



# THE *Minnesota* PREP COACH

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## WHAT IS NOCAD?

Since 1990, NOCAD has been mentioned frequently in the MN Prep Coach and numerous meeting sessions held annually by the Minnesota State High School Coaches Association.

NOCAD, an acronym for the National Organization of Coaches Association Directors was formed in 1989. The Executive Directors of the MSHSCA became involved shortly after the year of formulation of NOCAD. It was determined that involvement in a national organization was deemed important to recognize and discuss possible solutions for problems that high school athletics face on a nation wide basis.

The mission is to help state associations better serve coaches throughout the United States. NOCAD was incorporated in June of 1991 in the state of Oklahoma and the first official meeting took place. At that time, 23 state coaches associations endorsed the the articles of incorporation. Today, nineteen years later the NOCAD family consists of 32 state coaches associations with over 140,000 members. The mission remains consistent as NOCAD moves forward to continue to help generate revenue and provide active support to state associations for the benefit of student related activities and athletic programs. As ongoing changes occur in schools, education and athletics it remains important that NOCAD continues to be a resourceful tool in providing success to coaches and athletic associations.

Minnesota has benefitted financially with pacts with Gatorade, Target, Liberty Mutual Insurance, Loomis & LaPann General Liability Insurance, ESPN Coaches Fundraiser, Coach and Athletic Director Magazine, Victory Swap and Blue 84 of Detroit Lakes. A number of these benefactors are a result of NOCAD involvement others a result of MSHSCA connections. A number of Minnesota businesses are involved as Corporate Sponsors.

NOCAD states reach from Oregon to Florida, from Connecticut to California and all points in between. Member states include Alabama, Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Michigan, Minnesota, Mississippi, Montana, Nebraska, New Mexico, New York, North Carolina, North Dakota, Oklahoma, Oregon, South Carolina, South Dakota, Tennessee, Texas, Virginia, Wisconsin and Wyoming.

Meetings are held at various locations across the country. Meeting sites have included Phoenix AZ, Bismarck ND, San Francisco CA, Denver CO, New Orleans LA, Kansas City MO, Albuquerque NM, San Diego CA, Chisago IL, Mobile AL, San Antonio TX, Nashville TN, Tucson AZ, Daytona Beach FL, Asheville NC, Savannah GA, Charleston SC, Jackson Hole WY, Oklahoma City and Wilmington NC.

From the outset, the Executive Directors of the MSHSCA have been very active in the establishment and direction of NOCAD. Former Executive Secretary,

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## The Minnesota PREP COACH

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#### PRESIDENT:

Becky Leuer - North Branch

#### PRESIDENT-ELECT:

Jon Wagner - Eveleth-Gilbert

#### VICE PRESIDENT:

Tom Van Erp - Wadena-Deer Creek

#### PAST PRESIDENT:

Shelly Hotzler - Jackson County Central

### HALL OF FAME COORDINATORS

Jim & Janet Baker - Richfield

### OFFICIALS DSA

John Schumacher - Park Rapids

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Mary Erickson, Detroit Lakes

### MSHSL BOARD OF DIRECTORS:

Mindy Sparby - Belle Plaine  
Mark Solberg - Cambridge-Isanti

### FINANCE REPS:

Rick Ringeisen - Lakeville Scot  
Jeri Dirth - Apple Valley

### SCHOLARSHIP CHAIR:

Gregg Martig - St. Cloud Tech

## 2011-2012 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	
2A	Rick Burns (Lesueur-Henderson)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	Donna Johansen
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	(Murray County Central)
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)		
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rapids)		
1AA	Terry Heiderscheit (Roch. JM)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)	Tink Larson (Waseca)	
3AA	Geri Dirth	Rod Dirth		
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA	Randy Glassmann (Maple Grove)	Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Park)	
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	Tom Graupmann (Northfield)		Pete Veldman (retired)	
Adapted Athletics	Marcus Onsum (Robbinsdale)			Kelli Waalk (Maple Grove)
Baseball	Bruce Woitas (Sleepy Eye St Mary's)	Todd Smrekar (Cambridge)	John Wilkins (retired)	
Boys Basketball	Brad Strand (Pelican Rapids)		Tom Critchley (retired)	
Girls Basketball	Jen Rademacher (Robbinsdale Cooper)		Jen Johnson (Edina)	
Cross Country	Chris Frye (Chatfield)		Jeff Schmidt (Hutchinson)	Terri Ueland (Thief River)
Football	Jeff Weiland (Orono)		Ron Stolski (Brainerd)	Jim Dotseth Treasurer
Golf	Todd Petterson (Red Wing)			
Gymnastics	Jennifer Harmoning (Becker)		Shelly Eklund (Rosemount)	
Hockey	Ken Pauley (Benilde-St. Margaret's)		Mike MacMillan (Buffalo)	
B-Lacrosse	Greg Visich (Hill-Murray)			
G-Lacrosse	Rachel Aiken (Chaska/Chanhassen)			Alex Erickson (Farmington)
Alpine Skiing	Nelson Carlson (Eagan)			
Nordic Skiing	Dan Josephson (Det.Lakes)			
Soccer	Mark Obarski (Eagan)		Dave Halgren (Ret.)	Keith Randa (Apple Valley) Art Seplak (Jefferson) Treas
Softball	Steve Radniecki (NCE)			Hilary Hansen (Burnsville)
B-Swimming	Mike Steineman (Cretin-Derham Hall)		Shelly Hotzler (JCC)	Kate Steineman (Cretin-DH)
G-Swimming	Jennifer Marshall (Farmington)		Rick Ringeisen (Lakeville)	
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	John Barlund (Frazee)	Kurt Habeck (Eastview) Delegate	John Peterson (Elk River)	Roger Gorham (Elk River)
Retired Coaches	Jim Dotseth			

...continued from page 1

Darien DeRocher, then from Foley MN was President in 1995 and again in 1999. Current Executive Director, John Erickson of Detroit Lakes MN served as President in 2008.

Recently Erickson has requested and received permission to have the Past President join him at NOCAD meetings. The purpose of that involvement is fact that constitutionally, the Past President is to take over leadership of the MSHSCA on an interim basis if the need arises in case of an emergency.

**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.**

## President's Message

By: Becky Leuer - North Branch

Congratulations to all school districts that passed or renewed their levy initiatives in November. In this political and economic climate, this is an accomplishment for each community and a relief for many school districts. For some, this success was welcome but not enough to avoid budget reductions and for those who were unsuccessful in their levy attempts, still more money must be found to balance budgets. The question becomes, "Where do we go from here?" In many school districts, painful but necessary decisions will be made in the coming months so we must be proactive in protecting our programs.

It is true that some activities are more expensive than others. It is also true that it costs more to teach a student physics and calculus than biology or algebra. Academically, we strive to treat students the same with high expectations for all regardless of subject area or academic ability. As a school system it is also important to provide opportunities for students based on the benefits of them and not on their popularity or their ability to generate revenue

through ticket sales, donations, or fees. The culture of our society places high value on entertainment of which sports are a significant part. Professional teams are private, for profit organizations. High school activities do not and should not be forced to be a revenue generating, break even part of the school system. In a perfect world, there would not be participation fees, family caps, free participation in a third sport, or "discounts" for students who qualify for free and reduced lunch programs. But we don't live in a perfect world and these things are reality. As costs continue to increase for participants, one wonders what the breaking point will be for families. Remember, unlike clubs and traveling programs, we support the educational mission of the school and that is something worth fighting for.

Congratulations of a successful fall season, good luck this winter, and thank you for all you do for our kids.



**VISIT MCDONALD'S AFTER THE GAME**





## Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Mary and I would like to wish each of you a very blessed Holiday Season. We have all been blessed with some wonderful fall weather as the State Championships have been completed in all the fall sports. Congratulations to all the Championship teams and coaches. I would like

to also pass along congratulations to all of the teams and coaches for the commitment you have each put forth in pursuit of excellence and I hope that each of you are able to say that you had a great experience. Minnesota is very fortunate to have the very talented and committed men and women leading our student athletes of and providing outstanding skills and knowledge of their sports.

Mary and I want to personally thank you for your cooperation in transitioning to the on line registration system. The system allows us to be more accurate and effective in tracking and reporting membership. The accuracy of information that you submit to your profile is much better that it was when we had to transpose the information from paper applications. There was some concern that requiring on line registration would result in a loss of membership and to date there are only 24 less coaches signed up this fall as compared to last fall. We are quickly becoming a paperless business world and we want to thank all of you for identifying problems as they have occurred and are very happy with the writers CORDONCO has provided to correct and add to the programming that makes the system work. Once again if you have any problems please contact us and we will work to get it resolved in a timely fashion.

**AWARDS BANQUET AND PROGRAM:** I would like to thank Jim and Jan Baker for the great banquet they organized to recognize our 2010-2011 award winners. It was a great night with about 330 in attendance. It is always a great experience to recognize those men and women who have the opportunity to win championships, be selected and Coach or Assistant Coach of the year as well as the Hall of Fame Inductees and George Haun Award winners. We do have some concerns about the number of coaches who have either awards or been selected to receive awards who do not attend. We fully understand that there will always be conflicts and there is no perfect time. The concern we have is that in several instances we have written two letters to award recipients and have not ever heard back from them. This was a discussion item at the Fall Delegate Assembly of the MSHSCA and a motion was proposed and passed to make a change in the way awards are made and mailed for coaches who do not respond. If an award winner tells us

they cannot attend the banquet but would still like to receive the award they will be required to pay for the postage. A coach that does not respond to the requests for plaque information or RSVP banquet intentions no award will be ordered. Thanks for your help in this area of concern.

**CALL FOR VP CANDIDATES:** It is time to ask for candidates for the 2012 VP election. We would like to have one candidate from each of the following areas; Class AA Administrative section 1,2,3,4 Class A Administrative sections 5,6,7,8 one candidate representing girls sports, one candidate representing boys sports and one at large candidate. The candidate that is elected as the VP will serve on the Executive Board for four years serving one year each as VP, President Elect, President and Past President. If you are interested in becoming a candidate or if you have any questions regarding the position on the Executive Board please contact me or any member of the current Executive Committee.

**CALL FOR DSA NOMINEES:** We would like to have you consider nominating deserving officials for the Distinguished Service Award for Officials. The criteria for the award include 25 years of officiating and still actively officiating. You can refer to the September Prep Coach for a complete list of those officials that have previously won the award. All Prep coaches for the past three years are archived on our web site for your convenience.

Mary and I would like to take this opportunity to thank you for allowing us the privilege of serving as your Executive Director and Assistant Director. Working for the Coaches of Minnesota is very humbling and gratifying experience and we hope that each day in some small way we can make a difference for the people we serve and the calling you have accepted to lead our student athletes. Go out and make this a great year.

## MSHSCA 2011-2012 MEETING DATES

**JANUARY 13, 14, 15:** NOCAD Meetings,  
Portland, Oregon

**MARCH 22:** Finance Committee meeting  
Crown Plaza Hotel, St. Paul

**MARCH 23:** Spring Delegate Assembly,  
Mancini's Char House, St. Paul, 9:00 a.m.

**DATE TO BE DETERMINED:**  
Summer Executive Meeting, Detroit Lakes

### PREP COACH DEADLINES TO SUBMIT:

Sept. 1      Dec. 1      Mar. 1      May 15

The Officers,  
Chairpersons and  
the Editor of the  
Minnesota Prep Coach  
would like to wish the  
MSHSCA Membership  
the very best  
Holiday Season  
and Good Luck  
in 2012!

***“Fast Tracks,”  
“Smooth Fast  
Natural,”  
have opted  
not to appear  
in this issue.***

## 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)



VISIT MCDONALD'S AFTER THE GAME





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 Minnesota and the Minnesota State High School Coaches Association are proud to be able to support coaches that demand excellence in the class room, as well as, on the field of play. They recognize the true meaning of the term —student-athlete.

Listed below are the fall sports Team Academic results as they were received by the MN Prep Coach. If a sport does not appear, it is due to the fact that results were not submitted in time to meet the deadline.

Girls Tennis  
(Listed by Section)  
Class AA Gold

Lakeville North  
Lakeville South  
Northfield  
Red Wing  
Chanhassen  
Delano  
Eden Prairie

Mankato West  
Apple Valley  
Bloomington  
Jefferson  
Eagan  
Prior Lake  
Rosemount  
South St Paul  
Visitation  
Cretin-Derham  
Hall  
Blaine  
Champlin Park  
Coon Rapids  
Fridley  
Irondale  
Spring Lake Park  
St Michael-  
Albertville  
Totino-Grace  
DeLaSalle  
Edina  
Hopkins  
Wayzata  
Andover

Big Lake  
Cambridge-Isanti  
Elk River  
Forest Lake  
Hibbing/Chisholm  
North Branch  
Princeton  
St Francis  
Bemidji  
Brainerd  
St Cloud Tech  
Willmar

Class A Gold

Blue Earth  
St Peter  
United South Central  
Waseca  
Luverne  
Redwood Valley  
Minnehaha Academy  
St Paul Humboldt  
Glencoe - Silver Lake  
Litchfield  
Melrose  
Long Prairie-Grey Eagle  
Osakis  
Sauk Centre  
Aitkin  
Cook County

Eveleth-Gilbert  
Foley  
Mora  
Crookston  
Staples-Motley

Class AA Silver

Mankato East  
Shakopee  
Holy Angels  
Eastview  
Henry Sibley  
White Bear Lake  
Mounds View  
Rogers  
Benilde-St Margaret's  
Chisago Lakes  
Becker  
Fergus Falls  
Monticello

Class A Silver

Cannon Falls  
Rochester Lourdes  
Belle Plaine  
LeSeuer-Henderson  
Lac qui Parle Valley  
Montevideo  
Pipestone  
St James  
St Paul Academy  
Annandale  
Benson  
New London-Spicer  
Providence Academy  
St Cloud Cathedral  
Minnewaska Area  
Parkers Prairie  
Duluth Marshall  
Pierz  
Pine City  
Virginia  
New York Mills  
Park Rapids  
Pequot Lakes  
Wadena-Deer Creek

VOLLEYBALL  
(Listed alphabetically)  
Gold

Ada-Borup  
Adrian  
Albany

Alexandria  
Apple Valley  
Ashby  
Badger-Greenbush-Middle  
River  
Bemidji  
Blue Earth  
Braham  
Brainerd  
Byron  
Centennial  
Chanhassen  
Chaska  
Chisago Lakes  
Cretin-Derham Hall  
Detroit Lakes  
East Grand Forks  
Eden Valley-Watkins  
Elk River  
Faribault  
Fertile-Beltrami  
Foley  
Gibbon-Fairfax-Winthrop  
Hayfield  
Holy Family Catholic  
Jordan  
Kingsland  
Lakeview  
Lakeville South  
LeRoy-Ostrander  
Lewiston-Altura  
Lincoln HI  
Little Falls  
Long Prairie-Grey Eagle  
Mahnommen  
Maple Grove  
Maple Lake  
Maple River  
Moorhead  
Mora  
Mound-Westonka  
Park Christian  
Parkers Prairie  
Pequot Lakes  
Perham  
Pierz  
Prior Lake  
Randolph  
Rochester Lourdes  
Rochester Century  
Roseville Area  
Sauk Centre  
Sebeka  
Shakopee  
St Croix Lutheran  
St Francis

St Anthony Village	LeCenter	Mahtomedi	
St James	Legacy Christian Academy	Grand Rapids	Rochester Century
Stephen-Argyle Central	LeSueur-Henderso	Bemidji	Maple Grove
Stewartville	Litchfield		Bloomington Jefferson
Totino-Grace	Minneapolis Patrick Henry	Class AA Silver	Hopkins
Tracy-Milroy-Balaton	Minneota		
Tri County/Marshall Cty	Mounds View	Bloomington Jefferson	Class AA Silver
Central	New Prague	Hastings	
Triton	Nevis	Cretin-Derham Hall	Rochester Mayo
Underwood	NRHEG	Buffalo	Prior Lake
Wabasso	Ogilvie		Burnsville
Waconia	Onamia	Girls Soccer	St Paul Highland Park
Wadena-Deer Creek	Orono	(Listed by section)	Rosemount
Willmar	Osseo	Class A Gold	Apple Valley
Win-E-Mac	Owatonna		Woodbury
Woodbury	Park Rapids	Plainview-Elgin-Milville	East Ridge
Worthington	Pillager	Schaeffer Academy	Centennial
Zimmerman	Pine City	Albert Lea	Irondale
	Pipestone Area	Mankato West	Mounds View
Silver	Red Rock Central	New Ulm	Osseo
	Robbinsdale Armstrong	Trinity School at River	Wayzata
Andover	Robbinsdale Cooper	Ridge	Minneapolis South
Austin	Rogers	Grand Rapids	Minnetonka
Bagley	Roseau	North Branch	St Michael-Albertville
Battle Lake	Sibley East	Chisago Lakes	Elk River
Becker	Simley		
Belgrade-Brooten-Elrosa	Sleepy Eye	Class A Silver	Football
Blaine	Sleepy Eye St Mary's		
Blooming Prairie	Spring Grove	Kasson-Mantorville	9 Man Gold
Breckenridge	Springfield	Winona	(Listed alphabetically)
Buffalo	St Cloud Cathedral	Byron	
Caledonia	St Cloud Tech	Winona Cotter	Ada-Borup
Canby	Tartan	Rochester Lourdes	Hills-Beaver Creek
Champlin Park	Visitation	Faribault	Kelliher-Northome
Cook County	Warren-Alvarado-Oslo	Willmar	Nicollet
Cromwell	Waubun	Mankato East	Park Christian
Deer River	Wayzata	St Peter	Underwood
Delano	West Lutheran	Hutchinson	Verndale
DeLaSalle	Windom	Minneapolis Washburn	Westbrook-Walnut Grove
Dilworth-Glyndon-Felton	Zumbrota-Mazeppa	DeLaSalle	
Edina		St Croix Lutheran	9 Man Silver
Eveleth-Gilbert	Boys Soccer	Simley	( No Qualifiers )
Fillmore Central	(Listed by section)	Monticello	
Forest Lake	Class A Gold	Totino-Grace	Class 1A Gold
Frazee-Vergas		Park Center	(Listed alphabetically)
Henning	Trinity School at River	Orono	
Hibbing	Ridge	Benilde-St Margaret's	Bethlehem Academy
Holdingford		Esko-Carlton	Cook County
Hutchinson	Class A Silver	Bemidji	Mankato Loyola
Irondale		East Grand Forks	Minneota/Lincoln HI
Kimball	Schaefer Academy	Fergus Falls	MN Valley Lutheran
Kittson County Central	St Peter	St Cloud Cathedral	Mt Lake-Butterfield-Odin
Lake Crystal-Wellcome	Mankato West		
Memorial	DeLaSalle	Class AA Gold	

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VISIT MCDONALD'S AFTER THE GAME



**Academic - continued from page 7**

New York Mills	Plainview-Elgin-Milville	Rosemount	White Bear Lake
Wabasha-Kellogg	Providence Academy		
	Rochester Lourdes	Class 5A Silver	Class A Gold (Listed alphabetically)
Class 1A Silver	Class 3A Silver	Anoka	
Adrian		Brainerd	Becker
Blooming Prairie	Cannon Falls	Burnsville	Bemidji
Browerville	Columbia Heights	Eagan	Big Lake
Deer River	Fairmont	Eden Prairie	Columbia Heights
Fertile-Beltrami	Foley	Edina	Detroit Lakes
Fillmore Central	Glencoe-Silver Lake	Elk River	Litchfield
Goodhue	Pine City	Lakeville South	Northfield
Medford	Proctor	Minnetonka	
Red Lake County	Richfield	Rochester Mayo	Sartell-St Stephen
Russell-Tyler-Ruthton	Rockford	St Francis	Waconia
Springfield	St Paul Highland Park	White Bear Lake	
United South Central	Staples-Motley		Class A Silver (Listed alphabetically)
	Class 4A Gold (Listed alphabetically )	Girls Swimming & Diving Class AA Gold (Listed alphabetically)	Academy of the Holy Angels
Class 2A Gold (Listed alphabetically)	Detroit Lakes	Buffalo	Alexandria
Benson	Fergus Falls	Centennial	Austin
Blue Earth Area	Marshall	East Ridge	Breck
BOLD	Mound Westonka	Lakeville South	Chisago Lakes
Barnesville	New Prague	Maple Grove	Dassel-Cokato
Caledonia	Rocori	Roseville Area	Eveleth-Gilbert
Luverne	South St Paul	Woodbury	Faribault
St James	Willmar		Fergus Falls
Tracy-Milroy-Balaton		Class AA Silver (Listed alphabetically)	Foley
Class 2A Silver	Class 4A Silver		Grand Rapids
	Bemidji	Apple Valley	Holdingford
Eden Valley-Watkins	Chisago Lakes	Blaine	Hutchinson
Frazee-Vergas	Faribault	Bloomington Jefferson	Mankato East
Gibbon-Fairfax-Winthrop	Hutchinson	Burnsville	Mankato West
Hawley	Little Falls	Cambridge-Isanti	Marshall
LeSueur-Henderson	Mankato West	Champlin Park	Melrose
Lewiston-Altura	Northfield	Eagan	Milaca
Maple River	Orono	Eastview	Minnewaska Area-Morris
Minnewaska Area	Red Wing	Eden Prairie	Minneapolis Washburn
Montgomery-Lonsdale	Sauk Rapids-Rice	Edina	Montevideo
NRHEG	Spring Lake Park	Farmington	Monticello
Pierz	Winona	Forest Lake	Richfield
Waterville-Elysian-		Hopkins	St Cloud Apollo
Morristown	Class 5A Gold (Listed alphabetically)	Lakeville North	Sauk Centre
Class 3A Gold (Listed alphabetically)	Cambridge-Isanti	Lakeville North	Sauk Rapids-Rice
	Centennial	Metro United	Spring Lake Park
Albany	Cretin-Derham Hall	Minneapolis South	Willmar
Dassel-Cokato	Eastview	Park Center	
Kasson-Mantorville	Lakeview North	Prior Lake	
Litchfield	Prior Lake	Rochester Century	
New Ulm	St Michael-Albertville	Rochester John Marshall	
		St Cloud Tech	
		Shakopee	
		Wayzata	

# FALL 2011 STATE CHAMPIONS

Minnesota has witnessed another exciting fall sport season. The champions reached their seasonal goal and the other teams worked hard to do the same.

The MSHSCA would like to take this initial opportunity to congratulate all those involved in reaching the pinnacle of success — the state championship.

The 2011 fall state champions and the head coaches are as follows:

## Girls True Team Swimming

2A— Stillwater

1A— Hutchinson

Brian Luke

Rory Fairbanks

## Girls Tennis

2A— Edina

1A— The Blake School

Steve Paulsen

Jeannette Vickman

## Boys Soccer

2A—Eden Prairie

1A— Benilde-St Margaret's

Vince Thomas

Dave Platt

## Girls Soccer

2A— Wayzata

1A— The Blake School

Tony Peszneker

Paul Menge

## Boys Cross Country

2A— Stillwater

1A— St Cloud Cathedral

Scott Christensen

Fred Rupp

## Girls Cross Country

2A— Monticello

1A— St Cloud Cathedral

Gail Grieme

Kelly Haws

## Volleyball

3A— Een Prairie

2A— Marshall

1A— Bethlehem AcademyF

Chad Becker

Dan Westby

ranz Boelter

## Adapted Soccer

(CI)—Anoka Hennepin

(PI)— Robbinsdale-Hopkins-Mound

Bill Newell

Westonka

Marcus Onsum

## Girls Swimming & Diving (MSHSL)

2A— Edina

1A— Sartell-St Stephen

Jeff Mace

David Olson

## Football

9 — Edgerton/Ellsworth

1A— Dawson-Boyd

2A— Caledonia

3A— St Croix Lutheran

4A— ROCORI

5A— Eden Prairie

Andrew Fleischman

Corey Larson

Brent Schroeder

Carl Lemke

Mike Rowe

Mike Grant

All the championship coaches that attend the Annual Hall of Fame Banquet next October will receive a championship plaque compliments of the MSHSCA.

***“You can turn painful situations around through laughter.  
If you can find humor in anything, even poverty,  
you can survive it.”***

**- Bill Cosby**



**VISIT MCDONALD'S AFTER THE GAME**



# HOOP SCOOP



By: Jen Rademacher  
Robbinsdale Cooper High School  
2011-2012 MGBCA President

By the time you read this your 2011-2012 season is in the full swing of practices and games. I hope that all of you have a season filled with many good experiences that will build lasting memories for you and your athletes. Thank you for your dedication and the endless hours you put in for the young women of Minnesota!

The Fall Clinic was held at the University of Minnesota and Park Center Senior High School at the end of October. Thank you to Erin Herman for all the time and effort she put in to plan and execute the clinic. Another big thank you to Patty Sorenson for her help at Park Center HS. We partnered again this year with Pam Borton and the Gopher Staff on Friday and followed up with several well known and respected coaches for Saturday; Lisa Bluder from

Iowa, Doug Bruno from DePaul and Ruth Sinn from St. Thomas University to name a few.

There are a few MSHSL updates:

All head coaches should have gone through the Coaches Clipboard requirement. Next year all lower level coaches must complete it as well.

The summer coaching waver period is June 30-July 6, 2012. The following year it will be June 29-July 5, 2013.

The State Tournament will be held at the Target Center and Williams Arena, March 14-17, 2012.

The Class 3A and 4A Tournaments will be seeded using the same process as last year. The top four spots will be seeded and then there will be a blind draw for the remaining spots via a telephone conference call from the MSHSL Office prior to the tournament.

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

Tournament Team.

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

Miss Basketball nominations are due December 9, 2011; forms will be available on line from 11/29-12/9/2011;

All-Star/All-State are due January 20, 2012, forms will be available on line from 1/2-1/20/2012

Team and Individual Academic are due February 10, 2012, forms will be available on line from 1/15-2/10/2012.

Section Coach of the Year voting is due February 17, 2012

Hall of Fame Nominations forms are due March 9, 2012

The All-Star Series will be played on Friday and Saturday, April 20-21, 2012.

Please feel free to contact any to the association officers or your sections representative about any ideas or concerns that you may have regarding girl's basketball, your input, suggestions and ideas are always welcome. Have a Great Season!

# BANK SHOTS



By: Brad Strand,  
MBCA President  
Pelican Rapids HS

What an exciting time of year for basketball coaches. Now is the time we can all implement our latest ideas to help our teams be successful this season. It is awesome to hear basketballs bouncing and shoes squeaking in the gym. I hope everybody has gotten off to a smooth start and are working with players who have has much passion for the game of basketball as each of you. It is a great sport!

Once again Ron Larson put together another fantastic Fall Clinic. I hope you were able to find one new drill/idea or had something from your philosophy reaffirmed by listening to the wide array of speakers. I especially enjoyed listening to the philosophy of legendary Don Meyer once again.

Congratulations again to all of the new members of the Hall of Fame and our Hall of Honor. The memories that this group

of coaches provided for their athletes was evident during the induction ceremony. Thanks to Jim Galvin and Tom Critchley for helping make this event special.

We are excited to once again be participating in the Coaches vs. Cancer initiative during the last week of January and the first week of February. We have all heard the startling statistics of people with cancer and almost certainly been affected in one way or another. I would like to challenge all of you to help raise money to help the fight against cancer.

There are a variety of awards for players, teams and coaches that are sponsored by the MBCA. Please remember to visit our website (<http://www.mshsca.org/boysbasketball/>) throughout the season and adhere to the dates listed in the timeline for All-Star nominations, Academic Awards, Assistant Coach of the Year, and Hall of Fame. Your membership in the MBCA is required for consideration for awards for athletes and coaches.

It has been my pleasure to work with such a great group of guys on the MBCA Executive Board and the Section Reps. This is a very exciting time when you are trying to put together your team and I wish all of you the best during the upcoming season. I would also like to wish all of you Happy Holidays.

## COACHES CARING PROGRAM

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

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

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

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

## 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, 2011 – August 1, 2012

### 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)

## 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/>



VISIT MCDONALD'S AFTER THE GAME



# MEMBERSHIP PERKS

MSHSCA

- **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
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Ask for MN State High School Coaches Association Preferred Discounted Rate 1-800-481-3556 or Contact Angela Wisely 763-489-2568.
- **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 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.  
Call John Erickson for discount card - (h) 218-847-6796
- **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 12/31/2011

**••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> |
|--|---|

## Thank you coaches for your positive response to our online system.

Out of the 2500+ coaches that have registered throughout the summer, the number of problems have been few!

We have also had a good response to the one-of-a-kind Minnesota coaches t-shirt, "Unleashing Talent".

For those of you that didn't order a t-shirt at the time you registered and have changed your mind, our online system writer is working on getting it added to our edit page. John and Mary

# Over Hill *and Dale*

By: Chris Frye  
Chatfield High School

I read something the other day about gratitude.

It said that you can find something to be grateful for in almost any situation. Developing a sense of gratitude takes practice, but it can reduce stress and improve your health and happiness.

With that in mind, I decided to make a list of a few things related to cross country for which I'm grateful.

I am grateful for:

- Another good season.
- The recovery that comes with the end of a season.
- Kids who are easy to work with.
- Challenging kids – if everything were easy, I wouldn't learn and grow.
- The exhausting, high-tension day of setting up and managing our home meet, and the opportunity it provides to look up now and then while painting the white line and enjoy a day in the outdoors.
- The hectic, draining schedule of balancing work and coaching, without which I wouldn't have the opportunity to enjoy the competition and the kids.
- Parents who are incredibly supportive.
- Parents who are challenging, for the opportunity it provides me to practice patience and diplomacy.
- Coaches who are competitors but are willing to share their wisdom and expertise.
- Coaches who coach til they are 70, for the inspiration they provide by showing that it's possible to maintain a long-term passion for the sport.
- Bad weather – without it I wouldn't appreciate good weather.
- Encountering an athlete from 10 years ago and having him or her say, "Hi Coach!"
- The MSHSL for the opportunity it provides to practice persuasive skills.
- My wife, Karen, for letting me go outside and play at something I love.

- The jewelry and uniform rules for . . . for . . . OK, I said you can find a reason to be grateful in almost any situation.

During this holiday season, I hope you take time to stop and think about all the reasons you have to be grateful. Happy Holidays!

\* \* \*

Look for the CC coaches rap session at the state track and field clinic Jan. 26-28. Bring your ideas and concerns, or email them to me if you can't attend. Hope to see you there.

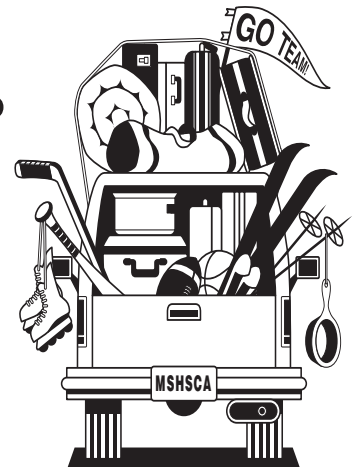
\* \* \*

The proposal to advance to State the top eight Section finishers not on a team qualifying for State has been submitted to the MSHSL and is awaiting League action. If approved, the change could go into effect next year. If five runners on the same team qualified as individuals, they would not compete at State as a team but as individuals. In an earlier column I erroneously wrote that the proposal was for the top nine individuals not on a team.

## 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.



VISIT MCDONALD'S AFTER THE GAME



# Mat Chatter

By: John Barlund  
President of MWCA  
Frazee High School



By now all the high school teams are in full swing into practice and competing for their December tournaments and duals. We all enter the season renewed and excited to watch our veteran wrestlers build on their past year of preparation or to see our younger athletes step into rolls for the team that they have been dreaming of for years. Either way the start of the season is very exciting to all!

No matter how seasoned your team is, or how “Green” your team is, presents a challenging task for all coaches. We need to blend the polished athletes in with our inexperienced ones and create a “team” that will compete to the best of their ability. Perspective is a necessary trait that a coach needs to have and pass on to their team members. Perspective can be defined as the ability to perceive things in their actual comparative importance. In sports athletes learn many lessons. One very obvious lesson is that someone will win and someone will lose. Most times a loss will be of more benefit to the athlete than a win. In losing we are forced to admit we were deficient in some manner. At least, that is the hope, so that we may review our performance and try to correct these defects. Thus, getting better along the way. Perspective allows us the ability to admit we made mistakes (not the referee, or the coaches, or the gym, etc..) and allows us the opportunity to improve. Perspective is also important

in looking at our personal ability or the ability of our athletes. It is unfair to expect a novice athlete to defeat a highly proven upper-classman. Yes, there is always a chance, but experience tells us that this is unlikely. The best advice we can give these athletes is to compete to the best of their ability. To “leave it all on the mat”. If we know they did that, then we need to be satisfied. Now if they don’t do this, then the coach and athlete will need to address the effort category.

Perspective of high school sports is important as well. The number one reason kids participate in sports is fun. Being with their friends is right up there as well. Contrary to what some want to believe, most high school athletes will never compete past their senior season, not only in wrestling, but in all sports.

(The number of high school athletes that go on to compete in college is very small, depending upon your sources the numbers will vary but studies suggest less than 6% will compete in college and fewer than 1% will make it to the pro level -using football in this category).

It is easy to lose perspective in the competitive environment of sports, but we need to keep remembering that the long term positives of team work, team building, community, and sense of achievement that are accomplished through sports is far more important than winning alone. The skills used to cope with a defeat will follow us into life, and when we are actually faced with a “life challenge”, we will have some of the skills already developed, and we will be prepared to face this challenge.

## MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

### CODE OF ETHICS -----

*As a professional educator, I will...*

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

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

# FLIP NOTES



By: Jen Harmoning  
MGGCA President  
Becker High School

Here we are at the start of the 2011-2012 gymnastics season! By now, most of the nuts and bolts are in order and teams are pumped and ready to get out there and compete. One thing coaches won't want to forget is to renew membership in the association. Memberships can be renewed online at [www.mshsca.org](http://www.mshsca.org).

Along with several other perks of membership, head coaches and athletes will be eligible for association-sponsored awards if the head coach becomes a member before the January 15 deadline.

Thank you to Deb Rudy and her staff at Glencoe - Silver Lake for hosting a great clinic in October! The committee is already busy getting started on the planning for next year's clinic. Mark the date of October 4-5

(Thursday-Friday) and keep it open. If you have any ideas for presenters or presentation topics, please email those ideas to Jen Harmoning at [jharmoning@becker.k12.mn.us](mailto:jharmoning@becker.k12.mn.us). This clinic is FOR YOU, so we would love to hear FROM YOU about the things you're interested in learning.

Recently, the latest edition of the Chalk Talk was mailed out to all current members of the MN Girls Gymnastics Coaches Association. Inside you will find the Season Timeline. You will want to be sure to place it in a location where you won't miss it and can refer back to it often. It is your responsibility to check the deadlines carefully and submit your information on time. Please help make the job of your section representatives much easier by being ready with Coach of the Year votes and academic forms on time.

Best wishes to all of you that you enjoy your best seasons ever! Measure it not by scores or results, but in the things that really matter! Teach them, model for them, learn beside them, and have a great time with them!

## 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.

### **Minnesota State High School Coaches Association, Inc. Executive Committee Liaison Assignments 2011-2012**

Shelly Holtzler Past President	B/G Soccer G Swimming	B Swimming Wrestling	Baseball B Hockey
Becky Leuer President	Football Adapted Athletics	G Basketball Gymnastics	G/B Golf
Jon Wagner President Elect	B/G Cross Country G Tennis	Nordic Skiing Alpine Skiing	B Tennis B/G Track
Tom Van Erp Vice President	Volleyball	Synch. Swimming B Basketball	Softball B/G Lacrosse

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



**VISIT MCDONALD'S AFTER THE GAME**



Minnesota State High School Coaches Association

# HALL OF FAME

## CRITERIA FOR THE SELECTION OF CANDIDATES

- 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.
- 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.
- They shall have demonstrated the characteristics of leadership, the ability to motivate and inspire, and to guide and counsel young athletes.

## ELIGIBILITY REQUIREMENTS

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

**SEND NOMINATIONS TO:**

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

School(s) to be used on Award: \_\_\_\_\_

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

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

# MnIAAA CORNER

By: Tom Graupmann, President, MnIAAA  
Northfield High School

I would venture to say that all of us have been forever influenced by a teacher/coach, or perhaps a number of teacher/coaches. Most, maybe all of us chose this vocation because someone inspired us and we wanted to be like him/her! I was very fortunate to have had outstanding coaches/mentors show me the right way to go about things. My parents along with coaches like Vern Meehl, Will Sarkela, Jerry Portuguese, Bob Streetar, and last, but certainly not least Dean Bowyer promoted a strong work ethic, a relentless desire to succeed, teamwork through collaboration, and to be confident in myself and those around me.

My father told me many times, "There is no such word as can't!" When I was young I didn't really understand what he meant because in elementary school we learned the compound word, can't, but as I got older I completely understood what he meant. My mother and father's work ethic and sense of, "I can do anything, because I will work tirelessly to achieve," became deeply entrenched into my being. Thanks mom and dad!

In the 1960's Vern Meehl, the high school varsity baseball coach at Glencoe chose to coach a group of little leaguers in the summer time in the tiny farm town of Plato, Minnesota located about six miles from Glencoe. I played on that little league team and having Coach Meehl come to coach us was very motivating and helped set the stage for my love of athletics.

In the 1970's my family moved to the north (Grand Rapids, MN) and that's where I was lucky to get coaching from Will Sarkela, Jerry Portuguese (in basketball) and Bob Streetar (in baseball). I remember Will challenging me to work hard and not to let mistakes hold me back; let's learn from them because mistakes are going to happen! Coach Portuguese helped me understand the importance of paying attention to detail and that I could be the kind of leader that my teammates would look up to. Bob Streetar, my baseball coach was a fierce competitor himself and presented an opportunity for me at a young age to play high school varsity baseball. No matter my age he expected that

I/we executed the fundamentals and would not accept mediocrity. He really was about preparation, dedication, and commitment.

Dean Bowyer (Mankato State Baseball Coach) was a player's dream as a coach. Dean is a great relationship builder and would "break his back," for his players off the field, but let me tell you when it was time for us to play (practice or games) his expectations of us went literally into orbit! Attitude, hustle, concentration, confidence, were at the forefront for Coach Bowyer; really taught us to be young men!

I can only hope to have done a small fraction of what my parents and coaches did for me. I'm lucky to still have opportunities to coach as my son coaches the American Legion baseball team in Northfield and he let's me "tag along!" Truly there is nothing like working with a group, striving for a common goal. What a feeling when each member of the team is "all in," and trying their best to help their teammates succeed! We know we really have something special when our students aren't in it just for themselves, but are looking toward their teammates and what they can do to help each other!

Minnesota Prep Coaches keep on inspiring, keep on motivating, keep on influencing, and keep on role modeling. Your task is enormous, your job endless, and your work with students vitally important! Thanks for what you do and for doing it so well! \_\_\_\_\_

***"If you pick up a starving dog  
and make him prosperous,  
he will not bite you.  
This is the principal  
difference between a dog  
and a man."***

**- Mark Twain**



**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)                          | • Ridgewater Community College (Willmar MN)                   |
| • Augsburg College (Minneapolis MN)                  | • Hibbing Community College (Hibbing MN)                   | • Riverland Community College (Austin MN)                     |
| • Bemidji State University (Bemidji MN)              | • Itasca Community College (Grand Rapids MN)               | • Rochester Community College (Rochester MN)                  |
| • Bethany Lutheran College (Mankato MN)              | • Macalester College (St. Paul MN)                         | • Southwest MN State University (Marshall MN)                 |
| • Bethel University (St Paul MN)                     | • Martin Luther College (New Ulm MN)                       | • St Cloud State University (St Cloud MN)                     |
| • Carleton College (Northfield MN)                   | • Mesabi Community College (Virginia MN)                   | • St Cloud Tech College (St Cloud MN)                         |
| • Central Lakes College (Brainerd MN)                | • Minnesota State University Mankato (Mankato, MN)         | • St John's University (Collegeville MN)                      |
| • Century College (White Bear Lake MN)               | • Minnesota State University - Moorhead (Moorhead MN)      | • St Olaf College (Northfield MN)                             |
| • College of St. Benedict (St Joseph MN)             | • MN West Technical and Community College (Worthington MN) | • U of MN - Crookston (Crookston MN)                          |
| • Concordia College (Moorhead MN)                    | • Northland Community College (Thief River Falls MN)       | • U of MN - Duluth * Men's Hockey on Availability (Duluth MN) |
| • Concordia University (St Paul MN)                  | • Northwestern College (St Paul 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)                        |

\* 1. MSHSCA Complimentary passes may not be available for all games.

2. MSHSCA Complimentary passes are not available for post season/play off games.

3. MSHSCA must be presented in person by the card holder along with a photo I.D. at the UMD ticket window.

4. A coach with a MSHSCA card may receive one additional complimentary pass for a fellow assistant coach ONLY. A second pass is not intended for a coach's spouse/relative or alike.

5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.

Another example of the MSHSCA at work for the membership!



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## Goal Posts

By: Ron Stolski - Brainerd  
Exec. Director MFCA

Whew!! It is over now... our annual Autumn football run. How many times during the season do you say to yourself, and your staff, 'man those two weeks went fast', or 'is it Homecoming week already'?' or 'gotta get ready for the sections. And then, too soon, the fields are quiet, locker room empty, week-ends are our own. Our fervent hope is that your season was a good one for your team and staff. A season measured and defined by more than a win-loss record, but how well you all experienced the life's lessons inherent in the experience that is football. As coaches we are privileged to have a chance to make an impression; a positive impact, on the kids who choose to wear the colors, play the game. And, to model for others associated with our program; faculty, parents, boosters, administration, et all, that we are teachers of the highest caliber.

Professional in every way.... our classroom is on display under the Friday night lights. It is a proud fraternity of colleagues... the Keepers of the Game!

In previous columns, we have encouraged you to become involved in the MFCA. You have been encouraged to take advantage of, and participate in, the many endeavors and programs sponsored and conducted by our association. At the recent MFCA Representative Assembly meeting, committee chairs indicated, with few exception and literally across the board, that participation and response re the many opportunities for education and recognition are UP. In some cases, all time highs. Academic nominations; UP, Scholarship applications, UP; Hall of Fame nominations, Up, etc. Even though your participation in association endeavors is increasing, we encourage you to continue to take advantage of, and consider using, all the opportunities available to you, your staff, your student-athletes. Please use our website, [www.mnfootballcoaches.com](http://www.mnfootballcoaches.com) for all necessary forms for nominations, important dates and deadlines, updated sponsor news, etc.

Congratulations to our Prep Bowl

Champions; Eden Prairie, Rocori, St. Croix Lutheran. Caledonia, Dawson-Boyd, and Edgerton/Ellsworth, and to the MSHSL for conducting another outstanding tournament. By now, Mr. Football has been announced. Congrats to the finalists and, of course, the recipient of Mr. Football. Winners all.

Two other things. Our President, Jeff Weiland, is planning and hosting a one day MFCA sponsored clinic.... "Everything but X's and O's". The Mn. Army National Guard is hosting a 'Diversity Day' at Winter Park for coaches and student-athletes. It is a marvelous event and will feature, among other things, several Viking players who will address the attendees. Pls. check them both out, again, on the website. Happy and blessed Holidays to all.

The year 2012 will bring its own challenges and opportunities for us all..... For now, let it rest, good friends. Pay attention to the things that matter most to you. Be good keepers of your school and community; ring a bell, say a prayer, send a note. Love your family; those around you.

We, the Keepers of the Game, will be back at it soon enough.

## 2012 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 29, 30, 31, 2012**

### **FEATURED IN 2012**

Gophers & Vikings Headliners  
Phil Fulmer, Former Tennessee Head Coach  
Bob Gillis, El Campo High School  
Mark Reeve, Texas Lutheran University  
Area High School & College Speakers  
Retired Coaches & Legends Events

### **2012 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**

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



**VISIT MCDONALD'S AFTER THE GAME**





# Diamond Cuts

By: Steve Radniecki  
Norman County East

With the long Minnesota winter upon us, we are thankful we have the winter sports to keep us occupied. However, we have a lot of softball business to take care of as well this winter. The Softball Advisory Committee, our Executive Director Shelly Hotzler, and myself, will be meeting with Lisa Lissimore of the MSHSL on Dec 7<sup>th</sup> at the League offices. Hopefully, we can make some progress on restoring our double elimination tournament. We are hoping to have a double elimination tournament after the first round of tournament play for softball (and baseball). We will also be addressing the "fence rule" that we would like to see the MSHSL put into effect. Too many softball teams are currently playing on fields with no fences or on fields with fences that do not comply with the softball rules. Usually this involves playing on fields that have the fences set for men's slow pitch softball, usually between 270' and 300' or on fields with no fences whatsoever. The association feels this is not only a rules issue, but a Title 9 issue as well and will be pursuing a rule that you must have legal fences in order to host any regular season or tournament games. According to the Fastpitch rule book, a legal fence is between 185' and 235'. I believe that in Section 8A where I coach the NCE/UH Titans, we are possibly ahead of the curve on this issue, but still have one school with no fences on their fields and another that plays on fields with 270' fences. One may think that isn't bad out of eighteen schools, but it certainly isn't fair to the girls in those schools or to the teams that come and play at those schools' fields. I know of no schools in Section 8A baseball that play on fields without legal fences.

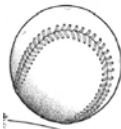
I also want to encourage all of the

softball coaches in Minnesota (and our neighboring states as well) to attend the annual Softball Association Clinic. Once again it will be held in St. Cloud, this time at Apollo High School. St. Thomas' John Tschida and North Dakota State's

Darren Mueller and Bison pitching coach Brittany Weil will be presenting, as well as St Cloud State's Paula U'ren and George Ware of Central College. So it is a super line-up of presenters that will make this a great clinic. We will

have many vendors as well who will likely be giving some great deals for those in attendance. I know last year I bought a very good glove for very little money and was able to give it to one of my girls who could never afford to buy herself a quality glove. I also bought a couple of bats on the cheap and got a free bat rack as well! It promises to be another great clinic in every respect and I hope to see you there. It definitely makes you a better coach by learning from some of the best! You can sign up for the clinic on the Softball Coaches' Association website.

Enjoy the winter and we'll talk again in the spring.

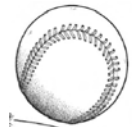


## 2012 Softball Clinic

February 4<sup>th</sup> 8 a.m.-4 p.m.

St. Cloud Apollo High School

Register early to save time and money!



ALL Coaches attending the clinic must be a member of MSHSCA  
Payment can be by credit card, cash, check or money order.

### Register Online for the clinic at

[www.mshsca.org](http://www.mshsca.org)

The 1<sup>st</sup> 100 coaches registering online will receive a sport specific t-shirt from Lakeshirts Blue 84 division.

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

Login with your email and password from last year's online registration.  
If you mailed in your registration last year, your password is probably zzz.

Out of state, college and club coaches can join as associate members  
The Mail-in form is for Associate members Only

Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Name of college or club \_\_\_\_\_  
E-Mail \_\_\_\_\_

**Out of state, club & college coaches**

Clinic Fee	\$80.00	\$100.00 at the door
MSHSCA Membership fee optional	<u>\$15.00</u>	
Sport Association fee optional.....	\$20 (H) \$ 10 (A)	
TOTAL	\$ .00	Checks payable to MSHSCA

Mail to: MSHSCA, PO Box 519, Detroit Lakes, MN 56502  
Questions? Call: 218-847-6796 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net)



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Detroit Lakes, MN 56502

# Minnesota State High School League

## Board of Directors Meeting • December 1, 2011

By: Mindy Sparby  
 Belle Plaine High School  
 Mark Solberg  
 Cambridge-Isanti High School

As fall sports have officially wrapped up, I want to congratulate all of the teams on a great season! Best of luck to our winter athlete's and coaches, as most teams are now heavy into competition. We had a lot of discussion items at our last MSHSL Board meeting. There were many sport advisory recommendations, and I want to thank all of the coaches who took the time to come and speak on behalf of their recommendation.

Here is a synopsis from Howard Voigt of what took place at the meeting.

### Action items:

At the recommendation of staff, the Board approved three additional state track and field events for athletes in wheelchairs. During the 2011 season, athletes in the wheelchair division could compete in the 800-meter and 1600-meter track events and in the shot put. The three additional events offered during the 2012 season will be the 100-meter dash, the 3200-meter race and the discus throw. The League Sports Medicine Advisory Committee will be consulted while staff works to confirm details of wheelchair division competition. Six events will be offered at the 2012 State Track and Field Meet.

The seeding of Class AA teams, plus the singles competitors of both classes was approved for state tennis tournaments, effective with the 2012-13 school year. The top four Class AA teams will be determined by electronic voting of all of the qualified team coaches, with their opponents determined by random draw. Class A teams will not be seeded. All 16 singles competitors in each class are eligible to earn votes from the coaches in a similar electronic voting process. After the top four seeds are determined, with seeds 1 and 4 placed in one half of the bracket and seeds 2 and 3 placed in the other half, the remaining section champions will then be randomly drawn and placed in the open bracket positions from top to bottom, followed by the runners-up in

the same fashion. Adjustments may be made to ensure that champions and runners-up from the same section are placed in opposite halves of the bracket. The seeding impacts both girls' and boys' tennis.

The 2012 football season will feature an additional class, the largest 32 schools by enrollment, and will be designated Class AAAAAA. An adjustment to the format approved earlier was recommended by staff. The Board approved playing four semifinal games on the Thursday prior to Thanksgiving, with five games to be played on each of the following Friday and Saturday. The exact configuration of the schedule of which classes will play on each day is still under review. The Prep Bowl will still feature four games on the Friday following Thanksgiving and a third game will be added to the Saturday schedule the next day.

The 2012 State Lacrosse Tournament dates were readjusted to June 5-8. The tentative 2013 dates are June 11-14 and June 10-13 for 2014.

The Board accepted a hearing officer's recommendation to place Melrose Area High School back into the West Central Conference, effective with the 2012-13 sports season.

### Discussion Items

Tournament format adjustments permeated a number of recommendations from various activity advisory committees. For basketball, the proposal is to seed teams 1 through 8 in all classes of boys' basketball and the same for Classes AAA and AAAA of girls' basketball. A second basketball proposal calls for the section seeding of all 64 teams in Class AAAA for both genders in an effort to get the best eight teams to the state tournament. The seeding would be done by a committee and will add competitive balance to geographic representation during the establishment of the sections prior to seeding. The Lacrosse Advisory Committee is proposing expanding from four to eight sections for both genders, even though neither gender quite makes the 64-team minimum of Board policy. The hockey committee is asking for

unlimited scrimmages during the first two weeks of the season, as opposed to current policy limiting teams to three calendar dates per season. The Baseball and Girls' Softball Advisory Committees are requesting a return to allowing double-elimination section competition when the final eight teams are decided. Current policy limits double elimination to the final four teams. Feedback from League administrative regions will be sought prior to Board action at the next regular meeting.

Associate Director Kevin Merkle updated the Board on the use of QRF for section seeding for football, soccer and girls' volleyball this past fall. The Quality Results Formula was used by 40 of 48 football sections and by far fewer sections in soccer and girls' volleyball. Overall, Merkle said it worked well. There were a few instances that revealed that some tweaking of the formula may be required.

There was brief discussion about expanding continuing education requirements to all coaches at all levels. Associate Director Jody Redman indicated that the Technology/Coaches and Officials Education Committee is making that recommendation and it will be included as an action item at the next regular Board meeting.

League Lobbyist Roger Aaronson reported that Executive Director Dave Stead and Board President Mindy Sparby testified before the legislative committee reviewing a new stadium for the Minnesota Vikings. He noted that President Sparby stated that thousands of Minnesota students have enjoyed competition inside the Metrodome over the years and urged that if a new stadium is supported that it be required to have a roof to continue to accommodate League competition.

The next regularly scheduled meeting of the League Board of Directors is Thursday, Feb. 2, 2012, at the League office.

As always, let us know if you have any questions or input on board agenda items. Best of luck to all the teams this winter!



VISIT MCDONALD'S AFTER THE GAME



# MSHSCA

## OFFICIALS DISTINGUISHED SERVICE AWARD



**Mike Sheldon**  
Frazee/Detroit Lakes



**Harold Meissner**  
Brandon-Evansville



**Dennis Roisum**  
Glencoe



**Coaches of the Year**

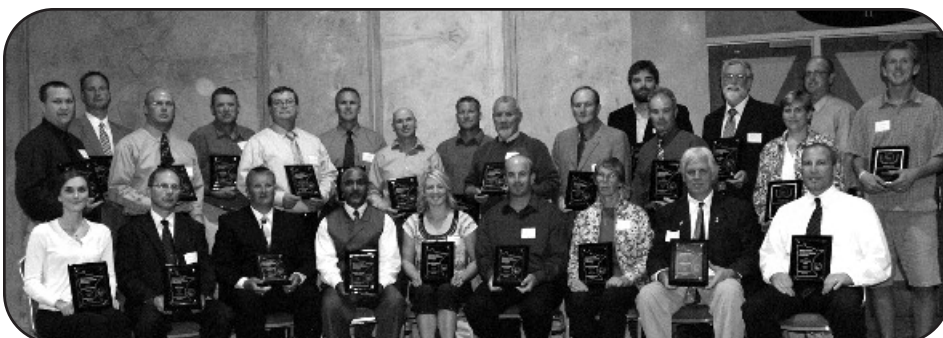
## PAST PRESIDENT PLAQUE



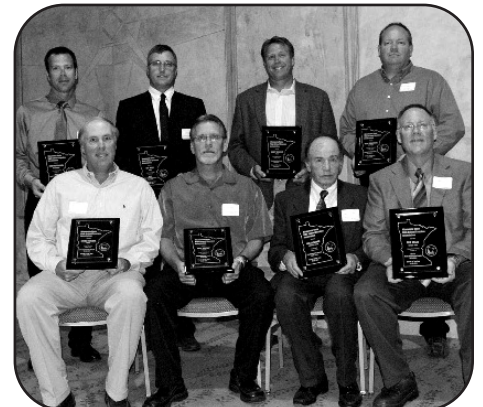
**Shelly Hotzler**  
Jackson County Central HS  
Presented by:  
Becky Leuer - Current President,  
North Branch HS



**Assistant Coaches of the Year**



**Championship Coaches**

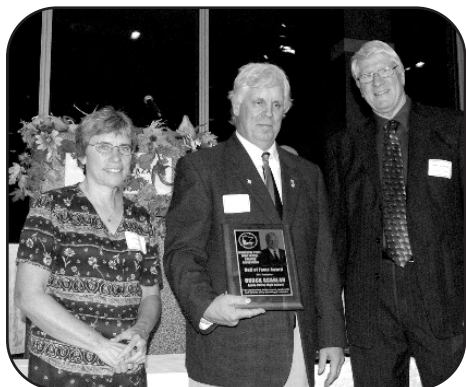


**Championship Coach &  
Coach of the Year**

# A AWARDS

## HALL OF FAME

photos by: Ashley Ritter, St. Cloud University



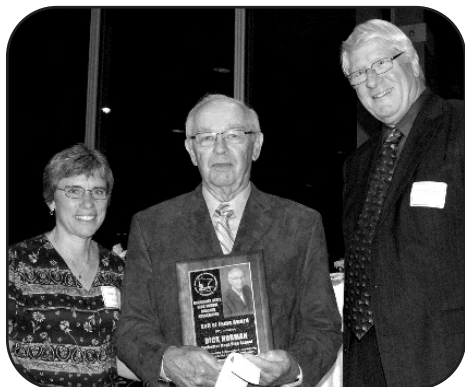
**Chuck Scanlan**  
Apple Valley



**Michael Dreier**  
New London-Spicer



**Verdon Hasleiet**  
Elgin-Millville



**Dick Norman**  
Rochester



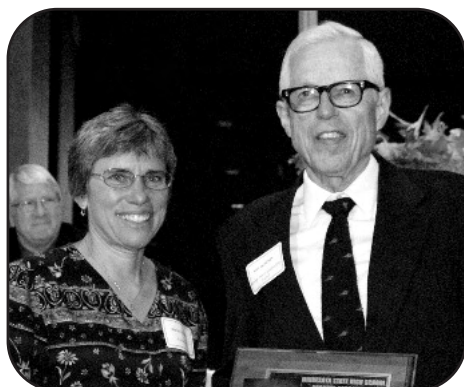
**Gail Necech**  
Hibbing

## STEVE KERZIE DELEGATE SERVICE AWARD

## GEORGE HAUN LEADERSHIP AWARD



**Diane Pettis**  
Sebeka



**Art Downey**  
Edina HS



**Greg Juba**  
Park HS



VISIT MCDONALD'S AFTER THE GAME

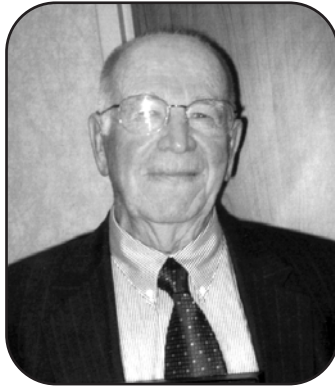


# BASEBALL

## BASEBALL HALL OF FAME AWARDS



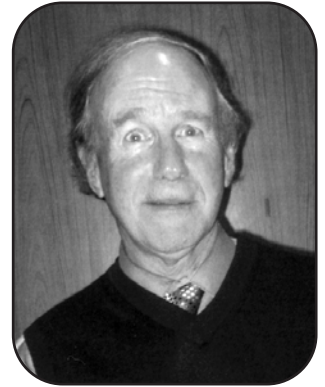
**Chris Biehn**  
Mankato Loyola



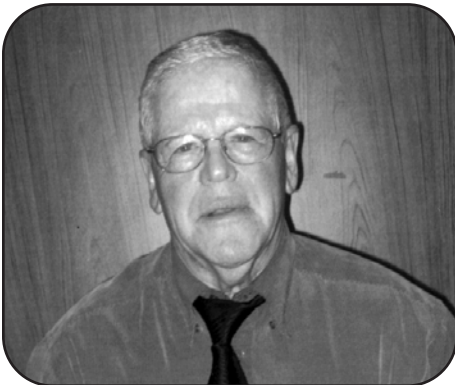
**Jim Hare**  
Richfield



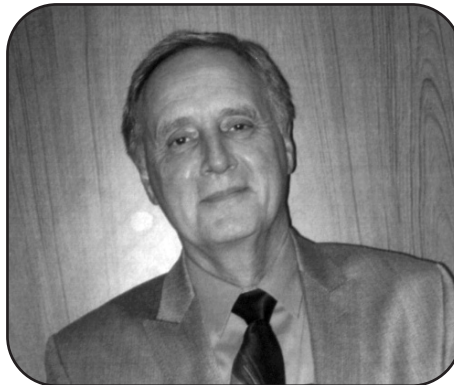
**John Hellie**  
Pierz



**Jim Hurley**  
Pierz



**Jerry Riewer**  
Staples-Motley

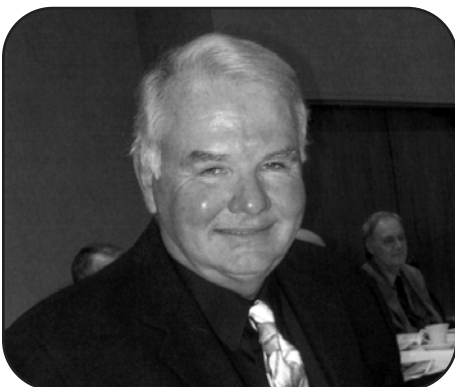


**Steve Johnson**  
The Blake School

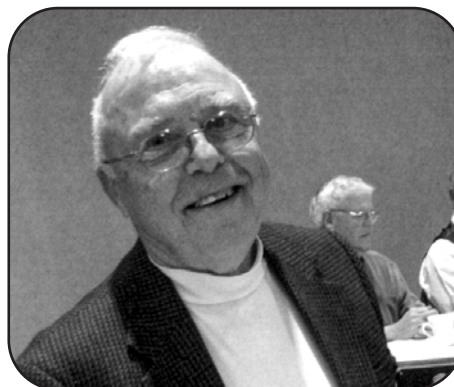


**Dennis Kaatz**  
Wadena-Deer Creek

## JIM DDIMICK RETIRED COACH AWARDS



**Brad Skoglund**  
Paynesville



**Paul Mork**  
White Bear Lake & Blaine

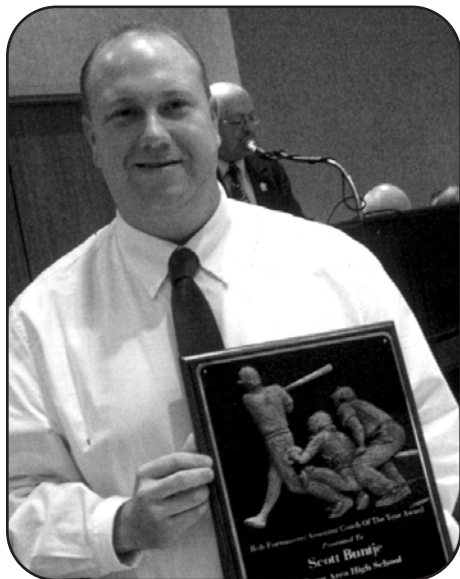


**Jon Springer**  
Zumbrota

## ANGELO GIULIANI AWARD

# L AWARDS

## ROB FORNASIERE ASSISTANT COACH OF THE YEAR

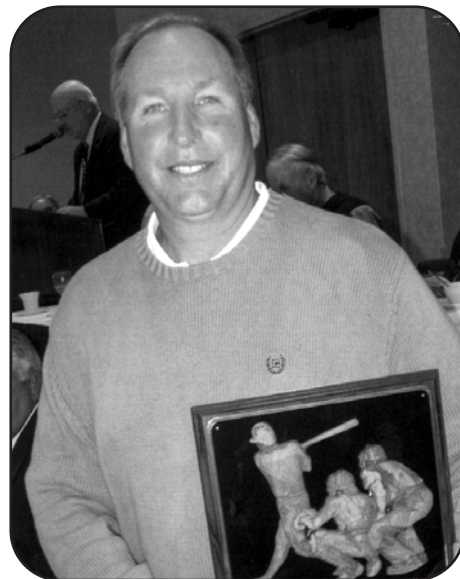


**Scott Buntje**  
Albany



**Steve Wolle**  
Mankato East

## DICK SIEBERT AWARD



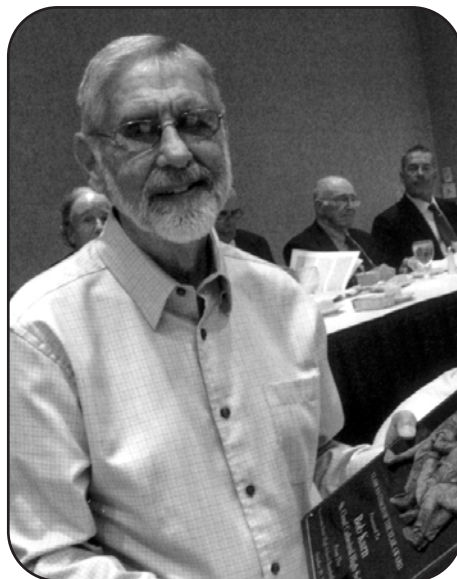
**Brad Skoglund**  
Paynesville

## AAA COACH OF THE YEAR



**Brian Raabe**  
Forest Lake

## AA COACH OF THE YEAR



**Bob Karn**  
St. Cloud Cathedral

## A COACH OF THE YEAR



**Jim Erzar**  
Deer River


... continued on page 28



VISIT MCDONALD'S AFTER THE GAME



# dugout chatter



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

The annual fall clinic is in the rear view mirror, the L-screens are in storage, and the tarps are on the field in preparation of another Minnesota winter. Though baseball is more than 120 days away, the preparation for the 2012 season is largely on the minds of baseball coaches statewide. Among the items on the proverbial winter “hot stove” in Minnesota high school baseball include implementation of the BBCOR bat rule, internet sites for our sport, forms and deadlines for the upcoming season, efforts to get double elimination returned to our game, the coaches’ education initiative, and membership in our National Baseball Coaches Associations.

Before getting started on the “nuts and bolts” of season preparation, it is imperative to give thanks to all who had made our annual clinic the **great** event that it truly is. A heartfelt thank you goes out to John Wilkens and his family for their efforts to make the clinic run so smoothly each and every year. Additionally, thank you to the advisory board for their efforts with this clinic, the speakers, the vendors, and to the Ramada Plaza for their assistance in the clinic’s success. Also congratulations to our 2011 Hall of Fame class, our Coaches of the Year, Field of the Year winner, and the other award winners that were recognized by our association at the annual meeting and banquet that weekend.

The first major item that all baseball coaches should know about for the upcoming season and beyond is the new bat rule which begins this spring. The rule requires that all non-wood bats meet the Batted Ball Coefficient of Restitution (BBCOR) performance standard, which is the standard used by the NCAA. The 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 this spring. The change was made for safety and liability issues.

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 15<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 the weekend after the state tournament in Chaska. Let’s make sure we get our best players competing in this prestigious tournament. On a side note, but website related, a special thank you goes out to Tink Larson for **all** of his work on the website. He has resolved the issues that we were having earlier in the fall and he devoted a lot of time to making it function as it should.

With regard to promotion and tracking of our sport, baseball will continue to receive expanded coverage with 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 is the site that coaches voted to endorse after the fall clinic. The Star Tribune will continue with the Baseball Hub and promoting us as well. Utilizing these sites will help to promote the athletes that we coach and our sport in general. Entering stats on the association endorsed website (MSO) will also assist those committees that make decisions on association sponsored awards, such as All-State.

In addition to being a member of our state baseball coaches association, I encourage all of you to consider joining other coaches associations at the national level as well. The two other baseball associations to consider joining include the National High School Baseball

Coaches Association(BCA) and the American Baseball Coaches Association(ABCA). The reasons to consider joining these associations include additional liability coverage 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. The ABCA national convention in January will be held in Anaheim, California and the 2012 BCA convention will be held in St. Louis from November 29<sup>th</sup> to December 2<sup>nd</sup>. Coaches can access their websites for further information on membership and conventions; [www.baseballcoaches.org](http://www.baseballcoaches.org) and [www.bca.org](http://www.bca.org).

There are plenty of local opportunities for professional growth and networking during the winter. These options are available at the end of January at the St. Olaf clinic and in February at the University of Minnesota and St. Cloud State clinics(check our website for dates and times).

The final items to be aware of involve the MSHSL. The association's proposal to get double elimination returned to our playoff format before the final four, is in the review and discussion process by the Board of Directors at the State High School League, as soon as information is available it will be passed along to the membership. Hopefully, in the spring of 2013 we have double elimination returned to our sport. 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. The program can be completed on [www.mshsl.org](http://www.mshsl.org) by clicking on the coach's clipboard link.

There are a lot of things to do and think about as we enter the offseason. Baseball will be here before we know it, and as we anxiously await the start of another exciting spring, I wish you and yours the very best of holiday seasons and a happy, healthy, and safe 2012.

***“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**



# CLEARING THE HURDLES



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

I want to start by thanking you for all you do for student athletes. I am humbled to be counted in the company of so many selfless, generous people. Please except my gratitude and know that what you do is not in vain. You are investing your life in the most important resource we have on this planet... thank you!

What a pleasure it is to share what has been going on in our state in track and field! As many of you know, the MSHSL accepted our proposal for both the first and second place relay placers from each section in all genders, classes and relay events to automatically qualify for the state track and field meet while still allowing our existing qualifying standards to remain in place. Several of us attended the meeting at which this became official. You need to know that many of the members of the MSHSL went "to bat" for us on this item. I was incredibly proud of these individuals and it will not be something I soon forget. As some of you know, this was a personal issue for me dating back to my senior year at Wells-Easton High school. Mark, Rod, Dave, Scott, Jason and Craig thanks for your encouragement and support throughout this entire process.

Our track coach's clinic is right around the corner. The dates for our clinic are Friday, January 27th and Saturday, January 28th. The true team meeting and pre-clinic social are

Thursday, January 26th at 6: 30 and 8: 00 pm respectively. The clinic will be at the same hotel but the name of the hotel has changed to Double Tree Hilton Hotel and Conference Center in Bloomington. At this point you should have received a brochure for the clinic schedule. Please encourage other coaches to attend with you. This is a great opportunity for all of us to become even better at what we do! We would prefer that you register online at [mshsca.org](http://mshsca.org) but we will also be glad to accept your mailed registration provided in the brochure. Please note the registration fee is \$90 if we receive your registration and fee on or before January 15th. After this date, the clinic fee is \$120. Also, please consider staying at the hotel for one or more nights during the week of the clinic. The hotel gives our association a discount on facility fees based on the number of rooms our members use during this time and more importantly it is a great opportunity to network and connect with your fellow coaches in a setting away from the track. Thanks so much to the clinic committee: Jason Karn, Rod Fuchs, Scott Christensen, Craig Nelson, Dave Wieber, Scott Palmer, Mark Alcorn, Ty Kytta, and Kent R. Viesselman. Thanks for your service to your fellow coaches.

We have so much to be proud of as track coaches in the state of Minnesota. I am continually amazed by the work ethic and dedication so many of you possess. If you haven't lately, please take the time to thank those around you that help lead...your section reps., true team committee members, advisory committee, people involved with the clinic and others. Better yet, step up and get involved.

I hope you have a safe Merry Christmas and remember that the greatest things in life aren't things!

## 2012 TRACK & FIELD CLINIC

### January 26th-28th 2012

Pre-clinic social January 26th 8:00 pm

### DOUBLETREE HILTON HOTEL & CONVENTION CENTER

(same location as 2011, different name)

#### Save time at the door, Register before the Clinic!

Registration for membership and/or the clinic is online at [www.mshsca.org](http://www.mshsca.org)

Fees include Friday night Association meeting, banquet and social.

The 1st 150 coaches registering will receive a sport specific t-shirt from Lakeshirts Blue 84 division.

If you are sending one check for your whole staff, that can be done online also. Each coach enters their information & prints out a receipt to be included with the payment. Login with your email and password from last year's online registration.

\*\*\*\*\* If you mailed in your registration last year, your password is probably zzz.

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

Questions? Call: 218-847-6796 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net)

#### ALREADY A MEMBER?

Login at [www.mshsca.org](http://www.mshsca.org) use your email and the password you chose OR zzz if you mailed in your registration last year. Follow the event registration link on the left side of your profile.

#### ATTENDING THE CLINIC ONLY?

There is a spot to register at [www.mshsca.org](http://www.mshsca.org) Once you have entered your email and profile information, you must select B/GTrack as your 1st sport or it will not take you to the clinic registration. You will not be charged the sport association fees.

A link to the hotel information is on the clinic registration page. Rooms are available at an \$89 rate from January 24-31st.

Please register early so our committee has a good count for the banquet.

**Thursday, January 26<sup>th</sup>**

6: 30 pm True Team Meeting  
8: 00 pm Clinic Social

**Friday, January 27<sup>th</sup>**

7: 00 Registration

8: 00

*Using HYTEK to run a smooth meet* T. Ostroot /J. Auel  
*Growing Competitive Sprinters* James Pipkin  
*Getting Started: It's all about the Canvas* Pat Tyson  
*Getting your jumper off the ground and over the bar* Holly Thompson  
*Speed development training* Boo Schexnayder  
*Shot put teaching progressions and training* Don Babbitt

9: 30

*Team Organization w/technology* Tony Einertson  
*Got Block start? Well come get one* Torrion Amie  
*Understanding Blood Tests* Dr. Jack Ransone  
*Keys to Jumping High in the High jump* Will Freeman  
*MSHSL: Q and A* Jody Redman  
*Discuss teaching progressions and training* Don Babbitt

11: 00

*Relay exchanges* Denny Ranta  
*Fund. & Strat. for Successful Relays* Rod Reuer  
*Prev. & Care of lower leg inj. in dist. runners* Ross Fleming  
*Pole Vault tips and topics* Fred Berg  
*Triple jump: Teaching & Training* Dr. Don Chu  
*Power development for Throws* Don Babbitt

12: 30 **Drawing #1**

1: 00

*True Team Philos.: A value based approach* Ross Fleming  
*Coaching the 400 m runner* Jack Sands  
*Nutrition, Supplements and Ergogenic Aids* Dr. Jack Ransone  
*High jump Techniques and Drills* Holly Thompson  
*Plyometric Training: Exercises & Organiz.* Boo Schexnayder  
*Core Training for Throws* Don Babbitt

2: 30

*Plyometrics for Sprinting* Dr. Don Chu  
*White Bear Lake's 4 x 200 Training & More* Doug Hicks  
*Motivation: "Building the Fire"* Pat Tyson  
*Pole Vault Q & A* Panel Discussion  
*Training Theory in the Jumps* Rob Graham  
*Common Discus faults & drills to fix them* Tom Thorkelson

4: 30 MN Track Coaches Assn Meeting

5: 30 Banquet & Keynote

7: 00 Social and **Drawing #**

**Saturday January 28<sup>th</sup>**

9: 00

*E-Cubed: BEA Track & Field* Tom Plocker  
*Middle Distance at Anoka HS* Pete Tremaine  
*Training for CC: The Mead HS Program* Pat Tyson  
*High jump: Teaching & Training* Dr. Don Chu  
*Triple jump: Fixing the 2<sup>nd</sup> phase* B.Schexnayder  
*Phys. Train., Indiv Tech & Explos Training in a Large Throwing Program: Shot put* Tim Conboy

10: 30

*Track coaching Q & A* Panel Discuss.  
*Coaching the HS Multi-event athlete* Mike LaBine  
*Environ. Factors effect. Athlete perform.* Dr. Jack Ransone  
*Working with a HJer that is "stuck" at a Ht* Holly Thompson  
*Effect. Drills & Train. of TJ* Will Freeman  
*Discuss at Robbinsdale Armstrong* Paul Ellison

12: 30

*The Origin of True team* Ron Beachy  
*Improving Stride Length in Sprinting* Dr. Don Chu  
*Training for Track: "The Oregon System"* Pat Tyson  
*Drills for improved PV technique* Dean Aurich  
*Develop. accur. in the horizontal jump approach* B.Schexnayder  
*Training Female HS Throwers* Mark Sotebeer

1: 30 Advisory Committee Meeting

2: 00

*Building a Youth program* Panel discussion  
*Sprint relays* Jack Sands  
*Training HS distance runners* Will Freeman  
*Preseason conditioning for jumpers* Holly Thompson  
*Biomechanics of LJ: technique, breakdown* Torrion Amie  
*Phys. Train., Indiv Tech & Explos Training in a Large Throwing Program: Discus* Tim Conboy

3: 30

*Building a Track Website* Tom Plocker  
*Girls Hurdles at Hopkins* Jarren Williams  
*Training the Young Distance Runner* Dave Maurer  
*Developing the High school vaulter* Jay Hatletti  
*TJ Technique-1<sup>st</sup> Take off phase* Joe Vardus  
*Shot put at Robbinsdale Armstrong* Paul Ellison

4: 45 **Drawing #3: Final Drawing**

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Please include a check for \$12 per shirt  
(shipping is included in the price) \$ \_\_\_\_\_

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

**Guest speakers – A quick glance**

**Boo Schexnayder** – Keynote/horizontals

- World renowned speaker
- Team USA Jumps Coach at Beijing Olympics
- Former LSU Jumps coach
- Has coached 10 Olympians
- Former chair of USTF Education committee
- Chair of Advisory board for USTFCCA Track Academy

**Don Babbitt** – University of Georgia

- The Premier U.S. Collegiate throws coach
- Named National NCAA Division I Asst of the Year 2003
- 35 throwers in Olympics/World championships
- Coached throwers include: Adam Nelson, Reese Hoffa, Breaux Greer, Jason Tunks and Andras Haklits

**Will Freeman** - Grinnell College

- Head Track and Field Coach at Grinnell College for 27 years
- His Grinnell CC teams have won 19 of the past 20 Midwest conference championships
- As an undergraduate, attended the University of Florida was an All-American in the pole vault and competed in 2 Olympic trials.
- Has written 3 books and authored 19 coaching videos.

**Pat Tyson** – Gonzaga University

- One of Bill Bowerman's "Men of Oregon"
- Teammate and roommate of Steve Prefontaine
- In 17 years at Mead high school produced 12 Washington state CC team titles, 9 individual titles and 17 individual track and field distance champion (1600 & up)
- Current Head cross country/track and field coach at Gonzaga



VISIT MCDONALD'S AFTER THE GAME





## Ice Chips

By: Craig Roberts  
MHCA Director of Communications  
Benilde-St. Margaret's School

The 2011-12 season kicked off with the annual Minnesota Hockey Coaches Association Fall Clinic, held Oct. 28-29 in Duluth. The clinic was hosted by the defending NCAA champion Minnesota-Duluth Bulldogs. For all who attended, it was a tremendous opportunity to learn from Scott Sandelin (Hibbing HS) and his staff at UMD, along with Tom Serratore (Coleraine HS) and the staff at Bemidji State, Wisconsin-Superior head coach (Duluth Denfeld HS) and St. Scholastica head coach Mark Wick (Hermantown HS).

Many of the MHCA members (85 of the state's head coaches were in attendance at the clinic) had an opportunity to see UMD and BSU play at Amsoil Arena. The two teams feature 25 Minnesotans, with 18 former Minnesota high school student-athletes on the Bulldogs' roster.

As part of the Fall Clinic, the MHCA Executive Board met to

select its award recipients for 2011-12. New president Ken Pauly, of Benilde-St. Margaret's, presided over the board meeting and was quick to thank his predecessor, Bruce Fruitiger, who stepped down after retiring from his post as the head coach at Rochester Century.

Four people will be inducted into the MHCA Hall of Fame and four others will be honored for their contributions and accomplishments with individual awards.

Going into the Hall of Fame this year are Harry Brown (Minneapolis), Cary Eades (Warroad), Keith Schafer (Wayzata) and Chuck Watson (Moorhead).

Individual awards will be given to:

Cliff Thompson Award (for outstanding, long-term contributions to the sport of hockey in Minnesota)—Bart Larson.

Oscar Almquist Award (given to a non-coach who has contributed to the success of high hockey by advancing opportunities for players and coaches)—Bill

Kronschnabel.

Dave Peterson Award (given to a high school hockey coach whose efforts have helped strengthen the bond between youth and high school hockey)—Dave Esse.

Bruce Johnson Award (given to an MHCA board member who has made extraordinary contributions to the association)—Bob Rajanen.

"This year's class is exceptional," MHCA president Ken Pauly said. "We have some of the outstanding men who helped paved the way for boys' hockey in the early years and some coaches who have clearly stood out for their accomplishments."

The Hall of Fame inductions and award presentations will take place at the Association's annual banquet in March, held in conjunction with the Minnesota State High School League boys' hockey tournament.

## WINTER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this winter 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.

# Swim Strokes

By: Jen Marshall

Farmington High School  
jmarshall@farmington.k12.mn.us



It's hard to believe the fall season is complete and the Holidays are upon us. Minnesota Swimming and Diving just finished a very fast season, both in and out of the water! First, I'd like to congratulate the MSHSCA True Team Champions – Hutchinson in Class A and Stillwater in Class AA. Congrats is also extended to the True Team Section Champions as well and thank you to the sixteen schools who hosted these championship meets. A lot of time and energy is dedicated to making the True Team Championships a class act and it seems to get better and better year after year. This wouldn't be possible without the efforts of coaches and parents around the state so thank you!

The MSHSL State Championships wrapped up just a few weeks ago and congratulations goes out to this year's champions

Sartell-St. Stephen in Class A and Edina in Class AA. A total of five state meet records were broken over the three days of competition including four in Class A and one in Class AA. Swimmers and divers from around the state also earned numerous All American qualifying times/scores and the state will be well represented when the NISCA All American athletes are announced this spring.

Coaches can mark their calendars for the annual MSHSCA sponsored Coaches Clinic which will be held Friday and Saturday April 13-14, 2012. Additionally, the annual All State Banquet is slated for Friday April 13, 2012 at the Prom Center in Woodbury. There will again be online registration for the banquet along with online voting for this year's Coaches and Athletes of the Year. More information on the clinic, banquet and voting will be posted on the MSHSCA Swim & Dive website in the coming months.

Thank you to everyone involved in swimming and diving for all the work you do for our sports. Best of luck to the coaches involved in the boys' season and have a great Holiday season!



## Procedure for Online Registration

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

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

1. To begin, go to [www.mshsca.org](http://www.mshsca.org).
2. Use the link for 2011-12 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 join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Print your receipt.

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

### Questions????

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

A membership application is not being printed this year. The paper copies have not always been clear and we have had incorrect emails and mailing addresses for cards. By using the online registration, you will be helping us to update our records and information. We will be happy to walk you through the process.

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

*“Competition is the  
spice of sports;  
but if you make  
spice the whole meal  
you’ll be sick.”*

- George Leonard



VISIT MCDONALD'S AFTER THE GAME



# MSHSCA's CORPORATE SPONSORS



## 2011-2012

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.

- McDonald's  
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Detroit Lakes
- All Star Fundraising - Minneapolis
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- Roseville Visitors Association
- Blue 84 - Division of Lakeshirts -  
Detroit Lakes
- JK Sports, Fergus Falls
- RJY Development Inc - Rochester

## COACHES:

Please support the sponsors who are concerned  
about your athletes and your programs!  
Good luck in 2011-2012  
Thanks for your support





By: Heather Brick  
Former Visitation High School Head Coach

**MASTER THE GAME:** Start your season with confidence and get everything you need to prep for the 2012 season! Elite traveling lacrosse program Frost Lacrosse partners with the MSHSL Coaches Association to host a coaches' clinic Saturday March 24th in Hopkins. Presenting advanced practice drills, we are honored to have Jenny Taft, MN Elite Coach and DI Boston University player and Ashley Holofcener, Frost Lacrosse Coach and William & Mary 1st All-Time Leading Assister and 3rd All-Time Leading Point Scorer.

**COACHING THE FUNDAMENTALS:** Before your players can score with behind the back shots, they need to master the fundamentals. In a session reviewing stick skills, we'll show you tips and tricks for teaching the fundamentals. As stick skill basics are vital to success, so is the ability for a coach to run an efficient and effective practice. After discussing how to get the most out of practices and how to motivate players with positive coaching, you'll be set for your next big sideline win!

**BREAKOUT SESSIONS:** Including a high school and youth breakout session, this clinic is for the beginner coach and experienced coach alike. In the high school breakout session MSHSL Coaches Association President Rachel Aiken will review the All-State and All-American nomination process and deadlines. In the youth breakout session MSSLax will elaborate on coaching youth and how to run a competitive practice with beginning players.

**RULES:** Last but not least, a representative from the Minnesota Umpires Lacrosse Association will join us to explain the 2012 rule changes. Also presenting are coaches Heather Brick, Frost Lacrosse Program Director and Minnesota Lacrosse Association Women's Representative and Judy Baxter, Eden Prairie Head Coach, 6 Time State Champion and MN Elite Coach.

Contact Heather Brick at [mnwomenslacrosse@gmail.com](mailto:mnwomenslacrosse@gmail.com) if you are interested in presenting or have any questions regarding the Coaches Clinic.

## MEMBERSHIP REPORT December 2011

<u>Types of Membership</u>	<u>2011-12</u>	<u>2010-11</u>
Active Class A & AA	5427	6273
Associates	1033	1156
Active Life	688	564
Retired Life	970	984
<u>Honorary</u>	<u>3</u>	<u>3</u>
	8,121	8,980

### Breakdown of membership by sport association (2010-11 totals in parenthesis)

Adapted Athletics	(19)	16
Boys Lacrosse	(51)	10
Alpine Skiing	(68)	51
Girls Lacrosse	(47)	13
Athletic Directors	(228)	246
Football	(1105)	1068
Baseball	(400)	364
Boys Hockey	(259)	170
Boys Basketball	(788)	664
Golf (boys & girls)	(371)	237
Girls Basketball	(736)	622
Soccer (boys & girls)	(379)	396
Cross Country	(316)	364
Softball	(509)	265
Gymnastics	(210)	142
Synchronized Swimming	(16)	1
Nordic Skiing	(114)	74
Girls Tennis	(190)	195
Volleyball	(740)	682
Boys Tennis	(166)	109
Boys Swimming	(165)	136
Track & Field	(686)	499
Girls Swimming	(217)	217
Wrestling	(82)	95

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

27- Girls Hockey, 17-Cheerleading, and 23-Dance

Thanks to Liberty Mutual

I was recently at the Spring Delegate meeting and filled out a quote form for Liberty Mutual. Thinking I was just benefiting the association little did I know it would benefit us greatly. We were able to save \$400 on our Auto Insurance and about \$900 on our Home owners policy. It was an awesome benefit . . . especially this close to the Holidays. It took 5 minutes to fill out the form! So a big "Thanks!" to Dave and the staff at Liberty Mutual!!

Shelly Hotzler - Past President of the MSHSCA



## Quote Form Auto & Home Insurance



Minnesota State High School Coaches Association has partnered with Liberty Mutual to save you money with substantial discounts\*.

**And the best part- 2% of your premium goes back to the organization.**  
You receive knowledgeable support, immediate claims assistance, and the latest information to keep you and your family safe.

**Complete the form below for a no-obligation home and auto insurance quote.**

**Insured # 1**  
Full Legal Name \_\_\_\_\_

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Insured # 2**  
Full Legal Name \_\_\_\_\_

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Year / Make / Model or VIN (if available)**  
Coverage  
Vehicle 1:

full  liability

**Vehicle 2:**

full  liability

**Vehicle 3:**

full  liability

**List names of all operators (include dates of birth and D.L. numbers):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Home Address**

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**Zip** \_\_\_\_\_

**Year Built** \_\_\_\_\_ **Age of Roof** \_\_\_\_\_

**Insurance Dwelling Coverage \$** \_\_\_\_\_  
(Or purchase price if new purchase)

**Prior Address (if less than three years):**

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**Zip** \_\_\_\_\_

**Contact Info:**

**Daytime Telephone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_



**DAVID GUNDERSON**  
PH # 763-543-4344 FAX # 763-595-8618  
[david.gunderson@libertymutual.com](mailto:david.gunderson@libertymutual.com)

\*Discounts, product features, savings and benefits vary state by state and are not available in all states



**VISIT MCDONALD'S AFTER THE GAME**



# CHIP SHOTS



By: Todd Petterson  
Red Wing H.S.

The weather is changing and it appears that the snow will eventually come. There are not a lot of new things to report from the last chip shots article. The Advisory board will be meeting only a few days after the deadline for this article and so there might be additional things to report after the meeting. If anything new is needed to be reported, I will send out an email with the news-so get your memberships up to date as soon as you can-remember you need to be a member of the coaches association in order for your players to get recognized.

Birdie Marketing sells the Minnesota Golf Card that we endorse. They give back to our Golf Coaches Association in a big way! In a few weeks eight lucky schools will be drawn and getting checks for 500 dollars each. Contact Diane at Birdie Marketing, Inc. (763)753-6988 or [birdiem@comcast.net](mailto:birdiem@comcast.net) for the Minnesota Golf Cards-the holidays is a great time to get a jump on the competition! And it is a great gift idea! The pace of play will continue to be a focus of our discussions. It appears that during the past few state tournaments we are not making the turn times and are getting behind with the starting times-so the advisory board is going to discuss ideas on what we can do to help pick up the pace of the rounds. If any of you have ideas on speeding up play, send them to me!

A few years ago I thought the use of distance range finders would be approved by the MSHSL- at this time I do not think it is inevitable. Some coaches feel that it will speed up play and others feel it might slow it down some. Last year I felt it was only a matter of time before range finder use was going to be passed by the MSHSL- but with the slow play issue, I am not so sure now. Currently the MGA junior

and the PGA junior tournaments both use them and the pace of play does not appear to be slowed down by their use. More discussion will follow on distance range finder use.

We have one last vote to be held for last season's Coach of the Year. In a few days I will be typing up the names and submitting them for a vote of the coaches who were members of the association in the 2011 season. Over the last few years we have gone from having a low of about a dozen nominees to this next vote we have 27 coaches up for Coach-of-the-Year. While this is an improvement over other year's nominations, I still would like to increase the reporting of section nominees. The problem we face is that our state tournament is in the summer and coaches do not respond very well to emails over the summer. Thus, I have tried to have a vote right away in the fall. The timing is very tight with the start of the school year, and getting the vote done in time so winners can be told about the award and invited to the banquet. I do not know of a better way than the way we are holding the vote-and I have thought a lot about it. As a group we need to be better at taking charge at the section meets and getting all sections to report the winning coaches.

Coach-of-the-Year winners for the 2010 season were: A boys Roger Sandberg-Ortonville, A girls Steve Tax-Osakis; AA boys Pete Loehr-St Cloud Cathedral, AA girls Cliff Ashby-Hermantown; AAA boys Phil Finanger-Edina and AAA girls Mike Schumacher-Wayzata-congrats to all!

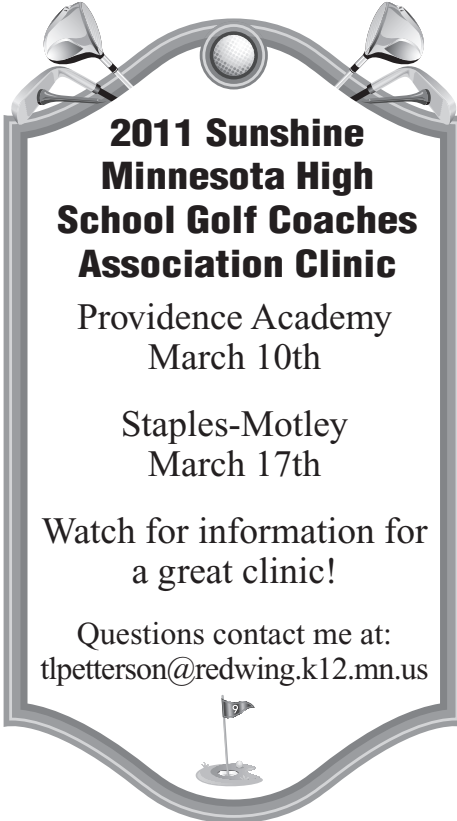
Last year the Golf Coaches Association continued the Sunshine Golf Clinic after George Reynolds handed it over to us. We had a very good turnout and as an advisory board we are discussing ideas on how we can grow it even more. A special thank you to George and all he has done for High School golf in the state and if you have thoughts on topics you would like to see at the clinics let me know- we are always looking for ideas and want it to grow and provide what the coaches are interested in. In discussions are some really neat things and, I believe, you might be really interested in attending this year! I will keep you informed on

this-so stay tuned! The dates we are looking at are March 10th in Providence and March 17th at Staples-Motley. These dates are close to being confirmed-so stay tuned.

Check out the dates for next year's state meets and state tournament banquets-there has been a timing change for next year and the days of the week which have been the past practice are changing for this school year-more reminders will follow on this and the correct dates are on the MSHSL website.

Last, I got a call from someone that is promoting a High School golfers travel trip to St. Andrews, Scotland. I doubt I have anyone interested from my team. If any of you have golfers that might wish to be a part of the trip contact me and I will pass the information along to you for your players. Maybe if there are enough Minnesota golfers there would be room for a Minnesota coach to supervise the trip?

Keep passing on ideas on the speed of play, state tournament ideas, coaching on the course, clinic ideas, Coach-of-the-Year and anything else you feel is important to cover. Have a great and safe holiday season.



**2011 Sunshine  
Minnesota High  
School Golf Coaches  
Association Clinic**

Providence Academy  
March 10th

Staples-Motley  
March 17th

Watch for information for  
a great clinic!

Questions contact me at:  
[tlpetterson@redwing.k12.mn.us](mailto:tlpetterson@redwing.k12.mn.us)



## Dig This

By: Jim Lee  
Waconia HS

Those who bring sunshine to others' lives cannot help but bring sunshine to themselves.

During the past month, this adage has been proven quite correct within the volleyball world. At the 2011 MNVBCA All-State Banquet, Lonnie Morken from Mabel-Canton was one of two inductees into the MNVBCA Hall of Fame. He's accumulated a 459-96 career record, 14 conference championships, nine Section 1A East titles and a pair of Section 1A championships in 2000 and 2001. But more than that he has brightened so many other athletes' and coaches' lives with his vibrant personality and moralistic virtues.

The second inductee, Dan Westby, has helped his Marshall Tigers shine their light at the state tournament eight straight years since he became head coach in 2004—with state championships in 2004, 2007, 2009, and now 2011. But a more polished pearl that shines so deeply for Coach Westby is his sincere drive to help adolescents as a whole—evidenced with his off-season JO program, head girls' basketball coaching responsibilities, and commitment to numerous youth camps throughout the summer.

Other recent shining stars include the 2011 state champions: the Marshall Tigers, by defeating Stewartville 3-1, captured their fourth state "AA" title in their eleventh straight tournament appearance; Bethlehem Academy, by defeating Nevis 3-0, continued their odd-year dominance with state "A" championships in 2003, 2005, 2007, 2009, and now 2011; and Eden Prairie wrestled the "AAA" championship from Lakeville North with a thrilling 22-20 fifth set win that was one of the most entertaining championship matches I've seen! Remember the fifth set is supposed to end at 15, but they kept exchanging points—think of it as the NHL shootout system for an overtime extending to 10 rounds!

After shining for four years at Centennial High School, Leigh Pudwill was crowned the 2012 Ms. Baden with 553 kills, 380 digs, and a trail to the Northern Iowa volleyball squad in 2012.

As the sun sets on the 2011 season, these previously-mentioned icons have allowed many teams the dream to follow in their footsteps when the sun rises again in August of 2012!

## USE YOUR MEMBERSHIP CARD

Your 2011-2012 Membership & Insurance  
Expires July 31st.

### Have your new card for fall sporting events.

The possession of the MSHSCA membership card is a privilege extended to paid up members of the MSHSCA.

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

### 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 Red Ink for the year 2011-2012.

### 2011-2012 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, Becky Leuer - North Branch



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

Asst. Football  
Head Wrestling  
Asst. B/G Track



VISIT MCDONALD'S AFTER THE GAME



# SERVICE ACES

By: Robb DeCorsey  
MSHSTCA President  
Glencoe Silver Lake  
High School



[rdecorsey@gsl.k12.mn.us](mailto:rdecorsey@gsl.k12.mn.us)

It is hard to believe that winter is almost upon us. It does not feel like more than a month has past, since we were wrapping up the state tournament. The fall season is quick and the energy expended is great and before we know it the spring season will be upon us.

I would like to extend congratulations to the following coaches of the year. Class A Head Coach—Les Zellmann, St. James and Class AA—Steve Paulson, Edina. The Assistant Coaches of the year are: Class A—Peggy Larson, River Valley and Class AA—Perry Forster, Edina.

Congratulations to the state champions. Class A Team—The Blake School and Class AA—Edina. The individual champions are: Class A singles—Amber Washington, Mounds Park Academy and Class AA—Jessica Aney, Rochester Century. Class A doubles—Elana Sullivan and Eva Sullivan, Providence Academy and Class AA—Kylie Boyer and Kate Rosenow, Rochester Mayo.

Tennis produces great student athletes. We recognize teams as Gold(3.75-4.0) or Silver(3.5-3.74) award winners.

## Section

3.75-4.0 Gold Winners

1AA

Lakeville North

1AA

Lakeville South

1AA

Norhfield

1AA

Red Wing

2AA

Chanhassen

2AA

Delano

2AA

Eden Prairie

2AA

Mankato West

3AA

Apple Valley

3AA

Bloomington Jefferson

3AA

Eagan

3AA

Prior Lake

3AA

Rosemount

3AA

South St. Paul

3AA

Visitation

4AA

Cretin-Derham Hall

4AA

East Ridge

4AA

Hill Murray

4AA

Mahtomedi

4AA

Roseville

4AA

St. Paul Highland Park

4AA

Woodbury

5AA

Blaine

5AA

Champlin Park

5AA

Coon Rapids

5AA

Fridley

5AA

Irondale

5AA

Spring Lake Park

5AA

St. Michael-Albertsville

5AA

Totino-Grace

6AA

DeLaSalle

6AA

Edina

6AA

Hopkins

6AA

Wayzata

7AA

Andover

7AA

Big Lake

7AA

Cambridge-Isanti

7AA

Elk River

7AA

Forest Lake

7AA

Hibbing/Chisholm

7AA

North Branch Area

7AA

Princeton

7AA

St. Francis

8AA

Bemidji

8AA

Brainerd

8AA

St. Cloud Tech

8AA

Willmar

## Section

3.5-3.74 Silver

2AA

Mankato East

2AA

Shakopee

3AA

Academy of Holy Angels

3AA

Eastview

3AA

Henry Sibley

4AA

White Bear Lake

5AA

Mounds View

5AA

Rogers

6AA

Benilde-St. Margaret's

7AA

Chisago Lakes

8AA

Becker

8AA

Fergus Falls

8AA

Monticello

Class A: Gold

Section

3.75-4.0

2A  
Blue Earth  
2A  
St. Peter  
2A  
United South Central  
2A  
Waseca  
3A  
Luverne  
3A  
Redwood Valley  
4A  
Minnehaha  
4A  
St. Paul Humbolt  
5A  
Glencoe Silver Lake  
5A  
Litchfield  
5A  
Melrose  
6A  
Long Prairie Grey Eagle  
6A  
Osakis  
6A  
Sauk Centre  
7A  
Aitkin  
7A  
Cook County  
7A  
Eveleth-Gilbert  
7A  
Foley  
7A  
Mora  
8A  
Crookston  
8A  
Staples Motley

Class A: Silver  
Section  
3.5-3.74  
1A  
Cannon Falls  
1A  
Rochester Lourdes  
2A  
Belle Plaine  
2A

LeSueur Henderson  
3A  
Lac qui Parle  
3A  
Montevideo  
3A  
Pipestone  
3A  
Saint James  
4A  
SPA  
5A  
Annandale  
5A  
Benson  
5A  
New London-Spicer  
5A  
Providence Academy

5A  
St. Cloud Cathedral  
6A  
Minnewaska  
6A  
Parkers Prairie  
7A  
Marshall School  
7A  
Pierz  
7A  
Pine City  
7A  
Virginia  
8A  
New York Mills  
8A  
Park Rapids

... continues on page 43

## 2012 Tennis Clinic

March 2<sup>nd</sup> & 3rd, 2012

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

**Pre-register for the clinic online at [www.mshsca.org](http://www.mshsca.org)  
Coaches registering before February 26th will receive a sport  
specific t-shirt from Lakeshirts Blue 84 division.**

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

Login with your email and password from last year's online registration.  
\*\*\*\*If you mailed in your registration last year, your password is probably zzz.

### ALREADY A MEMBER?

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

### ATTENDING THE CLINIC ONLY?

There is a spot to register at [www.mshsca.org](http://www.mshsca.org)  
Once you have entered your email and profile information, you must select Boys or Girls Tennis as your 1<sup>st</sup>  
sport or it will not take you to the clinic registration. You will not be charged the sport association fees

.....

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

**ALL COACHES ARE ENCOURAGED TO BE MEMBERS OF THE MSHSCA & THE TENNIS ASSOCIATION**  
Make check out to MSHSCA

Mail to: Rick Engelstad, 21167 Crab Apple Dr., Pine City, MN 55063

Questions about registration? Call Mary at 218-234-0345 or email: [jomar@lakesnet.net](mailto:jomar@lakesnet.net)

Clinic questions? Contact Rick at © 763-242-1451, (H) 320-629-5025, email [mshstca@mac.com](mailto:mshstca@mac.com)



VISIT MCDONALD'S AFTER THE GAME



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

The MSHSCA continues the Academic Awards program

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

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

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



This process is true for each sport.

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

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

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

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

**Service Aces . . . continued from page 41**

- 8A Pequot Lakes
- 8A Wadena

Our individuals are awarded Academic All-State for players who are big team contributors and maintain a 3.7-4.0 GPA.

As winter approaches I encourage you to promote USTA winter tennis and their many programs. These programs keep moving out great sport forward, with exposure and improved quality of play, for all involved.

**TENNIS CLINIC**

The 2012 Tennis Clinic is coming. Friday, March 2nd and Saturday, March 3rd. IT will be held at the Fred Wells Tennis and Education Learning Center. Log on to the MSHSTCA web site- <http://www.mshca.org/tennis/index.htm> or contact Rick Engelstad@MSHTCA@mac.com

**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.

**HALL OF FAME**

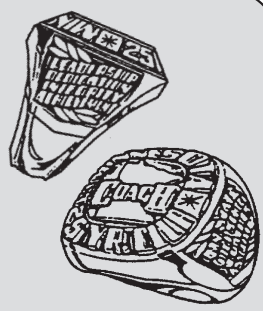
Consider nominating someone for the MSHSTCA Hall of Fame. Please note that coaches no longer need to be retired from coaching to be nominated, but must have at least 15 years of tennis coaching service. Send your nominations to Dave Gunderson, [dgunderson@mchsi.com](mailto:dgunderson@mchsi.com)

**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/secreps.htm>. If you are interested in becoming a section rep, let us know. We have openings for section reps: Girls—section 1A, 1AA, 4A, 6AA, 7A and Boys—3A, 3AA, 5A, 7AA.

I hope everyone enjoys a relaxing winter and has a very Happy Holiday season.

# 25 YEAR CLUB RING



## Ring Options

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

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

**ENGRAVING:**  
 Initials Inside Ring  
 Full Name Inside Ring

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

# 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



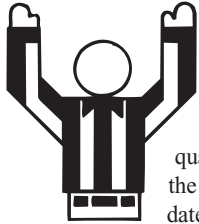
**VISIT MCDONALD'S AFTER THE GAME**





# 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

It is my assumption that those reading through The Prep Coach have had their share of both great and disappointing experiences throughout their sporting careers. That being said, I'd like to share a few of my recent ones. As you know – some just “get it” and some don't.

### The Class

Upon our arrival to officiate a football game this fall I was approached by the Athletic Director. He indicated that they were going to have a special presentation for one of their youth. He asked if we'd mind having him come out for the coin toss? He indicated that the young man was going through some difficult times and they wanted to take a moment to pick him up. This young man used all his might as he was escorted to midfield, albeit a bit nervous. He was all smiles as he was there to witness the captains receive instructions and witness the coin toss. By his excitement I believe he would have been satisfied with that – but it wasn't over.

He was next presented a brand new varsity letter jacket of the home team. You can about imagine his excitement as others helped put the jacket on. The captains of both teams then lined up for photographs with him. The home team (Frazee) Athletic Director, coaches, players and community should be proud that

... 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 ( ) \_\_\_\_\_

they had taken the extra effort to brighten the spirits of this young man. You see months have passed since that night, but I recently saw the same young man at a restaurant. You guessed it – he was wearing that same jacket with pride. What a tremendous example of displaying the utmost respect and class. They all “got it.”

Being an official it can be difficult to critique those in your own group. We tend not to want to hurt each others’ feelings or that because we are friends it easier just to hope it will get better or go away. That doesn’t resolve anything, but it sure is easier. It reminds me of an official in our group who by all accounts was struggling. I heard concerns from coaches, officials and athletic directors about this officials lack of hustle, poor judgment, sloppy mechanics and just basically that they didn’t belong in the profession.

I took the opportunity to go and watch the official in a varsity contest. The reports I had been given were harsh, but still fairly accurate from what I saw. It was actually difficult to watch. Over two pages of scribbled notes were taken and then shared with the official. Not much of it was positive. Throughout our post game conversation the official listened attentively and nodded from time to time. Several questions were asked as well. At the completion of our conversation it was apparent we both were relieved. I was because I anticipated a confrontation – it never happened. It just wasn’t in my comfort zone. The official thanked me and said that they wished it

would have happened earlier. They handled it with class. They “got it.”

#### The Classless

On the other end of the spectrum there are situations that displays that some people just don’t get it. You may have seen on ESPN a feature called “C’mon man!” It is a highlight show that features plays or situations that make the commentator say – “C’mon man!”

It was a beautiful fall Saturday morning when 3 fellow officials and I took to the field to officiating a youth 5th grade football game. The game pitted two teams on different ends of the spectrum. One undefeated and talented – the other was winless, but determined. The better of the two teams was struggling a bit and frustrations began to grow. Classic case of David vs. Goliath in the making. Keep in mind that these games are basically attended by just parents of the players. Midway through the 3rd quarter with the game tied, a fan (aka “parent”) of the frustrated team yells out, “Billy get in there and punch ‘em in the face.” That was followed from a comment from one of Billy’s coaches – “Yeah Billy, punch him in the face!” After flags flew for unsportsmanlike conduct and the league supervisor had a discussion with both the parent and coach things finally settled down. This was 5th grade. Really? C’mon man!

Another “C’mon man!” situation that came up this fall was during a varsity football game. In our pre-game visit with the coach he indicated to us that if we had any problems with his players that he would see to it that they were dealt

with. Specifically, he wanted to know even if any of his players were cursing on the field. He wasn’t going to tolerate any of it and the offenders would be pulled out and benched. One of his quotes was, “we stress life skills and sportsmanship in our program.”

On the first change of possession, with his team punting, the ball was returned near this coaches bench. One of his players made a nice hit on the return man that left the returner a bit staggered. He then proceeded to stand over him and call him things his Pastor wouldn’t be proud of. Two flags flew. And they flew high.

I reported to the coach what the penalty was, specifically what his player did, and yes – word for word what the player said. He looked me in the eye and calmly asked what number it was on as if he didn’t know. The number was reported to the coach at which he said, “ok, thanks.” And turned and walked away. They player wasn’t addressed and he never came out. So much for citizenship and sportsmanship. Really? C’mon man!

One last item – a request on behalf of all officials to coaches. Please take the time to do your officials evaluations. Good, bad or neutral we all need to have input from you.

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

*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](mailto:dlref@hotmail.com).*



**VISIT MCDONALD'S AFTER THE GAME**



# CORNER KICKS



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

The 2011 season has ended and four new champions have been crowned. The tournament was exciting and many of the state coaches had time to talk soccer with their peers during the games. Thanks to Greg Juba (Park of Cottage Grove Girls) for his efforts. We again want to thank Jody Redman of the High School League for directing the tournament and her working relationship with the MHSSCA. We were happy to be able to play our tournament in the refurbished Metrodome. The lighting and field are much improved and we want to thank the staff and management for their help and support.

This year there were no repeat champions. The team from The Blake School coached by Paul Menge won the Class A girl's trophy. The Boys A state champions were from Benilde-St. Margaret's and their coach Dave Platt. A new boys champion was crowned in Class AA boys with the team from Eden Prairie under the direction of Vince Thomas. The Wayzata team coached by Tony Pezner won the AA Girls title. Congrats to each of these team and their coaching staffs.

The MHSSCA honors coaches and assistant coaches with awards at the State Tournament Banquet. The following coaches and assistant coaches were honored for the 2011 season:

## Class A Girls

Coch of the Year: Chris Soderberg (Kasson-Mantorville)  
Assistant Coach of the Year: Tom Smith (Alexandria)

## Class AA Girls

Coch of the Year: Dave Wold (Mahtomedi)  
Assistant Coach of the Year: Rob Piersak (Mounds View)

## Class AA Boys:

Coch of the Year: Danny Storlien (Bloomington Jefferson)  
Assistant Coach of the Year: Mark Cook  
(Bloomington Jefferson)

## Class A Boys:

Coch of the Year: Chris Laird (Heritage Christian)  
Assistant Coach of the Year: Josh Elder (Rochester Lources)

A list of all of the coaches that were chosen section coach and assistant coach of the year are available on the MSHSSCA website.

The MSHSSCA annually awards Ms. and Mr. Soccer to a player in each of the two classes. Each winner is given a plaque, the large permant trophy to display and a soccer

warm-up set provided by Soccer Express. These are your 2011 winners:

Ms. Soccer-Girls Class A-Jill Richgels (Attacker)  
Simley

Mr. Soccer- Boys Class A-Johnny Mulvahill (Attacker)  
Benilde-St.

Margaret's

Ms. Soccer-Girls Class AA-Alexis Foley (Attacker)  
White Bear Lake

Mr. Soccer-Boys Class AA-Mario Aleman (Attacker)  
Spring Lake Park-

St. Anthony

Each was presented with a plaque and a soccer warm-up set from Soccer Express. Congratulations to these fine soccer players.

Academics play a big role in athletics. The MSHSSCA believes that our soccer athletes are some of the best students in Minnesota. Each year our organization gives out Gold and Silver awards to teams based on their academic achievement. The Gold award is given to teams that have a cumulative GPA of 3.75 and up. The Silver Award is given to teams that have a GPA of 3.50-3.74. Teams winning these awards are listed elsewhere in this issue of the Prep Coach. We are extremely lucky to have Crissy Makela (Mankato West Girls) do this years Academic Awards. You will see a list of them in this issue of the Prep Coach or you can go on line at MSHSSCA.Org and find the list.

The MSHSSCA/Soccer Express Senior Classic was played at the Dome on Wednesday November 9. This year the teams were divided in Green and Red teams. The girl's game ended up in a 2-2 tie, while the boy's game was won by the Boys Red team 6-4. In each of the games there were three players chosen for awards. The following people were honored as Players of the Game.

## Red Boys

Tyler Dehut-Grand Rapids,  
Ben Lemay-St. Thomas Academy

## Green Boys

Ben Sampson-Stillwater,  
Erick Bloom-Centennial

## Red Girls

Lesley Chilton-Eden Prairie  
Maggie Renfro-Holy Family Catholic

## Green Girls

Maddie Trebsch-Woodbury  
Abby Nyquist-Hopkins

There were four MVP Awards given to players. They were:

Girls Green-Brianna Stelzer-Lakeville South

Girls Red-Katie Holder-Stillwater

Boys Red-Adama Keita-Prairie Seeds Academy

## Boys Green-Aaron Stets-Northfield

Chris Laird and I are the MSHSSCA/Soccer Express Senior Classic Coordinators and we want to thank each and everyone that helped us with this showcase event. Special thanks goes to Greg Juba (Park Girls) for the uniforms and dome arrangements, Art Seplak (Bloomington Kennedy Girls retired) for his help with the financial part of the classic, Berry Arrowsmith (Blaine Boys) serving as College Coaches Coordinator, Keith Randa (Apple Valley Girls) for his photography and Rob Murphy (Tartan Boys) for helping with the filming of the Classic. There are four really important people that are critical to our success. These four MSHSSCA Representatives are the hosts for the Senior Classic teams. They are Crissy Makela (Mankato West Girls) Len Woelfel (Mankato West Boys), Ted Hill (Minnewaska Boys) and Allen Greimel (Mounds Park Academy Girls). These four coaches spend two additional days working with the Coordinators to get the teams uniformed and organized. Thanks again for your dedication to the game and the sport. Thanks again to Soccer Express and Andrew Hillsheim for your continuing sponsorship of this game. This year the uniforms were provided by a new sponsor Joma. Thanks for your help.

There are some people that are not members of the MSHSSCA that also need recognizing for their help in the Classic. Without the support of Christina Hester (Principal at Skyview Middle School) and Sue Akervick, Athletic Director at Skyview the ball chasing crew that was provided would not have been possible. In addition, Dan Stang deserves my thanks for all his help in getting the girls to the game. He assists me with Girls Soccer at Skyview. And finally, the lady who spends three weeks answering the phone, checking all of our documents, and trying to keep me going, my wife Peggy. Thanks Peg!

A quick reminder to member coaches about the Mike Warter Scholarship application deadline. This scholarship is given each year to two outstanding soccer athletes. A scholarship will be given to one girl and one boy in the amount of 1000 dollars. These scholarships are given by our organization in honor of Mike Warter (Eagan Girls) coach who died in 2000. Scholarship applications are available on line at the website MSHSSCA.org. Deadline for application is December 21, 2011. The address where you submit the application is listed on the application form. Art Seplak and his committee will be awarding the two scholarships early in 2012.

At the end of every two years, we have a new President. This fall, Mark Obarski (Eagan Girls) takes over the leadership of the MSHSSCA. He replaces Bill Vance (Totino-Grace Boys). I asked Bill to write his thoughts on

his two year term. This is his note:

“When referring to the role of the coach in the game of soccer, many call it a players’s game.” While this is true in many respects, high school soccer in Minnesota simply would not be what it is without the commitment, the concern, the knowledge, the effort and time of the coaches in the MSHSSCA. I am grateful for each coach! Our board works hard to solicit input from all member coaches and we take specific steps to act on that feedback. For more than 20 years our association has continued to improve the experience of soccer for the high school student athlete. We strengthened our coaches’ clinic, we honor the all-state and honorable mention all-state teams and the 32 state tournament teams each fall at our banquet, we have worked tirelessly to promote the Beautiful Game in our communities, we have worked with the MSHSL to improve sportsmanship, and we have tried hard-regardless of issues at hand-to put the betterment of the student-athlete first.

The strength of our association is visible at each board meeting when section reps or board executives or visiting coaches chime in with “How will this impact kids?”

Keeping the focus on education, the growth and development of the student-athlete within the context of the game we love, is really what it is about in the end. Mark Obarski has hit the ground running as our 2012-2013 president and his vision and voice promise to keep our strong tradition going far into the future. I am grateful to Dave Halgren, Greg Juba, Pat Malicki and Keith Randa for their guidance and support over the past years and I am excited to continue to work hard to make sure that high school soccer (and all high school sports) remains a key element in the education of our secondary students in Minnesota.”

Thanks Bill for your hard work and dedication to our sport and student athletes.

The MSHSSCA will meet in January at Bloomington Jefferson High School. You can contact Mark Obarski (President) or Dave Halgren (Executive Secretary) by going on the website.

The MSHSSCA wants you to keep long time soccer coach and State Tournament Manager Ron Sellnow in your concerns as he battles health issues. Our prayers are with you.

To all of you that coach kids, play the games; give your support as a parent and athletic directors to keep things on task, the best of life in 2012 and a very Merry Christmas.



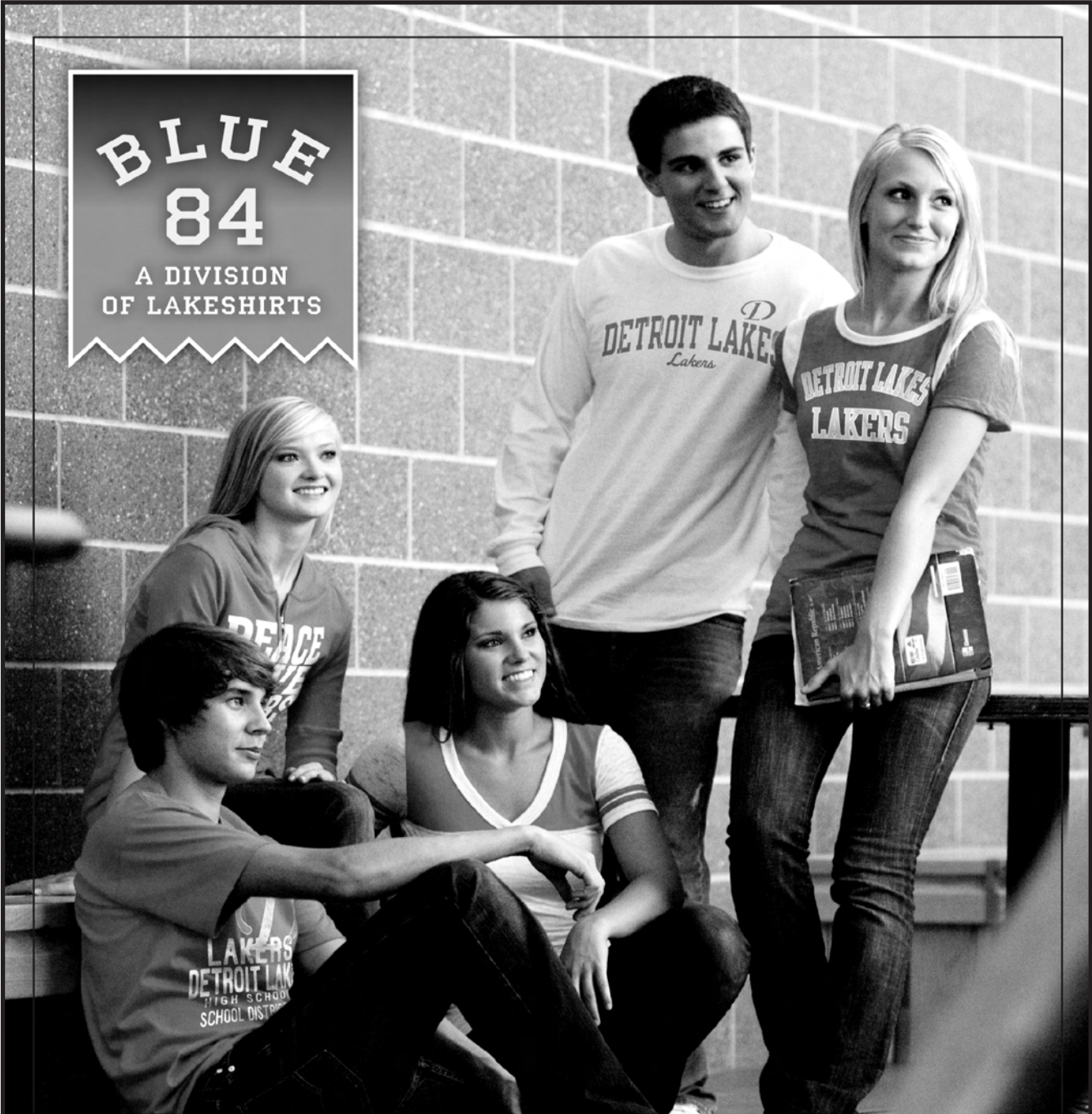
**VISIT MCDONALD'S AFTER THE GAME**



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