



# THE *Minnesota* PREP COACH

Vol. 48 No. 3 Published by the Minnesota State High School Coaches Association March 2011

## VAN ERP, WALL SEEK MSHSCA LEADERSHIP POST

Two strong leadership candidates have thrown their hats into the ring as they seek the Vice Presidency of the MSHSCA. When elected, the winner will serve a four year term including one year as President. Their term will begin at the annual summer meeting of the association.

This year's candidates include Tom Van Erp of Wadena-Deer Creek and Jeff Wall of Maranatha Christian Academy. Both candidates have provided the MSHSCA with years of leadership entering the election.

The election process begins with the reception of this issue of The MN Prep Coach and concludes on May 1, 2011. Votes are to be cast using the MSHSCA website which is [www.mshsca.org](http://www.mshsca.org).

Bios and photos of the candidates, listed alphabetically, are included below.

### Tom Van Erp Wadena-Deer Creek



Van Erp is a 1984 graduate of New York Mills High School. After high school, he attended Fergus Falls Community College followed by attendance and graduation from the University of MN-Morris with a degree in Health, Phy Ed and Coaching. In 200 he obtained his M.Ed from the University of MN - Minneapolis. He later earned his K-12 Administrative License from St Mary's - Minneapolis.

South St Paul was Van Erp's first teaching-coaching assignment from 1992-96. He taught Phy Ed and Health and coached as a varsity assistant in football and boys basketball and boys track.

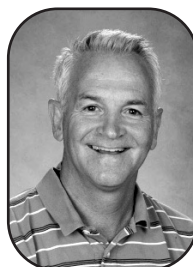
He took the call in 1996 to join the staff at Wadena-Deer Creek. He continues to teach Phy Ed and Health while holding the head coaching post in football and boys basketball.

He has distributed his leadership talent to the MSHSCA where he serves as a Delegate and a member of the Finance Committee from 2002 to present.

Tom chairs the Health and Phy Ed Department at Wadena-Deer Creek and provides leadership for the Youth Football and Basketball Clubs.

He and his wife, Janelle have five children - four boys and a girl.

### Jeffrey Wall Maranatha Christian Academy



Jeffrey earned his BS and MA at Minnesota State University at Mankato. Wall has thirty years of teaching an coaching experience with assignments at New Ulm Cathedral, Winsted Holy Trinity, Minneapolis Patrick Henry and Maranatha Christian Academy. Since starting his career, he has coached at all levels including five years as Head Men's Basketball Coach at NCAA Division III Coe College in

...

... continues on page 3

### Featured In This Issue

Partial Winter Team Academics. . . . . 42-43

### Clinic & Banquet Registrations

Football Clinic . . . . . 33

Football Banquet . . . . . 34

## 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:

Shelly Hotzler - Jackson County Central

#### PRESIDENT-ELECT:

Becky Leuer - North Branch

#### VICE PRESIDENT:

Jon Wagner - Gilbert

#### PAST PRESIDENT:

Don Tangen - Glencoe/Sliver Lake

### 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: jomar@lakesnet.net

### ADMINISTRATIVE ASS'T:

Mary Erickson, Detroit Lakes

### MSHSL BOARD OF DIRECTORS:

Mindy Sparby - NHREG  
John Schumacher, Park Rapids

#### FINANCE REPS:

(A) Tom VanErp - Wadena/Deer Creek  
(AA) Rick Ringeisen - Lakeville Scot

#### SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

## 2010-2011 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	Donna Johansen (Murray Ct.)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Alan Amdahl (Albany)	
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Derek Parendo (Proctor)	Dan Stifter (Aitkin)	
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rpd.s.)		
1AA	Rod Schwartz (Winona)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)		
3AA	Jerry Utecht (St. Paul / Harding)	Open	Gerry Keenan (Harding)	Gordy Genz (retired)
4AA	Mark O'Neill (Champion Park)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	
5AA	Randy Glassmann (Maple Grove)	Mark Loahr (Totino Grace)	Chad Kuehne (Coon Rapids)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	Bill Magnuson-Fall John Roesch -Spring (Sauk Rapids-Rice)
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Larry Traetow (Jackson City Central)		Pete Veldman (retired)	
Adapted Athletics	Marcus Onsum (Robbinsdale)			Kelli Waalk (Maple Grove)
Baseball	Bruce Woitas (Sleepy Eye St Mary's)		John Wilkins (retired)	
Boys Basketball	Steve Grove (Willmar)		Tom Critchley (retired)	
Girls Basketball	Patty Sorenson (Park Center)		Jen Johnson (Edina)	
Cross Country	Chris Frye (Chatfield)			Dave Bauer (Brooklyn Center)
Football	Paul Dunn (Springfield)		Ron Stolski (Brainerd)	Jim Dotseth Treasurer
Golf	Todd Petterson (Red Wing)			
Gymnastics	Nicole Green (Annandale)		Shelly Eklund (Rosemount)	
Hockey	Bruce Frutiger (Rochester Century)		Mike MacMillan (Buffalo)	
B-Lacrosse	Greg Visich (Hill-Murray)			
G-Lacrosse	Rachel Aiken (Chaska/Chanhassen)			
Alpine Skiing	Derek Nash (Burnsille)			
Nordic Skiing	Pete Tremaine (Anoka)			
Soccer	Bill Vance (Totino Grace)		Dave Halgren (Ret.)	Keith Randa (Apple Valley)
Softball	Adrian Wagner (Benilde - St. Margaret's)		Shelly Hotzler (Jackson Cty Cent)	
B-Swimming	Mike Steineman (Cretin-Derham Hall)			Rick Ringeisen (Treas)
G-Swimming	Chris Aarseth (Mpls. Edison)			
Synch. Swim	Signe Hensel (Wayzata)		Kathy Bohnsack (Prior Lake)	
Tennis	Robb DeCorsey (Glencoe-Silver Lake)		Rick Englestad (Pine City)	
Track	Kent Viesselman (Cambridge Isanti)			Scott Christensen Treasurer
Volleyball	Jim Lee (Waconia)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Tom Gruhlke (BOLD)		John Peterson (Elk River)	Roger Gorham (Elk River)



**GATORADE...Official Sport Drink of the MSHSCA**

**MSHSCA LEADERSHIP POST . . . continued from page 1**

Cedar Rapids, Iowa. During his career he has coached basketball, baseball and football. His most notable is basketball where he has been selected Section 4A Coach of the Year and 2001 Class A State Coach of the Year.

Jeff's important coaching priorities is providing athletes with competitive challenges while fostering self improvement.

He has been a Region 4A delegate since 2002.

He currently serves as Athletic Director and Head Boys

Basketball Coach at Maranatha.

Wall looks forward to an opportunity to lead the MSHSCA. He has high respect for many coaches and officials that make high school athletics a success! "It is inspiring to work with this highly dedicated group of professionals.

**MEMBERSHIP — PLEASE BE PROACTIVE AND CAST A VOTE FOR THE CANDIDATE OF YOUR CHOICE !**

## President's Message

By: Shelly Hotzler, Jackson County Central

It is amazing how time flies, I say that every year about this time. Soon the snow will be gone and spring sports will be well underway.... I know many of us can't wait for the snow to be gone. A big congratulations to all the Winter Championship coaches.

As spring sets in I would like all of you to take some time to think about giving back to the Association. We are always in need of people to step up and be leaders in their sports and to the MSHSCA. We did not get many nominations for the position of Vice President, I believe the last time John and I spoke we had two people who were interested in becoming involved. I encourage you to think about stepping forward, as it has been a very rewarding experience for me. I have seen how the MSHSL works and better understand some decisions. I have had the opportunity so sit on many

committees with in the organization and find how it really is a well oiled machine. It wouldn't be that way with out John and Mary at the wheel. They really put in countless hours and am grateful to have had the opportunity to share my time with them. If you are thinking you are already spread to thin remember that it is only a four year commitment with four meetings a year you need to attend, and have a Presidential project during your term. Please I encourage you to give!

A big thanks to the coaches that sent their "Giving back stories" it is encouraging in the times that we are in to see the compassion of coaches and their young athletes.

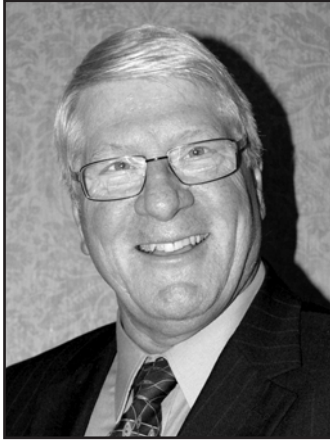
Happy Spring!

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



**VISIT MCDONALD'S AFTER THE GAME**





## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Greetings MSHSCA members! I am sure you are all looking forward to the arrival of spring just as much as I am after this challenging winter. I would like to thank each of you for all the time, effort and commitment you have made to our student athletes this year. There are many

of you who have achieved dreams of state championships and conference championships but even more important is that all of you have answered the call to make a difference in the lives of our future leaders.

We have received many calls this year regarding the use of membership cards for the purpose of gaining admission to high school events. There has been some change in the use of the membership card for admission to high school events. I think it is important for each of us to understand that school budgets are facing challenges far beyond anything they have had to deal with in the past. Every program a school offers has been asked in most cases to find ways to cut expenses or preserve revenue. The athletic departments are not excluded from these cost containment efforts. For this reason I am asking each member to understand the following guidelines regarding the use of membership cards for admission. 1. The membership card is just that. The card shows that the holder of the card is a member of the MSHSCA and is eligible for the insurance program provided and the awards made available for coaches and teams. 2. The membership card may be used for admission to high school events at the discretion of the host school! Many of the calls we receive refer to the membership card as a pass. It is not a pass card it is a membership card!!! It is the intention of the MSHSCA to try and maintain that privilege of admission using a membership card to the members coach. The intent of the privilege of admission never included families of coaches being admitted to every contest they wish to attend. Please share this information with others and make sure they understand the use of membership cards for admission.

The annual NOCAD meeting was held over the Martin Luther King weekend in North Carolina. There was a lot of discussion regarding issues that face coaches around the country. Non renewal of coaches contracts and the nastiness that often goes along with the non renewal of a coach is becoming more vicious each year. There does not seem to be any answer to this problem and as long as coaches remain at will employees the threat of non renewal will remain. One of the areas that must be addressed through

this process is the character assassinations that often come from the group seeking the non renewal of a coach. I would like to find some way of bring some civility to the process that is now less than civil in many instances.

Loomis and LaPann our insurance brokers reviewed the present insurance program that the MSHSCA is part of. There are many advantages to using the insurance programs made available through your membership. It was announced that the current rate for our liability insurance will be the same for the coming year. This is great news in terms of being able to maintain our current membership rate. The brokers reviewed the camp insurance that is available to our members. The information is on line and if you are running a summer camp I would suggest you look into the camp insurance program for your summer camp.

The MSHSCA is going to go paperless!!! We want all of our membership renewals to be on line starting with the 2011-2012 membership year. The on line registration system will be ready for the 2011-2012 year starting March 27. We have some of members tell us they do not want to use a credit card to register with. You do not have to use a credit card to register. There is an option for you to pay by cash, check or money order. You simply indicate that when you register. You will then proceed to the option of printing a receipt and submit to the MSHSCA office along with your check or money order. We will be happy to help you with this process if you have any problems. Please call if there is a problem. You will need to keep track of what email address you use and what password you use if it is different than the assigned zzz. We have found that when you enter the information for your profile the information is much more accurate than if we have to transpose the information from applications that are sent in and often times are incomplete. We ask that you all help us through this transition to paperless. In the past life members were not able to register on line because there was no filter in place to keep non-life members from indicating life membership status. This will be corrected before the 27th of March.

These are very challenging times for coaches and schools. I believe that the movement of change in schools with budget issues is not going to go away anytime soon. I believe the amount of outside interference with high school programs has become a problem and I don't see that going away anytime soon. The challenges you are all facing has grown and changed from life as a coach as we once knew it. Thank you all for taking on the challenge. Thank you all for having the courage to lead with the challenges you face. Our young people are important to our future and we need our men and women to continue to fight for opportunities for them so that they can continue to grow in the values that athletics can provide for them.



**GATORADE...Official Sport Drink of the MSHSCA**

*“They say I’m the only catcher they have ever seen whose looks improved when he put on a mask.”*

- Yogi Berra

**Minnesota State High School Coaches Association, Inc.  
Executive Committee Liaison Assignments  
2010-2011**

<b>Don Tangen</b> Past President Glencoe-Silver Lake	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
<b>Shelly Hotzler</b> President Jackson Co. Central	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
<b>Becky Leuer</b> President Elect. North Branch	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
<b>Jon Wagner</b> Vice President Eveleth-Gilbert	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

**Sports Associations** - If you with assistance form the MSHSCA for any reason, please contact your Liasion person listed above.

## YOUR MSHSCA MEMBERSHIP

The 2010-2011 membership year is quickly coming to an end. It is important to understand the policies that govern membership in the MSHSCA. Every year we hear from coaches who have questions about their memberships and the privileges that come with membership.

1. The membership year runs from August 1st each year to July 31st of the following year. The insurance coverage that is such an important part of your membership is in effect from August 1st to July 31st each year. If you do not renew your membership by August 1st your will not be insured until you do renew your membership. For life members you must resister for the new year and pay \$10 to renew you insurance.
2. **YOU MUST BE COACHING IN ORDER TO QUALIFY FOR MEMBERSHIP.** If you used to coach but no longer coach you are not entitled to a membership card and all such applications will be verified thought the Athletic Directors from you school. Coaches who hold life membership cards will always be members based on their years of service and application for life membership completed while they were still coaching. Membership cards were never intended to be placed in the hands of non coaches and as per the requests of the AD’s we will work hard at identifying applicants who are not coaching and deny their membership request.
3. Admission to games by using your membership card is a privilege granted to card holders by the individual school districts policy. There are schools who limit admission to the card holder only and other schools who admit the card holder and one guest. Please respect the policy of the schools as you attend the games in their schools. Occasionally there are non-school venues who do not honor the card. Please contact the home school AD if you encounter this problem and ask how you can gain admission with your membership card.
4. One new addition to your membership this year is the classroom coverage under your liability policy. Your liability insurance will follow you into the classroom if no other insurance is provided. The MSHSCA will work closely with the MnIAAA in reviewing and granting privileges with your membership card.



VISIT MCDONALD'S AFTER THE GAME



# CLEARING THE HURDLES



By: Kent D. Viesselman  
 Minnesota High School Track & Field  
 Coaches Association  
 Cambridge – Isanti High school

Hello everyone. I want to start by thanking all of you who are involved in all sports in the state of Minnesota. It is truly a privilege to have the opportunity to work with student/athletes on a daily basis but it is also an incredible honor to work with so many fantastic coaches with track and field specifically. I have coached other sports in my career but there is something special about the relationships that exist in the track coaching fraternity and I have really grown to appreciate this over the last several years. Thanks to all of you for this.

I hope all of you had the pleasure of attending this year's track clinic at the Bloomington Sheraton on January 28th and January 29th. The feedback we received from this from you was incredibly encouraging. Thank you for your kind words. I believe the most encouraging thing, however, was your participation and support through your attendance at the clinic. Approximately 600 track coaches were in attendance at this year's clinic. We, as an association, were pleased to see so many coaches at various stages in their coaching career present. The clinic always seems to get me back in my "track" frame of mind but the feeling I left with this year was a sense of pride in being a track and field coach in Minnesota. There are some great things going on in this state, with respect to track and field and we need to focus on that while still trying to do what is best for the student/athletes participating in our sport. I believe that our track clinic is one of the ways we can do that. If you enjoyed this year's clinic, get the word out. We want to keep growing our clinic, not for the sake of numbers but because it is something that can help all of us in our sport become even better. If you have any questions or suggestions for speakers for next year please feel free to contact me at: [kviesselman@cambridge.k12.mn.us](mailto:kviesselman@cambridge.k12.mn.us). I want to mention that we want you to be involved both in the clinic and what is going on in the state with respect to track and field. If you have any questions or comments about anything track and field please do not hesitate to contact me. I may not know the answer, but I will probably be able to direct you to someone who does.

I also want to take this time to congratulate our new track and field Hall of Fame inductees: Dean Houdek-Park Cottage Grove, John Reimer- Pillager and Roger Gorham – Coon Rapids. Congratulations to these deserving individuals and if you have any suggestions for next year's class please contact  
 Ross Fleming at:

[Ross.Fleming@moundsvIEWSchools.org](mailto:Ross.Fleming@moundsvIEWSchools.org)

This is an interesting time for track and field in our state. There appear to be a lot of potential changes on the horizon. Having said this, we need to be diligent in keeping informed and working together to make sure that we are doing things in the best interests of the student/athletes under our charge. Despite the fact that we will have differences of opinion through this process....we need to move forward together. This can only happen if you give your input and support. I look forward to seeing each of you this season. Spring is right around the corner despite the monotone landscape. Remember that what you do is vitally important to the development of young people. Keep up the good work and know that what you do matters.

## Delegates Corner

By: Becky Leuer, President Elec.  
 North Branch

SPRING DELEGATE ASSEMBLY TO CONVENE  
 MARCH 26

### PROPOSED AGENDA ITEMS

The Spring Delegate Assembly of the MSHSCA will convene at Mancinis Char House on Friday March 25th at 9:00 a.m. The meeting will be called to order by President Shelly Hotzler of Jackson County Central.

All MSHSCA members who have concerns or issues they would like to have brought before the Assembly to be discussed are encouraged to contact their section delegates or sport association officers. These items will be added to the Agenda prior to the meeting.

- A. Meeting called to order by President Shelly Hotzler
- B. Updates from the MSHSL by Dave Stead, Executive Director MSHSL. Time will be allotted for a question and answer session with Mr. Stead. (Please refer to the MSHSL web site to review board actions and proposals that you may want clarified.)
- C. MSHSL Board of Directors report. John Schumacher - Park Rapids and Mindy Sparby - Belle Plaine
- D. Executive Directors Reports
  1. Membership report
  2. Finance report
  3. NOCAD report and insurance information update
- E. Update on President/President Elect All Star game project
- F. Introduction of VP Candidate/s
- G. Yearly performance review of Executive Director and Assistant Director
- H. Additions to the Agenda.



**GATORADE...Official Sport Drink of the MSHSCA**

# Smooth • Fast • Natural

By, Derek Nash  
Burnsville HS  
MSHSCA Alpine President

The season has come and gone, quickly, I might add. The snow and great winter have been a welcomed sight as there have been many, dry, warm winters in recent years. The competition and sportsmanship have been as strong as ever, which is always great to see, and to be part of. Conference champions, section meets and the state meet were all excellent throughout the state.

We are in the presence of greatness as Saint Thomas Academy Boys won their historical, third consecutive State Team Championship! This is only the third time in State history that a boys team has won three in a row! Congratulations to the Cadets and their coaches, Tomas Carlson, Nelson Carlson, and Matt Mattice. Within the St. Thomas boys is the two time individual state champion, Dylan Thomas. Congratulations again.

The girls have a new team champion in Minnetonka. The Skippers had a strong season, led by new coaches, Greg Sand and Ryan Johnson. Our individual champion for the girls came out of Bloomington Jefferson, Brenna Murray. Congratulations to the Skippers and to Brenna.

The weather was of concern yet again at state, only this time for the warmth. Giants Ridge had the hill prepared well in advance and the UMD Ski Team did a great job maintaining the snow in such warm temperatures. Thanks to the Meet manager, Rich Matter, and to the Jury members for operating one of the best run State Meets yet.

Congratulations to all on a great ski racing season. Let the count-down to next season begin!

## MnIAAA CORNER

By: Larry Traetow  
President MnIAAA  
Jackson County Central Schools

Well it seems that the winter season has flown by and the spring season is upon us once again. On behalf of the MnIAAA I would like to congratulate all the winter individual and team champions along with their coaches.

The Minnesota Association of Athletic Administrators is set to host our annual state conference in St. Cloud on March 30, 31, and April 1st. First Vice-President Tom Graupmann has done a great job of putting together another fine program for this year. We are also in our third year of offering a day long workshop for administrative assistants. This program has grown over the past two years. These people are definitely the backbone of our programs. It is important for us to not only provide them training but also to be recognized for all their hard work.

Once again funding for education and extra-curricular programs has become a major issue in our state. A lot of districts have already begun to raise fees to unbelievable levels or dropping programs for students in extra curricular activities. In order to keep our programs viable we will have to step up. Let your local legislative members know the impact that this lack of funding is having on all students.

Best of luck as you all head into the spring athletic season.

## MSHSCA 2010-2011 MEETING DATES

<b>March 24</b>	Finance Committe Meeting (Site to be determined)
<b>March 25</b>	Spring Delegate Assembly, Mancini's Char House; St. Paul; 9:00 am
<b>May 5</b>	Spring Executive meeting if needed (site to be determined)
<b>June 21, 22, 23, 2011</b>	Summer Executive Meeting; Detroit Lakes

## PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1      December 1      March 1      May 1



VISIT MCDONALD'S AFTER THE GAME



# BANK SHOTS



By: Steve Grove,  
MBCA President  
Willmar HS

March Madness is upon once again. Good luck to you all in your preparations for post-season play.

There was a mistake made in the pairings for the A and AA girls' and boys' state basketball tournament. The REVISED match-ups for the teams representing the Class A and AA are as follows. In the Upper Bracket the Section 1 Champion v Section 6 Champion and Section 3 Champion v Section 4 Champion. The Lower Bracket will have Section 7 Champion v Section 8 Champion and Section 2 Champion v Section 5 Champion. Class AAA and AAAA will continue to seed their brackets as has been done over the last several years. The Cambria Room in the Target Center will be available as a hospitality area to the members of the Minnesota Basketball Coaches Association.

Zach Gabbard, a Perham basketball player, collapsed during a game on January 20. February 27, over 1,100 people attended a fundraising event for Zach. WDAZ-TV reported that \$67,000 was raised for Zach in a little over five hours. Zach still remains in critical condition at the University of Minnesota's cardio care specialized unit. For those who

wish to make a monetary donation can still contribute directly to the United Community Bank c/o Zach Gabbard Fund, 155 Second Street SW, Perham, Minnesota 56773. There is also a website, [oneclap-forzach.com](http://oneclap-forzach.com), that has been set-up with other information about Zach.

This years MBCA All-Star Series dates have been set for the week-end of April 1st and 2nd. On April 1st the game will be played SCSU at 7:00 p.m. and 8:45 p.m., and on April 2nd the games will be played at Macalaster at 2:15 p.m. and 4:00 p.m. Congratulations to Val Whipple, Minneota; Rocky Peterson, Winona; Willie Braziel, Columbia Heights; and Chuck Tolo, Duluth East for being selected as the coaches in the MBCA All-Star Series.

Coaches versus Cancer activities were held all across the state. Some great efforts were turned in by St. James who raised over \$6,000,

Owatanna raised over \$3,000 and Chisago Lakes and North Branch boys and girls teams worked together and raised over \$10,000. Thank you to all of the teams that participated in raising money in the fight against cancer.

As summer draws near please be aware of the No Contact Period for the summer of 2011. Dates for 2011 are Friday, July 1-Thursday, July 7, 2011.

As always it has been my privilege to work on your behalf and if there is anything that I could do for you please let me know.

## 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](mailto:jbad154@q.com)



**GATORADE...Official Sport Drink of the MSHSCA**

# dugout chat



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

According to the weather experts, this has been the second snowiest winter on record to date. What is this going to mean for the spring of 2011? Hopefully, the 14 new inches of snow that fell in at the end of February across many parts of Minnesota will be gone quickly. Hopefully, all of the white on the fields will soon be replaced with green grass and eager young men playing the great game of baseball that we all hold so dear. The season is less than a month away and will be upon us by the time this article is published. As baseball coaches in this great state, there is a long list of things to do and lots of information to absorb to get ready for the season. Among the items on the “hot stove” in Minnesota high school baseball include the impending bat rule for 2012, forms and deadlines for the upcoming season, internet sites for our sport, efforts to get double elimination returned to our game, the coaches’ education initiative, and membership in our National Baseball Coaches Associations.

The first major items that all baseball coaches should be aware of as purchases are made for the upcoming season and beyond include the new bat rule coming our way in 2012. The change will require that all non-wood bats meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, which is the standard used by the NCAA. The new rule also states that non-wood bats must be labeled with a rectangular certification mark “a minimum of a half-inch on each side and located on the barrel of the bat in any contrasting color.” The new standard ensures that performances by non-wood bats are more comparable to those of wood bats. It is also expected to minimize risk, improve play, and increase teaching opportunities. No BESR bats will be legal in 2012.

This bat rule has also changed for this year. Bats are now classified by the barrel. Any BESR bat with an aluminum barrel is legal. However, composite bats (those with composite barrels) are only legal if they are on the approved list from the National Federation. Only composite bats that have been retested and meet the ABI (Accelerated Break In) standards have been approved. This list can be found on the

MHSLS home page: [www.mshsl.org](http://www.mshsl.org). Look on the right hand side under “Popular Links.” There are great prices on new bats which **will not** be legal this year. Be sure to communicate this change to your players. Any BESR bat is only legal for this year, and some of the composites are illegal immediately. Both coaches and umpires must be diligent in enforcing this rule. This is a safety and liability issue.

Another item of emphasis from our association has to do with promoting our sport and our athletes. It is essential that we 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](http://www.mshsbca.org) and click on the forms tab and download each individual form. Some of the dates to remember include May 14<sup>th</sup> for the Lion’s All-Star Series and June 1<sup>st</sup> for the All-State and All-Academic All-State(both team and individual). With regard to the Lion’s All-Star game, it is recommended to communicate with your nominees, let them know it is a three day commitment, and that it will take place on June 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup> in Chaska.

With regard to promotion of our sport, we are excited to announce that baseball will receive expanded coverage with two new websites that will promote our athletes and our sport. [Minnesotasportsonline.com](http://Minnesotasportsonline.com) will be covering baseball and will be asking all coaches to input stats and scores. This will also assist those committees that make decisions on association sponsored awards, such as All-State. The Star Tribune will also “go live” in mid-March with a Minnesota High School Baseball Hub similar to the boys and girls hockey and basketball sites with team pages and expanded coverage of baseball. This will help to promote the athletes that we coach and the sport in general.

In addition to being a member of our state baseball coaches association, I encourage all of you to consider joining other coaches associations 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 and additional promotion of our sport and athletes through various awards that are sponsored by these associations. Both have national conventions during the winter months which provide excellent speakers. In December of 2011, the BCA convention will be in Raleigh, North Carolina, and the ABCA national convention in January of 2012 will be held in Anaheim, California. Coaches can access their websites for further information on

... continues on page 11



VISIT MCDONALD'S AFTER THE GAME



# HOOP SCOOP



By: Patty Sorensen  
Park Center IB World School  
2010-2011 MGBCA President

March Madness is here! I hope you all have enjoyed another year of promoting our sport and providing opportunities for the young women athletes in our state. I want to thank you all for the endless hours that you put in to working with these young ladies!

As we move forward this looks to be another exciting Girls' Basketball State Tournament. We will be seeding the Class AAA and Class AAAA tournaments again this year. The tournament will be held at Williams Arena as well as, the Target Center March 16-19th. We will continue to seed the top 4 teams for the State Tournament in class AAA and AAAA and then conduct a blind draw for 5-8. It will be another week of exciting games where on Saturday we will have Four State Championship Teams. Plan to stop by the Coaches' suite upstairs at the Target Center. Bring your Coaches' Association membership card with you.

This year voting for All-State will all be completed online March 1st – March 8th.

Mark your calendars for the 2011 Minnesota Girls Basketball Coaches' Association All-Star Series. Dates are Friday, April 15th (6:00 and 8:00PM) and Saturday, April 16th (1:00 and 3:00PM). All games will be played at St. Thomas University. We encourage you to bring your athletes with you to watch Minnesota's best seniors compete. In conjunction with this event, we will be honoring the 2011 Girls Basketball Coaches' Association Hall of Fame Inductees at a Banquet Friday night April 15th. On Saturday morning the 16th we will be holding the All Star Brunch where we will also be naming Ms. Basketball 2011. Thank you to our All-Star Basketball Committee Chairs, Jenny Johnson and

Carla Young, their committee and the Class Coordinators for their hard work in making another successful All-Star weekend. Thank you to Rick Uttech our Hall of Fame Chair and Pat Barrett the Ms. Basketball Chair and their committee for the hard work and dedication to Minnesota Girls' Basketball.

News from the MSHSL - The Board approved a new coaches continuing education program. Effective for Fall 2011, all head coaches will create a personalized page on the Coaches Clipboard section of the League Web site. Online rules meetings and the continuing education components of the program will only be available on this page. Rules interpretation meeting completion will continue to be an annual requirement, while the continuing education components will be required only every three years. The program includes a prerequisite before online rules meetings may be accessed: two-and-a-half hours that includes but is not limited to concussion education, emergency planning, and the philosophy of educational athletics. Additional educational curricula germane to coaching and working with high school athletes will be added and available to coaches as well. Effective for Fall 2012, one junior varsity coach and one B-squad coach will need to also create a personalized Coaches Clipboard page and must complete an online rules meeting. Athletics/activities directors of member schools are charged with monitoring compliance with the educational program.

Finally, thank you for everything you do for Minnesota Girls Basketball and good luck to each of you. The Executive Committee continues to look for your input to our Basketball Coaches' Association. Please feel free to contact any of the officers of the organization or your section representative with ideas, concerns, or needs. You can find all this contact information on our website.



## Ice Chips

By: Chris Lonke  
MHCA Communications  
New Prague High School

I hope the coming of spring finds everyone well and many coaches hopefully finding more rest along with some extra time with family and friends. When this goes to press, I'm sure another exciting State Tournament has just concluded. We will have all the stories and results in the May edition of Ice Chips.

Over the past year, I have been very fortunate to be involved in helping implement the ADM across our State of Hockey. My off-season challenge to all coaches is to research it more if you haven't spent time doing so or had the time to do so. [www.admkids.com](http://www.admkids.com) is the best place to start your research.

The more we can get youth programs across the state using this format at the 6U, 8U and 10U level, the more depth, talent and passionate hockey players we will have in our state ten years from now. That is a scary thought! We need courageous leaders from our high school ranks to get involved with their youth programs hockey development committees if not already (most of us are I know) and see if we can be the courageous leaders of change where necessary.

Have a great start to the spring and please watch for the May edition of Ice Chips. I will have a complete season, state tourney and Hall of Fame Banquet breakdown. If you are looking for a little off-season reading, pick up the **Winners Manual** by Jim Tressel. It has some really good useable leadership thoughts and ideas.



**GATORADE...Official Sport Drink of the MSHSCA**

## Dugout Chatter . . . continued from page 9

membership and conventions; [www.baseballcoaches.org](http://www.baseballcoaches.org) and [www.bca.org](http://www.bca.org).

The executive board is also working in conjunction with the softball association to get double elimination returned to our playoff format before the final four. In the survey that was conducted this fall by both associations, over 90% of the coaches wanted to see double elimination restored before the final four. As a result, we will be following the process to try and get this restored for the 2012 season. Our President Bruce Woitas, of Sleepy Eye St. Mary's, is hard at work on our behalf to get this back. Many friends of high school baseball will be called upon to assist us in the effort, much like our successful campaign for the blackout period a year ago.

The final items to be aware of involve the MSHSL. First, a reminder of our State Tournament Finals to be held at Target Field will be on **Tuesday** June 21<sup>st</sup>, Class A will be at 12 p.m., Class AA will be at 3:00 p.m., and Class AAA will conclude our day of baseball at 6:00 p.m.. Additionally, the MSHSL also passed a coaches' education initiative that will go into effect starting next year. In order to take the on line rules interpretation meeting, effective next year, all head coaches will have to go through a free on-line continuing education program. In 2013, one Assistant Coach at each level will have to take the rules meeting with continuing education to follow. More information on the specifics of all this will be forthcoming.

As we all anxiously await the start of another exciting spring, I wish you all the very best for a great season. I am hopeful that the white stuff will be gone and soon turn to green, so the crack of the bat and the smack of the leather will be echoed from all ball parks near and far. See you at the diamond!

# FLIP NOTES



By: Nicole Green  
President MGGCA  
Annandale High School

The 2010 - 2011 gymnastics season ended with style, crowning state champions Perham (Class A) and Northfield (Class AA). State individual titles went to the following gymnasts:

- Vault Class A: Carly Peterson (Perham)
- Vault Class AA: Chloe Leuma (Stillwater Area)
- Bars Class A: Amy Crawford (Detroit Lakes)
- Bars Class AA: Meaghan Howell (Northfield H.S)
- Beam Class A: Amy Crawford (Detroit Lakes)
- Beam Class AA: Sabrina Hoover (Rogers)
- Floor Class A: Kelsi Vomacka (Perham)
- Floor Class AA: Julia Stedman (North)
- All-Around Class A: Kelsi Vomacka (Perham)
- All-Around Class AA: Sabrina Hoover (Rogers)

The state banquet was a huge success. A big thanks goes out to Deana Walsh for her all of the hard work she put into making sure everything went perfectly. At the banquet we were pleased to honor two new inductees into our Hall of Fame. Honored for 2011 were Kathy Callahan (Judge) and Leann Steen (Martin County Area). All-State Elite honors are awarded to the top five all-arounds in both class A and class AA. The awards went to the following gymnasts: Kelsi Vomacka (Perham – A), Mikaela Eickschen (Perham – A), Carly Peterson (Perham – A), Hailey Brinkman (Melrose – A), Matraca Steen (Martin County Area – A) Sabrina Hoover (Rogers – AA), Chole Timm (Sauk-Rapids – AA), Katy Etterman (Brainerd – AA), Julie Wolter (Eagan – AA) and Kasondra Tulloch (Park Cottage Grove – AA). Congratulations to our State Coaches of the Year! Assistant Coach of the Year honors went to Russ Green (Annandale – A) and Julie Castellino (Roseville – AA). Head Coach of the Year honors went to Nicole Green (Annandale – A) and Shelly Eklund (Eagan – AA).

We are proud to have crowned many gold and silver award winners this season. Class AA saw 22 teams earning the silver award and 28 teams earning the gold. Class A saw 24 silver teams and 21 gold. Big congratulations to Century (Class AA) and Big Lake (Class A) for being the State Academic Champions.

Another season is now in the books. I hope everyone enjoys a fun and relaxing spring!

*“The success to winning in  
baseball is good pitching . . .  
and three run homers.”*

- Earl Weaver



VISIT MCDONALD'S AFTER THE GAME



# MEMBERSHIP PERKS

MEMBERSHIP PERKS

- **AMERICINN LODGE & SUITES** - 2050 Freeway Blvd Brooklyn, Center MN 55430 - \$69.95 Includes full breakfast. Mention MNCS when making reservation. Contact Ralph Thomas 763-566-7500
- **AMERICINN - Ham Lake** - Contact Al Patel, 763-755-2100. 13440 Highway 65 NE, Ham Lake, MN. \$59-\$99 Includes Breakfast. 4/1/2011
- **BEST WESTERN NORMANDY DOWNTOWN - MINNEAPOLIS** - 1-800-372-3131 Ask for the "Coaches" rate and receive 15% off our Best Available Rate. Contact Timothy Holden with questions. 12/31/2010
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Contact Tyler Damlo 763-489-2568
- **DAYS INN - Mounds View** - Contact Pravin Patek, 763-786-2465. 2149 Program Avenue Mounds View, MN. \$64.99 12/31/2010
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: [www.minneapolisbrooklyncenter.embassysuites.com](http://www.minneapolisbrooklyncenter.embassysuites.com)
- **RAMADA PLAZA - Minneapolis** - \$75.00 - (612) 331-1900
- **MINNESOTA ZOO - Apple Valley** Corporate Rates - 20% OFF on all admissions. Call John Erickson for discount card - (h) 218-847-6796
- **THE NORTHLAND INN** - 7025 Northland Dr Brooklyn Park, MN 55428 - Contact Jodie Fleck 10% off best rate available, mention MSHSCA 09 when making reservation. 800-441-6422
- **ROSEVILLE VISITORS Association DISCOUNTS** - [www.visitroseville.com](http://www.visitroseville.com)
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 \$82.00 (Weekends) Rest of week is limited availability 12/31/2010

•••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.

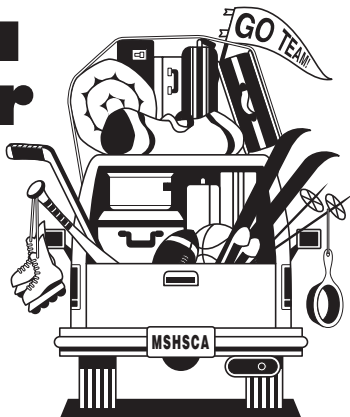
## REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Executive Director available to work for you on a daily basis.</li> <li>2. Dues include a \$1,000,000 Liability Insurance while coaching.</li> <li>3. Membership card is for admission at many high schools and colleges in Minnesota.</li> <li>4. Teams are eligible to earn Academic Team and Individual honors.</li> <li>5. Provide scholarships for Minnesota High School students.</li> <li>6. NOCAD membership creates revenue marketing that is helpful for the promotion of programs that benefit coaches and their athletes.</li> <li>7. Four issues of <i>The Minnesota Prep Coach</i>, the MSHSCA newsletter which contains information about and for coaches and their association's activities.</li> <li>8. Provides potential for clinics for any sport association that wishes assistance.</li> </ol> | <ol style="list-style-type: none"> <li>9. Up to date clinic schedules and educational opportunities on our website.</li> <li>10. Opportunity to be recognized as a Minnesota Coach of the Year.</li> <li>11. Opportunity to be recognized as a Minnesota Assistant Coach of the Year.</li> <li>12. Delegate representation that allows coaches to remain fully updated on issues.</li> <li>13. Close working relationship with all affiliated sport associations.</li> <li>14. Provides active representation and support on the MSHSL Board of Directors.</li> <li>15. Recognition for state team championships.</li> <li>16. Opportunity for 25 Year Club and Life Membership of the MSHSCA.</li> <li>17. Opportunity to be nominated and selected to the MSHSCA Hall of Fame.</li> <li>18. United support for each other's programs.</li> <li>19. Mass membership email capability.</li> </ol> |
|--|---|



**GATORADE...Official Sport Drink of the MSHSCA**

# 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](mailto: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.

## 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](mailto:gjoly@loomislapann.com)  
 Kevin Joyce [kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)  
 Karen Boller [kboller@loomislapann.com](mailto: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/>

## GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will protect the Minnesota State High School Coaches Association and its members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

### CARRIER

Lexington Insurance Company  
 Excess Surplus Lines ("A" A.M. Best)

### POLICY PERIOD

August 1, 2010 – August 1, 2011

### LIMITS OF INSURANCE

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

For any additional information please contact Loomis & LaPann, Inc. 18 Exchange St., Glens Falls, NY 12801

Greg Joly, Kevin Joyce, Karen Boller  
 800-566-6479 Fax 518-792-3426

### CAMP COVERAGE

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

In addition, Participant/Accident Coverage is available that will cover coaches and/or participants. Should an accident occur during your camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

### 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 coaches association. 218-847-6796 [www.mshsca.org](http://www.mshsca.org)

[www.loomislapann.com](http://www.loomislapann.com)  
[gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)  
[kjoyce@loomislapann.com](mailto:kjoyce@loomislapann.com)  
[kboller@loomislapann.com](mailto:kboller@loomislapann.com)



VISIT MCDONALD'S AFTER THE GAME



# SERVICE ACES

By: Robb DeCorsey  
 MSHSTCA President  
 Glencoe Silver Lake High  
 School  
[rdecorsey@gsi.k12.mn.us](mailto:rdecorsey@gsi.k12.mn.us)



“Spring is here!” Well...that might be pushing it, but the spring tennis season is here and I am sure there are many anxious players and coaches ready to go. Coaches are preparing plans and getting players in the mind-set of getting ready to play, or pushing their players to finish off their winter seasons as strong as possible and to keep that winning mind-set, in place, for the tennis season. Players are getting racquets restrung and looking forward to a great spring playing the great sport of tennis. Good luck to all the coaches and players and have a great and competitive season!

## TENNIS CLINIC

The tennis clinic was March 4th and 5th at the Fred Wells Tennis and Education Center. It was another great clinic and we were very excited to be back at Fred Wells Tennis and Education Center. Thanks to all of our sponsors and a special thanks to our Executive Secretary, Rick Engelstad for all of his work on the clinic.

## MEMBERSHIP

It is important for you to join the coaches association: mshsca. I encourage you to join the association and your assistant/assistants too. We are really pushing to get more assistants involved. Remember you need to join the sports association to be included in coach of the year, and more importantly, for your team and individuals to be eligible for academic honors. To join the coaches association, please go to <http://www.mshsca.org/membapp.htm>; to check out the benefits of being a member go to <http://www.mshsca.org> and click on Membership Benefits, on the left column.

## DEADLINES

Make sure you meet the deadlines for becoming a member, sending in academic forms, etc. so you and your teams do not miss out on awards you and your athletes deserve. Keep our website, <http://www.mshsca.org/tennis/>, bookmarked and check it often.

## ACADEMIC AWARDS

The Tennis Coaches Association recognizes teams who have outstanding GPAs. Teams with GPAs of 3.5-3.74, receive “Silver Academic Team” awards, and teams with GPAs of 3.75-4.0, are recognized as “Gold Academic Teams.”

The deadline for **academic awards**, team and individual, will be made available to you at a later time—look for this information soon. You can find the forms on the website, <http://www.mshsca.org/tennis/>, in the left hand column. Rick

Engelstad, our Executive Secretary, will be sending you reminders. When ready, you can e-mail your forms to Rick: [rengelstad@pinecity.k12.mn.us](mailto:rengelstad@pinecity.k12.mn.us) or mail them to:

Rick Engelstad  
 Pine City HS  
 1400 Main St. South  
 Pine City, MN 55063

## RANKINGS

Remember to help keep player and team rankings up to date. The rankings cannot be accurate if you do not help. Michael Cartwright is our rankings coordinator—not an easy job. If you know of a player/team who you feel deserves/needs to be ranked, email him at: [michael.cartwright@moundviewschools.org](mailto:michael.cartwright@moundviewschools.org)

## RESULTS

Please remember to keep you results updated on the MSHSL website, and call in your scores to the various media outlets.

## SECTION REPS

It is important for you to know who your section rep is. To find this information, go to the website <http://www.mshsca.org/tennis/secreprs.htm>. If you are interested in becoming a section rep, let us know.

## PERFORMANCE PLAYBOOK



gssiweb.org

Printed by Gatorade Sports Science Institute has moved to a website that offers articles on every topic and sport specific!

For articles and podcasts on Hydration, Nutrition, Training & performance and Medical conditions & sports injuries

**Visit [www.gssiweb.com](http://www.gssiweb.com)**

The site also offers a subscription to GSSI Updates that you will receive as e-newsletters at your email address



**GATORADE...Official Sport Drink of the MSHSCA**

# MSHSCA's

# CORPORATE SPONSORS

# 2010-2011



The following friends of Minnesota coaches and Minnesota prep sports have made contributions to the MSHSCA that will assist the association in providing opportunities for coaches to better their programs and provide the ultimate possible experience for the athletes that take part in their programs.

- Gatorade
- McDonald's  
Restaurants of Minnesota
- Computer Professionals  
Unlimited, Inc. - Morris
- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Trophies Plus - Templeton, IA
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing -  
Detroit Lakes
- All Star Fundraising - Minneapolis
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- Blue 84 - Division of Lakeshirts -  
Detroit Lakes
- The Breakdown - Becker
- JK Sports, Fergus Falls
- Beach's Awards, Wayzata
- Cosmos Enterprises, Inc (Elbow Lake)
- RJY Development Inc - Rochester
- T.J. Potter Trucking/Becker Warehouse  
(Becker, MN)
- Precision Printing - Detroit Lakes

## COACHES:

Please support the sponsors who are concerned  
about your athletes and your programs!

Good luck in 2010-2011

Thanks for your support



VISIT MCDONALD'S AFTER THE GAME



Minnesota State High School Coaches Association

# HALL OF FAME

## CRITERIA FOR THE SELECTION OF CANDIDATES

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

## ELIGIBILITY REQUIREMENTS

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

### SEND NOMINATIONS TO:

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



## MINNESOTA STATE COACHES ASSOCIATION HALL OF FAME NOMINATING FORM

Name: \_\_\_\_\_  
Last First Middle

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Single: \_\_\_\_\_ Married: \_\_\_\_\_ Phone #: \_\_\_\_\_

Deceased: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Children and Ages: \_\_\_\_\_

Nominating Person or Group: \_\_\_\_\_

Rationale for Nominations: \_\_\_\_\_

Personal History: Hometown: \_\_\_\_\_

College: \_\_\_\_\_ Year: \_\_\_\_\_

College Honors: \_\_\_\_\_

Coaching History: (Sports-School & Years): \_\_\_\_\_

Coach Awards, Honors & Highlights: \_\_\_\_\_

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

Present Status: \_\_\_\_\_ Organizations & Honors (other than coaching): \_\_\_\_\_

Coaches Association involvement & Present Status: \_\_\_\_\_

Please list Other Highlights & Experiences: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Date: \_\_\_\_\_

**MORE HALL OF FAME NOMINEES ARE REQUESTED.  
 THERE ARE A LOT OF DESERVING COACHES THAT SHOULD BE RECOGNIZED!!**



**GATORADE...Official Sport Drink of the MSHSCA**

# Bounce Shots

By Greg Visich  
President, MSHSBLCA  
Hill-Murray H.S.



The days are getting longer, the temperatures are rising, and the snow is melting – this can only mean one thing... the lacrosse season is here!

We are entering our fifth season as a sanctioned varsity high school sport. Our sport has grown tremendously in the last five years. We've grown from 32 teams to 54 this season.

By now, all coaches should have received their 2011 version of the NFHS Boys Lacrosse Rules Book. I wanted to take this opportunity to reference the Points of Emphasis for 2011.

**Restart Procedures** – It is the responsibility of the game administration, coaches and officials to see that the contest moves along promptly. If each of the aforementioned carriers out their responsibilities, it will provide for a much more enjoyable contest. When the ball is ready for play, play should resume within five seconds.

**Field Size and Markings** – The first criterion in providing equitable conditions is to provide proper field conditions. Concerns have been raised regarding improper field size and/or markings. It is the responsibility of the home administration to provide a legal size playing field that is marked correctly.

**Sportsmanship** – Taunting and baiting an opponent is contrary to the basic concept of fair play and honorable competition. Profane language and taunting is exactly opposite of the type of conduct and behavior which interscholastic athletic participation is intended to teach. The game provides countless opportunities for players to show good sportsmanship. Officials must strictly enforce the rules which prohibit unsportsmanlike conduct. If everyone involved in the game does their job, these undesirable acts will no longer be a part of interscholastic sports.

Coaches must take a visible leadership role in positive sportsmanship efforts. Since coaches are the most important component of modeling and teaching good sportsmanship, it is imperative that they inspire players

to conduct themselves in a manner which best represents the values of high school sports. Coaches must stress respect for opposing players and tolerate no conduct which demeans or embarrasses the opponent.

**Bench Area Protocol** – Coaches are reminded to remain in the coaches' area at all times during the game.

All coaches should remain off the playing field, including during time-outs. In order to achieve optimal field coverage, officials are encouraged to run the sideline during transition play. Coaches standing on or beyond the sideline create a dangerous situation for both the coach and the official.

The rules call for team benches to be positioned 10 yards from the sideline and substitutes to be stationed a minimum of six yards from the sideline. Game administrators are strongly encouraged to provide this six-yard minimum wherever possible. Where not possible team substitutes should be stationed as far from the sidelines as conditions allow. It is the coach's responsibility to ensure that substitutes do not stand in the coaches' area or encroach on the sidelines.

**Coach's Equipment Certification** – Equipment certification can be handled by the referee asking the head coach, "Coach, are all of your players legally equipped by rule?" Head coaches are reminded that by responding "yes," they are certifying that they have fulfilled all of the requirements of Article 1, "Equipment Certification".

The above information was reprinted with permission from the 2011 NFHS Boys Lacrosse Rules Book.

The 2010-2011 MSHSL Rules Interpretation Meeting for Boys Lacrosse is scheduled for **Tuesday, March 22<sup>nd</sup> at 7:00 PM** at Roseville High School. Immediately following this meeting, the Coaches Association will conduct our annual preseason meeting. This meeting will be a great opportunity to meet and greet all of the new coaches joining our association.

The MSHSBLCA Board of Directors wishes you good luck in the season ahead.



VISIT MCDONALD'S AFTER THE GAME



# ADAPTED UPDATES

By: Marcus Onsum  
President, Minnesota Adapted Coaches Association  
Robbinsdale

The 2011 Adapted Floor Hockey season is winding down, with all teams getting ready for the play-offs during the week of March 7th. Both the CI and PI Divisions have had very competitive regular seasons, with the race for conference championships being relatively tight in all four conferences.

The new felt floor hockey pucks that were approved for use before the start of the season seem to be a big hit! The pucks have been sliding, passing and shooting much more like real hockey pucks, when compared to the hollow plastic pucks that we had been using in the past. At this point, our games are running and playing quite smoothly, and there has been little or no discussion regarding any major changes for next year.

The 2011 Adapted Floor hockey State Tournament

will be held at Bloomington Jefferson High School on March 18 & 19. Good luck to all teams in their play-off match-ups and at the State Tournament.

Once we reach late March and early April, our Adapted Softball teams will be getting their seasons going with games for most teams starting by mid-April.

With the weather being as unpredictable as it usually is during the spring time, all of our teams are usually quite happy to be playing an indoor spring sport and not dealing with snow, rain or soggy softball fields! This year's softball tournament will be held on June 3-4 at Coon Rapids High School.

Good luck to all on the remainder of your winter season, and the beginning of the spring season!

## MEMBERSHIP REPORT MARCH 2011

Well it seems that the winter season has flown by and the spring

<u>Types of Membership</u>	<u>2009-10</u>	<u>2010-11</u>
Active Class A & AA	6131	5529
Associates	1096	1156
Active Life	591	564
Retired Life	976	984
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,797	8,236

Breakdown of membership by sport association (2009-10 totals in parenthesis)

Adapted Athletics (23) 16	Boys Lacrosse (25) 28	Alpine Skiing (66) 67
Girls Lacrosse (49) 21	Athletic Directors (258) 228	Football (1023) 1104
Baseball (411) 396	Boys Hockey (265) 234	Boys Basketball (842) 760
Golf (boys & girls) (375) 303	Girls Basketball (658) 709	Soccer (boys & girls) (347) 379
Cross Country (297) 316	Softball (443) 411	Gymnastics (201) 209
Synchronized Swimming (11) 5	Nordic Skiing (122) 113	Girls Tennis (181) 190
Volleyball (631) 740	Boys Tennis (136) 129	Boys Swimming (169) 165
Track & Field (681) 631	Girls Swimming (210) 217	Wrestling (67) 82

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.

We have 34 coaches that have joined the MSHSCA and coach a sport that collects their own dues.

3-Badminton, 7-Cheerleading, 11-Dance and 16-Girls Hockey.



**GATORADE...Official Sport Drink of the MSHSCA**



# Get Rewarded for Your Feedback

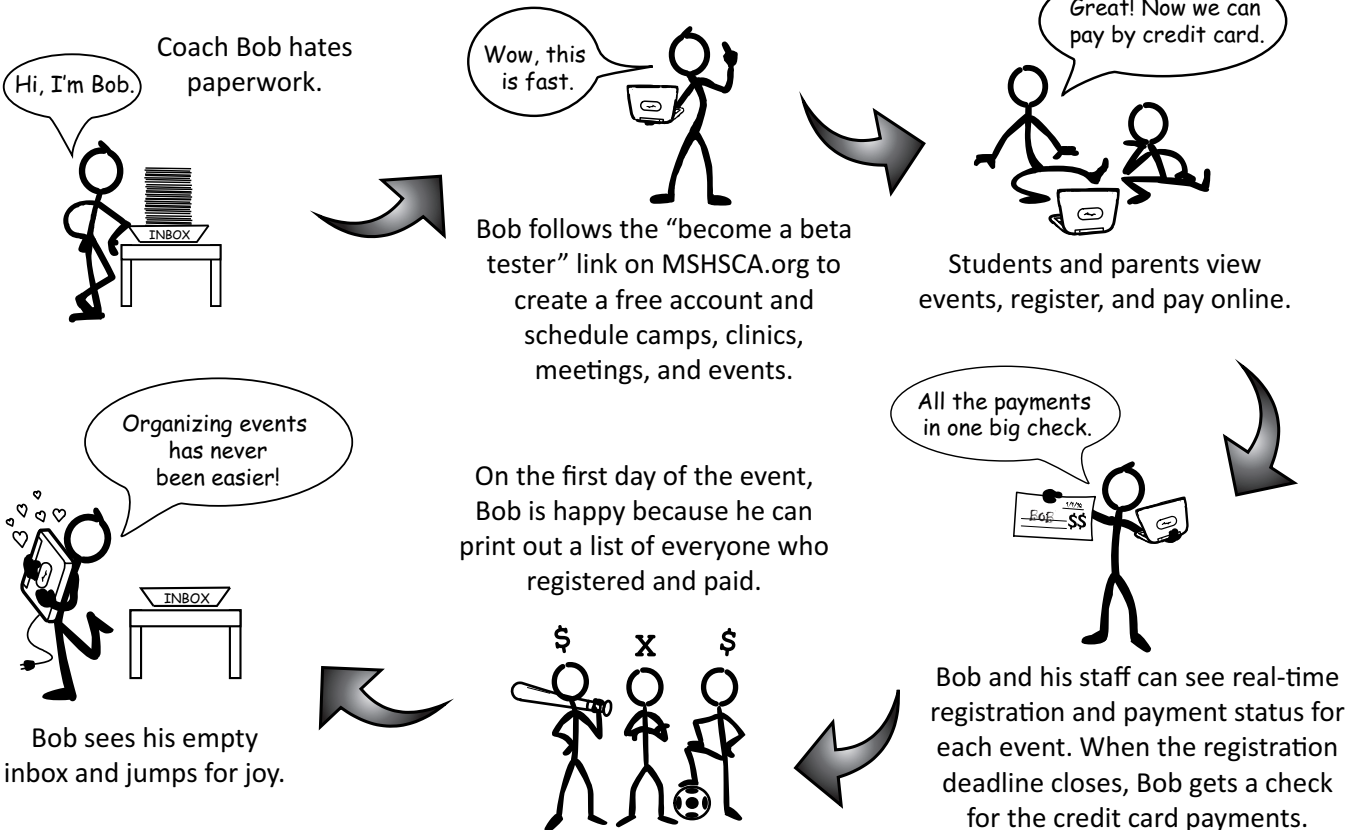
**Coaches:** ■ **CE Directors:** ■ **AD's:**  
**Camps & Clinics** ■ **Community Education** ■ **Activity Fees**

We're just weeks away from MSHSCA's newest member benefit: our free online event management system. You can schedule camps, classes, clinics, and meetings; monitor registrations; and even collect payments online! To help test the site and collect feedback, we are looking for Coaches, Community Ed Directors, and ADs to participate in our beta testing program. As a beta tester, you will have an important say in the development of the site. Plus, you'll receive a \$25 gift card as a special thank you for your help. Space is limited, so register soon. Here's how it works:

1. Join the beta testing program by following the "become a beta tester" link at [www.mshsca.org](http://www.mshsca.org).
2. You'll be given access to a sneak preview of the site. Take a look around and share your feedback via a short survey.
3. Host at least one event (such as a camp, class, or clinic) using the system. After your event, we'll follow up with one more survey and a phone call to get your final thoughts.
4. As a special thank you, you'll receive a \$25 gift card!

**To register as a beta tester and receive your \$25 gift card, click the "become a beta tester" link at [www.MSHSCA.org](http://www.MSHSCA.org)**

## A free and easy way to simplify your event registrations:



**VISIT MCDONALD'S AFTER THE GAME**



**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 35 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2010-2011 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<br>Community College (Coon Rapids MN) | • Hamline University (St Paul MN)                          | • Riverland Community College (Austin MN)                   |
| • Augsburg College (Minneapolis MN)                  | • Hibbing Community College (Hibbing MN)                   | • Rochester Community College (Rochester MN)                |
| • Bemidji State University (Bemidji MN)              | • Itasca Community College (Grand Rapids MN)               | • Southwest MN State University (Marshall MN)               |
| • Bethany Lutheran College (Mankato MN)              | • Martin Luther College (New Ulm MN)                       | • St Cloud State University (St Cloud MN)                   |
| • Bethel University (St Paul MN)                     | • Mesabi Community College (Virginia MN)                   | • St Cloud Tech College (St Cloud MN)                       |
| • Carleton College (Northfield MN)                   | • Minnesota State University Mankato (Mankato, MN)         | • St John's University (Collegeville MN)                    |
| • Central Lakes College (Brainerd MN)                | • Minnesota State University - Moorhead (Moorhead MN)      | • St Olaf College (Northfield MN)                           |
| • Century College (White Bear Lake MN)               | • MN West Technical and Community College (Worthington MN) | • St Mary's University (Winona MN)                          |
| • College of St. Benedict (St Joseph MN)             | • Northland Community College (Thief River Falls MN)       | • U of MN - Crookston (Crookston MN)                        |
| • Concordia College (Moorhead MN)                    | • Northwestern College (St Paul MN)                        | • U of MN - Duluth Men's Hockey on Availability (Duluth MN) |
| • Concordia University (St Paul MN)                  | • Ridgewater Community College (Willmar MN)                | • U of Mn - Morris (Morris MN)                              |
| • MN State Comm. & Tech College (Fergus Falls MN)    |  | • University of St Thomas (St Paul MN)                      |
| • Gustavus Adolphus College (St Peter MN)            |  | • Vermilion Community College (Ely MN)                      |

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](http://www.trophiesplus.com) • Email: [trophyman@trophiesplus.com](mailto: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.



**GATORADE...Official Sport Drink of the MSHSCA**



## DIG THIS

By: Jim Lee  
Waconia HS

Ever wondered why Cheerios clump together towards the edges of a bowl of milk? According to the American Journal of Physics, the cereal and milk molecules are more attracted to the molecules on the surface of the bowl than they are to other “stand-alone” milk molecules. Dubiously dubbed the Cheerios Effect, this phenomenon applies to anything that floats (soup, cocoa, beer bubbles), our galaxies, and—of course—the MNVBCA 2010 Head Coach and Assistant Coaches of the Year:

### Head Coaches - Assistant Coaches

- Class A: Tara Biever, Wabasha-Kellogg  
Jackie Noyes, Minneota
- Class AA: Sue Volkman, Wadena-Deer Creek  
Dennis Hystead, Fergus Falls  
Pat Sobotta, Stewartville
- Class AAA: Milan Mader, Lakeville North  
Christine Grave, Wayzata

All of these commendable recipients either “clumped together” as they participated in the 2010 State Volleyball Tournament or attended the 2010 MNVBCA Coaches’ Clinic at St. Cloud State University. So if you didn’t see them in action at the state tournament, make sure you pounce on your second opportunity to meet them at the 2011 MNVBCA Coaches’ Clinic at St. Cloud State University on July 27th and 28th. This year’s clinic will allow every head coach who attends to receive a *free* AVCA membership and the first 200 head coaches who register will receive a *free* Breakdown booklet! Further details will be furnished at <http://www.mshsca.org/volleyball/>.

If you’d like to start your “clumping” a little earlier than July, MVI will be providing their Spring Coaches’ Clinic at Apple Valley High School on March 26th and 27th. The keynote speaker will be Terry Pettit (former head coach at Nebraska) while Geoff Carlston from Ohio State, Bond Shamansky from Marquette, and many other upper-echelon coaches will be offering their wisdom for all in attendance. Information and registration: <http://mvicamps.com/>.

So if you feel like a “stand-alone” milk molecule at times, opportunities abound! Say “Cheerio” to your family for a few days to come on over and lean on the side of the bowl with our state’s abundance of knowledgeable coaches at the upcoming MVI clinic in March or the MNVBCA clinic in July!



By: Rachel Aiken  
Head Coach Chaska/ Chanhassen  
President - Girls LaCrosse

The offseason sure does seem to fly with the 2011 season less than a month away. Now we need the snow to melt, the fields to dry and the weather to cooperate by the 28th. As we think warm thoughts here are few reminders of dates and deadlines for the upcoming season.

**March 20-** Coaches Clinic at Eden Prairie High School

**March 28-** Official Start date of the season

**April 1-** Pre- Nomination All- American Forms Due

**May 18-** All State Round one due

**May 20-** All American Final Nomination Due

**May 20-** All State Final Round Due

**June 5-** Ms. Lacrosse Award Banquet

**June 6-** All- State Voting Site TBD

**June 7, 8, 9, 10-** State Tournament Chanhassen High School

If you have any questions about the dates or activities list below, please e-mail me [aikenr@district112.org](mailto:aikenr@district112.org)

Have a great season!

## 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 [jomar@lakesnet.net](mailto:jomar@lakesnet.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.



VISIT MCDONALD'S AFTER THE GAME



# Over Hill and Dale

By: Chris Frye  
Chatfield High School

I've been thinking about some things for a while — kind of loose, random thoughts that tend to collide around the topic of cross country. So I'll just throw them out there and see if they resonate with anyone. And then I'll also toss out a challenge for you.

I may be biased (I'd prefer to think "informed"), but I believe cross country is a pretty darn good sport. I've coached volleyball, basketball, soccer, and track and field, but I find something very unique about cross country.

It's an activity where all participants are doing exactly the same thing at the same time. There are no positions, no weight classes, no events. And no one rides the bench. It's a band with everyone playing the same instrument, but still making beautiful music.

It's the ultimate individual sport. No one passes you the ball, feeds you the puck or hands you the baton. No one tackles you, stuffs you or intercepts you. You determine how hard you will train, how hard you will compete and how well you will finish.

But it's also the ultimate team sport. Seven compete, five score, but all can contribute. Without your teammates, you can't win.

It's a sport where you are alone and together at the same time.

I also have to say, though, that in general, cross country is probably one of the best kept secrets of the sporting world.

I'm sure there's great familiarity with it in those communities that have a rich harrier tradition. But I'll bet that even in those communities, you get asked every fall how the "track" team is coming along. Or maybe you hear the well-meant but uninformed comment that it's nice to have cross country for those kids who aren't good enough for football or volleyball. In the 12 years since I started cross country in Chatfield, those comments have become much fewer and farther between, but now and then they're there.

But I also hear — typically from parents whose child has come out for cross country later in his or her high school career — "This is such a great sport. I wish we'd known about it earlier."

Both types of comments tell me that despite the fact I haven't been particularly quiet about the virtues of cross country, there's a lot of room for improvement. The

average person walking down the street knows a heck of a lot more about almost every other sport than they do about cross country.

I'd like to change that, at least a little (I have no delusions that we'll see a cross country meet on prime time).

And I think the time is right. With rising concerns about childhood obesity, there's growing recognition of the need for physical activity. Exercise is the cheapest cure for any number of ills.

I have a few ideas about growing the sport. I'd like to hear yours. And here's the challenge I'll throw out: Take some cross country time and instead of thinking about summer running or fall training plans, brainstorm a bit about ideas on how to improve the visibility of our sport and grow cross country. Then bring those ideas to our annual meeting July 19. We'll see if we can come up with something.

We've been very focused, and legitimately, on jewelry and uniform rules, and how to get more teams at State. Grow the sport, and maybe you have so many teams that three classes are not debatable but a foregone conclusion. Grow the sport and you have more leverage to eliminate ridiculous rules.

Cross country deserves the effort.

---

Separately, here are a few notes from the cross country rap session in January at the state track coaches' clinic:

- Terri Ueland of Thief Rivers Falls has agreed to take over from Dave Bauer as treasurer of the cross country coaches association. Thanks Terri, and Dave!
- We need a Class A girls' coach, preferably from the northwest part of the state, to serve on the cross country coaches association advisory committee to the MSHSL. If you are interested, please email me.
- To allow coaches to reach their athletes in the finish line corral area at State, we will ask meet organizers to put up a second rope between part of the corral and fans. Coaches would be allowed between the ropes, while fans would be outside the second rope.
- We will also ask meet organizers to get all meet officials on the same page before the meet to ensure uniform rules enforcement during the meet.

Cheers, and hope to see you July 19.

---



**GATORADE...Official Sport Drink of the MSHSCA**

# Swim Strokes

By: Mike Steineman

Cretin-Derham Hall Boys Swimming & Diving  
President – Boys Swimming & Diving Coaches Association  
[msteineman@c-dh.org](mailto:msteineman@c-dh.org)



Looking for a way to beat the cold and the snow? Look to your local pool and high school swimming and diving team! The weather is always warm and humid without that mountain of snow that blocks the parking lot, driveway, sidewalk, or window! And best of all, NO SHOVELING!

As this article goes to press, many swimmers and divers across the state are preparing for the State Meet held at the University of Minnesota Aquatic Center March, 3-5. The Class A meet starts at noon each day and the Class AA Meet begins at six each evening. Both meets look to be very fast, exciting, and an awesome way to finish the season. During a period of training known as taper, teams wind down the length and yardage of their practices in an effort to rest and have a spectacular final dual meet, Conference Meet, Section Meet, or State Meet. Whichever meet you are preparing for, swimmers and divers are feeling good and coaches are planning and strategizing for the end of the season.

In preparation for the State Meet, the Coaches Association held the seventh annual True Team Section and State Meets.

This year in Class A, the Coaches Association tried a new format with six sections instead of the four that are typically found there. The sections were created in an effort to cut travel time and expenses. More discussion will occur at the upcoming association meetings. If you have feedback, please attend these meetings and let the association know what you think. Congratulations to all the True Team Section Champions as well as the wild card teams that advanced to State! Finally, congrats to the teams from Minnetonka (Class AA) and St. Thomas Academy (Class A) who were the True Team State Meet champions respectively.

When the State Meet has had its final swim, there are a couple more items to add to your calendar. First, The All-State banquet will be held at the Prom Center in Oakdale on Friday, April 8. The all-state swimmers, divers, coaches, teams, officials, and support staff for both Boys and Girls Swimming and Diving will be recognized for their accomplishments. More information can be found at the MSHSCA website by clicking on Sport Associations, Swimming & Diving, and Banquet. The Upper Midwest Swimming and Diving Coach's Clinic will be held the same weekend at the Ramada Plaza in Minneapolis. This year's featured speakers will be former Olympian and current University of Idaho Coach Tom Jager, former SEMS (a USA

Team in the Woodbury area) Swim Coach and current Iowa State Women's Head Coach Duane Sorenson, and former Men's Head Coach at Iowa State and current Cyclone Swim Camp Coach and Ames SwimAmerica Program Operator Trip Hedrick. Again, more information can be found at the MSHSCA website by clicking on Sport Associations, Swimming & Diving, and Clinic.

Lastly, thanks to all those throughout the state that make swimming and diving teams successful! Coaches, thanks for all the hard work, long hours, and last minute line-up changes that you endure throughout your season. You make a difference in the lives of your swimmers and divers that will help them be successful no matter what they choose to do after their time on the team is done.

## FAST TRACKS

By: Pete Tremaine, President MN Nordic Ski Coaches Association  
Anoka High School

What a year for Nordic Skiing! We started the season with snow on the ground and finished the year with plenty of snow. It's been a long time since we had a season without dry land training (1991). Despite a cold January and early February, we were treated to 40+ degree temperatures for the State Meet. Congratulations to Duluth East for winning the Boys and Girls State Championships. Ben Saxton (Lakeville North HS) captured individual honors for the boys while the girls individual championship went to Sharmila Ahmed (Burnsville HS).

Nordic Skiing is facing several issues in the next few months. The high school league will be acting upon a State Meet scoring change proposed by the High School Nordic Coaches Association. The high school league is also completing section realignment for 2011-2013. Finally, rankings are always an issue and we will be looking at ways that the committee can streamline the process.

The following awards were presented on February 16<sup>th</sup> at the State Nordic Ski banquet; Coach of the Year: Chris Torvi (Irondale HS), Assistant Coach of the Year: Doug White (Roseville HS) and Volunteer of the Year: Greg Minerich (Duluth).

The spring coaches meeting will take place on Saturday April 16, 2011 at the Vasaloppet Center in Mora beginning at 9:00AM. With the winter we've had, who knows, we might still be skiing!!



VISIT MCDONALD'S AFTER THE GAME



# HALL OF FAME

## JIM DOTHSETH SELECTED FOR WRESTLING HALL OF FAME

### Jim Dotseth, Coach



Jim grew up on a farm and attended high school in Clarkfield, MN where he lettered in football, basketball, track and baseball. After graduating in 1961, Jim attended Waldorf Community College, in Iowa, where he played football and basketball and earned All-Conference and All-State honors respectively. Jim later finished his Bachelor of Science degree in 1968 and Master of Education in 1972 at the University of Minnesota. He completed his administrative degree from St. Mary's University in 1997. In 1968, with no wrestling background, Jim was pressed into filling an assistant coaching vacancy at Minneapolis Roosevelt. One year later he was asked to take over the head coaching duties when Jack Osberg left Roosevelt for Bloomington Kennedy. Jim accepted the challenge and coached his team to a conference title in 1976. Between 1982 and 1989 Roosevelt won eight consecutive conference championships and four Twin City championships. He coached at Roosevelt from 1969-1981 and from 1982-1989. In 19 years as a head coach his teams had a record of 187 wins, 96 losses and 8 ties. Several of his wrestlers won Section and State championships; several others were place winners. He spent 11 years as head football coach at Patrick Henry and two years at Robbinsdale Armstrong.

Jim spent 30 years teaching and coaching in the Minneapolis Public School System. During his years in the Minneapolis system Jim coached a variety of sports including wrestling, football, track and badminton. Jim was recently awarded the George Haun Award from the Minnesota High School Coaches Association which is a service award recognizing his years of service in the Minnesota Football Coaches Association. He was inducted into the MN High School Football Hall of

Fame this past year; in 2000 he was inducted into the Waldorf College Hall of Fame. Jim finished his career in education in the Chaska school system as an administrator. He is currently Secretary-Treasurer of the Minnesota Football Coaches Association. His fondest memories are the time spent working with athletes and coaches. Jim and Wanda have been married 47 years. They have two daughters and three grandchildren: Jennica and Paul Burgh, and their children Caleb (11) and Hannah (8); Deena and Wade Laugen, and their daughter Avery (3).

Other Inductees include:

Jeff Gallagher, Ed Homan, John Barrett, Jim Carrington, Bruce Thompson, and Pete Saxe.

---

*“It’s hard to beat a person  
who never gives up”*

**- Babe Ruth**



**GATORADE...Official Sport Drink of the MSHSCA**

**F FAME**

## 2011 David Bartelma Wrestling Hall of Fame Ticket Order Form

Inductees: John Barrett, Athlete  
Jim Carrington, Contributor  
Jim Dotseth, Coach  
Jeff Gallagher, Coach  
Ed Homan, Contributor  
Bruce Thompson, Athlete  
Stephen "Pete" Saxe", Athlete  
Joel Sharratt, Athlete

Place: McKinney's on Southside (banquet)  
Country Inn (attached hotel)  
300 14<sup>th</sup> St. South  
Benson, MN 56215  
Phone: (320) 843-4395 (rooms)  
Fax: (320)843-4655  
**Toll-Free Hotel Reservations: 1-866-843-4394 (for rooms-block held until March 19, 2011) or try Benson Inn, 320-842-6990 (located at 600 22<sup>nd</sup> St. South in Benson)**

**Date: Saturday, April 9<sup>th</sup>, 2011**

Time: 4:00 PM Social \*  
5:00 PM Dinner  
5:30 PM Induction Ceremony  
\* Cash Bar

Price of Dinner: \$32.00

-----  
(Cut and Return)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_

Email address: \_\_\_\_\_

#of Tickets Ordered @ \$32.00 each = \$ \_\_\_\_\_

Make checks Payable to: **MWCA**

**Send Order Form to:**

Steve Ricard  
405 15<sup>th</sup> S t. North  
Benson, MN 56215  
320-843-4508(h)  
320-843-2710 (w)  
320-444-0569 (cell)  
[srcard@benson.k12.mn.us](mailto:srcard@benson.k12.mn.us)



**VISIT MCDONALD'S AFTER THE GAME**





# Diamond Cuts

By: Adrian Wagner  
Benilde - St. Margaret's

Two numbers have likely entered the minds and left the mouths of Minnesota high school softball coaches more than any others over the last year, and certainly over the last several months.

Those numbers: 40 and 43. As in the number of feet that pitching distance was and now is for our games beginning with the 2011 season.

All sports go through rule changes and updates, but this one really is a biggie. In fact, I really can't think of any sport that has gone through a rule change this big. We're talking a 7-percent increase in the pitching distance.

That would be like them raising the hoop in basketball to almost 11 feet. Giving football teams an extra down. Backing the bases up to 100 feet in baseball. Raising the net in volleyball a foot or so. Making the hole in golf the size of an ice cream bucket.

You get the drift. It's a big deal.

Why the rule change? The biggest factor given has been for safety of our pitchers. And you certainly can't mess with that type of logic. Even if it saves a pitcher or two or six or 12 from being hit by a batted ball, then that's certainly a good reason.

But I believe it's going to have a much bigger effect on the game. There will almost certainly be a whole lot less 1-0 and 2-1 games than in past seasons. In a nutshell, more batted balls will make better defense a more crucial facet of our game.

Here are what some other state coaches think about the change and how it will change our game.

Tom Bang, longtime coach at Hermantown. "Based on observation this summer, I think that it will force pitchers who throw movement pitches (rise and drop) to be in the strike zone more. It seemed to me that hitters were better able to lay off pitches that were obviously balls. Chain reaction to that would seem to indicate more contact therefore more defense to be played. Pitchers may have to pitch to contact more and rely on the strikeout less."

Paul Harrington, coach at Totino-Grace.

I have not coached any games at the 43 foot distance, but I have umped games at that distance the last couple of summers. It did not appear that the "dominant" pitchers were as dominant, as they were at 40 feet. They just did not seem

as quick. This was certainly reflected in the hitting, as many players put the ball in play and less strikeouts occurred. Overall, it looks like this change will definitely put more pressure on the defense. So coaching wise, we will have to emphasize defense even more that we have in the past. Players cannot expect pitchers to go to the mound and strike everyone out. Teams will have to be able to make the plays on defense in order to be successful. As pitchers realize that they will not be able to "blow the ball" by everyone, the pitcher's ball movement and defensive skills will become even more critical for success on the mound."

Gina Tupper, coach at Concordia Academy-Roseville.

"I think it will improve the games against the power house pitchers in that there will be more opportunities for the players in the field to make defensive plays and for the batters to make contact. I

think it will be VERY challenging to keep for the schools that already were struggling with pitching, and will make the season more difficult on those teams. I think the pitchers will be throwing more pitches in games, which will make tournament play and weeks with multiple games more draining on them and the catchers."

Steve Ericson, coach at Park Center.

"The change only shows what we've seen in the kids playing summer, fall,

and dome ball from this distance, and that's a little more offense and more emphasis on defense and defensive play.. It will be an easier transition for the kids who are moving on to the next level of

play. It's good that all levels and associations are getting onto the same page as everyone else."

Many of our pitchers have already gotten some experience in an actual game situations at this distance through games last summer or in fall ball or in dome ball. But some pitchers really haven't had that much time in making the jump.

Others have likely worked to increase the strength in their legs and arms as well as their stamina. All have certainly thrown and thrown a lot from three feet further back to see what works and what maybe needs more work.

A ball that dropped at 40 feet and was an effective pitch last spring, will almost assuredly be a whole lot less tempting and be a ball at 43 feet. Similar things can be said for rise balls, curves, change-ups and whatever other pitches a pitcher might want to throw.

One thing working in the favor of most of our pitchers is that they didn't simply start pitching at 40 feet. Depending on how young they were when they first picked up a ball and went into the circle, maybe they were throwing at 30 or 35 feet, and so they then had to make that transition to 40 feet whenever that points was.

"I was not necessarily for or against the change. However, when I think about baseball, the pitching distance changes at



about the same age level to the permanent distance that you see in college, etc.” Bang said. “Having coached boys, that initial transition to 60 feet seems more difficult than the softball change from 40 to 43 feet.”

“I worked with pitchers a little in the summer to get their mindset there,” Tupper said. “I’m pushing them to do a lot of running/biking in the off season to strengthen their legs.”

The change likely will have a large and more immediate effect on some of the smaller schools in the state or those programs perhaps dealing with pitching issues such as mass graduation or injury or something like that.

“I actually voted against the change as being a smaller school we already often struggle for pitching. Last year we had both of our planned on pitchers get injured. We didn’t have many options,” Tupper said. “The players who stepped in to pitch both worked hard, but struggled with accuracy as they hadn’t prepared in the off-season. It would have been even harder with the farther distance in this type of situation.”

It is going to be an interesting season with the new pitching distance. It will be interesting to see if any schools or perhaps city fields never “got around to” moving the pitching plate back three feet and what will be done on game day with two teams at the field and no permanent pitching plate from which to pitch from? Hopefully these situations will be few and far between.

Good luck to everyone with this change, and as far as your season goes as whole. Hopefully at the very least the weather cooperates to give us all our full compliment of games, many of them not having to be played in the rain, snow or with temperatures in the 40s.

#### MSHSL happenings

Early this year, the Minnesota State High School League took action on a couple of topics that will affect all varsity (and many JV and B squad) coaches starting with the 2011-12 school year having to do with continuing education and rules meetings. The Board approved a new coaches continuing education program. Effective for fall 2011, all head coaches will create a personalized page on the Coaches Clipboard section of the League Web site. Online rules meetings and the continuing education components of the program will only be available on this page. Rules interpretation meeting completion will continue to be an annual requirement, while the continuing education components will be required only every three years.

The program includes a prerequisite before online rules meetings may be accessed: two-and-a-half hours that includes but is not limited to concussion education, emergency planning, and the philosophy of educational athletics. Additional educational curricula germane to coaching and working with high school athletes will be added and available to coaches as well.

Effective for fall 2012, one junior varsity coach and one B-squad coach will need to also create a personalized Coaches Clipboard page and must complete an online rules meeting. Athletics/activities directors of member schools are charged with monitoring compliance with the educational program. Speaking of online rules meetings, the Board also voted to eliminate all face-to-face rules meetings beginning with the 2011-12 school year and implement online rules meetings only for all activities.

#### Softball coaches association stuff

The clinic went off without a hitch in early February. It was held at Richfield High School for the first time in many years, and attendance was very good for the one-day clinic. I personally was very impressed with the new University of Minnesota coaching staff, many of whom took part as clinicians. Iowa Lakes Community College coach Shane Bouman also did a very nice job with some introduction to pitching subject matter.

The clinic had been held in St. Cloud for the past several years, but the move to Richfield was made for a number of different reasons. There certainly is a chance the venue could return to St. Cloud next year or a number of other sports for that matter. If you feel strongly about the location for this important event or have any other questions or comments or suggestions about it, don’t hesitate to drop me an email at [adrianwagner@comcast.net](mailto:adrianwagner@comcast.net)

In conjunction with the clinic, a meeting of all the section reps took place the night before. You may have already gotten a rundown on a few of the things that were reported or discussed in that meeting.

A few of the highlights were that the fence proposal that was submitted with the idea of starting with the 2012 season now will be resubmitted with the idea of incorporating it for the 2013 season.

In a nutshell, the new proposal would require all varsity level games to be played on a field with an outfield fence between 185 and 220 feet from home plate.

This is a major issue especially for schools that don’t have a true home field and play their home games on a city field, where money to purchase portable fencing and/or having a place to store this fencing during the season, and off season for that matter, will make this very difficult.

There was also much talk about the current format involving post-season play. Currently the MSHSL mandates that all section tournaments be single elimination up until the final four when double-elimination play can begin.

There are a number of factors that play into this (for and against) but as an association, we determined that we will attempt to sway the MSHSL to expand the double-elimination portion for all section tournaments to the final eight teams.



**VISIT MCDONALD'S AFTER THE GAME**





# EDITORS NOTE TO PREP COACH CONTRIBUTORS

Success that the MN Prep Coach has is due to the articles submitted by the many contributors. Most of the people submitting copy are the elected presidents of the sport associations affiliated with the MSHSCA. There are a few that have been designated by their respective sports to be the Communication Officers such as Chris Lonke of New Prague (Boys Hockey ) and Ron Kruschwitz of North St Paul ( Soccer). Ron Stolski of Brainerd is Football's Executive Director who has absorbed the writing of "The Goal Post" and Terry Eiter ( Detroit Lakes ) was chosen by MSHSCA Executive Director, John Erickson to represent officials in "The Zebra Zone."

Elected officers have to assume that one of their responsibilities is to submit articles, four times a year, to the MN Prep Coach. Members of the sport association that they represent look forward to the information regarding their programs. Members feel let down when their sport does not appear in any one or more issues.

Some people indicate that it is tough to find something to write about in the offseason. Here are some suggestions:

- Pre-season information such as dates, forms to complete and other reminders that coaches need in preparation for the start of their season. Coaches are busy people and need extra reminders. This is not a negative statement because coaches are very busy. As a former coach and Athletic Administrator, the Editor understands what it is like to be extra busy.
- Post season calls for mention of championship teams and coaches, Coaches of the Year, Assistant Coaches of the Year and other coaching awards that a sport may have.
- Hall of Fame selections — Short bios and photos. Photos you want used should be sent directly to the press using the following e-mail address — [merp@forumprinting.com](mailto:merp@forumprinting.com)
- Information on sport association clinics. Basic information as to who will be appearing, date and site of clinic and cost of clinic. A registration form is also very helpful for your members to use.

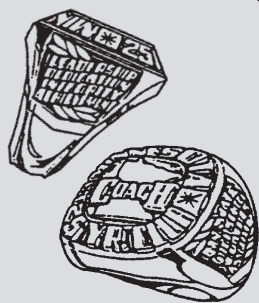
The four months that the MN Prep Coach is printed include September, December, March and May. Deadlines for the four issues are September 1st, December 1st, March 1st and May 1st. Written notices are sent from the Editor to contributors a few weeks prior to the established deadlines. A second e-mail reminder, if necessary, is sent a day or so before the deadline if copy has not been received at that time.

The MN Prep Coach also likes to include results of Team Academics. Presidents should remind the people responsible for compiling Team Academic results by e-mail to the Editor as soon as compilation is complete. The editor also sends out notices to people that he is aware of that are in charge of that aspect for their sport.

Hopefully, the above information will be helpful for the responsible contributors in the future.

Darien DeRocher, Editor  
 MN Prep MN 56401 • [mdder@q.com](mailto:mdder@q.com)

## 25 YEAR CLUB RING



### Ring Options

Man's 10K Ring.....\$449.00  
 Price based on 350 per ounce gold.  
 (Optional) 6 pt. Diamonds.....ea. \$76.00

PRFCIUM is a bright silver colored jewelers alloy that is hard, durable and non-tarnishing.....\$224.00

**ENGRAVING:**

Initials Inside Ring.....\$3.75  
 Full Name Inside Ring.....\$6.75

White Gold.....ea. \$10.50  
 Resize Smaller 1 Size Max.....ea. \$28.00  
 Resize Larger 1 Size Max.....ea \$32.50  
 Refurbish Ring (Include New Box).....ea. \$20.50  
 Drop Ship.....mailing ea. \$9.15

## 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



VISIT MCDONALD'S AFTER THE GAME



## **SPRING CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP**

Coaches who plan to attend clinics this spring 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 eliminant a lot of potential confusion regarding the reception of membership cards at the sight of the clinic.

# **BREAKDOWN**

**SportsUSA**

We're proud to promote Minnesota high school athletics again this season! Visit our website for the latest information on our Summer Showcases and preview publications.

[WWW.BREAKDOWNSPORTSUSA.COM](http://WWW.BREAKDOWNSPORTSUSA.COM)

PROMOTING HIGH SCHOOL ATHLETICS SINCE 2001



**GATORADE...Official Sport Drink of the MSHSCA**

# MSHSL BOARD OF DIRECTOR'S REPORT

By: Mindy Sparby - Belle Plaine HS  
John Schumacher - Park Rapids HS

This article finds us in the heart of the Winter state tournaments, best of luck to everyone involved! The snow has proven to make things interesting this winter all across the state.

Our January 24th board meeting had many important action items; here is a synopsis of the board meeting. Thanks to Howard Voigt for his assistance.

Tournament Format Football – The Board of Directors asked the Football Task Force to define more clearly what tournament format football might look like. A final decision will be made on April 7th. Kevin Merkle will utilize the task force and members of the football coaching community to define one or more options of how section football would work. He said the discussion will have to include review of the current policy for classification of teams, such as using a specific number of teams within each classification (other than 9-Man) rather than enrollment figures. The discussion may also include consideration of adding a seventh class for the largest schools in the state. The Board could consider any options brought back in April, as well as settling on the status quo. Any changes would not be implemented until the 2012 season.

Unanimous approval was also given to a recommendation from the Football Advisory Committee to allow the use of a 25-second play clock where available during regular season games. The National Federation rule book allows this if adopted by state associations. Several states have been using it without problems. Use of a play clock where available is not mandatory, and use at section and state tournaments has not yet been decided.

The Board unanimously approved new and different dates for the seven-day summer period during which coaches may not have contact with their student-athletes. The dates approved pertain to the years 2012 through 2023 and consistently begin on a Saturday and run through the following Friday. The unchanged 2011 dates are Friday, July 1, through Thursday, July 7. All dates are posted on the MSHSL web-site.

The Board gave unanimous approval to the schedule for the 2011 State Wrestling Tournament. All team wrestling will be conducted on Thursday, March 3. The individuals will wrestle Friday and Saturday, March 4 and 5. Previously the Board had instructed staff to look at the possibility of eliminating the Wednesday evening session and any other

options to reduce time away from school and expenses for participation. Associate Director Craig Perry said the new schedule addresses both of those issues and that following a meeting with coaching representatives of each section and class, gained the approval of the executive committee of the coaches association.

The Board approved a new coaches continuing education program. Effective for Fall 2011, all head coaches will create a personalized page on the Coaches Clipboard section of the League Web site. Online rules meetings and the continuing education components of the program will only be available on this page. Rules interpretation meeting completion will continue to be an annual requirement, while the continuing education components will be required only every three years. The program includes a prerequisite before online rules meetings may be accessed: two-and-a-half hours that includes but is not limited to concussion education, emergency planning, and the philosophy of educational athletics. Additional educational curricula pertaining to coaching and working with high school athletes will be added and available to coaches as well. Effective for Fall 2012, one junior varsity coach and one B-squad coach will need to also create a personalized Coaches Clipboard page and must complete an online rules meeting. Athletics/activities directors of member schools are charged with monitoring compliance with the educational program.

The Board also voted to eliminate all face-to-face rules meetings beginning with the 2011-12 school year and implement online rules meetings only for all activities.

In its continuing effort to move toward administrative region and section competition consistency, the Board approved strict enforcement of a National Federation rule (Rule 4, Section 2, Article 4c) limiting member schools to entering a maximum three athletes per track and field individual event at the first level of competition, either subsection or section level. Entries will also have to be submitted online for those meets.

The Board approved the use of non-motorized pull carts during Golf competition.

The Board approved asking the National Federation for permission to experiment with a girls' fast-pitch softball rule that will allow on-deck batters to utilize either on-deck circle, depending upon whether the player at bat is left- or right-handed. This will allow the waiting batter to warm up out of the direct line of foul balls.

Please let us know if you have any questions or concerns. Thank you and best of luck to the Winter and Spring coaches and athlete's!



VISIT MCDONALD'S AFTER THE GAME





# Goal Posts

By: Ron Stolski - Brainerd

I took my early morning ride to the Lakes this morning; a habit I learned from my father, John, who, after he quit working... (did men or women in the 'old days' ever retire?) used to get up very early and tour the NorthEast Minneapolis neighborhood of his youth. Said it helped him think.

On this morning, I thought, as I often do, about how fortunate I am to be a coach, a keeper of the game. Names of the past came to me; Gil Jacobson, a cop; Eddie McGowan, a marvelous three sport athlete who had a tryout with the Baseball New York Giants; Charlie Hays, who lost a number of fingers in an accident but became one of the greatest fast pitch Softball pitchers in Minnesota history; Jim Thompson, the American Legion Baseball coach, who became a very successful businessman. Then, Frank Cleve, my High School Football Coach who was a founder and first secretary of our MFCA, Ralph McAllister, a member of the great 1949 U of Minnesota Football team, and my college coach. Then , my, everyone's, mentor, the great Tom Mahoney. And, of course Swannie. Always, Swannie.

What all these men had in common was that they coached! ParkBoard, Playground, High School, College. They all had influence..... teachers all. They gave of their time; they cared about me and my friends. They introduced us to the game that is ours now. How fortunate, how lucky, we all were. Later, I mused about all the names, all the friends, we have met along our Coaches journey. It was and is quite a ride.

You have names in your life too. My bet is they made, and continue to make, an impact on you; your life's work. We chose a life in coaching. When we did,

we chose to make a difference in the lives we touch. We are so fortunate to be a part of and share such a wonderful fraternity. Here's to our Keepers of The Game!! All of them.

In the remainder of this column, I want to hi-light the many programs and activities of your association. To do so, when appropriate, I have asked our many program chairs and officers for their input and reports. In December, we met the new Gopher coach, Jerry Kill. We sincerely believe Coach Kill is a the perfect choice for Minnesota. A choice that has been applauded throughout the state and nation! He has a proven record, understands the Midwest and the Big Ten, and brings an experienced staff to the program. He is committed to Minnesota and to the efforts of our association. He and his staff will be a hi-light of our MFC Clinic; be sure to plan to attend.

On December 19, the MFCA honored 10 seniors as Mr. Football finalists at our annual banquet. Chairman Clay Anderson and his committee had the daunting task of selecting the Mr. Football Award recipient from the ten, all of whom, had outstanding careers., and who represented many different positions on the field. Following extensive dialogue, film study and deliberation, Tightend/linebacker Peter Westerhaus, Holy Family Catholic, was selected as Mr. Football 2010. Congratulations to Peter, an outstanding student athlete who had an incredible career at Holy Family Catholic High School.

Dave Nigon reminds us that the MFCA is affiliated with the National Football Foundationn Minnesota Chapter. The annual NFF Awards Banquet will be held at St. Thomas University on April 17. Eight scholar athletes from various football teams around the state will be honored with a scholarship to aid with the cost of their education. In addition, the College athlete of the year will be honored along with the MFCA's coach of the year. Coach Jerry Kill will be the keynote speaker. For more information about the Foundation, and the Banquet

please go to our association website.

On January 24, the MSHSL Board of Directors heard a report by Kevin Merkle of the MSHSL on the progress of the Football Task Force re scheduling problems for some of our member schools. The MFCA is very well represented on the committee, and the League has engaged us throughout the lengthy process of trying to offer a scheduling plan that is best for high school football throughout Minnesota, and that will aid schools who have scheduling concerns. Following Merkle's report, the Board decided to reconvene the Task Force with the charge to provide some very specific plans, and to report back at an April meeting. The Task Force was reconvened on Feb. 10. Good progress was made, but at the request of the Chair, no report is available at this time. The Committee is scheduled to meet again on March 10. Hopefully, we will have a report available for our membership at our Representative meeting during the Clinic ON April 1.

President Paul Dunn reminds us that the Ex. Committee has approved the the process for nomination and induction into our Hall of Fame for assistant coaches. The HOF committee has developed criteria that now recognizes and honors the contributions of assistants who are the foundation and backbone of so many successful programs. Congratulations to President Dunn for his leadership on this project!

Coaches, we have three major events this Spring, beginning with the MFCA 'Keepers Of The Game' Clinic Mar.31-April 2. PLEASE MAKE EVERY EFFORT TO ATTEND AND SUPPORT THEM. Some Clinic Hi-Lights include the address by Coach Kill, sessions by members of his staff, Coach Dave Christiansen, Wyoming, over 40 clinic sessions, practice sessions at the U, a Viking speaker, the MFCA meetings, the Legends, et all. The Clinic officially ends with our 47th Annual HOF Banquet on Saturday early evening. It is a great evening of recognition, and is our culminating event. If you have never attended,



**GATORADE...Official Sport Drink of the MSHSCA**

please plan to now.. Social hour at 5, Banquet at 6. The MFCA is proud to induct Terry Karlsgood (ACGC),

Mark Kroulik (Stephen-Argyle), Bob Majeski (Hastings), Merrill Pavolich, (Delano), and Darrel "Bozo" Wincek (Official) into our Hall Of Fame. Many other awards are presented, including the Butch nash, the Don Swanson, the Power of Influence, Assistant Coach of the Year, and conference, section, class and State Coach of the Year. For more clinic and lodging info and to make banquet reservations, please refer to our website, [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com)

One of the important initiatives of our association is our annual Recruiting Fair, a service we provide to colleges, and one that helps us to help those

players we coach to move on to play. The date this year is May 3, again at the Double Tree. You will hear from chairman Jeff Ferguson soon. Please note the deadline for submitting names for the booklet, as we need the appropriate time to put it together. Last year we had over 900 names submitted, colleges have indicated how much they appreciate this service. It is helpful to evaluations if you can be present evening as recruiters really appreciate the face to face meetings.

You may be aware that the All-Star game has a new format, North VS South, and a new home, TCF Stadium. Teams have been selected and stats will be announced soon. Every indication is that game on June 25 will be a great one, with players from every part of our

state now playing with, for, and against one another. Dave Fritze and his staff do a marvelous job with the game; plans are moving forward to have an 'All-Star week' with the game the culmination. We DO NEED YOUR HELP in purchasing tickets. Last year some 80 schools purchased tickets. We can do better than that. Please refer to the press release found in this news letter for more details.

Thanks to President Dunn for his fine leadership, to our executive committee, to all committee chairs, to conference reps, and to the legions of coaches throughout our state who share our history and our fraternity. Take time, in the quiet of your ride, to count your many blessings.

# 2011 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 31, April 1 & 2, 2011**



## FEATURED IN 2011

Gophers & Vikings Headliners  
 Dave Christensen, Head Coach, Wyoming  
 Joe Palk, Whitmer HS, Ohio  
 Paul Jacobson, Negaunee HS, Michigan  
 Glen West & Tim Oehrlein, Brenham HS, Texas  
 NSIC College Staff  
 Area High School & College Speakers  
 Retired Coaches & Legends Events  
 "Don Swanson" Tailgate Party & AWARDS!

## 2011 CLINIC COMMITTEE

Ron Stolski, MFCA Director [stolski@yahoo.com](mailto:stolski@yahoo.com)  
 Dave Nigon, Booths [dlnigon@yahoo.com](mailto:dlnigon@yahoo.com)  
 Jim Dotseth, Finances [dotsethj@comcast.net](mailto:dotsethj@comcast.net)  
 Ray Kirch, Registration [kirchr@district279.org](mailto:kirchr@district279.org)  
 Dave Nelson, Ads [dave.nelson@minnetonka.k12.mn.us](mailto:dave.nelson@minnetonka.k12.mn.us)  
 Claud Allaire, Schedule & Speakers [claud.allaire@comcast.net](mailto:claud.allaire@comcast.net)

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

*Conducted by the MFCA – "The Keepers of the Game"*

[www.mnfootballclinic.com](http://www.mnfootballclinic.com)



**VISIT MCDONALD'S AFTER THE GAME**





**FORTY-SEVENTH ANNUAL**  
***FOOTBALL HALL OF FAME BANQUET***  
**MINNESOTA FOOTBALL COACHES ASSOCIATION**

**Date:** Saturday, April 2, 2011

**Place:** Doubletree Hotel

**Time:** 5:00 ~ 6:00 PM Social Hour  
6:00 PM Dinner

Minneapolis Park Place  
1500 Park Place Boulevard  
Minneapolis, MN 55416  
Phone: 952-542-8600

**Ticket Price:** \$30.00

*Purchases tickets on-line:*

[www.mnfootballcoaches.com](http://www.mnfootballcoaches.com)

**RESERVATIONS MUST BE IN BY TUESDAY, MARCH 23**

**Banquet Chair:**

Dave Nelson  
Minnetonka High School  
18301 Highway 7  
Minnetonka, MN 55345  
[dave.nelson@minnetonka.k12.mn.us](mailto:dave.nelson@minnetonka.k12.mn.us)

**NOTE:** You will pick up your tickets at the registration table the night of the banquet.

## BANQUET HIGHLIGHTS

### 2011 Hall of Fame Inductees

#### *High School Division*

- Terry Karlsgodt, ACGC
- Mark Kroulik, Stephen-Argyle
- Bob Majeski, Hastings
- Merrill Pavlovich, Delano
- Don Stueve, Fergus Falls

#### *Citation Division*

- Darrel "Bozo" Wincek

### 2011 Butch Nash Outstanding Assistant Coach Award Winners

Mike Allen, Northfield  
Kirk Golberg, Lakeville South  
Greg Johnson, Delano  
Mark Johnson, Rocori  
Mike Labine, Detroit Lakes  
Jeff Moore, Verndale  
Jeff Moritko, Totino Grace  
Charlie Reed, Cretin-DH

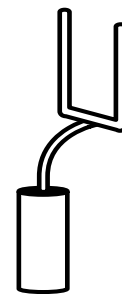
### 2011 Distinguished Service Award

- Dave Lee, WCCO Radio

Conference Coaches of the Year  
Section Coaches of the Year  
Class Coaches of the Year  
State Coach of the Year  
Assistant Coach of the Year  
Power of Influence Award  
Don Swanson Award

### Conference and Section Coaches of the Year:

**You must be present at the banquet to receive your Conference or Section Coach of the Year Award. In order to allow time for the plaques to be engraved, WE MUST HAVE YOUR R.S.V.P. BY FRIDAY, MARCH 11.**



**GATORADE...Official Sport Drink of the MSHSCA**

# COACHES EDUCATION INITIATIVE

Purpose: to promote coaches education and coaching recertification amongst Minnesota high school coaches – varsity, junior varsity and B-squad.

## Head Coaches in 2011-12 and beyond:

All Head Coaches need to create their personalized “Coaches Clipboard” prior to the start of their respective season. On the “clipboard” will be the online Rules Interpretation Meeting information that each head coach must annually complete. However, PRIOR to having access to the online rules meeting, each head coach will need to complete a 2 to 2 ½ hour module including but not limited to: Health and Safety, Concussion Education, Philosophy of Educational Athletics. Once the module and the online rules meeting have been completed (prior to the start of the season), that head coach will be “certified” for a three-year period. The rules interpretation meeting will continue to be an annual requirement, as it is now, but the recertification education piece would only occur every third year. In following recertification cycles, a coach would have a variety of components germane to coaching and working with high school athletes that he or she could elect to complete. Potentially built into all of this is the possibility of receiving *Continuing Education Units* for the online work. League staff will continue to pursue this benefit.

## Assistant Coaches in 2011-12 and beyond:

All varsity assistants, junior varsity and B-squad coaches need to create their personalized “Coaches Clipboard” prior to the start of their respective season. On this “clipboard”, they would take the annual online rules interpretation test. Starting in the 2012-13 school year, assistant coaches would also complete the certification/education module followed by the online rules meeting. They would now be on a similar 3-year cycle as the head coaches as outlined above.

## The role of the Activities Director:

Assign all coaches to register into the MSHSL’s *Coaches’ Clipboard*

Monitor (online) the completion of rules interpretation module for coaches

Facilitate written rules interpretation tests, if/when necessary

Follow up with coaches who fail to complete the certification and/or rules interpretation portions of this initiative.

# USE YOUR MEMBERSHIP CARD

Your 2010-2011 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. Only one school here indicated they do not honor the card, that school is Esko. 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.

## 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 blue print for the year 2010-2011.

## 2009-2010 Life Membership Card

Minnesota State High School Coaches Association  
John Erickson, Director, Detroit Lakes  
Phone: (218) 847-6796 • Email: jomar@lakesnet.net  
Website: www.mshsca.org  
President, Shelly Hotzler - Jackson County Central



**John Doe**  
Cambridge-Isanti H.S.

Asst. Football  
Head Wrestling  
Asst. B/G Track



VISIT MCDONALD'S AFTER THE GAME



# Mat Chatter

By: Tom Gruhlke  
President of MWCA  
Olivia, Mn  
Bold HS



March is here and the State Wrestling Tournament signals the start of March Madness! With the crowning of all individual and team state champions, we congratulate all our young wrestlers for making this another great season. With that we can look at post season awards for our coaches and also take a look ahead for our next season.

First, it is necessary to draw attention to a group of individuals who are being inducted into the MWCA Bartelma Wrestling Hall of Fame and the Minnesota Chapter of the National Wrestling Hall of Fame. Their short biographies are on the first page of the Guillotine, scroll down to find them. Both of these groups of individuals have made significant contributions to our sport and I hope you can set aside these dates to help celebrate their inductions.

Induction into the MWCA Bartelma Wrestling Hall of Fame on Saturday, April 9th at McKinney's banquet room in Benson, MN will be; John Barrett, Jim Carrington, Jim Dotseth, Jeff Gallagher, Ed Homan, Bruce Thompson, Stephen Saxe, and Joel Sharrat.

The Minnesota Chapter of the National Wrestling Hall of Fame induction will take place on April 16th in Austin, MN at the Holiday Inn in Austin. This year's inductees include; Mike Good, Jeff Swenson, Bill Sutter, Richard Maher, Doug

Dahl, and Noel Bailey. One quick note and I'm sure this can be said of all these individuals but Noel Bailey was my high school coach back in the 70's and he had a major impact on my life. Thanks Noel!

The sport of wrestling is anxiously awaiting the upcoming decisions that the MSHSL Board of Directors is weighing. Next season's realignment and possible reclassification will be a priority. At this time, the MWCA has proposed that wrestling remain a 3 class sport and the MSHSCA has endorsed that proposal. The wrestling coaches want to thank the MSHSCA for their support with this issue. Also to be discussed, will be the format for next year's tournament, as wrestling experimented with a one day team tournament this year and are evaluating the merits of this format vs. our old system.

Even as the season draws to a close there is never an end to what we can improve on. As I watched the Iowa vs. Minnesota wrestling match, the winning wrestlers of each match was interviewed. Never did I see a wrestler talk about their win but instead talked about what they need to do better and what they need to improve upon for their next match, so it is with our sport. Let's make this our motto for the upcoming wrestling season! \_\_\_\_\_

***“I figure practice puts  
your brains in  
your muscles.”***

**- Sam Snead**

***“A lifetime of  
training for  
just ten seconds.”***

**- Jesse Owens**



**GATORADE...Official Sport Drink of the MSHSCA**

# **ATTENTION COACHES:**

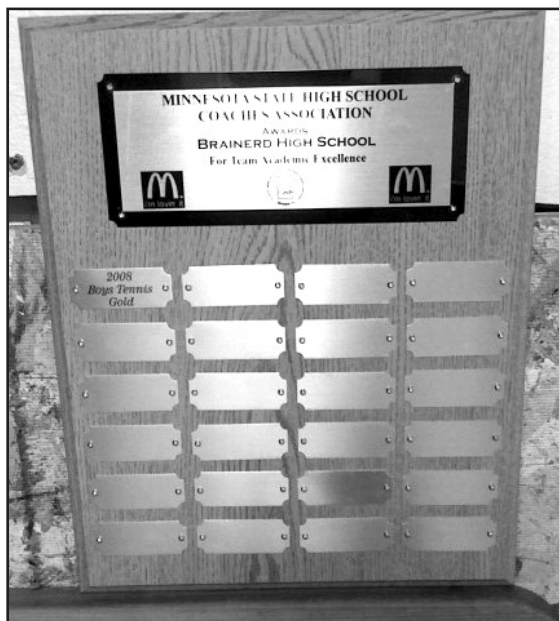
## **If your team qualifies for an academic award please notify your A.D. to look for it!**

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.**

... continues on page 41

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



**VISIT MCDONALD'S AFTER THE GAME**



# CHIP SHOTS



By: Todd Petterson  
Red Wing H.S.

The December article was written but I just realized when I went back to review what was previously written that I had forgotten to submit it to the website. So rather than having this be a rehash of that article go to MSHSCA.org to pick up the information from that article and review both that article and this one at the same time. In my non-submitted article I mentioned how we seemed to have such a nice long fall and were able to get out for a few extra rounds. By failing to submit the article I must have jinxed it since the state has had one of the snowiest winters on record.

A couple of reminders. First, if you have not joined the coaches association I would like to encourage you to do so-the deadline is fast approaching. Last fall there were eight winners drawn which qualified by selling the Birdie Marketing Golf Card-we could not award a few since they did not have a coach in their system which was a member of the coaches association-we had to go five deep into the list of alternates. The names of the drawn winners are in the December article. So remember to join the coaches association in order for your players to get recognized or to have a chance at the drawing.

The Birdie Marketing Golf Card is the only golf card the coaches association endorses. There are other golf cards out there and a multitude of other fundraising ideas but this golf

card gives back to the coaches and programs in the state-for example over the past five years the golf coaches association member schools have received over \$20,000 above what they make in profits and incentives from the sales. "Over the past 14 years Birdie Marketing has provided over 200 different high school golf programs money through fundraising. We also have helped the local golf community as well, over 200 different golf professionals or facilities have received over \$100,000 in royalties. The Minnesota section of the PGA to date has received over \$135,000 from Birdie Marketing (for junior golf, scholarships, and general administrative cost.). We currently are partnered with your association and the Minnesota Public Golf Association." The contact number for Birdie Marketing, Inc. (763)753-6988. Strongly consider the Birdie Marketing Golf Card as your next fundraiser.

Another reason to join the coaches association is the fact that the academic ratings and the all-state ratings awards are for the players who have a coach that is a member of the coaches association. Any senior who plays in the first round of a section qualifying round and has a 3.7 unweighted GPA is academic all-state. Of course, the coach has to submit the information-you can find the submission forms and how to submit the information on the MSHSCA.org website under the academic and ratings tabs. There are deadlines to follow so check out the website periodically during the season. If you have questions, contact me and I will help you get the questions answered.

By the time you get this article the coaches association will have gotten

back into the clinic business. A special thank you goes out to George Reynolds and all of the work he has done over the years of picking up the golf clinic and continuing to run it when it was changing hands a few times. We hope all of the participants had a great experience and that the clinic continues to grow over time.

The coaches association advisory board discussed a number of topics that were given to us by the MSHSL. The only one that was passed this year was the ability of the players to use pull carts during the season. I realize this came up quickly, but it was the League which limited their use in the first place. There are a number of physicians and other health professionals who had encouraged the use of pull carts. I doubt there will be widespread use but they are allowed this spring.

Some of the other topics we will need to follow over the next few months and years are the use of range finders, number of holes used for qualifying for state, pace of play, and suggestions for improving the coaching on the course. Since the use of range finders is now acceptable in both MGA junior and the PGA junior events, I would expect that it will be only a matter of time until high school players are able to use them. Another area we need to address this year is the pace of play in meets and how we coach on the course. If the coaching on the course slows down play, we might need to look at how we continue to coach; as coaches we need to address the slow play issue.

Also, make sure you make positive contacts with the courses you use. A few years ago I made a comment in a chip shots article about our practice of

... continues on page 39



placing the coolers in the first tee area. Remember, in many cases the green fees and other equipment supplies are given to high school players at greatly reduced rates through the courses and local PGA professionals. It is a good gesture to make our purchases at the local clubhouse rather than bringing coolers onto the course. For example, would you bring your own dessert into a restaurant? Also, courses have liability issues with our coolers and what is placed in them. If your player's want something specific during a round it should be handed out at the van before going onto the course. Let's make sure we put a positive foot forward with the courses we use.

The coaches association is continuing to make efforts in improving the communication with coaches in the state. I have sent out a few emails and I always get a few back as undeliverable; sorry in advance if your school system gets some of these messages. I continue to make efforts in correcting them ahead of time.

In spite of the amount of snow we now have on the ground, I know we will have a spring thaw and soon we will be out swinging and hitting balls from one green area over snow drifts to another. I hope all of you and especially your players have a positive experience this season and if you have questions, I will try to get back to you as quickly as possible with answers. Have a great season in 2011 and I hope to see each of you at the state tournaments.

---

*“I have a tip that can take  
5 strokes off anyone’s golf game.  
It’s called an eraser.”*

- Arnold Palmer

## TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

**GETTING GATORADE TO THE FIELD EVERY DAY** is easy if you ask your athletic trainer to handle it, or appoint a Gatorade crew or Hydration Manager. It can be a great way for a student who can't play the game to join the team.

**PURCHASING GATORADE FOR THE SEASON** may be a stretch for your team's budget. But with the cost of safe hydration under \$6.00 a player for the entire season, parents' organizations and booster clubs can come to the rescue by holding "hydration fundraisers."

**UNTIL YOU CAN PUT GATORADE ON YOUR SIDELINES** ask your players to bring their own. Tell them how Gatorade can help them stay in the game.

**GATORADE DOES WHAT WATER ALONE JUST CAN'T**



For more information, log on to [www.gatorade.com/coaches](http://www.gatorade.com/coaches) and visit the Coaches' Corner.



VISIT MCDONALD'S AFTER THE GAME



# CORNER KICKS



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

The long winter is getting closer to being done. The first indication of the end of winter is the beginning of the State tournaments. A large number of our soccer athletes compete during this season and we need to encourage them in their endeavors. It will not be long till the grass is green and we can again be outside.

Each year the MSHSSCA presents scholarships to one girl and one boy that are high school soccer players. This award is given to honor the late Eagan Girls Coach, Mark Wartner. Art Seplak (Bloomington Girls Retired) is the chair of the Mark Wartner Memorial Scholarship.

The girl's recipient is Danielle Larson of St. Peter High School. Danielle is a four year All- Conference player and has been both All-State and All-State Honorable Mention. She has assisted with local soccer clinics and is in the National Honor Society. In addition she volunteers her time as a tutor to other students. She will attend either Gustavus or St. Olaf.

Sam Eastwood of Tartan is the boy's winner. Sam is a two year All Conference player and was All-State his senior year. He is a volunteer coach with his local soccer club and developed a soccer camp in rural Missouri last summer. Sam also is a member of the National Society He is undecided about what college or university he will attend, but is hoping to be at the University of Pennsylvania this fall.

Both Danielle and Sam are in the top two percent of their graduating class and both played in the Soccer Express Senior Classic in November.

As always, there are new rules and items that are implemented each soccer season. You have already been informed about the reduction of games during your season from 18 to 16. This puts us in compliance with the rest of the sports in the Minnesota State High School League.

The second is that the NOCSAE rule for shin guards will be implemented in the fall of 2012. This rule defines that the NOCSAE seal and the appropriate height range of the player shall appear on the shin guard. This seal will be on the front of the shin guard.

The third is the change of the year for the new uniform rule. This rule (4-1-1b) will now go into affect in the fall of 2013. This now should give all teams a chance to get their

uniforms in compliance with the rule by 2013.

The fourth rule change applies to numbers and will be enforced in the fall of 2012. This requires that all jerseys shall be numbered with a different Arabic number at least 6 inches in height and on the front (jersey or shorts) with the same number which shall be at least 4 inches in height.

Numbers shall be of contrasting color to the jersey (or shorts) and be clearly visible. (Rule 4-1i1)

The MSHSL has set the blackout dates for the next three years. These dates mean that you can have no contact with your players during this time. These are the dates.

July 1-7

June 29-July 5

July 1-July 7

If you have any question about the dates or what you can do, please contact the High School League or President Bill Vance (Totino-Grace) for clarification.

As part of the MSHSSCA, many of our members belong to the NSCAA and are honored during the year. The girl awards and coaches' awards are listed below. The girl's coaches are also listed.

#### All-American and All-Region

Maureen Stormant	12	Stillwater	Andy Olson
Taylor Wodnick	12	Wayzata	Tony Peszneker

#### All-Midwest Regional

Karalyn Leetz	12	Park Cottage Grove	Greg Juba
Brianne Price	12	Eastview	Dave Herem
Taylor Browning	12	Apple Valley	Keith Randa
Kylie Schwarz	10	Wayzata	Ton Peszneker
Emily Morris	12	Woodbury	Pat Malicki

The following girl's coaches were honored by the NSCAA:

Large School	Tony Peszneker	Wayzata High School
Small School	Dave Wald	Mahtomedi High School
Private School	Scott Helling-Christy	Benilde-St. Margaret's

The boys and coaches awards are:

#### All-American and All-Region

Eric Miller	12	Woodbury	Joe Quintavalle
-------------	----	----------	-----------------

#### All-Midwest Region

Thomas Obarski	12	Apple Valley	Chuck Scanlon
Brett Ylonen	12	Stillwater	Phil Johnson
John Pitsenbarger	12	Mpls. Southwest	Jamie Plaisance
Ebenezer Mengistu	12	Park Cottage Grove	Jason Arnebeck
Karwehn Kata	12	Edina	David Jensen

... continues on page 41



**GATORADE...Official Sport Drink of the MSHSCA**

Coaching awards were given to:

Large School    Chuck Scanlon    Apple Valley High School

Small School    Brad Carlson    Orono High School

Private School    Tom Kane    Rochester Lourdes

Each year the NSCAA compiles rankings of high school teams by region and then does the same thing on a national level. In Region 6, the region that Minnesota is a member, Apple Valley boys were ranked number 2. The national rankings for the fall season had the boys from Apple Valley ranked number 11. Rankings are done for Winter and Spring seasons in addition to the Fall season.

Our President, Bill Vance (Totino-Grace Boys), can be contacted at any time regarding MSHSSCA matters. In addition, Dave Halgren, the Executive Secretary, can also be of help for any questions you may have.

Your best source of information is our website, MSHSSCA.ORG. Many of our committees, dates, clinic information and other items pertaining to our organization are on this web site.

The NSCAA High School Diploma course will be held at Woodbury from April 15-17. The High School Coaches Diploma is a 21 hour course dealing with managerial issues, and practice and game strategies specific to coaches of girls and boys high school teams. The course is designed to address the many issues and responsibilities unique to high school coaches in this country. The course curriculum examines the distinctive role high school coaches play in the personal development of young players. Additional information is available on the website.

I want to congratulate Lee Alger (Tartan) on his being honored as the Minnesota High School Athletic Director of the Year. Lee retired in October of 2010. He is well deserving of this award.

Dr. David Olson has been our Doctor on site at the Senior Classic for the last 5 years. He had surgery on his Achilles tendon the second week in February. Dr. Dave we wish you a speedy recovery.

Your MSHSSCA committee meets with Jody Redman on April 21 at the High School League offices to talk about concerns and items that are germane to soccer. Again if you want to add your input, contact your section rep or one of the officers.

We will have information about the clinic, dates for tournaments and other items in the May issue. Have a great March and April.

---

***“Gold medals aren’t really  
made of gold.  
They’re made of sweat,  
determination, and a  
hard-to-find alloy  
called guts.”***

**- Dan Gable**

***“Depend on the rabbits foot  
if you will, but remember it  
didn’t work for the rabbit.”***

**- R.E. Shay**



**VISIT MCDONALD’S AFTER THE GAME**



# 2011 WINTER ACADEMIC SELECTIONS



On behalf of the McDonald's Twin Cities Co-Op, Rosemount owner/operators Kay and Tom Butler, holding check, presented Rosemount High School band members with a \$1,500 check for winning the Minnesota State Fair High School Marching Band Competition.

Ronald McDonald, far left, and Fair mascot Fairchild the Gopher, far right, were on hand for the presentation. Congratulations to Band Director Steve Olsen and the Irish Band, which won for the second consecutive year competing against dozens of schools from Minnesota and western Wisconsin. McDonald's has been a proud sponsor of the event since it started in 2005.



The McDonald Restaurants of MN and the MSHSCA is proud to recognize the academic achievements of the sport programs from fall to spring.

The earlier completed winter sports that have been received are listed below. The remainder of the winter sports will be included in the May issue of The MN Prep Coach.

ALPINE SKIING

BOYS ALPINE SILVER

Minnehaha Academy  
Lakeville South  
Minneapolis Washburn  
Duluth East  
Rosemount  
Apple Valley  
Blaine

**GIRLS ALPINE GOLD**  
Apple Valley  
Minnehaha Academy

**GIRLS ALPINE SILVER**  
Lakeville South  
Eden Prairie  
Bloomington Jefferson

Burnsville  
St Paul Academy  
Centennial  
Duluth East  
Rosemount  
Blaine

**NORDIC SKIING**

**BOYS NORDIC SKIING**  
**GOLD**

Andover  
Anoka  
Armstrong  
Benilde-St Margaret's  
Bloomington Jefferson  
Bloomington Kennedy  
Cooper  
Detroit Lakes  
Duluth Central  
Duluth Marshall  
Eden Prairie  
Edina  
Elk River  
Holy Family Catholic  
Irondale  
Lakeville North  
Maple Grove  
Math and Science Academy  
Mesabi East  
Minnehaha Academy  
Mound-Westonka  
St Paul Como Park  
Winona

**BOYS NORDIC SKIING**

**SILVER**  
Bemidji  
Brainerd  
Coon Rapids  
Duluth East  
Ely  
Hopkins  
Lakeville South  
Little Falls  
Mahtomedi  
Minneapolis Southwest  
Osseo  
Prior Lake

Roseville Area  
St Cloud Tech  
St Louis Park  
St Paul Central  
Spring Lake Park/ St Anthony  
Stillwater  
Two Harbors  
Wayzata  
Willmar

**GIRLS NORDIC SKIING**  
**GOLD**

Alexandria  
Andover  
Anoka  
Armstrong  
Bemidji  
Bloomington Jefferson  
Brainerd  
Burnsville  
Cooper  
Detroit Lakes  
Duluth East  
Eden Prairie  
Edina  
Elk River  
Ely  
Henry Sibley  
Holy Family Catholic  
Hopkins  
Irondale  
Lakeville North  
Lakeville South  
Little Falls  
Mahtomedi  
Maple Grove  
Mesabi East  
Minneapolis South  
Minneapolis Southwest  
Minnehaha Academy  
Mound-Westonka  
Prior Lake  
Roseville Area  
St Cloud Cathedral  
St Paul Central  
St Paul Como Park

... continues on page 43



**GATORADE...Official Sport Drink of the MSHSCA**

St Paul Highland Park	Edina	North	Willmar
St Louis Park	Faribault	Owatonna	Windom Area
Spring Lake Park/St	Farmington	Park of Cottage Grove	Worthington
Anthony	Lakeville South	Rochester John Marshall	
Stillwater	Mahtomedi (SC)	Rosemount	CLASS A SILVER
Tartan	Mankato West	Roseville Area	Annandale
Two Harbors	Maple Grove (SC)	St Cloud Tech	Caledonia
Wayzata	Minneapolis South	St Louis Park	Breck (SC)
Willmar	Moorhead (SC)	Stillwater	Dassel-Cokato
Winona	Northfield	Wayzata	Delano
	Prior Lake	White Bear Lake	Frazee
	Richfield (SC)	Winona	Howard
GIRLS NORDIC SKIING	Rochester Century (SC) (St		Lake-Waverly/Winsted
SILVER	Ch)	CLASS A GOLD	Long Prairie-Grey Eagle
Champlin Park	Rochester Mayo	Austin	Luverne
Duluth Central	St Cloud Apollo	Benson	Maple Lake
Duluth Marshall	St Francis (SC)	Becker	Martin County Area
Holy Family Catholic	Tartan	Big Lake (SC)(St Ch)	Morris Area
Osseo	Woodbury	Fridley	Mound-Westonka
St Paul Academy	SC = Section Champion	Glencoe-Silver Lake (SC)	New Prague
	St Ch = State Champion	Jackson County Central	North Branch
GIRLS GYMNASTICS		(SC)	Park Rapids
CLASS AA GOLD	CLASS AA SILVER	LaCrescent (SC)	Paynesville
Alexandria	Bemidji	Litchfield (SC)	Perham
Apple Valley	Bloomington Jefferson	Little Falls (SC)	Pipestone Area
Brainerd	Chisago Lakes	Melrose	Red Wing
Buffalo	Cretin-Derham Hall	New LondBon-Spicer	St Anthony
Cambridge-Isanti	Elk River/Zimmerman	Pine Island	Sartell- St Stephen
Chaska/Chanhassen	Forest Lake	Princeton	Simley
Detroit Lakes	Hastings	Redwood Valley	Waconia
Eagan (SC)	Henry Sibley	Stewartville	(SC) = Section Champion
East Ridge	Mineapolis Southwest	Watertown-Mayer	(St Ch) = State Champion
East View	Monticello	Waseca	
Eden Prairie (SC)			

## BELLE PLAINE LEFT OFF GIRLS CROSS COUNTRY TEAM ACADEMIC

The December edition of the MN Prep Coach listed the results of many fall sport team academics. Belle Plaine Girls Cross Country was accidentally left off the list. Cross Country results came in from a number of different sources and created some confusion. It is possible that other omissions occurred and should be corrected by reporting to the editor for inclusion in a later issue.



**VISIT MCDONALD'S AFTER THE GAME**



# 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.

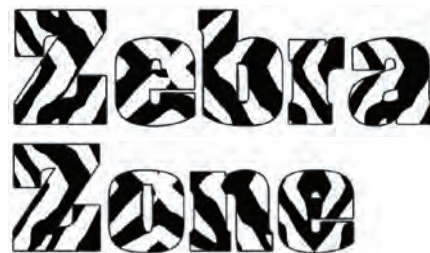
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

Having recently subscribing to a website called "Walk the Talk," and a recent "Leadership Solution" addressing the topic of **RESPECT**, it is an opportune time to take a look at this issue. **RESPECT** is a good reminder for each of us when we deal with student-athletes, parents, coaches, officials, fans and school administrators. By the way - the web site has several free leadership resources that you may want to consider - you may visit it at [www.walkthetalk.com](http://www.walkthetalk.com).

Being in the education field there is never a shortage of change or new programs to implement. At our district we have been bombarded with acronyms this year. RTI, PBIS, PRIDE, ELO's, PLC's and RESPECT - just to name a few. That being said, I was reluctant to even look at the RESPECT article sent to me when I noticed it was another acronym piece. BS - I thought. Oh well, I persevered and read on.

"Walk the Talk" presented RESPECT in an acronym and called it their "Basic Training." It looked at respect in situations with the people we interact with on a daily basis. I've taken the liberty to apply their basic philosophy to that of coaching and more specifically, officiating.

Everyone wants it: **RESPECT**  
**RECOGNIZE** the inherent worth of all human beings. Having teenagers in

... continues on page 45

## 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 ( ) \_\_\_\_\_



the household that are athletes make you appreciate even more what athletes go through. Their highs and lows need to be addressed and this makes you realize that ALL kids have issues and struggles that need to be addressed. At the same time officials need to keep in mind that those kids have practiced just as hard, if not harder, and deserve a top notch effort. Officials and coaches - remember that when the score is a “blow out” that the kids participating at the end of the game deserve your attention, hard work and commitment just like the kids that started the game. ELIMINATE derogatory words and phrases from your vocabulary. ‘Nuff said!

SPEAK with people – not at them...or about them. The relationship between coaches and officials are much better received when there is an inherent, mutual trust between the two. It is nothing short of amazing how difficult situations can be handled in a professional manner if they talk *with* each other. Both need to understand their roles during the game and be willing appreciate each others’ efforts. As far as speaking *about* each other, we need to have each others’ backs than we need to talk about each other. Both officials and coaches usually don’t need to look far to find our critics. Let’s not look to each other to be one.

PRACTICE empathy. Walk awhile in others’ shoes. It’s been said many times that at some point in their careers that coaches should officiate a game and that officials should coach. While still currently wearing “both hats” one certainly gains an appreciation for the other. An official that has coached understands the commitment of time, preparation and teaching that goes into the profession. That goes as well with a coach that also officiates – there should be an appreciation of the time, preparation and effort that the official puts forth who wants to provide an excellent service to the coaches, athletes and schools.

EARN respect from others through respect-worthy behaviors. Setting by example has been an age proven tactic that we can all learn by. Officials can be guaranteed that at some point in time that there are spectators that are considering officiating and we need be work hard and set good examples. Same goes for coaches. This reminds me of the poem intended for athletes that, in part, says: “There are little eyes that are watching night and day. You are setting an example every day in all you do; For the little boy who’s waiting to grow up to be like you.” Demonstrate behaviors that you’d be comfortable with a child learning from you.

We can all work together to make our responsibilities much more enjoyable.

CONSIDER others’ feelings before speaking and acting. A while back I heard a head football coach, who was winning 63-0 with six minutes to go in the game, shout to one of his assistants that “it was safe to put in the scrubs now.” Keep in mind I am nearly deaf in one ear and was standing in the middle of the football field. It was loud enough for all to hear. What message is that sending to those standing on the sideline?

TREAT everyone with dignity and courtesy. This past fall and winter I have had the opportunity to witness several incidents where coaches had taken the time to go above and beyond the call of their “normal” duties. Having students that were physically challenged act as the team captain, having young students act as team “managers” and simply making a concerted effort to get others involved in their programs building self-esteem. A more recent example was attending a gymnastics meet and having the home team gymnasts (Perham) honoring the seniors with kind words and flowers. Pretty normal you may say – the difference was that they were honoring OUR gymnasts. An act of kindness generated and carried through by the student-athletes. A very classy touch!

Until next time...remember to keep the game fun.

*Terry J. Eiter is a high school teacher and baseball coach in Detroit Lakes, MN. He currently officiates football and basketball and is a former baseball and softball umpire. He can be contacted at dlref@hotmail.com.*

***“You wouldn’t have won if  
we’d beaten you.”***

**- Yogi Berra**



**VISIT MCDONALD’S AFTER THE GAME**



# Procedure for Online Registration

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 *2010-2011 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 mailed in your application, in the past.
5. Follow the steps to the last screen, where you will have a chance to choose your method of payment (check, money order OR credit card).
6. Print your receipt.

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

## QUESTIONS??

Please call (218) 847-6796 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net) with questions.

If you would like to use the **Postal Service**, the application is available on our website and can be downloaded. We are not including a membership application in this issue.

The 2011-12 membership application will be available online April 1st.

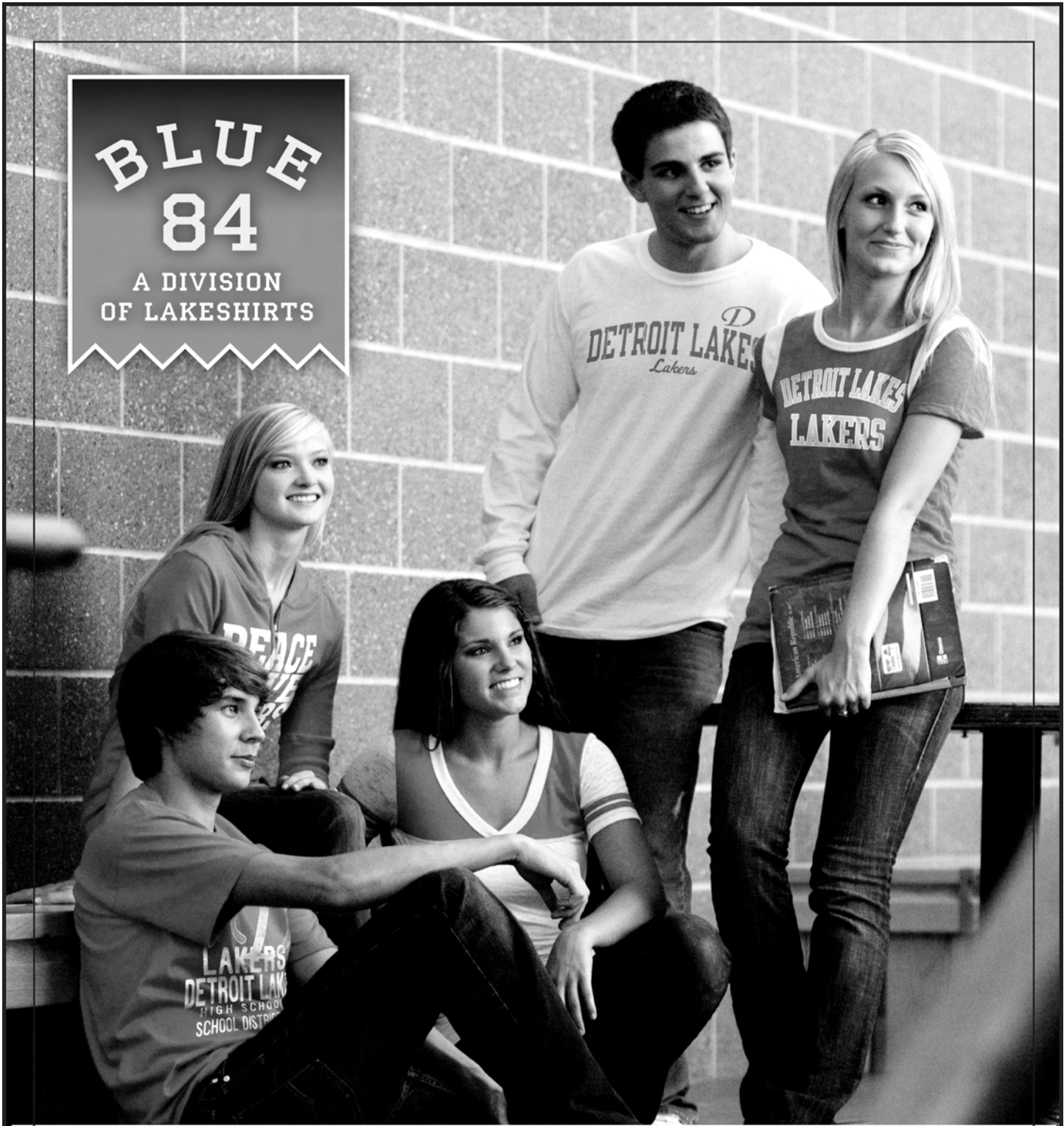
Thank you for using our new system,

*John & Mary Erickson*



**GATORADE...Official Sport Drink of the MSHSCA**

**BLUE  
84**  
A DIVISION  
OF LAKESHIRTS



COOL SCHOOL CLOTHING • HASSLE-FREE & 100% GUARANTEE • COMMUNITY COMMITMENT  
**1.888.458.3025 • WWW.BLUE84SPIRIT.COM**

Partner with the Minnesota Coaches Association



**VISIT MCDONALD'S AFTER THE GAME**



**MSHSCA**  
PO Box 519  
Detroit Lakes, MN 56502

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



©2009 S-V, Inc. GATORADE, LIGHTNING BOLT DESIGN are registered trademarks of S-V, Inc.



**GATORADE...Official Sport Drink of the MSHSCA**