



THE *Minnesota* PREP COACH

Vol. 52 No. 2 Published by the Minnesota State High School Coaches Association December 2013

CREATING FOREVER MOMENTS

Jody Redman of the MSHSL provided us with a series of articles last year dealing with the theme of “Why We Coach”. Last summer the Minnesota State High School Coaches Association, the MnIAAA and the Minnesota State High School League collaborated to present a conference for coaches, “The Why Conference” facilitating opportunities for coaches to enter into self examination and reflection on their style of coaching and how it might feel to play for them. The conferences were very well attended and we are confident that the experience will benefit all coaches who attended as we all try to improve how we go about our coaching responsibilities.

There seems to be never ending distractions to our athletic programs with all the attempts to pull away the “elite” athletes from school programs through a wide variety of “other” options. I think it is important for all coaches to step back and take a look at what we really do for our athletes. We provide opportunities. We provide opportunities for athletes to learn and to mature through the positive environments surrounded by their friends and classmates. There have been numerous surveys intended to find out why students choose to participate in high school sports. The number one reason that appears on survey after survey is fun. Conversely the number one reason that high school athletes give for dropping out of sports is that is not fun. As Coaches we have always been led to believe that the real value of high school sports is that it builds life skills. In all the surveys I have ever read I have never seen this as reason high school athletes give for participation.

I think it is important to look at the reality of what we do as coaches. Last year the MSHSL released statistics on participation in high school sports in Minnesota. Last year 229,932 students participated in the sports we provide. All

data I can find indicates that only 2% of those athletes will receive scholarships. There are numerous opportunities for athletes to continue their athletic careers in the small colleges and as walk on athletes, however, the total number of high school athletes who go on to participate in college athletics is very small. Most high school athletes will not continue playing organized sports after high school. It would appear that we have the opportunity, as coaches, to make a lasting impact on over a quarter of a million athletes most of who will culminate their athletic experience in high school.

During the past year there has been some discussion on who do we coach to. Most coaches are also teachers and are well aware that in any given class room you have a range of students abilities, that for example reading levels, may range from elementary school level to college level. Who do you

Creating . . . continued on page 7

Featured In This Issue

Hall of Fame Banquet Photos	26-30
Baseball Clinic Photos	33-35

Clinic Information

Softball Clinic	22
Tennis Clinic	25
Track and Field Clinic	38-39
Football Clinic	40

The Minnesota PREP COACH

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

EDITOR - Darien DeRocher
Address all news communications and photos to:
Darien DeRocher
7101 Browns Ln
Brainerd MN 56401-6040
Phone (218) 825-8466
Fax (218) 825-8466
e-mail: mdder@q.com

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:

Tom VanErp - Wadena-Deer Creek

PRESIDENT-ELECT:

Troy Urdahl - St Anthony Village

VICE PRESIDENT:

Bob Nielsen - Detroit Lakes

PAST PRESIDENT:

Jon Wagner - Eveleth-Gilbert

HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

OFFICIALS DSA

John Schumacher - Park Rapids

All Daily Communications should

be addressed to:

EXECUTIVE DIRECTOR:

John Erickson
MSHSCA
PO Box 519 • Detroit Lakes, MN
56502
Fax (218) 847-5493
(H) (218) 847-6796
Email: jomar2@arvig.net

ADMINISTRATIVE ASS'T:

Mary Erickson, Detroit Lakes

MSHSL BOARD OF DIRECTORS:

Shelly Hotzler - Jackson County Central
Mark Solberg - Cambridge-Isanti

FINANCE REPS:

Rick Ringeisen - Lakeville Scot
Jeri Dirth - Apple Valley

SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

2012-2013 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	Donna Johansen (Murray CT)
4A	Chris Larid (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Derek Parendo (Proctor)		
8A	Terry Sadler (Warroad)	John Schumacher (Park Rpd.)		
1AA		John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)	Tink Larson (Waseca)	
3AA			Jeff Groves (Apple Valley)	
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA		Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Prk)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Todd Smrekar (Cambridge-Isanti)	Bill Baumann (North Branch)		
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Dan Roff (Fridley)		Mike Beck	
Adapted Athletics	Marcus Onsum (Robbinsdale)			
Baseball	Todd Smrekar (Cambridge)		John Wilkins (retired)	
Boys Basketball	Ron Vorwald (Worthington)		Tom Critchley (retired)	
Girls Basketball	Kent Hamre (St. Michael)		Jen Johnson (Edina)	
Cross Country	Tom Sharp (East View)			Dave Chatelaine (Owatonna)
Football	Gary Sloan (Grand Meadow)		Ron Stolski (Brainerd)	Jim Dotseth - Treasurer
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	LeeAnn Steen (Martin County W)		Mike MacMillan (Buffalo)	Shelly Eklund (Rosemount)
Hockey	Ken Pauley (Benilde)		Matt Myers	
B-Lacrosse	Lance Kuehn	Darren Nelson (Brooklyn Ctr)		Alex Erickson (Farmington)
G-Lacrosse	Rachel Aiken (Chaska)			
Alpine Skiing	Jason Nickleson	Brad Schaeppi (Blake)		
Nordic Skiing	Dan Josephson (Det. Lakes)			
Soccer	Steve Hendrickson (Trinity at River Ridge)		Dave Halgren (retired)	Keith Randa (Apple Valley) members Art Seplak (Jefferson) Treas.
Softball	James Wajer (Martin Cty Cent)		Shelly Hotzler (JCC)	Hilary Hansen (Burnsville)
B-Swimming	Justn Haycraft (Prior Lake)		Rick Ringeisen (Lakeville)	Kate Steineman (Cretin-DH)
G-Swimming	Dale Magnuson (Rochester Cent.			
Synch. Swim	Deanna Vaubel (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Les Zellmann (St. James)		Rick Englestad (Pine City)	
Track	Mark Alcorn (Holdingford)			Scott Christensen (Stillwater)
Volleyball	Celeste Gorman (Blaine)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Jair Toedter (New London Spicer)	Kurt Habeck (Eastview) Delegate	John Peterson (Elk River)	
Retired Coaches	Jim Dotseth			

President's Message

By: Tom VanErp, Wadena-Deer Creek

The cold wind and snow blowing off the lake is a certain sign that winter has arrived. As teams gear up for the winter sports season, let me take a moment to look back at this fall.

Saturday October 12th was a big day for the MSHSCA and many coaches around the state. The MSHSCA held its annual Hall of Fame Banquet at the Crowne Plaza St. Paul Riverfront Hotel. The evening was a Who's Who of coaching as HOF inductees, state championship coaches, assistant coaches of the year, and state coaches of the year were all honored. HOF inductees were Matt Shetka, New Prague; Bob Stewart, Moundsvie; Dave Barnum, Crookston; Bill Bauman, North Branch; Sandy Boss, Owatonna; Milan Mader, Lakeville. Congratulations HOF coaches!

Congratulations to Dean Urdahl for receiving the George Haun Award. Thank you for all you have done for Minnesota High School coaches. Congratulations to "Tink" Larson for receiving the Steve Kerzie Award. Thank you "Tink" for your dedication to the MSHSCA.

The MSHSCA continues to look for coaches to get involved with the association. Thank you to Jeff Groves of Apple Valley for stepping up to represent 3AA as a delegate. Openings still remain in 7A and 8A for a at-large delegate. Boys or girls sports delegates are still needed in sections 1AA, 5AA, 6AA, 8AA. An at-large delegate position for 7AA remains open at this time. If you coach in one of the open administrative sections and you have any interest at all of getting involved with your association, please contact me at tvanerp@wdc2155.k12.mn.us Delegate meetings are held just twice a year. One meeting in September and one meeting held in March at Mancini's Steak House. The spring meeting meal alone might be a great reason to get involved.

Congratulations to fall sport section and state champions!! Best of luck to all winter coaches. Thank you for all you do for Minnesota's student athletes.

The following articles were not submitted for this issue of The MN Prep Coach.

"Smooth Fast Natural" (Alpine Skiing), "Bank Shots" (Boys Basketball) and "Ice Chips" (Boys Hockey)

Hopefully they will see fit to submit for March issue!

Email Change:

Contact John & Mary Erickson at jomar2@arvig.net



FALL SPORTS TEAM ACADEMIC RESULTS

The Subway Restaurants of Minnesota and the Minnesota State High School Coaches Association are pleased to be able to support the academic efforts of the high school student-athletes in the state.

Coaches are to be commended for the effort made to have their players excel in the classroom, as well as, on the field of play.

Results of the fall sports are included below in the order received by the MN Prep Coach:

GIRLS TENNIS

(Listed in order by sections)

Class A Gold
Trinity School at River Ridge
St Croix Lutheran
Shattuck - St Mary's
Cannon Falls
Waseca
St Peter
Jordan
Blue Earth
Sibley East
Fairmont
St James
Pipestone
St Paul Humboldt
Minnehaha Academy
Breck
Glencoe-Silver Lake
New London-Spicer
Sauk Centre
Melrose
Osakis
Benson
Minnewaska Area
Aitkin
Pine City
Pierz
Foley
Staples-Motley
Park Rapids Area

Class A Silver
Lake City
Belle Plaine
LeSeuer-Henderson

United South Central
Maple River
Lac qui Parle
Montevideo
Luverne
Mounds Park Academy
Annandale
Holy Family Catholic
MACCRAY
Litchfield
Long Prairie - Grey Eagle
Upsala - Swanville Area
West Central Area
Eveleth-Gilbert
Mora
Duluth Marshall
Pequot Lakes
Roseau
Wadena-Deer Creek

Class AA Gold
Rochester Century
Northfield
Rochester Mayo
Red Wing
Farmington
Lakeville South
Chanhassen
Eden Prairie
Mankato West
Buffalo
Richfield
Academy of the Holy Angels
Prior Lake
Bloomington Jefferson
Eastview
South St Paul
Apple Valley
Eagan
St Paul Highland Park
East Ridge
White Bear Lake
Cretin-Derham Hall
Stillwater Area
Woodbury
Hill-Murray
Roseville Area
Champlin Park
Totino - Grace
Irondale
Mounds View
Anoka
Rogers
Maple Grove
Blaine
Coon Rapids
Edina

Wayzata
Minneapolis Southwest
DeLaSalle
Hopkins
St Anthony Village
Big Lake
Chisago Lakes
Princeton
Cambridge - Isanti
St Francis
Hermantown
Forest Lake
Willmar
Bemidji
Becker
Alexandria
Lincoln
St cloud Tech
Brainerd

Class AA Silver
Lakeville North
Rochester John Marshall
Mankato East
Chaska
Orono
Shakopee
Mound-Westonka
Hutchinson
Henry Sibley
Rosemount
Tartan
St Michael-Albertville
Fridley
Benilde-St Margaret's
St Louis Park
Robbinsdale Cooper
Robbinsdale Armstrong
Andover
Elk River
Duluth East
North Branch Area
Little Falls
Monticello

BOYS SOCCER (Listed by sections)

Class A Gold
Trinity School at River Ridge

Class A Silver
Kasson-Mantorville
Coop 359 PEM-DE
DeLaSalle
Grand Rapids
St Cloud Cathedral

Class AA Gold
None

Class AA Silver
Farmington
Hastings
Rosemount
East Ridge
North St Paul
Wayzata

GIRLS SOCCER

Class A Gold
Kasson-Mantorville
Albert Lea
St Peter
DeLaSalle
Minneapolis Washburn
Trinity School at River Ridge
Visitation
Totino Grace
Holy Family Catholic
Chisago Lakes

Class A Silver
Winona Cotter
Mankato Loyola
Rochester Lourdes
Faribault
Hutchinson
Mankato West
New Prague
New Ulm
Willmar
Nova Classical Academy
Simley
South St Paul
Delano
Benilde-St Margaret's
Southwest Christian
Grand Rapids
East Grand Forks
Fergus Falls

Class AA Gold
Rochester Century
Rochester Mayo
Chaska
Eden Prairie
Maple Grove
Blaine
Buffalo

Class AA Silver
Rochester John Marshall

FALL 2013 TEAM CHAMPIONSHIP RECOGNITION

The MSHSCA would like to take this opportunity to recognize and congratulate the fall 2013 team champions and their coaches. The champions are listed in order of the date completed.

Girls True Team Swimming

A	Breck	Anne Gorde
AA	Edina	Steve Paulsen

Girls Tennis

A	Visitation	Nate Linscheid
AA	Wayzata	Elizabeth Hansen

Boys Soccer

A	St Paul Como Park	Eric Erickson
AA	North St Paul	Casey Holm

Girls Soccer

A	Benilde-St Margaret's	Scott Helling-Christy
AA	Minnetonka	Jeff Hopkins

Boys Cross Country

A	Perham	Jeff Morris
AA	Wayzata	Bill Miles

Girls Cross Country

A	Annandale	Scott Massman
AA	Wayzata	Dave Emmans

Volleyball

A	SW Christian	Greg Sayuk
AA	Marshall	Dan Westby
AAA	Eagan	Kathy Gillen-Melville

Adapted Soccer

CI	Burnsville/Farmington/ Lakeville	Shawn Tatge
PI	Robbinsdale/Hopkins Mound Westonka	Marcus Onsum

Football

9 Man	Grand Meadow	Gary Sloan
1A	Mahnomen	John Clark, Jr
2A	Chatfield	Jeff Johnson
3A	St Croix Lutheran	Carl Lemke
4A	Hutchinson	Andy Rostberg
5A	Owatonna	Jeff Williams
6A	Eden Prairi	Mike Grant



2014 We Coach U: A Women Coaches Symposium

What: A symposium by women and for women sport coaches of all levels. The symposium will be held in conjunction with and in celebration of National Girls and Women in Sport Day on the University of Minnesota campus in collaboration with The Tucker Center for Research on Girls & Women in Sport, the Alliance of Women Coaches, and Gopher Athletics.

When: Friday, February 7, 2014, 8:00am-3:00pm

Where: University of Minnesota, TCF Bank Stadium Club Room—courtesy of Gopher Athletics

Who: Female coaches of any sport at any level, and for girls and women who aspire to coach

Cost: \$50 non-students, \$25 for students. All registered coaches will receive a complimentary ticket to the “women in coaching” themed Tucker Center Film Festival being held the night before on February 6th.

How: To register and see the exciting program featuring a star studded line up, visit our website www.TuckerCenter.org > Events Tab > 2014 Women Coaches Symposium

Purpose of symposium:

- To provide high quality educational programming
- To provide an avenue for networking and support for women in the coaching profession
- To build community among female coaches
- To increase and retain the number of females in the coaching profession
- To launch a local/regional Alliance of Women Coaches Loop Group





Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings from the office of the Minnesota State High School Coaches Association! It is hard to believe that the fall sports season is now in the rear view mirror and we are moving full speed ahead into the winter sport seasons. I would like to congratulate all of the state champions and big thank you to all fall sport coaches for making this another great fall in Minnesota State High School Sports. It is fun to read through various newspapers from around the state and follow the great things that are taking place throughout our state in our schools athletic programs. Each of you deserves a huge well done for all the things you do for our young men and women who participate in the programs.

I want to shout out a well done to Jim and Jan Baker on the recent Hall of Fame and Awards Banquet. We had over 430 in attendance which is a record attendance. It is a very special night for coaches and MSHSCA members when we can bring together Hall of Fame award winners, championship coaches, coaches of the year, assistant coaches of the year, 25 year award winners and officials to celebrate another great year for Minnesota coaches. We were especially honored this year to be able to present the George Haun award to life member and former cross country coach Dean Urdahl. Representative Urdahl is responsible for ushering the coach's bill through the Legislature and working hard this year along with Paul Marquart to improve the wording of the bill to make the work place environment for coaches better. Next year's banquet will be held on Saturday October 11, 2014. When you receive the letters from me regarding plaque orders etc. please take the time to return the forms and RSVP'.

In the past I have really stressed the importance of taking some ownership in your sport associations. One of the things each member of each sport association should do is make every effort to attend your sport association clinics. The officers of your sport

associations and the folks who are responsible for your clinics deserve your support. Your annual sport association meetings are usually held at the clinics and concerns you have for your sport and the changes you might like to see are discussed at the association meetings and your presence and vote on business helps to strengthen your association. The next round of clinics will be Track and Field and Fast pitch softball. Make plans now to get your entire staff to these clinics. It is the membership that makes each sport association strong and effective.

It is time to find candidates for the position of Vice President on the Executive Board. This year we can have one candidate from each of the following areas; girl's sports, boy's sports, at large and one candidate from Class AA administrative regions 1,2,3,4 and one from Class A administrative regions 5,6,7,8. Each year we ask our delegates to bring forward candidates and I am asking each of you to put some thought into this and offer to bring forward candidates. We have been very fortunate each year to have quality candidates and the coach selected to the position of Vice President will play a prominent role in guiding the MSHSCA to new ways to better serve the coaches of Minnesota. These are challenging times for high school sports as we now know them. We need to have strong leaders with a vision for the future of high school sports. If you are interested in serving on the Executive Board of the MSHSCA please contact me.

My wife Mary and I want to wish each of you a very blessed Holiday season. We continue to be blessed with so many great leaders in all of our sport associations and we want you all to know how much we appreciate all of you. You each have a passion for your sport and your athletes that drives each of you to provide the best experiences for you athletes, the parents, the schools and your communities. Mary and I take the responsibility you have given us to conduct the business of the MSHSCA very seriously and hope that in some small way we have been able to make your coaching responsibilities more enjoyable.

DECEMBER MEMBERSHIP REPORT 2013

Types of Membership

	<u>2013-14</u>	<u>2012-13</u>
Active Class A & AA	4884	6315
Associates	1336	1331
Active Life	701	676
Retired Life	888	890
<u>Honorary</u>	<u>3</u>	<u>3</u>
	7,812	9,215

Breakdown of membership by sport association (2012-13 totals in parenthesis)

Adapted Athletics (19)	12
Boys Lacrosse (65)	22
Alpine Skiing (70)	50
Girls Lacrosse (68)	16
Athletic Directors (243)	79
Football (1114)	1099
Baseball (445)	385
Boys Hockey (248)	193
Boys Basketball (817)	701
Golf (boys & girls) (365)	224
Girls Basketball (736)	672
Soccer (boys & girls) (407)	406
Cross Country (356)	356
Softball (472)	256
Gymnastics (196)	163
Synchronized Swimming (12)	7
Nordic Skiing (106)	105
Girls Tennis (196)	201
Volleyball (647)	641
Boys Tennis (169)	117
Boys Swimming (178)	158
Track & Field (734)	546
Girls Swimming (225)	232
Wrestling (107)	96

Boys and girls swimming and tennis are reported separately and include coaches that are counted in both. Since their seasons are not at the same time our new system counts coaches in each of their seasons.

There is a significant change in Athletic Administrators. The current number reports the AD's that have joined the MSHSCA as well as MnIAAA.

Creating . . . continued from page 1

teach to? I contend that as teachers we teach to them all. We strive to teach them all up. The same can be said of coaches on each team you will experience a wide variety of skill levels. Who do we coach to? Again I contend that we coach all of them striving to coach all of our athletes up.

When all is said and done what have we really accomplished? I hope that each of you can sit back and say that you have made a difference in lives of your student athletes. You have helped guide students athletes to become future leaders with a sense of direction on how to be successful through hard work and commitment. You have guided them through challenges, success and yes failure. Those are all growth experiences.

I would like to suggest to you that as you reflect back to your own days in high school sports each of you can probably remember a time or two that really stands out in your memories. I like to refer to these a "Forever Moments". Think of all the young men and women you have coached in your career. What kind of "Forever Moments" have you helped create for them? Each year we have the opportunity to work with about a quarter of a million students athletes and significantly impact their lives. Coach them up!! Create Forever Moments!! You have amazing opportunities to make a difference take this calling of being a Coach seriously.

**MANY ARTICLES ARE
SUBMITTED BY A
DESIGNATED MEMBER OF
PARTICULAR SPORT
ASSOCIATIONS AND ARE
NOT NECESSARILY THE
FEELINGS OF OTHER
SPORTS ASSOCIATIONS, THE
MSHSCA OR THE EDITOR.**

*The Officers, Chairpersons
and the Editor of the
Minnesota Prep Coach would
like to wish the MSHSCA
Membership the very
best Holiday Season
and Good Luck in 2014!*

25% OFF When you mention
MSHSCA & show your coaches card!




COUNTRY
INNS & SUITES
BY CARLSON™



Newly Renovated!

Country Inn & Suites, Eagan MN
3035 Holiday Lane, Eagan MN 55121
Phone: 651-287-8800

**Located minutes from 35E & 494E,
minutes from St. Paul, MN!**

*Discount good through 3-31-2014. Subject to availability, blackout dates. No other coupons or discounts available for this rate.

MSHSCA will receive \$5.00 donation for every room night booked!

MSHSL BOARD OF DIRECTOR'S REPORT

By: Mark Solberg, Activities Director, MSHSL Board Member
Cambridge-Isanti Public Schools

Now that the fall season is over, I want to express how proud I am of the accomplishments of our fall athletic teams, and our coaches across Minnesota. When our students in Minnesota wear uniforms they represent multiple people; themselves, our teams, coaches, families, friends, schools, and our communities. Thank you for the classy way schools and teams have represented our state and the Minnesota State High School League.

Thank you to our coaches for establishing positive relationships with our students and their parents and guardians. Thank you for your strong efforts to help prepare our students for the future that awaits them after graduation. There are certain things and life long lessons you can learn on a diamond, field, court, pool, rink, track, and performance hall that you may not learn in the classroom. Whether you coach in a small town, in the north or the south, suburban area, or the inter city you help educate our students, provide life-long lessons, provide life-long memories, and helped develop future leaders.

A special congratulations to those coaches and schools that have won conference championships, section championships, state tournament berths, and state championships.

I believe behind each of us that choose to coach student-athletes, there are positive role models that influenced us to enter the coaching profession. These are individuals that made a significant difference in our lives and they taught us life skills.

Here are ten lessons that my coaches at Dawson-Boyd (went to school in grades 7-9) such as Coaches Baaken, Gustafson, Nelson, Nordgaard, Olson, Ruzich, Sannes, Seeling, Twete, Turnberg, and Tyler (went to school in grades 10-12) such as Coaches Kopel, Nelson, Riley, and Thomas taught me years ago:

1. Be here every day and be early. Things are decided by those who show up.
2. To be early is to be on time, to be on time is to be late, and to be late is to be forgotten.
3. Do your best.
4. Do what is right.
5. Treat others the way you want to be treated.
6. Never, ever, quit.
7. Enjoy each day. Make each day your best.

8. Hope is a choice.
9. Every day someone does something great, today that someone will be me.
10. Every student-athlete deserves a coach who believes in them. This is the essence of leadership.

Thank you for the lessons you as coaches in Minnesota teach our student-athletes daily. One never knows the power of our words, and what one says today may impact students all of their lives.

2013-2014 Minnesota State High School League Board of Directors' Goals:

As the year marches on, these are goals of the Minnesota State High School League Board that will be discussed and potentially acted on:

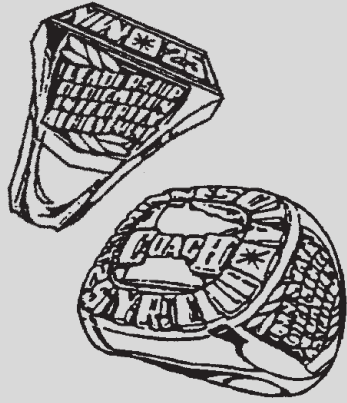
1. Football scheduling.
2. Success factor, competitive placements, co-op/opt ups, and public/ private.
3. Home school eligibility.
4. Coaching licensure- technology, coaches, and officials education.
5. Education.
6. Non school competition and summer waivers.
7. Transgender policy.

Thank you and blessings to all of our coaches in Minnesota!

***“I never graduated
from Iowa, but I was
only there for two terms.”***

- Truman's and Eisenhower's

25 YEAR CLUB RING



Ring Options

Man's 10K Ring
Price based on 350 per ounce gold.
(Optional) 6 pt. Diamonds

PRFCIUM is a bright silver colored jewelers alloy that is hard, durable and non-tarnishing

ENGRAVING:

Initials Inside Ring
Full Name Inside Ring

White Gold
Resize Smaller 1 Size Max
Resize Larger 1 Size Max
Refurbish Ring (Include New Box)
Drop Ship

Call Pat Furlong for Prices!

Ring Order Form

Name _____

Address _____

Phone _____

Finger Size _____

Ring _____

Stones _____

Options _____

Sub total _____

Add 6.5% State Tax _____

Total _____

SEND ORDER AND CHECK TO

Pat Furlong
5044 Edgewater Drive
Mound, Minnesota 55364
Phone 952-472-6738



Dig This

By: Celeste Gorman
Blaine H.S.

The 2013 season is complete and from many standpoints it has been a successful one. The MNVBCA State Tournament Banquet was held at the River Center in St. Paul on November 6th and the new venue was well received. The Association honored Elizabeth "Wiz" Bachman McCutcheon by voting her into our Hall of Fame. Milan Mader presented the award to McCutcheon. Also honored at the banquet were the All State and All State Honorable Mention players. The five players receiving the most votes were honored as Ms. Baden finalists and Alyssa Goehner (Lakeville North) was chosen as the 2013 Ms. Baden award winner. The state tournament was held November 7th through 9th at the Xcel Energy Center. First day attendance was record setting though final totals for attendance were not available at publication time. It is obvious that the Xcel Center is a special place for our state tourney to be held. Congratulations to the Class A Champions, Southwest Christian, Class AA Champions, Marshall, and Class AAA Champions, Eagan.

Member coaches should have received an email with an invitation to take a survey regarding volleyball changing over to a 4 class sport. If you did not receive the link to the survey, contact your section representative.

As we head into club season and approach the new year, I have to share information about the MNVBCA Coaches' Clinic. We will hold our 35th Annual clinic on July 23rd and 24th. The All Star Match will be the evening of July 23rd. The clinic organizers are already working hard to make this summer's clinic a special one, filled with amazing speakers and some great giveaways. Registration will again be available online as soon as more details have been finalized. We hope to see you all there!

With the holidays in full force, be sure to enjoy some time with those you love. My hope is that you have a healthy and peaceful start to 2014. See you in the gym! _____

***"Losers quit when
they're tired. Winners quit
when they've won."***

- Unknown

Delegates Corner

By: Troy Urdahl
St Anthony Village HS

Coaches – we have a lot to be thankful for...

At this past summer's *Why We Play Conference* hosted by the Minnesota State High School Coaches Association, Minnesota State High School League, and the Minnesota Interscholastic Athletics Administrators Association, Dr. Jeff Duke explained the most influential people in adolescent athletes' lives are their coaches. Coaches have a great role and responsibility as we help mold today's youth to be tomorrow's leaders. Without question coaches give significant time, effort, and energy to helping others, but we also receive the great reward of being a part of something special each day we practice and compete.

As we celebrate the holiday season, we must not forget to appreciate the great opportunities we have to coach the sports we love and to make a lasting difference in the lives of youth. From time-to-time we are caught in focusing on the problems we occasionally face as coaches and the personal sacrifices we make. The sports and youth we coach, however, give us many joys that far outweigh the hassles we undergo as coaches. I encourage each of you to make a habit of acknowledging the many ways we are fortunate. We have a lot to for which to be thankful:

- An opportunity to remain involved in sport while at the same time having a lasting positive influence on the lives of youth
- Families and support networks that allow us to continue playing kids' games
- Opportunities for *all* youth and the adults who coach them like no other time in history
- A Coaches Association of 9,000 working together to recognize, celebrate, and support coaches and the youth we mentor
- A state association committed to providing valuable education-based opportunities for adolescents
- Individual sport associations providing professional development and growth opportunities for our coaches
- Schools and communities that support the educational-based mission of interscholastic athletics
- State competitions held in first-rate collegiate and professional venues

As delegates for your sport association, trumpet the value of what we do each day and encourage others to become active members to advance the many great interscholastic

programs sponsored in Minnesota. As coaches, we do many great things for our students, schools, and communities. In turn, we receive the high compliment of being honored with the title "coach." A title for which we should be very thankful.

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.

FAST TRACKS

By: Dan Josephson - President MSHSNCSA
Detroit Lakes

Winter is slowly taking a foothold on the state and it appears that many teams have been able to find snow to test out their ski legs. Some have made their annual trek to West Yellowstone to get some early Ks under their belts while other have been able to find snow closer to home. Either way the dryland training is hopefully coming to an end soon. Our first meets are right around the corner and soon the season will be in full swing.

As most of you know from the fall meeting we discussed some changes to the State Meet banquet. We are still working out the details but we are planning on moving from the Giant's Ridge Chalet to the Mesabi East High School in order to make the event better and cheaper for the participating schools. There will be a more formal recognition ceremony to introduce each athlete and team much like the way things were back when the banquet was held in Eveleth. Stay tuned for more information in the coming months.

We are still in the middle of our State Meet proposal voting as I write this article, so there are no results to report. Hopefully by the time this reaches your mailbox the results of the voting have been released.



2013

2014

GENERAL LIABILITY PROGRAM

Coverage is provided to your State Association and Members through the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors.

CARRIER

Lexington Insurance Company
("A" A.M. Best)

POLICY PERIOD

August 1, 2013 - August 1, 2014

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 100,000	Fire Damage
\$ 25,000	Sexual Abuse (per member)
Excluded	Medical Payments
Educators Protection Plus (classroom coverage)	

NATIONAL ORGANIZATION OF COACHES
ASSOCIATION DIRECTORS



CAMP COVERAGE

Today, most coaches are involved in some type of sports camps. Coverages such as General Liability and Accident Medical for your participants are available to all member coaches through your State Associations master policies. Please note that our current General Liability Program follows all members while working at camps and/or conducting their own personal camp.

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$150.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your State Association or online at www.LoomisLapann.com

For any additional information
please contact your
State Association office
or

Greg Joly, Kevin Joyce or Karen Boller
Loomis & LaPann, Inc.
800-566-6479
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@loomislapann.com
www.loomislapann.com

For All Insurance Questions

General Liability

Insurance Coverage

What to do if involved
in a suit

Camp Coverage

Certificates of Insurance

Participant Accident

Insurance

Contact Information:

Greg Joly

gjoly@loomislapann.com

Kevin Joyce

kjoyce@loomislapann.com

Karen Boller

kboller@loomislapann.com

Loomis & LaPann, Inc.

18 Exchange St

PO Box 2158

Glens Falls, NY 12801

800-566-6479

518-792-3426 FAX

<http://www.loomislapann.com/>

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.

Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar@lakesnet.net. 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.

Life and Retired Life Members

We would like to have all life and retired life members contact us if there has been any change in your address recently. It is important to let us know if you are receiving your *Prep Coach*. If you have access to email, we would like to have you email us at the following address jomar2@arvig.net or you may drop us a note to MSHSCA, PO Box 519, Detroit Lakes, MN 56502. We are trying to do a better job of keeping the files updated and your help is much appreciated.

Need new Life Card?

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

Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2013-2014

John Wagner
Past President

B/G Soccer
G Swimming

B Swimming
Wrestling

Baseball
B Hockey

Tom Van Erp
President

Football
Adapted Athletics

G Basketball
Gymnastics

G/B Golf

Troy Urdahl
President Elect

B/G Cross Country
G Tennis

Nordic Skiing
Alpine Skiing

B Tennis
B/G Track

Rob Nielsen
Vice President

Volleyball

Synch. Swimming
B Basketball

Softball
B/G Lacrosse

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

CORNER KICKS



Ron Kruschwitz

North St. Paul Boys (retired)

Soccer Communications Officer

Another season is in the book and the end of an era. We completed the last State Tournament and Senior Classic in the Mall of American Field. This field will not be available to us for the next two years and there will be much planning on finding a site for these events.

The State tournament was well attended and we had different teams in the finals. The Class AA Boys champions were from North St. Paul coached by Casey Holm. The Boys A champs hail from St. Paul Como Park and their head coach Eric Erickson. Both these teams won their first state titles. The Girls Class AA tournament was won by Minnetonka and Jeff Hopkins was their coach. The Girls Class A champions come from Benilde-St. Margaret's under the direction of Scott Helling-Christy. A great tournament and great teams. We have been treated with the greatest of service from the Dome staff and administration and we want to thank them for all they have done for the past years. You are some of the most kind and caring people and we will miss you next year. Thanks again for all the time you have spent with us during the Tournament and Senior Classic.

As always, the MSHSSCA honors a select group of coaches. These awards are given to Head coaches as well as Assistant Coaches. The following coaching awards were given out at the State Tournament Banquet. The following were given **Coach of the Year Awards**.

Class A Girls COY: Ed Hoskin –LaCrescent

Class AA Girls COY: Holly Sutton- Rogers

Class A Boys COY: Mark Leigh-Chicago Lakes

Class AA Boys COY: Berry Arrowsmith-Blaine

Assistant Coach of the Year Awards

Class A Girls: Lindsay Youngdahl-Blake

Class AA Girls: Sarah Neitz-Park of Cottage Grove

Class A Boys: Elmer Galdamez-Bemidji

Class AA Boys: Kari Ornes-Prior Lake

The MSHSSCA each year confers a Ms. and Mr. Soccer award to an athlete in both classes. These players are chosen as the best soccer player in the state. They are chosen to represent all Minnesota High School Soccer players and they were selected by the All-State Committee. The following **outstanding athletes** were honored.

Ms. Soccer Class A

Kellie Pannek-midfielder from Benilde-St. Margarets
Ms. Soccer Class AA

Elizabeth Endy-defender from Minnetonka
Mr. Soccer Class A

Korie Akiti-midfielder from Blake
Mr. Soccer Class AA

Justin Oliver-attacker from North St. Paul

The Eastbay Senior Classic was played on November 4 and had two great games. The Girls Black and White Team played to a 0-0 tie. The Boys White team won their game 2-0.

As one of the two coordinators, I would like to thank some very special people. Greg Juba (Park Girls) for the Dome arrangements, Art Seplak (Bloomington Girls Retired) for financial help, Keith Randa (Apple Valley Girls) for his great camera work, and Berry Arrowsmith (Blaine Boys) for serving as the College Coaches Coordinator and his willingness to help me with the tech part of the job. A special thanks again to Rob Murphy (Tartan Boys) for his crew that films the game and to Josh Granlund (Tartan Media) for his overall organization of the final product. Dr. Dave Olson and Julie Miller are our medical staff and they have been with us for 6 years.

There are very special people that year after year work as team managers and handle all the extra things for me. There are not enough words to express my thanks to these coaches. So, Crissy Makela (Mankato West Girls) Len Woelfel (Mankato West Boys), Ted Hill (Minnewaska Soccer Program) and Jason Arnebeck(Park Boys) for all their help. Thanks to Berry Arrowsmith for stepping in to help.

As with any endeavor, there are a group of people that are not a part of the MSHSSCA, but play an extremely important role in the success of the classic. The staff at Skyview Middle School in Oakdale are these people. Skyview Principal Joe Slavin, Dave Perkins the Athletic Director and the girls from the Sykview Hawks Soccer team who served as on field personnel. This is my fall middle school soccer team.

Special kudos to my co-chair, Chris Larid (Heritage Boys) for all the help and time spent in getting the Classic organized.

And to Peggy the special person in my life (for 50 years) thanks for the help you have been this year. She deals with all the phone calls, last minute player cancellations and putting up with me. Thanks Peg!

Annual Academic Awards are given to teams that qualify. The Gold Award level is given to teams that have a cumulative GPA of 3.75 and up. The Silver Award is given to teams with a cumulative GPA of 3.50 -3.74. Thanks to our two coaches from Mankato West, Chrissy Makela and Len Woelfel for their jobs as Academic Coordinators for the MSHSSCA.

The time is getting close for the Mike Warter Scholarship Awards to be selected. The deadline for submitting applications is December 20. We honor Mike Warter (Eagan Girls) with the awarding of these scholarships. Mike passed away in 2000 and the MSHSSCA established two 1000 dollar scholarships in his honor. One deserving boy and girl will be given this honor. Art Seplak is the coordinator of the scholarship committee.

We honored two people with inductions into our Hall of Fame. Tom Kane of Rochester Lourdes entered the Coaches Hall of Fame. Tom founded the Lourdes program, has won the section 12 times and won three state championships. He has been a member of the MSHSSCA for 16 years and has a record of 302-53-25. Peter Wiggins from Pine Island sums it up best. "Tom has set a long-standing example that serves to help the rest of the coaches in the area up their own game of integrity and sportsmanship." Congratulations Tom on your award.

The second individual was honored with the Distinguished Alumni Award. It was given to Manny Lagos. He played in three state championship games, played at U. of Wisconsin Milwaukee earning All-American Honors. He went on to play on the 1992 Olympic Team and played for the Minnesota Thunder for 7 years long with other teams. He is a member of the Thunder Hall of Fame as well as the USL Hall of Fame. He now coaches the Minnesota United FC. A well-deserved honor to a great Minnesota player. Thanks to Bill Vance (Totino-Grace Boys) work as the Chairperson of the Hall of Fame and Coaches Recognition Committee.

I asked Mark Obarski(Eagan Girls) our outgoing President to write a note for the column.

"As conclude my 2 years as President of the MSHHSCA, I would like to thank all the coaches and board members that I worked with and represented. The position of President entails two years as President Elect, two years as President and two years as Past President. It has been an honor working with all of you and is very appreciated of all the work each of you does for the MSHSSCA. Without you it would not be what it is today. I look forward to serving on the board for the next 2 years.

As an association, we are looking for our member coaches to become more involved. If you are interested in working in the association, please contact one of the board members. High school soccer is an experience the rest of their lives. The memories with their friends, the cheering of the fans under the lights, and representing their community are all things to cherish. Again thank you as a coach of a high school soccer team and for your efforts in making soccer in Minnesota better."

Thanks Mark for serving the last two years as President. We look forward to your expertise for the next two years.

Our first meeting of the year will be held in January. Steve Hendrickson (Trinity at River Ridge Boys) takes over as the new President. Meeting time and place will be listed on the website.

I have to take time to congratulate Casey Helm the coach of the Class AA boys champions the North St. Paul Polars. As one of the past Polar coaches it is with pride that I see the trophy.

Well, cold is settling in around the house, which means it is the start of the holiday season. I hope you have a Merry Christmas and get to spend time with family. As I always say, you have the best job in the whole world, coaching and mentoring kids. We are all blessed.

Boys Behind the Cage

By: Lance Kuehn, Rosemount HS



On November 19th, the Boys' Lacrosse Coaches Association met for our fall meeting. It was one of the highest attended meetings that we have had in the past few years.

Thank you to everyone who attended the meeting that night. One of the purposes of the meeting was to discuss our budget and to brainstorm ideas for spending our dues. In addition, we discussed possible changes to propose to the MSHSL.

This meeting provided a venue for sharing ideas and brainstorming. In terms of spending our budget, there was consensus for our association to collectively take positive action in the state of Minnesota and better our sport. Possible ideas included scholarships, training for coaches, awards, and sponsorships. In March, a vote will be held to make a decision on the budget. It would be wise to consider how we can impact the greatest number of players in the state. Our organization has a goal of improving lacrosse for everyone.

The other major topic discussed was our plans for the future of our association and possible changes to propose to the MSHSL to our sport and season. This is a difficult task and we will need strong support in order to pass our proposed changes. Please consider attending the spring meeting to assist with the proposal process.

Good luck in the winter preseason. It may seem like the season is months away, but it always comes quicker than we expect. Let's wish for a warm and dry spring. Lastly, please remember to order new and safer lacrosse balls.

USE YOUR MEMBERSHIP CARD

**Your 2013-2014 Membership & Insurance
Expires July 31st.**

Have your new card for fall sporting events.

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.

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 Dark Blue Ink for the year 2013-2014.

2013-2014 Membership Card

Minnesota State High School Coaches Association
John Erickson, Director, Detroit Lakes
Phone: (218) 847-6796 • Email: jomar2@arvig.net
Website: www.mshsca.org
President, Tom Van Erp - Wadena Deer Creek



John Doe
Wadena-Deer Creek HS

Asst. Football
Head Wrestling
Asst. B/G Track

Mat Chatter

By: *Jair Toedter*

New London - Spicer

Well, another December is here which means wrestling season is beginning to heat up and Thanksgiving has come and gone. Hopefully each of you spent some quality time with family and friends and paused to reflect upon those things for which you are thankful.

For me as I think about this great sport and how it has helped shape my life I am particularly thankful for my family. Each has been supportive in special ways, but a special thank you goes to Phillip and Sharon, my parents, who allowed me to pursue a dream and were supportive yet hands-off enough so that it was my dream not theirs. Also, to my brothers, Joel and Nate who helped coach me in high school and sometimes were able to get this stubborn buck properly focused when I stepped on the mat. Currently, I am extremely grateful to my wife Erin who encourages me to share my passion and energy for wrestling with my own sons and the young people of our community.

I am also grateful for great people to work with who share my passion for wrestling. Early in each season it is important to carve out small blocks of time in the staff's schedule so that you can sit down together, discuss your ideas for the season and make sure each member of the staff understands their roles to help accomplish your mutual goals. Do these three or four times this season so that you can adjust ideas and stay connected through the business of the year.

I am appreciative of the MWCA as well and its role to help support wrestling and those of us who coach it each season. This fall, our section reps spent a lot of time focusing on forfeits in matches and withdrawals from events because of match count issues. After much excellent discussion the section reps decided to direct the advisory committee to develop a point system to bring forth to the MSHSL that would be similar to the system currently used in Nebraska. We will need your input as coaches to help us develop this, so when your section rep asks you to apply the system to your schedule and return that number to him please do so as quickly as possible.

Good luck this season and remember you are part of the support and development system of each of your wrestlers. Be thankful and make the most of that opportunity.



By: Bill Moir
Robbinsdale Armstrong Head Coach

We have all seen the television commercial with the adult moderator is sitting at a small table surrounded by children, right? One of his questions to the group is, “Which is better, bigger or smaller?” The kids excitedly respond, “BIGGER!” The kids are correct, bigger can be better. But what they don’t know yet is that it can also be worse if it isn’t done right.

That is why the MSHSCA-GLax board is focusing on coach education for this upcoming season and preparing a Coaching Manual for all girls’ lacrosse coaches to improve all programs for all players throughout the state. Helping to prepare responsible coaches is our way of honoring the game and key to the future growth of our sport.

The manual will be a broad template for coaches that can be used by established programs to refine their product as well as by newly formed program coaches so they can avoid the pitfalls we’ve all made over the years. Think of it as “streamlining success”. These manuals will be available to all coaches and will be distributed electronically to each program’s Athletic Director in plenty of time for the upcoming season.

Because of our sport’s phenomenal growth (73 MSHSL programs projected for 2014) we are also revamping our ALL STATE selection process, evaluating the need for a longer season (2 additional games), looking at the current selective travel restrictions, and gathering information of how the “blackout” week affects our players and their chances to appear in large summer college recruiting tournaments.

The MSHSCA-GLax board is always

looking for coaches who want to contribute to the betterment of our sport. If you are interested, please contact Rachel Aiken, Head Coach Chanhassen HS girls’ lacrosse.
AikenR@District112.org

*“The are only two plays:
Romeo and Juliet, and put the
darn ball in the basket.”*

- Abe Lemons



Procedure for Online Registration

*You do not have to use a credit card to register online!

**All memberships run from Aug. 1 to July 31
This corresponds to the school year NOT the calendar year.**

- 1. To begin, go to www.mshsca.org.**
- 2. Use the link for 2013-14 membership.**
- 3. Use the right hand side to *join* for the new members.
Use left hand side for returning members.**
- 4. Login is your email address and your password is zzz if you did not change it last year.**
- 5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.**
- 6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)**
- 7. Click finish to have the printable copy appear.**
- 8. Print your receipt before you click continue.**
- 9. The receipt can be for your business office if the school is paying with one check.**
- 10. The last step is to click continue and that will take you back to the login page.**

Please note: if you choose to pay by check or money order, your card will be sent when payment is received.

Questions????

Please call 218-847-6796 or email jomar2@arvig.net with questions

Please do not hesitate to call, we work out of our home and should be home most of the time to answer your questions.

Thank you for using our online system, *John and Mary Erickson*

After the Game Bring Your Team to 

COACHES BILL OF RIGHTS

PASSED BY MINNESOTA LEGISLATURE

Respecting the rights of coaches is essential in creating an environment conducive to learning and effective instruction. To maintain and support that principle, it is important that coaches, administrators, parents and students are fully informed of the various rights conferred upon coaches. Those rights, the Coaches Bill of Rights, are as follows.

A coach has a right to practice sound ethical, legal and moral practices that are consistent with school district and MSHSL policies. (Refer to the Coaches Code of Ethics)

A coach has the right to due process in issues of discipline and dismissal. (Refer to MN Statutes 122A.58)

A coach has the right to be supported and protected by administration from slander.

A coach has the right to appropriately discipline students.

A coach has the right to have his or her professional judgment and discretion respected by school and district administrators.

A coach has the right to coach in a safe, secure and orderly environment that is conducive to learning and free from recognized dangers or hazards.

A coach has the right to be treated with civility and respect.

A coach has the right to communicate with a parent.

A coach has the right to receive administrative leadership in helping him or her become a professional, and receive training, mentorship, support and assistance to meet performance standards and professional expectations.

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 2012-2013 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) | • Hamline University (St Paul MN) | • University of Northwestern (St Paul MN) |
| • Augsburg College (Minneapolis MN) | • Hibbing Community College (Hibbing MN) | • Ridgewater Community College (Willmar MN) |
| • Bemidji State University (Bemidji MN) | • Itasca Community College (Grand Rapids MN) | • Riverland Community College (Austin MN) |
| Complimentary passes are not available for Division I Hockey | • Macalester College (St. Paul MN) | • Rochester Community College (Rochester MN) |
| • Bethany Lutheran College (Mankato MN) | • Martin Luther College (New Ulm MN) | • Southwest MN State University (Marshall MN) |
| • Bethel University (St Paul MN) | • Mesabi Community College (Virginia MN) | • St Cloud State University (St Cloud MN) |
| • Carleton College (Northfield MN) | • Minnesota State University Mankato (Mankato, MN) | • St Cloud Tech College (St Cloud MN) |
| • Central Lakes College (Brainerd MN) | (Call ahead for DL Hockey) | • St John's University (Collegeville MN) |
| • Century College (White Bear Lake MN) | • Minnesota State University - Moorhead (Moorhead MN) | • St Olaf College (Northfield MN) |
| • College of St. Benedict (St Joseph MN) | • MN West Technical and Community College (Worthington MN) | • U of MN - Crookston (Crookston MN) |
| • Concordia College (Moorhead MN) | • Northland Community College (Thief River Falls MN) | • U of MN - Duluth * (Duluth MN) |
| • Concordia University (St Paul MN) | • North Central University (Minneapolis) | Men's Hockey on Availability |
| • MN State Comm. & Tech College (Fergus Falls MN) | | • U of Mn - Morris (Morris MN) |
| • Gustavus Adolphus College (St Peter MN) | | • University of St Thomas (St Paul MN) |
| | | • Vermilion Community College (Ely MN) |

*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.

Another example of the MSHSCA at work for the membership!



Trophies Plus Specializes in High School Awards

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.



SNYNCHRONIZED SWIMMING

By: Katie Bohnsack
Prior Lake HS

Why we coach?

Synchronized swimming may be the smallest group of teams and coaches in the Minnesota High School League Association but we have staying power like no other. Those who coach synchronized swimming are a modest group of women that have coached for many years, some straight from high school and others by the usual route and each person has stuck with it for a myriad reasons. At our last coaches association meeting we talked about the questions that are posed by Joe Ehrmann, *Inside Out Coaching*. In particular why we coach and even more specifically why we coach synchronized swimming. Here is a sample of some of the responses:

“There are so many things I love about coaching. I particularly enjoy building confidence in girls, fostering team a mentality, and teaching lifelong lessons about how hard work pays off. Synchronized swimming is a unique sport that requires long hours and mental stamina. My favorite part of coaching such a demanding sport is that it is truly a TEAM sport. Every event, whether individual or group, contributes to the entire team. Every swimmer on the team matters, and the camaraderie and sportsmanship that builds from that mentality can be incredible.”

Kathy Henderson, 22 years coaching

Stillwater Area High School Synchronized Swimming

“I coach synchro because I instantly fell in love with the sport (its uniqueness, athleticism and grace) when I swam and didn’t want to let that part of my life go. It was such a huge part of my childhood and high school years. My coaches (HS and off season) were wonderful mentors to me and I wanted to have that kind of an impact on kids, too.”

Keri Kuboushek, 18 years coaching

Richfield Synchronized Swimming

“I love being part of such a unique, fun sport and investing in the lives of my athletes. Synchronized Swimming combines passion and talent like no other sport; watching the passion grow in others brings me great joy!”

Carrie Erickson, 5 years coaching

Bloomington Synchronized Swimming

It seems that all those who coach get hooked into the sport of synchro and are not willing to let go. All of the responses talked about the ability to positively influence athletes in the

role as both coach and mentor that allows impact beyond the pool and the meet.

We would truly like to encourage and help any school or group who is interested in starting a synchronized swimming program, anyone who would like to be a synchro coach and/or anyone who would be interested in becoming a synchronized swimming official. If you have an interest or any questions please contact our association president, Signe Hensel, signe.hensel@gmail.com

Important upcoming dates:

Rules Interpretation	Online only
January Coaches Meeting	Mon, Jan 27 St Louis Park High School
Season Starts	Monday, March 3, 2014
Section Meets	Week of May 12, 2014
Invitational State Meet	May 22 & 23, 2014 U of M
Annual Coaches Meeting	Tuesday, June 17 th , 2014 @ 6pm Place TBD

Over Hill *and Dale*

By: Thomas Sharp
Eastview High School

Another season is complete and if you feel like I do, it is not about how you place in meets, but the opportunity to work with the highest quality kids in the school! While I was not able to get our team or any individuals to qualify for the state competition, I was provided with the time and pleasure to watch all four races at the State Meet. It was a great opportunity to watch performances that I would otherwise miss, and confirmed my belief that we have the best kids and most exciting competition at the state level. Congratulations to Bethany and Megan Hasz of Alexandria for their 1-2 finish in the AA Women’s race! The historians among our coaching ranks can let me know if siblings have ever accomplished this feat in the past. Just as exciting was watching the Wayzata women defend their AA Team title with a dominating performance that had all seven runners earn All-State status. In the Class A women’s race, two new champions were crowned with Emi Trost of Cannon Falls earning the Individual title, and Annandale behind four All-State runners took the Team title; congratulations to both our team and individual champions! I have known of the

Over Hill . . . continued on page 23

After the Game Bring Your Team to 



Diamond Cuts

By: Terry Sadler
Warroad

MARK IT ON YOUR CALENDAR!

The Fastpitch Coaches' Association annual **coaches clinic** will be held Saturday, **February 1 at Becker High School**. An email with the topics and presenters will be sent soon. Sean Hall has been busy developing fresh topics and lining up the presenters.

Clinics are a great opportunity to get your entire staff together and begin strategizing for the upcoming season. Clinics also give you the chance to learn, relearn, and find some answers to your concerns on and off the field. I enjoy the chance to visit with coaching colleagues; sometimes with great enthusiasm and excitement for the approaching season and at other times it's a chance to commiserate. The coaching family is a special experience that those outside its ranks don't really understand.

I hope all head coaches encourage their assistants to belong to the Coaches' Association AND attend the clinic on February 1 in Becker. Together we can make our association stronger. Check out the list of benefits in this magazine. Remember: the membership year runs August through July. If you wait until March to join the association, you are missing out on half a year's benefits and coverage.

At the time of writing this article, the softball advisory committee is preparing to meet with Lisa Lissimore at the MSHSL office for our annual update. On the agenda will be continued discussion on four-class softball. The topic was discussed at the fall region meetings around the state and we will learn the feedback gleaned from those meetings. For clarification, the EARLIEST the four-class system would be implemented is in 2015-16 when the MSHSL again goes through the process of rightsizing and aligning all activities.

Warroad softball recently had a field makeover courtesy of Ron Storey. The volunteer coach and parent of former Warrior players won The Diamonds and Dreams Giveaway sponsored by the Heartland Chevrolet Dealers. Ron completed the online form last spring and was notified in August that he had won. Included in the prize package were a vehicle valued up to \$40,000 (which he kept for his wife), up to \$20,000 for a field makeover, and \$2,500 in Rawlings equipment. The field makeover was completed in late October when 3 guys from Florida braved the cold as they redefined the arc for the outfield grass, laser-leveled the

infield with fresh agri-lime and set new base anchors and pitching rubber. Mr. Storey shared the equipment prize with the softball and baseball programs of Warroad High School along with the community ed. summer rec. baseball and softball programs. With school budgets are tighter than ever; this was a much-appreciated gift. Thanks, Ron!

Happy holidays to all! May you find the time to recharge the batteries while spending quality time with family and friends during the winter break.

2014 SOFTBALL CLINIC

February 1st 8 a.m.-4 p.m.
Becker Intermediate School

ALL Coaches attending the clinic must be a member of MSHSCA

Payment can be by credit card, cash, check or money order.



Register Online for the clinic at
www.mshsca.org

Clinic fee is \$80 in advance, \$100 at the door

If you are sending one check for your whole staff, that can be done online also.
Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.

Checks payable to MSHSCA

Mail to:
MSHSCA, PO Box 519,
Detroit Lakes, MN 56502



Questions?
Call: 218-847-6796 or
email: jomar2@arvig.net

HOOP SCOOP



By: Kent Hamre
St. Michael-Albertville
2013-2014 MGBCA President

By the time you read this your 2013-2014 season is in the full swing of practices and games. I hope all of you have a season filled with many good experiences that will build lasting memories for you and your athletes. Thank you for your dedication and the endless hours you put in for the young women of Minnesota! Good luck during the 2013-2014 season.

The Fall Clinic was held at the University of St. Thomas in October. Thank you to Scott Bergman and Bill Gottenberg for all the time and effort they put in to plan and execute the clinic. Also, a big thank you to Ruth Sinn and her staff for their help at St Thomas. Finally, a big thank you to the speakers, who all did a great job; Aaron Johnston, (SDSU); Glen Caruso (U. of St. Thomas), David Smart (Ada-Borup); Emilee Thiesse (MSU-Mankato); Erin Herman (Hill Murray); Ruth Sinn (U. of St. Thomas); Pam Borton (UM); Forest Larson (Take it to the rim).

Below are a few MSHSL updates:

- The summer coaching waver period is June 30-July 6, 2014.
- The State Tournament will be held at the Target Center and Williams Arena, March 18-22, 2014.
- The Class 3A and 4A Tournaments will be seeded using the same process as last year. The top five spots will be seeded and a blind draw will be done for the remaining spots via a telephone conference call from the MSHSL office prior to the tournament.
- Due to scheduling conflicts there will be site changes for the state tournament.
- Please stay tuned for All-star game changes.
- Coaches, make sure to join the MGBCA so you and your athletes can qualify for post-season awards.
- Membership coaches PLEASE vote when the time comes for all-state.

Please remember to rate the officials; the officials that are up for ratings are the ones that want to be considered for the state tournament. We are looking for volunteers from each class who will commit to seeing all the games in their class at the state tournament and provide input into the selection of

the All-Tournament Team.

Remember to check our website, www.mshsca.org/girlsbasketball periodically. All nomination forms for all the Association awards are found there and must be submitted electronically.

- Miss Basketball nominations are due Dec. 1st, 2013.
- Coaches Association Membership Form due Jan. 1st, 2014.
- All-Star/All-State due January 12th, 2014.
- Team and Individual Academic are due February 7th, 2014.
- Section Coach of the Year voting is due February 21st, 2014.
- Hall of Fame Nomination forms are due January 15th, 2014.
- Girl's Basketball Coaches Association All Star Game will be April 26th, 2014 at Carleton College.

Please feel free to contact any of the association officers or your section's representative about any ideas or concerns you may have regarding girls' basketball. Your input, suggestions, and ideas are always welcome. Have a great season!

Over Hill. . . continued from page 21

strength that the Perham program has demonstrated at the state meet since 2006. I really enjoyed watching as Keeghan Hurley took control of the Class A Men's race to win the Individual championship and lead his Perham team to their second consecutive Team title and their fifth in the last eight! In the Class AA men's race, Obsa Ali completed a great season with the Individual title. The Wayzata men made it a Class AA Team title sweep for their programs with three All-State athletes led by individual runner up Connor Olson.

I also want to congratulate all of the coaches and assistants who were given the respect of their peers by earning Coach of the Year honors. We work in the best sport with outstanding kids who make the job easy; all of our coaches are deserving of recognition for their time, effort, and impact on the lives of these young men and women; being chosen as a Coach of the Year by your colleagues is a humbling honor, and a memory you can always treasure.

Thank you again for all that you do!

SERVICE ACES

By: Les Zellmann
MSHSTCA President
St James



Another season of Girl's Tennis has come to a conclusion with the completion of the 2013 State Tournament. The Annual State Tournament Banquet was a real success. The banquet was well attended and really provided an opportunity for the State Tournament players to have center stage for an evening. Thanks to Mark Hultgren for his effort to make this event more successful each year. Over 500 people attend the banquet. Edina repeated as Class

AA team champions and it was Breck winning the team championship in Class A. Sonya Das (SPA) repeated as Class A singles champion and winning the singles championship in Class AA was Caitlyn Mezbacher (Edina). Doubles champions in AA were Kyle Boyer/Kate Rosenow (Rochester Mayo) and in Class A, the champions were Patricia Zhao/Sunny Tang (Breck). Another important recognition for our school programs were that 130 schools were recognized as either silver or gold academic winners. This represents about 65% of the girls' tennis programs. Great job in classroom - girls!!

Congratulations to our Coaches of the Year. The coaches selected are Steve Paulsen(Class AA) of Edina High School and Eric Ingles (Class A) of Foley. Both of these coaches have steered successful programs and contributed a lot of energy for High School tennis. Thanks Steve and Eric for what you do for tennis. Also, Congratulations to our Assistant Coaches of the year, Class A- Eric Johnson (Fairmont) and Sarah Westman-Doll (Mankato West). As a head coach, I do know how important it is to have good assistant coaches. Thanks Eric and Sarah for helping improve high school girls tennis.

Remember to register for the Minnesota Coaches Clinic on February 28 - March 1. The clinic will again be at the Fred Wells Tennis & Education Center (Fort Snelling area). Rick Engelstad, MTC Executive Director (Pine City), has been working hard putting it together the clinic.

On Friday evening (February 28), the USTA Northern will be presenting and you will be on court participating. Bring your rackets! There will also be an opportunity to play with fellow coaches and have some collegial fellowship on the courts. We will also have our Minnesota Tennis Coaches annual meeting on Friday evening.

Some of lead clinicians at the Saturday clinic will be:

- Jack Roach - USPTA teaching pro
- Luciano Battaglini -Carlton College Coach

- Neal Hagberg - Tennis & Life Camp Director
- Wilson clinician TBD

Registration information for the Spring Clinic is available on the MSHSCA web site www.mshsca.org.

We look forward to seeing you at the clinic.

MEMBERSHIP

It is important for you to join the coaches association. We would love to have those who were non-members last year become part of the coaches association. We want our association to grow. This will give us a stronger voice. We would like to really increase the involvement of assistant coaches. Please remember that in order for your program or players to be eligible for academic awards that you must be a member.

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 we really want to grow is getting assistant coaches to join and become involved within our association. Please encourage your assistant coaches to become members.

To join the coaches association, and to check out the benefits of being a member go to <http://www.mshsca.org> and click on Membership Benefits, on the left column.

Finally, I wish all of you the very best Holiday season!

“Fear no one but respect everyone” Roger Federer

***“Some people are
like wheelbarrows;
they stand until they
are pushed.”***

- Lou Holtz



2014 TENNIS CLINIC

February 28th and March 1st, 2014

Fred Wells Tennis & Education Center
100 Federal Drive, St. Paul, MN 55111 • 612-252-8367



Pre-register for the clinic online at www.mshsca.org
Coaches registering before February 14th will receive a clinic t-shirt.

If you are sending one check for your whole staff, that can be done online also.
Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.

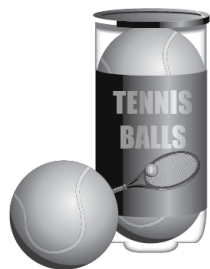
ALREADY A MEMBER?

Login at www.mshsca.org use your email and the password you chose OR zzz is what the MSHSCA used as your password. Follow the event registration link on the left side of your profile.

ATTENDING THE CLINIC ONLY?

There is a spot to register at www.mshsca.org. Once you have entered your email and profile information, you must select Boys or Girls Tennis as your 1st sport or it will not take you to the clinic registration.

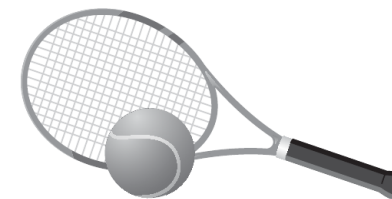
You will not be charged the sport association fees.



Clinic fee is \$50 in advance and \$70 at the door.

Make check out to MSHSCA

Mail to: PO Box 519, Detroit Lakes, MN 56502



ALL COACHES ARE ENCOURAGED TO BE MEMBERS OF THE MSHSCA & MTCA

Questions about registration? Call Mary at 218-234-0345 or email: jomar2@arvig.net

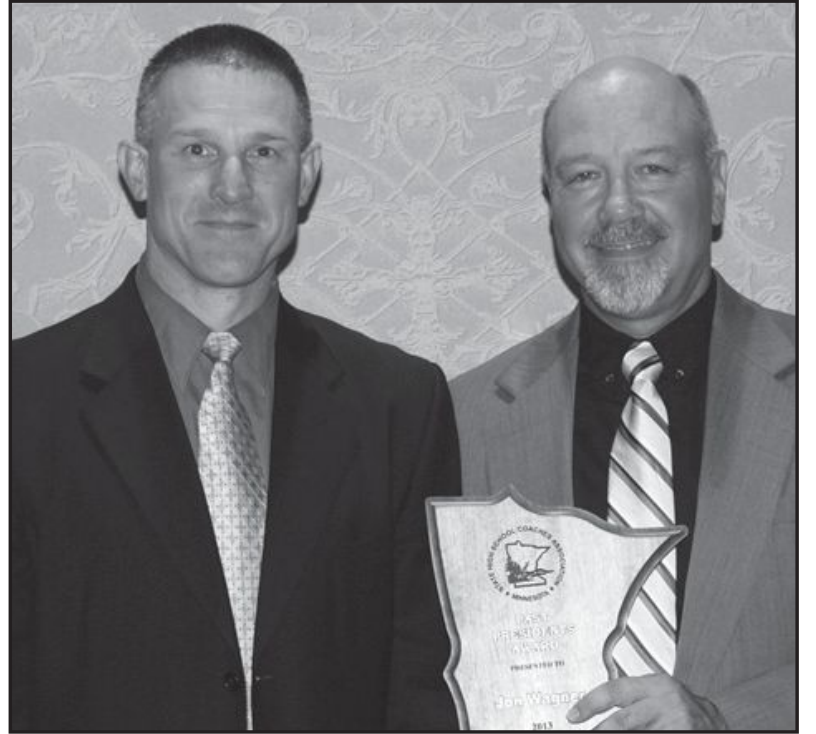
Clinic questions? Contact Rick at © 763-242-1451, (H) 320-629-5025, email mshstca@gmail.com

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

HOF AWARDS



GEORGE HAUN LEADERSHIP AWARD
Dean Urdahl, New London-Spicer
presented by his son Troy



PAST PRESIDENT PLAQUE
Jon Wagner, Eveleth-Gilbert
presented by current President
Tom VanErp, Wadena-Deer Creek



STEVE KERZIE DELEGATE AWARD
Tink Larson, Waseca



OFFICIALS DISTINGUISHED SERVICE AWARD WINNERS



Tom Frank, Detroit Lakes



Gary Southgate, Hibbing



Tim Litfin, Waconia



Maria Mader, Lakeville



COACHES HALL OF FAME



Matt Shetka, New Prague

Receiving the award were:
Matt's wife, Meg & 3 of their 4 sons



25 YEAR AWARD



CHAMPIONSHIP COACHES

F FAME WINNERS



COACHES OF THE YEAR & CHAMPIONSHIP COACH IN THEIR SPORT



ASSISTANT COACHES OF THE YEAR

HALL OF FAME WINNERS



Dave Barnum, Crookston



Bill Baumann, North Branch



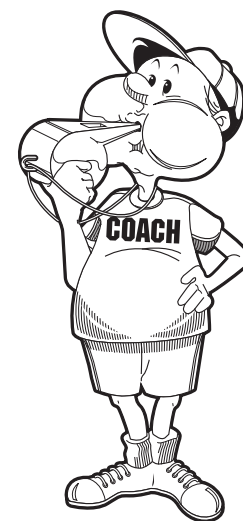
Sandra Boss, Owatonna



Milan Mader, Lakeville



Bob Stewart, Mound View



dugout chat



By: Todd Smrekar
President - Minnesota State High School
Baseball Coaches Association
Cambridge-Isanti High School

Winter is here, the holidays are near, and the offseason is upon us. Baseball season is more than 120 days away, but the preparation for the 2014 season begins at this time for all of us. There are several items that will occupy the thoughts of high school baseball enthusiasts statewide this winter. Included among these items are initiatives by the baseball advisory board, forms and deadlines for the upcoming season, the annual All-Star game, membership in our national coaches associations, and happenings at the Minnesota State High School League regarding baseball.

The fall clinic has come and gone. Once again, it was very well attended, speakers were great, and MSHSBCA award winners and 2013 Hall of Fame class was honored. Congratulations to all who were honored at our fall clinic. All award winners can be found on our website, www.mshsbca.org. A sincere thank you goes out to John Wilkens and his family for their efforts to make the clinic run so smoothly each and every year. Additionally, thank you to Paul Twenge for lining up the excellent group of speakers, to the speakers, the vendors, and to the Ramada Plaza for their assistance in the clinic's resounding success.

There are many things that need emphasis. The first item to emphasize from the association standpoint involves promoting our athletes and ultimately this great sport. We can promote our athletes by nominating them for the various awards that are sponsored by our association. As part of this we

encourage all coaches to access our website at www.mshsbca.org and click on the forms tab and download each individual form. Some of the dates to remember include May 17th for the All-Star Series and June 1st for the All-State and All-Academic All-State (both team and individual). With regard to the All-Star game, it is recommended to communicate with your nominee(s), let them know it is a three day commitment, and that it will take place the weekend after the state tournament in Chaska. Let's make sure we get our best players competing in this prestigious tournament. The All-Star game had some major changes in 2013 and it was **very successful**. Our goal is for the series to continue to be a great experience for players, coaches, and fans alike. At the same time, we are able to contribute to some great local causes after the tournament is complete.

In addition to being a member of our state high school coaches association(MSHCA) and state baseball coaches association, coaches should consider joining other coaches associations at the national level as well. The two other baseball associations to consider joining include the National High School Baseball Coaches Association(BCA) and the American Baseball Coaches Association(ABCA). The reasons to consider joining these associations include additional liability coverage, additional support for coaches if needed, additional promotion of our sport and athletes through various awards that are sponsored by both of these associations, and additional coaching resources. Both the BCA and ABCA host national conventions during the winter months which provide excellent speakers. The ABCA national convention during the first weekend of January will be held in Dallas, Texas and the 2013 BCA convention was held in Tucson at the beginning of December. Coaches can

MINNESOTA PREP COACH

access their websites for further information on membership and conventions; www.baseballcoaches.org and www.bca.org. There are plenty of local opportunities for professional growth and networking during the winter. The St. Olaf Clinic will be at the end of January and University of Minnesota Clinic will be on February 8th.

The advisory board has been working on two primary initiatives; increase in roster size and a four class state tournament. The roster size will go before the MSHSL Board of Directors at the beginning of December. The proposal has been very well supported thus far. If passed by the board, this will go into effect in the spring of 2015. As for the four class tournament, we will be working on this during the off season and will be proposed to go into effect for the 2016 season. Updates will be forthcoming. Any ideas or feedback please feel free to share. Another item from the MSHSL is a reminder that the Wilson A1010HS1 is the official ball of the State High School League starting this spring.

With regard to promoting and tracking our sport, baseball will continue to receive expanded coverage with websites that will promote our athletes and our sport. Coaches are encouraged to enter their information on the Minnesota Baseball Hub(www.mnbaseballhub.com), each team receives a website to enter stats, scores, and your own team schedule all at no cost to us. Utilizing the Hub will help to promote the athletes that we coach and our sport in general. Entering and updating stats on these websites will also assist those committees that make decisions on association sponsored awards such as All-State and the All-Star game. **At the very least, please call in your score**

. . . continued on page 37

after the game or enter it on the Hub. When scores are entered on the Hub, they instantly get tweeted out and picked up by various sources.

Please continue to visit our website, as it is updated frequently, you can find us at www.mshsbca.org. You can follow us on Twitter for all of the latest association updates as well, we are **@MSHSBCA**. Finally, if you have specific requests for games, coaches, or scrimmages, please communicate this with Tink Larson who can be contacted at tlarson@hickorytech.net. Tink is also the contact person for

records and coaches contact information. The records tab on the coaches association website is a great resource.

There are a lot of things to do and think about as we enter what we hope is a short winter. There is a lot to look forward to in 2014 and beyond for our sport. Baseball season will be here before we know it, and as we anxiously await the start of another exciting spring, I wish you and yours the very best of holiday seasons and a happy, healthy, safe, and successful 2014. See you at the ballpark! _____

BASEBALL HALL OF FAME



Jim Colletti - Irondale



Wayne Dietz's Son - Woodbury



John Anderson - U of Minnesota



Tarry Boelter - Murry Co. Central



Bucky Kendig - St Bernard's



Joe Schleper's Son Tom - Shakopee



Jim Erzar - Deer River



Doug Hudson - Rochester Lourdes

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

BASEBALL

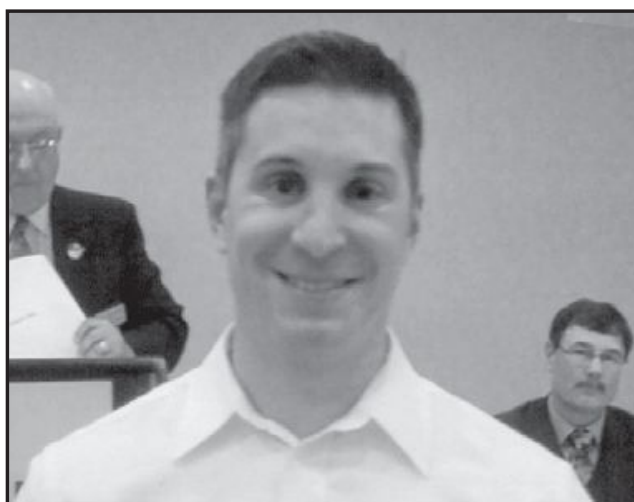
COACHES OF THE YEAR



**Brian Kinbery - Bold
Class A**

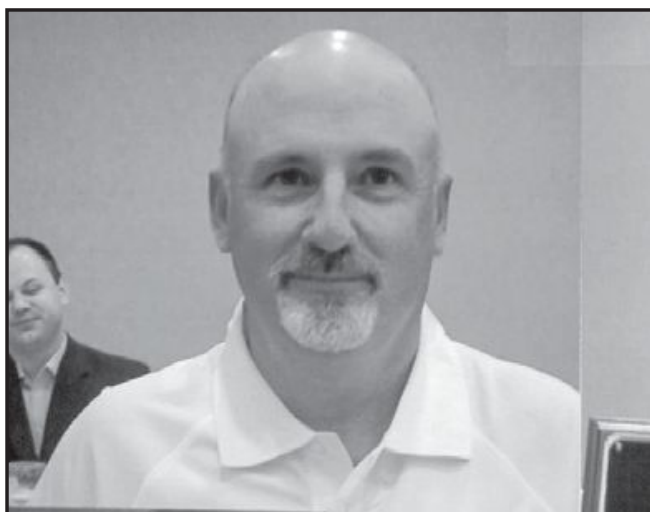


**Broc Threinen - Sasson-Mantorville
Class AA**



Jon Nuss - Mounds View

ROB FORNASIERE/ASSISTANT COACHES OF THE YEAR



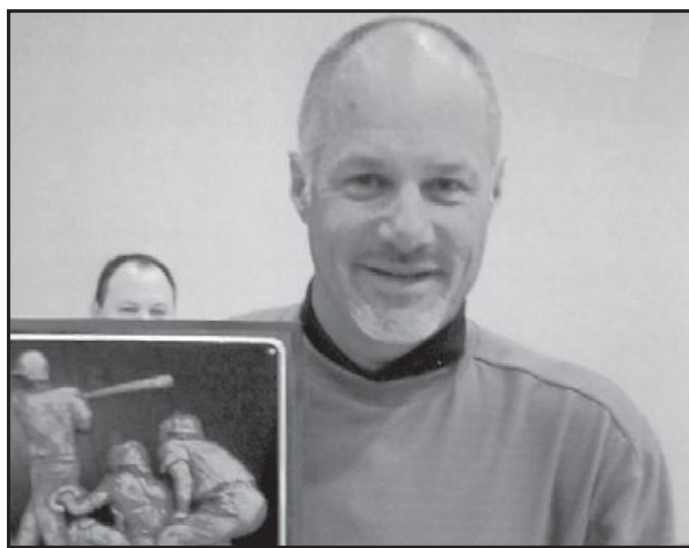
Randy Hartl - Cannon Falls



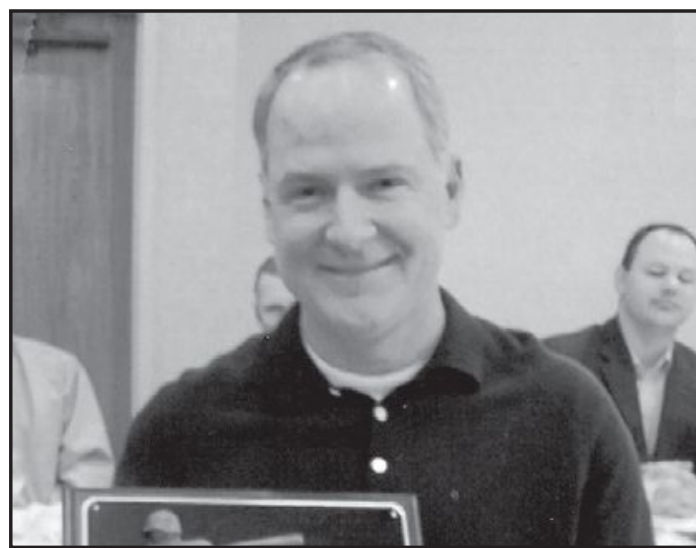
Fabrian Luna - Rochester Centruy

L AWARDS

SPECIAL AWARD



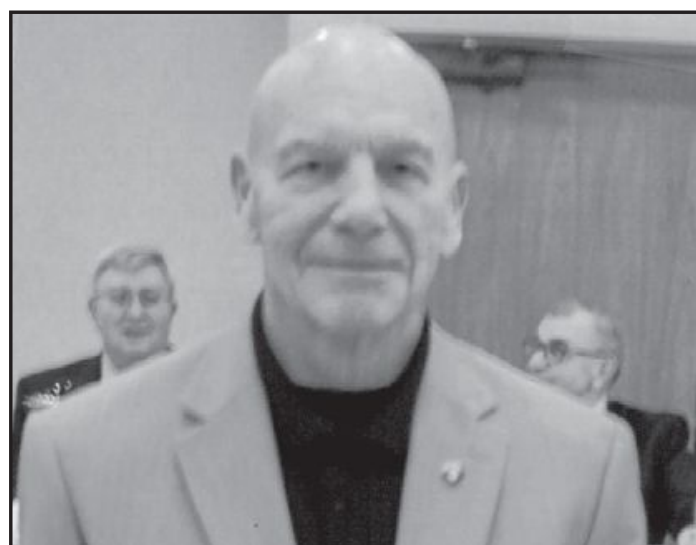
**Bub Sadek's Son Brett - Eagan
Jim Dimick Retired
Coach of the Year**



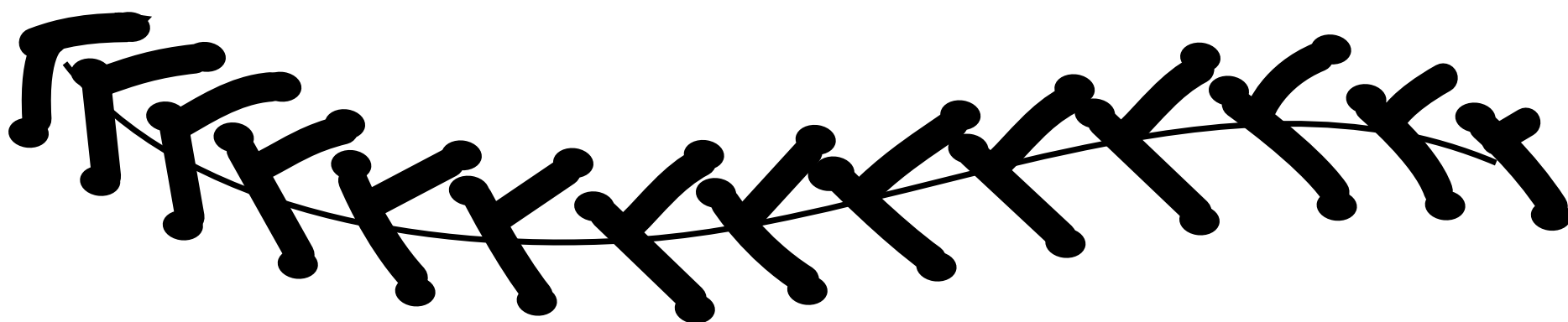
**Mike Halloran - Eden Prairie
Jim Dimick Retired
Coach of the Year**



**Jim O'Neill - Cretin-Derham Hall
Dick Siebert Award**



**Bill Peterson - St Paul
Angelo Guiliani Award**



SOMETIMES WE WIN... SOMETIMES WE LOSE

By: Jody Redman, Associate Director
MSHSL

At the beginning of each sports season, teams identify their goals for the upcoming year. These goals keep them focused, working hard and on a quest to win conference titles, and ultimately state championships. Goals help prepare our students to win games. But what happens when they don't?

With the score tied, the goalie readies himself to defend the final kick in the tiebreaker shootout. He rocks back and forth knowing that this kick will be the deciding factor. If he fails, the game is over, and his beloved team will go home. If he succeeds, they will play on with their dream still alive.

As the ball is kicked, the goalie dives to the right. The ball goes to his left and settles into the back corner of the net. Realizing that he had made the wrong choice, all that remains for the goalie is devastation. He melts to the ground, his face buried in the turf, his pain raw.

At the same time, the opposing team rushes to lift their hero into the air in celebration. Joy paints their faces with smiles and jubilant screams. With pumping fists and arms extended, they celebrate their good fortune. They will play on with the championship in their site and their state tournament dream still alive.

Watching the devastated goalie, I can see the weight of the loss consume him. He did everything he was coached to do. He faced fear and judgment head on with both hands open. He stepped in front of the net and made decisions that would ultimately determine the outcome of his team's hard fought battle. He accepted his challenge with great anticipation and determination. He did all of this, and still his team will not play on.

What does this team that set goals and worked hard to accomplish them get when they lose and don't play on. Is there anything to show for the hundreds of hours that the goalie and his team collectively dedicated to reaching their goals? There will be no medals, no trophy, no fire truck to escort them through town, and no championship celebration. They are the losers.

The difference between these two teams being defined as winners or losers is contained in our culture's narrow view of success. It is most often determined in one nano-second after hundreds of hours of dedicated preparation and hard fought battles. The outcome on the scoreboard paints the final picture—one winner and one loser. If this is the only way that a team can win, then the goalie and his team are the losers. The scoreboard clearly states this. Their season is over.

After all of the dedicated hours, shouldn't the loser walk away with something, too? Can there be more than season

ending devastation for these young athletes? The answer is yes, but it is dependant on their coach and how he sees and responds to the loss.

In John Maxwell's book, *Sometimes You Win, Sometimes You Learn*, he states, "A loss doesn't turn into a lesson unless we work hard to make it so. Losing gives us an opportunity to learn, but many people don't seize it. And when they don't, losing really hurts. To become a learner from losses—you need to change the way you look at losses, cultivate qualities that help you respond to them, and develop the ability to learn from them."

How do we as coaches take this incredible disappointment that sports presents—the loss—and get to something positive—the lesson. How do we ensure that something positive can come from losing? Lessons will be learned if we as coaches understand that there is a big difference between the goals that we set at the beginning of the season and our coaching purpose.

The goals we set at the beginning of the season keep us on track and striving for more. Goals give us a destination to move towards. Conversely, our coaching purpose is far more important than getting to a destination. Our coaching purpose provides our students with a journey that will challenge and help them develop their potential as human beings—an experience that will manifest in the development of our students' inner lives. For this to happen, the coach must make an intentional choice prior to being in the heat of the battle and prior to the final outcome on the scoreboard.

It's the same choice that faced the young goalie in the penalty kick situation. He made a conscious choice to go right before the shooter kicked the ball. As coaches we must do the same. We must make a conscious choice to be teachers of the lesson even before difficulties arise and the outcome is determined. Emmett Fox states, "Difficulties come to you at the right time to help you grow and move forward by overcoming them. The only real misfortune, the only real tragedy, comes when we suffer without learning the lesson."

The ability for coaches to suffer a loss and see through it to the lesson is what makes coaches great teachers. Great teachers clearly see their students as more than human 'doings'—concerned only with their students' performance and instead, they see them as human 'beings'—concerned with the development of their students' inner life.

Our culture says the outcome on the scoreboard is everything. And yet there is so much potential for something deeper and more lasting if we can see more than just the win or the loss. We want students to show up, present themselves, overcome obstacles, fight through adversity, find solutions, and create opportunities. We want and expect learning to

... continued on page 37

come from their playing experiences. But for this to happen, we have to be willing to accept loss for what it is—an opportunity for coaches to teach—and, as such, an opportunity for our students to learn and develop. When we take advantage of a loss and utilize it to develop our students' inner life, something that will live well beyond their playing days, we are preparing our students to meet and overcome life's challenges head on.

Sometimes we win and sometimes we lose. When we are intentional and understand our coaching purpose, both winning and losing can have a positive impact on the human growth and development of the students participating on our teams.

WHY WE PLAY—we play to give students MORE. We play to develop the human potential of the students who participate. Join the WHY WE PLAY conversation on twitter @mshsl_coaches.



CHALK TALK

By: LeeAnn Steen
Martin City West

“Season’s Greetings” The 2013-14 season is here! By the time this letter reaches you, you will probably will have had a meet or two. Remember to e-mail Colleen with your meet results and post them on the MSHSL site. Take note of the season timelines on the mggca.org site. It is especially important to make sure all coaches are members of the association by Jan. 1. Academic awards, all state and coach of the year all require a Jan. 1 membership. If there are new coaches in your section, pass on this invitation to join our association.

The High School League is implementing a new system for choosing officials for section and state competitions. Two of the criteria for the judges to be promoted deal with your ratings of the judges. Judges need a certain number of rated meets and a certain rating average to be considered for the promotion to the next level. It is helpful if you can do your judges ratings in a timely manner. You may get an e-mail reminder if you fall behind.

Looking back on the fall, I and the rest of the board want to thank everyone for their help with the fall clinic. There were many positive comments and requests for doing this format again. After 30 years of coaching, I think a clinic is good if I can pick up one or two good things each year. I truly learned at least two things in every session at this year’s clinic! (My girls loved the goofy jumping jacks)

The section rep meeting was held on Nov. 9. Kim Miklya joined us to discuss the Hall of Fame selection process. The committee has worked hard to clarify the process. Thanks Kim for your work and communication. It was also noted that the all state qualifying scores have changed slightly. Please print a new form from the website when applying for all state in February.

Good luck on your season and as you nurture and encourage all your athletes, don’t forget to take a little time to nurture and renew yourself!

WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Fall are urged to obtain their membership in advance using the electronic membership opportunity.

Due to location of many of the clinics, the MSHSCA may not be able to hook up to provide membership cards using their computer. As a result, it will simplify things if membership is obtained prior to clinics to eliminate a lot of potential confusion regarding the reception of membership cards at the site of the clinic.

CLEARING THE HURDLES

By: Mark Alcorn, Holdingford HS
 President: Minnesota Track & Field
 Coaches' Association
 jmarkalcorn@gmail.com



I am writing this with a stomach full of turkey and I hope that all of you had a great Thanksgiving and used the vacation to rest.

The next big event for track coaches in Minnesota will be the Coaches Association Clinic on January 31 and February 1, 2014. There is a pre-clinic social the night before in the vending area that I have come to really enjoy. It is a laid back time to sit and visit with coaches from around the state and country.

Just as last year, when I look at the schedule of this year's clinic, I see more than one speaker during each time slot that I would like to see. In the distance room there will be three or four sessions with Dave Mills, a recently retired Idaho high school coach. He is Idaho's version of Scott Christensen...or, perhaps, Scott is Minnesota's version of Dave Mills.... Wayne Clark, a high school coach from Ohio, will be in the sprints/hurdles room. He is a well-known clinician at the national level. I have heard him speak on a couple of occasions and he is not one to miss.

Our keynote speaker this year is Olympic gold medal pole vaulter, Stacy Dragila. In addition to delivering the keynote address, she will also be conducting several sessions. I have talked to her on a couple of occasions about our clinic and I can tell you she is excited to come to Minnesota. In fact, she got out of a previous engagement so she could come to our clinic. From everything I have heard about her, you do not want to miss the chance to listen to her.

If you have not been to the clinic, I strongly urge you to consider attending. The entire clinic is at the Bloomington Doubletree at the intersection of Interstate 494 and Highway 100. Once you get there on Friday morning or Thursday evening you do not need to go outside until it is time to go home on Saturday afternoon. There is a coffee shop and a bar; both of which are good places to sit down and chat with fellow coaches about track or other topics.

The association meeting is scheduled for 4:30pm in the ballroom on Friday, January 31 just before the banquet. I will send out an agenda for the meeting in a mass email the week prior to the meeting. There is the potential for a couple of significant proposals to be brought up for discussion. Please attend to voice your input.

Information regarding the clinic can be found at www.mshsca.org/track.

I hope to see you in Bloomington. _____

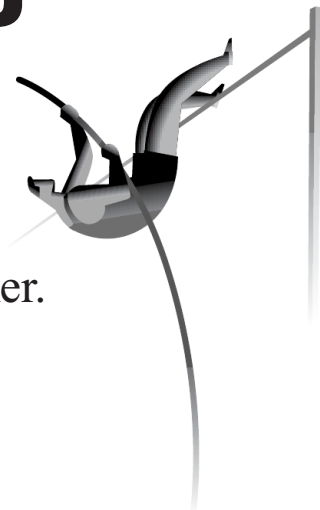
2014 MINNESOTA TRACK & FIELD COACHES ASSOCIATION CLINIC

January 30, 31 & February 1, 2014

at the Bloomington DoubleTree by Hilton

Stacy Dragila, Olympic Gold medalist will be our Keynote Speaker.

The Clinic will kick off with a free Pre-Clinic Social on January 30 @ 8:00 next to our Vendor Area.



The \$90 Clinic Fee includes 48 hours of Track & field instruction from top Olympic athletes, Olympic Coaches, College Coaches and over 20 High School Coaches!

It also includes 2 Free Socials and a nice Banquet meal on Friday night! As an added bonus, there will be prize drawings sponsored by our Vendors throughout the Clinic.

Clinic special room prices are available for \$92/ night. Bring your family, the DoubleTree is 10 minutes form the Mall of America and is a great location for a fun family weekend.

Registration Information:



Cost: \$90 by Jan 24th, after Jan 24th fee is \$110

Hotel is at a special rate of \$92/night on the dates of Jan 28th through Feb 4th clinic attendees.

Greater participation with this deal helps lower the cost of the facility for our association. Please consider this.

All Minnesota coaches members and non members must register online at **mshsca.org**
Out of State/International Coaches should register by email or phone at
jomar@lakesnet.net or 218-847-6796

MSHSCA: P. O. 519 • Detroit Lakes, MN 56502

2014 Minnesota State Track & Field Coaches Association Clinic Schedule

Thursday, January 30th

6: 30 pm True Team Meeting Suite 2014, 20th floor
 8: 00 pm Clinic Social Plaza 1

Friday, January 31st

8: 00 Registration
 9: 00 **Session 1**

Coaching the 4 x 100 m relay	Wayne Clark	Plaza 2
110s: Build. Hurdles from the ground up	Keith Klestinski	Plaza 1
Basic High school Distance Training	Dave Mills	Atrium 6
Teaching the pole vault	Stacy Dragila	Plaza 3
Triple jump: Faults and corrections	Tony Veney	Plaza 4
Strength and conditioning training	Travis Zins	Atrium 4

10: 30 **Session 2**

True Team Q and A	Panel Discussion	Plaza 2
300's: Race distribution and training	Keith Klestinski	Plaza 1
Nutrition on the Run	Dave Mills	Atrium 6
HJ: Tech and Training Technique	Matt Burns	Plaza 3
Building better athletes: plyometrics	Aaron Moser	Plaza 4
Shot put: Glide basics & progression drills	Paul Kendrick	Atrium 4

11: 30 **Drawing #1** Vendor room
 12: 30 **Advisory Committee Meeting** Suite 2014, 20th Floor

1: 00 **Session 3**

An Introduction to 3dimensional coaching	Ron Backes	Plaza 2
Training and Motivating the HS Sprinter	Brent Schlacht	Plaza 1
Tempo runs: A foundational component	Loren Ahonen	Atrium 6
Pole vault basics	Stacy Dragila	Plaza 3
Coaching young jumpers	Jason Knighton-Johnson	Plaza 4
Coaching discus effectively	Matt Peterson	Atrium 4

2: 30 **Session 4**

Hurdling Basics	Don Helberg	Plaza 2
Coaching the 200 meters	Jack Sands	Plaza 1
Ancillary train.&dist:strength, plyos,drills,etc	Loren Ahonen	Atrium 6
Keeping it Simple: Basic Approach to HJ	Cathy Ilka	Plaza 3
Long jump: Faults and corrections	Tony Veney	Plaza 4
Rotational Shot put	Tyler Kleinhuizen	Atrium 4

4: 30 MN Track Coaches Assn Meeting **Grand Ballroom**
 5: 30 Banquet & Keynote speaker: Stacy Dragila **Grand Ballroom**
 7: 00 Social and **Drawing #2** **Grand Ballroom**

Saturday, February 1st

7: 45 **FCA Breakfast** Suite 2014, 20th Floor

9: 00 **Session 5**

Coaching a Hurdler to 3 step	Wayne Clark	Plaza 2
Intermediate hurdles	Tim Jacobsen	Plaza 1
Which training factors determine the mile?	Scott Christensen	Atrium 6
Developing PVers at a small school	Craig Nelson	Plaza 3
Building better athletes through func. train	Aaron Moser	Plaza 4
Building a successful throws program	Matt Peterson	Atrium 4

10: 30 **Session 6**

Establishing a Coaching philosophy	Panel Discuss.	Plaza 2
Starts: starting block drills and technique	Tony Veney	Plaza 1
Running their best at State	Dave Mills	Atrium 6
HJ: Perf Improv by improving speed/power	Matt Burns	Plaza 3
Horizontal jumps basics	Jason Knighton-Johnson	Plaza 4
Discus	Travis Zins	Atrium 4

1: 00 **Session 7**

A systematic approach to develop. sprinters	Paul Kendrick	Plaza 2
Coaching a 3 stepper faster	Wayne Clark	Plaza 1
Build. better athletes through Endur. training	Aaron Moser	Atrium 6
HJ: Meet day success	Matt Burns	Plaza 3
TBD	TBD	Plaza 4
Smalls schools throwing program	Gordie Hansen	Atrium 4

2: 30 **Session 8**

Running a preseason parent meeting	TBD	Plaza 2
Wayzata track: training the 400 athlete	Mark Popp	Plaza 1
CC Rap Session	Group session	Atrium 6
MVPV: a biomechanical approach to PV	Matt Fleigle	Plaza 3
Using delayed video: Old tech New twist	Jason Karn	Plaza 4
Motor Neuron Training	Tyler Kleinhuizen	Atrium 4

3: 45 **Drawing #3: Final Drawing** Vendor room



Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

It is over now, this season of ours... The fields are quiet, stands empty. The locker rooms are filled with the chatter of athletes who play other games... and yet, much remains. In this season of thanks and hope, ours is that your players, your school and community will reflect on the many life lessons learned during your season of 21013. And, that the MFCA and the efforts of our 1100 have made a positive impact on you and those you influence. It is a time of thanks and praise.. let's do just that; Congratulations to the State Champions..Grand Meadow, Chatfield, Mahnomon, Hutchinson, St. Croix

Lutheran, Owatonna, Eden Prairie.

Thanks to: The MSHSL.... for their leadership and constant efforts to educate coaches, administrators and communities , for conducting the great State Tounament(s) and maintaining the high standards that have made it a leading High School Association in the Nation.

The MSHSCA... see above. The Randy Shaver Cancer Research Foundation and the outstanding, tireless leadership of Randy and Dave Nelson. And to those schools who have participated in this marvelous effort.. Since the partnership was formed in 2012, communities will have contributed over \$300,000 toward Cancer research..

President Gary Sloan for his leadership and for his very valuable president's project.. the video demonstrating the proper fitting of helmets. An invaluable tool for all of us.

The Conference Reps for conducting the business of their conference schools, for representing their interests and relaying pertinent MFCA initiatives to them.

The Executive Committee of the MFCA, and the many committee chairs who do their work with dilligence and care.

Rob Nielsen, the web master, for the BEST HS web site in the nation.... and to Jim Dotseth for simply being the best.

And.... to you all, good leaders. It has been said many, many times past. Their simply is no fraternity like that of the coaching profession ; no huddle like the one we are so privileged to share. It is an honor to be in it with you.

In this holiday season of thanks and praise, we offer our thanks for all you do for us kids, for kids.....

See you down the road.

2014 MINNESOTA FOOTBALL COACHES CLINIC

The Official Clinic of our MFCA in Partnership with the University of Minnesota
If you can attend just one clinic, this is THE ONE!!

Doubletree Hotel in St. Louis Park

March 27, 28 & 29, 2014

FEATURED IN 2014

Gophers & Vikings Headliners
Ken Sparks, Carson-Newman
Frank Lenti, Chicago Mt. Carmel
High School Coaches from Michigan, Texas, Ohio
Area High School & College Speakers
FCA Luncheon

2014 CLINIC COMMITTEE

Ron Stolski, MFCA Director stolski@yahoo.com
Dave Nigon, Exhibits dlnigon@yahoo.com
Jim Dotseth, Finances dotsethj@comcast.net
Ray Kirch, Registration kirchr@district279.org
Dave Nelson, Advertising dave.nelson@minnetonka.k12.mn.us
Claud Allaire, Schedule & Speakers claud.allaire@comcast.net

Check for additional speakers on the MFC Clinic website,
plus on-line registration

“Don Swanson” Tailgate Party & AWARDS!

Conducted by the MFCA – “The Keepers of the Game”
www.mnfootballclinic.com



M MEMBERSHIP PERKS

S
H
S
C
A

- **COUNTRY INN & SUITES - Eagan** - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - \$89.00 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796
- **ROSEVILLE VISITORS Association DISCOUNTS** - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 - 12/31/2012
- **MARIOTT MINNEAPOLIS WEST** - St. Louis Park (952) 544-4400

M MEMBERSHIP PERKS

•••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.

After the Game Bring Your Team to 

ADAPTED UPDATES

By: Marcus Onsum
Minnesota Adapted Coaches Association
Robbinsdale

Our fall adapted soccer season has now wrapped up, and many of our adapted coaches and athletes find themselves preparing for the upcoming, exciting and fun filled adapted hockey season. Most, if not all of our athletes are in the process of making the transition from one sport to another, and are already fired up to get the hockey season started! The adapted floor hockey regular season will be in full-swing by the end of January, with the state tournament being held at Bloomington Jefferson High School on March 14 & 15, 2014.

Since the last issue of Minnesota Prep Coach in September, state champions were crowned in adapted soccer. The adapted soccer state tournament was held on November 14 & 15 at Stillwater High School, and we had another great

turnout. In the PI division, Robbinsdale-Hopkins-Mound Westonka claimed their sixth consecutive adapted soccer title, with a thrilling 5-4 win over Dakota United. In the CI Division, Burnsville-Farmington-Lakeville claimed their first adapted soccer state championship with an 8-1 win over Park Center. Congratulations to both of these programs for fantastic seasons!

One of my continuing goals for this year is to further increase our number of member coaches from adapted athletics. With the number of coaches currently working in adapted athletics, there certainly is room to improve our membership numbers and I will continue to encourage all of our coaches to join and support our organization. We are still looking for more coaches in get involved in leadership roles

within our association, as we have been without a president for the last year, and have been without a vice president for more than two years. These are important positions to fill, so we can continue to maintain a high quality professional organization. Please contact me as soon as possible, if you would like to help our coaches' association and volunteer for one of these positions.

Good luck to everyone this winter, and I hope everyone is able to enjoy a safe, fun filled floor hockey season!

Do you need on-line registration for your

- Camps
- Events
- Community Education
- Leagues
- Classes
- Meetings



Manage your registrations just like the **MSHSCA**, **MNAHPERD**, and **MNIAAA** by using **Cordonco.com**

- Accept Credit Card Payments
- Manage Payments, Class Lists, & Rosters
- Set up as many Events as you want
- Share on-line with Coaches, Teachers and Volunteers
- Eliminate the paperwork hassle & gathering forms and checks



You've used the system to register as a Member at **MSHSCA.org**
Now you can use it yourself for your own events

Call or email Corey Maple at 612.801.2438 or crmaple@gmail.com for more info.



*“The last time
I ran the ball,
I got called for
“delay of game.”*

- Ken Stabler, 1980

MnIAAA CORNER

By: Dan Roff
MnIAAA President
Fridley Activities Director

Greetings – As President of the MnIAA, I hope you had a wonderful fall and are looking forward to the holiday season as you prepare your teams for the long winter haul through January and February. I am the activities director at Fridley High School and have had this privilege for the last seven years. During that time, it has been quite rewarding to work with a very talented and dedicated coaching staff. Between our second and third year of working together, we brainstormed to come up with our Fridley Activities Mission and Purpose. At Fridley, our mission is to **Inspire and Develop Excellence**. It is important to note that we take this mission seriously and ask each coach to remind themselves daily before they meet with students. This mission statement contains important words that need to be addressed separately, the first being **Inspire**.

Inspiration is a key component in learning. If you think about great achievements, most of them came from great inspiration. As a coach, we must inspire our students on a daily basis. It is what fills their cup to go the extra mile, persevere through adversity, continue after failure, and endure pain and sacrifice. At Fridley, we feel the way to inspire is through relationship. Each coach has a duty to build an authentic, honest, and trusting relationship with their players. Our belief is that through these relationships, we can inspire students to reach their full potential as not only athletes, but as productive citizens of our teams, school, and community.

Develop is an important component to our mission. Development takes on the idea that we are moving students through a process. Time is a key component in development.

It is our duty as coaches to come prepared in skill, technique, and strategies that will enhance our students' abilities. It is that combination of time and our coaches' abilities to teach effectively that will maximize the opportunities for students to improve, grow, and end up far better than where they began. It is through this development that students will become more consistent in their attitude and work ethic, more attentive to their responsibility to themselves and others and more skillful in the actual game components.

Excellence is the third of our important words to the mission. What is interesting is excellence is not defined in our mission. As a group, we struggled whether to use that word or not. What if we don't get to excellence? Ha, there is the paradox. If we don't get to excellence, have we failed our kids? Have we failed ourselves as coaches? Have we failed as a program? We feel that it is imperative that the bar be set high. This helps us ask the important questions during tough times. "Yes, Billy, we lost. Were you an excellent teammate this week? Did you do all you could to prepare for this game?" If you can answer yes, then you were excellent tonight as a competitor." Our point... too often we let the scoreboard define our excellence. We want to define it as more than just that; because in the end, it will be the inspiration and the development that will really define those kids as individuals and will be played out the rest of their lives as co-workers, husbands, wives and probably most important, fathers and mothers.

If you haven't yet, begin to redefine your coaching purpose. One suggestion is to read *InsideOut Coaching* by Joe Ehrmann. In it you will find how Joe's own process of defining his purpose changed his whole attitude about coaching. A quote that continues to resonate with me is, "If you want to be a better coach, you have to become a better you." Best wishes to all of you as you work on becoming a better you.

HALL OF FAME CANDIDATES NEEDED

Jim Baker, MSHSCA Hall of Fame Coordinator would like to issue a plea for more Hall of Fame nominations.

There are a lot of deserved people that should be nominated.

Use the form found in this issue of The Minnesota Prep Coach and submit one or more coaches that deserve to be recognized as a Hall of Fame inductee.

Baker's Email: jbad154@q.com

Swim Strokes



By: Dale Magnuson
Rochester Century High School

The 2013 Girl's MSHSL State Swimming and Diving season wrapped up November 18-20 at the University of Minnesota with some impressive results. The Class A and AA meets both finished with a total of eight new meet records. The swimming was fast, and the diving was impressive. Swimmers and divers from around the state also earned numerous All-American qualifying times/scores, and the state will be well represented when the NISCA All-American athletes are announced this spring. Congratulations to Visitation as the Class A state champion and to Mankato West as the runner-up. Also, congratulations to the Class AA champion, Wayzata and to Minnetonka as the runner-up. In addition, a total of 25 schools earned an Academic Gold award, and 51 schools earned an Academic Silver award. These are tremendous accomplishments! As the Girl's season ends, the boy's season is just beginning, and it promises to be just as exciting.

The MSHSCA True Team section meets were well-attended again this year, and the True Team State meet was very exciting. Five new records were set at the Class A meet and three at the Class AA meet. I would like to congratulate the Class A Champion, Visitation, and the Class AA Champion, Wayzata. Congratulations to the True Team Section Champions, as well, and thank you to the 16 schools who hosted these championship meets. A great deal of time and energy is needed to make the True Team Championships a success. This wouldn't be possible without the efforts of

athletes, coaches, parents, and volunteers, around the state!

Coaches, please mark your calendars for the annual MSHSCA sponsored Coaches Clinic which will be held Friday and Saturday, April 11-13, 2014. Additionally, the annual All-State Banquet will be held Friday, April 11, 2014 at the Prom Center in Woodbury. There will again be online registration for the clinic and banquet, along with online voting for the 2013 Coaches and Athletes of the Year. More information about the clinic and banquet will be posted on the MSHSCA Swimming & Diving website in the near future.

Finally, thank you to everyone for your hard work in making swimming and diving a successful sport! Congratulations to the coaches who just finished their seasons, and good luck to the coaches who are just getting started. Your dedication to the athletes and the sport is immeasurable. Have a great and relaxing holiday season!

***“You out rebounded a
dead man by one.”***

**- Abe Lemons, to his 7ft center who
got only one rebound in 1st half**

MEMBERSHIP YEAR FOR THE MSHSCA!

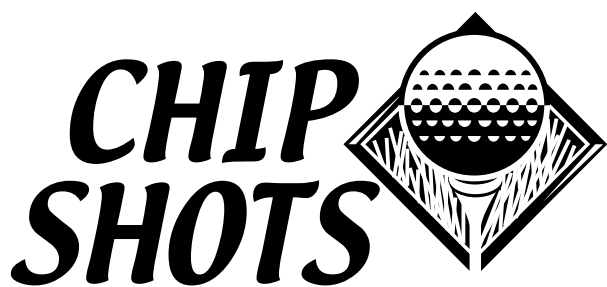
In the past months, we have gotten memberships from spring coaches that also coach a fall sport and are paying for both now.

***We want to repeat, our membership year does NOT run from
January 1 to December 31.**

***Our membership year IS August 1 to July 31.
(like the school year)**

*If you coach a fall sport and a spring sport, you should be joining in the fall to be covered by insurance for both seasons.

Those of you that have joined the MSHSCA after the first of the year, please note that your membership expires on July 31st.
(after summer camps)



By: Bob Gorden
Golf Coaches Association President
Detroit Lakes HS

Hope everybody is having a great school year! Fall sports has just finished all their state tournaments, and all the winter sports are in full swing. So under 4 months to our 2014 golf season, wow.

The golf advisory board met on October 12 at Fox Hollow golf course and had lengthy discussions on many topics. We are setting up our next meeting in December with Dave Stead from the MSHSL office to discuss many issues that have come to our committee about concerns in High School golf, will keep everybody posted.

Your advisory committee is President Bob Gorden-Detroit Lakes, Mike Sieffert- Providence Academy, Glen Hasselberg-Staples/Motley, Craig Nasvik-White Bear Lake, Eric Tollefson-Moorhead, Dave Blank-Wabasso, Ben Jurgens-Fergus Falls, Ratings/ Brian Johnson-Eagen, Barry Wallin-Rosemount, Banquets/Rich Aulie-Crosby, Mike Frankenfield-Shattuck-St.Mary, Tim Kallevig-Park Center, Academic/Steve Heslop- Pequot Lakes, contact any of us with concerns and or questions.

Birdie marketing will again be offered for fund raising, selling the golf card of theirs by High School golf programs.

All Birdie marketing info online for you on the golf

coaches site. Winners of \$500 from 2013 sales, school needed to sell 25 or more cards to be in drawing were: Jeff Nelson-Bemidji, Larry Overski-Coon Rapids, Mark Wanous-Eastview, Larry Opatz-Burnsville, Cory Ratzloff-Mahtomedi, Steve Mokros-Moose Lake, Cyndy Meyer-Rogers and Neil Doose-St. Peter. Congratulations to winners drawn and checks in the mail.

We really have had problems getting coaches elected by all sections for coach of the year vote, so the Advisory board has set up a new process. We will need a coach in charge of your section to run the election process, getting winner to me right after your section tournament. If I don't receive by June 5, your section champion will be listed on the ballot. At the State tournaments we will have a ballot with all section winners for all coaches in attendance to vote for the Golf Coach of Year in their class, and the on-line voting available right after the State tournaments, winner will be decided by end of July, so winners can be awarded at fall Coaches Association banquet.

Sunshine coaches clinic, is set for March 8, 2014 at Providence Academy, chairman will again be Mike Siefert. Advisory committee decided to do the out state clinic every other year, so only the Providence Academy one in 2014.

Other upcoming 2014 Golf dates:

- Coaches On-line rules begins March 12, has to be completed by April 4 with State High School League
- Practice can begin March 17, wow only 107 days from this writing for Chipshots

Have a great Holiday Season and Happy New Year, see you on a course.

MSHSCA 2013-2014 MEETING DATES

Spring Delegate Meeting: March 21, 2014
Mancini's - St Paul

Summer Meeting: June 23, 2014
Detroit Lakes

PREP COACH DEADLINES TO SUBMIT

Sept. 1 Dec. 1 Mar.1 May 15

After the Game Bring Your Team to 

MSHSCA's CORPORATE PARTNERS

2013-2014



Thank You

To our Corporate Partners,
Subway and Liberty Mutual
that help make many
of our programs and
awards possible!

. . . continued on page 39

ATTENTION COACHES:

If your team qualifies for an academic award please notify your A.D. to look for it!

The MSHSCA continues the Academic Awards program

Many schools are receiving plaques and plates similar to the one pictured for sports that qualified as a gold or silver academic team. You should receive them within a month after your season ends.

GPA's were submitted, by the coach, to their sport association President along with a varsity roster.

The sport association then determined that the coach was a member of the MSHSCA and sport association for the roster they submitted.



This process is true for each sport.

Your school will receive a plate for each of the teams that qualify.

Please be alert to envelopes with the return address of Beachs Awards they will contain additional plates.

We are very pleased with our new program since it will recognize more teams for their outstanding efforts.

**Thank you for your help with this program,
John and Mary Erickson**

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

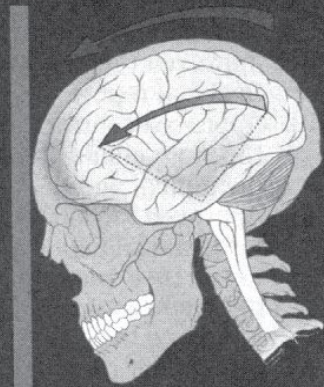
CODE OF ETHICS -----

As a professional educator, I will...

- 1). Strive to develop in each athlete the qualities of leadership, and good judgement.
- 2). Respect the integrity and personality of the 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 judgement 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.

The FACTS CONCUSSIONS



A concussion is a **brain injury**.

All concussions are **serious**.

Concussions can occur **without** loss of consciousness.

Concussions can occur **in any sport**.

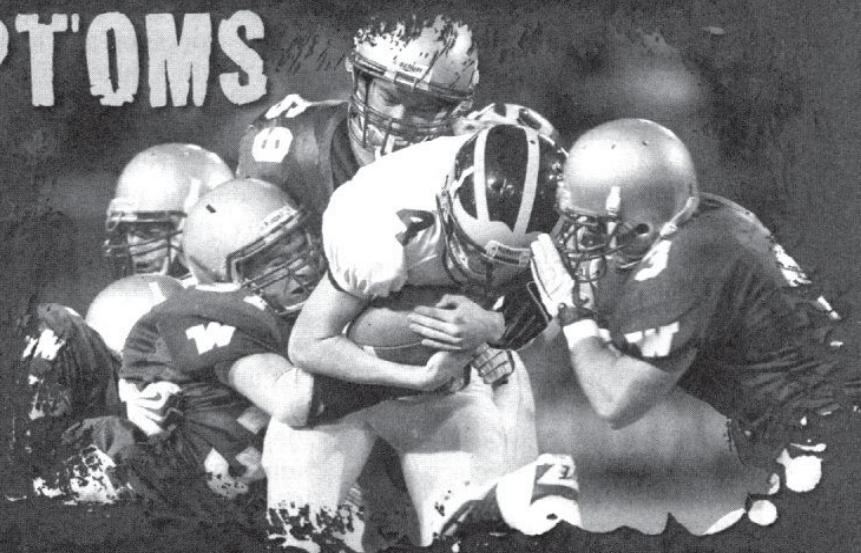
Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a **concussion**.

The SIGNS and SYMPTOMS

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to a hit or fall
- Can't recall events after a hit or fall



Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

**Information taken
from the Winter 2012
MSHSL Bulletin**

The ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says the athlete is symptom-free and it's OK to return to play.

For more information on Concussion Management and the MSHSL Return to Play protocol, visit www.mshsl.org

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

Fall Academic Results . . . continued from page 4

Bloomington Jefferson	Wabasso	Winona	Rochester Century
Prior Lake	Lax qui Parle Valley	Rocori	Rochester Mayo
Apple Valley	Adrian	Dassel-Cokato	Farmington
Burnsville	Kerkhoven-Murdock-	Hutchinson	Columbia Heights
Cretin-Derham Hall	Sunburg	Orono	Minneapolis Washburn
East Ridge	Springfield	Fergus Falls	Becker
North St Paul	St Clair	Marshall	Foley
White Bear Lake	Tracy-Milroy-Balaton		Princeton
Woodbury	Browerville	4A Silver	Robbinsdale Armstrong
Centennial		None	Wayzata
Irondale	2A Gold		Sartell-St Stephen
Mounds View	Chatfield	5A Gold	Eden Prairie
Roseville Area	Maple River	Alexandria	Minneapolis South
Hopkins	Barnesville	Andover	Hopkins
Minnetonka	Minneota-Lincoln HI	Apple Valley	NE Range/Ely
Robbinsdale Armstrong	Minnewaska Area	Benidji	Duluth East
Wayzata	Crosby-Ironton	Bloomington Jefferson	Cambridge-Isanti
Anoka	Frazee-Vergas	Brainerd	St Cloud Tech
Andover	Pelican Rapids	Cambridge-Isanti	St Paul Central
Cambridge-Isanti		Chaska	Dassel-Cokato
Coon Rapids	2A Silver	Chisago Lakes	Hutchinson
Bemidji	Gibbon-Fairfax-Winthrop	Ele River	Faribault
St Michael-Albertville	Benson	Mankato West	Cretin-Derham Hall
	NRHEG	Moorhead	Eastview
FOOTBALL	Lewiston-Altura	New Prague	East Ridge
9 Man Gold	Luverne	Northfield	Woodbury
Rothsay	Medford	Owatonna	
NCE-UH	Long Prairie-Grey Eagle	St Michael-Albertville	Silver
Ada-Borup	Waterville-Elysian-	Sartell-St Stephen	Rochester John Marshall
Westbrook-Walnut Grove	Watertown	St Francis	Fridley
Grand Meadow		Waconia	Breck
Underwood	3A Gold	Willmar	Apple Valley
Hancock	Rochester Lourdes		Bloomington Jefferson
	St Cloud Cathedral	5A Silver	Lakeville North
9 Man Silver	Minnehaha Academy-Hope	North St Paul	Lakeville South
Northome-Kelliher	Perham	St Cloud Apollo	Chisago Lakes
Mountain Lake Area	Montevideo	Sauk Rapids-Rice	South St Paul
Verndale	Plainview-Elgin-Millville	Spring Lake Park	Big Lake
Ely	Cannon Falls		Monticello
	Glencoe-Silver Lake	6A Gold	Milaca
1A Gold	New London-Spicer	Lakeville South	Proctor/Hermantown
Dawson-Boyd	Pierz	Minnetonka	Sauk Rapids-Rice
Northern Freeze	Tri- City United	Eastview	Metro United
Fillmore Central	Foley	Edina	Robbinsdale Cooper
Wabasha-Kellogg		Cretin-Derham Hall	Rocori
Barnum	3A Silver	Robbinsdale Armstrong	Alexandria
Mahnomen	Pine City	Farmington	Minnewaska Area/Morris
MN Valley Lutheran	Milaca	Burnsville	Holdingford
Goodhue	Rockford	Shakopee	Sauk Centre
Mankato Loyola			Minneapolis Southwest
United South Central	4A Gold	6A Silver	Edina
MACCRAY	Mound-Westonka	Stillwater Area	Virginia
New York Mills	Little Falls	Centennial	Grand Rapids
Bethlehem Academy	Holy Family	Park	Duluth Denfeld
Kimball	Waseca	Blaine	Blaine
	Kasson-Mantorville	Champlin Park	Forest Lake
1A Silver	South St Paul		Anoka
Janesville-Waldorf-	Albany	GIRLS SWIMMING	St Michael-Albertville
Pemberton	Hermantown	Gold	Buffalo
			Rogers
			Roseville Area

White Bear Lake	Blooming Prairie	NHREG	Faribault
Centennial	Braham	Osakis	Forest Lake
Marshall	Brandon-Evansville	Pequot Lakes	Hutchinson
Chaska	Browerville	Rocori	Mankato East
Willmar	Canby	Roseau	Mankato West
Orono	Climax-Fisher	St Cloud Cathedral	Maple Grove
Montevideo	Cook County	St Croix Lutheran	Monticello
Litchfield	Edgerton Public	Sauk Centre	New Prague
Waconia	Fertile-Beltrami	Stewartville	North Branch
Simley	Goodhue	Thief River Falls	Osseo
St Peter	Grygla-Goodridge	Triton	Princeton
Bloomington Kennedy	Hills-Beaver Creek	Warroad	Prior Lake
Mankato East	Kittson County Central	Wolverton	Rochester John Marshall
Mankato West	KMS	Worthington	Robbinsdale Armstrong
Northfield	MACCRAY		Roseville Area
Rosemount	Madelia	2A Silver	St Francis
Fergus Falls	Martin County West	Austin	Sartell-St Stephen
Warroad	Mountain Iron-Buhl	Benson	Totino Grace
Crookston	Mountain Lake Area	Barnesville	Waconia
	Nevis	Cannon Falls	Wayzata
VOLLEYBALL	Ogilvie	Crookston	Winona
A Gold	Onamia	Frazee	
Ada-Borup	Pillager	Hermantown	3A Silver
Alden-Conger	Red Lake County Central	LeSeuer-Henderson	Andover
Barnum	Royalton	Litchfield	Anoka
Battle Lake	St Clair	Long Prairie-Grey Eagle	Blaine
Bethlehem Academy	Spring Grove	MA-CA	Bloomington Jefferson
Eden Valley-Watkins	SW Star Concept	Minnewaska Area	Cretin-Derham Hall
Fillmore Central	Underwood	Montevideo	Delano
Fulda	United South Central	Mound-Westonka	Elk River
Hayfield	Wabasha-Kellogg	Norwood-Young America	Hastings
Lake Park/Audubon	Waubun	Pipestone	Lakeville North
Lanesboro	Westbrook-Walnut Grove	Rochester Lourdes	Moorhead
Legacy Christian Academy	West Lutheran	Rush City	Owatonna
Little Fork-Big Falls		St Paul Harding	St Michael-Albertville
Mahnomen	2A Gold	St Paul Highland Park	Shakopee
MCC	Albany	St Peter	Spring Lake Park
Medford	Annandale	Spectrum	Tartan
Minneota	Blue Earth	Wadena-Deer Creek	
New York Mills	Chatfield	Watertwon-Mayer	BOYS CROSS COUNTRY
Nova Classical Academy	Dassel-Cokato	Zimmerman	A Gold
Red Rock	Dilworth-Glyndon-Felton	Zumbrota-Mazeppa	Blooming Prairie
Rochester Lourdes	East Grand Forks		Dover-Eyota
Sacred Heart	Eveleth-Gilbert	3A Gold	LaCrescent
Schaeffer Academy	Foley	Albert Lea	Pine Island
Stephen-Argyle Central	Gibbon-Fairfax-Winthrop	Alexandria	Plainview-Elgin-Millville
TMB	Holdingsford	Apple Valley	Rochester Lourdes
Wabasso	Holy Family Catholic	Becker	Minnehaha Academy
West Central Area	Jackson County Central	Benilde-St Margaret's	Jordan
Wheaton-Herman-Norcross	Jordan	Bemidji	Breck
Windom	Kasson-Mantorville	Brainerd	Trinity @ River Ridge
Win-E-Mac	Kenyon-Wanamingo	Buffalo	St Croix Lutheran
	Maple Lake	Cambridge-Isanti	Mounds Park Academy
A Silver	Maple River	Centennial	Providence Academy
Adrian	Melrose	Champlin Park	Annandale
Badger-Greenbush-Middle	Moose Lake-Willow River	Chaska	Foley
River	Mora	Detroit Lakes	Mayer Lutheran / Lester
Belgrade=Brooten-Elrosa	Mounds View	Edina	Prairie
Bertha-Hewitt	New London-Spicer	Eden Prairie	

. . . continued on page 52

Milaca	Howard Lake-	Champlin Park	Anoka Blaine
Norwood - Young America	Waverly/Winsted	Park Center	Centennial
Rockford	Mayer Lutheran / Lester	Rogers	Champlin Park
Rush City	Prairie	St Michael-Albertville	Park Center
Spectrum	Milaca	Buffalo	Rogers
Watertown - Mayer	Mora	Chaska	St Michael-Albertville
Lac qui Parle Valley/	Norwood-Young America	Dassel-Cokato	Buffalo
Dawson- Boyd	Providence Academy	Delano	Chanhassen
Montevideo	Spectrum	Mankato West	Chaska
Redwood Valley	Watertown-Mayer	Marshall	Dassel-Cokato
Yellow Medicine East	East Grand Forks	New Prague	Delano
Cook County / Two Harbors	Frazee	Shakopee	Hutchinson
Esko	Park Rapids	Becker	Mankato East
International Falls	Pequot Lakes	Bemidji	Mankato West
Marshall	Perham	Brainerd	Marshall
Mesabi East	Pillager	Rocori	New Prague
South Ridge	Roseau	Little Falls	Orono
Bagley- Fosston	United North Central	St Cloud Apollo	Shakopee
Park Rapids	Warrod	Monticello	Waconia
Pequot Lakes	West Marshall	Moorhead	Worthington
Perham	Adrian	Academy of the Holy	Alexandria
Roseau	Canby-Minneota - Lincoln	Angels	St Cloud Apollo
Staples - Motley	HI	Eastview	Brainerd
	Jackson County Central	Apple Valley	Little Falls
A Silver	Lac qui Parle	St Thomas Academy	Monticello
Chatfield	Valley/Dawson-Boyd	Richfield	Moorhead
Lewiston - Altura/Rushford	Lakeview	Rosemount	Rocori
-Peterson	Luverne	Benilde-St Margaret's	Sartell-St Stephen
Wabasha-Kellogg	Montevideo	Eden Prairie	Thief River Falls
Austin Pacelli	Mountain Lake Area	Minneapolis Southwest	Willmar
Cannon Falls	Pipestone	Minneapolis Washburn	Apple Valley
Lake City	Redwood Valley	Robbinsdale Cooper	Burnsville
Holy Family Catholic	Cook County/Two Harbors	St Louis Park	Eagan
Glencoe-Silver Lake	Deer River/Northland	Wayzata	Eastview
Braham	Eveleth-Gilbert		Academy of the Holy
Howard Lake-Waverly	International Falls	Boys 2A Silver	Angels
Murray County Central	Marshall	Austin	Bloomington Jefferson
Canby/Minneota-Lincoln HI	Mesabi East	Winona	Park
Eveleth - Gilbert	South Ridge	Albert Lea	Prior Lake
Mesabi East		Hutchinson	Richfield
	Girls Silver	Mound Westonka	Rosemount
Girls Gold	Braham	Orono	Benilde-St Margaret's
Austin Pacelli	Esko	Waconia	Eden Prairie
Byron	Maple Lake	Worthington	Edina
Cannon Falls	Mille Lacs	Park	Hopkins
Chatfield	Minnehaha Academy	Eagan	Minneapolis South
Dover-Eyota	Rockford	Edina	Minneapolis Southwest
LaCrescent	St Paul Humboldt	Blake	Minneapolis Washburn
Lake City	Schaefer Academy		Robbinsdale Cooper
Pine Island	Staples-Motley	Girls 2A Gold	St Louis Park
Plainview-Elgin-Millville		Albert Lea	Wayzata
Rochester Lourdes	Boys 2A Gold	Faribault	
Stewartville	Faribault	Hastings	Girls 2A Silver
Winona Cotter	Farmington	Kasson-Mantorville	Austin
Jordan	Hastings	Lakeville North	Farmington
Trinity @ River Ridge	Lakeville North	Northfield	Minnetonka
Holey Family Catholic	Kasson-Mantorville	Owatonna	Blake
Breck	Rochester Century	Rochester Century	Bemidji
Annandale	Northfield	Rochester John Marshall	Fergus Falls
Foley	Anoka	Rochester Mayo	Becker
Glencoe-Silver Lake	Centennial	Winona	



You work hard for your athletes. We work hard for you.

At Liberty Mutual Insurance, we're giving you something in return for everything you give to students. We're partnered with the Minnesota State High School Coaches Association to offer exclusive auto insurance savings and benefits to people like you who work to enrich the lives and minds of today's youth. And these benefits — like a waived deductible if your vehicle is vandalized on school property or while using it for school-related events — are available at no additional cost.¹



Contact me to learn more or to get a quote.

GRAHAM GUNDERSON
Sales Representative
763-543-4344
www.libertymutual.com/MNCoaches

701 Xenia Avenue S - Suite 400
Minneapolis, MN 55416
Graham.Gunderson@LibertyMutual.com



Liberty Mutual.
INSURANCE

AUTO | HOME

¹ Educator insurance benefits not available in all states. Coverage underwritten and provided by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley Street, Boston, MA 02116 © 2011 Liberty Mutual Insurance Company. All rights reserved.

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

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.

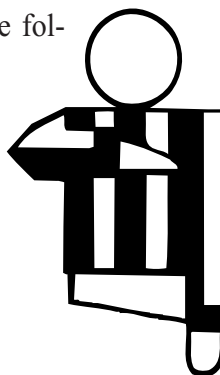
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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



By: Terry Eiter
Detroit Lakes

Like most coaches I am a classroom teacher. I feel compelled from time to time to wear my teacher "hat" in writing this column. Recently my freshmen World Geography classes were studying population groups and the cause and effect relationships involved. "What is the end result when the death rate is higher than the birth rate?" I asked. Studious Johnnie in the back row raised his hand in exhilaration and shouts out, "my dads gonna be busy!" Looking for more depth from Johnnie I asked him to explain. His response..."cuz dads a grave digger!" My internal thought was "once bitten - twice shy." Don't call on Johnnie again.

While the answer I was looking for was a bit more academic - that being the end result is a decrease in overall population - we moved along. In our neck of the woods over the last several seasons there has been a decrease in the overall population of officials. We just are not replacing the once that retire, quit or sadly, pass away. About 5 years ago I addressed this topic here, asking the question, "So, ya wanna be a ref?" Not much has changed. Most people don't have to take much time to process their answer to that question. Usually it is something like, "You've got to be kidding me, you think I'm nuts or something?" For those that are analytical it may be more like, "Let me ponder that thought. You want me to invest more money in uniforms and materials than I'm going to make in a season, give up time away from my

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 () _____

family, attend clinics and trainings that I am NOT paid for, dress in an awkward looking get up, be chastised throughout the evening, drive my vehicle all over the country side and be reimbursed very little for it, AND do it all at a high level of professionalism and scrutiny?” And we have a shortage of officials – hard to believe, huh?

So why would one answer in an affirmative manner to that question?

Each and every official has had that question thrown at them and survived the barrage of negative comments thrown their way. For the non-official it is just very hard to comprehend why we do it. All officials have their own personal reasons for officiating and they all went through the process of asking themselves that question. All have their own responses.

Even prior to declaring, “Yes, I’m in!” one should go through process of careful consideration. There are some questions to ask yourself to see if you want to commit to officiate – it doesn’t matter which season or sport it is, but you should put some thought into it. Too often, individuals don’t consider everything prior to stepping forward and find out it’s extremely different than their expectations. It’s also possible that they just didn’t know what questions to ask about getting involved. If you are considering becoming an official here are some questions to ask yourself. Purposely, there are not any answers for several reasons. If you are going to be an official you will soon find out that you have to dig to find the answer some times – whether it is from a colleague or in a rules book or case book – it is work and often times has no easy answers. If the “easy answer” is your forte, you may not want to read on. So, how do you “find” the answer to these questions? Be resourceful – visit with current officials in your area, go on-line and research the profession, and do not forget to visit with your spouse or significant other, your children, your boss, the folks at the local watering-hole, whomever might be affected by your decision. Again, visit with current officials and get their input. – they have been through the wringer already and provide great information.

What qualities or traits should I have as an official?

What are the physical requirements to officiate this sport? Can I meet the physical demands of the sport I am interested in officiating?

How often will I be gone from home? Do I have the time to commit to be a competent, qualified official?

What equipment do I need, where do I get it from and how much will it cost?

How much will I make? Yes, it’s OK to ask this. In fact, the answer could greatly impact your decision.

Can I take constructive criticism from others? Am I willing to learn?

Can I look at things in an impartial manner and be fair?

Once I make the commitment am I willing to give it 100% by preparing myself physically and mentally for each season and contest?

What are the negative and positive aspects of officiating? You may be surprised at both.

Am I willing to learn the rules and understand how to apply them?

Emotionally, am I the right person for the job? Can I handle people questioning my judgment?

Certainly, in the process of making these considerations, other questions will arise and their benefits will become apparent. The challenge of officiating can provide some great personal rewards. As an official you must make instantaneous decisions, resolve conflicts and deal with stress and pressure. You are in a position to be a positive role model around children and young adults.

In all honesty, even though we are sometimes considered “nuts” by others, the rewards FAR exceed any negative aspects. It is a great and fun avenue to stay involved with activities that you may have participated in. You will also find out that previous participation certainly is NOT a prerequisite.

As an official you must be able to bring control to a chaotic situation; be able to understand and apply fairness; promote safety and encourage good sportsmanship. A good official is also someone who can be put in a position of authority and not let it get to your head. As an official, you’re in charge and a keeper of the game, but it’s the players who the fans have come to watch, not you.

If you are someone considering donning the stripes and a whistle please give it careful consideration. Know what is expected.

Remember it’s just a game – try and keep it fun.

Eiter is a high school teacher in Detroit Lakes, MN. He currently officiates football and basketball. He has coached baseball, basketball and track and has also umpired baseball and softball. He can be contacted at dlref@hotmail.com.

PRESORTED
STANDARD
U.S. POSTAGE PAID
Detroit Lakes, Minn.
56501
Permit No. 149

Our Starting Lineup

Locally Owned, Community Involved



Tuna



Oven Roasted Chicken



Turkey Breast & Black Forest Ham



Roast Beef



Spicy Italian

Proud Sponsor



Sweet Onion Chicken Teriyaki



Turkey Breast

Our Team Supports Yours



Italian B.M.T.

SUBWAY CATERERS™
Bring us to your team party.



Ordering's easy at
877-360-Cater (2283)
or **subway.com**

Catering orders must be placed 24 hours in advance.

©2013 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.
All chip-related trademarks are owned by Frito-Lay North America, Inc.