



THE Minnesota PREP COACH

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JUST SAYING THANK YOU ISN'T ENOUGH

John Schumacher

Saying thank you to John and Mary Erickson just doesn't seem to be enough for all that these two individuals have done for our organization. We look back to 1986 when John first became involved with the MSHSCA. He was the Assistant Clinic Director



working with Howard Emerson until the association stopped running clinics. John attempted to leave the association at that point, but was talked into staying on as a delegate and an assistant to Darien DeRocher. He continued to assist Darien in many ways while working his full-time Assistant Principal position at Detroit Lakes Middle School.

John was selected to be the Executive Director of the MSHSCA in January of 2000 and with Mary by his side, the two of them met the many needs and more of the MSHSCA. Prior to the development of the online registration system, the process of getting the coaches their membership cards and keeping an accurate accounting of the unified dues was all done by hand. It was quite a daunting process. They would type all cards by hand, print off envelopes, file paper registrations and set up the different accounts for the different funds. They would also answer coaches' questions once they would get home from working all day at school. As the MSHSCA continued to evolve Mary was the one who tracked every Academic Excellence Award, both the plaques and plates. She ran clinic registrations for several of the sport associations with the online system. And of course there is no doubt she was the organizer, "t" crosser and "i" dotter on many levels. Mary's

behind the scene involvement has been extremely instrumental and valuable in the success of the organization as we grew.

John has been the leader behind many of the improvements that the association has seen since he took over as the Executive Director. He brought great insight and a vision of forming one association of all coaches. He was able to bring the MSHGCA and the MSHSCA together starting in 2000 with the Girls Basketball coaches joining first. The process to unite the two associations took some time, and was finally completed during the 2005 – 2006 school year. He was instrumental in reworking the constitution along with existing officers to ensure that there was representation of girls' sports, and also opportunities for female coaches to take leadership roles in the association. Since the combining of the two coaches associations the total membership has grown to over 9000 coaches representing all sport associations. John also played a huge role in working with legislators to develop legislation that provides protection for coaches from being removed unjustly from their coaching positions. The relationship with the MSHSL and the MSHSCA improved greatly under the leadership of John allowing for

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2017-2018 Delegates and Sport Association Officers

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

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)		
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	Alan Woitos (New Ulm Cathedral)
3A	Gary Hildebrandt (Heron Lk)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Larid (Heritage)		Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Tavia Bachmann (Frazee)		Mike Peterson (Perham)	
7A		Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	
8A	Terry Sadler (Warroad)			
1AA	Jeremy Biermaier (New Prague)	John Cassellius (Winona)	Rob Schwartz (Winona)	Bill Goodman (Lakeville South)
2AA	Mike Lhotka (Dassel Cokato)		Tink Larson (Waseca)	
3AA		Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Gerald Keenan (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)	
6AA		David Boone (Edina)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Kent Hamre (STMA)	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Charlie Campbell (Brainerd)		Mike Beck (retired)	
Adapted Athletics	Brett Kosidowski (Eastview)			
Baseball	Don Gawreluk (Andover) Oct.		John Wilkins (retired)	
Boys Basketball	Mike Trewick (St. Cloud Tech)		Tom Critchley (retired)	
Girls Basketball	Mark Cook (Maple Grove)		Carl Pierson (Waconia)	
Cross Country	Jesse Nelson (Red Wing)		Mary Schifsky (Roseville)	Dave Chatelaine (Owatonna)
Football	Terry Bahlmann (Marshall)		Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	Kaitlyn Helmbrecht (Maple Lake)		Shelly Eklund (Eagan)	LeeAnn Steen Delegate
Boys Hockey	Mark Manney (Andover)	John Ammerman (Moorhead)	Mike MacMillan (Ramsey)	
Girls Hockey	Jessica Christopherson (Wayzata)		Tim Morris (St. Anthony)	
B-Lacrosse	Jon Junker (Chanhasse)			
G-Lacrosse (Farmington)	Alexandra Ross (Apple Valley)			Alex Erickson
Alpine Skiing	Jason Nickleson (Visitation)			
Nordic Skiing	Doug Boonstra (Eden Prairie)			
Soccer	Erin Murray (Orono)	Jason Arnebeck (Park)	Dave Halgren (retired)	Keith Randa (Apple Valley)
Softball	Laura Olson (Maple River)		Shelly Hotzler (JCC)	
B-Swimming	Andrew Michelson (Eagan)		Todd Walsh (Bloom.Kennedy)	Kate Steineman (Cretin-DH)
G-Swimming	Nathan Youngs (Dassel-Cokato)			
Synch. Swim	Jennifer Wood (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Ford Rolfsrud (Shakopee)		Rick Englestad (Pine City)	
Track (Stillwater)	Gary Wade (Rushford Peterson)			Scott Christensen
Volleyball	Marty Kiebel (Maple Lake)	Becca Pulju (Sebeka)	Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Matt Clark (Park Rapids)		Kip Lynk (Dassel)	Kurt Habeck (Eastview)
Volleyball	Marty Kiebel (Maple Lake)	Becca Pulju (Sebeka)	Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Will Short (Simley)	Matt Clark (Park Rapids)	Kip Lynk (Dassel)	Kurt Habeck (Eastview)

President's Message

By: Gary Pratner

Playing for the Right Reasons

After watching the state football tournament both live and on TV, I realize what great opportunities are out there for kids these days because of the MSHSL. Before the game starts, bands are blasting their well rehearsed songs. Fans in the stands are coming to represent the community with excitement. Players are engaging in the combat of sport. Cheerleaders are doing push-ups and cheering each time something happens positively for their school. A dance team performed their high-kick routine at half. All of these students participated in their activities, not for a medal, but because they truly enjoyed it.

One of my favorite movies is For the Love of the Game with Kevin Costner. In the movie Costner is portrayed as a big league ball player who is having flashbacks from his long career, and all the great things the game has brought to him and things he has learned. Not to spoil the ending, but this got me thinking... How many of us teach players to love the game for the game and not the wins and losses?

Do we as coaches teach our players how to love the game or how to play the game? Is there a difference? Do we teach our players just how to run a pick and roll, or do we explain to them how there is beauty in the simplicity of the play that can't be stopped? Do we take the time to pass down the passion for the game, or just the x's and o's?

Games are filled with little nuances. When plays are run, why they are run, how to counteract what the opponent is doing and when they are doing it. Take time to teach the chess match that goes on each and every game.

Each week I listen to P.J. Fleck talk about setting a culture on his radio show. How many of us take the time to do that

at a solid preseason meeting with our parents? Take the time to talk with them about why you are passionate about the game and what you hope to pass on to their children. Once you communicate with your parents that sport is more than a scoreboard you will see their demands on you change a bit too. We live in a results based society. There is really no way around that. But what if we can control what positive results look like? Let's explain to parents how we want to help make their boys develop into young men and girls into young women who can make correct decisions when facing adversity. We have taken the scoreboard out of the situation.

So what does that look like. If you have late practice, take your players to an after school program to help kids who are struggling academically. Let them be role models for younger kids in your district. Schedule a night to go help out at the Ronald McDonald House and let them serve others. Host a youth camp for your players lead and take charge of. These are all ways we can develop character within your programs.

Coach Carl Fruechte and his Caledonia Warriors get what it means to represent the community, develop character and have a successful culture. After the team won the state tournament the team did not head straight home to get hugs and high fives from friends and family. Instead they stopped by the Mayo Clinic in Rochester to give high fives, a game ball and a championship medal to a young man battling Leukemia. Those players will remember that stop forever and understand that sometimes doing the right thing is better than winning on the scoreboard.

Getting our players to love the game like Costner, parents to understand your culture like Fleck, and getting athletes to have experiences like Fruechte will add to your coaching enjoyment and longevity.

THANK YOU . . . continued from page 1

successful collaboration of "Why We Play" and the importance of education based athletics.

The one thing John and Mary will miss the most is the relationships with the members and other organizations across the state and beyond. Being able to work with and help all the wonderful men and women who make up our association, has been their greatest enjoyment and they treasure the friendships they have made along the way. John has stated many times that Minnesota has the best coaches in the nation and that Minnesota high schools have a group of men and women that are deeply committed to education based athletics and in

developing well rounded young men and women who will be our future leaders.

For all that John and Mary Erickson have done for the MSHSCA we say THANK YOU for having the vision to make our association what it is today and highly respected by the members of NOCAD. Best of Luck John and Mary! May you enjoy good health, many more trips around the lake on your pontoon, have time to cast a few more lines, attend grandchildren and family events and embrace all that life has to offer you as you enter your new phase....retirement!

CLEARING HURDLES



By: Gary Wade, Rushford-Peterson HS
Minnesota Track and Field Coaches Association

I hope everyone had a wonderful Thanksgiving with family and friends. The holiday season is upon us, make the best of it, slow down and enjoy.

I want to thank all who participated in the track and field survey that was sent out in November. The response was tremendous. We had 446 responses with some very good input. Because there is so much information on the survey, I thought I would share some of the questions and percentages of the answers. It turns out that 58.3% of the coaches are satisfied with the current venue of the MSHSL State Meet. However, 66.1% of coaches would like the meet moved to another venue if one was available. Although there were many reasons given for this, a lot of the common ones were: parking, seating, and a bigger site with more space were reoccurring answers. In response to have the A and AA finals run together on Saturday, 71.1% of coaches were in favor of doing this. As far as MSHSL classification, only 42.8% like our current two class system and 79.8% would like to go to three classes. As far as those in favor of more True Team classes, only 46.9 were in favor of it. It was very clear that you would like the track and field coaches association to concentrate its efforts on expanding MSHSL classes as 55.8% were in favor and only 12.8% were in favor if the association expanding True Team

classes. We will post all of the questions and percentages sometime in December on the website.

This year's Track and Field Clinic will be January 25-27, and will be held once again at the Bloomington DoubleTree. I would like to thank clinic directors Craig Nelson, Dave Wieber and Johnny Josephson for all their hard work in putting together a great clinic.

The clinic starts on Thursday evening with the true team meeting followed by our first social. This year's speakers include: Olympian Carrie Tollefson (who will also be our Friday night keynote speaker), Olympic Coach Harry Marra (Gold Medalist Ashton Eaton's coach) Bronze Medalist and top pole vault coach Derek Mile, Olympic sprinter Mechelle Freeman, and three time Olympian and top throws coach AG Kruger. We will have 48 hours of track and field instruction, a Hall of Fame banquet, two coach's socials and over 900 pages of track and field notes. More clinic information and registration can be found at <http://www.mshsca.org/Track> be sure to get registered early.

I thought I should once again mention the change in the wildcard for this year's 2018 State True Team meet. New this year, four wildcards will be selected from around the state. That means a total of 12 teams from each class will compete at the state meet. If you have questions about this, please ask a member of the true team committee. Also, look for information from your section meet managers.

In closing, I want to remind you to join our Minnesota Track and Field Coaches Association. If benefits all coaches in the state and your athletes as they become eligible for postseason awards. Thanks for all you do for Minnesota Track and Field.

MINNESOTA TRACK & FIELD COACHES ASSOCIATION CLINIC 2018 Save the Date!

January 25, 26 & 27, 2018 at the Bloomington DoubleTree

Headliners so far!!! Olympian Carrie Tollefson, Olympic Coach Harry Marra (Gold Medalist Ashton Eaton's coach), Bronze Medalist and top Pole Vault Coach Derek Miles, Olympic Sprinter Mechelle Freeman and three time Olympian and top throws coach AG Kruger.

The Minnesota Track & Field Coaches Association Clinic will be held on January 25, 26 & 27, 2018 at the Bloomington DoubleTree. For the \$100 registration fee, coaches will receive over 48 hours of world class coaching information from some of the top coaches and athletes in the world. We currently have 5 Olympic athletes/coaches committed to speak. In addition, coaches will receive over 900 pages of notes, 2 free coaches socials and admission to the Minnesota Track & Field Coaches Hall of Fame Banquet. Vendors will be on hand to give door prizes. A full schedule will be available in late November, early December.

Registration website will be available in late November. Special room rates will also be available.

For additional information contact Craig Nelson at: ncraignelson@hotmail.com

For additional details and to register for the clinic visit mshsca.org/track

CLINIC CALENDAR

Date	Sport	Location
Jan-18	Track - Craig Nelson - c.nelson@isd2184.net	Double Tree, Bloomington
Feb. 3, 2018	Softball - shelly.hotzler@jccschools.com	Becker High School
Mar-18	Tennis- Rick Engelstad - mshstca@mac.com	Fred Wells Center, St Paul
Mar-18	Football - Ron Stolski - stolski@yahoo.com	Double Tree, St. Louis Park
Apr. 2018	Swimming	Sheraton St Paul, Woodbury
July 25-26, 2018	Volleyball Clinic	TBD
30-Jul-18	Cross Country	TBD
Aug. 10, 2018	Soccer	TBA

Delegates Corner

By Mike Peterson – Perham High School

This year is a dramatic change in leadership for high school sports across the state of Minnesota. John Erickson will be retiring as Executive Director of the Minnesota State High School Coaches Association of which he has demonstrated outstanding leadership. John Erickson's replacement, John Schumacher, is a proven leader and will be an outstanding executive director of our organization. Not only will there not be a drop off in leadership, we will also gain some height as John Schumacher is a little taller than the Big Dog.

At the same time the MSHSL will be hiring a new Director to replace the irreplaceable Dave Stead. There are some very good candidates for this job. With new leadership will come new challenges and some new directions. We as delegates will need to stay focused on our coaches and their particular needs, in their sport and help facilitate and communicate changes in their particular sport to our new leaders in Minnesota.

Change is inevitable and we as coaches can help lead and inspire these changes in a positive way for our new leaders in high school sports for the state of Minnesota. The opportunities will be there and we need to use those new opportunities for positive growth in our state.

Delegates we commend you on the awesome job that you have done and will continue to do to support our coaches and sports. We will miss the leadership that we have had and look forward to the new leadership that is upon us in Minnesota High School Sports. Minnesota has long been a national leader in high school sports because of the outstanding coaches and leaders that we have had over the years and this will not change.

We bid a fond farewell to John and Mary Erickson and extend an open welcome to John and Bernie Schumacher as leaders of the Minnesota State High School Coaches Association. Our future looks as bright as ever and we are thankful for people like John and Bernie who have stepped forward to lead this organization.



The View from Schu

By: John Schumacher, MSHSCA EXECUTIVE DIRECTOR

As I write my very first article for the Prep Coach, I do it with mixed emotions that range from excitement, to nerves, and thoughts of how do we follow the iconic team of John and Mary Erickson? My wife, Bernie, and I have had the privilege of

training with John and Mary for the last year and we have seen the true passion that it takes to steer the ship known as the MSHSCA. We are both very excited and also thankful that John and Mary have agreed to stay on board in a liaison capacity for the next year to help answer questions and give guidance to the two of us as we transition into fully taking over the reins of the association. We officially take over on January 1, 2018. We know there will be learning pains but plan to give the members 150% as we transition.

I would like to congratulate all the Championship coaches from this past fall season. I am always amazed at the product that programs continue to develop and put on the field, court and in the pool each year. As coaches you have the responsibility to teach so much more than just the game they have chosen to participate in. You are challenged to teach your athletes life lessons that they can take with them as they transition into the next chapters of their lives. Education based athletics is what we should all strive to be the focus of our athletic programs in our schools. President Gary Pratner and I had the opportunity to attend a meeting with the MnIAAA and the MSHSL in which we all believe we need to work together in the promotion of education based athletics and the positive impact they can have on the student athletes.

There are five Representative Assembly Amendments that region committees will be addressing in the upcoming

months. Two of them deal with non-school competition and training, two amendments deal with Boys and Girls Hockey and the last amendment deals with adding Boys Volleyball as a sport. I encourage all coaches to contact your sports association(s) or Activities Director to gain an understanding of the proposed amendments and how they may affect your programs.

Delegates from the following Sections; Class A-5, 6, 7, 8 and Class AA-1, 2, 3, 4 as well as any boys or girls sports representative, please contact your constituents and encourage them to put their name in for the role of Vice President. I will need to have the name of the individuals who will be running for this position soon, so they can be introduced at the March delegate meeting. The voting will take place in April. Being an Executive Member of our organization is a privilege and an honor, and to those who have done so in the past have found it to be truly rewarding.

As we continue to transition into being the full time Executive Director and Assistant Director we know there will be a few bumps in the road. We ask that you please be patient with the transition as the two of us will be working hard to provide the same commitment that John and Mary Erickson provided you. Throughout the training period we have seen what true commitment to the MSHSCA is and will do our best to continue that same service.

As we begin the holiday season, Bernie and I would like to wish all of you a blessed holiday season and much happiness, health and success in the New Year. Take the opportunity to spend time with loved ones and recharge your batteries for a busy 2018 winter sports season!

EMAIL CHANGE:

Contact

John & Bernie Schumacher at
jschumacher@mshsca.org





SNYNCHRONIZED SWIMMING

By: Kathryn Henderson

Synchronized Swimming or Artistic Swimming - What's in a Name?

Synchronized swimming (synchro) is a relatively small sport, here in Minnesota, nationally, and internationally. That makes us a pretty tight-knit community. So, when news came about recently that the name of our sport that we all hold so dear was going to change it's official name, it was a complete surprise for many of us. The international swimming committee (FINA) has recently changed the name from synchronized swimming to artistic swimming.

Synchronized swimming has many elements within it. Much like figure skating or gymnastics the athletes are scored on elements related to technical merit (execution, difficulty, and synchronization), as well as artistic impression (choreography, presentation, and music interpretation). There are routines performed to music, and there are technical "figures" performed for the judges. It requires an incredible amount of precision, training, and dedication to a team to be able to succeed in synchro, so the name change for many of us who live and breathe it every day are struggling with the idea that there are people who want the emphasis to be on the "artistic" side of it rather than the technical/synchro side of it.

We sometimes already deal with negative publicity or reputation, often the punchline of jokes, so how does the name change help that? We will have to wait and see as next year's international events take place under the new artistic name. In the meantime, here in the U.S. and especially here in the world of Minnesota high school athletics, synchronized swimming will remain synchronized swimming. A sport that has been competing here for many decades will continue to produce high quality athletes and teams... performing technically and artistically for our officials and audiences statewide.

*"If you're bored with life -
you don't get up every morning
with a burning desire
to do thing --
you don't have enough goals."*

- Lou Holtz

HAVE YOUR NEW CARD FOR ALL FALL SPORTING EVENTS

Your 2017-2018 Membership & Insurance Expires July 31st.

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

Park Center does NOT accept Membership Cards for admission.

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Gold Ink for the year 2017-2018.

2017-2018 Membership Card

Minnesota State High School Coaches Association
John Schumacher, Executive Director, Park Rapids
Phone: 218-732-0204 • Cell: 218-255-0827
Email: jschumacher@mshsca.org • Website: www.mshsca.org
President, Gary Prantner, Byron



John Doe
St Anthony Village

Asst. Football
Head Wrestling
Asst. B/G Track

After the Game Bring Your Team to **SUBWAY**



CORNER KICKS

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

The 2017 soccer season is in the books, and we enjoyed our second year at US Bank Stadium for the state soccer tournament. The soccer coaches want to thank the Minnesota State High School League and the US Bank staff for making this tournament a success. The teams that won the 2017 State Championships were:

Girls A	Mahtomedi	Dave Wald
Girls AA	Eagan	Bulut Osturk
Boys A	Totino-Grace	Bill Vance
Boys AA	Wayzata	Dominic Duenas

The 2017 State Tournament was held at the River Centre. Because of the number of people attending, the banquet has two sessions. The early seating was Class A and the evening session was Class AA. The MSHSSCA would like to thank Dave Haltgren for his efforts in making this possible. At the state tournament banquet, our yearly awards are given. I have included most of them, but all of section coaches that were up for COY or ACOY are listed on our website along with the academic awards and state tournament participating teams. Thanks to Dave Haltgren for these lists. These include the following Coach of the Year and Assistant Coach of the Year Awards

Girls A	Coach of the Year	Erin Murray	Orono
Girls A	Assistant Coach of the Year	Ashley Studanski	Sartell
Girls AA	Coach of the Year	Ben LeVahn	Maple Grove
Girls AA	Assistant Coach of the Year	Matt Shipman	St. Paul Central
Boys A	Coach of the Year	Matt Osborne	St. Paul Humbolt
Boys A	Assistant Coach of the Year	Dave Beagle	Stewartville
Boys AA	Coach of the Year	Mike Shebuski	Prior Lake
Boys AA	Assistant Coach of the Year	Scott MacCleod	Blaine

The MSHSSCA annually presents awards to a Ms. and Mr. Soccer in each class.

This award represents the most outstanding soccer player in each class. Five athletes are selected to be considered and from that list, a winner is determined. These then are your winners for 2017.

CLASS A		
MR SOCCER	Noah Senn	Midfielder

	St. Croix Preparatory Academy	
MS SOCCER	McKenna Buisman	Attacker
	Mankato West	

CLASS AA		
MR SOCCER	Matt Lindberg	Attacker
	Edina	
MS SOCCER	Meredith Haakenson	Midfielder
	Maple Grove	

Three additional awards were presented. The 2017 inductees into the MSHSSCA Hall of Fame were Pete Hanes (Anoka Boys) and George Stuempfig (Breck School Boys). Two very fine coaches now join our Hall of Fame membership. Congratulations to these coaches.

This year the MSHSSCA awarded its most prestigious award, the Distinguished Service Award. This honor is not given very often, but this year's honoree more than deserves this award. His bio was written in Septembers Prep Coach. Those of us know that Dave Haltgren, our executive secretary for many years is probably the one person responsible for this organization. His tireless work on our behalf and the sport of soccer is at times beyond comprehension. As he retires from this post, we wish him the best of life and know he will still be available to the organization. We are honored to have Keith Randa (Apple Valley Girls) as our new Executive Secretary.

Keith brings a wealth of experience and knowledge of what the MSHSSCA needs to do in the future. In addition, Jason Arnebeck (Park of Cottage Grove Boys) is the new President. A very special thanks to Erin Murry (Orono Girls) for her service as President the past two years. Thanks for your leadership and dedication to the soccer coaches of Minnesota.

A real good year for membership. A very special thanks to John Seipp (Trinity at River Ridge-girls) for his outstanding job taking over the Membership Chair. Here are the numbers of coaches that joined the MSHSSCA.

CLASS	GIRLS	BOYS	TOTAL
A	88%	79%	83%
AA	100%	98%	99%
TOTAL	92%	85%	88%

This is an increase from last year and it should be noted that there are some schools that play a junior varsity level program as they begin soccer at their school.

We returned to North St. Paul for the BSN/MSHSSCA Senior Classic. A very cool night, but some outstanding soccer was played. Boys White Team scored a 1-0 victory over the Boys Black Team. Thanks to Dominic Duenas and his Wayzata boys staff for coaching the White team and to Bill Vance and his Totino-Grace staff coaching the Boys Black team. The Girls Black team coached by Erin Murry (Orono) and Ben LeVahn (Maple Grove) won a hard fought 4-0 victory over the Girls White team coached by Eagan's staff headed by Bulut Osturk. Thanks to the great effort by the athletes and coaches. The players from all four teams want to thank Tartan Girls Coach Erik Tvedten for bringing over the Tartan parkas. They were really appreciated.

Thanks to a great group of people that assist me with the game. To Steve Witt, Robert Lamb and Denver Mueller in the press box for your excellent work. To Dr. David Olson

and trainer Tina Hackley for their help with the medical part of the team.

As a sidelight, Dr. Dave Olson is a North High graduate and one of my former 7th grade students. He serves the Gophers and Vikings as a Doctor. To my assistant coach with the Skyview Middle School Girls Soccer Darrell Zieske special thanks to Z Man. Gretchen Draves, Margaret Pawlenty, Olivia Meyer, Selena Pineda-Martinez, Sarah Curtice, Molly Holthe, Jill Tabaka and Justice Zieske for your time working the game as ball personnel.

Two very special people that have been with the classic for all of the years.

They serve as team managers and start on Saturday when we issue uniforms. These two individuals have an integral part of the classic for all classics since we moved to a fall game. Chrissy Makela (Mankato West-Girls) and Len Woefel (Mankato West-Boys) are without a doubt two of the greatest people I know. They are the "PRIDE" of Mankato. The third member of this elite group is the boys coach from Park of Cottage Grove, Jason Arnebeck and our new president. He has stepped in the last 8 or 9 years and has really been a part of the team. Thanks from me for your dedication and help for soccer players of Minnesota. Art Seplak (Bloomington Kennedy -Girls Retired), Greg Juba (Park Girls-retired), Berry Arrowsmith (Blaine Boys) and Keith Randa (Apple Valley Girls) are four other coaches who have important parts to play in the success of the classic.

We have to give a great big "THANKS" to the North High Athletic Office, Jed Helwig AD, Penney LaVick his office executive and to our super site manager Andy Nevis. To Jeff

Reif the district printer for his great job getting the program printed at the last minute. To the North athletic office for providing the concessions.

And most of all, the lady in my life who keeps this game and life in perspective, my wife Peggy. It could not get done without you.

I have said this more than once, I try and stay away from personal items, but in this case I need to say thanks. As you well know, I was given the George Hahn Leadership award by the Minnesota State High School Coaches Association in October. I want to thank John Erickson and Jim Baker for honoring me with this Award. But I do not accept it just for me. All of the students, athletes, teachers and people I have worked for made this possible. Thanks for giving me the opportunity to be able to be given this honor. Now you understand what I mean when I say "we are blessed" in what we do.

I will include the Hall of Fame bios next time. I hope you will enjoy the Holiday Season with your family and friends. As always as you work with kids in both athletics and academic endeavors, be thankful for having the best job in the world.

FLIP NOTES



By Kaitlyn Helmbrecht

MGGCA President

Maple Lake High School

Gymnastics Season has begun! I am sure you are all working hard on preparing for those first competitions!

By now all coaches should have completed the online rules meetings and continuing education requirements. Please make sure all coaches on your staff have completed theirs as well.

Please make sure to join the Minnesota High School Coaches Association before the January 5th deadline. The link can be found on our website www.MGGCA.org. Click Forms, then click Membership to complete your registration. Head coaches must be a MHSCA member for their gymnasts to be eligible for All State, All State Honorable Mention, All State Elite, and Academic awards. You must also be a member to be eligible for the Coach of the Year award. Assistant Coaches are encouraged to join as well and are then eligible for the Assistant Coach of the Year award.

After each meet, please remember to send your scores to Colleen Stark Haws. Class A schools need to email both Colleen and Jen Harmoning. Instructions can be found on our mggca.org site. Remember to include your team name and date of meet in your email. Also remember to enter your meet scores and rate your judges on mshsl.org.

Lastly, make sure to check out the season timeline found on our website mggca.org, to verify all deadlines for this season.

Good luck! Have a safe and fun season!



Swim Strokes

By: Nathan Youngs
Dassel-Cokato

Let me start by thanking all head coaches, assistant coaches and diving coaches that put in endless hours and effort well beyond your compensation. While it is up to the girls to perform, it is your commitment to them and the sport that allows for the incredible success that we see each season. The state meet just wrapped up and congratulations goes out to the top teams: Class A: 1. Visitation, 2. Hutchinson, 3. Delano and Class AA: 1. Edina, 2. Minnetonka, 3. Wayzata. Thank you to Lisa Lissimore, Chris Aarseth, Jim Marshall and Jen Marshall and all who made the state meet a smooth, fun and memorable experience. The True team section and state meets were a success again this year. They are a great way for teams to show their strength and depth and get everyone involved. This year's champions were Visitation for A and Edina for AA. As we wrap up the girls season and look forward to the boys, take time to reflect on your job as a coach; creating better athletes and better people through practice and competition. Our annual coaches clinic will be May 4th and 5th with the All-State Banquet on the 4th. Both will be held at Minneapolis Marriott NorthWest which is the same location as last year.

FAST TRACKS

Doug Boonstra - Nordic Coaches Association President

WWJD?

We have all heard of the acronym WWJD, and many of us use it to guide our thoughts and actions on a daily basis. I am changing the meaning of the acronym for today. Today it stands for What Would Jessie Do? Jessie, as in our very own Jessie Diggins, from Stillwater HS, and oh yeah, one of the more decorated, and soon to become, I believe, the most decorated Nordic Skier this country has ever produced.

What Would Jessie Do if she was asked by the club she trained with in the summer, to skip 3-4 of her Stillwater Team practices per week, to train with her club during the HS season? This can be done, according to the MSHSL, provided an agreement is reached between the Club, the HS Coach, and the AD. She would still need to meet the MSHSL requirement of competing in 3 sanctioned races to be eligible for

post-season competition. WWJD? Now before you shout out, “well of course she would say no”, can we be so sure? What would the club offer her that her highly qualified coaches at Stillwater Area HS could not? Better training partners? Better access to training venues, snow, etc.? Extended workout times? Better or more systematic training schedule? Better coaching? Better chance to reach her personal goals of getting a college scholarship and skiing at the next level? Better chance of making a Junior National Team to be able to race internationally?

These are the advantages touted by clubs in our sport. So WWCD? What Would Coaches Do? This is the question that we must ask ourselves, because it is not what would I do IF it happens to one of my athletes, but WHEN it happens to one of my athletes on my team.

Are we developing athletes with a passion for our sport? Are we doing what we can to get them on snow as often as we can in these low snow years? Are we taking advantage of educational opportunities for ourselves so that we have as much to offer our athletes as any of the clubs that are pursuing the young people on our teams? Are we helping our athletes wade through the college skiing choices, and presenting them with the facts about the opportunities and the money available to them in our sport? Are we creating a culture on our HS team’s that would make it a very difficult decision to leave, because deep down they really want a place to belong?

I hope I am not misrepresenting the very poignant message that Dave Nelson, Head Football coach at Minnetonka HS is teaching his athletes. INAM, It’s Not About Me. Are we stressing the importance of being part of a team, loyalty, commitment, hard work, and being a part of something that is bigger than themselves’?

WWCD? I hope you are inspired everyday to create an atmosphere such that there is no other place that our student athletes would rather be than to ski with the childhood friends, represent their school and community. Is there a need for a place for the elite level athlete to go, outside of the HS system? Perhaps, but I really wonder, WWJD?

A Letter from Mrs. Big Dog

Mary Erickson

This is my last opportunity to address the coaches! I have loved serving you, in person, on the phone or by email. When we took this job, as a couple, 18 years ago, it was our intention to continue the insightful leadership of the DeRochers. Our very first year, girls basketball joined the MSHSCA. After they joined, I worked with Lakeshirts to develop a logo that represented Minnesota, not a gender. Due to the new volume of coaches signing up, the paper and typewriter method needed to be replaced. Working with Cordonco, for almost three years, our online system was born.

This job has not been work. I have even enjoyed the problems. Problems were always a challenge and it was a GREAT feeling to solve them!

As more associations joined the MSHSCA, our meetings and traveling increased. I like road trips to catch up on my reading, while John listens to talk radio. I love hotel stays with breakfasts made to order! I loved working with the new coaches and especially the directors of the new associations. With each association came specific needs to be addressed for electronic registration. That process for membership and clinics, was a fun challenge to my computer skills. For the first associations joining, I called in help from our system developer or our webmaster. I am proud to say, now, that I can make the changes and additions, myself.

Even though the membership process has been streamlined since 2000, there have been new duties added to what I do. The academic award program is the most time consuming, but I also take pride in having a record of every plate and plaque sent out!

It has been exciting to be a part of meetings and hearing new ideas. One of the requests that was a proud moment for me, was when John said; “You have to attend the finance meetings. You can answer some of their questions better than I can.” When Forum Communications approached us with the idea of a digital copy of the Prep Coach, I had to come up with a way to create a mailing list for members that still wanted to have a paper copy. Over six hundred letters were sent to coaches that did not have current email addresses, in our system.

Like sending a child to college, I know there is a good base as we pass our duties on, but a greater future awaits for this association. Thank you, to coaches, support staff and our officers, for helping me grow and develop as an Assistant Director in an association that is recognized as one of the best.





*Suicide Mostly Happens During the
Holiday Season...
Myth or Fact?
The Answer is MYTH.*

According to the Centers of Disease Control (CDC), suicide rates peak during the Spring and Fall

EDUCATION is the key to **PREVENTION**.

Information, tools, and resources are readily available to help identify and assist someone who may be struggling with thoughts of suicide.

The Jason Foundation, Inc., a national leader in youth suicide awareness and prevention, and the National Organization of Coaches Association Directors (NOCAD) are teaming together to provide all of NOCAD's membership with access to the Coaches Assistance Program (CAP).

CAP provides the education and help that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.



www.jasonfoundation.com/coachesassistanceprogram/

After the Game Bring Your Team to **SUBWAY**

SERVICE ACES

By: *Ford Rolfsrud*
Minnesota Tennis Coaches President
Shakopee School District



Hello coaches! We are in between tennis seasons right now, but the ball keeps rolling.

We are gearing up for our Coaching Clinic and celebrating another successful State Tournament Banquet. Hope to see you in early March for the Clinic!

SPRING CLINIC

Make sure to put the dates of Friday, March 2 (evening) & Saturday, March 3 (all-day) on your calendar for the 2018 MN Tennis Coaches Clinic. Once again, the location will be the Fred Wells Tennis & Education Center at Fort Snelling. Rick Engelstad (Ex. Sec.) has been working hard on organizing clinicians for the clinic. We are excited to be welcoming Ken DeHart (USPTA & PTR Master Pro) back to the clinic as well as Brian Boland (USTA Player Development Head of Men's Tennis) and many more.

As always, we will have equipment demo and free play on Friday, March 3 from 5:00 – 8:00pm and our annual meeting at the Tennis Center at 8:00pm. Please visit www.mshsca.org/tennis and click on "2018 MTCA COACHES CLINIC AGENDA & HOTEL INFORMATION" for more detailed information. We look forward to seeing you there.

MEMBERSHIP

Tennis coaches, don't forget to renew your membership. We thank those who are currently a member of our association. If you haven't joined this year, we encourage you to join again and we would love to have those who were non-members last year become part of the Coaches' Association. We want our association to continue growing. Being a member has many ben-

efits. Especially important is the affiliation with others around the state to help improve the high school sports of girls and boys tennis.

Lifetime members: You still need to join the Sports Association to be included in Coach of the Year and Academic Honors for your team. An area in which we really want to grow is the involvement of Assistant Coaches. Please encourage your Assistant Coaches to become members.

To join the Coaches' Association or to view membership benefits, please go to <http://www.mshsca.org/tennis> and click on "MEMBERSHIP FOR 2017/2018 SCHOOL YEAR" in the middle of the page.

COACHES OF THE YEAR

The coaches of the year for 2017 tennis are as follows:

Class A Head Boys Coach – John Carlson, Litchfield

Class A Assistant Boys Coach – Dave Cresap, Perham

Class AA Head Boys Coach – Dave Stearns, Minnetonka

Class AA Assistant Boys Coach – Lynn Larson, Bloomington Jefferson

Class A Head Girls Coach – Matt Draeger, Litchfield

Class A Assistant Girls Coach – Kim Stevermer, United South Central

Class AA Head Girls Coach – Paul Bates, Saint Cloud Tech

Class AA Assistant Girls Coach – Chad Anderson, Brainerd

BANQUET CHANGES

In the fall of 2016, the MTCA took on the challenge of hosting the State Tournament Banquet without the use of a 3rd party vendor. We have made some adjustments based on feedback from attendees and feel we have a product we can be proud of now. If you have further suggestions on how we can continue to improve, please let Ford Rolfsrud, MTCA President, know by emailing him at frolfsru@shakopee.k12.mn.us.

Thank you for all you do, coaches! Have a great 2018!

2018 MTCA COACHES CLINIC

Friday, March 2nd and Saturday, March 3rd

Fred Wells Tennis & Education Center

100 Federal Drive, St. Paul, MN 55111

HOTEL BLOCK

Room block for the 2018 clinic set up.

We are using a different hotel - as one of the requests was to have a place to eat and a bar.

Room rates a very good. • 2 BED @ \$109 plus taxes

We only blocked 10 rooms as we have only used about that many in the past years.

Hotel: Crown Plaza Aire

Minneapolis Airport

Three Appletree Square, Bloomington, MN 55425

The "cut-off date" for accepting reservations into this room block is Friday, February 9, 2018.

Guests may call: **952-854-9000** and ask to speak with reservations.

Guests would then mention the block code to ensure they receive the correct rate. Block code MTC

Register at mshsca.org/tennis

2018 AGENDA

FRIDAY, MARCH 2nd

5:00 . . OPEN PLAYING TIME - Demo Equipment

6:00 . . DRILLS and PLAY

8:00 . . MTCA MEETING AND SOCIAL: Beverage and Pizza

SATURDAY, MARCH 3rd

8:00 Bagels and Coffee

8:15 WELCOME: Rick Engelstad & Ford Rolfsrud, MTCA President

8:20 - 9:20 Clinician: Justen Seim and Andres Osorio

9:30 - 10:30 . . . Clinician: Felicia Raschiatore Tennis Manager Williston

Fitness Center

10:40 - 12:10 Clinician: Brian Boland, USTA Player Development Head of Men's Tennis

12:10 LUNCH BREAK: Erbert's and Gerbert's

1:00 Clinician: Ken DeHart, USPTA & PTR Master Pro

3:15 - 4:15 Clinician: Neal Hagberg, Tennis and Life Camp Director

4:15 DRAWING FOR PRIZES

MSHSL BOARD OF DIRECTORS REPORT

Jill Johnson

I hope that this note finds you enjoying the last warm days of fall and looking forward to another beautiful Minnesota winter season! My name is Jill Johnson and it is my pleasure to serve on the MSHSL Board of Directors on your behalf, as the Girls Sports Representative. I look forward to continuing to work together with Mr. Craig Anderson, as we advocate for our girls and boys athletic programs throughout the state.

I enjoyed meeting many of you, the dedicated leaders that are that are involved with making a positive difference in your sport, during the Fall Coaches Association meeting this past September. Your passion is contagious and efforts are appreciated. Keep up the great work each of you are doing for your respective sport!

Congratulations to all of the teams and individual participants that advanced to the 2017 MSHSL Fall State Championships! Success stories abound from every tournament and participation in the stadium that will host the upcoming Super Bowl surely added to the excitement!

Without doubt the highlight from our Board of Directors meeting this fall was the approval of the new MSHSL Executive Director, Erich Martens! Mr. Martens most recently has served as the Principal at Sauk Rapids-Rice High School. Over Erich's

30 years in education, he has held numerous leadership roles which included serving as the president of the MSHSL 's Board of Directors during the 2015-2016 school year. We welcome Erich back to the MSHSL in this new leadership position and wish him all the best as he works to provide service to and opportunities for our member schools!

As we move forward into the Winter and Spring seasons, a reminder that each high school coach must renew their continuing education requirements on the MSHSL Coaches Clipboard. In addition, several recommendations for bylaw changes are now at the region level. We encourage you to stay in contact with your Activities Director so that your input is heard as the region committees discuss the current proposals. If supported, the amendments will be forwarded to the Representative Assembly for consideration in May.

Best wishes for a successful season and a very happy and safe new year. Our next Board of Directors Meeting will be on February 1, 2018. Please do not hesitate to contact either Craig or myself if we can be of assistance in any way. It is truly an honor for Craig and I to represent such a remarkable contingent of professionals!

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 has received a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Beaches Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. Thank you for your help with this program to recognize your athletes.

After the Game Bring Your Team to **SUBWAY**

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2017-2018 school year.

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
(Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- North Central University (Minneapolis)
- North Dakota State College of Science (Wahpeton)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Mary's University (Winona)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

*Another example of the MSHSCA
at work for the membership!*

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



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Chenille, Certificates, Medals, Ribbons, Trophies, Plaques. All customized in your school needs

800-397-9993

Website: www.trophiesplus.com • Email: trophyman@trophiesplus.com

Budget Crunch?

Check us out - Lowest prices in the USA!

**Chenille Letters and Champ Patches • Custom & Stock Medals
Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs
at some of the lowest prices in the USA.

**Minnesota State High School
Coaches Association, Inc.**

**Executive Committee Liaison Assignments
2017-2018**

Todd Smrekar - Cambridge-Isanti

Past President	B/G Soccer	B Swimming	Baseball
	G Swimming	Wrestling	

Gary Prantner - Byron

President	Football	G Basketball	G/B Golf
	Adapted Athletics	Gymnastics	

Mike Peterson - Perham

President Elect	B/G Cross Country	Nortic Skiing	B Tennis
	G Tennis	Alpine Skiing	B/G Track

Terry Sadler - Warroad

Vice President	Volleyball	Snych. Swimming	Softball
		B Basketball	B/G Lacrosse

Sports Associations: If you need assistance from the MSHSCA for any reason, please contact your Liaison person listed above.

**Have You Moved
or Changed
Your Email?**



If you know of a member who has moved or is not receiving their Prep Coach, please ask them to notify us. Including Life and Retired Life members. Send change of addresses to John & Bernie Schumacher, 16332 Deer View Road, Park Rapids, or email us at jschumacher@mshsca.org It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

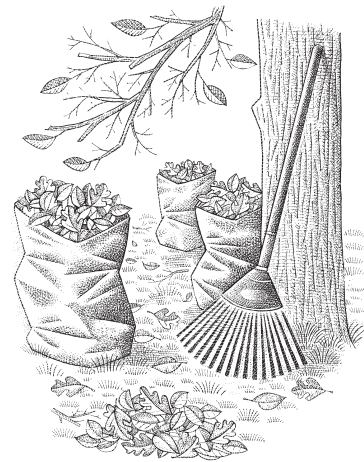
Need new Life Card?

Please send the life card you currently have to the MSHSCA address (above) and we will send a replacement.

**MSHSCA's
2017**

Thank You
to our

**CORPORATE
PARTNER**



**SUBWAY HELPS MAKE OUR
ACADEMIC AWARDS POSSIBLE!**

After the Game Bring Your Team to **SUBWAY**

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

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076
Email: jbad154@q.com



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

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

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

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____

College: _____ Year: _____

College Honors: _____

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

Coach Awards, Honors & Highlights: _____

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

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

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

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



DISCOUNTS AND BENEFITS

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

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

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

www.hscoachesbenefits.org/

Over Hill and Dale

By: Jesse Nelson
Red Wing

Congratulations to all athletes and coaches on another successful season. I hope all coaches use the off season to rest and recover as well as better themselves.

Congratulations to our state champions:

- Class A Boys – Perham coached by Jeff Morris
- Class AA Boys – Wayzata coached by Mark Popp
- Class A Girls – Perham coached by Jeff Morris
- Class AA Girls – Wayzata coached by Dave Emmans
- Class A Boy – Matt Stieger, La Crescent coached by Mark Abraham
- Class AA Boy – Khalid Hussein, Wayzata coached by Mark Popp
- Class A Girl – Tierney Wolfgram, Math & Science Academy coached by Brenden Ruter
- Class AA Girl – Emily Covert, Minneapolis Washburn coached by Curtis Johnson

Remind your senior student athletes of the annual scholarship program our association sponsors. Application forms can be found on our website. Due May 1.

Hall of Fame nomination forms can also be found on the association website. Please think of deserving coaches and nominate them!

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

If you have any feedback about the state meet, please let me know. jhnelson@rwps.org

***“I’m not going to buy my kids
an encyclopedia. Let them
walk to school like I did.”***

- Yogi Berra

CHIP SHOTS



By: , Bob Gorden
Golf Cch Assoc. President

Hope everyone is having a great school year, coaches that are teaching or working and the ones retired, a great off season. Fall had a lot of up and downs weather wise, like our golf seasons in the spring always do. Here in Detroit Lakes, our CC closed on October 15, then the next week it was in the 70's. I watched our superintendent work until dark one night trying to get his spraying finished before the weather snowed and turned cold. For deer hunters, not sure what you had, but I hunted in northern Minnesota. I had a foot of snow by opening day, and ten below the following Thursday. For the hunters out there, I hope you enjoyed that time as much as I did with my gang. We have had a Gorden hunting shack in the deep woods for 63 years!

Winter sports are all in full swing. That means under four months and our 2018 golf season will begin. Good luck to golf coaches that are coaching a winter sport.

If you have not joined the golf coaches association for 2017-2018, please do so and take advantage of the benefits for the entire school year. Remember the Coaches Association year runs from August 1 to July 31, and not the calendar year, so make your dues count. The million dollar insurance policy is in effect for the entire school year, and worth joining at the beginning of year. Your membership pass gets you into most High School and College events all school year long. Included in your membership, you will be on our association email list as a registered coach and receive all our emails during the entire school year. This is how we can get hold of all our coaches. So don't wait until spring golf season, join now if you have not.

Birdie Marketing will again offer golf cards as a fundraiser for High Schools golf programs. All of the Birdie Marketing info is online for you on the golf coach's site. Not only teams raise funds, but birdie marketing donates money to our association, and also give 8-\$500 checks for a drawing to teams who sell 25 or more cards: Winners in this past years drawing are: Blaine HS, Kevin Overaard, Bloomington Jefferson, Matt Elson, Buffalo, Paul Olson, Hastings, Becky Hartung, Irondale, Travis Tollette, Rogers, Dan Bursheim, St. Peter, Neil Doose , White Bear Lake and Craig Nasvik.

Other upcoming 2017 Golf dates: Coaches on-line rules be-



SAVE THE DATE

MINNESOTA HIGH SCHOOL COACHING CLINIC

SATURDAY, MARCH 24, 2018, 7 AM - 2 PM

LOCATION:

BIERMAN FIELD ATHLETIC BUILDING, U OF M CAMPUS

COST:

\$99 / COACH (REGISTRATION BY MARCH 1)
\$135 / COACH (REGISTRATION AFTER MARCH 1 OR AT DOOR)

PRESENTERS:

- GOPHER COACHES JOHN CARLSON & JUSTIN SMITH
- ERIK VAN ROOYEN (EUROPEAN PGA TOUR MEMBER)
- PETER KRAUSE (GOLF DIGEST TOP 100 INSTRUCTOR)
- DOUG HOFFMANN (MGA RULES AND COMPETITIONS DIRECTOR)
- 2ND SWING GOLF AND MANY MORE

FORMAL INVITATION WILL BE SENT ON MARCH 1 WITH CONFIRMED SPEAKERS AND SCHEDULE OF EVENTS

gins March 12, has to be completed by March 28 with State High School League. This is on your coaches clipboard. Go to the MSHSL website. Deadline to complete the Eligibility Verification forms is March 29. Practice can begin March 19. Wow, this is just under 4 months from this writing of Chip Shots. Good luck organizing, getting ready and during your new season!

Last day to play sections is June 5, and State tournaments are June 12-13 at the same sites, Class A at Pebble Creek GC in Becker, Class AA at Ridges at Sand Creek GC in Jordan and Class AAA at Bunker Hills GC in Coon Rapids. Remember the State banquets are on June 11, at 7pm. Coaches, honor your

teams and players by attending the banquet. We talked with the State High School league about some changes for practice rounds, so it is easier to get to banquets. I am fortunate that both my wife Diane and myself are retired and have been able to head to Arizona with our kids and grandkids for the winter month. We walk, hike, golf a lot, and enjoy seeing sunshine almost everyday. If you need to contact me about anything please do. My mailing address is: 24878 North Melissa Drive, Detroit Lakes, Mn. 56501. My mail is forwarded to me. You can also email me at bdgorden@detlakes.k12.mn.us, or call my cell anytime 218-234-5509. Have a great Merry Christmas and Happy New Year, Think green and see you on a course in the spring or in sunny Arizona.

Snap Shots



Tim Morris

The girls' hockey season is in full swing keeping coaches, players and their parents very busy. A few reminders for all head and assistant coaches. First, if you haven't done so already, please sign up for the MGHCA Coaches Newsletter. We will be using this forum to communicate information regarding girls' high school hockey to our membership including info about programs, membership, awards, nomination deadlines, etc. The registration link is below. It takes only a minute to register and it is free to all coaches.

<https://mgxca1.sportngin.com/register/form/078850663>

The link below is for the nominating one of your players for the Hobey Baker High School Character Award. Deadline for submission for your player's name to be included in the state tournament program ad is February 9th. Allow ten days for the award to be processed in advance of your team year end banquet.

<https://hobeybakermemorialaward.sportngin.com/register/form/286219248>

Dates to remember:

January 27, 2018 – Scholarship application deadline

February 21-24, 2018 – MSHSL Girls Hockey State Tournament, Xcel Energy Center & Ridder Arena

February 22, 2018 – Hall of Fame Awards Banquet

March 2-4, 2018 – Senior Classic and U18 Festival at the Schwan's Super Rink in Blaine

April 19-22, 2018 – Final 54's & High School National Invitational Tournament, Vadnais Ice Center

The Premier Prep League is proud and honored to be sending two teams off to additional competition next spring! Our playoff

champion, Premier Prep Red, will be representing Minnesota at the 19U Tier 2 USA Hockey National Championships next spring in Marlborough, Massachusetts. Congratulations to the following players:

#1	Goalie	Camryn Salmonsens	Faribault HS
#2	Defense	Annika Swanson	Wayzata HS
#3	Forward	Emily Elias	Maple Grove HS
#5	Defense	Gigi Jacobson	Eden Prairie HS
#6	Forward	Alexa Ocel	Wayzata HS
#7	Forward	Izzy Radley	Eden Prairie HS
#8	Forward	Emily Roder	Shakopee HS
#9	Forward	Hannah Vitelli	Benilde St. Margaret's HS
#12	Forward	Kaylyn Forliti	Saint Francis HS
#14	Defense	Mayson Toft	Alexandria HS
#15	Forward	Kady Mill	Eden Prairie HS
#16	Forward	Brielle Arzdorf	Saint Francis HS
#18	Forward	Payton Putrah	Cretin Derham Hall HS
#19	Forward	Anna Laugen	Wayzata HS
#20	Defense	Grace Halvorson	Andover HS
#25	Defense	Kennedy Spiering	Cretin Derham Hall HS
#26	Forward	Erin O'Kane	Alexandria HS
#27	Forward	Sophia Zebro	Saint Francis HS
#28	Defense	Holly Eckers	Shakopee HS
#30	Goalie	Carly Greene	Benilde St. Margaret's HS
#36	Defense	Allison O'Kane	Alexandria HS

Premier Prep Yellow, along with a few substitutions, will also be representing Minnesota at the America's Showcase event in St. Louis, Missouri. Congratulations!

For information on these events or any other activities and awards provided by the MGHCA, go to www.mghca.com. Information regarding all programs can be found there or by emailing any of the Section Reps or Executive Council staff. Submitted by Tim Morris, Executive Director MGHCA.

HALL OF FAME



HALL OF FAME
Bruce Kugath - Shakopee



HALL OF FAME
Bud S. Bjornaraa -
Apple Valley / Pequot Lakes



HALL OF FAME
Linda Gust - St. Louis Park



HALL OF FAME
Rick Ringeisen -
Lakeville- Lakeville south



HALL OF FAME
Dan Schneider - Lakeville North



SERVICE AWARD
John & Mary Erickson



GEORGE HAUN AWARD
Gerald Keenan -
St. Paul Public Schools



GEORGE HAUN AWARD
Ron Kruschwitz



MSHSCA PAST PRESIDENT
Todd Smrekar

F FAME



OFFICIALS DISTINGUISHED SERVICE AWARD
(L-R) Darwin Bachman, Larry Gallagher, Steve Phillon and Michelle Schneider

COACH OF THE YEAR



25 YEAR COACHES

ASSISTANT COACH OF THE YEAR



CHAMPIONSHIP COACH AND COACH OF THE YEAR

CHAMPIONSHIP COACHES

Photo Credits: Ashley Ritter

After the Game Bring Your Team to **SUBWAY**



By: *Robert Schueller,*
MBCA President

Greetings Coaches,

I am very honored to represent all of you this year as your MBCA president. I would like to take this time to thank Mike Trewick for the great job he did representing our organization as MBCA President during the 2016-17 school year. I would also like to thank all members of the Executive Board for your service and leadership.

The quality of Minnesota basketball continues to improve. This is indicated in the number of our athletes that will continue to play basketball beyond high school. Much of the credit has to go to you, our high school coaches, who spend countless hours in gyms across this great state developing individual skills and their teams in the offseason.

Also happening during the offseason is the MBCA Fall Clinic. Thank you to the many coaches who were able to attend. The clinic is always a good time for us as coaches to get together and talk X's and O's. The presenters did a terrific job and gave us all an opportunity to take something back to our own programs.

Membership Info:

As always it is important that you become a member of the MBCA in order for you and your athletes to be considered for various awards. We want to welcome all new coaches to join both the MSHCA and the MBCA and invite you to encourage your assistant coaches and lower level coaches to do the same. There are many great benefits such as awards for coaches, teams, athletes and an opportunity to be an All Star Coach. A

reminder that MSHSCA Life Membership does NOT include MBCA membership. To be eligible for Coach/Athlete Awards, All Star participation, Team and Individual Academic All State requires MBCA membership. Our goal this year is to reach 900 Members.

As part of your MBCA membership you will also become a member of the National High School Basketball Coaches Association, as we are one of the founding states in the organization. Member coaches are encouraged to visit the website (<http://nhsbca.org>) for such things as coaching resources, job openings, events, special offers from suppliers, and a "Play of the Day" option.

MBCA Hall of Fame

Congratulations to the 2017-18 MBCA Hall of Fame and MBCA Hall of Honor inductees who were recognized at the Fall Clinic:

Hall of Fame Inductees: "Skip" Dolan, Terry Knothe, Kerry Linbo, Ray Ross, and Ron Vorwald

Hall of Honor Inductees: Frankie Bly, Wes Knutson, Dick Milinkovich, Rich Penick, Steve Winfield, Bruce Strand

If you have anyone in your school or community deserving of selection in the future, do not hesitate to nominate them.

Thank you to Leaders

The MBCA extends best wishes to recent MSHSL retirees Dave Stead and Kevin Merkle and soon to be retired MSHSCA Director/Co-Director John and Mary Erickson. Your contributions and commitment to the sport of basketball, coaches, and student-athletes is greatly recognized and appreciated in so many ways. On behalf of the MBCA, we wish you a wonderful retirement.

Advisory Committee Updates:

The Boys and Girls Basketball Advisory Committee will meet at MSHSL Headquarters on December 4th. At the October Executive Board Meeting the following proposals

MSHSCA 2018 MEETING DATES

NOCAD Meeting	January 12-14, 2018	Indianapolis, IN
Finance Committee Meeting	March 22, 2018	TBD
Sprint Delegate Meeting	March 23, 2018	Mancini's Charhouse- St. Paul
Summer Executive Meeting	June 24 & 25, 2018	Park Rapids

PREP COACH DEADLINES TO SUBMIT

Sept. 1 | Dec. 1 | Mar. 1 | May 15

were approved for submission to the MSHSL Board of Directors. Discussion has been held with the Girls Coaching group and both groups are on board for submission.

The Class AAAA State Tournament plan will be resubmitted as proposed with only changes to include MSHSL facilitation/approval in the seeding process. (i.e. CLASS AAAA ONLY)

Re-submit Shot clock proposal for Boys and Girls- last time was for Boys only.

Implement the Restricted Arc rule for Block/Charge.

Scorebook Live:

The MBCA has a partnership with Scorebook Live. In the first year of the partnership, Scorebook Live received positive comments from those whom used it. It proved valuable for providing information for all teams, Varsity, JV, Soph, 9, and Junior High/Middle School.

After several years of searching and researching efficient means of reporting scores, we believe Scorebook Live can provide our coaches with such plus more. As with other coaches throughout the country, we believe Scorebook Live is part of the new frontier of high school basketball, merging scorekeeping, information technology, and social media into one simple tool. Scorebook Live is free to all coaches.

Following are some of Scorebook Live's updated features which include being on iPhone now (#1 request) and automatically updated league pages.

Key Highlights

- iPhone now
- automatically updated league pages (we'd just need to know which ones we would need to fully build out)
- partnerships with papers for city scoreboards and automatically feed them final scores eliminating coaches need to call in scores (growing on West Coast and would be happy to start conversation in Minnesota)
- we will set up roster/schedules for any leagues that all teams want to use
- merge feature allowing a team that didn't score game to "pull" from the other teams account that used
- ability to input rosters and schedules online as opposed to just in the app

If you have questions, comments, etc. Dan Dickau would be more than happy to answer any questions for them whether on email/call or conference call with as many as possible- Dan's contact information is below.

Dan Dickau

VP of Market Development

dickau@scorebooklive.com

www.scorebooklive.com

360-281-0909

Sanford Health

The MBCA and Sanford Health are pleased to announce the establishment of a Three Year partnership. The MBCA appreciates the contributions of Sanford Health in support

of the MBCA Fall Clinic. Further information regarding the partnership will be presented on the MBCA website and thru Section reps in the near future.

McDonald Award:

The Minnesota Boys Basketball Coaches Association is proud and honored to announce the establishment of the McDonald Award. This award will be presented annually to the outstanding Senior Basketball Player of the Year beginning with the 2017-18 basketball season.

The award is named in honor of Bob McDonald, a legend and icon in Chisholm, the state of Minnesota, and the nation for his accomplishments as a coach and his commitment to educating students. Coach McDonald served 59 years as a high school basketball coach. Coach McDonald led his teams to over 1,000 (1.012) victories, the only coach in Minnesota hoops history and one of 13 in the nation to accomplish this many wins. He was also known for instilling the values of hard work, teamwork, a strong moral code, and high academic expectations for the students he served on the court and in the classroom. Bob is a member of the MBCA Hall of Fame, the MSHSL Hall of Fame, and the NFHS National Hall of Fame.

The Award, patterned after the Wooden Award, will include, but not be limited to, qualifications such as exhibiting strength of character, both on and off the court; contributing to team effort; excelling on both offense and defense; and performance over the course of the entire season. Tentative plans are that the selection committee will include retired and/or Hall of Fame coaches representing geographic locations of the State (NW, NE, SW,SE) and Metropolitan (NW, NE, SW, SE, Minneapolis, St. Paul) areas.

In addition to selecting the Player of the Year; the establishment of the award is also designed to focus attention on the positive aspects of basketball and the role coaches play in the lives of all the student-athletes they represent and serve. In moving forward it is the goal of the Minnesota Basketball Coaches Association, that the McDonald Award will be widely viewed as the top award that a high school basketball player in Minnesota can receive.

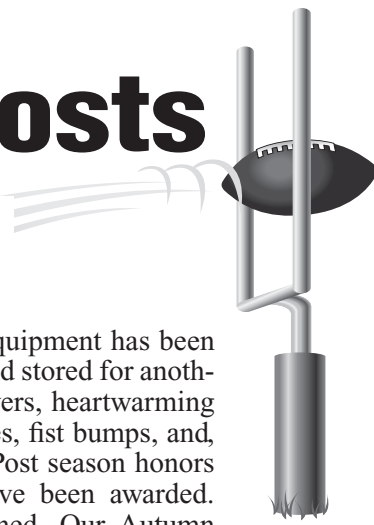
FORMS:

A reminder that all forms, such as All Star Nominations, Team Academic Champions, Individual Academic All State, Hall of Fame and Hall of Honor nominations, etc. are available by accessing the MBCA website; mshsca.org/boysbasketball. Please follow the nomination process and adhere to the deadlines listed on the forms.

The beginning of our 2017-2018 season is in "full court," so best of luck to all of you and your teams this year. Always keep in mind that sports are a vital vehicle for teaching life lessons and values, and they are the ideal platform for teaching winning gracefully and losing graciously.

Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA



Holiday Greetings,

Our fields are quiet now, equipment has been put away, uniforms cleaned and stored for another time. For coaches and players, heartwarming and thankful hugs, handshakes, fist bumps, and, yes, tears have been shared. Post season honors for team and individuals have been awarded. Champions have been crowned. Our Autumn quest has ended. The team has gone on to other things, but the lessons of the field remain, and the memories of the huddle will live in us and last a lifetime. The memories are not just for the champions, the award recipients, the starters, the all-stars. They are for the many; for each and every member of our teams. Herein is the privilege and the joy of coaching football. Recently, this writer received this compelling message again. While wandering through the weightroom I was approached by a senior player, one with limited skill, who played but a small amount of time throughout the season. ‘Coach’ he said, ‘I have something for you’ He gave me a neatly typed letter... in it was a moving, heartfelt thanks to the staff; explaining how much being a part of the team had meant so much to him and expounding on how the lessons he learned in football had made him a better person ; how he would carry them for the rest of his life. He wrote about how, at our last gathering he and his senior teammates had cried together... not wanting to leave their field of dreams. When I read it, well you get the point. His thanks, his message, must be the reason we need to embrace the game. Why we must continue to be its diligent Keepers. There is more to coaching than the story of the scoreboard.

In 2018, we shall all meet again on our fields of green. Before we do there is much to do to continue our mission of preserving our past, recognizing achievement, providing educational opportunities and enhancing and improving football. The awards committees meet on Jan. 6. Please be certain you check our website for all available nomination forms and get your nominations to the proper committee chairs by Jan 1. In April, we will be celebrating a decade of the MFCA’s “Keepers Of The Game” Football Clinic. Mark your calendars now and plan to attend, April 5-7. The recruiting fair is scheduled for the first Week in May. And, president elect, Scott Gonnerman, will be heading up a huge project that will involve the entire membership, as well as other football entities as we plan to address the challenge of combating the numbers decline in many areas of our state. Details to come on that project after the first of the year.

Finally, a moment to say thank you and farewell to an outstanding leader of Minnesota High School Activities, Dave Stead. Throughout his tenure at the Minnesota State High School League, Dave has been an informed, inspiring educator, spokesperson and leader a leader who is admired and respected throughout the nation. One whose perspective on athletics and activities has been forever student centered. One example of his perspective, I refer you to the Fall issue of the MSHSL Fall Bulletin and his excellent “Do You Remember” article. One that should be posted in every Athletic Director and Coaches’

office in our state. From all of us Dave, thank you for your unconditional service. Travel well, friend, travel well.

And to our Keepers... keep keeping on!

2018 MINNESOTA FOOTBALL CLINIC

A Partnership Between the MFCA and the Minnesota Gophers to Bring You the Best Clinic in the Country!

April 5-7, 2018 – DoubleTree Park Place, Minneapolis

Watch for additional details and Register at mnfootballcoaches.com



Dig This

By: Marty Kiebel
Maple Lake High School

We’ve now had a few weeks since the official conclusion of the 2017 Minnesota Volleyball season. Once again, our State Tournament was another fantastic showcase of great Minnesota volleyball at all levels! There are numerous people that are behind the scenes at The Xcel who help create one of the top state tournaments in Minnesota. The MNVBCA would like to that Jody Redman and all of her staff that go to great lengths to ensure that our tournament is an experience of a lifetime for our parents, players, and coaches. Congratulations to head coach Joelle Grimsley and the Mayer Lutheran Crusaders for capturing their second consecutive Class A State Championship. Also, congrats to Jackie Richter and the Lakeville North Panthers on a fantastic run at the state tournament and earning the Class AAA State Title! I would also like to take this time to congratulate all of our section head coaches and assistant coaches of the year:

SEC.	COACH
1A	Jeremy Struck, Hayfield Kalyn Biever, Wabasha-Kellogg
2A	Joelle Grimsley, Mayer Lutheran Breanne Greiner, St. Clair
3A	Amy Wagner, Canby Neil Witte, Russell-Tyler-Ruthton
4A	Petra Fontes, Mounds Park Academy Shelby Morimoto, Maranatha Christian
5A	Josh Hirschey, Pine River-Backus Nicole Hirschey, Pine River-Backus
6A	Heidi Isaman, Pelican Rapids

- Nikki Dykhoff, Wadena-Deer Creek
- 7A Pam Taylor, Cook County
- Marlene Wester, Cook County
- 8A Stacy Dahl, BGMR
- Brittney Kuznia, Stephen-Argyle Central

SEC. COACH

- 1AA John Dzubay, Stewartville
- Scott Willenborg, Stewartville
- 2AA Sarah Hammers, Norwood-Young America
- Mary Lemke, Glencoe-Silver Lake
- 3AA Susie Bork, Luverne
- Janet Haren, Jackson County Central
- 4AA Tom Emanuel, Holy Angels
- Pam Fallert, Concordia Academy
- 5AA Andrea Raser, Watertown-Mayer
- Leah Elsham, Totino-Grace
- 6AA Glenda Prom, St. Cloud Cathedral
- Amy Voigt, Maple Lake
- 7AA Pete Stasiuk, Duluth Denfeld
- Steve Dickhudt, North Branch
- 8AA Becky Hayden, Roseau
- Nikki Burns, Perham

SEC. COACH

- 1AAA Jackie Richter, Lakeville North
- Taylor Hall, Lakeville North
- 2AAA Chad Becker, Eden Prairie
- Tim Carroll, Hutchinson
- 3AAA Katie Naughton, Henry Sibley
- Jeff Groves, Apple Valley
- 4AAA Bob Fisher, Stillwater
- Kitty Tynen, Stillwater
- 5AAA Sean Haugen, Maple Grove
- Allison Axness, Champlin Park (co-ACOY)
- Rachel Reynolds, Osseo (co-ACOY)
- 6AAA Vicki Seliger-Swenson, Hopkins
- Steph Kaczmarek, Hopkins
- 7AAA Sherri Alm, Forest Lake
- Claire Martinez, Elk River
- 8AAA Dave Anderson, Sauk Rapids-Rice
- Mitch McGuire, Alexandria

Thank you to all coaches who attended our "Coaches' Social" at the State Tournament. We are hoping that this change is a positive one and was a great opportunity to connect with fellow volleyball colleagues. This spring we will be looking at electing/re-electing Section Representatives for sections 3 and 4 in all classes, so look for information on that coming from me via email. Also, don't forget to check out the MNVBCA website to answer MANY questions that you may have about MN Volleyball!

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

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



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

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

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

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

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

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

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

John Schumacher
16332 Deer View Rd • Park Rapids, MN 56470



OFFICIALS DISTINGUISHED SERVICE AWARD NOMINATION FORM

Name _____

Address _____

Phone (____) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

Other information to support this nominee: _____

Nominating Person _____

Address _____

Phone (____) _____

After the Game Bring Your Team to **SUBWAY**



Kelly McGinnis

The Minnesota Association of Dance Teams recently hosted their Fall Membership Meeting and their LEAD Student Convention. Both events took place on November 11 at Chaska High School.

The Student Convention brought together over 360 dancers from 50+ dance teams throughout the state for a full day of dance and leadership training. Dancers took classes in all styles of dance, from hip hop to high kick. Two collegiate national title teams, the University of St. Thomas Dance Team and The Minnesota State-Mankato Dance team, lead many of the classes for the athletes. Dancers also signed up for a classroom session where topics included character and teamwork, stress management, and mental toughness. This year, convention organizers had a big surprise for the attendees with a master class led by Mackenzie Symanietz (Larkin Dance Studio) and her surprise assistant, World of Dance runner-up, Eva Igo.

Highlights of the Minnesota Association of Dance Teams membership meeting included discussion of a new proposal that would shorten the dance team season by two weeks. The meeting also included a Judges Association of Minnesota panel about the new score sheet that is being implemented this year. The membership in attendance voted to move the proposal forward, with it now heading towards a regions vote.

Last spring, a group of JAM officials and MADT coaches collaborated on creating an updated score sheet for both jazz and high kick. The goal of this update was to reduce duplication between categories, provide clear descriptions, and be easily interpreted by coaches, officials, and athletes. The new score sheets are currently in effect and being used in competitions.

Members of MADT will meet again in the spring for their end of year celebration and awards ceremony in addition to the spring membership meeting.

Other upcoming important dates for MADT members:

- 12/31- Membership registration deadline
- 1/3 - Applications available for Activity Advisory and Board of Directors
- 1/15 - Nominations for All-State dancers due
- 2/1 - Activity Advisory and Board of Directors applications due
- 2/1- Deadline for nominations for coaching awards
- 2/1- Team awards deadline- academic and All-State
- 2/16 and
- 2/17 - State Dance Team Tournament @ Target Center
- 3/9 - Coaches Celebration
- 3/10 - Membership Meeting and All-State 2018 @ Eden Prairie High School
- 3/21 - Deadline for scholarship applications

Mat Chatter

By: Matt Clark

Head Wrestling Coach Park Rapids
MWCA President



Every wrestling season is different with new challenges. Every year coaches have to adapt to new student athletes, new rules, and new Minnesota High School League (MHS) procedures. This year is no different. The Minnesota Wrestling Coaches Association (MWCA) has worked closely with the MSHL to implement four main changes for the 2017-2018 season. The first and biggest change is we now have a maximum of 16 event dates, and a maximum of 45 matches before the postseason. The old rule used to be 18 events and 35 matches. The second change is now we have the option to use an alternative uniform. It is compression shorts with a tight fitting t-shirt in place of the singlet. The third change for the upcoming season is we will go back to morning weigh-ins for the state tournament. In past years all state participants weigh-in the night before their competition. The fourth and final change for this year is the sections tournament can now have the option to be a one day tournament rather than a two day tournament.

Any time we change our rules or procedures we are going to have some very interesting discussions. This year is no different. Some people are hesitant when they have to go through changes and that is understandable. The only reason we make changes is to try to make the great sport of wrestling even better. The old saying comes to mind, "If you are not moving forward you're standing still." I would like to hope that the wrestling community will embrace or newest changes and make this upcoming season even better than past seasons.

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

- Tony Dungy



GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2017 – August 1, 2018

LIMITS OF INSURANCE

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

COVERAGES

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

EXCLUSIONS

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

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

- ❖ Participant Waivers - Signed waivers must be in place for all participants attending camps. The waiver must have indemnification language and acknowledgement that primary medical insurance is in place for the participant.
- ❖ Participant/Accident (Medical) - If you cannot secure such a waiver, you must purchase coverage for all participants attending your camp.
- ❖ Additional Insured/Certificate of Insurance - If you require a certificate of insurance naming an additional insured, you must purchase the Participant/Accident (Medical) coverage for all participants attending your camp.
- ❖ Proof of Insurance - If you require a certificate of insurance showing proof of insurance and you have the required waiver in place, you DO NOT have to purchase the Participant/Accident (Medical) coverage.

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.

INSURANCE SINCE 1852

www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

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

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

After the Game Bring Your Team to **SUBWAY**

FALL ACADEMIC RESULTS

GIRLS CROSS COUNTRY

GOLD

Adrian
Albany
Alexandria
Andover
Annandale
Anoka
Apple Valley
Becker
Belle Plaine
Bemidji
Big Lake
Blaine
Blooming Prairie
Blue Earth Area
Brainerd
Breck School
Buffalo
Burnsville
Byron
Canby-Minneota
Centennial
Champlin Park
Chanhassen
Chaska
Chatfield
Chisago Lakes
Coon Rapids
Cotter
Dassel Cokato
Detroit Lakes
Dover-Eyota
Duluth East
Eagan
East Ridge
Eastview
Eden Prairie
Eden Valley-Watkins Kimball
Edina
Elk River
Ely
Esko
Eveleth-Gilbert
Fairbault
Fairmont
Foley
Forest Lake
Glencoe-Silver Lake
Grand Rapids
Greenway-Nashwauk-Keewatin
Hastings
Hayfield
Hendricks
Heritage Christian Academy
Hibbing

Hill-Murray
Holy Angels
Holy Family Catholic
Howard Lake-Waverly-Winsted
International Falls
Jefferson
Kasson-Mantorville
LaCrescent
Lake City
Lake Crystal-Wellcome Memorial/
Nicollet
Lakeville North
Lakeville South
Lanesboro-Filmore Central
LeSueur-Henderson/MNCS
Lewiston-Altura/Rushford Peterson
Litchfield
Little Falls
Luverne
Mahtomedi
Mankato East
Mankato Loyola-Cleveland
Mankato West
Maple Lake
Marshall Schools
Martin County West-Martin Luther
Melrose
Mesabi East
Milaca
Minnehaha Academy
Minnetonka
Montevideo
Moorhead
Moose Lake-Willow River-Barnum
Mora
Morris Area
Mountain Iron-Buhl
Mountain Lake Area
Mpls South
Mpls. Southwest
Murray County Central-Fulda
New London-Spicer
New Prague
North Branch
North Shore
Northwest Nighthawks
Norwood-Young America
Nova Classical
Orono
Ottertail Central
Owatonna
Park
Park Center
Park Rapids
Pelican Rapids
PEM

Pequot Lakes
Perham
Pine City
Pine Island
Princeton
Providence Academy
RAACHE
Redwood Valley
Rochester Century
Rochester JM
Rochester Lourdes
Rockford
Rocori
Rogers
Roseau
Rosemount
Rush City
Sleepy Eye-St. Mary's-NUC
South St. Paul
Southwest Christian-Edgerton
Spectrum
Springfield-Cedar Mountain-Confrey
St. Anthony Village
St. Charles
St. Cloud Cathedral
St. Paul Central
St. Paul Highland Park
St. Peter
Staples-Motley
Stewartville
Stillwater
STMA
Thief River Falls
Tri-City United
United North Central
Virginia
Visitation
Wabasso
Waconia
Waseca
Watertown-Mayer
Wayzata
Wedena-Deer Creek
WEM-JWP
White Bear Lake
Winona

GIRLS CROSS COUNTRY

SILVER

Ada-Borup/NCW
Cambridge-Isanti
Dilworth-Glyndon-Felton
East Grand Forks
Irondale
Kingsland
Lac Qui Parle Valley-Dawson-Boyd

Maranatha Christian Academy
Osseo
St. Francis
St. James Area
Warroad

BOYS CROSS COUNTRY

GOLD

Albert Lea
Alexandria
Andover
Annandale
Anoka
Apple Valley
Austin
Big Lake
Blaine
Blue Earth Area
Brainerd
Breck
Buffalo
Burnsville
Byron
Canby-Minneota
Centennial
Champlin Park
Chaska
Chatfield
Chisholm
Dassel Cokato
Detroit Lakes
Dilworth-Glyndon-Felton
Eagan
East Ridge
Eastview
Eden Prairie
Ely
Farmington
Foley
Forest Lake
Fridley
Gibbon-Fairfax-Winthrop
Grand Rapids
Greenway-Nashwauk-Keewatin
Hastings
Heritage Christian Academy
Hibbing
Holy Angels
Holy Family Catholic
Howard Lake-Waverly-Winsted
International Falls
Jefferson
Kasson-Mantorville
Kingsland
Lac Qui Parle Valley Dawson-Boyd
LaCrescent
Lake City

Lakeview
Lakeville North
Lakeville South
LARP
LeSueur-Henderson/MNCS
LFC
Litchfield
LP-HT-ML
Mahtomedi
Mankato Loyola-Cleveland
Math and Science Academy
Melrose
Mesabi East
Milaca
Minnehaha Academy
Minnesota Valley Lutheran
Montevideo
Monticello
Moorhead
Moose Lake-Willow River-Barnum
Mora
Morris Area
Mountain Iron-Buhl
Mountain Lake Area
Mpls South
New London-Spicer
North Shore
Northwest Nighthawks
Norwood-Young America
Nova Classical
Ottertail Central
Park Center
PEM
Pequot Lakes
Perham
Pierz
Pine City
Pine Island
Prior Lake
RAACHE
Rochers JM
Rochester Century
Rockford
Rogers
Roseau
Roseville
Rush City
Sartell
Schaeffer Academy
Sibley East
Spectrum
Springfield-Cedar Mountain-Confrey
St. Anthony Village
St. Cloud Cathedral
St. Paul Highland Park
St. Thomas Academy
Staples-Motley

Stillwater
STMA
Tri-City United
United North Central
Virginia
Waconia
Wadena-Deer Creek
Warroad
Watertown-Mayer
Wayzata
West Central
White Bear Lake

BOYS CROSS COUNTRY

SILVER

Ada-Borup/NCW
Albany
Bagley/Fosston
Becker
Belle Plaine
Bemidji
Benilde St. Margaret's
Breckenridge-Wahpeton
Cambridge-Isanti
Chisago Lakes
Concordia Academy
Coon Rapids
Cotter
Dover Eyota
Edina
Elk River
Esko
Eveleth Gilbert
Fairmont
Frazee
Hawley
Hayfield
Holdingford
Irondale
Lake Crystal-Wellcome Memorial/
Nicollet
Lakeview Christian Academy
Luverne
Mankato East
Maple Lake
Maranatha Christian Academy
Marshall
Mpls. Roosevelt
Mpls. Southwest
New Prague
New York Mills
North Branch
Orono
Osseo
Park
Redwood Valley

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After the Game Bring Your Team to 

Rocori
 Rosemount
 South St. Paul
 St. Charles
 St. Francis
 St. James Area
 St. Paul Central
 St. Peter
 Waseca
 WEM-JWP
 Winona

**GIRLS TENNIS
 CLASS A GOLD**

Blake
 St. James Area
 Hermantown High School
 Park Rapids Area
 Perham High School
 Lac qui Parle
 Litchfield
 Annandale
 Montevideo Senior High
 Mora High School
 Pipestone Area High School
 Benson High School
 Sibley East
 Lake City High School
 Pequot Lakes High School
 United South Central
 Pine City High School
 Melrose Area High School
 Roseau High School
 Wadena - Deer Creek High School
 Southwest Christian High School -
 Chaska
 Osakis
 Monticello High School
 Saint Peter
 Luverne High School
 Jordan High School
 Holy Family Catholic
 Belle Plaine Senior High
 Minnewaska
 New Life Academy
 Trinity School at River Ridge

**GIRLS TENNIS
 CLASS A SILVER**

Aitkin
 Maple River
 Pierz Healy High
 St. Croix Lutheran Academy
 New London Spicer
 Tri City United
 Sauk Centre Secondary School
 Maccray
GLENCOE SILVER LAKE
 Parkers Prairie High School

Sleepy Eye
 Chanhassen High School
 Cannon Falls High School
 Staples-Motley High School
 Crookston
 East Grand Forks Senior High
 Blue Earth Area
 Lourdes High School
 Fairmont Jr./Sr. High School
 Breck
 Winona Cotter High School
 LeSueur Henderson HS
 Yellow Medicine East
 Mounds Park Academy

GIRLS TENNIS

CLASS AA GOLD
 Eden Prairie
 Cretin-Derham Hall
 Henry Sibley
 Bemidji High School
 Mounds View
 St. Michael-Albertville High school
 Rogers High School
 DeLaSalle
 Elk River High School
 Grand Rapids - greenway
 Totino-Grace
 Park High School
 Hastings High School
 Woodbury high school
 Mound Westonka
 Hill Murray
 New Prague High School
 Hibbing
 Waseca
 Edina
 Irondale
 South St. Paul High School
 Minneapolis Southwest
 St. Anthony Village
 Roseville Area High School
 Hutchinson High School
 Chaska High School
 Mankato East
 Burnsville
 Coon Rapids High School
 Brainerd High School
 Buffalo High School
 Eastview
 Alexandria
 Saint Louis Park High School
 Marshall School
 Prior Lake High School
 Blaine High School
 Stillwater
 ROCORI High School
 Wayzata
 St. Francis High School

Chisago Lakes High School
 Princeton High School
 Andover HS
 Robbinsdale Armstrong
 Academy of Holy Angels
 Willmar HS
 Becker High School
 Richfield High School
 Visitation
 Foley High School
 Big Lake High School
 Maple Grove Senior High
 Lakeville North High School
 Thief River Falls
 Bloomington Jefferson
 Lakeville South
 Anoka Senior High School
 Minnetonka High School
 Champlin Park
 Austin High School
 Harding High School
 St. Cloud Tech
 East Ridge
 Saint Paul Highland Park

GIRLS TENNIS

CLASS AA SILVER
 Benilde - St. Margaret's
 Little Falls High School
 New Ulm
 Apollo/Cathedral/Sauk Rapids-Rice
 Rochester Century
 Northfield High School
 Shakopee High School
 Fridley High School
 North Branch
 Mankato West
 Spring Lake Park
 Cambridge-Isanti
 Delano High School
 Eagan
 Tartan H.S.
 Duluth East High School

FOOTBALL ACADEMIC RESULTS

9-MAN
GOLD
 Hancock
 Nicollet
 Nce-Uh
 Stephen-Argle Central
 Mountain Lake Area
 Russell-Tyler-Ruthton

9-MAN
SILVER
 Carlton
 Verndale
 Fulda

Brandon-Evansville
Westbrook-Walnut Grove
Win-E-Mac
Red Rock Central
North Woods
Cook County
Heron Lake-Okabena

CLASS 1A
GOLD
Mankato Loyola
Wabasha-Kellogg
Minneota
Dawson-Boyd
St. Clair
Parkers Prairie
Upsala-Swanville Area (Usa)
Springfield

CLASS 1A
SILVER
Braham
Goodhue
Wabasso
Fillmore Central
Murray County Central
New York Mills
Pelican Rapids
Lake Park-Audubon

CLASS 2A
GOLD
Gibbon-Fairfax-Winthrop
Eden Valley - Watkins
Maple River

CLASS 2A
SILVER
Morris Area - Chokio/Alberta
Staples-Motley
Benson
Caledonia
Sauk Centre
Lewiston-Altura
Pipestone
Barnesville
Minnewaska Area

CLASS 3A
GOLD
Litchfield
St. Cloud Cathedral

CLASS 3A
Silver
Pine City
Rockford

Thief River Falls
Melrose
Pierz
Albany
Luverne
Byron
Holy Family

CLASS 4A
SILVER
Orono
Foley
Winmar
Dassel Cokato
Marshall
Rocori
Waseca
Holy Angels
Fergus Falls

CLASS 5A
GOLD
Mankato West
Moorhead
Alexandria
Hastings
Owatonna
Northfield

CLASS 5A
SILVER
Cambridge-Isanti
Monticello
Chanhassen
Andover
Sartell
Apple Valley
Rochester Century
Duluth East
New Prague

CLASS 6A
GOLD
Cretin Derham Hall
Lakeville North
Eastview

CLASS 6A
SILVER
Minnetonka
Stillwater
Blaine
Lakeville South
Totino Grace
Eastridge
Farmington
Centennial

Eagan
Shakopee
St. Michael-Albertville

GIRLS SOCCER
CLASS A - GOLD
Kasson-Mantorville
Saint Peter
Glencoe Silver Lake
Loyola/LCWM/St. Clair/Madelia
Mankato West
Mankato East
Trinity at River Ridge
South Saint Paul
Concordia Academy High School
Totino-Grace High School
Benilde-St. Margaret's
Heritage Christian Academy
Delano
Marshall School, Duluth
Detroit Lakes
East Grand Forks

GIRLS SOCCER
CLASS A - SILVER
Byron High School
St. Charles High School
Winona Senior High School
Winona Cotter
Waconia High School
Waseca High school
Southwest Christian
Faribault High School
Jordan High School
New Ulm High School
St. Croix Lutheran
Visitation School
Simley High School
Mounds Park Academy
DeLaSalle
Breck School
St. Anthony Village High School
Willmar High School
Orono High School
Hutchinson High School
Two Harbors High School
North Lakes Academy
Zimmerman
Sartell High School
Little Falls Community Schools
St. Cloud Cathedral
Rochester Lourdes

GIRLS SOCCER
CLASS AA - GOLD
Lakeville South High School

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CHAMPIONSHIP TEAMS AND COACHES 2017

GIRLS TRUE TEAM SWIMMING

	SCHOOL	COACH
Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

GIRLS TENNIS

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

GIRLS SOCCER

Class A	Mahtomedi	Dave Wald
Class AA	Eagan	Bulut Ozturk

BOYS SOCCER

Class A	Totino Grace	William Vance
Class AA	Wayzata	Dominic Duenas

GIRLS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	Wayzata	Dave Emmans

BOYS CROSS COUNTRY

Class A	Perham	Jeff Morris
Class AA	Wayzata	Mark Popp

VOLLEYBALL

Class A	Mayer Lutheran	Joelle Grimsley
Class AA	Maple Lake High School	Marty Kiebel
Class AAA	Lakeville North	Jackie Richter

GIRLS SWIMMING MSHSL

Class A	Visitation	Nate Linscheid
Class AA	Edina	Jeff Mace

ADAPTED SOCCER

PI	Eastview Dakota United	Lorrie Buecksler
CI	Park Center	Kelli Waalk

FOOTBALL

9 Man	Spring Grove	Zach Hauser
1A	Minneota	Chad Johnston
2A	Caledonia	Carl Fruechte
3A	Pierz	Leo Pohlkamp
4A	Academy of Holy Angels	Jim Gunderson
5A	Owatonna	Jeff Williams
6A	Eden Prairie	Mike Grant

Rochester Century
Eden Prairie High School
Edina High School
Prior Lake High School
Apple Valley High School
East Ridge High School
White Bear Lake
Maple Grove
Minneapolis Southwest
South High School
Armstrong High School
St. Louis Park H.S.
Cretin-Derham Hall
Hopkins High School
St. Michael-Albertville
Sarah Rodenwald
Rogers

GIRLS SOCCER

CLASS AA SILVER

Minnetonka
Shakopee
Chaska HS
Hastings High School
Park High School
Roseville
Champlin Park High School
Park Center Senior High
Centennial
Coon Rapids High School
Wayzata
Minneapolis Washburn
St. Francis High School
Andover High School
Forest Lake High School
Rochester John Marshall

BOYS SOCCER

CLASS A GOLD

Trinity at River Ridge

BOYS SOCCER

CLASS A SILVER

Rochester Lourdes
Academy of Holy Angels
Minnehaha Academy
Little Falls

BOYS SOCCER

CLASS A AGOLD

East Ridge High School

BOYS SOCCER

CLASS AA SILVER

Prior Lake
Wayzata



DUGOUT CHATTER



By: *Don Gawreluk*

President - Minnesota State High School Baseball Coaches Assoc.

Here's the latest news from the MSHSBCA:

The John Wilkens fall clinic was well attended and our association had a very successful Hall of Fame and Awards Banquet. A big thank you to John Wilkens and his family for their continual work to make our clinic and banquet run so smoothly and to Paul Twenge who once again brought in a great list of clinicians. We thank our vendors for their support and also the Ramada Plaza for hosting us. Please check out all of this past year's award winners at our website, www.mshsbca.org.

Our 2017 Hall of Fame inductees are:

Clark Bailey, Hill City
Cecil Cordahl, Akeley
Bart Hill, Lac Qui Parle Valley
Pete Maus, Northfield
Kevin Nowotny, Adrian
Brad Skoglund, Paynesville

Congratulations to the honorees, their families and their programs—what a great honor!

In addition, other awards were presented:

Dick Siebert Award - Dan Paulson (Delano)
Jim Dimick Retired Coaches Award-Craig Anderson (Pine Island), Terry Heiderscheit (Rochester J.M.)
Angelo Giuliani Award – Emmett Keenan (St. Cloud Cathedral)

Craig Anderson Ethic in Coaching Award – Mark Downey (Mounds View)

Rob Fornasiere Assist. Of the Year – Kale Henry (Forest Lake), Ben Johnson (Woodbury)

Tink Larson Field of the Year – Laker Field in Avon (Home of Albany H.S.)

Class AAAA Coach of Year – John Buteyn (Eden Prairie)

Class AAA Coach of Year – Mark Grundhofer (Waconia)

Class AA Coach of Year – Pat Schultz (Belle Plaine)

Class A Coach of Year – Derek Denny (Parkers Prairie)

Players of the Year – Sam Carlson (Burnsville), Logan Aleshire (St. Cloud Tech),

Matt Tautges (Pierz) & Andrew Johnson (Parkers Prairie)

Please be sure to take time to nominate worthy candidates for 2018 for all of our awards. Forms can be found on our website.

We are a few months away from the 2018 season, but “Convention and Clinic Season” is shifting into high gear. The BCA is being held (as I write this) in sunny Tucson, Arizona. The

ABCA will be held in Indianapolis, Indiana January 5-8, 2018. These are two very good organizations that can provide a lot of opportunities and development for your programs. Also look for the St. Olaf Clinic on January 27th. Check our website for more information on that date as well as other clinics.

Last year was our first year with the “Pitch Count Rule” and compliance was excellent. The NFHS mandated that each state develop their own pitch count rule and Minnesota coaches helped develop the pitch counts put in place last season. The Pitcher as DH rule was also used in Minnesota the last 3 seasons on an experimental basis. Coaches favored the rule with over 75% support from those surveyed. For 2018, however, that rule will NOT be in place. The Pitcher as DH rule has not been adopted across the nation, and with Minnesota's 3-year trial run reaching its expiration date, it was decided that the rule will be looked at for further study, but not adopted at this time. Your MSHSBCA Advisory Board feels very strongly that this rule works hand-in-hand with the Pitch Count Rule to help reduce arm injuries, so we will be working very hard to push this for adoption as soon as possible.

For 2018, though, the Pitcher as DH Rule will not be available to our coaches.

For 2018, your Advisory Board, with great support from our membership was able to secure an (optional) earlier start date from the MSHSL to build and strengthen throwing arms. Before the March 19 start date, Teams MAY practice for up to five additional days beginning on March 12. These five days may be used for conditioning arms and overall physical conditioning, and must be conducted using only baseballs, gloves, and catcher's equipment. See Bylaw 504.)

The 2018 dates for the six team Play Ball MN High School All Star Series are set for June 21-23, in Chaska. The Minnesota Twins will again host our selection committees at Target Field as we select players, complete committee work, and watch a Twins game. We thank the MN Twins and Play Ball! MN for their continued support of high school baseball. Thanks also to Cambria, BIG Athletics and Zephyr hats for being GOLD sponsors. Because of their generosity, our association has been able to make some major donations to many worthy organizations such as The Miracle League, ALS, Stand Up to Cancer, Coaches Caring for Coaches, MDA, and other worthy causes. In addition, we were able to increase our scholarships recipients to 14 in 2017. We should be able to hold tight to that number this year as well. Please nominate players for both the All Star Series and the coaches scholarship, players go through the process on the website for the scholarship. Coaches, we need you to encourage your players to apply.

Please continue to visit our website as it is updated frequently, and follow us on Twitter @MSHSBCA. If you have games or scrimmages you are looking to fill or new records for the list, keep funneling them to Tink Larson. Connect with him at tlarson@hickorytech.net. Thanks, Tink, for all of your work and thank you, Todd Smrekar, for all of your website expertise. I wish you all a great holiday season.

I hope we can look forward to a short winter and warm spring!

See you at the ballpark!

After the Game Bring Your Team to **SUBWAY**

HOOP SCOOP



*Mark Cook - Maple Grove HS Head Girls
Basketball Coach*

President – Minnesota Girls Basketball Coaches Association

The debate has been going on for a while now. Should Minnesota high school basketball implement a shot clock? In a recent survey done of 256 Minnesota girls basketball coaches, 61.6% of respondents supported the implementation of the shot clock in Minnesota high school basketball. The shot clock has been used in high school basketball in North Dakota and South Dakota since 2011. The Wisconsin Interscholastic Athletic Association Board of Control voted in June to implement a shot clock in basketball beginning in 2019-20 season (this decision was just reversed the first week of December). The movement is happening all around us and it is time for Minnesota to follow suit.

The arguments against the use of the clock are there. The major argument against them is a cost issue. With school districts all across the state of Minnesota having their budgets continually pinched and stretched and multiple directions while continually being challenged to do everything necessary to close the achievement gap, the idea of having to pay for the equipment and then train, hire, and pay staff to run them is a bit overwhelming.

Head Coach Jon Herbrechtsmeyer from Bethel University is ultimately in favor of a shot clock, but also stated, “I think it would be tough to implement in many of the lower classes of basketball in MN. I could see 4A potentially being able to do it, but it might be tougher at the 3A, 2A, and 1A. Primarily, due to budget constraints. You have buy and maintain a new shot clock and/or whole new scoreboard system. You also have the new cost for every home game of having a shot clock operator. I think that may be difficult if not prohibitive at the lower levels where they may not have the same access to

booster club money that we do in the metro areas.”

While these obstacles are very real, the time has come to work feverishly to try and overcome them. Coach Mandy Pearson from The University of Minnesota-Duluth is somewhat indifferent when it comes to the shot clock debate, but does add that, “It would help student-athletes to better understand end of game situations as well as helping to prepare them a little more for the pace of college basketball.” Lori Fish, Head women’s basketball coach at St. Cloud State, says, “The shot clock helps create better flow to the game, and adds a dimension of competitiveness as the games can’t be ‘stalled’ out.” Head coach Ruth Sinn from St. Thomas adds, “The game is about the players making plays, not the coaches strategizing and using the rules to control the game. A shot clock forces the teams to make plays, utilize their talents and gifts and makes the game a faster more enjoyable game to watch.”

It is not just college coaches that see the benefit. As the head coach at Maple Grove High School, we have been very fortunate to play in a Holiday Tournament up at St. Michael-Albertville High School for the past 5 years. The shot clock is used and it adds a great element to the games. As STMA coach Kent Hamre points out, “It rewards the defense for playing good defense and give more options to end of the game situations.” Coach Matt Nilsen and the Edina Hornets have also played in the same Holiday Tournament. Nilsen feels that while the shot clock hasn’t greatly affected their games on a possession by possession basis, it is the end of the game where he sees the biggest benefit. Currently, if a team is in bonus and they hold the ball, there isn’t much a defense can do. According to Nilsen, it feels like a more honest outcome with the use of the shot clock.

When I talked to new Park Center head coach, Barb Metcalf, about the issue, she had some pretty strong feelings. This makes sense considering she is coming to Minnesota after coaching for years in North Dakota where the shot clock is currently being used. She said, “North Dakota has one, why wouldn’t Minnesota? At the next level there is a shot clock. As

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COACHES CARING PROGRAM

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

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

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

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

DECEMBER MEMBERSHIP REPORT 2017-18

Types of Membership	2017-18	2016-17
Active Class A & AA	5043	6012
College Associates	1132	1180
Other Associates	71	72
Active Life	315	355
Retired Life	1275	1204
Honorary	<u>2</u>	<u>2</u>
	7,838	8,823

Breakdown of membership by sport association (2016-17 totals in parenthesis)

Adapted Athletics (17)	13
Boys Lacrosse (100)	17
Alpine Skiing (60)	44
Girls Lacrosse (69)	16
Athletic Directors (99)	96
Football (1123)	1088
Baseball (524)	373
Boys Hockey (206)	156
Boys Basketball (773)	646
Golf (boys & girls) (320)	211
Girls Basketball (696)	638
Soccer (boys & girls) (431)	435
Cross Country (439)	397
Softball (483)	246
Gymnastics (212)	161
Synchronized Swimming (21)	3
Nordic Skiing (125)	82
Girls Tennis (214)	218
Volleyball (663)	625
Boys Tennis (181)	119
Boys Swimming (207)	154
Track & Field (816)	622
Girls Swimming (243)	232
Wrestling (113)	113
Girls Hockey (77)	66
Dance (15)	269

Sport associations that collect their own dues, but join the MSHSCA are Cheer 12, Clay Target 10, and Badminton 4.



ICE CHIPS

By: Mike MacMillan

This fall, for the second straight year, the MHCA teamed up with the State of Hockey to produce the State of Hockey High Performance Coaching Summit. This event attracted 300+ participants who also had a chance to attend the MHCA Hall of Fame Banquet and MHCA Award ceremony. A list of award recipients can be found on mnhockeycoach.com. The MHCA is also teaming up with the State of Hockey to promote and sponsor a new show totally focused on high school hockey. This weekly show can be seen on stateofhockey.com. A final piece of exciting news is that with the support of the Minnesota State High School Coaches Association, the MHCA is submitting a proposal for a two week extension of the season. The proposal is being submitted in two parts; one to expand the season including one week of limited contact, and a second week of early full start. This is an exciting move for high school hockey and will help put our players on an equal development platform with elite athletes from across the country, while still playing in the best setting in the world, in their own community!

HOOP SCOOP ... continued

a coach that has had a shot clock and has not had a shot clock, in my opinion I believe a person has to have more strategies up his or her sleeve for games with shot clocks. Shot clocks make games more exciting for all stakeholders!"

For Head Coach Mike Durbin up at the College of St. Benedict, the debate is not really whether or not there should be a shot clock or not. To him that answer is pretty simple. There should be. The debate is more about how long that clock should be. The college clock is a 30 second clock. He believes the high school clock should be at 35 seconds. Whether it is a 40, 35, or 30 second clock, Coach Cosgriff from Hopkins High School sees that there is a learning curve to playing with a shot clock and high school players who want to play at the next level could greatly benefit from playing with one on a regular basis at the highschool level.

It's time Minnesota. The Minnesota Boys Basketball Coaches Association overwhelmingly supports the implementation of shot clocks. The states around us have figured out a way to overcome the financial obstacles. It is time start making some serious efforts to move this issue forward. It will take what is already a great product and make it even better.



Diamond Cuts

Laura Olson
 President Minnesota Fastpitch Coaches Assoc.
 Fastpitch Softball Article

The start of the winter sports season can only mean one thing, softball is right around the corner! Just wanted to share a couple of things to get you prepared for a great season.

First, save the date for our Winter Coaches Clinic on Saturday, February 3rd, at Becker High School. There is an outstanding line up of clinicians that will provide you with information and drills for defense, offense, pitching and team culture. John Tschida- Head Coach St. Thomas, Darren Mueller- Head Coach NDSU, Gerice Olson- Assistant NDSU, Beth Spoehr- Assistant NDSU, Kate Leavell- Author of Confessions of the Imperfect Coach- Speaking on team culture and Cindra Kamphof- Author of Beyond Grit- Speaking on Mental Toughness and how to coach it. Cindra also works with Minnesota Viking wide receiver, Adam Thielen. The clinic is always a good way to network, start the preseason and get those juices flowing. Please encourage your whole staff to attend. One way to grow our game is to get the best coaches possible at those younger levels! Information about the clinic will be found online at <http://www.mshsca.org/fastpitchsoftball>.

Speaking of the website, other important information can be found there, such as the link for membership, the link to update your win/loss record and the dates for submitting nominations for Academic All-State Individual, Academic All-State Team, All-Star and All-State. Because of turnaround time, the dates listed are firm and there will be no exceptions. Of course, this is all a mute point if you are not a member of the coaches association. If you are not a member yet this year, make sure

to do that sooner than later. Not only does this allow you to nominate your student athletes for the post season awards mentioned above, but it also has other benefits. The biggest benefit is our liability coverage. Since many of our programs have coaches that are not paid employees of a school district, this coverage would cover them in case of a situation would call for it. I would strongly encourage every member of your coaching staff to be a part of the association. As a member, you also get into any regular season activity that MSHSL sanctions, as well as some college games. The deadline for membership is April 1st. Also, make sure that you are staying current and up to date on your MSHSL coaches clipboard. Remember, this is where you will find the online rules meeting when it becomes available for the spring sports, and well as information on your continuing education requirements as a coach.

Last, just a note about a recent email from Mike Schmacher and/or your section rep regarding The Breakdown. The Breakdown has been covering high school sports in Minnesota since 2001, and they are planning to do their first ever softball book in 2018. While the coaches association is not directly linked to the Breakdown, we do feel that their publication will be a great way to promote the game, as well as providing exposure to all of the great softball players throughout the state of Minnesota. We would like to encourage all coaches to submit team and player information so that this resource will be successful in promoting our sport in 2018 and beyond. If you have not received an email from the Breakdown, you can find more information on their website. http://www.breakdownsportsusa.com/news_article/show/464195

I leave you with this final thought, "Coaching is a unique process of human development, one that works to change a person's life for the better and help him/her achieve a number of specific objectives". Ian Berry Thank you for your time and dedication to your student athletes.

Have a very happy holiday and winter season. If you were to need anything, please feel free to reach out to your section representative or email me at lolson@isd2135.org.

Respectfully, Laura Olson - Maple River High School

SOFTBALL CLINIC

**Winter Coaches Clinic on Saturday, February 3rd,
 at Becker High School.**

There is an outstanding line up of clinicians that will provide you with information and drills for defense, offense, pitching and team culture. John Tschida- Head Coach St. Thomas, Darren Mueller- Head Coach NDSU, Gerice Olson- Assistant NDSU, Beth Spoehr - Assistant NDSU, Kate Leavell- Author of Confessions of the Imperfect Coach- Speaking on team culture and Cindra Kamphof- Author of Beyond Grit- Speaking on Mental Toughness and how to coach it. Cindra also works with Minnesota Viking wide receiver, Adam Thielen.

After the Game Bring Your Team to **SUBWAY**

MEMBERSHIP PERKS

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- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr (weekends on Coaches Call 800-325-3535, ask for MN Coaches Association Rate
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400 (weekends only)

For Hotel rates, coaches should indicate membership in MSHSCA.

•••Advanced reservations required. All packages & promotions are based on availability. Please mention this promotion at the time of reservation. Offer void with any offers, discounts, groups or conventions.

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

1. Executive Director available to work for you on a daily basis.
2. Dues include a \$1,000,000 Liability Insurance while coaching.
3. Membership card is for admission at many high schools and colleges in Minnesota.
4. Teams are eligible to earn Academic Team and Individual honors.
5. Provide scholarships for Minnesota High School students.
6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.
7. Four issues of The Minnesota Prep Coach, the MSHSCA newsletter which contains information about and for coaches and their association's activities.
8. Provides potential for clinics for any sport association that wishes assistance.
9. Up to date clinic schedules and educational opportunities on our website.
10. Opportunity to be recognized as a Minnesota Coach of the Year.
11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.
12. Delegate representation that allows coaches to remain fully updated on issues.
13. Close working relationship with all affiliated sport associations.
14. Provides active representation and support on the MSHSL Board of Directors.
15. Recognition for state team championships.
16. Opportunity for 25 Year Club and Life Membership of the MSHSCA.
17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame.
18. United support for each other's programs.
19. Mass membership email capability.

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION GOALS & MISSION STATEMENT

Goals and Purpose

The MSHSCA is a high school coaches association created and governed by Minnesota high school coaches. The MSHSCA offers coaches a voice in current state issues. It also provides them with the finest recognition program available and a benefits package including an insurance program, an association newsletter and other corporate benefits.

Goals

- To promote and publicize high school sports in Minnesota.
- To recognize those men and women coaches who have dedicated their time, energy and spirit to the high school sports programs in Minnesota.
- To offer a unified voice in Minnesota on coaching and athletic issues that affect high school athletics.

MSHSCA Mission Statement

Recognize

We recognize coaches for seasonal, academic and lifetime achievements. Our awards include sport coaches of the year, sport assistant coaches of the year, team academic coaches of the year, state championship coaches, Hall of Fame membership and distinguished service awards.

Communicate

We provide a unified voice. Through our Minnesota Prep Coach newspaper and our MSHSCA.org website, we offer communication tools for the coaches of Minnesota to publicize their sport. These informative tools give coaches opportunities to promote their sport and communicate with their sport associations in regards to clinics, rules and membership.

Support

Due to our statewide scope, the MSHSCA is able to provide many areas of support for our members. Our relationship with the Minnesota State High School League, its Board of Directors and the many

committees that it offers, gives our state high school coaches a voice in the establishment of the rules and regulations of their sport groups.

MSHSCA CODE OF ETHICS

As a professional educator, I will:

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

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

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION

PO Box 519

Detroit Lakes, MN 56502

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