THE Minnesota PREP COACH

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WAGNER SELECTED AS NEW VICE PRESIDENT ELECTION HAD RECORD BALLOTING

Jon Wagner of Eveleth-Gilbert was selected from three other candidates to serve as the new Vice President of the Minnesota State High School Coaches Association. Wagner will begin his four year term on the MSHSCA Executive Committee with his attendance and participation in the upcoming summer planning meeting.

A record number of ballots were cast in this election as a total of 1056 votes were cast. This says a lot for the esteem that was held for the four people contending for the position. The other candidates included Dawn Baudoin of Grand Meadow, Derek Parendo of Proctor and Teresa Van Epps of Jackson County Central.

The MSHSCA wishes to extend a very sincere thank you to all of the four coaches interested in serving the members of the association.

Wagner's educational background includes the earning of a Bachelor and Masters degree in Engineering from Michigan Tech University where he taught graduate level classes in engineering, economics and health. He also taught at Hibbing Community College where he was the department head and lead instruhingctor in the mining program.

Jon started his coaching career at Aurora-Hoyt Lakes HS, now Mesabi East. He resurrected the Cross Country program which had been cut for budgetary reasons. He then coached Cross Country, Girls Basketball and Boys and Girls Track and Field. Following his stay at Aurora-Hoyt Lakes, he coached in various capacities at Apple Valley, Pardeevile ,WI and Rio Falls River, WI. He served as President of the Pardeevile Girls Basketball Association in the '90's where he also coached Girls Basketball, Cross Country and Track and Field. In 1995, he began his association with the USATF.

Wagner,, age 54, is a long time Cross Country and Track and Field coach in Eveleth-Gilbert. He is Past President of the MN Cross Country Coaches Association and has been the Section 7A rep for CC since 2001. He has received Section 7A Boys CC Coach of the Year five times since arriving at Eveleth in 1999. His boys teams have qualified for the state meet on seven occasions and won the Class A title in 2004. In addition to his coaching duties, Jon served as the schools Athletic Director from 2004 through 2008.

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2009-2010 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield	
2A	Donna Johansen (Murray Ct.)	Rob Stevermer (United SC)	Bruce Belseth (Sleepy Eye)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Laird (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Jay Johnson (Eden Valley Wat)	Al Amdahl (Albany)
6A	Diane Pettis (Sebeka)	Ton Van Erp (Wadena)	Mike Peterson (Perham)	
7A	Dennis Holsman (Hill City)	Open	Dan Stifter (Aitkin)	
8A	Janet Golden-Landquist (Nevis)	John Schumacher (Park Rpds.)		
1AA	Terry Heiderscheit (Roch. JM)	John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Tim Johnson (Mankato East)		
3AA	Jerry Utecht (St. Paul / Harding)	Open	Gerry Keenan (Harding)	Gordy Genz (retired)
4AA	Mark O'Neill (Champin Park)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	
5AA	Randy Glassmann (Maple Grove)	Mark Loahr (Totino Grace)	Chad Kuehne (Coon Rapids)	
6AA	Open	Greg Miller (Robbinsdale Arm)	Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)		
8AA	Open	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	Bill Magnuson-Fall John Ruesch -Spring (Sauk Rapids-Rice)

SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Larry Traetow (Jackson City Central)		Pete Veldman (retired)	
Adapted Athletics	Doug Anderson (Maple Grove)			Kelli Waalk (Maple Grove)
Baseball	Pat Collins (Chisago Lakes)	Bruce Woitas (Sleepy Eye)	John Wilkins (retired)	
Boys Basketball	Matt Addington (Kenyon)		Tom Critchley (retired)	
Girls Basketball	Dawn Baudoin (Grand Meadow)		Jen Johnson (Edina)	
Cross Country	Dave Chatelaine (Owatonna)			Dave Bauer (Brooklyn Cen-
ter)				
Football	Jon Johnson (Litchfield)		Ron Stolski (Brainerd)	Jim Dotseth Treasurer
Golf	Todd Petterson (Red Wing)			
Gymnastics	Nicole Green (Annandale)		Shelly Eklund (Rosemount)	
Hockey	Jerry Hayes (Apple Valley)		Mike MacMillan (Buffalo)	
B-Lacrosse	Greg Visich (Hill-Murray)			
G-Lacrosse	Sarah Bourne (Columbia Heights)			
Alpine Skiing	Derek Nash (Burnsille)			
Nordic Skiing	Mike Hecker (Anoka)			
Soccer	Bill Vance (Totino Grace)		Dave Halgren (Ret.)	Keith Randa (Apple Valley)
Softball	Kim Bowen (Big Lake)	Kathy Mason (Big Lake)(Co. Pres)	Shelly Hotzler (Jackson Cty Cent)	
B-Swimming	Nathan Linscheid (Bl Jeff)			Rick Ringeisen (Treas)
G-Swimming	Chris Aarseth (Mpls. Edison)			
Synch. Swim	Signe Hensel (Wayzata)		Kathy Bohnsack (Prior Lake)	
Tennis	Scott Engelstad (Bemidji)		Rick Englestad (Pine City)	
Track	Dave Wieber (Faribault)		Scott Christensen Treasurer	
Volleyball	Jim Lee (Waconia)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Kurt Habeck (Eastview)		John Peterson (Elk River)	Roger Gorham (Elk River)

GATORADE...Official Sport Drink of the MSHSCA

President's Message

By: Don Tangen - President MSHSCA
Glencoe-Silver Lake

My how time flies! It was September 2008 when I wrote an article for The MN Prep Coach. I was President-Elect at the time. I was beginning to see what the job of being an officer of the MSHSCA was all about. The article was entitled Delegates Corner. I was struggling mightily trying to figure out what to write about. It is now April of 2010. This part hasn't changed. I have acquired an appreciation of the people who write everyday for a living. They are talented people.

What has changed is my appreciation for the people that make the MSHSCA operate the way it has for many years. I now have a clear understanding of the many facetsof the issues that the MSHSCA deals with. I must recognize John and Mary Erickson. They are the Executive Director team that handles all of the day to day operations of the association. Their job is immense. We are approaching 9000 members. Dealing with membership alone can be overwhelming. This is just one of many parts of their job. I now know that the MSHSCA is well thought of by our counterparts in many states in the nation. I totally credit John and Mary,as well as, their predeccesors, Darien and Mary DeRocher. The table was set years ago. The MSHSCA continues to be an efficient and effective organization. I also appreciate all the people who have served on the Executive Committee before my being elected in May 2007. Many of the most serious issues were dealt with long before that. Lastly, I can not say enough about all the coaches that make up the membership of the MSHSCA. It is you that work directly with young people. It is you that gives them your time, talents and energy. You do this out of your desire to work with young adults and your love of your sport. This group of people is a most amazing group.These last three years has alowed me to see the virtues of all the people who are called coaches with considerably more clarity than ever before. I am most appreciative.

As I move in to the 2010-11 school year, I assume the position of Past President. I am most humble and most proud of these past three years. They have been most rewarding. I sincerely offer my time and talents to the incoming President, Shelly Hotzler and President-Elect Becky Leuer. They have the talent and drive to catapult the MSHSCA in to the decades that follow. I wish them all the good fortune I have encountered. I can only wish Shelly and Becky receive the total cooperationthat I have been fortunate to receive.

When I started in the position of Vice President three years ago, I envisioned a wonderful opportunity. I had no idea it would blossom as it has. This has been an experience of a lifetime. It has been most rewarding. It is many times better then ever I first envisioned. I can only thank any and all who have helped make this a wonderful and exciting experience. I want to thanks all Minnesota coaches. Keep up the great effort. I am honored an proudto have served this group as President.

Thank you all!

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.

THE AUTHOR OF DELEGATES CORNER HAS OPTED NOT TO INCLUDE THE ARTICLE FOR THIS ISSUE.

HOPEFULLY, IT WILL AGAIN APPEAR IN THE SEPTEMBER ISSUE.

i'm lovin' it
VISIT MCDONALD'S AFTER THE GAME
i'm lovin' it

Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Another year has just about gone by and we have been blessed with a wonderful spring and a chance to get our spring sports schedule off and running. This is quite a change from the past two springs and it is a welcome change. I am sure all of our Activities Directors appreciate not having to reschedule snowed out and rained out events. It has been a very busy year for the MSHSCA with another record membership. There have been several technology updates during the past three years and the use of the new programs is evidence of the popularity of the changes. The on line registration has become the most common method for renewing or enrolling into membership. Coaches have requested that we accept credit cards and that is now in place. During the past year we have also used on line registration for some of our clinics. Volleyball, Softball and Girls Basketball all used the on line registration program for their clinics and have indicated that they are very pleased with the system.

I would like to have you all pay attention to the information regarding membership. It is important for all of our members to understand that the membership year and the insurance coverage runs from August 1st each year until the 31st of July the following year. This is very important to keep in mind as you are without insurance when you start the fall season unless you have renewed your membership. The big change with the insurance this coming year is the addition of liability insurance in the classroom if no other insurance is in place.

I would like some help with the Academic Recognition program. If your teams have earned gold or silver recognition I need to have you check to see if you have received your tabs. I would also like to have you ask that the plaque that recognizes the academic excellence is in a location that is visible to all who enter your schools. I also would like to have pictures of the plaques and other academic awards that have been sponsored by our corporate partner McDonalds. We need to provide this for the marketing firm of Keller Grayson communications who represent many of the McDonalds restaurants.

It is that time of year when some of our coaches are informed that their contract will not be renewed. I would like to remind you that it is your right to request the reasons for the non-renewal in writing and to request a hearing. Please contact us if you need a copy of the law requiring the school district to comply with these rights. I would also encourage you to document all meetings and comments regarding your position. In most cases there is no record of previous deficiencies in job performance and no attempt to offer guidance for desired changes. In most cases the non renewal is the result of a recent incident that upset a parent or fan. I cannot find many instances where there is evidence of a due process that was followed. I do not believe that coaches need or even want tenure but they all deserve to have a due process followed in a non-renewal.

I would like to commend the membership on their participation in the recently completed VP election. This is by far the largest number of votes recorded since we have been in charge of the election. We had four great candidates and I appreciate you all taking the time to participate.

Mary and I want to thank each of your for your participation in the MSHSCA during the past year. We are privileged to work for a group of the greatest men and women in out state. Your commitment and dedication to your schools, communities and students puts you on high pedestal in your communities. Your willingness to dedicate your life to making our schools, communities and students better is a calling that is second to none. Thank you! God Bless you! Have a great summer!

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Wagner Selected . . . continued from page 1

Officiating has been part of wagner's passion, as well as, coaching. He has been a Registered Official for basketball since 1976 and has officiated soccer, football,softball, baseball, track and field and cross country. He is a member of the Range Coaches and Officials Association.

Jon's interest in leading the MSHSCA is due to the respect he has for the excellent fellow coaches he has known throughout the state of Minnesota. Jon stated," I believe coaches and officials represent the 'cream of the crop' when it comes to people who really care about our athletic programs and the positive effects they have on our youth. Society is lacking integrity in many areas but our coaches are the ones fighting the good fight. I hope that I can strengthen the influence our coaches assocociation has among our scools."

Jon and his wife, Sheila have 11 chjoyildren with four still at home. The couple enjoy running and hiking with the children and look forward to spoiling their three grandchildren.

"They say I'm the only catcher they have ever seen whose looks improved when he put on a mask."

- Yogi Berra

YOU'RE MSHSCA MEMBERSHIP

The 2009-2010 membership year is quickly coming to an end. It is important to understand the policies that govern membership in the MSHSCA. Every year we hear from coaches who have questions about their memberships and the privileges that come with membership.

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

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FAST TRACKS

By: Mike Hecker, President MNSCA
Andover H.S.

Looking Forward

Even those of us who look forward to the first snowfall appreciate Spring. It gives us a chance reflect on our accomplishments and plan for next season. So, the following are my thoughts as to where we have been and where we are going.

In all, we had very successful season. Although the cold and snow came later than we would have liked, when it did come it stayed and allowed us to ski without having to look for alternative sites. And no one could complain about the weather for the State Meet. Finally, a day without weather delays and checking athletes for frostbite.

The High School League is reviewing the timing at the State Meet and what went wrong. As frustrating as it was for us, it was a huge embarrassment for the High School League. Having witnessed not only our State Meet, but also the Football and Wrestling State Meets, the High School League strives to present a quality event. They will do what it takes to assure this is not repeated. I know it's difficult to forget the past, but we need to look ahead and I feel confident that corrective measures have been taken to assure this will not happen in the future.

As we plan for the coming season, our Association is working on several initiatives. We are planning on how to make our Fall Conference useful to our membership. Partnering with the Vasaloppet (our host site) we are increasing the vendor presence. Plus, we will be inviting all local Universities/Colleges with ski programs to either have a coach or admissions officer present (preferably both). What better way to help your athletes than getting a chance to talk to several Post-Secondary programs about your school and your athletes. The Minnesota Youth Ski League will also be represented so those who would like to start a new club can make a connection.

We are also looking at offering "mini-sessions" in a variety of subjects to help not only head coaches, but Assistant's and Volunteers as well.

To make all this happen, we are looking to renting a tent to house our guests. Our plan is to have a draft put together by early August. If there is a topic you would like to see addressed, do not hesitate to let us know.

For those of you who have not already taken the chance to thank your A.D., School Board member, and/or High School League Representative for their support in reversing the travel limitations, please take the time to do so. Without them, I firmly believe these limitations would still be in place. Again, I want to congratulate our membership for staying positive though out our lobbying efforts.

As voted on by our membership in the Fall, our Hybrid voting proposal is now working it's way through the High School League. There is no "fixed" time frame for a decision, but once we are informed by the High School League as to their decision, we will let you know.

From the Spring meeting, we now have a committee formed to look into the viability of a "True Team State" event. The decision to explore this type of event was from the membership and those who feel a "Multi-Event" Team would be a positive experience for the athletes and allow events that are team focused to shine at the State Level. This would be like the Track & Field and Swimming counterparts and would be run by our Association.

As we move forward in this process, we will be placing information pertinent on our website.

Also, this will be my last article as President. Pete Tremaine (Anoka Head Coach) will be taking over the reins at our Fall Conference. It has been an interesting tenure and I want to thank everyone for helping me through this process.

Smooth • Fast • Natural

By, Derek Nash
Burnsville Alpine
MSHSCA Alpine President

It's already May and the spring months bring an opportunity to take some time away from our sport. I hope that you all are enjoying the spring with some outdoor activities with family and friends. Many of us head up north to the cabin for some hard earned R & R, while others head west for more skiing. The off season offers many opportunities for athletes and coaches to head west for summer camps!

Some of the best ski racing summer camps are hosted by our local clubs at locations through out the western Rocky Mountains. Buck Hill Ski race camps are held at Mt. Hood through the summer months. Check the Buck Hill Ski Club website for more information. Apex Alpine also hosts some summer ski racing camps, contact Mark Lindemer at: Apexalpine.com if you have questions. Other camps include: Tichy race camps, also located at Mt. Hood Oregon, contact Martin Tichy at www.Tichyracing.com for dates and more information. Red Lodge Summer Ski Camps are located in Montana, at Red Lodge ski resort offer summer camps as

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Over Hill and Dale

By: Dave Chatelaine,
President of the Minnesota
Cross Country Coaches Association
Owatonna H.S.

It's great that spring is here and nice weather has returned. Hopefully the track season is going well for all of you who are coaching. The end of the school year is almost here and soon we will begin to prepare for the upcoming Cross Country season. As we look ahead to the 2010 CC season, there are a few things to keep in mind.

If you plan on meeting with your team during the summer for conditioning, be sure to complete a summer coaching waiver form and file it with your Activities Director. Remember there is a non-contact period from July 1st to July 7th as per the MSHSL. Our MSHSCA director John Erickson would like to remind us to renew our Coaches Association membership during the summer so we are covered by the insurance when we begin coaching in August. Your registration can be completed online at the MSHSCA website.

Kevin Moorhead is organizing our summer clinic. The date is Tuesday, July 20th at Champlin Park High School. Please check the Cross Country section of the MSHSCA website for registration information and clinic details. We will also email this information to our members before the end of the school year. In addition to our clinic speakers, we will be presenting the section and state Coach of the Year awards and the Hall of Fame awards. Please send me nominations for the Hall of Fame by June 1st. The nomination form can be found in the Cross Country section of the MSHSCA website. Current nominees for the Hall of Fame are; Pat Foley of Northfield, Myron Ahle of Little Falls, Bill Ness of Litchfield, Bill Tilbury of Roosevelt and Jim Roggenbuck of Lake Benton/Verdi. We will conduct our annual coaches meeting during the clinic and would like to survey our members to see what issues you would like the association to work on during the future. Please contact me if you have any issues you would like to discuss at our coaches meeting.

I would like to thank Eastview Boys coach Tom Sharp for volunteering to be our next Vice-President. He will be assisting incoming President Chris Frye of Chatfield during his term of office. We are still in need of someone to take over Dave Bauer's duties as treasurer. Please contact me, or Chris Frye if you are interested in this position. Dave will provide training to prepare you.

Thanks again for all of the great work you do with our youth. It has been a pleasure to serve as association Vice-President and President during these past four years. I have enjoyed getting to know many of you during this time. I am greatly impressed with the quality of CC coaches we have in Minnesota. I look forward to seeing you at our summer clinic and at meets this fall.

Smooth • Fast • Natural ... continued

well. Contact April Cole at April.cole@gmail.com for further information, questions or registration. Also the Mt. Hood summer ski camps also offer quality training at Mt. Hood through the summer. Contact Mt Hood Summer Ski Camps at: www.mthood.com for questions, dates and registration. This is just a short list of great ski camps, there are many more camps that your athletes may have an interest in. Check with your local ski clubs for more information.

I was recently contacted by the MSHSL and the Sports Medicine Advisory board member, Dave Bacharach regarding a new cold weather competition index. Dave has a new proposal for cold weather and will present the revised index to the MSHSL in August. There are a few subtle changes to the cold weather competition index that should not be intrusive upon the athletes, while keeping conditions more appropriate for racing. The proposal looks good and Dave is a long time ski racer, parent of racers and a great coach to boot. He has our best interests in mind and has a strong proposal for the MSHSL. Details will follow that the rules interpretation meeting in the fall.

Enjoy your spring and summer!

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*** 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.

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HOOP SCOOP

By: Dawn Baudoin
Grand Meadow School
2009-10 MGBCA President

Congratulations to our 2010 Minnesota State Girls Basketball Champions and Runner-ups. The State Champion in class AAAA, undefeated Lakeville North defeated White Bear Lake. AAA Champion, Benilde-St. Margaret's, defeated Hill-Murray in a suspenseful game. AA Champion Minnehaha Academy won their first state Championship defeating Braham, and Class A Champion, Barnum, defeated Goodhue, winning their first state title.

Congratulations to our State Coaches of the Year and Assistant Coaches of the Year:

Class AAAA Coach:	
Andy Berkvam	Lakeville North
Assistant Coach:	
Jim Schreffler	Lakeville North
Class AAA Coach:	
Erin Herman	Hill-Murray
Assistant Coach:	
Shannon Vickerman	Sartell-St. Stephen
Class AA Coach:	
Bill Gottenborg	Hawley
Assistant Coach:	
Mike Lagergren	New London-Spicer
Class A Coach:	
John Noga	Parkers Prairie
Assistant Coach:	
Jerry Schnyders	Southwest Christian

Please check our website: www.mshsca.org/girlsbasketball, for the complete listing of section coaches of the year.

The MGBCA All-Star Series was held April 16-17th at Macalester College. The series ended with the All-Stars of AAAA defeating the A All-Stars in the Championship game Saturday afternoon. Congratulations to all the All-Stars and the Coaches:

Class AAAA Coach:	
Andy Berkvam	
Class AAAA Head Coach:	
Paul Goetz	Eastview
Assistant:	
Len Bierlein	Eastview
Class AAA Head Coach:	
Eric Lindner	Worthington
Assistant:	
Patrick Williams	Worthington
Class AA Head Coach:	
Josh Thurow	Minnehaha Academy
Assistant:	
Scott Scholl	Minnehaha Academy
Class A Head Coach:	
Jodi Holleman	Hancock
Assistant:	
Kristy Finck	Bertha-Hewitt

Thank you to the All-Star Committee Chairs: Jenny Johnson and Carla Young and their committee; Jen Rademacher, Erin Herman, Lynn Dalhed, Patty Sorensen and Amy Bellus. I would also like to thank our class coordinators: Rick Uttech, Brian Atkinson, Bill Gottenborg and Dave Preller. This event would not be possible without the extra time and effort of this exceptional group of individuals.

On Friday April 16th, we inducted four new members into the Minnesota Girls Basketball Coaches Hall of Fame. 2010 is our 17th year of Hall of Fame ceremonies and we now have 77 members inducted through the years. The MGBCA is very proud to announce our 2010 inductees and thank them for their extraordinary efforts to Minnesota Girls Basketball.

2010 inductees are: Bill Gottenborg from Hawley, Rick Sczublewski from Pierz, Jon Noreen from Albany and former North Dakota State University women's coach, Amy Ruley.

Pat Barrett and the Miss Basketball Committee did another exceptional job observing our candidates for 2010. This year's honor goes to Cassie Rochel from Lakeville North.

Lastly, I would like to thank all of you for your commitment to Minnesota Girls Basketball. It has been an honor and privilege to serve as President of the MGBCA. It's been a great experience and an opportunity to connect with many of you throughout the state. I welcome Patty Sorenson from Park Center as the incoming President. Patty has been very active in our Association and will do a great job. Have a great summer!

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.

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BANK SHOTS

By: Matt Addington
MBCA President
Kenyon-Wanamingo High School
maddington@kw.k12.mn.us

Where has the year gone? It seems like the warmer weather, birds chirping, green grass and spring basketball beg that question each year! Things seem to roll into summer so quickly after the state tournament comes to a close and we're on that fast track again this year.

A big congratulations goes to our four state champions: Minnesota Transitions, New London-Spicer, St. Paul Johnson and Hopkins. I mentioned it at the banquet; it's an amazing accomplishment to MAKE it to the state tournament and an experience that players, coaches and fans will never forget. To come out on top after all the dust settles is another triumph in itself.

Our four Academic State Champions are: Red Rock Central, Pine City, New Prague and Owatonna. To exhibit high academic accomplishment alongside basketball achievement is a great testimony to what being a student-athlete is all about. All the individual academic all state players are listed on our website.

Congratulations also goes out to our four State Coaches of the Year: Class A - Jon Lilquist (Sebeka) and Gary Nelson (MACCRAY), Class AA - Matt Urbanek (Jordan), Class AAA – Dan Elhard (Grand Rapids) and Class AAAA – David Flom (Eden Prairie).

Thanks again to Rich Decker for his work in helping to organize the Annual All Star Series. The games took place on April 9-10 at St. Cloud State and Concordia University. Coaches Greg Miller, Rich Newman, Randy Carlson and Jeff Evens instilled intricate defensive philosophies on their teams to consistently hold opponents in the low-mid 100's for points. Congratulations to all players selected to play in this prestigious event.

I've mentioned in previously, but it's worthy of mention again. Our efforts with Coaches vs Cancer have been more than noble in battling this disease. Programs from across the state participated this winter and our updated total is now over $51,000 raised. Thank you to all who participated and we look forward to some new ideas for next season.

Some news from within our association is that Reggie Perkins from Minneapolis Washburn has been elected as our new secretary. Reggie has been an integral part of our team as the metro coaching representative. Because of his move to the secretary spot, we'll look for nominations for this metro rep. Please pass on information if you have nominations. Along those same lines, Corey Zimmerman has been hired as a head coach and will no longer represent assistant coaches, so we'll look for a new rep there too. I am excited to pass the reigns on to Steve Grove from Willmar who will be our new president for the 2010-11 year. Steve has been great to have on our board and will do a marvelous job of leading our organization this next year.

Keep an eye on the website this summer for the official release of our MBCA Hall of Honor which will have it's inaugural inductees this fall. Congratulations to Jim Geske, coach at Mounds View and founding father of the MBCA, Frank Fee, media member in the Crookston area, Brad Larson, assistant coach at Owatonna, Ken Lien, Mr. Basketball Chairman and Kwame McDonald, media friend of basketball who were selected in the inaugural class.

Also be sure to put it on your calendar that this year's Fall Clinic will be October 28-30. The big change this year is that we will be moving the clinic to the Hyatt Hotel in downtown Minneapolis. We're confident that you'll like the change of location.

We do have a new logo that was unveiled this fall and will become a new identity for us. So keep your eyes out for this icon to appear on our website, letterhead and promotional materials in the future.

MBCA
Minnesota Basketball Coaches Association

Once again, it's been my pleasure to serve as your president this year for the MBCA. It was a fun experience and most rewarding because of the great people that I got to share the experience with. We do have a unique fraternity of coaches and one that we shouldn't take lightly. Like many of you, many of my closest friends are in this profession and share in this great profession.

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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 3/31/2010
- **AMERICINN - Ham Lake** - Contact Al Patel, 763-755-2100. 13440 Highway 65 NE, Ham Lake, MN. $59-$99 Includes Breakfast. 4/1/2011
- **BEST WESTERN NORMANDY DOWNTOWN - MINNEAPOLIS** - 1-800-372-3131 Ask for the "Coaches" rate and receive 15% off our Best Available Rate. Contact Timothy Holden with questions. 12/31/2010
- **CROWNE PLAZA MINNEAPOLIS NORTH** - 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - On site restaurant and lounge. Contact Tyler Damlo 763-489-2568
- **DAYS INN - Mounds View** - Contact Pravin Patek, 763-786-2465. 2149 Program Avenue Mounds View, MN. $64.99 12/31/2010
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - $75.00 - (612) 331-1900
- **LAQUINTA INN & SUITES - Brooklyn Park** - Contact Chad Marek, 763-971-8000. 7011 Northland Circle, Brooklyn Park, MN. $57-$77 Deluxe breakfast included. 3/1/2010
- **MINNESOTA ZOO - Apple Valley** Corporate Rates - 20% OFF on all admissions. Call John Erickson for discount card - (h) 218-847-6796
- **THE NORTHLAND INN -** 7025 Northland Dr Brooklyn Park, MN 55428 - Contact Jodie Fleck 10% off best rate available, mention MSHSCA 09 when making reservation. 800-441-6422
- **ROSEVILLE VISITORS** Association DISCOUNTS - www.visitroseville.com
- **SHERATON MINNEAPOLIS WEST HOTEL** - 12201 Ridgedale Dr 952-960-3538 $82.00 (Weekends) Rest of week is limited availability 12/31/2010

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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

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ADAPTED UPDATES

By: Doug Anderson - President Mn Adapted Coaches Assn.
Maple Grove

Congratulations to our State Champions in Adapted Hockey, Anoka-Hennepin and Coach Sue Opat in the PI division and again Anoka-Hennepin and Coach Bill Newell in the CI division. It was an exciting state tourney with several close games. This year attendance was great again, with both championship games being played in front of large crowds. A big thank you to Ted Schultz, Bloomington Jefferson High School Athletic Director, and the South Suburban adapted athletic teams for again hosting an excellent tournament.

Our adapted softball regular season is in full swing. Robbinsdale in the PI division and Osseo in the CI division will try to defend their State titles from a year ago. The State Adapted Softball Tournament will be held again at Coon Rapids High School. The tournament will be held on June 4th and 5th.

Bowling is also in full swing. Monticello in the PI division and North/Tartan in the PI division will try to defend their team titles.

The State Adapted Bowling Tourney is at the Brunswick Eden Prairie Lanes on Friday, May 21st. Good luck to all teams, players and coaches!

One of my continuing goals is to try to encourage all of our coaches and assistant coaches to become members of our adapted coaches association. We are only as strong as our united voice and that comes from being a member. If you have not joined the adapted coaches association, please join. If you have, thank you.

Have a great end of the school year and a relaxing summer!

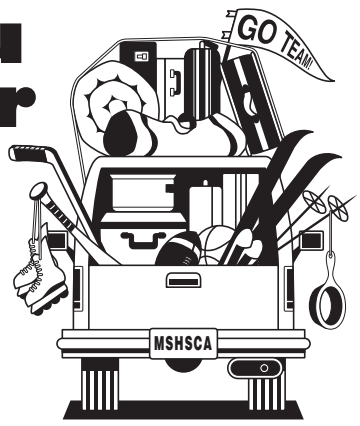
"Officials don't win or lose a game. They don't drop the ball, miss a tackle and catch the ball, but they make the game harder."

- Lou Holtz

"I decided to retire when my sub asked for permission to date my daughter."

- Y.A. Tittle

Have You Moved or Changed Your Email?



If you know of a member who has moved or is not receiving their Prep Coach, please ask them to notify us. Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar@lakesnet.net It is equally important for us to have current email addresses. Our webmaster will send notices and updates. Please notify us ASAP if there is a change. There are several life and retired life members that we do not have current addresses for. We do appreciate the help in updating these addresses so that all members get their Prep Coach and other mailings from the office of the MSHSCA.

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MSHSL BOARD OF DIRECTORS REPORT

By: Mindy Sparby-NRHEG and John Schumacher - Park Rapids

What a great spring it has been! Almost all of us started our spring activities on time and outside for the first time in many years. Let's hope it continues!

The MSHSL Board of Director's met at the League office on April 12th. There were many action items that will affect coaches in the future.

Beginning with the 2010-11 school year, travel restrictions for practices, scrimmages and jamborees will be lifted, provided that school boards approve the travel. At its June 2009 meeting, in response to constituent concerns about costs and program equity, the Board imposed a limitation that practices, scrimmages and jamborees only be held in Minnesota or no more than 25 miles outside the Minnesota border. The policy revision will also include recommendations or guidelines that school boards consider when making travel decisions, such as a full accounting of anticipated revenues and costs, compliance with Title IX requirements, and knowledge of the itinerary. The Board's bottom line is that such travel decisions are best left at the local level.

Formal approval was given to conducting the three 2010 State Baseball Tournament championship games on Saturday, June 19, at Target Field, the new Minnesota Twins baseball facility. The agreement applies to the current season only because of potential variables in the Twins' future schedules and the stadium's availability.

The Board refined its one week "no contact" period between coaches and their players during the summer. The amended policy, effective during the summer of 2011, redefines the "no contact" period as the Sunday through the following Saturday of the week during which the Fourth of July falls. As an example, for the summer of 2011 the "no contact" period will be Sunday, July 3, through Saturday, July 9. The "no contact" period for Summer 2010 remains unchanged as July 1-7.

There were also many good items for discussion:

Associate Directors Kevin Merkle and Lisa Lissimore, who oversee boys' and girls' basketball, respectively, provided an overview of their study of possible changes in formats of those state tournaments. In an attempt to explore the potential of reduced time out of classrooms and increased revenue, Merkle and Lissimore looked at numerous options. However, due to issues related to availability and quality of quarterfinal venues, a projected minimal revenue increase, and the impact a new format would have on section tournament play, the Board thanked staff for its exhaustive review and indicated that the issue can be put to bed.

Associate Director Merkle also reported about a 20-member task force that has met to address the issue of scheduling football games. Some schools across the state are having difficulty scheduling opponents for a variety of reasons that include proximity to potential opponents, conference conflicts, and concern about comparable competitiveness. The Board recommended the task force continue to study the issue and report back at a future meeting.

On behalf of the Coaches Association we would like to thank the MSHSL Staff for their efforts in providing us with fantastic state tournaments this winter!

Best of luck to all the spring athletes and coaches!

MnIAAA CORNER

By: Larry Traetow
President MnIAAA
Jackson County Central Schools

This past month the Minnesota Interscholastic Athletic Administrators Association celebrated its 40th Annual Conference in St. Cloud. I would like to take this opportunity to thank all the individuals who were involved to make this conference a huge success.

Congratulations to Dale Decker of Howard Lake – Waverly – Winsted and Jaime Sherwood of Wayzata, for being chosen as the A and AA Athletic Administrators of the Year. Also a special congratulation goes out to Tom Conzemius of Sauk Rapids – Rice for winning the National Federation State Award of Merit. We also inducted three people into the MnIAAA Hall of Fame. They were Omer Sieben and David Sieben of Melrose along with Julian Bertogliat of Keewatin.

I would like to welcome Bryan Wormley of Nevis to the executive committee as second vice-president of the MnIAAA. He will help provide continued leadership for our organization.

The theme of this years Athletic Administrators Conference was "Big Challenges, Broad Thinking, Bright Future". Funding for programs is disappearing throughout the entire state. When these monies are no longer available we as coaches and administrators have to take measures to ensure our programs remain viable. In our jobs we are dealing with big challenges like this and more every year. Challenges always come from review and reflection on progress to date, but also with a view of what is possible. It is then our job as coaches and administrators together to think broadly by stepping away from a straight path and looking for new ideas to meet the challenges that we face. For the future of our activities programs to be bright we must have a vision, belief, and commitment that better things are possible.

We appreciate your contributions to your profession and applaud you for making the choice of working with the student-athletes of this great state.

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MSHSCA's CORPORATE SPONSORS 2009-10

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

- Gatorade
- McDonald's Restaurants of Minnesota
- Computer Professionals Unlimited, Inc. - Morris
- Airware America - Elbow Lake
- Liberty Mutual
- Wells Fargo Bank - Detroit Lakes
- Trophies Plus - Templeton, IA
- R.L. Wendorff Insurance - Fulda
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing - Detroit Lakes
- Velocity Sports Performance - Champlin
- All Star Fundraising - Minneapolis
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- The Breakdown - Becker
- JK Sports, Fergus Falls
- Beach's Awards, Wayzata
- Cosmos Enterprises, Inc (Elbow Lake)
- RJY Development Inc - Rochester
- Amerivision - Larry Mollins - Perham
- T.J. Potter Trucking/Becker Warehouse (Becker, MN)
- Educational Resources of MN (Springfield)
- Precision Printing - Detroit Lakes

COACHES:

Please support the sponsors who are concerned about your athletes and your programs!
Good luck in 2009-10
Thanks for your support

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Minnesota State High School Coaches Association

HALL OF FAME

CRITERIA FOR THE SELECTION OF CANDIDATES

1. Individuals selected as nominees must have shown a deep sense of responsibility in the manner in which they conducted themselves as coaches, and demonstrated a dedication to the highest ideals of competitive interscholastic athletics.

2. Of equal importance is the manner in which they conducted their programs, that they be most beneficial to their players, their schools, and their communities, always reflecting a positive image of interscholastic athletics and/or coaches.

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

ELIGIBILITY REQUIREMENTS

1. Nominees must have been active in coaching and/or athletic administration for a minimum of 25 years.

2. Nominees must be a life member of the MSHSCA.

SEND NOMINATIONS TO:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inner Grove Heights, MN 55076

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 Associaiton? If yes, please list: _____

_____

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

_____

_____

Coaches Association involvement & Present Status: _____

_____

Please list Other Highlights & Experiences: _____

_____

_____

_____

Nominated by: _____ Date: _____

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

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Bounce Shots

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

Lacrosse season is in full swing! We've had our best April in the history of MSHSL Boys Lacrosse – only one night of cancelled games due to inclement weather. With the season at its halfway point, it is obvious that the caliber of play continues to improve from year to year.

At the conclusion of each game, coaches are **required** to load their game statistics on the MSHSL website. This season, we added a few new statistics to the website – ground balls, face-off attempts, face-off wins, turnovers, and goalie minutes. Turnovers are forced turnovers, not offensive turnovers. A player can receive credit for a forced turnover for a good ride, or solid defensive play. It is important that your game statistics are uploaded after every game – this information will be used for the selection committees for the MSHSBLCA End of Year Awards. After each game, coaches (both home and away), should email their top three standout players from each game to Greg Visich. Unfortunately, only about a third of our coaches are doing this. Also, please only send in your top three players; do not list your top ten after each game.

There has been a schedule change to the End of Year Player Awards Selection meeting. The Section Committees and the Awards Committee will be meeting on Sunday, May 23rd to finalize the All-State, All-American, and Academic All-American awards. For those coaches involved in this process, you will be receiving an email in the next two weeks with the location and time of this meeting.

Please make sure that your statisticians understand the definition of the statistics they are tracking. To ensure that the stats are consistent among all 52 teams, please provide your statisticians with the following definitions of a recordable stat:

Ground Ball: A ground ball is counted when a loose ball is scooped and the player maintains control of the ball. If a player scoops his own dropped ball, it does **not** count. If a player scoops a ball and drops it, it does not count

Assist: An assist is recorded only if the scoring player does not dodge an opponent or take more than 2 steps after receiving the ball. Only one player can receive credit for an assist.

Goalie Save: This is not the difference of total shots minus goals against. Most coaches include pipes or wide shots in the player shot category. Goalie saves must be on goal to be counted as a save.

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

"Maintain your composure. The worst thing you can do to an opponent is to defeat him."

- Paul Brown

MSHSCA 2009-2010 MEETING DATES

May 1 Spring Executive meeting if needed (Site to be determined)

June 22, 23, 24, 2010 Summer Executive Meeting, Detroit Lakes

PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1 December 1 March 1 May 1

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FLIP NOTES

By: Nicole Green
President MGGCA
Annandale High School

As the warm weather comes in we can take a quick breath before the summer waiver period begins. Please make sure to have your summer waiver signed and on file with your AD before your first contact with your athletes. You can get this form on the high school league website, or by contacting your AD.

Our most recent section rep meeting was a very productive one. We discussed the dress code for the state tournament and will have an official code finalized at the fall meeting. We want to make sure that our coaches all demonstrate their professionalism, both in their appearance and their conduct.

We were pleased to have a number of athletes achieve All-State and All-State Honorable Mention status. There were 265 athletes receiving Honorable Mention certificates (All-Around = 90 athletes, Vault = 126, Bars = 115, Beam = 136, Floor = 155 and 96 that received All-State certificates (All-Around = 32, Vault = 54, Bars = 31, Beam = 42, Floor = 40). I'd like to extend a big thanks to Martha Driscoll-Nelson for her lead in this area and for tallying the numbers.

Our fall clinic will be held October 1 and 2 at Big Lake High School. If you have any requests/suggestions about topics or presenters please let me know.

Thanks to all of the fabulous coaches around the state. You make a huge difference in your athlete's lives.

MEMBERSHIP REPORT May 2010

Types of Membership	2009-10	2008-09
Active Class A & AA	6124	5632
Associates	1096	1134
Active Life	594	530
Retired Life	973	977
Honorary	3	3
	8,790	8,276

Breakdown of membership by sport association (2008-09 totals in parenthesis)

Adapted Athletics (23) 23
Alpine Skiing (70) 66
Athletic Directors (259) 258
Baseball (409) 411
Boys Basketball (735) 842
Girls Basketball (621) 658
Cross Country (284) 297
Gymnastics (197) 201
Nordic Skiing (127) 122
Volleyball (655) 631
Boys Swimming (151) 169
Girls Swimming (178) 210
Boys Lacrosse (23) 25
Girls Lacrosse (36) 49
Football (936) 1,023
Boys Hockey (263) 265
Golf (boys & girls) (358) 375
Soccer (boys & girls) (376) 347
Softball (434) 443
Synchronized Swimming (18) 11
Girls Tennis (169) 181
Boys Tennis (125) 136
Track & Field (557) 681
Wrestling (65) 67

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.

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2010-2011 UNIFIED DUES APPLICATION FORM

Minnesota State High School Coaches Association, Inc.

PO Box 519, Detroit Lakes, MN 56502
JOHN ERICKSON, EXECUTIVE DIRECTOR
(218) 847-6796 (H) - (218) 847-5493(FAX)
www.mshsca.org jomar@lakesnet.net

*** The membership and insurance year runs from Aug. 1st to July 31st**

NAME (Print) _____
(Last) (First) (Middle Initial)

SCHOOL _____

HOME MAILING ADDRESS _____

CITY _____ ZIP CODE _____

COMPETITIVE SECTION NO. _____ HOME PHONE # ( ) _____

E-MAIL ADDRESS _____

DUES PAYABLE: Check One

( ) ANNUAL DUES PAYING MEMBER - $30.00
Eligible: MN Secondary, Jr. High, Elementary Coaches & ADs

( ) ASSOCIATE MEMBERS - $15.00
Eligible: Out of State Coaches and All College Coaches - MN Officials

( ) LIFE MEMBER (with insurance) $10.00
Eligible: 25 year coaches that have applied for and received a life card

( ) RETIRED LIFE MEMBER - $5.00
Optional: Helps defray cost of Minnesota Prep Coach

NUMBER OF YEARS COACHING, INCLUDING 2010-11 SCHOOL YEAR _____
(This includes Minnesota and all states.)

SPORT ASSOCIATION DUES ....

(Must join parent organization before you can join individual Sport Association)
(Please circle your coaching assignments, Head, Asst, Jr. High, Middle School or Elementary)

ADAPTED ATHLETICS ..... (H) or (A).....$10 (CI).....$10 (PI)
ATHLETIC ADMINISTRATORS $40
BASEBALL (Mar. 7 deadline) ..... $10(H); $5(A)
BOYS BASKETBALL (Dec. 1 deadline) ..... $20(H); $10(A)
GIRLS BASKETBALL (Dec.1 deadline) ..... $15(H); $10(A)
CROSS COUNTRY (Oct. 1 deadline) (B)(G)(B/G) ..... $15(H); $5(A)
FOOTBALL (Oct. 1 deadline) ..... $20(H); $10(A)
Retired Life $25
GOLF (April 15 deadline) .....$10 (B); $10 (G); $10 (B/G)
GYMNASTICS (Jan. 15 Deadline) ..... $10 (H); $5 (A)
BOYS HOCKEY (March 1 deadline) ..... $25 (H); $15 (A)
Retired Life $15
BOYS LACROSSE (May 15 deadline) ..... $10(H); $5(A)
GIRLS LACROSSE (May 15 deadline) ..... $10(H); $5(A)
NORDIC SKIING (Dec. 15 deadline) $10
ALPINE SKIING (Jan. 15 deadline) ..... $10(H); $6(A)
BOYS SOCCER (Oct. 1 deadline) ..... $10(H); $5(A)
GIRLS SOCCER (Oct. 1 deadline) ..... $10(H); $5(A)
SOFTBALL (May 15 deadline) ..... $10(H); $5(A)
BOYS SWIMMING (Jan. 30 deadline) ..... $10(H); $5(A)
GIRLS SWIMMING (Oct. 1 deadline) ..... $10(H); $5(A)
SYNCHRONIZED SWIMMING ..... $10(H); $5(A)
BOYS TENNIS (Mar. 15 deadline) ..... $10(H); $5(A)
GIRLS TENNIS (Oct. 1 deadline) ..... $10(H); $5(A)
TRACK & FIELD (Mar. 15 deadline) (B)(G)(B/G) ... $20(H); $10(A)
VOLLEYBALL (Oct. 15 deadline) ..... $10(H); $5(A)
WRESTLING (Jan. 31 deadline) ..... (H) or (A) $27

ANNUAL MSHSCA DUES **$30.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
SPORT ASS'N DUES ..... **$**_____
Head or Ass't
TOTAL ..... **$**_____

LIFE MEMBER DUES, actively coaching **$10.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
SPORT ASS'N DUES ..... **$**_____
Head, Ass't or Ret'd
TOTAL ..... **$**_____

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Get Rewarded for Your Feedback

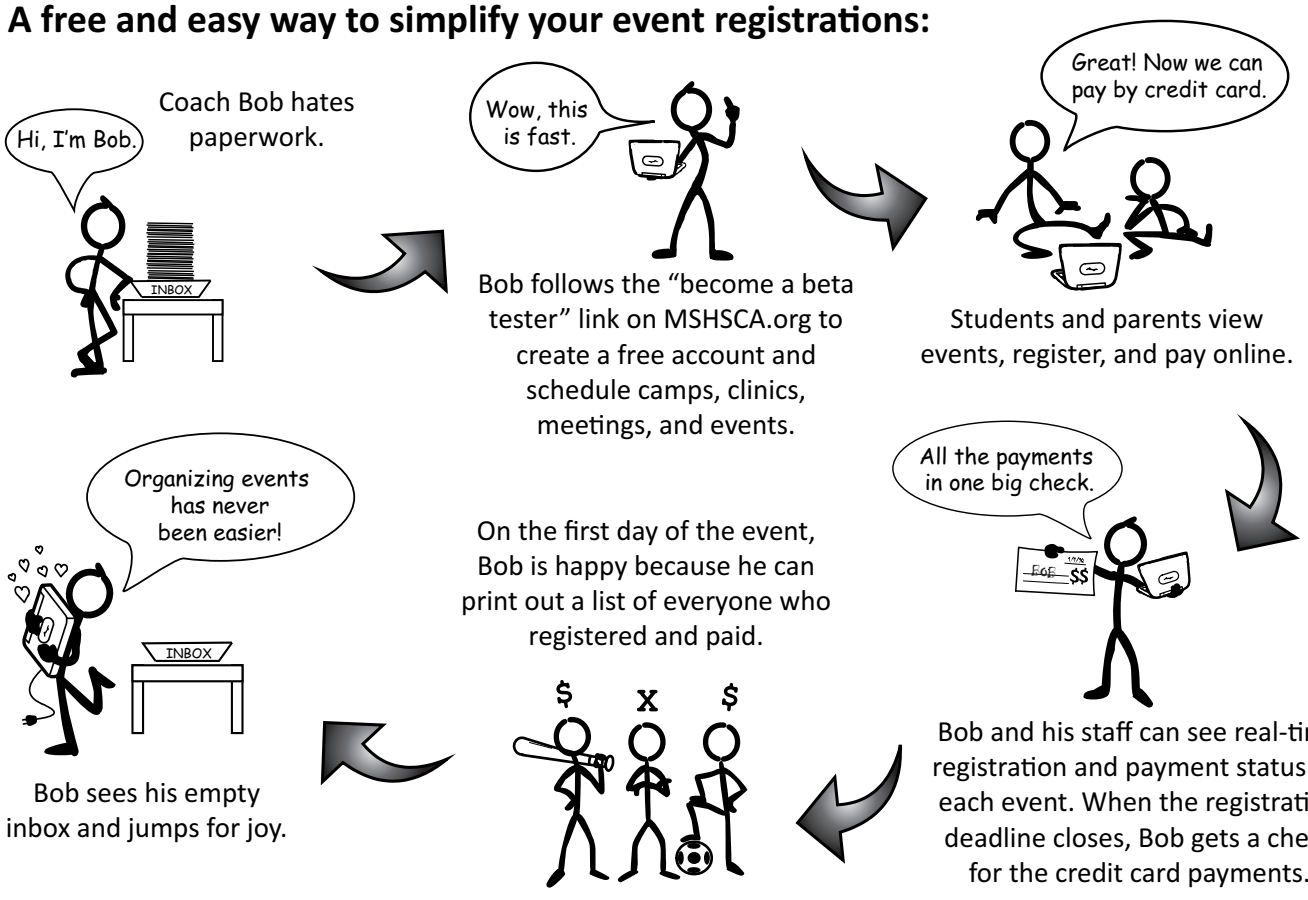
Coaches: Camps & Clinics ▪ **CE Directors: Community Education** ▪ **AD's: Activity Fees**

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

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

To register as a beta tester and receive your $25 gift card, click the "become a beta tester" link at www.MSHSCA.org

A free and easy way to simplify your event registrations:



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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 37 institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2008-09 school year.

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

- Anoka Ramsey Community College (Coon Rapids MN)
- Augsburg College (Minneapolis MN)
- Bemidji State University (Bemidji MN)
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- Crown College (St Bonifacius MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
- Minnesota State University - Moorhead (Moorhead MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- Northwestern College (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- St Mary's University (Winona MN)
- U of MN - Crookston (Crookston MN)
- U of MN - Duluth (Duluth MN) Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

Another example of the MSHSCA at work for the membership!

CLEARING THE HURDLES

Dave Wieber
Minnesota High School
Track & Field Coaches Association
Faribault H.S.

It is time for the final Clearing the Hurdles of the 2010 Track & Field season. Hopefully you have been having the same great weather that we have experienced in southern Minnesota this spring! Here it is, mid season already and True Team Section meets will be taking place soon. Once again it appears that we have a record number of schools participating and I want to wish you all good luck. If you have not participated before, I encourage you to consider it for next year. Talking to teams who have participated in the past they will tell you how important True Team has become to their athletes and how they are able to use it as a way to build their programs. Scoring all of the athletes that participate in the meet really attracts the attention of the kids. I know in my own program, it is one meet that they look forward to all year long. Once again, the top team from each section will advance to True Team state and the 2nd place teams from each section will have their section meet results put into a computer meet to determine who will advance as the wild card. This is another aspect of True Team that has been very popular as there are many instances when the wild card team has placed very high or even won the True Team State meet. Stillwater High School will be the host of the True Team State Meet again this year on Friday, May 21 (AAA) and Saturday, May 22 (A, AA).

The MSHSL State Meet will again be held at Hamline University. This year the prelims will be on Friday June 11 and the finals will be Saturday June 12. Look for information on the MSHSL web page. There will be a Track & Field Coaches Association meeting between the Class AA meet and the Class A meet on Saturday June 12. Listen for announcements at the meet as to the meeting location. Please attend this meeting and give us your feedback and suggestions about how you would like your Association to help improve our sport. Please don't forget to pick up your All State certificates at the Coaches Association Rep. tent if you have athletes that make it to the awards stand for placing 9th or higher. Remember to get individual Academic All-State forms (available online at our Track Coaches Association web page http://www.mshsca.org/track/index.htm) which can be turned in at the rep tent during the state meet to receive your individual Academic All State certificates.

The 2009 Team Academic Awards should be coming out soon. Yes, I know, they are definitely quite late. After a lot of miscommunication in which certain spam blockers were working against us, I managed to get the information to the correct location and the awards should be coming out soon. Hopefully the 2010 awards will be more timely. I apologize for the delay and will work to make sure it doesn't happen again.

This will be the my final Clearing the Hurdles issue as I will be handing over the reins of our Association to Kent (Buzz) Viesselman from Cambridge-Isanti High School at the State Meet meeting. Our new Vice President will be Mark Alcorn from Holdingford High School.

Good luck with the rest of your season!z

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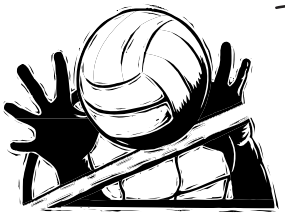


Dig This

By: Jim Lee
Waconia HS

Ah, Prom! A night of glitz and glamour to highlight an adolescent's gradual—yet inevitable—transition towards adulthood.

To accentuate the highly-respected coaches (the glitz) and our gifted volleyball athletes (the glamour), the 2010 MNVBCA Clinic will once again be conducted at St. Cloud State University on July 28th and 29th. The clinic will begin in the afternoon on Wednesday, July 28th and lead up to the All-Star Match at 6:30pm that evening. Between Wednesday's last session and the first serve in the All-Star Match, the grill will be providing burgers and brats during the tailgate session. After the All-Star match, head on over to our new hotel site at the St. Cloud Holiday Inn Suites (320-253-9000) where the Coaches' Social will allow the coaches to relax and exchange perceptions on the previous or the upcoming seasons.

Further clinic information pertaining to the clinic's schedule, registration form, vendors, speakers, and other information can be found at: http://www.mshsca.org

In other news:

1. Rules interpretation meetings will, once again, be conducted on-line this fall. You will no longer have to attend a meeting with a clinician.

2. All **varsity** girls' volleyball matches must be conducted using a three-color paneled ball from any manufacturer. The panels must be blue, gray, and white and must be solid in color. At least one-third of the panels shall be solid white. This ball is not required for subvarsity levels.

[Baden is the volleyball used at the state tournament; you may use other volleyball brands for varsity matches.] Baden displays two different vb types on their website that would meet the MSHSL requirements: The Lexum 15-0 (which will have a name change) and the Baden Perfection (which will be discontinued). Clarification: All game balls will be called "Perfection 15-0" which is actually the Baden Lexum 15-0 with a name change to: ***Baden Perfection 15-0***

3. Summer contact time for athletic camps and clinics shall be from June 1 through July 31, exclusive of the **no contact period of July 1 through July 7**. First Violation: The student shall lose eligibility in that sport for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of that season, whichever is greater.

4. Pre-match substitution: Rather than beginning the set with a penalty of a loss of rally and a point for the opponents, the head coach [will be allowed] to make a substitution after the lineup is submitted.

Prom for senior attendees provides one of the last reunions they will enjoy with the majority of their graduating class before stepping onto separate paths in the fall. Likewise, the 2010 MNVBCA Clinic provides the opportunity to listen to your colleagues and view the state's volleyball talent who will be impacting various colleges this fall. But don't worry: nobody's showing up in a limo (you can probably carpool with nearby coaches); you don't need a date (just remember the date of July 28th and 29th); and it's A LOT cheaper (but high-quality conversation). So make the grand march to St. Cloud this July!

Volleyball Clinic located on page 21.

Performance Playbook
Gatorade Sports Science Institute
gssiweb.org

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

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

This months feature is Dietary Antitoxins Effect of Fatigue during exercise.
Visit www.gssiweb.com

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

VOLLEYBALL COACHES

Save time at the clinic!

All Coaches are encouraged to register for membership and the clinic online at www.mshsca.org

If you are sending one check for your whole staff, that can be done online also.
Each staff member enters their information and 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.

2010 Volleyball Clinic Mail In Registration • July 28 & 29

Saint Cloud State University
ALL Coaches attending the volleyball clinic must be members of MSHSCA
Out of state, college and club coaches can join as associate members

Name_____

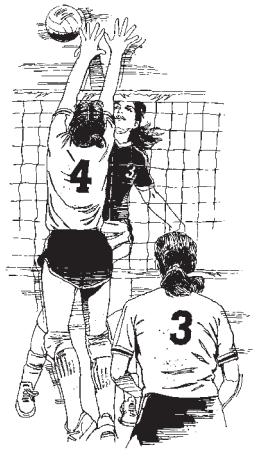
Preferred Mailing Address: _____

City_____ State_____ Zip_____

Preferred phone_____ Preferred E-Mail_____

High School Where you Coach_____

Competitive Section #_____ A AA AAA # of Years you have coached _____



HEAD COACH

Clinic Fee	$ 115.00	
Membership Fee*	$ 30.00	
Sport Association Fee	$10.00	
TOTAL	$ 155.00	Checks payable to MSHSCA

ASSISTANT COACH

Clinic Fee	$ 115.00	
Membership Fee*	$ 30.00	
Sport Association Fee	$ 5.00	
TOTAL	$ 150.00	Checks payable to MSHSCA

*If you have coached for 25 years or more you qualify for a Lifetime Membership, please check on website to see the requirements. www.mnvbca.org

OUT OF STATE, COLLEGE & CLUB COACHES

Clinic Fee	$ 115.00	
Membership fee	$15.00	
TOTAL	$ 130.00	Checks payable to MSHSCA

Sport Association fee (optional) $10 (H) $5 (A) _____

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

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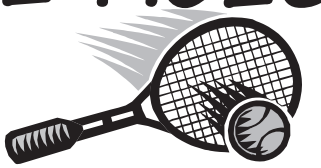
SERVICE ACES

By: Scott Engelstad
MSHSTCA President
Bemidji High School
sengel@paulbunyan.net



MSHSTCA CLINIC?

This year, as you know, we partnered with others in a different clinic format. We were saddened to not be able to bring you the March tennis coaches clinics you have been accustomed too. But mark your schedules as we will be back in March 2011! The dates are not set yet, but when they are we will get out the word. I know Jack from Roseau prides himself on being the first to send in his clinic form, so get ready, Jack!!

We are always looking for ideas/suggestions to make our clinic the best it can be to serve you. Please direct your thoughts to Rick Engelstad at mshstca@mac.com.

Your association board consists of the following coaches: Scott Engelstad (Bemidji) serves as President, Robb DeCorsey (Glencoe Silver Lake) is our President-Elect, Mike Cartwright (Mounds View) fills the position of Past President, Dave Gunderson (Virginia) continues in his role as Hall of Fame Director and Rick Engelstad (Pine City) is Executive Secretary. Thanks to these coaches for serving the association in these capacities! Check our website for updates and other important information: http://www.mshsca.org/tennis/.

COACH OF THE YEAR

This spring we will be naming Section Coaches of the Year in addition to the State Coach of the Year Award. Your section rep will be contacting you regarding the voting process. If you would like to nominate your assistant coach for the Section Assistant Coach of the Year, be sure to let your section rep know. To be nominated for these awards, you must be a member of the association. Section Coaches of the Year, plus any other coaches whose team wins their section, will be placed on the State Coach of the Year ballot. Association members may vote for the State COY award on our website at a time to be announced.

BOYS STATE BANQUET

The boys tennis season is quickly coming to a close. If you have a team and/or individual(s) who qualify for state, please keep your eyes open for the banquet information. As soon as we find out more details we will get them out to you. Please do all you can to get your team and/or individuals to the banquet so they can be honored.

SEEDING

There is a possibility of having seeding for the state singles tournaments in both Class A & AA. This would involve seeding four players. The change would not happen until next year at the earliest. Stay tuned for further details as they become available.

SUMMER

Up north spring came way earlier than normal! We hope your spring is going well on and off the courts. And with summer just around the corner, the board and I hope you have a great and enjoyable summer as well! Please let me know if there is anything our association can do to make tennis better for kids in Minnesota.

Minnesota State High School Coaches Assocation, Inc.

Executive Committee Liaison Assignments 200-2010

Dave Johnson Past President	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
Don Tangen President	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
Shelly Hotzler President Elect.	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
Becky Leuer Vice President	Volleyball Softball B/G Lacrosse	Synch. Swimming B Basketball

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

GATORADE...Official Sport Drink of the MSHSCA

SPORTS MEDICINE ADVISORY COMMITTEE NEWS

By: Doug Davis
Boy's Sports Coaches Association Representative
Northfield High School

The Sports Medicine Advisory Committee continues to meet twice a year, once in the fall and once again in the spring, to discuss issues that are important to the safety of coaches and athletes in our sports. The committee continues to work on updating and improving our Sport Qualifying Pre Participation Physical form to make it user friendly and the most complete that it can be. Minnesota has created one of the best Pre Participation Physical forms in the nation and is being used as a template and guide for several other states. The committee continues to discuss the importance of using the form created by the League's Committee and will be looking to make this form the mandatory form beginning in the 2011-2012 school year. Dr. William Roberts provided a brief summary on his examination into the differences between Sports Drinks and Energy Drinks. Information will be put together and will be available for coaches that would like to share this information with their athletes and parents.

Continuing the discussion on infectious skin diseases and its impact on the sport of Wrestling in particular, Dr. BJ Anderson reported on his discussions that he has had with the Wrestling Association. The Wrestling Association is recommending some initiatives to address the growing problem of skin rashes and infections during the competitive season. Dr. Anderson is working closely with them and when they have reached agreement on the best way to move forward, information will be provided to all wrestling programs across the state. Until then, encourage your athletes to shower completely after hard workouts and contact using soap and water and good personal hygiene practices.

The last major issue discussed centers around the issue of concussions, concussion management and education. The Sports Medicine Advisory Committee is looking seriously into developing an educational program for all coaches that could be provided at yearly rules interpretation meetings or individual sport clinics. The committee would like to partner with the statewide coaches association in an initiative that would lead to mandatory training for all coaches. Currently six states have had their legislatures step in and create laws mandating procedures when it comes to concussion management and this issue is getting some attention at the national level. We would like to get out in front of this and keep our legislature out of this if possible. A coordinated effort that includes training in education, detection and treatment by our association could help all parties involved.

Please do not hesitate to contact the League Office or members of the Sports Medicine Advisory Committee if you have any questions or suggestions.

Softball... A Five Star Sport

By: Shelly Hotzler

The best spring weather in many years has led to a busy spring softball season. Teams are gearing up for an exciting post season. This year's Hall of Fame banquet will be held during the All-Star weekend. We are very excited to have a great class of hall of fame inductees. This year's inductees are Brit Stroup(Hall) from Hopkins, Heather Evenson from Brooklyn Center, Kristen Schmidt, Jessie Peters, and Charlie Whitbred from Park Cottage Grove, Jen Walter from Wadena, Pam Hennen from Park Center, and Ben Miller from Sauk Rapids. Bob Mertz from New Ulm Cathedral will also be honored at this year's as he was unable to attend last year's ceremony. The Hall of Fame and All-Star brunch will begin at 9 am on Sunday June 13th. The cost to attend the banquet is $15 which includes attendance to the All Star Series and a game program. Anyone interested in attending the banquet should contact Shelly Hotzler for tickets. This is a great event honoring some great softball players and coaches as well as this year's All-Stars.

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MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION
Website: www.mshssca.org
in conjunction with the Minnesota State High School Coaches Association, Inc.

20th ANNUAL SOCCER COACHES CLINIC

WHO: All interested soccer coaches
WHERE: **Hopkins High School**
2400 Lindbergh Drive
Minnetonka, MN 55305
WHEN: Friday, August 13th, 2009
7:30 AM – 3:30 PM
COST: **- See Box below**
NOTE: 1st time attendees, clinic registration is $30.
- Includes a box lunch
- T-Shirt for the first 250 registered coaches

For more information, please call:
Greg Juba, Director -- Head Girls' Soccer Coach -- Park (Cottage Grove) High School
CELL -- 651.260.1048 -- HOME -- 651.459.7241 -- SCHOOL -- 651.768.3763

To belong to the MSHSSCA you must also join our parent organization the MSHSCA.

Costs:

Clinic Registration = $50/30 before August 1st, 2010
= **$60/40** after August 1st, 2010

NSCAA Dues = $85 before August 1st, 2010
(National Soccer Assoc.) = $95 after August 1st, 2010

****MSHSCA Dues***** This year **ALL MN Coaches Assoc.** dues need to be paid online by credit card or paid at the clinic.
DEADLINE for DUES PAYMENT is: October 1st, 2010.
*****PLEASE go online and take care of it NOW!*****

Total for each Coach = $50/30 Clinic Only.
= $135/115 including NSCAA.

Add $10 to all above if registration after August 1st, 2010

AGENDA

7:30 – 8:15 AM	Sign-in / Registration	**NOTE:** There will be a **Head Coaches Meeting** during **Session III**. Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed.
8:30 – 9:25 AM	Session I	
9:40 – 10:35 AM	Session II	
10:50 – 11:45 AM	Session III	
Lunch		
1:00 – 2:00 PM	Session IV	Session for all **NEW COACHES**, head and assistants, will occur during the lunch hour.
2:15 – 3:15 PM	Session V	

Please fill out Registration Form and mail to:

(Before August 1, 2010)
Art Seplak • 10077 Upton Road • Bloomington, MN 55431-2849 (952) 881-2898

Clinic Registration Form

PLEASE PRINT this information • Mail BEFORE 8/1/10

Please be sure to CIRCLE the (Head/Asst) (Girls/Boys) choice and also the lunch choice for each person registered. Please give PREFERRED mailing addresses and phone numbers for ALL coaches who join the NSCAA. Online registrations for MN organizations will ask for contact information.

Your name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ City _____ State _____ Zip _____
Phone _____ Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

OTHER REGISTRANTS:

#2 Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ City _____ State _____ Zip _____
Phone _____ Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

#3 Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ City _____ State _____ Zip _____
Phone _____ Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

#4Name _____ School _____ (Head/Asst) (Girls/Boys)
Address _____ City _____ State _____ Zip _____
Phone _____ Your Lunch Choice (Circle one): Turkey Ham Roast Beef Veggie

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CORNER KICKS

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

Time to get the last article of the year to the Prep Coach, look forward to the end of school and the summer. It will not be long before you will be attending the Clinic and starting soccer. It has been a great year for the MSHSSCA with many national honors given to our players and coaches. This is a testament to the quality of our high school soccer program in Minnesota.

I have not often repeated information from one column to another, but in this case it is really important to each of you as you consider ordering uniforms in the next two years. This is the directive from the MSHSL and the National Federation of High Schools Rules Committee.

With the start of the 2012 season, all home teams will wear solid white jerseys and socks. Before this time the wording was "white or light" jerseys and socks. Now that must be white. The goalkeepers will be required to have a number on the back of their jerseys and front of their jerseys or shorts that is different than any other number used by other players on their team starting in the fall of 2010. Please take this into consideration when you are ordering your next set of home uniforms.

You must also take note of the "Definition of Scrimmage" that is included in Bylaw 41. Please take note of the following wording of this bylaw.

Interschool Scrimmage and intrasquad Scrimmage

DEFINIION: An interschool scrimmage is defined as an instructional and practice training session. Scrimmage sessions shall not approximate or equal actual game conditions. A time clock my be used during the scrimmage in order to approximate certain game situation during which coaches may want to give instructions to their athletes. Teams participating in a scrimmage MAY NOT:

Use a scoreboard or other device to keep score or show points scored;

Keep an official or unofficial scorebook;

Use game uniforms or uniforms identifying the school. Practice jerseys are permitted;

Charge admission of any kind for the scrimmage. This includes free will Donations;

Advertise or promote the scrimmage;

Officials may be used;

Record or report the scores of the scrimmage.

All other contact between teams will be counted as one game toward the maximum number of games allowed during the sport season

An Alumni game, if not played under the conditions described in A, must count toward the limit of games allowed.

The Soccer Advisory committee met with Jody Redman from the High School League the last week in April. The discussions centered around the need to work on improving the way statistics are reported. In addition, the referee

. . . continues on page 26

Fees: (circle the choices for <u>each</u> registrant**)**

Registration	MN State Coaches' Association Dues and MSHSSCA Dues	Clinic Registration Past Attendee (50) OR First Time (30)	National Coaches' Association of America (NSCAA) Dues	Total (Include $10 per registrant late fee if after 8/1)
Yours	**Pay directly to mshsca.org**	**$50 OR $30**	**+ $85**	=
#2 Registrant	**Pay directly to mshsca.org**	**$50 OR $30**	**+ $85**	=
#3 Registrant	**Pay directly to mshsca.org**	**$50 OR $30**	**+ $85**	=
#4 Registrant	**Pay directly to mshsca.org**	**$50 OR $30**	**+ $85**	=
			TOTAL SENT	=

Please make checks payable to MSHSSCA. **CHECK TOTAL _____**

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Corner Kicks. . . continued from page 25

evaluation that is done on the MSHSL website was an additional item for discussion.

The annual MSHSSCA Soccer Clinic will be held on Friday August 13 at Hopkins starting with registration at 7:30 A.M. Greg Juba (Park of Cottage Grove Girls) ,the clinic director, has announced the information about this event. All of the information about this clinic is printed in this issue of the Prep Coach. This includes the cost of the clinic, lunch choices and where to send the pre-registration is in the clinic registration form. Please read the information and get your reservations in early. Your MSHSCA dues that include your soccer association dues need to be paid online by credit card or paid at the clinic. Deadline for the dues payment is October 1, 2010.

Several other dates of importance to you and your athletes are: The Section playoffs will start on Monday October 11 and must be completed by Friday October 22. The MSHSSCA All-State and Tournament Banquet will be held on Sunday October 22. The Tournament will start with quarterfinals on Thursday (28), Friday (29) and Saturday (30) of October. The tournament will continue on November 2, 4 and 5 in the Dome. Please also keep in mind that the MSHSSCA-Soccer Express Senior Classic will be played in the Dome on Wednesday November 10. Please note that the practice for that game will be held on Sunday November 7. If it is at all possible, try to leave these dates open for your athletes that will be participating in the game.

Continue to use the website that we have developed. MSHSSCA.ORG is the official site of our organization. This site gives you up to date information about the MSHSSCA. If you need to contact your section representative or one of the officers, they are listed on the website.

Enjoy your summer and the prospects of the 2010 season. Remember you have the greatest job in the world, working with young people. See you at the clinic on Friday August 13th.

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PERFORMANCE PLAYBOOK

Gatorade Sports Science Institute®

gssiweb.org

Hydration: Critical to Athletic Performance

DAVID R. LAMB, Ph.D., is a Professor Emeritus of exercise physiology at The Ohio State University.

High school athletes train hard, they play to win, and they sweat through it all. In the intensity of a practice or game, athletes don't realize the amount of sweat they lose, and that puts them head to head with a nasty competitor – dehydration. It's crucial to beat dehydration so that athletes can play at their best, even in the final minutes of the game.

Sweat losses of as little as 2% of body weight (less than 3 pounds in a 150-pound athlete) can impair performance by accelerating the onset of fatigue. This is important because some athletes can lose 5 to 8 pounds of sweat or more during practice or competition. So it's easy for athletes to become dehydrated if they don't drink enough to replace what is lost in sweat.

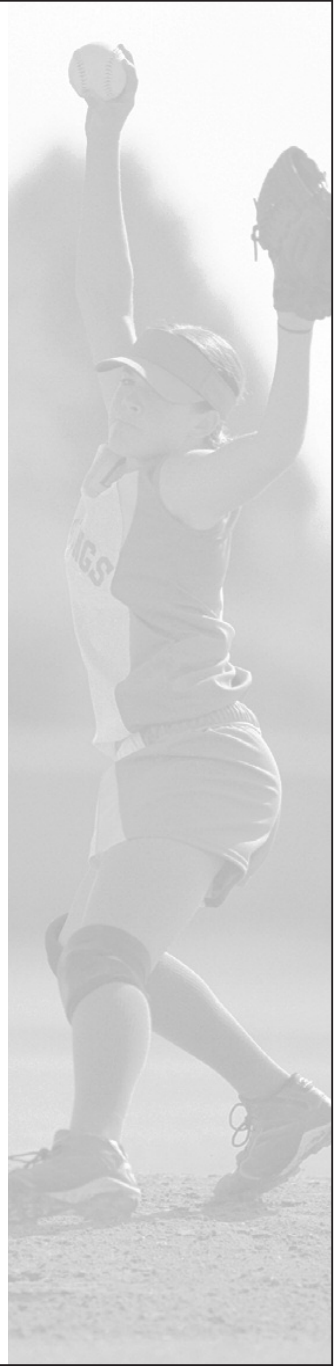
Research shows that sports drinks outperform water because sports drinks:

- **Encourage voluntary drinking when athletes are hot and thirsty.** Sports drinks with a light flavor and small amount of sodium encourage athletes to drink, and drinking fluids is the only defense against dehydration.
- **Stimulate rapid fluid absorption.** A well-formulated sports drink, like Gatorade, speeds the delivery of fluid, carbohydrate, and electrolytes into the bloodstream.
- **Help keep athletes in the game.** Sports drinks can help athletes avoid dehydration and other heat-related problems, such as early fatigue, muscle cramps, lightheadedness, and heat exhaustion.
- **Aid performance.** Carbohydrate in sports drinks helps athletes perform better. As one of many examples, research has shown that hydrating with a sports drink significantly improved basketball-shooting skill and on-court sprinting performance when compared with a flavored-water placebo.
- **Speed recovery.** The carbohydrates and electrolytes in sports drinks help refuel muscles and speed rehydration. This is especially important during tournaments and other situations when recovery times are limited.

With a game plan to help your athletes drink the right fluids at the right times, you're giving them the strategy for a high-powered performance that matches their will to win.

The National Athletic Trainers' Association "Fluid Replacement for Athletes" Position Statement

- Educate athletes on the effects of dehydration on physical performance.
- Inform athletes how to monitor hydration status.
- Encourage coaches to mandate rehydration during practices and competitions, just as they require other drills and conditioning activities.
- During events that require a high rate of fluid intake to sustain hydration, the carbohydrate concentration in a sports drink should be kept low (e.g., less than 7%) to optimize stomach emptying and fluid absorption.
- A proper hydration protocol considers each sport's unique features. If rehydration opportunities are frequent (e.g., baseball, football, track, and field), the athlete can consume smaller volumes at a convenient pace based on sweat rate and environmental conditions. If rehydration must occur at specific times (e.g., soccer, lacrosse, distance running), the athlete may need to drink greater volumes at each opportunity for rehydration.



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2010 SCHOLAR

MSHSCA ANNOUNCES 2010 SCHOLARSHIP WINNERS

The MSHSCA is proud to introduce the 2010 scholarship winners. The MSHSCA membership is very proud to be able to present eight scholarships each year and two alternate scholarship winners. The scholarships will be given out at the end of the first semester of the student's freshman year of college.

Kathryn Dahl from Luverne high school will be attending Gustavus Adolphus College in the fall. Kathryn was a three sport athlete and served as captain of all three of her teams. In addition to her dedication to here teams Kathryn managed to carry a 4.0 GPA and is ranked number one in her class. Kathryn made the following comment regarding her experience as a captain. "Athletics has helped me define the work leadership. I've discovered that leadership is not only leading any team on the playing field but also setting an example in everything I do."

Jenna Henry will graduate from Faribault high school this spring. Jenna was a three sport athlete participating in swimming, basketball and softball and at the same time maintaining a 3.84 GPA. Jenna will attend the University of Minnesota, Twin Cities campus in the fall. Jenna says her athletic experiences will serve her well as she pursues her degree at the U of M. "Through the years I have leaned goal setting/work ethic, leadership/teamwork and time/stress management. All these skills that I obtained did not happen automatically, they happened because of athletics. These are life lessons that will help me continue to succeed both personally and professionally.

Mariah Novacinski attends St. Cloud Apollo high school where she maintains a 4.2 GPA and is ranked second in her senior class. Mariah was able to maintain this incredible academic excellence while at the same time being a four sport athlete participating in cross country, volleyball, basketball and track and field. Mariah also served as the captain on her athletic teams. Mariah wrote in her letter of application; "When you are part of team, it evolves into a family atmosphere. Support, respect, dependence, faith and trust all come from one another. These components have improved my connections with others, teaching me to think of others before myself, think outside the box when dealing with others, and to read and understand those who are different than me." Marhak will attend either the U of M Duluth or St. Olaf College in the fall.

Monica Radecke attends Stillwater high schools and has played a big role in the very successful Stillwater girls swim team. Monica also participated track and field. Monica was part of the swim team that won six consecutive true team championships and four MSHSL championships. Monica also lettered in cross country skiing for three years. Monica's success was not limited to athletics as she ranks number one in her class of 700. Monica is looking forward to competing for the Golden Gopher swim team next year at the U of M.

Becca Rudquist, from Deer River high school, has been named as the first alternate in the girls division. Becca was a three sport athlete as well as the valedictorian of her class. Becca is grateful for the relationships she has developed through athletics in her live. "Through athletics, I have been brought together with certain people whom I would never have encountered otherwise. Strong, lasting relationships have been created in my teams where we can help each other based on our strengths and weaknesses."

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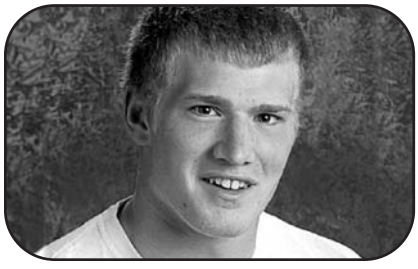
SHIP WINNERS

Jackson Henrich hails from Morris high school where he was a three sport athlete and valedictorian of his class. Jackson participated in football, basketball and track and field. Jackson indicated that his father was a real influence in his life and has helped influence his future ambitions to be a teacher and coach following in the footsteps of his father and sister. Speaking of his high school sports, Jackson said: These opportunities that I have been lucky enough to have experienced have thrown many challenges at me, caused me to build plenty of character, drive.

Zachary Hinkemeyer attends ROCORI high school where he participated in basketball and baseball. Zach has been able to maintain a GPA of over 4.0 while at the same time serving as class president and executive treasure of the NHS and spending countless hours perfecting his love of basketball and baseball. In speaking of what athletics has done for him Zach commented; “Another important quality I have acquired from athletics is self-motivation. This is the most important characteristic I have obtained because it is so easily related to my everyday life. “

Daniel Fleissner attends Rochester Century high school where he has participated in football land basketball. Daniel is the valedictorian or his class of 46 students. Dan will enter the University of Minnesota, Twin Cities campus in the fall. Dan relates the following skills he has honed through his high school athletic career: “Through sports I have learned to have a strong work ethic, how far I am able to push myself and how to set and meet goals, and how to be a competitor. They have helped me learn vital leadership skills, given me a blueprint for lifetime fitness, and many of the important relationships in my life have been shaped by athletics.”

Ethan Brenna attends Robbinsdale Cooper high school where he was three sport athlete in adapted athletics. Ethan competed in soccer, floor hockey and softball. Nathan is looking forward to enrolling at the University of North Dakota in the fall. I think Ethan summed up one of the great values of participating in athletics with the following statement; ”When I first joined the Robbinsdale Robins in 2005 I did not want to be there. After noticing my lack of activities after my first leg surgery, my mother wanted me to do something to work my muscles. She checked into sports for kids with disabilities and found the Robins. I thought I would just bring people down with my lack of experience and drive, and my first practice only amplified thatk; I did very badly in a lot of different drills. Ready to give up right then and there, my teammates came up to me after practice and told me I did pretty well. I thought they were teasing me, but then they shared their embarrassing stories of their first days and made me feel better.”



Our alternate for the boys division is **Samuel Pagel** from Brainerd. Samuel participated in football, wrestling and track and was able to maintain a 3.76. Samuel will enroll at Concordia College in Moorhead in the fall. Samuel wrote of his athletic experiences; “Sports have shown me the4 way to succeed in life by using these abilities they have shown me. I can use my dedication in the future with my college studies and football then later on with my life time career.”

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SHERWOOD, DECKER CHOSEN AS TOP ATHLETIC ADMINISTRATORS FOR 2010

The Annual Athletic Administrators State Conference was held in St Cloud on April 9, 2010. During the sessions a number of Minnesota Athletic Administrators were selected for the work that hey have done for the betterment of Minnesota prep athletics over the years.

Chosen from candidates representing Class A and Class AA as AD's of the Year were Jaime Sherwood of Wayzata and Dale Decker of Howard Lake-Waverly representing Class AA and A respectfully.

A number of other AD's were recognized including Hall of Fame recipients David Sieben and Omer Sieben both of Melrose and Julian Bertogliat of Esko. It is believed that the Sieben's were the first father and son recipients in the history of the award.

Tom Conzemius of Sauk Rapids-Rice received the State Award of Merit.

Distinguished Aliumni recognized included Perry J. Kozlowski (Pipestone), Julie Nelson (Dover-Eyota) and Jaime Sanger (Wayzata).

A number of soon to retire AD's were also recognized and thanked for their many years of service to their schools and communities.

They include Harvey Crable (Bemidji), Pat Derby (Byron), Karl Dickman (St Paul Johnson), hland Park)Don Featherstone (Red Wing), Dan Gardner (Belle Plaine), John Heller (st Paul Highland Park) and Bruce Johnson (Discovery Middle School - Alexandria)

Candidates in contention for Administrators of the Year included the following:

Class A

Region 1 - Edward Friesen - Bethlehem Academy
Region 2 - Jim Kruger - St Peter
Region 3 - Mike Dammann - MACCRAY
Region 4 - Troy Urdahl - St Anthony Villaga
Region 5 - Dale Decker - Howard lake-Waverly-Winsted
Region 6 - Joe Brisson - Browerville
Region 7 - Chad Stoskopf - Esko
Region 8 - Jim Scanlon - East Grand Forks

Class AA

Region 1- Tim Hermann - Austin
Region 2- John Janke - Shakopee
Region 3- Todd Olson - Richfield
Region 4- Bill Niemczyk - St Paul Como Park
Region 5- John Baufield - Anoka
Region 6- Jaime Sherwood - Wayzata
Region 7- Joel Olson - Forest Lake
Region 8- Todd Selk - Brainerds

Bios of the AD's of the Year is as follows:

JAIME SHERWOOD - WAYZATA

Jaime Sherwood is a graduate of the University of Wisconsin-River Falls w in here he received his degree in Business Administration in 1982. He earned his Master of Arts from the University of St Thomas in 1986, a Specialist Degree in Secondary Education in 1990 and licensor in Secondary Administration in 1991. Jaime became a Certified Athletic Administrator in 2000 and earned his Certified Masters Athletic Administrator credentials in 2005. He was a high school teacher for nine years, an Associate High School Principal for one year, a high school and college football coach for 20 years anda softball coach for 14 years. He was also a girls high school basketball coach for eight years.Jaime has been Director of Athletics and Activities for 17 years with the last 14 in the Wayzata School District.

Since becoming Wayzata's Director af Athletics and Activities, Jaime has been actively involved at the state and national levels. He is a member of the MnIAAA, NIAAA and the Minnesota State High School Coaches Association. His servie in the past ten years included MnIAA Excutive Board, MnIAAAStrategic Plan Committee, MnIAAA Committee for professional development. MnIAAA Leadership Training program

He has displayed national leadership belonging to the NIAAA's Strategic Plan Committee, Board of Directors At Large Candidate and Certified Test contributor to the MSHSL. Contributions over the years include to the MSHSL include a member of the Representaive Assembly, State Boys Basketball Tournament Site Manager, Softball and Baseball Advisory Committee member, Strategic Planning Committee member and Sectional and State Site manager for many sports. He served on the SHSL Board of Directors and was President of the Board during the 2006-07 school year.

Sherwood has also worked as a adjunct lecturer and

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advisor for the University of St Thomas, teaching classes to students in the Graduate School of Education who were working towards a Masters in Athletic Administration. Many of his former students were Athletic Administrators or eventually became Athletic Administrators,

Jaime and his wife, Barb have a daughter, Megan. Oh, by the way Jaime's wife,Barb, is the Assistant Activities Director at where else, Wayzata High School.

DALE DECKER
HOWARD LAKE-WAVERLY-WINSTED

Decker is a graduate of the University of Minnesota-Morris where he received his degree in Physical Education, Health and Coaching in 1979. Dale has taught, coached and has been Athletic Director, Dean of Students and Transportation Director at Howard Lake- Waverly for the past 20 years.

Dale started his career in Howard Lake-Waverly in 1979 and a year later was hired by Maple Lake to teach Phy Ed and coach football and boys basketball. In 1986, Dale moved to Rockford and was there for four years as a Phy Ed teached and boys basketball coach. In 1990,Decker was hired by Howard lake to be their Athletic Director.

Dale has been active at the section and state level. He is the MnIAAA region rep and has been a moderator numerous times at State Conferences and has been a mentor for the MN ADMentorship Program. Dale is a member of the MSHSL Representaive Assembly and has been a sub-section coordinator/manager for numerous athletic events. he has umpired MSHSL state baseball and softball tournaments for 12 years and has been President of both the Central Minnesota and Wright County Conferences along with being the current treasurer of the CMC.

Some accomplishments include the earning of the Howard Lake-Waverly-Winsted Leadership in Education Excellence Award, selected as Sub Section 20 AD of the Year, induction in to the North Star Amateur Baseball Hall of Fame. In addition, as a committee member, Dale was very instrumental in Developing the Central Minnesota Conference Sportsmanship Plan

Dale and his wife, Vicki have four children: Brandi, Cody, Riley and Brooke

SNYNCHRONIZED SWIMMING

By: Signe Hensel
President
MN HS Synchro Coaches' Association
(Head Coach Wayzata)

Simply Breathtaking

Spring is here and the season is wrapping up! It's a great time to reflect on what worked well, what needs to be tweaked, and what issues need to be addressed as an association. Our year-end meeting is Tuesday, June 15th! If you have an item you would like to see on the agenda, please contact me.

Some proposed agenda items are:

- Rotating in 2 new figures. You may want to review the figure section of your rule book.
- What USSSI is doing with officials (6 judges = 3 TM/3 AI) and combos and how we might follow suit.
- Videotaping at dual meets

We have asked that you send Katy any feedback regarding your State Meet job before the June meeting so that our June meeting is efficient and we take time only to address problems that were not solved. I will also be interested to hear your feedback on the music being uploaded for the section and/or state meets.

Thank you for all you do to promote excellence in our student-athletes!

"To error is human, to forgive is not my policy."

- John Thompson,
Georgetown Basketball Coach

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Ice Chips

By: Chris Lonke
MHCA Communications
New Prague High School

I hope the off-season, soon to be summer season finds everyone well and ready to improve their programs for 2010-2011. It was an outstanding year with unprecedented coverage of boys' hockey in Minnesota. Coverage even reached well across the country with help from our partners at FSN, MN Hockey Hub, The Breakdown and Myfoxhockey. Again, a big Thank You to them!

The state tournament was outstanding again and the MSHSL did a wonderful job putting together the product. Congratulations to back to back Class A champions the Breck Mustangs and Edina Hornets on their Class AA championship.

Congratulations to all the teams that made a state tournament appearance this year. In Class A, we had Rochester Lourdes, Breck, New Ulm, Mahtomedi, Hermantown, Alexandria, Virginia and Warroad. In Class AA, we had Lakeville North, Edina, Apple Valley, Hill-Murray, Blaine, Minnetonka, Duluth East and Roseau. Once again, congratulations to the players and coaching staffs of all sixteen state tournament teams.

The section and state coaches of the year were recognized and chosen at the general membership meeting on Saturday March 13th: The head coaches of the year are listed on top and assistants of the year below.

Section 1A-	George Nemanich/Brad Ryan
	Red Wing Faribault
Section 1AA-	Randy Schmitz- Lakeville North
	Paul Rutt- Lakeville North
	Bob Rajanen/Chris Morris
	Red Wing New Prague
Section 2A-	Steve Brown- Delano
Section 2AA-	Janne Kvilhamme- Burnsville
	Donnie Williams- St. Louis Park
	Todd Kennedy/Kevin Ingvalson- Prior Lk.
Section 3A-	Erik Setterholm- New Ulm
Section 3AA-	Jerry Hayes- Apple Valley
	Ross Wendling- Hutchinson
	Chris Sikich- Apple Valley
Section 4A-	Jeff Poeschl- Mahtomedi
Section 4AA-	Jerry Diebel- North St. Paul
	Dave Turbitt- Spring Lk. Park
	Tony Ciro- Hill-Murray
Section5A-	Kevin Smalley- Denfeld
Section 5AA-	Gary Stefano- Maple Grove
	Darin Illikainen- Hermantown
	Josh Hicks- Maple Grove
Section 6A-	Scott Woods- Alexandria
Section 6AA-	Brian Urick- Minnetonka
	Pat Forte- Sartell
	Steve Aronson- Minnetonka
Section7A-	Mark DeCenzo- Hibbing
Section 7AA-	Bill Thoreson/Mark Manney- Andover
	George McDonald- I-Falls
	Dan Forsythe- Forest Lake
Section 8A-	Scott Klein- Kittson Central
Section 8AA-	Andy Lundbohm- Roseau
	Jason Soblik- Kittson Central
	Butsy Erickson/Aaron Broten- Roseau

Class A Head Coach of the Year was Kevin Smalley (Duluth Denfeld and Assistant Class A Coach of the Year was Donnie Williams (St. Louis Park). The Class AA Head Coach of the Year was Jerry Hayes (Apple Valley) and Assistant Class AA Coach of the Year was Steve Aronson (Minnetonka).

The Class A academic champion with a GPA of 3.87 was Litchfield-Dassel-Cokato and the Class AA champion with a GPA of 3.87 was Eden Prairie. That is the second academic championship in a row for Lee Smith's Eden Prairie Eagles. Here is the entire list of academic champions by sections. Congratulations to all schools and players for being great leaders in the classroom.

1A	Rochester Lourdes	3.62
1AA	Owatonna	3.44
2A	Mound-Westonka	3.51
2AA	Bloomington Kennedy	3.60
3A	Litchfield	3.87
3AA	Eastview	3.55
4A	South St. Paul	3.49
4AA	North St. Paul	3.80
5A	Alexandria	3.57
5AA	Centennial	3.50
6A	Wilmar and Sartell	3.68 (tie)
6AA	Eden Prairie	3.87
7A	International Falls	3.30
7AA	Cambridge-Isanti	3.59
8A	Crookston	3.40
8AA	Buffalo	3.60

The Hall of Fame banquet on Thursday afternoon was outstanding and very deserving individuals were honored.

. . . continues on page 39

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Goal Posts

Terry Turek, Director of Publications
Le Sueur-Henderson High School

With the "early spring" the MFCA is hoping that every coach is enjoying the spring and working their best for improvement of their programs.

The MFCA's second annual football clinic was a great success as over 900 coaches were in attendance. There was an increase over the previous year and with the support and cooperation of Minnesota's high school and college coaches, this trend will continue. Jim Dotseth and Ron Stolski organized the clinic, which was held at the Double Tree Hotel in Minneapolis, and they, along with their staff, did an outstanding job. The association was helped by the University of Minnesota, who held some of their spring practices in conjunction with the clinic.

The annual MFCA spring representative meeting was held at the clinic and several key issues were discussed under the leadership of association President Jon Johnson of Litchfield and Executive Director Ron Stolski of Brainerd. The MSHSL apparently is discussing how sections seed teams and the "section schedule" idea is still being kicked around. A Task Force was established and a survey of schools was conducted. A majority of the schools polled indicated that they were "satisfied" with their current situation, but the League is still looking at ways to alleviate scheduling problems for the minority of schols who indicated that they had some sort of issue. There were four proposals, several of which included the MSHSL changing regular season schedule. The input of individual members is crucial if the MFCA is to have influence over the sports programs that it represents. Coaches should not hesitate to contact MFCA officers to let their views be known.

The 46th Annual Hall of Fame Banquet was held on Saturday, March 27th. This was the first banquest in almost fifty years that did not include Don Swanson, who passed away last summer, as the emcee. And while his presence was missed the banquet honored his contributions and continued in his spirit. Banquet Chairman Dave Nelson, once again did a great job in preparation for the banquet. The banquet was held at the Double Tree Hotel in Minneapolis, a sponsor of the association.

Paul Lemke and Scott Tschimperle of Glencoe-Silver Lake, who co-chair the Hall of Fame selection committee continued the method of introduction by which inductees were introduced by a person of their choice. Four high school coaches were inducted: Jim Peterson, Rushford-Peterson, Dennis Hale, Worthington,

Winners of the Butch Nash Award were: Jay Anderson, Totino Grace; Roger Erickson, Lake of the Woods; Chad Gustafson, New London-Spicer; Terence Kent, Kittson County Central; Paul Lemke, Glencoe-Silver Lake; Tim Olson, Thief River Falls; Scott Palmer, Buffalo; Scott Swansson, Woodbury. From past Butch Nash Award winners, Jay Anderson of Totino Grace was selected as the 2009 Minnesota Assistant Coach of the Year.

The Distinguished Service Award was presented to TCF Bank Stadium in recgnition of the permanent MFCA Hall of Fame at the stadium.

Conference and section coaches of the year were presented with awards for their achievements with each coach receiving a plaque. Class Coaches of the Year recognized were: Class 5A Mike Scanlan, Cretin-Derham Hall; Class 4A Jeff Ferguson, Totino Grace; Class 3A Dan Essler, New London-Spicer; Class 2A Jon Bakken, Waterville-Elysian-Morristown; Class 1A ; Chad Johnston, Minneota: 9 Man, Mark Kroulik, Stephen-Argyle. From this outstanding group of coaches was selected as the 2009 Minnesota Football State Coach of the Year, Jon Bakken, W-E-M.

Recognized with a plaque for 30 years of coaching were Terry Ogorek, Kittson County Central, Earl Bauman, St. Michael-Albertville, Ken Helland, LeCenter. Completing 35 years of coaching football and receiving a plaque were Terry Karlsgodt, ACGC, Dennis Hale, Worthington (2008), Bernie Litecky, Totino Grace (2007). Dwight Lundeen, Becker, Roger Lipelt, Wayzata/Providence Academy received a plaque and ring for 40 years of service. Recognized with a plaque for achieving 200 wins were Terry Ogorek, Kittson County Central, Steve Solem, BOLD.

. . . continues on page 35

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Coaches are reminded that if you or any football coach in your school reaches the milestones of 30, 35, or 40 years coaching and/or 200, 250, 300 wins next year to contact Terry Turek, so recognition can be given. I would also like all head coaches with more than 80 career victories to send their coaching record and number of years as a head coach to me.

Outgoing president Jon Johnson was recognized with an engraved gavel for his work as president. Jon's presidential project was to organize the job descriptions and duties of MFCA positions and he completed his project, which should make for smooth transitions within organization.

The MFCA Recruiting Fair will be held on Tuesday, May 4th at the Doubletree Park Place Hotel in Minneapolis beginning at 7:00 PM, under the direction of Jeff Ferguson of Totino Grace. Online ability to enter information through the MFCA page on the MSHSCA website should also help in getting the word out on high school football players.

To reach the site go to www.mshsca.org. Click on "Sports Associations" and then click on "Football". Information on the MHSFCA pages includes committee members, executive officers, meeting agendas and minutes as well as the state records and statistics for Minnesota high school football.

The summer magazine is currently being put together. Feedback concerning the changes that have taken place has been positive and any coaches who would like to help with this endeavor are more than welcome to contact me.

Coaches, if you haven't already done so, please send conference articles and lots of pictures for the "Minnesota Football" magazine. A reminder that my address is Terry Turek, 901 E. Ferry St., Le Sueur, MN 56058. I can also be contacted via e-mail at: tturek@isd2397.org. And my school phone number is 507.665.3305. At home it is Box 81, Henderson MN 56044, (507) 665-2212.

A reminder that association meetings are open to all coaches and are the medium for us to express our views, either in person or through our conference representative. The conference representative is a key person in the process and if you don't know who your representative is or if you are interested in becoming a conference representative please contact Jim Dotseth.

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SPORT TEAM ACADEMIC RESULTS

The McDonald's Twin Cities Co-op was a proud sponsor of Minnesota Girls & Women in Sports Day at the University of Minnesota in February. Prior to the Gophers' basketball game against Wisconsin on February 4, girls in grades 2-5 participated in a youth sports clinic at the Sports Pavilion and enjoyed a meal provided by McDonald's. 2010 marked the 24th year celebrating the participation of girls and women in sports and athletics.

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WINTER TEAM ACADEMIC RESULTS PLUS ONE SPRING 2009

The March edition of The Minnesota Prep Coach published the results for Team Academics for the sports concluded prior to the March publishing date. This issue includes the sports of Boys Swimming, Boys Hockey, Girls Basketball and Boys basketball. Wrestling has their own academic program. Boys basketball uses the old format of sectional and overall state champions and will be published accordingly

Track and Field that has not taken part in Team Academics recently submitted results from spring 2009 and is included with the winter results.

ALPINE SKIING (Inadvertently omitted in March issue)

GOLD
Minneapolis Southwest

BOYS SWIMMING AND DIVING

GOLD
Becker
Cambridge - Isanti
East Ridge
Eden Prairie
Eveleth- Gilbert
Litchfield
Maple Grove
Milaca
Perham
Red Wing
St Paul Harding
Wayzata
Woodbury

SILVER
Albert Lea
Alexandria
Apple Valley
Austin
Babbitt/Ely/Tower
Bemidji
Big Lake
Bloomington Kennedy
Brainerd
Buffalo
Champlin Park
Chisago Lakes
Columbia Heights
Cretin-Derham Hall
Duluth Central
Duluth East
Edina
Faribault
Forest Lake
Fridley
Hastings
Henry Sibley
St Paul Highland Park/SPA
Hill - Murray
Hopkins
Hutchinson
Lakeville North
Lakeville South
Mahtomedi
Marshall
Metro United
Minnewaska Area/Morris
Montevideo
Minneapolis Southwest
New Prague
Northfield
Orono
Park Center
Princeton
Prior Lake
Robbinsdale Cooper
Rochester Century
Rochester John Marshall
Roseville Area
St Peter
Sartell-St Stephen
St Cloud Apollo
St Cloud Tech
Stillwater
The Blake School
Thief River Falls
Totino-Grace
Waconia
White Bear Lake
Winona

BOYS HOCKEY

GOLD
Eden Prairie
Litchfield/Dassel Cokato
North St Paul

SILVER
Hopkins
Centennial
Hill-Murray
Apple Valley
Cretin-Derham Hall
Eastview
Bloomington Jefferson
Bloomington Kennedy
Alexandria
Orono
Mound-Westonka
Sartell-St Stephen
Willmar
Rochester Lourdes

GIRLS BASKETBALL

GOLD (1A)
Hillcrest Lutheran Academy

. . . continues on page 37

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Pine Island
Rothsay
Underwood

GOLD (2A)
International Falls
Kasson-Mantorville
Minnehaha Academy
Mora
Paynesville
Perham
Pequot Lakes
Wadena-Deer Creek

GOLD (3A)
Bemidji
Faribault
Grand Rapids
Sartell-St Stephen
Willmar

GOLD (4A)
Minneapolis Southwest
Prior Lake
White Bear Lake

SILVER (1A)
Ada-Borup
ACDC
Adrian
Barnesville
Cherry
Cook
Dawson-Boyd
Ellsworth
Fertile-Beltrami
Fillmore County Central
Goodhue
Grygla-Goodrich
Hancock
Heritage Christian Academy
Hills-Beaver Creek
LeRoy-Ostrander
Lester Prairie-Holy Trinity
Medford
New Life Academy
Nevis
Onamia
Park Christian
Pillager
Randolph
Red Lake County Central
Red Rock Central
Royalton
Rushford - Peterson
Sebeka
Springfield
Stephen-Argyle
Truman
Waubun

SILVER (2A)
Aitkin
Bagley
Benson
Blue Earth Area
Breck
Byron
Caledonia
Deer River
Dilworth-Glyndon-Felton
Esko
Fairmont
Foley
Frazee
Hayfield
Jackson County Central
Jordan
Kingsland
Lake City
Litchfield
Long Prairie-Grey Eagle
Maple Lake
Mayer Lutheran
Melrose
Minnesota Valley Lutheran
Montevideo
Morris/Chokio-Alberta
Murray County Central
NRHEG
Norwood-Young America
Park Rapids
Proctor
St Cloud Cathedral
St James
St Peter
Sauk Centre
Stewartville
Thief River Falls
Tracy-Milroy-Balaton
United South Central
Virginia
Warroad
Windom Area
West Central Area
Yellow Medicine East
Zimmerman

SILVER (3A)
Albert Lea
Alexandria
Annandale
Cloquet
Fergus Falls
Hibbing
Hill-Murray
Little Falls
North Branch
St Cloud Apollo
St Anthony Village
Waconia

SILVER (4A)
Anoka
Brainerd
Cambridge-Isanti
Centennial
Champlin Park
Chaska
Cretin-Derham Hall
Eagan
Eastview
Edina
Hastings
Hopkins
Lakeville South
Maple Grove
Moorhaed
Northfield
Osseo
Robbinsdale Armstrong
Roseville Area
St Francis
Shakopee
Wayzata
Woodbury

BOYS BASKETBALL

CLASS 1A
1- Rushford-Peterson
2- Mt Lake/Butterfield/Odin
3- Red Rock Central (State Champion)
4- Maranatha Christian
5- Nevis
6- Park Christian
7-Mesabi East
8-Red Lake County

CLASS 2A
1-Zumbrota-Mazeppa
2- St Peter
3- Montevideo
4- Minneapolis Roosevelt
5- Milaca
6- Osakis
7- Pine City (State Champion)
8- Crookston

CLASS 3A
1- New Prague (State Champion)
2- Mankato West
3- DeLaSalle
4- Hill-Murray
5- Monticello
6- Holy Family Catholic
7- North Branch
8- Little Falls

CLASS 4A
1- Owatonna (State Champion)
2- Shakopee
3- Rosemount
4- Stillwater Area
5- Centennial
6- Robbinsdale Armstrong
7- Anoka
8- St Michael-Albertville

BOYS TRACK AND FIELD
Gold

. . . continues on page 38

i'm lovin' it
VISIT MCDONALD'S AFTER THE GAME
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Winter Team Results. . . continued from page 37

Andover
Austin
Brainerd
Eden Prairie
Elk River
Hill-Murray
Holy Family Catholic
Irondale
LaCrescent
Lakeville North
Lakeville South
Mankato East
Math and Science Academy
Minnesota Valley Lutheran
Monticello
Northfield
Plainville-Elgin-Milville
Richfield
Rochester Century
Rogers
Royalton
Rushford-Peterson
St Francis
St Michael-Albertville
Triton
West Marshall Coop
Willmar
Winona Cotter

SILVER
Academy of the Holy Angels
Annandale
Anoka
Blue Earth Area
Centennial
Chisago Lakes
Fairmont
Faribault
Montevideo
Pequot Lakes
Rush City
Warroad
Worthington
Zumbrota-Mazeppa

GIRLS TRACK AND FIELD

GOLD
Academy of the Holy Angels
Alexandria
Annandale
Anoka
Becker
Belle Plaine
Blue Earth Area
Brainerd
Cenntennial
Chisago Lakes
Crookston
East Grand Forks
Eastview
Elk River
Esko
Fairmont
Faribault
Farmington
Foley
Frazee
Grand Meadow
Hill-Murray
Holy Family Catholic
Hutchinson
Irondale
LaCrescent
Lakeville North
LeRoy-Ostrander
Soudan
Mankato East
Math and Science Academy
Mayer Lutheran
Mille Lacs Coop
Minnesota Valley Lutheran
Montevideo
Monticello
Mounds View
New Prague
North St Paul
Northfield
Owatonn
Pillager
Pine Island
Providence Academy
Red Wing
Rochester Mayo
Rogers
Rosemount
Royalton
Rushford-Peterson
Shakopee
Spring Lake Park
St Croix Lutheran
St Francis
St Michael - Albertville
Tartan
Triton
Warroad
Willmar
Winona Cotter
Worthington

SILVER
Blaine
Braham
Cannon Falls
Kingsland
Lake City
West Marshall Coop
Zumbrota -Mazeppa

SUMMER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

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

GATORADE...Official Sport Drink of the MSHSCA

By Rachel Aiken (Chaska) and Sarah Bourne (Columbia Heights)

With lacrosse growing at an exponential rate, it is only natural that coaches and officials are tough to find. Schools are looking to their coaches from other sports to step up and coach their girls and boys lacrosse teams. Therefore, many of our coaches and officials have little to no lacrosse experience and are learning right along with the athletes. Due to the shortage of coaches, I, too, began coaching girls' lacrosse in an unconventional way. I have been coaching hockey for 10 years and have seen girls' hockey grow tremendously. Last year I coached a club lacrosse team and picked up a lacrosse stick for the first time at the first practice of the season. After Farmington was approved to be a MSHSL team this year, I became the coach of the Varsity and JV girls' lacrosse team for the first time. It has been a quick couple of years, but things are going very well. I think the easy transition can be attributed mostly to the fact that no matter what sport, coaching is just coaching.

Like I mentioned earlier, I have been coaching for about 10 years in the sports that I have played all of my life (hockey, soccer, golf, etc.), but lacrosse was a new adventure for me. I had never played lacrosse, let alone even watched a girl's lacrosse game before last year. The skills all transfer over from hockey and other sports; going to the ball, pass support, breaking out, defensive zone, etc. Also, Kids need to be motivated by their high school coach, especially girls' sports. Motivating girls in hockey or soccer is no different than motivating them in lacrosse, it is just coaching. This is no different than teaching – a good leader needs to get kids excited about whatever it is that you are working on. Grasping this aspect of coaching was the easiest part for me to grasp - but then came practice…

I can step onto a hockey rink at the beginning of practice and come up with a pretty good, organized, and demanding practice off the top of my head. I have organized enough drills and have been a part of enough practices that I just steal from my past knowledge. Obviously, I wasn't able to do the same thing for lacrosse due to my lack of experience with the sport. However, a lot transferred over from my years playing and coaching hockey and soccer. In fact, my first couple of practices last year looked an awful lot like a hockey practice: partner passing, 3 on 2 weave, one-on-one mirror drill, and then some conditioning at the end. The resources that have been made available to me have been extraordinary. Between the coaching clinic in February, the KuddaLAX website, and collaborating with fellow coaches in the state, the transition from running a hockey practice with lacrosse sticks to running a lacrosse practice has been a smooth transition.

Over the course of two years I have gone from a girls' hockey coach, to a club girls' lacrosse coach, to a MSHSL Varsity girls' lacrosse coach and it has been a journey. Many of the coaching skills transferred, and for the rest there was plenty of offered training and resources available to help me out. The fellow coaches that I have met have been more than willing to help out with anything, and I thank them for that. Lacrosse is a sport that is going to continue to grow and coaches and officials will be coming out of the woodwork to become involved in the sport. Thankfully, there is a wonderful support system in place for anyone that is looking to switch sports or just start coaching all together.

"Human beings are the only creatures on earth that allow their children to come back home."

- Bill Cosby

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dugout chatter

By: Bruce Woitas
Sleepy Eye St.Mary's High School
1st VP MBCA

WOW!!! What a great spring to date; the weather has been great and most teams were having outside practice well before their first games this spring. Who would have thought that after the winter we had? Once again, it just shows what Minnesota weather can be like. Our Section Tournaments and State Tournaments are right around the corner. I wish all the teams in the state the best of luck.

Springs is a very busy time for all of us, but please take time to get all of the necessary Minnesota High School Baseball Coaches Association forms sent in this spring. You need the following: 700 Lions All Star due May 14; 500 All State due June 1; 600 A&B Academic forms due June 1; and 1000 Coaching Award forms: Dick Siebert, Angelo Giuliani, Retired Coach, Assistant Coach of the Year and Groundskeeper/ Field of the Year due June 30; 1400 Junior Showcase nomination due May 1; and 1500 Hall of Fame nomination. These forms can be found on the web site (mshsbca.org) or by contacting your section rep. Thank you for your attention to this important matter!

Take time this spring to also read through the baseball rule book. As coaches, it is our job to teach and educate our players on the rules of the game. The new rule changes and points of emphasis can be found in the first pages of the rule book. We have an amazing privilege as we share our love and knowledge of the game with our players. It is a responsibility that we must take seriously. Also note the High School League will be going to every other year rule books. SO KEEP YOUR RULE BOOKS.

The Baseball Coaches Association has been working very hard this past year on a number of issues; the biggest was the summer coaching exemption for baseball and softball. We did get that passed so, for all who coach in the summer, you will be exempt from the black out period. There are many to thank in regards to the work that was done and I would like to thank all who helped with that process. Also a big thanks to Pat Collins, our President, who did a great job with the leadership throughout the process and we are very lucky to have him in our 3rd base coach's box. Also the High School League removed the travel restriction, effective next year. However, if you travel, your School Board must approve the travel first; make sure you plan accordingly. The baseball classes rankings will now be done by the let's play hockey/ let's play softball/ let's play baseball group. We feel they will do a great job for our association. I would like to thank Bruce Davis and Todd Smrekar for their leadership in the rankings of our AA and AAA classes, and all who helped and will continue to help with the rankings.

As many know, the High School League has agreed to play all 3 State championship games at one site this year. The site will be Target Field and the date is Saturday, June 19. We thank the Twins for opening their home to us. It should be a great day and one that you will not want to miss. Also note that all tournaments will be run the same as before; the only change is the Saturday Championship day.

John Wilkens has been working very hard, again on getting a banquet in place for all classes at the state tournament. He has informed me that this year all 3 classes will once again have banquets. Look for more information in the spring newsletter. The Coaches Association will once again sponsor a Junior Showcase this summer; the date will be July 8th at the Minnetonka complex. The showcase is supported by our association; thanks to Tink Larson for his work on this showcase.

We invite all to come out to the Chaska ball park for the Lions' All Star games on June 25th and 26th. What a great weekend to see Minnesota's best baseball players from all over the state. We would also like all coaches who have a player selected to play to make plans to attend the Friday night games as we will once again have the coaches take part in the opening ceremonies as they will be introduced with their player. Coaches should also let their players know that, if selected, they need to commit for the entire weekend. We also will honor our Hall of Fame members that night.

Our Baseball coaches' clinic is also set for 2010; the dates are Oct. 29-31 at the Ramada Plaza (same place as last year). Look for further details in the spring newsletter.

Good luck to everyone in Section play. Please do your best to attend the state tournament of your class and all Championships Saturday at the Target Field. Also make an effort to attend the Lions All Star Games on June 25 and 26 in Chaska. Please remember to call in your game results. It's our job to promote the great game of baseball in our state.

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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
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Ice Chips. . . continued from page 32

Thanks to Bruce Frutiger for his work putting together the banquet. The banquet was highlighted by Larry Hendrickson's very short acceptance speech. Here is a look at our Hall of Fame class and MHCA award winners.

Hall of Fame Class 2010
Larry Hendrickson – BSM/AV/Richfield
Gary Hokanson- Roseau
John McNamara- Northfield
Steve Sertich- Roseville

Cliff Thompson Award- Lyn Ellingson- Grand Rapids
Dave Peterson Award- Jerry Hayes- Apple Valley
Bruce Johnson Award- Ken Pauly- Benilde St. Margaret's
Oscar Almquist Award- Terry Gotziaman- Roseau

Have a great summer and make sure to spend some time away from the rink! If you haven't yet, go check out Target Field this summer. We may have two, if not the two best pro sports venues in the country with the Xcel Energy Center and now Target Field.

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.

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August 1, 2009 – August 1, 2010

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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

www.loomislapann.com
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@loomislapann.com

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COACHES' EDUCATION CLASSES

To register, view schedules, etc., go to **www.mshsl.org/mshsl/coachesed/login.asp** and register for the a coach's clipboard and all of the information about upcoming classes is there. You can also register online via credit card.

If coaches have questions, please call the League (763) 560-2262.

In-Person Coaches' Education Class Schedule

Date	Location	Instructor
June 21st, 2010	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD
August 2, 2010	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD
	Regional Site TBD	TBD

Instructors

Name	Phone	Email
Jim Baker	Cell: 651-357-2937	jbad154@hotmail.com
Mary Eigner	Cell: 612-819-2808	mary@minn-e-rink.com
Tom Graupmann	Cell: 612-282-4105	tom.graupmann@nfld.k12.mn.us
David Hartmann	Work: 320-762-7754	dhartman@alexandria.k12.mn.us
Dan Johnson	Work: 952-988-4692	dan.johnson@hopkinsschools.org
Becky Leuer	651-674-7082	becky.leuer@gmail.com
Diane Morin	Cell: 651-328-1420	dmorin@proctor.k12.mn.us
Brad O'Donnell	Cell: 507-340-3902	bodonnell@macsmn.com

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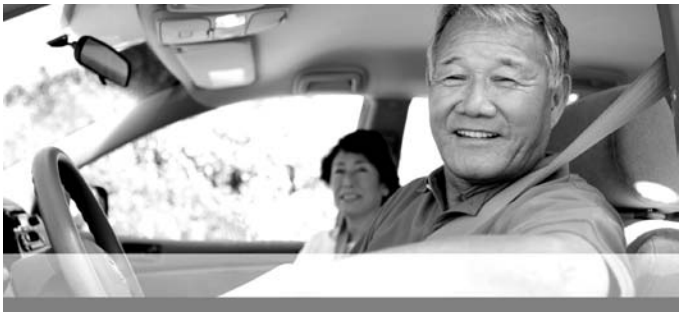

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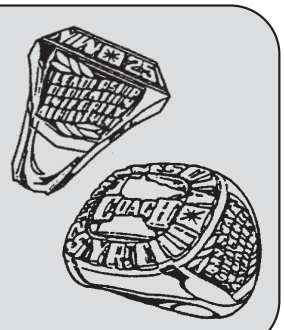

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Refurbish Ring (Include New Box).....ea. $20.50
Drop Ship.....mailing ea. $9.15

Ring Order Form

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Address _____

Phone _____
Finger Size _____

Ring _____
Stones _____
Options _____

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Add 6.5% State Tax _____
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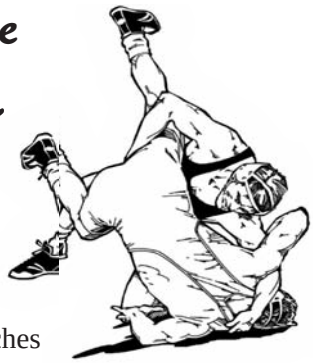
Notes from the Wrestling Room



By: Kurt Habeck
President of MWCA
Eastview H.S.

The Minnesota Wrestling Coaches Association recognized many wrestlers and coaches at the annual state tournament brunch. Awards were handed out to media, all academic teams and individuals, scholarship winners, head coaches of the year, assistant coach of the year, and Mr. Minnesota. Congratulations to all of those receiving awards.

With the completion of the 2010 wrestling season and all of the successes celebrated at end of the season banquets, wrestling coaches can now take a deep breath, relax, and spend some quality time with their families. Coaches are also encouraged to take some time to reflect on their season and identify improvement areas for our state as a whole. Ideas on how we can improve the sport of wrestling in Minnesota as well as improve the State Wrestling Tournament can be shared with the section representatives, MWCA advisory, MSHSL director Craig Perry, and state tournament manager Byron Olson.

The MWCA Advisory Committee Recommendations made to the MSHSL Office last month are:

- Seed all eight teams in the state tournament.
- Wrestle to 7th and 8th place in the state tournament.
- Change the state tournament individual bracket format so it is a true full wrestle back. This will allow every wrestler a chance to wrestle back to 3rd place after a loss.
- A one pound allowance shall be granted when weather forces postponement of an event and it must be rescheduled to a Monday.
- Allow up to 3 additional entries in an individual tournament without it counting as two events.

With teams shutting down, most voluntarily, near the end of the season due to skin issues, discussions have taken place to identify ways that improvements can be made for the safety of kids. One idea discussed is having an "eight day no wrestling" period towards the end of January. Teams would still be allowed to practice, however, no competitions would be scheduled and no wrestling "contact activities" would be allowed. During this period, emphasis would be placed on academics, rest and recovery, and cross-training conditioning activities. **It is the wrestling advisory committee's belief that we are only in the discussion phase and it will not happen unless it is supported by the MWCA. A meeting will be scheduled later this spring to continue discussions. I encourage all coaches to share their thoughts and questions with their section reps, the advisory committee, and BJ Anderson.**

All section representatives are invited to a meeting prior to the Hall of Fame Banquet on Saturday, April 24th @ 2:00pm at the Willmar Holiday Inn and Conference Center for a discussion on the above topics.

Nationally, the NFHS Wrestling Rules Committee has been reviewing weight class data the past 2 years and may vote this spring on adjusting the weight classes. If changes are made, a timeframe will be given for states to adjust. Stay tuned.

I want to welcome Tom Gruhlke (BOLD) as the new MWCA President and John Barlund (Frazee) as the President Elect for the 2010-2011season. The experience and passion they have for the sport of wrestling will allow them to provide great leadership for wrestling coaches of Minnesota.

Over and Out!

2009 - 2010 WINTER STATE CHAMPIONS

The MSHSCA would like to take this opportunity to congratulate the championship teams and their coaches for a job very well done. The association will present each of the championship coaches with a plaque at the October Hall of fame Awards Banquet.

Championship teams not listed due the the fact that their coaches were not members of the MSHSCA.

The sports, the champions and their head coaches are listed below.

ALPINE SKIING
(Boys) St Thomas Academy
Tom Carlson
(Girls) Lakeville South
Mark Moltzan

NORDIC SKIING
(Boys) Ely
Paula Anderson
(Girls) Stillwater Area
Kris Hansen

GIRLS GYMNASTICS
(A) Perham
Charlie Fleck
(AA) Northfield
Melissa Cummins

WRESTLING
(1A) Jackson County Central
Randy Baker
(3A) Apple Valley
Jim Jackson

BOYS SWIMMING (TRUE TEAM)
(A) St Thomas Academy

. . . continues on page 45

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John Barnes
(AA) Edina
Art Downey

BOYS SWIMMING (MSHSL)
(A) Breck/Blake
Kris Rosenberg
(AA) Edina
Art Downey

BOYS HOCKEY
(A) Breck
Les Larson
(AA) Edina
Curt Giles

ADAPTED FLOOR HOCKEY
(CI) Anoka-Hennepin
Bill Newell
(PI) Anoka-Hennepin
Sue Opat

GIRLS BASKETBALL
(1A) Barnum
Randy Myhre
(2A) Minnehaha Academy
Josh Thurow
(3A) Benilde-St Margaret's
Bob Lyons
(4A) Lakeville North
Andy Beckvam

BOYS BASKETBALL
(1A) Minnesota Transitions Charter School
John Sherman
(2A) New London-Spicer
Matt Cordes
(3A) St Paul Johnson
Vern Simmons
(4A) Hopkins
Ken Novak, Jr.

TIPS FOR PUTTING GATORADE ON YOUR SIDELINES

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Swim Strokes

By: Nate Linscheid
Bloomington Jefferson Boys Swimming and Diving
President – Boys Swimming and Diving Coaches Assn.
nlinschei@bloomington.k12.mn.us

The boys swimming and diving season has come to a close, and it is time for many coaches, swimmers,. The state championships were held on March 4-6 at the University of Minnesota Aquatic Center. This year featured repeat winners in both classes with Class A Breck/Blake defending their title and Simley coming in as runner-up. In Class AA Edina won for the second year in a row, and Minnetonka was again runner-up. Congratulations to those teams and everyone who participated in making this another great year of swimming and diving.

While the swimming and diving were over for the swimmers after the state meet, the coaches association still had work to do. Our annual clinic was held on April 9th- and 10th at the Ramada Plaza Hotel in Minneapolis. Featured speakers were Paul Silver from the Marlins of Raleigh Swim Club in North Carolina, Ryan Wochomurka from the University of Louisville, and John Carlson from Gustavus-Adolphus College.

The All-State banquet was held on the evening of April 9th at the Prom Center in Oakdale. It was a great evening and several current and former coaches and swimmers were honored. Our Jerry Simpson Distinguished Service Award winners were Kent Quackenbush from Rochester and Jerry Carlson from Hutchinson. The Assistant Coach/Dedicated Service Award winners were Rick Light from Woodbury and Dave Burgess from Mankato East. Hall of Fame inductees were Gordy Rodby of Eveleth and former Burnsville and University of Minnesota swimmer Sue Roell Grimm.

Our All-State banquet awards both the boys and girls swimmers and coaches, and this year the Girls Class A Coach of the Year was Dave Olson of Sartell-St. Stephen and the Girls Class AA Coach of the Year was Brian Luke of Stillwater. Girls Class A Athlete of the Year was Marissa Wood of Sartell-St. Stephen and the Girls Class AA Athlete of the Year was Hannah Bowen of Stillwater.

On the boys side the Class A Coach of the year was Lynn Newton of Simley, and the AA Coaches of the Year were Art Downey and Scott Johnson of Edina. The Boys Class A Athlete of the Year was Turner Eckstrom of Red Wing, and the Class AA Athlete of the Year was Drew Johnson of Edina.

This year's academic state champions were as follows: Girls Class A – Becker, Girls Class AA – St. Paul Harding, Boys Class A – Columbia Heights, and Boys Class AA – St. Paul Harding.

There is one upcoming event, the true team meeting, which will be held at Oak Grove Middle School on Tuesday, June 29th at 10:00am. Rick Ringeisen is also putting together a golf event for participants afterward, so if you know you are going to be at the meeting and want to play some golf afterward, let Rick know soon so he can make the proper arrangements.

Finally, I would like to thank all the athletes, parents, and coaches for their help and support throughout the season. As I come to the end of my term as boys association president, I would like to personally thank Andy Viker of Mankato West for organizing our clinic, Doug Davis of Northfield for organizing our banquet, Sarah Hintermeyer of Bloomington Kennedy for doing banquet awards, seating, and program, Todd Walsh of Bloomington Kennedy for doing our website and being the treasurer, Chris Aarseth of Minneapolis for doing the Minnesota Swimmer and being girls association president, and finally Rick Ringeisen of Lakeville South for being an invaluable resource for me and helping out in a lot of different places as our executive secretary. The time and energy these people put in is remarkable, and it is because of the many people volunteering their time that we have such a healthy sport and association.

"An ounce of action is worth a ton of theory"

- Friedrich Engels

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ATTENTION COACHES:

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

The MSHSCA has introduced a new Academic Awards program

Many schools are receiving plaques and plates similar to the one pictured for 2009-2010 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

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CHIP SHOTS

By: Todd Petterson
Red Wing H.S.

After the past few years of poor weather we probably have deserved this spring's better weather! It has been nice not having to wear the rain gear everyday to keep dry and warm!

There are a few things on the horizon and the advisory board is working on finding better ways of communicating with the coaches. For example, this year the MSHSL enacted coaching on the course. We knew there might be issues to work out and we need to find ways of making it better. At the golf advisory board meeting in February we created a plan on getting the names and emails of all golf coaches in the state. We are still in the process of gathering those names and contact information but once we get this information we can connect with all of the coaches and not just the coaches that are current members of the golf coach's association: however, it really would be nice if those two lists included all of the same coaches!

The membership in the golf coaches association has been pretty consistent over the years and a goal of mine is to try to get more golf coaches involved. An idea I had was to drive the coaches to our website and try to generate an interest in golf/coaching ideas, etc. We need to create a place on our website for coaches to submit information and ask questions from other coaches. For example, this year I was not expecting to start the season outdoors. I have usually had two weeks of indoor practice where we can videotape the swings, go over rules, get the season organized, order shirts, etc. I was looking for advice on how to start a season with no indoor season-what works and what have other coaches done? I have been expecting rain outs and we have had none so far and now we are already partway through the season. Maybe a blog or some other way of communicating coaching ideas would be a nice place to start?

Other headings of best practices and other thoughts/questions might include: fundraising, best drills, how do you handle qualifying-do you have other ideas? We have an email address and it is mnhsgolfer@charter.net and I would like to see coaches start submitting ideas there for other coaches to ask and answer questions. We can have them put on the website by headings and others can have access to the information. I will go first and submit my best practice drill. Each golfer takes three balls and goes to the practice putting/chipping green. You chip all three balls to a hole and two balls have to end up inside the grip (about 2 feet) and the third has to be inside the length of the club (about 3 feet). Then you go on to a different, second shot-vary length and type of shot. If you complete the second hole then you go on to the third, etc. If at any point you do not complete the goal of getting all three of them inside the 2 and 3 foot lengths you go back to your first hole and start over. This drill really helps your ability in chipping the ball close and getting those needed up and downs-how many holes in a row can you complete or how many can your golfers complete?

The reason I put in fundraising as a topic included a discussion the advisory board had on schools which have already eliminated golf as a high school sport. They then had to go out and raise the money in order to even have a season. Do you have good fundraising ideas which might help out other programs raise money? We use one called The Chip Shoppe. It is easy and sounds like a golf one. We make the amount of money we are willing to put the time into-and it is a Minnesota company. Would it not be a good idea of having a list of fundraising ideas and a place to see what other fundraisers coaches have endorsed?

This year we need to gather information on the coaching on the course and you can use the email address of mnhsgolfer@charter.net as a place to send your thoughts? I personally do not favor it but I am ok with it as well. My biggest concern was being equitable with all programs across the state. For example, some programs have one coach for both the boys and girls teams—if you perceive coaching on the course is a good thing-is it fair that one school has a separate coach for each the boys and the girls-while other programs have only one? What about the team which has a parent as coach or a coach that is able to get to matches more easily because of their job- is it fair that some programs have two coaches and others have only one-or what about two teachers and coaches asking to get out of school to attend a meet? We go to meets now and it

. . . continues on page 49

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is difficult trying to figure out who is the coach and who are the parents—a thought is a uniform lanyard to wear to distinguish. A last thing I have heard discussed at meets is what about the team which hosts a meet-it usually is more work checking on the pace of play and taking care of rulings, etc. how do we offer thoughts on correcting/solving this. I thought all along that one coach would be the most equitable for most situations-but then we do not have as much coverage as well—thoughts?

I have tried to raise some questions and have not tried to get in the way of the thought process-we need to discuss and find out the best ways to implement any changes-think about it and email me at mnhsgolfer@charter.net with ideas.

By the time you get this it might be too late to remember but get your academic and ratings info into the correct people-Steve Heslop and Kerry Bidle. The correct place to submit the information is found on the mshsca.org website. Last, if your players qualify for the state tournament ask questions of those that have gone before you. There is a nice banquet put on by the golf coaches association-if at all possible try to attend. It is a nice evening and your players might only make it one time in their life.

I hope the season is going well and your teams are improving. Keep in touch with questions and concerns—and have a great season.

10th Annual

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Where: Mt. Frontenac, Fontenac, MN - Hwy 61 between Red Wing and Lake City. 651-345-3504

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First come, first serve:
You can put together your own foursome or sign in at 11AM, day of outing to be placed in foursome - prizes for various contests.

Cost: 18 Holes and 1/2 Cart & Beverage Tickets = $40.00

Please no subsitutes

Send Registration and money to:
Jim Baker
8185 E. Courthouse Blvd. Ct.
Inver Grove Heights, MN 55077
(h) 651-306-0328

REGISTRATION

Name_____

Address _____

State _____ Zip _____

Phone Number (_____) _____

❑ I will sign up for the foursome on 7-19-10
❑ My spouse/guest will sign up for the foursome on 7-19-10
❑ I will create my own foursome. Names of others in foursome.

1) _____
2) _____
3) _____
4) _____

Total money enclosed ($40.00 each)
Payable to Mt. Frontenac Golf or Jim Baker

Need good turnout to keep this function going beyond this year!

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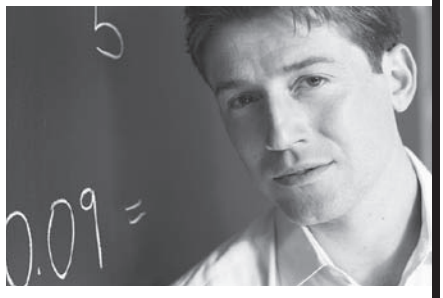

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MSHSCA Seeks Nominations for Officials Distinguished Service Award

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'a Annual Awards Banquet that is held each year in November.

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

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

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

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

John Schumacher
16332 Deer View Rd
Park Rapids, MN 56470

Officials Distinguished Service Award Nomination Form

Name _____

Address _____

Phone ( ) _____

Years officiated at varsity level _____

Sport(s) Officiated _____

_____

Other information to support this nominee: _____

_____

Nominating Person _____

Address _____

_____

Phone ( ) _____

Zebra Zone

By: Terry Eiter
Detroit Lakes

One of the most important items at our season ending meetings that I look forward to is the question: "What can we do individually and as a Association to get better?" It consumes more and more time each year with more members getting involved about we should progress. It brings the good out in people and shows how passionate some are about this profession. That being said, Minnesota officials have two unique opportunities this summer to improve themselves – both right here in Minnesota.

Information below is provided from the MSHSL web site.

Join us in what will be the largest and most special officiating event to ever be held in Minnesota! On **July 24, 2010,** the Minnesota State High School League will be hosting "Officiate Minnesota," as a **kick-off** to the 2010 National Association of Sports Officials National Summit, being held in Minneapolis July 25-27. The Conference will be held at the Marriott City Center Hotel in Minneapolis.

The Minnesota State High School League is proud to be the premier sponsor to this year's National Summit. As the sponsor, we have the unique opportunity to host a special conference for Sports Officials. What will make this event special is the opportunity to draw upon the expertise of not only experts in the officiating profession from Minnesota, but also from those across the country who will be in attendance at the NASO Summit.

There will be six sessions throughout the day. Each session will have both sport specific and general sessions. Every

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sport will have one or two break-out sessions specific to that sport. Officials will have the option to attend any of these sessions, or any of the general sessions that will also be offered. The Conference will conclude with a general session featuring Jerry Markbreit, former NFL and four-time Super Bowl Referee. More specific information on these sessions can be found on the website.

Register online! The clinic is free to all MSHSL Registered Officials and $20 for non-registered officials. All we ask is that when you register you are making a commitment to attending this event. Space is limited, and we anticipate a "sell-out," so your commitment is critical.

Check out the website for more specific information: www.mshsl.org

Take advantage of what promises to be a once in a career opportunity! We look forward to seeing you at the Marriott in July!

Another opportunity this summer the National Association of Sports Officials will be hosting an exceptional opportunity for all officials. The Summit, entitled "Rights, Responsibilities & Risks", focuses on topics designed specifically for leaders of state high school officiating programs, local association officers, supervisors and coordinators, assigners, conference administrators and sports officials at all levels – from around the country and the world.

Below I have gleaned out information from a hand full of sessions – this is not the entire schedule. More information can be found at www.naso.org. This really is a once in a lifetime opportunity for Minnesota officials to attend the Summit right in our own backyard. I highly encourage all officials to consider this opportunity. The Summit kicks off on Sunday, July 25 and continues through the day of Tuesday, July 27th in Minneapolis.

Monday, July 26th

Right On!

For rank-and-file officials, those who labor in the high school, college and recreation levels: What rights do they have? What rights should they have? It's a sensitive, timely and debatable topic.
The Take-Away: How enlightened leadership produces a win-win with its officials.

Current Legal Issues: Your Questions Answered

If you've got a legal question related to officiating or a question on risk management, we've got answers! Don't miss this open forum presentation of the NASO Member Information and Consultation Program (MICP).

The Take-Away: You'd like to talk to a lawyer … here is your chance.

Game-Time Decisions: Sport-by-Sport Breakouts

It's time to break down officiating to the core in these concurrent sessions covering baseball, football, basketball, softball, soccer, hockey and volleyball. Sit down with fellow officials and veteran officiating leaders to go over video and analyze rules, mechanics, philosophy and hot issues — all the nuts and bolts of working your games, evaluating performance and teaching better officiating.

Break It Down

Get the play right — that is Job One for any official! But what happens when the pressure is turned up and all eyes are on you? We break down tape in this session: real plays, real rulings and real analysis. See the plays and hear incisive "insider" analysis of what actually happened — and the aftermath — from the officials who were there on the firing line.

The Take-Away: Plays with real relevance.

Tue Jul 27

Protect Your Local Association and You

Today's business and legal environment requires local associations to be operated on sound organizational principles. To do otherwise is to put your association and its leadership in harm's way. The country's preeminent expert on sports officials and the law, attorney Alan Goldberger, is the featured speaker. He will arm you with facts, solutions and essential guidelines. A unique seminar opportunity for local association leaders.
The Take-Away: Authoritative business and legal advice for local association leaders.

Great Calls: Indisputable Video Evidence

Let's celebrate our finest moments — making great calls! We contacted several organizations and they jumped at the chance to present their greatest calls, no-calls and best-handled situations. A celebration you won't want to miss. Feel the pride.
The Take-Away: The annual "Show and Tell" of great officiating.

Talent is Never Enough

Discover how to improve the talent you have as a leader. Then take that new awareness and help your officials succeed in their own right. This interactive workshop will be hands on, led by experienced professional speaker Larry Nemmers. Not only is Larry a seasoned presenter, he exercised the very talents he shares with you during his 22-year career in the NFL, including a selection to work in Super Bowl XXV. Discover the choices you have!

Officiating Evaluations That Work

Evaluations are the lifeblood to an official. In participation with NASO-ON, find out the most effective practices of organizations and associations throughout the nation to help you put in place the best program today. If you are a local association leader, you'll want to be here.
The Take-Away: Develop a model for evaluations that you can use.

Again, I encourage you to attend and hope to see you there!

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

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

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Renew or join online!

Memberships run from August 1st – July 31st

In an attempt to become paperless, we are strongly advising coaches to use our online registration system. It gives you the option to pay by credit card , money order or check. You will get a printable receipt for taxes or reimbursement.

1. Begin at www.mshsca.org
2. Use the link for 2010-11 membership as of 5/3/10
3. New members use the right had side of the next screen, to join for the first time.
4. Coaches that are renewing their membership, use the left had side of the screen and the password zzz
5. Follow the steps to the last screen where you will have a chance to choose the method of payment.

Please note: if you choose to pay by check or money order, your card will be sent when payment is received. As in all online use of a credit card, there is a bank service charge for each transaction.

Please call 218-847-6796 or email jomar@lakesnet.net with questions.

If you would like to use the Postal Service, the application is available on our web site and can be downloaded.

As of 8-26-09, Life members are still not able to use the online registration. It's a "bug" that hasn't been worked out yet! We are sorry for the inconvenience.

John & Mary

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