach of boys' volleyball in Minnesota.

## Year 2 - Big Things Ahead!

MBVCA is excited to build on the momentum of its historic first year in Year 2. Hot topics include clarifying eligibility rules for indoor vs. sand/grass play, teaming up with the AVCA for national team and player recognitions, and promoting small-school participation and accolades while working within a single-class system.

**COACH RESOURCES FOR 2026:** If you are looking for tournaments, game day opponents, and many other coach resources for the upcoming 2026 season, visit our website at <https://www.mnboyshighschoolvolleyball.com/coachresources>

**COACHING CLINIC:** Olympic Volleyball Coaches Hugh McCutcheon and Mike Wall of Gold Medal Squared are offering a unique 1½ day coaching clinic opportunity in Bloomington on Jan. 9 & 10, 2026. Register [HERE](#)

*VOLLEY ON MINNESOTA!*

## Have You Moved or Changed Your Email?

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

It is equally important for us to have current email addresses as our webmaster will send notices and updates periodically. If you have a change, log into your MSHSCA profile and edit

your email address. Remember that not only do we use this for mass e-mailings, but your email is also your login ID. You can change this anytime, just make sure to make a note of your current Login ID and password if you change them.

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

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





# CORNER KICKS

By: Ron Kruschwitz

*North St. Paul Boys (retired)*

*Soccer Communications Officer*



This column commends Wilmar Boys Coach Jeff Winter for the article in the Minnesota Star Tribune on coaches dealing with students playing soccer who are immigrants. Winter describes how these kids are day-to-day, not knowing what is in store for them. It is incredible how much Jeff cares about his athletes aside from soccer. Well done, Jeff!

The fourth year of the State Tournament Celebration under the banner of our MSHSSCA saw another change in the format and in the costs for teams and parents. We extend our thanks to Andrea Winiecki for her work in organizing the highly successful event. The other person who was instrumental in the banquet was Max Lipset (SPA Boys) for his successful work with Stimulus and the remarkable job he did distributing Tournament T-Shirts. In addition, many individuals contributed to the banquet and other aspects of the program. Thanks to all.

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

This next section is our annual Champions, Coaches Awards, and Ms. and Mr. Soccer Awards given by our Association. It is important that we recognize these award winners.

The following teams won 2025 State Championships:

GIRLS A	Providence Academy	Ellen Moran
GIRLS AA	Mahtomedi	Dave Wald
GIRLS AAA	Stillwater	Mike Huber
BOYS A	Academy of Holy Angels	James See
BOYS AA	Blake	Tamba Johnson
BOYS AAA	Edina	Dave Jensen

The following athletes were awarded the Ms. and Mr. Soccer winners for 2025. These awards were given at the State Tournament Banquet.

MS. Soccer

GIRLS A	Maddyn Greenway	Providence Academy
GIRLS AA	Ellen Neuharth	Academy of Holy Angels
GIRLS AAA	Emma Kvant	St. Michael/Albertville

MR. Soccer

BOYS A	Jacob Oliver	St Cloud Cathedral
BOYS AA	Elvis Hernandez Paz	Simley
BOYS AAA	Moses Kamara	Armstrong

The MSHSSCA gives two different coaching awards. The first is the Coach of the Year, and the second is the Assistant Coach of the Year.

## COACH OF THE YEAR

BOYS A	James See	Academy of Holy Angels
BOYS AA	Chris Stavros	Rocori
BOYS AAA	Bob Waypa	Owatonna
GIRLS A	Sharon Lahti	Esco
GIRLS AA	Jeremy Baumbach	Byron
GIRLS AAA	Katie Clark	Chanhausen

## ASSISTANT COACH OF THE YEAR

GIRLS A	Laura Rezac	Cannon Falls
GIRLS AA	Matthew East	Duluth Denfeld
GIRLS AAA	Jen Boyles	Woodbury
BOYS A	Henry Villeda	St. Paul City School
BOYS AA	Kallie Gau	Monticello
BOYS AAA	Karl Peterson	Rosemount

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

The 45th Annual BSN Senior Classic was played in Woodbury on Wednesday, November 5th. Dave Wald and the Mahtomedi girls' soccer staff coached the Girls Black team. The White Girls team was coached by Mike Huber and his Stillwater girls coaching team. Dave Jensen of the Edina boys soccer team led the Boys Black team, and Bob Waypa and the Owatonna Boys soccer staff led the Boys White team. The Girls White team won 1-0, and the Boys team ended up in a 2-2 tie.

The pictures, rosters, scores, and Players of the Game pictures on the website are the work of Berry Arrowsmith. Berry is to be congratulated on his work on rosters and uniform assignment for the Senior Classic. There are always many people to thank. Greg Juba for getting uniforms and facility use. Steve Witt for his amazing job as announcer, and Robert Lamb for his splendid work on the clock. To Dave Bahr (Byron boys) and Bob Waypa (Owatonna Boys) for their help with uniforms.

Thanks to the medical staff, Dr. Ian Durban, and trainer Alisia Macioch (ATC). Thank you to the officiating staff. They included Mark Backland, Traci Clune, Josh Hartwell, and Zakaria Aly.

Thanks to ticket manager Art Seplak and his team for the ticket sales. Finally, my wife Peggy keeps me on task and keeps a perspective on the entire process.

The MSHSSCA wants to thank BSN Sports for supplying the game uniforms and SELECT for providing the game and awards soccer balls—a special thanks to the staff at Health East Sports Center for hosting the Senior Classic.

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

Additional National Soccer Awards will be in the next Prep Coach, along with information about high school soccer and our association. In addition, we will highlight the newest member of the Hall of Fame.

Thanks again to Executive Secretary Keith Randa for his 2025 season summary of the awards. We are extremely



# SYNCHRONIZED SWIMMING

By: Kathryn Henderson

## Additional Rules Changes for 2026

The synchronized swimming coaches association has been busy in the off-season updating some policies and rules. In the last edition, we reported on rules changes regarding loss of swimwear and routine entries for swimmers unable to compete in a team event. Since then, the coaches have also updated the policy regarding alternates in duets/trios, virtual figures at sections/state, and made a temporary rule change regarding long teams. Here is a summary of the most recent updates & changes:

- When using an alternate(s) in a duet or trio, at least one swimmer competing must be on the original entry form.
- Starting with the state meet results from the 2026 season, for a two-year trial period, only the top 4-placing long teams must advance to the extended division. The remaining places will have the option to stay in the long division for team competition. (Vote in fall of 2027 about continuing beyond the 2029 season).

- A swimmer may submit virtual/recorded figures for their sections/state championship meet in the following circumstances:

- They are required to attend a school function that cannot be excused/missed.

- They are required to attend a family function that cannot be excused/missed.

- They have an illness or injury that prevents the swimmer from competing on the day of the figure competition.

- The head coach must request the virtual entry either by submitting an early request in their regular entries or by emailing the executive board. The head coach must also notify the head coaches of the section of the request and the outcome of the board's decision. Coaches should check the shared sections/state folder for all details surrounding this policy clarification.

As always, the synchronized swimming community is looking to build new teams throughout the state. If this article reaches anyone looking to gain another athletic sport opportunity for girls in the spring season, please consider adding synchronized swimming to your local high school! Athletes generally can be recruited from swim, dive, gymnastics, and dance backgrounds. Our coaches' community is tight-knit, and would love to mentor new programs, either in the metro area or beyond. Contact Kathy Henderson at [khender2@sowashco.org](mailto:khender2@sowashco.org) for more information.



By: Aaron Rothenberger,  
MTCA President

I hope everyone is enjoying the holiday season and the downtime away from coaching your respective tennis seasons. We successfully completed our first season with three classes in girls' tennis. I want to congratulate all teams, individuals, and coaches who qualified for the state tournament! Congratulations, Rochester Mayo (AAA), Rock Ridge (AA), and St. James (A) for winning the state championship in their respective classes!

## Girls Tennis Coaches of the Year

It is my honor to recognize the 2025 Girls Tennis Coaches of the Year. For head coaches: AAA - Jeffrey Demaray (Rochester Mayo), AA - Kortney Rosati (Rock Ridge), and A - Les Zellmann/Brian Bluedorn (St. James). The assistant coaches: AAA - Melonie Sebring (Lakeville South), AA - Dave Wareham (Mahtomedi), and A - Erica Westphal (Thief River Falls). We commend all six of these individuals for their hard work and dedication to their program and players.

## In Match Coaching

This spring will be the first year of in-match coaching during the season and postseason. The MTCA has received positive feedback on in-match coaching this fall, particularly during the recent girls' tennis season. Executive Secretary Les Zellmann shared the match coaching rules and regulations with all coaches via email in August, and I would assume he will share again before the boys' season.

## 2026 Northern Tennis Coaches Conference:

The 2026 MTCA annual meeting and Northern Tennis Coaches Conference will be held at Lifetime Fitness in St. Louis Park on March 6-8. More information will be shared in the following weeks. We hope to see many coaches there!

*I want to wish everyone a safe and happy holiday season!*

## Minnesota Led the Nation in 2025 in Coaching Awards at the NHSACA Convention.

This past summer at the NHSACA National Convention, Minnesota led the nation with the most top-eight finalists for the National Coach of the Year Awards, and four coaches were named National Coach of the Year in their respective sports. Minnesota had 15 top-eight finalists out of the 19 categories.

### The four Minnesota 2025 National Coaches of the Year are as follows:

Bryan Cosgriff, who coached Girls' Basketball at Minnetonka.

Larry McKenzie, who coached Boys' Basketball at Holy Angels, Minneapolis Patrick Henry, & Minneapolis North.

Rick Ringeisen, who coached Boys' Swimming & Diving at Lakeville South.

Ross Fleming, who coached Boys' Track & Field at Mounds View

# from the *Dance Floor*



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

## The Athleticism Behind the Art

When people think of high school athletics, dance team is not always the first program that comes to mind, yet year after year, dance athletes demonstrate some of the most rigorous physical and mental demands of any sport in our schools. As coaches, regardless of the season we lead or the schools we represent, we all understand what it means to push young people toward excellence. Dance may look different from the sidelines, but the commitment behind it is the same.

Dance athletes train with a combination of strength, precision, endurance, spatial awareness, and technical skill that requires hundreds of repetitions long before their routines ever see the competition floor. They cross-train to prevent injury, study videos to refine technique, and condition intensively to maintain the explosive power required for jumps, turns, kicks, and synchronized choreography. Their season is long, fast-paced, and highly competitive, not to mention the pressure to execute a full routine with absolute accuracy leaves little room for error.

Beyond the physical demands, dance requires a level of teamwork that is both unique and deeply comparable to other sports. Athletes must match timing down to fractions of a second, maintain consistent spacing, trust teammates during intricate transitions, and communicate nonverbally throughout every count. Like any great team, a single athlete off their mark can change the trajectory of an entire performance.

As fellow coaches, our shared mission is to build programs that challenge, support, and elevate young people. Recognizing dance for the sport it is, one rooted in discipline, athleticism, creativity, and competitive intensity, strengthens our collective coaching community. Dance athletes are not just performers. They are competitors. They are teammates. They are leaders. They are proud student-athletes who give their time, energy, and heart to representing their schools.

## Season Updates

This season marked a significant shift for Minnesota dance teams: tryouts for winter programs were held on the official first day of the MSHSL season, aligning dance with the timelines used by other League sports. This change, implemented for the 2025–2026 season and moving forward, represents one of the most impactful rules updates our activity has seen in years.

Historically, dance team was the only MSHSL sport permitted to run its tryout process in the spring for the following winter season. This was a practice dating back to dance team's addition to the League in 1996. While some programs had already adjusted their try-out models during the pandemic - making the transition relatively seamless, many others had to rethink long-standing structures and traditions to meet the new requirement.

Despite the challenges that come with change, programs across the state adapted quickly and effectively. Teams were formed, rosters finalized, and in true dance-team fashion, athletes were competition-ready in time for the first meets of the year. This was a great representation of the dedication, organization, and resilience that define our dance team coaching community.

## Future Mentorship Circle Dates & Topics

*3rd Sunday of each Month*

Each month, the MADT Mentorship Directors, Rea Ryan (Chanhassen) and Chelsea Lockrem (Goodhue), dive into different topics for discussion, frequently asked questions, pro tips, and more. All dance team coaches are encouraged to join!

**December 21:** Preparing for Sections, Tapering, Hit Peak as a Team, Routine Analysis

**January 18:** Ending your season, Section Pump Up, Advancing and Not Advancing to State

**February 15:** Preparing for End-of-Season Banquets, Wrapping Up Your Season

**March 15:** Taking Time for YOURSELF, Handling

**Feedback from Coaches, Athletes, Parents**

**April 19:** Gearing up for Next Season, Summer Planning

**May 17:** Fall Dance Team, Summer Practice Strategies/

Ideas

## MARK YOUR CALENDARS

**January 30th-February 6th:** Section Tournaments

**February 13th & 14th:** State Tournaments

**March 14th:** All-State: Eden Prairie High School

**April 17th-18th:** Coaches Weekend -

Membership Meeting, Cce, And Celebration

## The MSHSCA is proud to announce that the following two coaches are being inducted into the NHSACA National Coaches Hall of Fame!

They will be inducted into the NHSACA National Coach Hall of Fame at the NHSACA National Coach Hall of Fame Banquet on July 1, 2026, in Coralville, Iowa.

### Minnesota's 2026 National Coaches Hall of Fame Inductees

<u>Coach</u>	<u>School</u>	<u>Sports</u>
Geri Dirth	Apple Valley	Cross Country, Basketball, and Track & Field
Scott Christensen	Stillwater	Cross Country and Track & Field

## CORNER KICKS... continued from page 20

fortunate to have Keith as our Executive Secretary.

Just received the dates for the Executive Committee meetings in 2026. They are on January 21st, March 4th, April 15th, and Sunday, September 19th.

That is a wrap. 2025 has been another of those years that we have had to make changes and adapt. Have a great Holiday season. And as always, you have the greatest job in the entire world, working with kids. Have a great Holiday season.



# ICE CHIPS

By: Dustin Vogelgesang

## Red Wing's George Nemanich earns top honor from MHCA

**Former Wingers coach and 2025 Hall of Fame class among those to be honored by coaches association at Sept. 30 Wild game**

By Legacy Hockey staff

George Nemanich, the longtime Red Wing coach who led the Wingers to six state tournament appearances and the Class 1A championship in 1997 to complete an unbeaten season, has been named the winner of the Minnesota Hockey Coaches Association's Cliff Thompson Award for long-term outstanding contributions to the sport of hockey in Minnesota.

Nemanich will be honored on Sept. 30 at the Grand Casino Arena in St. Paul between periods of a Minnesota Wild game.

The Cliff Thompson Award, named after the former Eveleth coach who

guided his teams to five state championships — including four straight from 1948-51 — is the MHCA's highest honor.

Nemanich compiled a 331-142-15 record in 18 seasons leading the Wingers. He retired after the 2009-10 season. He was named the state's coach of the year twice, in 1997 and 2002.

The association's three other award winners and four Hall of Fame inductees will also be honored during the Wild's game against the Minnesota Jets on Sept. 30.

Members of the MHCA's Hall of Fame Class of 2025 are Roger Johnson (Fergus Falls), Steve Brown (Delano), Tom King (Indus/Warroad) and Steve "Moose" Younghans



**George Nemanich served as Red Wing's head coach for 18 seasons. He guided the Wingers to a 331-142-15 record, including a 28-0-0 mark en route to the 1997 state Class 1A championship.**

(St. Paul Johnson).

Delano coach Gerrit van Bergen is the winner of the Dave Peterson Award, given annually to a high school coach who has shown outstanding leadership in developing youth hockey either locally or statewide.

Former Hallock, Warroad and Crookston head coach Jon Bittner is the winner of the Bruce Johnson Award. The award is given annually to the Minnesota Hockey Coaches Association board member — or individual who

has served on the board — in recognition for outstanding contributions in promoting the association and sport of hockey.

Dave Margenau, who has served in various roles as a youth hockey volunteer for four decades, is the winner of the Oscar Almquist Award that goes to the non-coaching individual who has contributed to the success of high school hockey by advancing opportunities for players and coaches.

## Mat Chatter

By: Matt Hennen



With preseason tournaments and coaches clinics all in the rearview, and State Football currently underway, I can't help but express my excitement for being back on the mat during this first full week of practice. Inspired by new warm-up and drilling ideas, a notebook full of techniques to cover, and all kinds of ideas to make practice more beneficial, there are just a lot of big plans for the season that have been on the mind for an entire offseason that can now come to life. Additionally, seeing the wrestlers back in their element, switching between

active fun and competitive intensity, brings the energy to a new official season.

Aside from getting the team back together on a day-to-day basis, one of my favorite parts of this time of year is just seeing who comes out of the woodwork to give our old sport a try. Even though our official parent and eligibility meetings were two weeks ago, it seems like someone new comes up to me every day and asks how to sign up to "see if they might like it". In fact, two girls came and asked me about joining as I was writing this article. I

know most of you already do, but I encourage you to embrace those kids in your programs. Keep this sport growing. They may be beginners, they may be naturals, they may need wrestling more than wrestling needs them. Who knows? Never turn anyone away who might be a benefit to your program, especially if they're coming to you.

Amid the chaos of weight certifications, roster entry, final events, gym and bus scheduling, as this season kicks off, I'd encourage you to reflect on your "Why" in your MSHSL Coaches Clipboard. What is your philosophy or purpose as a coach? Does it have to be amended as you've grown as a coach? What do you

want your kids to walk away from practice, competition, or the season with? Moreover, what do they want to gain from it? What's the big picture? Winter darkness leads to a long season, and January is a long month, but it will be February into March before we know it. When it gets hard, and this early excitement and energy give way to wins and losses, weight management, soreness, and injury, etc., it's you who will have to hold it together and keep things fresh. Think back to your "why" to keep you on the straight and narrow. You and your athletes will walk out the other side in a much better place because of it.

Stay healthy, Stay safe, and Have a great season!!!

# HALL OF FAME



*2025 Hall Of Fame Inductee*  
**Jim Mader**



*2025 Hall Of Fame Inductee*  
**Dwight Lundeen**



*2025 Hall Of Fame Inductee*  
**Greg Juba**

# HALL OF FAME



*2025 Hall Of Fame Inductee*  
**Franz Boelter**



*2025 Hall Of Fame Inductee*  
**Jim Uttech**



*25 Year Lifetime Award*

# HALL OF FAME



*Officials Distinguished Service Award*  
**Nedda Zetah**



*Officials Distinguished Service Award*  
**Dan Zetah**



*Officials Distinguished Service Award*  
**Sam Bailey**

# HALL OF FAME



*George Haun*  
*Leadership Award*  
**Art Seplak**



*MSHSCA Honorary Life*  
*Membership Award*  
**John Millea**



*Assistant Coach*  
*Distinguished Service Award*  
**Diane Anderson**



*Assistant Coach*  
*Distinguished Service Award*  
**Kirk Shellum**

# HALL OF FAME



*Championship/Coach Of The Year Award*



*Championship Coaches*

# HALL OF FAME



*Coach of the Year*



*Assistant Coach of the Year*

# FALL ACADEMIC AWARDS

## CROSS COUNTRY - GIRLS

### GOLD

Adrian - Ellsworth  
 Albany High School  
 Alexandria  
 Andover  
 Annandale High School  
 Becker  
 Bemidji  
 Bertha-Hewitt  
 Blaine High School  
 Blooming Prairie  
 Bloomington Jefferson  
 Brainerd  
 Breckenridge/Wahpeton  
 Burnsville  
 Byron  
 Canby-Minneota  
 Centennial High School  
 Central Minnesota Christian  
 Champlin Park  
 Chanhassen  
 Clearbrook-Gonvick  
 Cloquet High School  
 Coon Rapids  
 Cretin-Derham Hall  
 Dassel Cokato  
 Delano High School  
 DeLaSalle  
 Detroit Lakes High School  
 Duluth East High School  
 Eagan High School  
 Eagle Ridge Academy  
 Eastview High School  
 Eden Prairie High School  
 Eden Valley-Watkins/Kimball  
 Edina  
 Elk river High School  
 Ely  
 Esko  
 Fairmont High school  
 Farmington  
 Fertile-Beltrami High School  
 Grand Rapids High School  
 Hastings  
 Hawley  
 Heritage Christian Academy  
 Hermantown  
 International Falls  
 Irondale  
 Jackson County Central  
 Kingsland High School  
 Lac qui parle valley/Dawson-Boyd  
 Lake City  
 Lake Park-Audubon  
 Lakeville North High School  
 Lakeville South  
 Lanesboro Fillmore Central  
 Litchfield High School  
 Little Falls  
 Luverne  
 Mahtomedi  
 Mankato East  
 Mankato Loyola-Cleveland-St. Clair

Mankato West  
 Maple Grove Senior High  
 Maple Lake  
 Marshall High School  
 Medford  
 Milaca High School  
 Minneapolis Roosevelt  
 Minneapolis Southwest  
 Minnetonka  
 Minnewaska  
 Montevideo  
 Monticello High School  
 Moose Lake/Willow River/Barnum  
 Mora  
 Morris Area Chokio Alberta  
 Mounds View  
 Murray County Central / Fulda  
 Nevis  
 New London/Spicer  
 New Prague High School  
 North Shore (Cook County, Silver Bay, Two Harbors)  
 Northern Freeze  
 Northfield High School  
 Northwest Nighthawks (Host: Fieldhaven Academy)  
 Nova Classical Academy  
 Osakis  
 Osseo Senior High  
 Otter Tail Central  
 Park  
 Park Rapids Area High School  
 Pequot Lakes High School  
 Perham High School  
 Pierz  
 Pillager High School  
 Pine Island  
 Pipestone Area Schools  
 Plainview-Elgin-Millville  
 Providence Academy  
 RAACHE Jaguars  
 Redwood Valley  
 Richfield  
 Rochester Century  
 Rochester John Marshall  
 Rochester Lourdes  
 Rockford High School  
 Rogers  
 Rush City High School  
 Saint Agnes  
 Saint John's Prep  
 Saint Michael-Albertville Senior High School  
 Saint Paul Central  
 Saint Paul Highland  
 Saint Peter  
 Sartell  
 Shakopee High School  
 Simley  
 Spectrum High School  
 St. Anthony Village  
 St. Charles High School  
 St. Cloud Apollo  
 St. Croix Lutheran Academy  
 St. Paul Academy and Summit School

Trinity School at River Ridge  
 United North Central  
 Waconia High School  
 Warroad High School  
 Watertown-Mayer High School  
 Wayzata High School  
 West Central Area  
 West Marshall  
 Winona  
 Zimmerman High School  
 Zumbrota-Mazeppa

### SILVER

Ashby-Brandon-Evansville (A-B-E)  
 Benilde - St. Margaret's  
 Chatfield High School  
 Cotter Hope  
 Hill-Murray School  
 Holy Family Catholic  
 La Crescent-Hokah  
 Lewiston-Altura/Rushford-Peterson/Houston  
 Loyola-Cleveland-St. Clair  
 Mountain Lake Area/Red Rock Central/Comfrey  
 New Richland HEG  
 Pelican Rapids  
 Pine City  
 ROCORI High School  
 Roseville Area High School  
 Royalton High School  
 Sauk Rapids-Rice  
 Sibley East  
 St Cloud Tech  
 Staples Motley  
 Stewartville  
 Totino Grace High School  
 Tracy Public Schools  
 Visitation School  
 Wabasha\_Kellogg  
 Windom Area

Eagan  
 Eagle Ridge Academy  
 Eastview  
 Eden Prairie High School  
 Ely  
 Esko  
 Fairmont High School  
 Farmington  
 Foley  
 Grand Rapids High School  
 Hawley  
 Heritage Christian Academy  
 Hill-Murray School  
 Holy Family Catholic  
 International Falls  
 Irondale  
 Lakeville North  
 Lakeville South  
 Lewiston-Altura/Rushford-Peterson/Houston  
 Mankato East  
 Maple Grove Senior High  
 Melrose HS  
 Mesabi East  
 Milaca High School  
 Minneapolis Roosevelt  
 Minneapolis Southwest  
 Montevideo  
 Monticello High School  
 Moose Lake/Willow River/Barnum  
 Mora  
 Mounds Park Academy  
 Mounds View High School  
 Murray County Central / Fulda  
 Nevis  
 New London Spicer  
 New Prague  
 North Shore (Cook County, Silver Bay and Two Harbors)  
 Northwest Nighthawks (Host: Fieldhaven Academy)  
 Nova Classical Academy  
 Ortonville  
 Owatonna  
 Park  
 Park Center  
 Pelican Rapids  
 Pequot Lakes High School  
 Perham High School  
 Pine City  
 Pine Island  
 Providence Academy  
 RAACHE Jaguars  
 Redwood Valley  
 Richfield High School  
 Rochester Century High School  
 Rochester John Marshall  
 Rochester Lourdes  
 Rockford High School  
 Rosemount  
 Roseville Area High School  
 Royalton High School  
 Rush City High School  
 Saint Agnes  
 Saint John's Prep  
 Saint Paul Highland

## CROSS COUNTRY - BOYS

### GOLD

Albany High School  
 Alexandria  
 Andover  
 Annandale High School  
 Austin Public  
 Becker High School  
 Benilde - St. Margaret's  
 Big Lake  
 Blooming Prairie  
 Bloomington Jefferson  
 Brainerd  
 Canby-Minneota  
 Centennial High School  
 Central Minnesota Christian  
 Champlin Park  
 Chanhassen High School  
 Cloquet High School  
 Cotter  
 Crowell-Wright School  
 Dassel Cokato  
 Delano  
 Duluth East High School

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# FALL ACADEMIC AWARDS

Saint Peter  
Sartell  
Simley  
Spectrum High School  
St Cloud Tech  
St. Anthony Village  
St. Charles High School  
St. Croix Lutheran Academy  
St. Paul Como Park  
Stewartville  
STMA  
Trinity School at River Ridge &  
Unity High School  
Wabasha Kellogg  
Wadena-Deer Creek  
Wadena-Deer Creek  
Wayzata  
White Bear Lake  
Windom Area  
Winona  
Zimmerman High School  
Zumbrota-Mazeppa/Kenyon-  
Wanamingo

## SILVER

Academy of Holy Angels  
Ashby-Brandon-Evansville  
(A-B-E)  
Bertha-Hewitt  
Blaine High School  
Breckenridge/Wahpeton  
Chatfield High School  
Coon Rapids  
Fertile-Beltrami high school  
Hastings  
Hermantown  
La Crescent-Hokah  
Lake City  
Lanesboro Fillmore Central  
Litchfield High School  
Loyola-Cleveland-St. Clair  
Madelia  
Mahtomedi  
Maple Lake  
Medford  
Mountain Lake Area/Red Rock  
Central/ Comfrey  
Northfield  
Osakis  
Osseo High School  
Otter Tail Central  
Pacelli High School  
Park Rapids Area High School  
Pierz  
Plainview-Elgin-Millville  
ROCORI High School  
Saint Paul Central  
Sauk Rapids-Rice  
Shakopee High School  
St James  
St. Cloud Apollo  
Stillwater Area  
Totino Grace High School  
Tracy Area Public Schools  
Tri City United  
United North Central  
Waconia High School  
Warroad High School  
Washington Tech  
West Central Area

## FOOTBALL

### GOLD

Adrian-Ellsworth  
Albany Area  
Alden-Conger/Glenville-  
Emmons  
Andover  
Anoka  
Barnesville  
Belgrade-Brooten-Elrosa  
Byron  
Century  
Chanhassen  
Chatfield  
Chisago Lakes  
Concordia Academy/St. Croix  
Prep/HH  
Dawson-Boyd  
Eastview  
Farmington  
Fertile-Beltrami  
Hancock  
Hawley  
Heron Lake-Okabena/Fulda  
Hills-Beaver Creek  
Holdingford  
International Falls  
Kimball Area  
Kittson County Central  
Lake Crystal Wellcome  
Memorial  
Lakeville North  
Lakeville South  
Lester Prairie  
Littlefork-Big Falls  
Mankato East  
Maple Grove  
Maple River  
Marshall  
Melrose Area  
Minneapolis Southwest  
Minnesota Valley Lutheran  
Minnewaska Area  
Monticello  
Morris Area/Chokio-Alberta  
Mounds View  
New London-Spicer  
Northfield  
Orono  
Owatonna  
Park Christian  
Parkers Prairie  
Pelican Rapids  
Pine Island  
Randolph  
Red Lake County  
ROCORI  
Rosemount  
Saint Anthony Village  
Saint Thomas Academy  
Sartell  
Sauk Rapids-Rice  
SMB  
Southland  
Spring Lake Park  
Springfield  
Stephen-Argyle Central  
Stewartville  
Stillwater Area

Two Harbors  
Waconia  
Warren-Alvarado-Oslo  
Watertown-Mayer  
Wayzata  
Westonka  
Win-E-Mac  
Zumbrota-Mazeppa

### SILVER

Academy of Holy Angels  
Ada-Borup-West  
Alexandria Area  
Ashby/Brandon-Evansville  
Barnum  
Belle Plaine  
Bemidji  
Bethlehem Academy  
Big Lake  
Bloomington Jefferson  
BOLD  
Braham  
Cedar Mountain  
Centennial  
Champlin Park  
Cloquet  
Cromwell  
Deer River  
Eagan  
Eden Valley-Watkins  
Foley  
Forest Lake  
Frazee  
GHEC-Truman  
Gibbon-Fairfax-Winthrop  
Grand Rapids  
Hermantown  
Jordan  
Lakeview  
Lewiston-Altura  
Litchfield  
Luverne  
Mabel-Canton  
Mahtomedi  
Mankato West  
Maple Lake  
Mesabi East  
Minnetonka  
Moorhead  
Murray County Central  
New Prague  
NRHEG  
Paynesville Area  
Pequot Lakes  
Pierz  
Pillager  
Red Wing  
Rochester John Marshall  
Rochester Mayo  
Rock Ridge  
Saint Michael-Albertville  
Sebeka  
Shakopee  
Tracy-Milroy-Balaton  
Tri-City United  
Wabasha-Kellogg  
Warroad  
Waterville-Elysian-Morristown

West Central Area  
Willmar  
Worthington

## SOCCER - GIRLS

### GOLD

Albany  
Bemidji  
Benilde St. Margaret's  
Byron High School  
Chanhassen High School  
Duluth Marshall  
Eastview High School  
Eden Prairie High School  
Esko High School  
Kasson-Mantorville High  
School  
Maple Grove  
Minneapolis Southwest  
Minnetonka  
Monticello  
Moorhead  
Northfield  
Orono  
Park  
Prior Lake  
Red Wing High School  
Saint John's Preparatory School  
Sartell High School  
South St. Paul  
Southwest Christian  
St. Cloud Cathedral  
St. Croix Lutheran  
St. Louis Park  
St. Peter  
Wayzata HS

### SILVER

Andover  
Blake School (The)  
Champlin Park High School  
Concordia Academy  
Duluth Denfeld  
Farmington  
Heritage Christian Academy  
Lakeville North  
Mankato East  
Marshall High School  
Mounds View  
North Branch  
Pine Island / Zumbrota-  
Mazeppa  
Rochester Century  
Rochester John Marshall  
Rochester Lourdes  
Simley  
St. Croix Prep  
St. Paul Johnson  
White Bear Lake Area High  
School  
Winona Senior High School

## SOCCER - BOYS

### GOLD

Avail Academy  
Little Falls

# FALL ACADEMIC AWARDS

Minnehaha  
Saint Thomas Academy  
St. Croix Preparatory Academy

## SILVER

Academy of Holy Angels  
Benilde-St. Margaret's  
Blaine  
Buffalo  
Byron  
Heritage Christian Academy  
Holy Family Catholic  
Park High School (Cottage  
Grove)  
Rochester Mayo  
St. Croix Lutheran Academy  
Westonka

## SWIMMING & DIVING - GIRLS

### GOLD

Albany Area HS  
Andover  
Anoka  
Becker  
Big Lake  
Blaine  
Buffalo High School  
Centennial  
Champlin Park  
Chanhassen  
Chaska  
Columbia Heights/Cooper  
Coon Rapids  
Cretin-Derham Hall  
Dassel-Cokato  
Delano  
Detroit Lakes  
Duluth East  
East Ridge  
Eastview  
Eden Prairie  
Elk River High School  
Farmington  
Fergus Falls  
Fosston  
Hastings  
Hill-Murray  
Holdingford  
Hopkins  
Hutchinson  
Irondale  
Lakes International Language  
Academy  
Lakeville North  
Lakeville South  
Little Falls  
Mankato East  
Mankato West  
Maple Grove  
Melrose Area  
Mesabi East  
Milaca  
Minneapolis South/Roosevelt  
Minneapolis Southwest  
Minnetonka

Monticello  
Morris Minnewaska  
Mounds Park Academy/ St.  
Croix Prep  
Mounds View  
Northeast Range-Ely  
Osseo  
Owatonna  
Proctor-Hermantown  
Richfield/AHA  
Robbinsdale Armstrong  
Rochester Mayo  
ROCORI  
Rosemount  
Sauk Rapids-Rice  
Shakopee  
South St. Paul/ Minnehaha  
Academy/Cristo Rey  
St. Anthony Village  
St. Cloud Tech  
St. Louis Park  
St. Paul Como Park  
St. Paul Humboldt/St. Paul  
Washington/Open World  
Learning  
Tri City Union  
Two Harbors  
Visitation  
Watertown-Mayer  
Wayzata  
Westonka  
White Bear Lake  
Willmar  
Woodbury

### SILVER

Albert Lea  
Apple Valley  
Austin  
Benilde - St. Margaret's  
Bloomington Kennedy  
Brainerd High School  
Breck School  
Burnsville  
Cambridge-Isanti  
Chisago Lakes  
Chisholm  
Cloquet-Esko-Carlton  
Duluth Denfeld  
Eagan  
Edina  
Faribault  
Foley  
Forest Lake  
Hibbing  
International Falls  
Marshall  
Montevideo  
Northfield  
Ogilvie/Mora  
Orono  
Park Center  
Park Rapids  
Perham  
Princeton  
Prior Lake

Red Wing  
Rochester Century  
Rochester John Marshall  
Rogers High School  
Roseville  
Sartell  
Sauk Centre  
Spring Lake Park  
St Paul Central  
St Paul Highland Park/SPA  
St. Cloud Apollo/St. Cloud  
Cathedral/St. John's Prep  
St. Michael-Albertville  
St. Peter  
Stella Maris  
The Blake School  
Thief River Falls  
Two Rivers  
Waconia  
Warroad  
Winona

## TENNIS - GIRLS

### GOLD

Academy of Holy Angels  
Aitkin  
Alexandria Area High School  
Annandale  
Anoka Senior High School  
Austin  
Becker High School  
Bemidji High School  
Blaine High School  
Bloomington Jefferson  
Cambridge-Isanti  
Cannon Falls High School  
Centennial HS  
Champlin Park  
Chanhassen HS  
Coon Rapids High School  
Crookston Public School  
Delano  
Detroit Lakes High School  
Eagan High School  
East Grand Forks Senior High  
Eastview  
Edina High School  
Elk River High School  
Fairmont  
Farmington High School  
Fergus Falls High School  
Fridley High School  
Harding/Como Park Co-Op  
Hastings High School  
Hutchinson  
Irondale  
Jordan High School  
Lake City Public Schools ISD  
813  
Lakeville South High School  
Lincoln High School  
Litchfield  
Little Falls Community School  
Luverne High School  
Mankato East

Mankato West  
Maple Grove  
Maple River  
Marshall High School  
Melrose Area High School  
Minneapolis Washburn  
Minnehaha Academy  
Minnewaska Area  
Montevideo  
Monticello High School  
Mora High School  
Mounds Park Academy  
Mounds View  
New Prague  
New Ulm High School  
North Branch  
Northfield  
Osakis  
Park HS  
Park Rapids Area High School  
Perham/New York Mills  
Pine City High School  
Pipestone Area High School  
Princeton  
Robbinsdale Armstrong  
Rogers  
Roseau High School  
Rosemount  
Roseville Area High School  
Shakopee High School  
Sibley East  
South St. Paul High School  
Spring Lake Park  
St. Anthony Village High  
School  
St. Cloud  
St. Francis HS  
St. James  
St. Paul Academy  
St. Peter  
Staples-Motley  
Tartan High  
TOTINO-GRACE  
Tri-City United  
Two Rivers High School  
United South Central  
Visitation School  
Waconia High School  
Wadena-Deer Creek High  
School  
Wayzata High School  
Westonka High School  
Woodbury High School  
Worthington High School  
Zimmerman High School  
**SILVER**  
Belle Plaine  
Big Lake High School  
Breck School  
Duluth East High School  
Eden Prairie  
Lakeville North  
Le Sueur-Henderson  
Maccray high school  
Minnetonka High School  
Pequot Lakes

# FALL ACADEMIC AWARDS

Red Wing High School  
 Rock Ridge High School  
 ROCORI High School  
 River Valley Co-Op  
 (Springfield/Sleepy Eye)  
 St. Michael-Albertville  
 Waseca  
 Yellow Medicine East

## VOLLEYBALL - GIRLS

### GOLD

Ada-Borup-West  
 Albany  
 Albert Lea  
 Alden-Conger  
 Andover HS  
 Annandale HS  
 Apple Valley  
 Austin HS  
 Barnesville  
 Barnum  
 Battle Lake  
 Becker HS  
 Belgrade-Brooten-Elrosa HS  
 Belle Plaine  
 Benilde-St. Margaret's  
 Benson  
 Bethlehem Academy  
 Big Lake  
 Blaine  
 Blooming Prairie HS  
 Blue Earth Area  
 Braham  
 Breckenridge HS  
 Browerville-Eagle Valley  
 Byron  
 Caledonia Public Schools  
 Canby HS  
 Cannon Falls Area MS/HS  
 Centennial  
 Chanhasen HS  
 Chaska HS  
 Chatfield HS  
 Cleveland  
 Climax-Fisher  
 Clinton Graceville Beardsley  
 Cloquet HS  
 Como Park (St. Paul)  
 Concordia Academy  
 Crosby-Ironton HS  
 Dassel Cokato HS  
 Delano HS  
 Detroit Lakes  
 DGF  
 Dover-Eyota HS  
 Eagan HS  
 East Grand Forks  
 East Ridge  
 Eden Prairie  
 Eden Valley-Watkins  
 Elk River HS  
 Ely  
 Farmington  
 Fergus Falls  
 Fertile-Beltrami  
 Fillmore Central

Foley  
 Forest Lake Area HS  
 Fosston  
 Fridley HS  
 GFW  
 Goodhue  
 Grand Meadow  
 Hancock Public School  
 Hastings HS  
 Heritage Christian Academy  
 Heron Lake-Okabena-Fulda  
 Hill City/Northland Co-op  
 Hillcrest Lutheran Academy  
 Hills-Beaver Creek  
 Holdingford HS  
 Hopkins HS  
 Hutchinson  
 Irondale HS  
 Jackson County Central  
 Jordan HS  
 Kasson-Mantorville HS  
 Kenyon-Wanamingo  
 Kimball Cubs  
 Kittson County Central  
 La Crescent-Hokah HS  
 Lake Crystal Wellcome  
 Memorial  
 Lake Park-Audubon  
 Lakeville North  
 Lakeville South  
 Laporte  
 Le Sueur Henderson HS  
 LeRoy-Ostrander  
 Lewiston-Altura  
 Litchfield  
 Little Falls HS  
 Mabel-Canton  
 MACCRAY HS  
 Mahnomen/Waubun  
 Mahtomedi HS  
 Mankato East HS  
 Maple Grove Senior  
 Maple River  
 Martin County West  
 Math and Science Academy  
 Melrose Area Secondary  
 Menahga HS  
 Mille Lacs Raiders  
 Minneota HS  
 Minnetonka  
 Minnewaska Area HS  
 ML-GHEC-T  
 Moorhead HS  
 Mora HS  
 Morris Area-Chokio Alberta  
 Mounds View  
 Mountain Lake Area- Comfrey  
 HS  
 New London-Spicer  
 New Prague  
 New Richland H-E-G (NRHEG)  
 North Branch HS  
 Northern Freeze  
 Nova Classical Academy  
 Ogilvie HS  
 Ortonville Secondary  
 Osakis HS

Osseo HS  
 Park Christian School  
 Park Rapids HS  
 Parkers Prairie  
 Pelican Rapids  
 Pequot Lakes  
 Pine Island  
 Pine River Backus HS  
 Pipestone Area Schools  
 Plainview-Elgin-Millville  
 Randolph Public Schools  
 Red Lake Falls HS  
 Red Wing HS  
 Redwood Valley  
 Rochester Century HS  
 Rochester John Marshall  
 Rochester Mayo  
 Rockford  
 ROCORI HS  
 Rogers HS  
 Roseville Area  
 Rothsay Public School  
 Rush City HS  
 Rushford-Peterson  
 Russell Tyler Ruthton  
 Sartell HS  
 Sauk Centre Public School  
 Sauk Rapids-Rice  
 Schaeffer Academy  
 Sebeka  
 Shakopee  
 Sleepy Eye HS  
 Southland  
 Spring Grove  
 Spring Lake Park HS  
 Springfield Public School  
 St Charles HS  
 St James HS  
 St Louis Park HS  
 St. Agnes  
 St. Anthony Village  
 St. Clair HS  
 St. Cloud Cathedral  
 St. Cloud Tech  
 St. Croix Lutheran Academy  
 St. Paul Central HS  
 St. Paul Harding  
 Staples-Motley  
 Stephen-Argyle Central  
 Stewartville  
 Stillwater Area HS  
 Swanville HS  
 Tartan HS  
 Thief River Falls  
 Tri-City United  
 Triton HS  
 Two Harbors HS  
 Underwood  
 United South Central  
 Upsala  
 Wabasha-Kellogg  
 Walker- Hackensack-Akeley  
 Warren-Alvarado-Oslo  
 Watertown-Mayer  
 Waterville-Elysian-Morristown  
 Wayzata

West Central Area  
 West Lutheran HS  
 Westbrook Walnut Grove  
 Wheaton Area Schools  
 Windom Area HS  
 Woodbury HS  
 Worthington HS  
 Zimmerman  
 Zumbrota-Mazeppa

### SILVER

Avail Academy  
 Badger-Greenbush-Middle  
 River  
 Bagley HS  
 Bemidji HS  
 Breck School  
 Burnsville  
 Cedar Mountain  
 Central Minnesota Christian  
 School  
 Clearbrook-Gonvick HS  
 Cretin-Derham Hall  
 Crookston HS  
 Edina HS  
 Esko  
 Goodridge-Grygla HS  
 Greenway HS  
 Hayfield Community Schools  
 Holy Family Catholic HS  
 Howard Lake-Waverly-Winsted  
 Janesville Waldorf Pemberton  
 Jefferson  
 KMS HS  
 Lanesboro HS  
 Littlefork-Big Falls School  
 Long Prairie Grey Eagle  
 Secondary School  
 Madelia HS  
 Mankato West HS  
 Milaca  
 Minneapolis North Community  
 HS  
 Minneapolis Washburn  
 Nevis  
 New Ulm Public  
 New York Mills  
 North Lakes Academy  
 Northfield HS  
 Orono  
 Owatonna  
 Pine City HS  
 Renville County West  
 Roseau  
 Sibley East  
 St. Croix Preparatory Academy  
 STMA HS  
 Two Rivers HS  
 Wabasso  
 Wadena-Deer Creek HS  
 White Bear Lake Area HS  
 Willmar  
 Win-E-Mac  
 Winona Senior HS

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## JOHN'S JOTTINGS

... continued from page 1

but it doesn't make sense to do that."

He informed school leadership on Monday and broke the news to his 15 assistant coaches that evening when they had what he called "our annual wrap-up meeting."

"I'm not sure if it's a perfect time, but it seems to be a good time," Dwight said. "It was difficult to get to that point, but it needs to happen. We want to enjoy everything one more time."

Becker activities director Dave Niemi said Lundeen's impact extends past the football team and the school.

"He IS Becker football," Niemi said. "He's kind of Becker as a whole, too."

Niemi remembers interviewing for the job in Becker 15 years ago. He held the same position at Crosby-Ironton but had never been to Becker. He didn't know much about Becker other than the large power plant that's visible from Interstate 94. But he knew the name Dwight Lundeen.

"I went to the school for the interview, and I was walking from the district office to the media center with a secretary," he said. "This was late that summer, and the hallways were dark. We met one person in the hallway, and it was Dwight. I didn't know him, I had never met him, but I sure knew who he was."

"I thought about it after-

wards; 'This might mean something, he's the name and face of Becker.' I had only seen pictures of him. He's been everything that I thought he would be."

Dwight and his wife Pam have three children and seven grandchildren. They all live in Minnesota, so grandpa and grandma will be able to attend all their activities and family gatherings. As they have done for years, Dwight and Pam will head to the Phoenix area in January for six weeks of being absent from Minnesota's winter. The coach is 78 years old and will celebrate his 79th birthday in March.

"I'll be squeaking out just before I'm 80," he said with a chuckle.

Pam is a cancer survivor, and Dwight said he and Pam are grateful for their good health. The coach, retired for years from a career as a teacher and activities director, plays pickleball and golf and doesn't stand still.

The Becker Bulldogs had a historic 2024 season, going 13-0 and winning the Class 4A state title. This fall was different, with the team battling injuries and finishing 5-5 (more losses than in the previous four years combined). The season ended in a 27-26 loss to Fergus Falls in a section championship game.

"We had a tremendous game plan against Fergus Falls," he said. "We were 5-4 going in, and I said if we get to the state tournament, that might be a bigger accomplishment than

last year. Fergus Falls played well and they deserved to win, we played well and we had our chances."

The Bulldogs, 86 kids in grades nine through 12, have turned in their equipment. They will gather one last time on Thursday for their annual awards celebration. Those moments are special, but hard.

"Saying goodbye to the seniors is always difficult," Lundeen said. "It's going to be a celebration. The kids hung in there, and it was a good year. For everybody we play, it's the Super Bowl for them."

Dwight and Pam's son Matt is the head football coach at Redwood Valley, and their son Mike is Becker's offensive coordinator. There will be much speculation about Dwight's successor, but Mike will not be among the candidates.

"Mike told me, 'Dad, I will coach with you until the day that you retire, and then I will walk away.'

"There are some really good young coaches who could grab it and go," said Dwight. "I feel really good about the condition of our program. Some of the best players I've ever coached are coming up, and I want it to be successful after I leave."

He said he and Pam have discussed a retirement timetable for the past year.

"It's a big part of who we are and what we do. We've really enjoyed the journey, but there is a lot of grandkid stuff and other things going that

we're missing."

How many games his teams have won and lost are immaterial to Lundeen. To him, as with all of the best high school coaches, having a positive impact on young people is what really counts. Dwight loves practices, team meetings, and joking around as well as competing.

He will be in charge of the Bulldogs for one more season, and he's already looking forward to 2026.

"We'll have a full summer of football stuff, and the fall, and then we'll have the next stage," he said. "We don't have that all planned out."

Come next August, Lundeen will gather his Bulldogs together for one final season. And once the 2026 season ends, the coach's impact will be long-lasting.

"All those young kids are going to still feel it," Niemi said. "The program will still have his message long after he's done. He's built the thing from top to bottom. The main message is when you put that Columbia blue and white uniform on, that's Dwight."

--John Millea is a veteran journalist based in the Twin Cities of Minneapolis and St. Paul. He was named the 2025 Man of the Year by the Minnesota Football Coaches Association and is an honorary lifetime member of the Minnesota State High School Coaches Association. Contact him at [john.millea@ymail.com](mailto:john.millea@ymail.com) and follow him on Bluesky and X @MinnesotaMillea

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By The Coaching HER® Team – Evidence-based tips for building lasting engagement in girls' sports

## Five Fundamentals Every Coach Should Know to Keep Girls in Sport

### Why Coaches Matter More Than Ever

Coaches are one of the most powerful influencers in a girl's decision to stay in sport — or to leave it. Research from the Tucker Center for Research on Girls & Women in Sport, led by Dr. Nicole M. LaVoi, Director of the Tucker Center, shows that coaching style, culture, and connection can either build a girl's lifelong love for sport or end it prematurely.

And the stakes are high: by age 14, girls drop out of sport at twice the rate of boys (Women in Sport, 2023). Many of the reasons are preventable — lack of belonging, poor communication, limited leadership opportunities, and environments that undervalue girls' participation.

The good news? Coaches can develop the tools to change the story. Here are five fundamentals, backed by research and lived experience, that keep girls in the game.

#### 1. Create a Culture of Belonging

Girls thrive when they feel they are part of something bigger than themselves. The Tucker Team's research shows that belonging is a prerequisite for retention. Girls are more likely to stay in sport when they feel valued, connected, and supported — regardless of skill level. In one Tucker Center study, "a climate of care" was repeatedly cited as a top factor in positive sport experiences for girls.

##### From the Field:

"When my coach took the time to know me and not just my position, I wanted to come to every practice." – Athlete, Foundational Module feedback

##### Action Steps for Coaches:

Learn and use every athlete's name quickly.  
Pair new players with a buddy for their first few practices.  
Celebrate small wins publicly, from effort in drills to supporting a teammate.

##### Data Spotlight:

Girls who feel they belong are 3x more likely to stay in sport (Canadian Women & Sport, 2022).

43% of girls say not feeling welcome is a reason they consider quitting (Women in Sport, 2023).

70% of girls say friendships and team connection are the reason they stay in sport. (Women's Sports Foundation, 2020)

##### Why It Matters

Belonging fuels confidence, motivation, joy in sport, and it starts with the everyday actions coaches take to show every girl she matters.

#### 2. Focus on Skill Mastery, Not Just Winning

Girls value competition but also the process of learning and

improving. When coaches prioritize learning and progress instead of just outcomes, they create an environment where girls feel competent and capable, two key drivers of intrinsic motivation. Overemphasis on the scoreboard can discourage those still developing.

##### From the Field:

"My daughter used to dread games because she thought she wasn't good enough. Her coach shifted the focus to her personal improvement — and she's loving it again." – Parent, Foundational Module feedback

##### Action Steps for Coaches:

Use "personal best" challenges instead of only comparing athletes to each other.

Rotate positions so all players develop a variety of skills.

Give skill-focused, encouraging feedback that highlights what went well and identifies one area to improve.

##### Data Spotlight:

Girls aged 6–12 (34%) and 13–17 (38%) played at higher regular rates in 2023 than any year since at least 2012 (Aspen Institute Project Play, 2024).

Girls value progress and development as key drivers of motivation (Tucker Center Research Report, 2018).

Coaches who focus on skill mastery over winning see higher enjoyment and retention (Tucker Center Research Report, 2018)

##### Why It Matters

When girls feel their growth is valued, they stay engaged, motivated, and willing to push their limits no matter the score.

#### 3. Integrate Body-Confident Coaching Practices

Research has uncovered that low body confidence is the #1 reason girls quit sports (Dove & Nike, 2024). The Tucker Center's collaboration Body Confident Coaching, shows that focusing on what an athlete's body can do rather than how it looks leads to better self-esteem and performance.

##### From the Field:

"Shifting the conversation from how athletes look to what they can do has completely changed my team's energy." – Coach, Body Confident Coaching feedback

##### Action Steps for Coaches:

Ban negative comments about weight, size, or shape from everyone, including yourself.

Ensure uniforms and gear fit all body types comfortably.

Create a Body Talk Free Zone

##### Data Spotlight:

61% of girls say body image concerns keep them from sport (Women in Sport, 2022).

Nearly 1 in 3 girls say body-related comments undermine confidence, with greater impact for girls with disabilities, racialized girls, and those wearing visible religious attire. (Canadian Women & Sport, 2024)

Coach-led programs that challenge appearance pressures can reduce body dissatisfaction and improve enjoyment in sport (Matheson et al., 2023)

##### Why It Matters

When girls feel comfortable and confident in their bodies, they play with freedom, enjoy sport more and stay in sport longer.

#### 4. Encourage Leadership Opportunities

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Leadership roles in sport translate into confidence, career success, and community involvement later in life. The Tucker Center's Research Report (2018) highlights that giving girls agency, such as leading warm-ups, mentoring peers, or contributing to practice plans which builds confidence that translates into education and workplace success. Plus, it sends a clear message: girl's voices matter

From the Field:

"Once my players started leading warm-ups, they took ownership of the whole practice and each other." – Coach, Foundational Module feedback

Action Steps for Coaches:

Assign rotating "practice captains" to lead warm-ups.

Invite athletes to design a drill once a season.

Pair older players with younger teams for mentoring.

Data Spotlight:

94% of women executives played sports, many in leadership roles (EY & espnW, 2014).

Girls with role models "like them" are 68% more likely to stay in sport (Women in Sport, 2023).

Peer leadership opportunities are linked to higher retention for girls in sport. (Tucker Center Research Report, 2018).

### Why It Matters

When girls lead, they learn to trust themselves and others learn to trust them.

### 5. Tailor Training to the Developmental Stage

A 12-year-old and an 8-year-old may wear the same uniform, but their physical, emotional, and social needs differ dramatically. Mismatch between training demands and a girl's physical or cognitive readiness can lead to burnout, injury, and dropout. Developmentally appropriate coaching respects the athlete's growth stage while still challenging her to improve.

### From the Field:

"When my coach adjusted the drills so my daughter didn't feel behind, she came home smiling instead of frustrated. That was the turning point." – Parent, Foundational Module feedback

Action Steps for Coaches:

Use small-group drills for new skills to reduce embarrassment.

Offer choice in activities to increase autonomy.

Schedule regular one-on-one check-ins to understand needs.

### Data Spotlight:

By primary school, 69% of girls rate their self-belief as "good or very good" vs. 79% of boys — but the gap widens with age (Women in Sport, 2023).

Individualized coaching during early adolescence makes girls 30% more likely to continue playing into high school (Canadian Women & Sport, 2022).

Girls who feel competent are more likely to stay in sport. (Tucker Center Research Report, 2018)

### Why It Matters

Matching coaching to a girl's stage of development ensures challenge without overwhelming them, thereby keeping sport both fun and sustainable.

### Coaches as Game-Changers

When girls drop out of sport, we lose future leaders, innovators, and changemakers. The fundamentals above are not just retention strategies, they are investments in the next generation's confidence, health, and leadership.

Every practice is a chance to show a girl she belongs, she can grow, and she has a future in sport. And when coaches commit to this work, they don't just keep girls in the game they help shape the leaders of tomorrow.

### References

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- Women in Sport (2022). *Reframing Sport for Teenage Girls. Tackling Teenage Disengagement*
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# COACHES!

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

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

Your AD should be alert to envelopes with the return address of [Trophies Plus Awards](#). They will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school.

Thank you for your help with this program to recognize your athletes.



**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: Jen Marshall, 5131 193rd Street West,  
Farmington, MN55024 Email: jen21marshall@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: \_\_\_\_\_

**PREP COACH CONTRIBUTOR QUARTERLY DEADLINES**  
**September 1st | December 1st | March 1st | June 15th**



[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, 2025 – August 1, 2026

[Redacted]

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

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

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

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

[Redacted]

[Redacted]

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

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

[Redacted]

[Redacted]

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



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

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



## Coaches Assistance Program

### Athlete suicide is very real and on the rise

Coaches are excitedly preparing for a new school year and season of their desired sport. It is important for coaches to prepare yourself to serve student-athletes' mental health as well as their physical well-being. Coaches, I would encourage you to spend a few minutes and view the video "Suicide Prevention for Student-Athletes." It will be time well invested.



### SUICIDE PREVENTION FOR STUDENT-ATHLETES A TRAINING FOR COACHES AND ATHLETIC PERSONNEL

Coaches are in a unique position to have a lasting impact on the young people that they encounter on a daily basis. In this presentation, we will delve into the problem of suicide within student athletes, the unique pressures that they face, and hear from several experts on the subject.

[coachesassistanceprogram.com/training-camp/](http://coachesassistanceprogram.com/training-camp/)