THE Minnesota PREP COACH

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CHALLENGED LIKE NEVER BEFORE CALLED TO DO MUCH MORE

Another year of high school athletics has started. Athletes, Coaches and Parents have gathered to attend information meetings and be given their practice equipment for another year of exciting high school athletics. Months of preparation has been put in by thousands of athletes in the weight rooms, speed and strength sessions and captains practices. Coaches have unselfishly given up their summers and their family time to provide opportunities for athletes to participate and improve. The time has arrived to reap the reward for all the hard work and preparation

There is always an air of excitement and expectations as schools and communities rally behind their high school teams hoping this will be the year that championships will be the reward for their team's great efforts. This excitement and anticipation cannot be played out in any other arena of sports. Our high school programs offer greater opportunities to a greater number of participants than any other venues of opportunities. The high school programs also work hand in hand with schools in their expectations for student academic excellence and adherence to behavioral expectations. The schools, communities and athletic programs all work closely together to shepherd young men and women through their high school years and into adulthood. This is a very unique partnership that all of us need to support in the future.

The need to support these wonderful opportunities our young people enjoy has never faced more challenges to their continuation than they do today. Declining enrollments and school funding that has not kept up with the needs of schools are creating challenges for our schools and the athletic programs as we know them. Our student athletes are being asked to pay ever increasing participation fees. The challenge of paying these fees is, in many cases, forcing our student athletes to choose just one or two sports rather than the three sports they used to play. School districts are faced with the very difficult task of getting referendums passed in their districts to support school programs at a time when tax payers are facing increasing strains on their own budgets. These are all challenges we face but they are challenges we must meet head on if we are to continue providing opportunities that we know are important in the lives of our student athletes.

Coaches!!! It is time we all step forward to sell the value of high school sports. We, the coaches of high school sports, need to get the message out that what we do for our student athlete is of great value. What we do for our athletes cannot be duplicated at any other level

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• Donotes Section Chairpersons

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GATORADE...Official Sport Drink of the MSHSCA

President's Message

By: Dave Johnson - Marshall School, Duluth, MN
President MSHSCA

Legacy

This summer the coaches association lost two very important members. Dave Hylla of Proctor and Name Name of City passed away at far too young of age. As an association we grieve the passing of two coaches who really made a difference in our organization and most importantly in the lives of the student/athletes who they coached. While reading the newspaper account of Dave Hylla's death, I was struck by the emphasis that the writer placed upon the legacy that Dave had created. Each interview with an athlete who had played for Dave focused on what Dave had done to help that person not just on the playing field but in life.

Coaching high school athletes is really much more than wins and losses, plays and drills, or training plans and workouts. The core of what we do is to prepare young people for the challenges of adulthood. Using sports as the vehicle, we have the opportunity to teach our athletes skills that will serve them well each day of their lives. How well we understand this role will determine the legacy that we create for ourselves.

If winning games at any cost is our priority then we teach our athletes that the ends justify the means. If we allow disrespectful language to be used towards our opponents and referees then we teach our athletes that respect and good behavior can be turned off and on depending upon the situation that we find ourselves in. If we belittle and discourage the efforts of our less skilled athletes then we teach the idea that only the "best" player's efforts make a difference.

If on the other hand we coach our athletes to play for the love of the game and the joy of competition then we teach them how to win and lose gracefully. If we enforce respectful language and behavior at all times and in all situations, then we teach our athletes the value of self control. If we affirm the efforts of all players regardless of ability then we teach true teamwork.

What legacy are you building as a coach? If a reporter were to interview your athletes today, what would they say about you? To me the idea of building a legacy is both exciting and a bit daunting. Building a legacy is something that I have almost complete control over. I don't have control over the skill level or athleticism of athletes that come into my program, but I do have control over the training plan and practices that I craft for those athletes. I don't have control over the opposing teams, but I can coach my players how to adapt to any circumstance that they find themselves in. I don't have control over the administration in my school or the parents of my athletes, but I do have complete control over my behavior, actions and words with those two important groups of people.

Learning

Each president of the MSHSCA is tasked to develop a president's project. My goal during this year as president is to increase the opportunities that our association offers for coaches' education. At the October 4th MSHSCA Delegate meeting I have invited Dr. Nicole LaVoi to speak to the delegates. Dr. LaVoi's research falls within the social psychology of sports. She enjoys working collaboratively with faculty and graduate students in the Tucker Center (University of Minnesota) and the Minnesota Youth Sports Research Consortium to answer critical questions that can make a difference in the lives of youth athletes — and particularly girls. Currently she is interested in the interpersonal qualities of the coach-athlete relationship, how sport parents influence their children's psychosocial outcomes in youth sport — specifically the effects of background anger, and how parents and coaches together can create a moral-motivational sports climate.

Dr. LaVoi's talk is titled "The Psychology of Coaching: Effective Motivational Strategies". For members unable to attend the delegate assembly meeting, Dr, LaVoi will be writing an overview article of her talk for the 2008-09 winter edition of the Prep Coach.

COPY OF THE COACHES BILL FOR MINNESOTA

Subd. 3 NOTICE OF NONRENEWAL; OPPORTUNITY TO RESPOND.] A 76.5 school board that declines to renew the coaching contract of a 76.6 licensed or nonlicensed head varsity coach must notify the coach 76.7 within 14 days of that decision. If the coach requests reasons 76.8 for not renewing the coaching contract, the board must give the 76.9 coach its reason in writing within ten days of receiving the 76.10 request Upon request, the board must provide the coach with a 76.11 reasonable opportunity to respond to the reasons at a board 76.12 meeting The hearing may be opened or closed at the election of 76.13 the coach unless the board closes the meeting under section 76.14 13D05, subdivision 2, to discuss nonpublic data.

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

Welcome back to another exciting year of Minnesota High School sports. Minnesota schools are blessed with great athletic opportunities for our students and our athletes are blessed to have such outstanding men and women to coach them in their pursuit of experiencing positive athletic experiences. Schools all across Minnesota are experiencing challenging times with declining funding for extra curricular programs. The fees charged for participation have become very high in many districts and the ability to offer opportunities for our student athletes has never been more difficult to achieve. I know the pressure to lead fund raising efforts has been a challenge to many of you. I do ask that you remember that your calling to be a coach is a very special calling and what you do for your students will greatly impact their futures and our society's future.

Who will step up? The last days of July and the first days of August were very difficult days for the coaches of Minnesota. We lost two great leaders with the passing of Tom Mahoney of Fairmont and Dave Hylla of Proctor. Both of these outstanding men were icons of leadership for the coaching profession. Both Tom and Dave were George Haun award winners. This award is given to individuals who have been exemplary in their efforts to further the coaching profession and work of the MSHSCA. I could not help but be moved by the Pastor's challenges at Dave's funeral when he asked now that Dave is gone who will step up? We need each and every coach to step up. We need to find ways to continue the legacy of coaching leadership left by these two outstanding coaches.

Membership Year Every year there seems to be some confusion regarding the membership year and the rights that come from membership. The membership year runs from August 1 of each year to the 31st of July the following year. The membership year is intended to coincide with the school year. Each member needs to know that all memberships and insurance coverage ends on the 31st of July and that membership renewal must be completed before a coach will receive a valid membership card, insurance coverage, the Prep Coach and other membership benefits. Please remind your schools coaches of this information.

Hall of Fame and Awards Banquet The annual Hall of Fame and Awards Banquet is scheduled to be held on Saturday October 4th at the Sheraton Minneapolis West. I would like to encourage all award recipients to attend this wonderful event. Coaches work very hard at their profession and it is important to take time and smell the roses when you have achieved that championship goal or been recognized by your peers as coach of the year or an assistant coach of the year. One significant change has been made to the annual banquet with the 25 year awards portion being moved to the December brunch of the retired coaches/25 year coaches. The response has been very favorable to this change. The Executive Board did change the awards policy to read that a coach must be a member of the MSHSCA in order to receive award recognition from the MSHSCA.

On line registration the MSHSCA has entered into an agreement for an online registration program. The new program offers many benefits in terms of on line accurate information as well as allowing each sport association to use it for clinic registration as well as a communication tool and membership tracking tool, We are excited to have this new service available to our members and sport associations.

Vice Presidential election There were several constitutional changes made during the past year as the MSHSCA merged together with the MSHSCAGS to form one association for the coaches of Minnesota. We will be asking the delegates from the sections responsible for a candidate to get together at the Oct. 4th Delegate Assembly. There can be up to five candidates this year. One each from class A sections 1,2,3,4 One from class AA 5,6,7,8 one girls sport representative, one boys sport representative and on one at large candidate. The person elected to the Executive Board will serve four years on the board.

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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MnIAAA CORNER

By: Fred Sailer, President
A.D. Perham High School

On June 26th a summit was held in Ottertail, Minnesota to discuss possible funding sources to support high school activities. Over 20 individuals from across the state were invited to explore options and set into motion a plan. Representatives from the coaching field, fine arts, Minnesota School Board Association, legislators, lobbyists, MSHSL, superintendents, and business managers made up a dynamic group and resulted in establishing the groundwork for future action.

As this group moves forward we do so with these guiding principles:

• *Fine arts and athletic opportunities must not be separated; the benefit and values gained from each are invaluable to our children.*

• *Throughout the history of public education in this country we have held fast to the precept that economic status shall play any part in a child's education. Having said this, the new wave of activity fees and club activities are exclusive to many children.*

• *Whatever financial gains are derived from our efforts shall not threaten funding for the serious needs facing the classroom. We need "new money" to provide extracurricular activities for children.*

With these guidelines it is our intent to impact the legislative process for the upcoming session. To be successful we will need the support of ADs, coaches and directors; we will call upon you to share your concerns with your respective legislators. Please feel free to contact me to offer your support and ideas. I can be reached at 218-346-1615 or fsailer@perham.k12.mn.us.

These are exciting and challenging times for anyone invested in public education; we must cling to the notion that opportunity is not just for the wealthy, influential, and gifted. In the end it is what makes this country not only unique, but great.

Have a terrific school year!

CHALLENGED LIKE NEVER BEFORE . . . continued from page 1

You are not only the athlete's coach but in many cases you are also one of their teachers encouraging their academic growth just as you encourage their athletic growth in your programs. You often serve as a counselor to your athletes helping them navigate through the difficulty of growing into adulthood. Many of you work with the student athletes in their lives outside the world of school serving in various capacities in your communities.

I do not believe that student athletes can find the same level of support at any other level. Now we need to get this message out to each community's voters. Coaches need to be willing to go before audiences in their communities and help all of our community members understand the value of high school sports in the lives of our student athletes. We 'help shape the leadership of tomorrow both in the classroom and the fields, courts, and rinks of our school. High school sports are not a one track focus. High school sports are part of the holistic development of our young men and women. Our coaches work hard to insure that the athletes are well rounded young men and women who are successful in the classroom as well is in their chosen sports. What we do is unique and we need to let our constituents know this.

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

BANK SHOTS

By: Kris Fadness - MBCA President
Austin High School • kfadness@austin.k12.mn.us

Greetings,

Tom Vix has passed the torch on to one of his former players and I am honored to take the reigns. I want to thank Tom for doing an outstanding job and I'm sure the rest of the SE Minnesota coaches would like to thank Tom for taking a year of sabbatical from his illustrious coaching career.

It was great to see a lot of you out there this summer coaching your players up. If you're like me you took a deep breath when August 1 rolled around. I know the summer can wear on coaches and players alike, but it's obvious through the level of play in our teams and players that the game continues to improve in our state.

The Fall Clinic will be held October 24th and 25th at the Doubletree in St. Louis Park. Ron Larson does a tremendous job of running the clinic for us, last year we had over 500 coaches attend. There is great pride taken in getting some of the best high school and college coaches in the area in to speak. This year is no exception as Mike Leaf from NCAA Division II champion Winona State, Tom Billeter from Augustana, and Jim Russell from Central Lakes CC are some of the scheduled speakers. This year there seems to be more available clinics to attend in the fall. We believe that the combination of our speakers, the camaraderie of our high school coaching fraternity, the section meetings, and the vendors that contribute to our clinic makes ours outstanding and a great lead in for the up-coming season. We hope to see you there. We encourage early registration for both the clinic and the hotel. Check out the website at www.mshsca.org and then click on the sport association button for more information.

We will be looking to vote for a new secretary at the fall clinic. Candidates will come from Class 3A and 4A. Information on the candidates will be out shortly on the MBCA website. Those not attending the clinic will be able to vote on-line.

The MBCA Hall of Fame Banquet will take place on October 26th at the Double Tree Park Place Hotel in St. Louis Park. This year our Hall of fame inductees include: Al Baumann of Little Falls, Tom Ihnot of St. Thomas Academy-Cannon Falls-Burnsville, Loren Marschel of Okabena, Bob Nelson of Pine River-Backus, and Tom Vix of Rushford-Peterson. Congratulations to these outstanding individuals.

This year you will be able to do your rules interpretation on-line. This should be about an hour long process. There are also a couple of rule changes to note. During a free throw, all players will move up one lane space, leaving the two marked lane spaces closest to the end line vacant. Most of us adjusted to this over the summer. There will also be a mercy rule implemented. When the point differential reaches 35 points or more, with less than nine minutes to play, the clock will go to running time. The clock will only be stopped for time-outs (team or official). Regular timing rules will be used if the point differential drops back to less than 30 points. The seeding process used for the state tournament in classes 3A and 4A will stay with the top 4 teams being seeded and their opponents being chosen through random draw. Coaches in class 4A will be receiving a survey this fall regarding a 64 team seeded state tournament. The shot clock experiment will continue as done last year. There were 55 games that a shot clock was used in, of the AD's and coaches that were involved, 45 wished to keep the experiment, 5 wished to drop the experiment, and 25 wish to adopt the 35 second shot clock as a permanent rule. The Spalding ZK Pro is the official ball of the MBCA and is the ball that the Minnesota State High School League will use for Section and State Tournament play. Thanks to Spalding for being a sponsor of the MBCA.

I encourage all of you to join the Minnesota State High School Coaches Association and the Minnesota Basketball Coaches Association. You must be a member for your players to be eligible for many awards. Our organization is doing many outstanding things we give scholarship money to student-athletes, we have started a coaches assistance fund to help coaches in need, and we are looking at ways to become involved with coaches v. cancer. Join the Basketball family.

I look forward to the upcoming season and welcome your input. Feel free to contact me with ideas or comments. Hope to see you at the fall clinic.

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2008 MN BASKETBALL COACHES ASSOCIATION FALL CLINIC

The 2008 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, October 24th and Saturday, October 25th at the DoubleTree Park Place Hotel in St. Louis Park.

The 2008 clinic will feature **Randy Wittman** of the Minnesota Timberwolves, **Mike Leaf** of Winona State University, the **University of Minnesota** staff, **Tom Billeter** and the 2008-09 **Augustana Men's team**, **Jim Russell**, head coach at Central Lakes Community College, **Dan Brink** from St. Paul Como Park, **Ron Larson** from Anoka-Ramsey CC, and **Reggie Perkins**, head coach at Minneapolis Washburn, a rules emphasis/interpretation meeting; and Class A, AA, AAA, and AAAA meetings. Exhibitors will also be present with displays to provide coaches with information and assistance in current or future needs. The annual Awards Luncheon, a coaches' social, and awarding of door prizes, including several major prizes, will also highlight the event.

The annual **Hall of Fame Banquet** will be held on **Sunday, October 26th** beginning at 12:00 p.m. at the DoubleTree Park Place Hotel. Clinic registrants are invited to attend for a minimal cost of $10.

The yearly gathering of basketball coaches will tip off at 9:00 a.m. on Friday. The opening speaker will be **Mike Leaf**, head coach at Winona State University. Coach Leaf, who has led the Warriors to two DII titles, will speak for two sessions. Coach Leaf will be followed by a **Gopher staff member** (Coach Smith may not be able to attend due to scheduled Big Ten meetings in Chicago).

The noon luncheon for all clinic participants will begin at 1:00 p.m. The wit and humor of MC Dick Jonckowski will entertain the coaches. The luncheon will include the presentation of coaching awards, including: 2007-08 Section Coaches of the Year, 2007-08 Assistant Coaches of the Year, 2007-08 State Coaches of the Year, coaching milestone awards, and achievement awards. **Tim Leighton** of the St. Paul Pioneer Press will be presented with the MBCA Ambassador of Basketball Award. The 2008 Hall of Fame inductees in attendance will be introduced and recognized. Members of the HOF Class of 2008 are; **Al Bauman, Tom Ihnot, Loren Marschel, Bob Nelson**, and **Tom Vix**.

An opportunity to visit the exhibitor booths will follow the noon luncheon and precede the **MSHSL Rules Emphasis/Interpretation Meeting**. This will be a valuable session that coincides with the on-going initiative involving the MBCA, MSHSL, and officials to bring consistency to coaching and officiating the game according to the way the rules are written. **Randy Wittman** of the Timberwolves will follow the rules interpretation with a presentation on "The State of the Wolves" and the Wolves secondary break. An opportunity for Class A, AA, AAA, and AAAA coaches to meet as groups will follow the Rules Interpretation. MBCA Executive Board Representatives will provide coaches with information and seek input for MBCA initiatives.

Friday evening's sessions will feature on-the-court sessions at Hopkins High School with **Tom Billeter and the 2008-09 Augustana Men's team.**

The annual MBCA Social at the DoubleTree will follow the evening sessions. This year's social will also include the distribution of exhibitor and MBCA door prizes, including major door prizes, i.e. state tournament ticket packages, Timberwolves weekend, state tournament hotel stay, to those in attendance.

Saturday morning's session will be tipped off by **Dan Brink**, 2008 4AAA Coach of the Year. Coach Brink will be followed by **Jim Russell**, coach of the 2008 National tournament participants from Central Lakes Community College. The clinic will conclude with **Ron Larson**, Anoka-Ramsey CC, and **Reg-**

. . . continued on page 8

MBCA FALL CLINIC

Oct. 24 & Oct. 25, 2008

DOUBLETREE PARK PLACE HOTEL

1500 Park Place Blvd, St. Louis Park
(952) 542-8600

Mention the MBCA Clinic for special group room rate!
(Book Before October 15th)

MBCA CLINIC ITINERARY

Friday, Oct. 24

7:30-9:00	Registration-Visit Exhibitors
9:00-9:15	General Announcements
9:15-10:15	**Mike Leaf, Winona State University Session 1:**
10:35-11:25	**Mike Leaf, Winona State University Session 2:**
11:45-12:35	**University of Minnesota Staff**
12:35-1:00	**Visit Exhibits**
1:00 - 2:30	**MBCA AWARDS LUNCHEON Dick Jonckowski, MC**
2:30 - 2:45	**Visit Exhibits**
2:45 - 3:45	**MSHSL Rules Emphasis/Interpretation**
4:00 - 4:50	**Randy Wittman, Minnesota Timberwolves**
4:55 - 5:25	**Class Meetings (A, AA, AAA, AAAA) Dinner Break**
6:45 - 8:45	**Tom Billeter, Augustana University on court with 2008-09 Augustana Men's Team at Hopkins High School**
9:30 p.m.	**MBCA Social / Awarding of ExhibitorDoor Prizes**

Saturday, Oct. 24

8:00-9:00	Registration/Coffee & Rolls
9:00-9:50	**Dan Brink, St. Paul Como Park H.S.**
10:00-10:50	**Jim Russell, Central Lakes Community College**
11:00-11:50	**Reggie Perkins, Minneapolis Washburn and Ron Larson, Anoka-Ramsey Community College "Sports and Character Development"**

ALL COACHES FROM ALL LEVELS ARE INVITED TO ATTEND THE ANNUAL FALL CLINIC. ALL COACHES REGISTERED WILL RECEIVE A **SPALDING-RUSSELL/MBCA** MOCK TURTLE SHIRT.

Name(s)_____
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School Phone_____

_____ Pre Registrations @ $90 $_____
_____ **Hall of Fame @ $10** (1 per registered coach) $_____
_____ Additional Hall of Fame @ $22 $_____

TOTAL Enclosed $_____

Make checks Payable to: **MBCA Clinic**
DEADLINE: FRIDAY, October 17
Remit to: Ron Larson - MBCA Clinic
3325 Bridge St; St. Francis, MN 55070 (763) 213-1504
Registration is $100 at the door. (Clip and Mail to address above)

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MBCA Fall Clinic . . . continued from page 7

gie Perkins of Mpls. Washburn teaming up on "Sports and Character Development."

All clinic participants will receive a MBCA/Spalding/Russell dri-power long sleeve mock turtle neck and an MBCA personalized name badge, provided by Spalding and the MBCA. Friday's luncheon and the coaches social will be free for all clinic registrants. A wide variety of exhibitors will display their wares and provide door prizes for clinic participants during the sessions. Opportunities to visit the exhibitors will be scheduled and are highly encouraged.

The cost of the Fall Clinic is $90 if registered prior to October 17th. Cost at the door will be $100. MBCA coaches will have the opportunity to purchase one ticket per registered coach for the Hall of Fame Banquet (Sunday, October 26th) at the rate of $10 if pre-ordered with the clinic registration. Additional banquet tickets cost $23 and must be pre-ordered as well.

The DoubleTree Park Place is providing a clinic special for coaches' rooms. **Those rooms should be booked prior to October 15th. Early bookings are encouraged.** Call the Park Place, **952-542-8600**, directly to register and when registering mention that you are a MBCA Clinic participant. This will qualify you for the special group rate and assist the MBCA in meeting a pre-determined quota for rooms.

An application for Clinic registration appears in this section of the Prep Coach. Updated information and registration forms are also available online at http://www.mshsca.org/boysbasketball

For any further needed information please contact Ron Larson, MBCA Clinic Director, at 763-213-1504.

HOOP SCOOP

By: Bill Gottenborg
Hawley School
2008-09 MGBCA President

Welcome back to a new school year. I am very honored to serve as the President of the MGBCA for the 2008-09 school year. I want to thank Erin Herman for the excellent job she did as president. I want to thank other leaders in our association; Jenny Johnson from Edina is our Executive Director, Erin Herman from Hill Murray is our Past President, Dawn Baudoin from Grand Meadow is our President Elect. Jen Rademacher from Robbinsdale Cooper is our Fall Clinic Director; Pat Barrett is our MSHSL Liaison, Miss Basketball Chairperson and Hall Of Fame Chairperson. Kris Jones from Wayzata, Jenny Johnson and Carla Young are the chairs of our All-Star Committee. Also thank you to all the section representatives. Please feel free to contact any of us with questions or concerns.

This year's 30th Annual Fall Coaches' Clinic will be held Friday, October 24 and Saturday, October 25, 2008. We are excited about the brand new format for the clinic this year. We are hoping the date and time change will lead to all girls basketball coaches attending the clinic this year. The clinic will be all day on Friday at the U of Minnesota. Some of the activities tentatively planned are: Gopher women's basketball coaches speaking on different aspects of the game along with Coach Tubby Smith, watching a Gopher practice, and a Q and A with Coach Borton at the end of the day. Saturday will be at a high school gym. It will feature, among other things, some well-known college coach speakers, our association updates, and rules interpretation meeting. Look for a mailing in the near future with more information.

We will see a couple minor rule changes for this year. During a free-throw, all players will move up one lane space, leaving the two marked lane spaces closest to the end line vacant. A new mark (2 inches by 8 inches) must be reapplied to the lane line near the free-throw line to designate the last 3-foot marked lane space. Hopefully this rule change will reduce rough play during the free-throw situations. Another item that goes around the entire head (elastic strips/bands, pre-wrap, headbands, etc.) shall meet the rule requirements regarding color, maximum size, logo restrictions and team uniformity. Black and beige have also been added to the colors a team is permitted to wear.

Our association continues to work productively with the Minnesota State High School League through our MSHSL liaison, Pat Barrett. We implemented a seeding process for the state tournament for Class AAA and Class AAAA in 2007 where we seeded 1-8. This year MSHSL has decided that we will seed 1-4 and draw for 5-8 seeds to be consistent with soccer and hockey. A conference call will be used. Playing times at the state tourney in the past has been Class A and Class AA alternating from year to year the day they would begin the tourney. Instead of alternating year to year, Class AA will begin play Wednesdays at 6:00 and 8:00 at different venues and Class A beginning on Thursdays. Another change is the Mercy rule. The Mercy rule will be applied when the point differential reaches 35 points or more, with less than nine minutes to play. The clock will go to running time. The clock will only be stopped for time-outs (team or official). Regular timing rules will be used if the point differential drops back to less than 30 points. Last year we had a special emphasis on the rules in regard to hand checking and post play. Rough play again will be an emphasis to manage this year with some adjustments with the interpretation of what is allowed in regard to the forearm. This will be explained at rules interpretation meetings. The 35-second shot clock was used in 55 games at 13 sites last year. In those 55 games the shot clock went off with a total of 30 shot clock violations.

Please take a look at our website, www.mshsca.org/girlsbasketball . All the contact information for the Association leadership can be found there, as well as, all the nomination forms and deadlines for nominations for Ms. Basketball, All-Star and All-State, Academic All-State and section Academic Championships, and Hall of Fame.

The Association membership form is also accessible from the website. I would encourage all of you to become members of the organization. There are many benefits to membership for you as an individual and for your programs. In order or your players to be eligible for any of the awards that the association sponsors, the head coach must be a member of the girls' basketball association.

Good luck this year. We hope to see you at the Fall clinic! Please contact me with questions, at bgottenborg@hawley.k12.mn.us or (218) 483-3555 X1012. Have a great year!

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FIVE NAMED FOR INDUCTION TO MBCA HALL OF FAME

The Minnesota Basketball Coaches Association has named five men who will be inducted into the MBCA Hall of Fame this October. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their accomplishments and service.

The 2008 inductees are **Al Bauman** of Little Falls, **Tom Ihnot** of St. Thomas Academy/Cannon Falls, **Loren Marschel**, of Okabena, **Bob Nelson** of Pine River-Backus, and **Tom Vix** of Rushford-Peterson.

The induction ceremonies will be held at the MBCA Hall of Fame Banquet on **Sunday, October 26th, 12:00 p.m.,** at the DoubleTree Park Place Hotel in St. Louis Park.

Al Bauman was the head basketball coach at Little Falls from 1971-1986. Prior to becoming the leader of the Flyers, Bauman coached in North Dakota for 10 years leading Washburn to a 64-5 record and Bottineau to a state tournament appearance. He led Little Falls to three consecutive state tournament appearances in 1975, 1976, and 1977. The Flyers captured the overall State title in 1975 and earned third place honors in '76 and '77. In addition to the Section championships and state tournament appearances, Flyer teams won five conference titles with Coach Bauman at the helm. Al compiled an overall record of 371-174 in his 26 years as a head coach including a 215-130 mark at Little Falls. Coach Bauman was an active member of the MSHSCA and MBCA; serving as MBCA President in 1983 and being a member of the Basketball Advisory Committee. He helped organize and coached in the Minnesota-Iowa All Star Series. In addition to his basketball coaching duties, Al served as an assistant football coach and after his retirement from the head basketball coaching position served as an assistant for ten years. Coach Bauman retired from teaching and coaching in 1997.

Tom Ihnot's first head coaching assignment was at Cannon Falls from 1974-1976. He moved to St. Thomas Academy in 1976 where he coached until 1989 compiling a record of 204-111. His 1984-85 and 1987-88 Cadets earned Region 3 AA championships and state tournament appearances with the '84-'85 squad winning the consolation championship. Tom moved to Burnsville in 1989 and while there led the Blaze to the school's first Lake Red Conference championship. Coach Ihnot has also served as a head girls coach at Visitation and Simley and as an assistant at St. Thomas Academy during his 37 years as a basketball coach. During his 19 years as a head boys coach, Ihnot compiled a record of 277-174. His overall record as a head coach is 362-215. Tom was named Region 3AA Coach of the Year in 1985 and 1988. He coached the Metro All Stars in the 1986 All Star games. In addition to his coaching prowess, Coach Ihnot has served the sport and coaching community in several venues. He is a past president of the MBCA (1984), founded and supervised selection of the MBA Academic All state team, and served as a member of the MSHSL Basketball Advisory Committee. Coach Ihnot is also one of the developers of the "Read Naturally" reading program.

Loren Marschel was the head boys basketball coach at Okabena, Heron Lake-Okabena and Heron Lake-Okabena-Lakefield high schools for 25 years. Coach Marschel's coaching career began in Okabena in 1965 as the head football coach prior to his assuming the head basketball coaching position. During his tenure as the head coach of the Blue Hawks, Scarlet Knights, and Silver Bullets, Coach Marschel guided teams to three conference titles, two district 7 titles, and Region runner-up finishes in 1977 and 1985. His overall record as a head coach was 299-212. Loren also led two of his football teams to undefeated seasons and served as an Athletic Director for twenty years. He also coached baseball for 24 years, 14 as head coach. Loren is a lifetime member of the MSHCA and the MBCA. Coach Marschel retired from teaching and coaching in 1998.

Bob Nelson was the head coach at Backus from 1977-1990 and became the head coach at Pine River-Backus when the two communities consolidated in 1990. He coached at Pine River-Backus until 2003. Nelson-led squads captured twenty conference titles and a Section 7AA title with a state tournament appearance in 2001. During his 26 years of coaching boys basketball, he amassed a record of 390-206. Coach Nelson was selected as conference Coach of the Year four times and was recognized as Section 7AA Coach of the Year in 2005. Bob served as a coach in the 2003 MBCA All Star Series. In 2004, Coach Nelson accepted the position of girls basketball coach at Pequot Lakes and led the Patriots to a State runner-up finish in 2005. He is a lifetime member of the MSHSCA and the MBCA.

Tom Vix has served as the head boys basketball coach at Rushford-Peterson for the past 25 years (1984-2008). During his tenure at Rushford-Peterson, Coach Vix has guided Trojan teams to nine conference titles, fifteen sub-Section titles, seven Section titles and Class A State championships in 1989 and 2006. Coach Vix's other State Tournament teams earned a second place finish in '05, third place finishes in '98 and '00, and fourth place in '99. Tom is a member of the 400 win club with an overall record of 465-174 entering the 2008-09 season. His coaching honors include Class A State Coach of the Year in 1998 and recognition as Section Coach of the Year five times. Tom coached in the MBCA All Star Series in 2000. He is a life member of the MSHSCA and the MBCA. Coach Vix has served as a member of the MBCA Executive Board, the MSHSL Basketball Advisory Committee, and MBCA President in 2007-08. Coach Vix has also coached volleyball, football, and baseball during his career. Tom is taking a leave of absence from his coaching position for the 2008-2009 school year.

MINNESOTA GIRLS BASKETBALL COACHES ASSOCIATION FALL CLINIC

The 2008 MGBCA Fall Clinic is shaping up to be the best yet. The clinic will kick off on **Friday, October 24th** at Williams Arena on the University of Minnesota campus. The day will feature Pam Borton and the Gopher staff and many other college coaches. The clinic will move to Robbinsdale Cooper HS on Saturday, October 25th for a rules interpretation meeting and more college and high school coaches serving as speakers. Both dates will include on court demonstrations. For further details, please go to http://www.mshsca.org/girlsbasketball/index.htm.
Registrations will also be mailed to all 2007-08 members.

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MEMBERSHIP PERKS

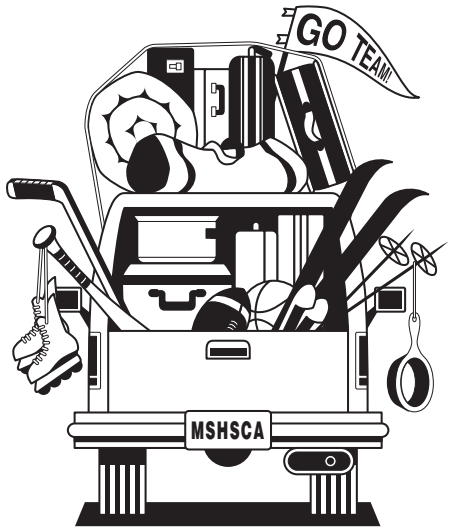
MSHSCA

- **SHERATON MINNEAPOLIS WEST HOTEL** 12201 Ridgedale Dr 952-960-3538 $82.00 (Weekends) Rest of week is limited availability 12/31/08
- **FOUR POINTS SHERATON HOTEL, MPLS -** $85.00 - (612) 331-1900
- **BEST WESTERN NORMANDY DOWNTOWN -** 1-800-372-3131 or Christine Peach at 612-370-1400 Ext. 503. Corporate Rate from $74.00 which includes a Deluxe Breakfast.
- **ROSEVILLE VISITORS BUREAU DISCOUNTS -** www.mshsca.org under the corporate sponsor link
- **MINNESOTA ZOO - APPLE VALLEY** Corporate Rates - 20% OFF on all admissions. Call John Erickson for discount card - (h) 217-847-6796
- **AMERICINN LODGE & SUITES** 3430 Northdale Boulevard NW, Coon Rapids, MN 55430, 763-323-0010 $64.90 12/30/08
- **COUNTRY INN & SUITES BY CARLSON** 2250 Freeway Boulevard, Brooklyn Center, MN 55430, 763-561-0900 $92.00 12/31/08
- **CROWNE PLAZA MPLS. NORTH** 2200 Freeway Boulevard, Brooklyn Center, MN 55430 - 763-566-8000 $89.00 12/31/08
- **THE RAMADA INN** 6900 Lakeland Avenue North, Brooklyn Park, MN 55428 - 763-566-8855 $99.00 12/31/07
- **HAMPTON INN ST. PAUL** 1201 W. County Road E, Arden Hills, MN 55112, 651-636-4123 $72.00 12/31/07
- **AMERIC INN LODGE & SUITES** 2050 Freeway Blvd Brooklyn Center MN 55430 - 763-566-7500 $69.95 12/31/08
- **HAMPTON INNN ARBOR LAKES** 7745 Elm Creek Blvd Maple Grove MN 55369 - 763-494-4498 $89.00 12/31/08
- **The NORTHLAND INN** 7025 Northland Dr Brooklyn Park, MN 55428 - 763-536-8300 $109.00 12/31/08

•••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.



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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Minnesota Sate High School Coaches Assocation, Inc.
Executive Committee Liaison Assignments 2008-2009

Gregg Martig Past President	B/G Soccer Baseball Wrestling	B Swimming G Swimming B Hockey
David Johnson President	Football G/B Golf Gymnastics	G Basketball Adapted Athletics
Don Tangen President Elect.	B/G Cross Country B Tennis Alpine Skiing	Nordic Skiing G Tennis B/G Track
Shelly Hotzler 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.

MSHSCA 2008-2009 MEETING DATES

September 6	Sport Presidents Meeting Sheraton West, Minnetonka	9:00am
October 4	Fall Delegate Assembly Sheraton West	9:00 am
October 4	Hall of Fame and Awards Banquet Sheraton West	5:30 pm
December 6	25 year club brunch & award presentation, Edinburgh Golf Club, Brooklyn Center 10:00 am	
January 16, 17, 18	NOCAD Meetings Jackson Hole, WY	
	Spring Delegate Assembly, Mancini's Char House, St. Paul	9:00 am
May 2	Spring Executive meeting if needed (Site to be determined)	
June 23, 24, 25, 2009	Summer Executive Meeting - Detroit Lakes	

PREP COACH DEADLINES TO SUBMIT ARTICLES

September 1 **December 1** **March 1** **May 1**

GENERAL LIABILITY INSURANCE PROGRAM

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

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

POLICY PERIOD
August 1, 2008 – August 1, 2009

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

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

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

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

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

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT
- If you have a camp and require proof of insurance, certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is $300.00.
- 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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PERFORMANCE PLAYBOOK

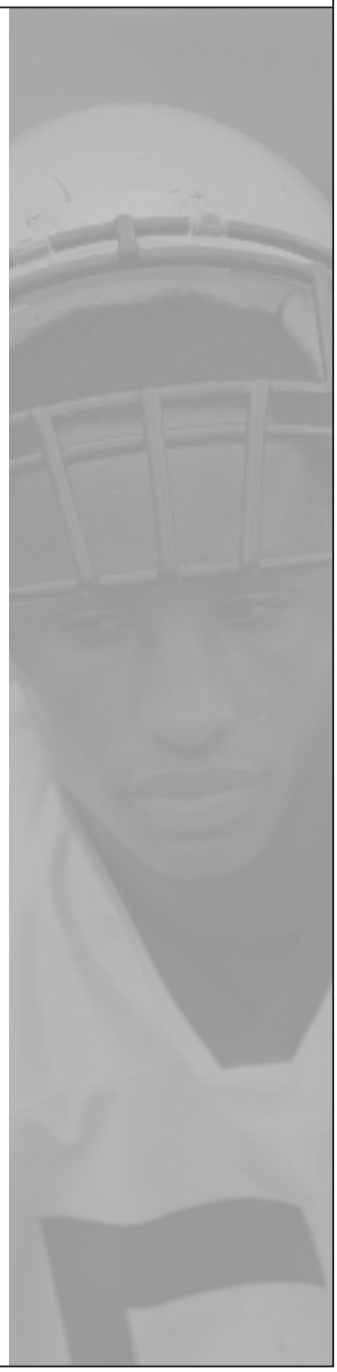
Gatorade Sports Science Institute®

gssiweb.org

Muscle Cramps: The Right Ways for the Dog Days

E. RANDY EICHNER, M.D., FACSM, is a Professor Emeritus of medicine at the University of Oklahoma Medical Center and the team internist for the Oklahoma Sooners.

August brings the grueling combination of training camps and intense heat. As athletes make their way back to school and get back into shape, dehydration and widespread muscle cramping sometimes occur. No laughing matter, whole-body muscle cramps or heat cramps are debilitating and can sideline an athlete for the day, at least. What's the game plan to defeat cramping?



What Causes Cramping

First, understand what causes cramping. Muscle fatigue, salt loss, and dehydration – all three acting together – play a role in heat cramping. Consider this: On a hot day, a 250-lb football player can easily lose as much as a gallon of sweat in the course of the game. In losing that much sweat, the player can lose enough sodium chloride to equal 2 to 3 teaspoons of table salt. Compared with the trivial losses of potassium, calcium, and magnesium in sweat, the loss of sodium can be huge.

The Loss of Sodium

Why worry about losing sodium? Sodium is key not only to maintain blood volume but also to help nerves fire and work. Sodium depletion short-circuits the coordination of nerves and muscles as muscles contract and relax. The result can be heat cramping. Players most prone to disabling whole-body cramps are those most lean and fit, intense and explosive at their position, who take many reps in the heat, sweat early and heavily, and end up with white streaks of salt on their shirt or skin.

So the first line of defense against cramping is to encourage your athletes to consume more salt and to drink enough of the right fluids.

A Balanced Diet

Set the tone for the team by advocating a balanced diet and recommending the best beverages for athletes before, during, and even after the dog days of summer. Popular foods rich in sodium include tomato juice, canned baked beans, dill pickles, pretzels, canned soups, and cheese pizza.

Hydration Options

Options for hydration include various sports drinks and bottled waters, all claiming to help athletes reach peak performance. In hot and sweaty weather, it is vital that athletes choose the right fluids to stay hydrated and maintain a healthy balance of electrolytes, most importantly sodium (Gatorade thirst quencher has 110 mg in 8 ounces) to help fend off muscle cramping. Water, which contains almost no sodium, is not the best choice as your only drink in hot, humid playing conditions.

Salty Solutions

For most players, a balanced diet containing some salty foods and proper hydration with a sports drink will stave off cramping. For those who are prone to severe muscle cramps or who are salty sweaters, that may not be enough. Players with extreme heat cramping need even more sodium, which they can get on-field by adding ¼ teaspoon of table salt to a 16 to 20-oz beverage. They should also salt their food, focus on healthy salt-rich foods, and consider drinking tomato or V-8 juice with each meal.

Preventing heat cramping is all about what players put into their body. Keep them well-hydrated and replace sodium and other electrolytes and you'll keep them in the game.

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MSHSCA's CORPORATE SPONSORS 2008-09

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
- Visit Minneapolis North
- Jostens
- R.L. Wendorff Insurance - Fulda
- Don Swanson Awards Inc. - Elk River
- Forum Communications Printing - Detroit Lakes
- Matt Hedstrom Agency - Detroit Lakes
- Roseville Visitors Association
- The Breakdown - Becker
- JK Sports, Fergus Falls
- Beach's Awards, Wayzata
- Cosmos Enterprises, Inc (Elbow Lake)
- McNeilus Steel Inc - Dodge Center
- RJY Development Inc - Rochester
- Amerivision - Larry Mollins - Perham
- T.J. Potter Trucking/Becker Warehouse (Becker, MN)
- Educational Resources of MN (Springfield)
- Icon Designs - St. Louis Park

COACHES:

Please support the sponsors who are concerned about your athletes and your programs!
Good luck in 2007-08
Thanks for your support

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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 36 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 College (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)
- Fergus Falls Community 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 - 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. John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- U of MN - Crookston (Crookston MN)
- U of MN - Duluth (Duluth MN)
- 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!

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: _____

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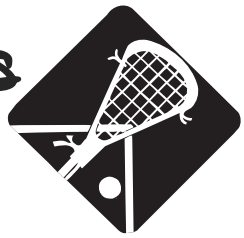
Bounce Shots



By Adam Crane
Head Coach, Wayzata Boys Lacrosse
President, MSHSBLCA

It is hard to believe another season— and Summer has passed us by but once again the crisp Autumn air is here our lacrosse season begins its "quiet season." I thought it would be great to look back on our past season and recognize the teams that rose to the top and the individual award winners.

First, many congratulations the Blake Bears on their State Championship Title— doing so with an undefeated season. The Bears put together a remarkable run feeding off a very talented and skilled team with an exceptional coaching staff. Head Coach Rob Horn probably can't remember what losing a lacrosse game feels like. Coach Horn led the Benilde St. Margaret's Red Knight's to an undefeated season and State Championship last year only to follow it up with another undefeated season with the Blake Bears. Also, congratulations to the three other Section champions, the Eastview Lightning, the Eden Prairie Eagles and the White Bear Lake Bears. All the teams were very deserving and their hard work and dedication showed.

On the field, the individual awards, given by the Coaches Association, recognized the best players in the state and their perseverance and tremendous skill. The US Lacrosse All-Americans were: Kip Dooley, Attack, Blake; Jordan Seivold, Midfield, Blake; Peter Johnson, Defense, Blake; Dan Jones, Attack, Eden Prairie; Nate Katkov, LSM, Edina; Jack Hewitt, Midfield, Eden Prairie; and Mike Becken, Defense, Bloomington Jefferson. The US Lacrosse Academic All-Americans were: Chris Beard, Eden Prairie H.S.; Lucas Gellerman, Robbinsdale-Cooper H.S.; and John Hasbargan, Edina H.S.

First Team All-State winners were: Kip Dooley, Attack, Blake; Dan Jones, Attack, Eden Prairie ; Alex McNamara, Attack, Holy Angels ; Jordan Seivold, Midfield, Blake; Joe Turner, Midfield, Holy Angels ; Jack Hewitt, Midfield, Eden Prairie; Peter Johnson , Defense, Blake ; Mike Becken, Defense, Bloomington Jefferson; Chris Beard, Defense, Eden Prairie; Nate Katkov, LSM, Edina; Patrick Gilligan, Goalie, Benilde-St. Margaret's.

Second Team All-State winners were: Brendan Baker, Attack, Edina; Andy Freeman, Attack, Eastview; Sean Folley, Attack, Minnetonka; TJ Gallus, Midfield, Bloomington Jefferson; Blake Dressen, Midfield, Blake; Bjorn Knutson, Midfield, Bloomington Jefferson; Matt Garin , Defense, Eastview; Andrew Straus, Defense, Bloomington Jefferson; Evan Hylok, Defense, Edina; Raphael Thomas, LSM, Breck; Scott Swanson, Goalie, Eden Prairie.

Third Team All-State winners were: John Hudzinski, Attack, Centennial; George Ordway, Attack, Blake ; Tim Rondorf, Attack, Eastview; Josh Hauswirth, Midfield, White Bear Lake; David Pearson, Midfield, Edina; Matt Wyer, Midfield, Minnetonka; Tyler Farrell, Defense, Centennial; Cam Willox, Defense, Eagan; Sean Sayler, Defense, Wayzata; Mike Drasher, LSM, Wayzata; Nick Sigurdson, Goalie, Minnetonka. The last awards recognize coaches in the state. Coach of Year went to Rob Horn at Blake and Assistand Coach of the Year was Pat Shook from Eden Prairie.

Congratulations to all the winners.

Once the weather began cooperating the past season was a phenomenal one. The talent level across the state continues to improve and the health of the sport is the highest it has ever been. The continued growth of the sport is also evident as more and more teams have moved the MSHSL and our numbers have swelled to close to 50 sanctioned teams.

As the season concluded and Summer lacrosse began in earnest, the depth of our sport once again showed through. Lacrosse in the Summer is the primary time for those athletes that hope to play beyond high school to get a chance to be seen by college coaches. Minnesota is no different than most states and offers plenty of playing opportunity against top level competition across the country. Teams like the Yeti, Lax Loon and Minnesota Elite put competitive teams together and head out on the road to test themselves against some of the best teams in the country.

This past summer, in particular, all the teams showed what a deep talent pool Minnesota has built. One tournament stands out that showcased Minnesota lacrosse. The Notre Dame High School Challenge is put on annually in South Bend, IN. This tournament brings over 30 clubs together for 3 days of instruction, games and even some recruiting opportunities. The campus of Notre Dame is gorgeous and in the summer sun, hosts some of the best lacrosse in the mid-west. Teams from all over the country travel for the mid-July tournament. After finishing a tiring 10 hour bus ride, each Minnesota team arrived to test themselves against teams from Canada, Georgia, Ohio, Illinois, Texas, Michigan and Indiana.

When round-robin pool play had concluded, the Minnesota Elite and Yeti each stood at 5-0, while the Loons posted a 4-1 mark. Throughout the tournament, you could hear whispers from other coaches and fans of what an impressive bunch of players those Minnesota teams have. Once the Sunday playoffs concluded, the 3 Minnesota teams stood above the rest. The Elite defeated the Yeti, 3-2 in a fantastic championship game while the Loons lost in the semi's to the Elite in an overtime thriller. It is safe to say that Minnesota should no longer be a surprise location for great lacrosse. A statement was made in July at Notre Dame; Minnesota is a mid-west hotbed for lacrosse.

While the Fall often remains a quiet time for lacrosse, there are a couple events that should be noted. First, the Hotdish tournament is always a great time to see some great lacrosse and raise money for a great cause. And this year, it will be even better. On Oct. 11th, history will be made when two powerhouse Division 1 lacrosse programs come to Minnesota. The University of Notre Dame will take on Army in the first ever Division 1 lacrosse game in Minnesota. Location and exact details are still being worked out, but keep an eye on the Minnesota Swarm website for details. This is an event not to be missed.

So, another season is in the books and the sport is growing and greater than ever. We'll take a couple months to recharge, watch some great college lacrosse and then tackle another season. I, for one, can't wait.

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

FINAL MEMBERSHIP REPORT

Types of Membership	2007-08	2006-07
Active Class A & AA	5,694	4,321
Associates	1,185	1,067
Active Life	357	441
Retired Life	909	841
Honorary	3	3
	8,148	6,673

We have moved life members who did not pay insurance or sport association dues to retired life status.

Class A breakdown by sub-section with 2006-07 in parenthesis.

1 (303) 399	5 (449) 552
2 (315) 423	6 (301) 400
3 (367) 461	7 (299) 383
4 (298) 435	8 (324) 430

Class AA breakdown by section: (2006-07 totals in parenthesis)

1 (428) 523	5 (245) 291
2 (280) 377	6 (499) 519
3 (259) 315	7 (303) 381
4 (400) 503	8 (503) 602

Breakdown of membership by sport association (2005-06 totals in parenthesis)

Adapted Athletics (25) 24	Athletic Directors (290) 268
Alpine Skiing (56) 62	Baseball (408) 394
Boys Basketball (702) 722	Cross Country (255) 298
Girls Basketball (568) 639	Football (816) 867
Golf (boys & girls) (407) 377	Hockey (265) 266
Gymnastics (186) 174	Synchronized Swimming (8) 22
Nordic Skiing (117) 98	Swimming (girls & boys) (231) 242
Soccer (boys & girls) (359) 389	Boys Lacrosse (8) 18
Softball (390) 460	Girls Lacrosse (0) 12
Tennis (boys & girls) (194) 225	Track & Field (483) 483

"One man practicing sportsmanship is better than a hundred teaching it."

- Knute Rockne

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CLEARING THE HURDLES

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

Here it is September again, back to school and Track season is just a short six months away! I hope you all had a summer of relaxation and rejuvenation and are excited to get a new year started. Over the summer, the Beijing Olympics were a big hit, though I thought that the Track & Field coverage could have been better. It also became apparent that Team USA has some work do to in the short sprints, especially in the relays! Despite the disappointment in certain events, it was certainly inspiring to see so many great performances. Let's keep that Olympic momentum rolling and use it to recruit more athletes into our great sport of Track & Field.

In addition to the fun stuff over the summer, your Coaches Association was working hard to improve our sport and fulfill the expectations of our membership that we study the possibility of three class track in the state of Minnesota. The committee met and put together a good format for a survey to put to the membership. You should expect to receive information about the survey sometime this fall. We will need all of our members to take the survey seriously and to give thoughtful feedback and suggestions as to what course we take to proceed.

This is also the time of year that Tim Hollis and the crew at Park Center are diligently putting together the January Clinic. We are still in need of some high school coaches to speak at the clinic. Please contact me if you would like to speak as soon as possible. I may be calling on some of you if I don't have enough volunteers. You all have areas of expertise, and you are all dedicated coaches who understand the kinds of challenges that face high school coaches in our northern climate and 14 week season. It is good to hear what some of the college and university coaches have to share, but the most practical nuggets of training theory I have learned at the clinic have always come from other high school coaches. Believe it or not, you have a lot to offer your peers. Please consider sharing some of your knowledge and experience with us.

Enjoy the great fall weather, especially all of you who are coaching cross country.

Don't forget to join the association!

ADAPTED UPDATES

By Barb Becker
President Minnesota Adapted Athletics
Coaches Association

Adapted soccer season is up and running. The State Adapted Soccer Tournament has been changed to be played Nov. 13th and 14th, 2008 at Stillwater High School. Good luck to the start of a new school year and the adapted sports: soccer, floor hockey and softball. Coaches have a great, fun year!

Swim Strokes

By: Mike Veneziano - President
Girls' Swimming & Diving Coaches Association
Hibbing High School
mvenz55746@yahoo.com

Last year at this time I wrote about a lot of change that was happening in the world of Minnesota Swimming: True Team participation, new section alignments, some changing of classes and new ticket policies to name a few. This year I found myself searching for worthy subject matter. It wasn't until my own school workshops that I felt I had found something worth expounding. One of our presenters gave a talk on why most teachers who leave the profession do so in the first five years of their careers. All of the usual reasons were stated: lack of pay, poor working conditions, lack of respect for the profession, lack of administrative support, etc.... - all things that we have heard many times. The most surprising was, according to our speaker, all of the aforementioned reasons are only cofactors in the mass exodus of young teachers. It was only when these reasons were coupled with a sense of isolation from peers that it pushed them to actually seek other employment. Job dissatisfaction was exasperated by lack of feeling connected to the people in the trenches with you. So, what is my point here and where am I going with all this? Well, coaching is teaching in one of its highest and purest forms. We as coaches need to belong to the group professionally. We need the camaraderie of coaching clinics and the feeling of being associated and connected with your our fellow swim coaches.

I feel competitive rivalries are a good thing, but not at the expense of generating negative feelings toward the opposing coach. It serves no one well to have our coaching peers feel professionally isolated. It serves no one well to let our younger and less experienced peers feel they are going it alone professionally. To serve our sport well, we need to support, befriend and mentor each other. I think we already do this well, but there is always room for improvement.

I want everyone to have a great season. If you are struggling professionally as a swim coach or are feeling buried, seek help from your peers. After all, you are a valuable commodity in the swimming community. We don't want to lose you.

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2008-2009 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

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

SCHOOL _____

HOME MAILING ADDRESS _____

CITY _____ ZIP CODE _____

ADMINISTRATIVE REGION NO. _____ COMPETITIVE SECTION NO. _____

E-MAIL ADDRESS _____ HOME PHONE # ( ) _____

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 2008-09 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 or Elementary)

ADAPTED ATHLETICS.....$10
ATHLETIC ADMINISTRATORS.....$40
BASEBALL (Mar. 7 deadline).....$10(H); $5(A)
BOYS BASKETBALL (Dec. 1 deadline).....$10(H); $5(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)
HOCKEY (Jan. 7 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).....$15(H); $5(A)
VOLLEYBALL (Oct. 15 deadline).....$10(H); $5(A)
Wrestling (Jan. 31 deadline).....(H) or (A) $27

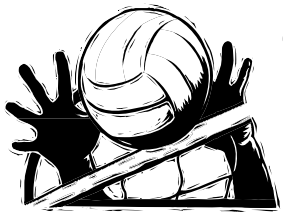
ANNUAL MSHSCA DUES **$30.00**
(INCLUDES $1,000,000 LIABILITY INSURANCE)
SPORT ASS'N DUES .....**$**_____
Head or Ass't
TOTAL .....**$**_____

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

EARLY BIRD MEMBERSHIP

GATORADE...Official Sport Drink of the MSHSCA

The Other Side of the Net



By: Lonnie Morken, Mabel-Canton H.S.

Welcome back to another great school year and fall sports season! What an amazing experience we all just had with the Beijing Summer Olympics. The coverage by NBC was wonderful and there were so many riveting stories that we can all use in our lives for inspiration. The US Men's volleyball team defeated Brazil in four games to win the gold. The US Women's team lost in the gold medal match to Brazil and both beach gold medals were claimed by US teams. What a great showing by USA volleyball!

I am almost finished with my presidency. It has really gone fast. I feel we are doing many positive things for the sport of volleyball and the best is yet to come! We have three nominations for president so far. Jim Lee from Waconia, Scott Jackson from Wayzata, and Jeff Groves from Apple Valley so far have said they would like to run. If there are any other people that would like to be on the ballot, let either me or your BOC know by September 17th.

Our clinic was recently held at Sauk Rapids-Rice High School and it was a very successful two days. We had almost 200 preregistered coaches which easily is an all-time record. Over all we had almost 400 coaches in attendance. The keynote speaker Keylor Chan from Northwestern was an excellent presenter and had many great drills and ideas.

All forms will be online this year for all-state and academic awards. They are either online now or will be soon. Keep checking our website at www.mnvbca.org for the forms. Make sure to stick to the deadlines. Forms submitted after the deadline will not be accepted.

As always if you have questions or concerns I can be reached at lmorken@mabelcanton.k12.mn.us or at Mabel-Canton Schools at (507) 493-5422.

Smooth.Fast .Natural.

By: Robert Teslow
The Blake School

Just a reminder as autumn turns into fall and the next thing will be snow guns at Wild Mountain and student/athletes and coaches wondering when gate training will start. Sixty-two (62) days until possible real snow in Minnesota, yet we know that it is snowing some where in the world as you read this column. You can count on US Ski Team members training where ever there is snow…even if it is in the southern Hemisphere. The question is how many pair of skis does an athlete take to training in Chile. I spoke with US Ski Team member Michael Ankeny, a student at The Blake School. He is taking nine pair. With the current airline baggage restrictions…one checked bag and one carry-on it should be interesting to see how Michael and other elite athletes configure their gear to fit the limits.

Michael will not be skiing high school this season (he was in one high school race last season) and many other student athletes are finding that the season in Minnesota under the bylaws of the Minnesota State High School League is too short and restricts athletes' contact with school coaches after the arbitrary length of high school season is over. The MSHSL season for Girls and boys Alpine Skiing ends after the State meet to be held again, without consideration for other areas across the state that wanted to host the state meet, at Giants Ridge in Biwabik, MN. League representatives didn't return calls from interested ski area management that wanted to host the premier state meet for 2008-2009 and beyond. This is just rude and inappropriate and lends the sense that the "good old boys" get their "T" times as a favor for keeping the race at Giants Ridge and four and half hours away from the majority of high school programs. Lodging is expensive, limited and travel is costly by bus or car and it is only going to get worse.

. . . continues on page 29

Minnesota State High School Coaches Association and Scholastic's

Coach AND ATHLETIC DIRECTOR magazine announce partnership!

Now, members of the Minnesota State High School Coaches Association can subscribe to Coach & Athletic Director for the lowest price ever available — $12 for 10 issues (one year), including Coach's Annual Equipment Buyers Guide. Mail in the coupon below today!

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Offer valid to MSHSCA members only. Please allow 6-8 weeks for delivery of first issue.

VISIT MCDONALD'S AFTER THE GAME

I'm lovin' it I'm lovin' it

Ice Chips

By: Chris Lonke, Communications Officer/Hockey Promotions Committee
MN Boys Hockey Coaches Association
Simley High School

I hope everyone had an excellent summer full of fun, family, a little hockey and some rest coupled with relaxation. It is back to school time and before we know it will be November 17th.

Mike MacMillan and company has been working hard getting fall clinic details and location ready to go. The fall clinic will be October 24th and 25th in St. Paul. Our host hotel is The Crowne Plaza-St. Paul. The rates are $101 a night and make sure you mention MHCA when making your reservation. The cost of the clinic will again be $65. The meetings will take place in the River Centre with MIAC coaches as our presenters. You can find registration at our coaches association website www.mnhockeyhub.com.

Hockey Promotions has been very busy this summer getting our web presence at a level we haven't seen before. Ken Pauly has been heading this charge and I encourage everyone to take time and THANK Ken for his efforts. A big THANKS to Chad Nyberg for his time and work with Pointstreak and our statistical improvements. As a note, Pointstreak will be free to all coaches this year!

Here are some of the new details:

Media Partnership with *MyFoxHockey*

The Executive Board voted unanimously to officially endorse MyFoxHockey.Com. Fox9 has poured considerable resources to improve its high school sports coverage and the station has made a special commitment to high school hockey. Fox9 has made a further commitment this off-season to EXPAND its coverage of our game with the additional technology and human resources to cover over 20 high school games this season. In addition, its highly successful Hockey On Demand web cast will return for a second season on Monday nights.

Peter Waggoner and MyFox will produce a web page that links off of MyFoxHockey.com. This site will be devoted EXCLUSIVELY to high school and grass roots hockey in Minnesota. This web page will serve as a PORTAL to our Coaches Association Page (www.mnhockeyhub.com) and team pages that will house our team statistics and rosters. It is our vision that this Portal(name here) will become the first place for those who follow high school hockey to turn to when they want the most current stories, statistics, and information.

In addition to his Monday night web casts and game of the week coverage, Peter Waggoner will provide a Radio version of Hockey on Demand that will air on Sunday mornings on 1280 AM. By entering into a media partnership with MyFoxHockey it does not mean that we won't promote our game with other media outlets. For example, *Versus* may be the home of the NHL but it doesn't mean that there are not games and shows on other stations.

Our endorsement of MyFox simply means that we will provide them with preview information and game scores. In addition, MyFoxHckey would hope that we would promote their website in our game programs and other publications. In addition, Mr. Waggoner will be looking for story ideas, game of week ideas, and guests for his web casts and radio show.

Again coaches can find specific MHCA at www.mnhockeyhub.com. Our website is managed by Justin Kaufenberg through our partnership with Team Sports Technologies (PuckSystems).

What is required of YOU?

We will be working with our partnerships to create a streamlined way for you to get them information that will promote our game, your program and players.

It's a full time job to be an effective high school hockey coach in Minnesota. Add to this your teaching and/or professional obligations and it can become a major pain to constantly fill out forms requesting preview information. The best thing that you can do to make this easier on yourself is make one standard preview form and send it out to those media outlets that you wish to share your team's information. That is why we are working with them to create a template to streamline this information.

All of us get inundated with requests for information from various sources – some of these are credible and some questionable. We are working to have the promotion of high school hockey and keeping kids in Minnesota as a motivating factor in what they do for our association. All of our interests intersect in this respect and we would hope that you would fully support their efforts to support and promote YOUR PROGRAM and YOUR KIDS.

Your cooperation in these partnerships is critical as we continue to elevate the visibility and promotion of high school hockey in our Minnesota.

We will see you in October for another great fall clinic!

Minnesota Hockey Coaches Association Fall Clinic

2008 Information & Registration

October 24th and 25th

River Centre - St. Paul, Minnesota

Friday - 8:00am to 6:00pm · Saturday - 8:30am to 1:00pm

Lodging: Crowne Plaza 11 E Kellogg Blvd., St. Paul,

Minnesota Reservations:
651-292-1900 œ Make sure you state —MHCA"

Clinic Cost:
Advance Registration - $65.00 œ Day of Clinic - $70.00

Games: Thursday & Saturday - Minnesota Wild

Questions: Contact - Mike MacMillan @ 612-247-0507
Email: mikejmacmillan@hotmail.com
Visit MHCA Website: www.mnhockeyhub.com

REGISTRATION FORM

Name:_____

School_____

Home Address:_____

Home Phone:_____

School/Work Phone:_____

Email Address:_____

Current Status: (circle one) Head / Assistant / Retired

Number of years coaching high school hockey in Minnesota_____

Number of years coaching high school hockey out of Minnesota_____

Cost of Clinic: Pre-Registration: $65 At the Door: $70

Send to: Mike MacMillan, Executive Director MHCA
1806 Elm Street, Buffalo, MN 55313

GATORADE...Official Sport Drink of the MSHSCA

NOCAD and NJPA have formed a national partnership

We are pleased to announce that the National Organization of Coaches Association Directors (NOCAD) and the National Joint Powers Alliance (NJPA) have formed an exclusive, national partnership that allows school districts the opportunity to purchase athletic equipment needs at a cost savings. These products, through our vendors, have satisfied the competitvely bidding requirements, allowing coaches and athletic directors the choice of a quality product at a discounted price.

NJPA, a national contracting cooperative puchasing agency, is able to offer low prices because of the combined sales volume of our nearly 20,000 members. Schools cooperate in activities and facilities. Cooperative efforts are the way of the future. The NOCAD/NJPA partnership provides coaches, athletic directors, and purchasing personnel with a variety of choices, with no need to duplicate the competitive bid process.

We encourage you to contact us for your athletic needs such as gym floors, weight equipment, artificial turf, tracks, and tennis courts.

To learn more about this partnership, NOCAD, NJPA, and the MSHSCA, we encourage you to research the websites at: www.nocad.org www.njpa.org and www.mshsca.org or contact Duff Erholz or 218-894-5490 or John Erickson at 218-847-6796.

John Erickson • Executive Director, MSHSCA Keith Richardson • Executive Director, NOCAD Duff Erholz • Contract Manager, NJPA

Notes from the Wrestling Room

By: Paul T. Cyr
President of the MWCA
pcyr@nrheg.k12.mn.us

It has been an interesting summer for wrestling in Minnesota. Former Minnesota high school wrestlers Jake Deitchler (Anoka) and Ali Bernard (New Ulm) both competed in the Beijing Olympics, although neither medaled. Following the Olympics, Deitcher, who was part of the top rated recruiting class in the nation, informed Minnesota Coach J. Robinson that he would forgo college and spend his time at the Olympic Training Center, devoting all his time and energy to becoming a World Champion in Greco-Roman wrestling. Also just announced was the resignation of long time assistant coach Marty Morgan, who has been at the University as an athlete and coach for the past 20 years. Morgan plans to devote his time to helping former Gopher Brock Lesnar train for ultimate fighting. I am sure that all Minnesota wrestling coaches wish Marty well and hope that he will return to the University once he has completed his work with Lesnar.

Over at Augsburg, Sam Barber resigned in July, leaving Mark Matzek as the Interim Head Coach of the perennial power Auggies. Matzek inherits a great recruiting class, filled with former Minnesota high school wrestlers as he works to bring Augsburg back to the top of Division III wrestling.

Finally, Will Short of defending champion Simley stepped down this week as part of an administrative restructuring at Simley High School to become the school's interim Athletic Director. The Spartans will no doubt enter the season as the #1 AA team in the state after winning the 2008 championship in dramatic fashion and returning 11 starters. Short, who was also a very successful girl's tennis coach at Simley, chose to step down from both coaching positions immediately to devote himself full time to the AD's job. This will be the first time in many, many years that a member of the Short family is not the head coach at Simley as Will took over the reins when his dad, Jim, retired after a long and successful career. We wish Will the best in his new endeavor.

WRESTLING CLINIC
Saturday, October 25th
at Coon Rapids H.S.
8:00 am

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

CHAMPIONSHIP COACHES TO BE RECOGNIZED AT AWARDS BANQUET

Throughout the 2007-08 school year, fans were treated to exciting prep sports as state champions were named in the vast variety of sports sponsored by the Minnesota State High School League.

The memorable achievements provided by the athletes in all the activities were directed by some great coaching .

The MSHSCA, for the past number of years has recognized the fine efforts turned in by the coaches by recognizing and awarding the head coaches with a plaque. This award will be presented at the Annual Hall of Fame Awards Banquet that will be held on Saturday, October 4, 2008 at The Sheraton West Hotel. (A special blurb on location, times, and how to make reservations and obtain tickets can be found elsewhere in this issue of The MN Prep Coach.)

The sport and the winning teams along with the names of the head coaches are listed below:

Girls Swimming (True Team)		
Class A	Visitation	Nate Linscheid
Class AA	Stillwater	Brian Luke
Girls Swimming (MSHSL)		
Class A	Visitation	Nate Linscheid
Class AA	Maple Grove	Matt Schoen
Girls Tennis		
Class A	Mounds Park Academy	Justin Seim
Class AA	Edina	Steve Paulsen
Boys Soccer		
Class A	Marshall School (Duluth)	Mike Sengbush
Class AA	Anoka	Pete Hayes
Girls Soccer		
Class A	Totino Grace	Jeff Dennehy
Class AA	Lakeville South	Dan Flood
Boys Cross Country		
Class A	Perham	Jeff Morris
Class AA	Wayzata	Bill Miles
Girls Cross Country		
Class A	Adrian	Douglas Peterson
Class AA	Burnsville	Jeff Walsh
Adapted Soccer		
CI	Dakota United	Tom Grothe
PI	Anoka-Hennepin	Sue Opat
Football		
9 Man	Stephen - Argyle	Mark Kroulik
1A	Goodhue	Claire Austin
2A	Caledonia	Carl Fruechte
3A	Glencoe-Silver Lake	Dave Dose
4A	Totino Grace	Jeff Ferguson
5A	Eden Prairie	Mike Grant
Volleyball		
Class A	Bethlehem Academy	Franz Boelter
Class AA	Marshall	Dan Westby
Class AAA	Shakopee	Matt Busch
Alpine Skiing		
Boys	Lakeville North	Jacob Olson
Girls	Lakeville South	Mark Moltzan
Nordic Skiing		
Boys	Forest Lake	Deno Johnson
Girls	Stillwater	Kris Hansen
Boys Swimming (True Team		
Class A	St. Thomas Academy	John Barnes
Class AA	Minnetonka	Chris Guerrera
Gymnastics		
Class A	Perham	Charles Fleck
Class AA	Roseville Area	Mike Flatten
		Mark Curley
Boys Swimming (MSHSL)		
Class A	St. Thomas Academy	John Barnes
Class AA	Edina	Art Downey
Boys Hockey		
Class A	St Thomas Academy	Tom Vanelli
		Greg Vanelli
Class AA	Hill-Murphy	Bill Lechner
Girls Basketball		
Class 1A	Ada-Borup	David Smart
Class 2A	Albany	Jon Noreen
Class 3A	Totino Grace	Shannon Hartinger
Class 4A	St Paul Central	Willie Taylor
Boys Basketball		
Class 1A	Ellsworth	Markus Okeson
Class 2A	New London-Spicer	Matt Cordes
Class 3A	Benilde-St. Margaret's	John Moore
Class 4A	Minnetonka	John Hedstrom
Adapted Floor Hockey		
PI	Robbinsdale	Marcus Onsum
CI	Maple Grove	Doug Anderson
Girls Track and Field (True Team)		
Class 1A	Luverne	Craig Nelson
Class 2A	Totino Grace	Chris Beach
Class 3A	Eastview	Jorjean Fischer
Boys Track and Field (True Team)		
Class 1A	St Croix Lutheran	Brent Schacht
Class 2A	New Prague	Nick Meyer
Class 3A	Eden Prairie	Bruce Kivimaki
Girls Track and Field (MSHSL)		
Class 1A	Providence Academy	Nate Millerbernd
Class 2A	Eastview	Jorjean Fischer
Boys Track and Field (MSHSL)		
Class 1A	Fairmont	Bob Bonk
Class 2A	Rosemount	Jay Hatleil
Adapted Bowling		
PI	Wayzata/Minnetonka	Lisa Noor
CI	Alexandria	Carol Feimann
Girls Golf		
Class 1A	Mounds Park Academy	Greg Lundgren
Class 2A	Minnewaska Area	Peggy Falk
Class 3A	Woodbury	Merridith Puellman
Boys Golf		
Class 1A	Meadow Creek Christian	John Paul Lindgren
Class 2A	Detroit Lakes	Bob Gorden
Class 2A	Orono	Doug Erickson
Class 3A	Park	Henry A. Tressell III
Adapted Softball		
CI	Osseo	Doug Anderson
PI	Dakota United	Dana Beck
Baseball		
Class 1A	Wabasso	Chad Olson
Class 2A	St Anthony Village	Troy Urdahl
Class 3A	Coon Rapids	Jerry Coe
Lacrosse		
Boys	The Blake School	Rob Horn
Girls	The Blake School	Laura Mark
Boys Tennis		
Class 1A	St Paul Academy/ Summit School	Viet Pham
Class 2A	Edina	Gary Aasen
Girls Synchronized Swimming		
Wayzata	Signe Henzel	
Softball		
Class 1A	New Life Academy	Mick Ramey
Class 2A	Orono	Steve Fedie
Class 3A	Eagan	Courtney Dully

Wrestling champions are not listed . At the time of their season, the Wrestling Coaches were not officially a part of the MSHSCA. As a result, none of the championship coaches were members of the MSHSCA.

DAVE STEAD TO RECEIVE DISTINGUISHED SERVICE AWARD

The Minnesota State High School Coaches Association along with the National High School Coaches Association will recognize Dave Stead, Executive Director of the Minnesota State High School League, at the Annual Hall of Fame and Awards Banquet. October 4th. The award recognizes Dave for his outstanding achievement and contributions to the high school coaching profession. Dave has been a great leader in trying to balance the changes and needs of all of the activities sponsored by the MSHSL. Dave has always done his best to provide the best possible programs for all students in Minnesota. This is a well deserved and long overdue THANK YOU!

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COACHES OF THE YEAR TO RECEIVE PLAQUE AT AWARDS BANQUET

The Minnesota State High School Coaches Association recognizes jobs well done. When your peers select you as the Coach of the Year in your sport it easily is recognized as a job well done.

To strengthen the memory of the selection as COTY, the MSHSCA will present a plaque to all selected at the Annual Hall of Fame Awards banquet that will be held on October 4th. (Information on the site, times, and how to obtain tickets for the function can be found in a separate article in this issue of The MN Prep Coach.)

The Coaches of the Year for the 2007-08 school year is as follows:

Adapted Athletics	Deb Kline	North Suburban
Football	Jeff Ferguson	Totino Grace
Girls Soccer		
Class 1A	Megan Johnson	St Michael-Albertville
Class 2A	Len Bierlein	Eastview
Boys Soccer		
Class 1A	Charlie Seel	The Blake School
Class 2A	Pete Hayes	Anoka
Girls Tennis		
Class 1A	Les Zellmann	St James
Class 2A	Scott Engelstad	Bemidji
Girls Cross Country		
Class 1A	Mark Abraham	LaCrescent
Class 2A	Neil Kruse	Centennial
Boys Cross Country		
Class 1A	Jerry Zimny	Esko
Class 2A	Chris Harder	Rosemount
Girls Swimming		
Class 1A	Nate Linscheid	Visitation
Class 2A	Matt Schoen	Maple Grove
Volleyball		
Class 1A	Ron Wendorff	Windom
Class 2A	Jean Lopez	Dilworth-Glyndon-
Felton		
Class 3A	Connie Huberty	Andover
Class 3A	Vicki Swenson	Hopkins
Boys Hockey		
Class 1A	Ken Essay	Mankato West
Class 2A	Curt Giles	Edina
Alpine Skiing	Tim Conway	Minneapolis
Nordic Skiing	Paula Anderson	Ely
Gymnastics		
Class 1A	Joleen Winkelman	Princeton
Class 2A	Ellie Berg	Stillwater
Boys Swimming		
Class 1A	Tom Uvaas	Fergus Falls
Class 2A	Art Downey	Edina
Boys Basketball		
Class 1A	Robbin Celander	Granada-Huntley-
East Chain		
Class 2A	Steven Rohloff	Montevideo
Class 3A	Jeff Gravon	New Prague
Class 4A	Ron Larson	St Francis
Girls Basketball		
Class 1A	Les Knutson	SW Star Concept
Class 2A	Byron Negen	Virginia
Class 3A	Dave Rund	Fergus Falls
Class 4A	Bob Downs	Chaska
Class 4A	Tara Seifert	Chaska
Boys Tennis		
Class 1A	Cory Thorson	Thief River Falls
Class 2A	Michael Cartwright	Mounds View
Girls Track and Field		
Class 1A	Gary Wade	Rushford-Peterson/
Houston		
Class 2A	Dawn Podolske	Stillwater
Boys Track and Field		
Class 1A	Brent Schact	St Croix Lutheran
Class 2A	Mike Harris	Hopkins
Boys Golf		
Class 1A	Roger Erickson	Lake of the Woods
Class 2A	Bob Gorden	Detroit Lakes
Class 3A	John Buck	Forest Lake
Girls Golf		
Class 1A	Marsha Johnson	Ada/Borup
Steve Tax	Osakis	
Class 2A	Peggy Falk	Minnewaska Area
Class 3A	Dave Harris	Alexandria
Baseball		
Class 1A	Chad Olson	Wabasso
Class 2A	Troy Urdahl	St Anthony
Class 3A	Jerry Coe	Coon Rapids
Softball		
Class A	Mick Ramey	New Life Academy
Class AA	Steve Fedie	Orono
Class AAA	Courtney Dully	Eagan
Boys Lacrosse	Rob Horn	The Blake School
Girls Lacrosse	Sheryl Raithel	Bloomington Kennedy

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2007-08 ASSISTANT COACHES TO BE HONORED AT AWARDS BANQUET

A number of years ago it was suggested that the MSHSCA recognize the contributions that assistant coaches make for athletic programs. Too often the contributions that assistant coaches contribute the the success of a team goes relatively unnoticed by most people.

To try and emphasize the importance that Assistant coaches play in athletic programs, the MSHSCA established an Assistant Coach of the Year Award.

This award will be presented at the Annual Hall of fame Awards Banquet on October 4th. (Information on location, times, how to obtain tickets and how to make room reservations will be found in a separate article in this issue of The MN Prep Coach)

This year the honored assistant coaches are as follows:

Adapted Athletics		Andy Ellena	Coon Rapids
Girls Soccer	Class A	Anne Erickson	Benilde-St. Margaret's
	Class AA	Dave Litecky	Duluth East
Boys Soccer	Class A	Chad Akerson	Willmar
	Class AA	Brad Peterson	Stillwater
Football		LeRoy Erickson	Buffalo
Cross Country	Class A	Tim Lindquist	Esko
	Class AA	Carl Schirmer	Brainerd
Volleyball	Class A	Gene Lovell	Windom
	Class AA	Jon Hegerle	Marshall
	Class AAA	Gordy Hagert	Apple Valley
Boys Basketball		Scott Gonnerman	Benson
		Rod Heinrich	Fairmont
		Fred Liffrig	Zumbrota-Mazeppa
		Larry Schlagel	North Branch
Girls Basketball	Class 1A	Brian Petrowiak	Granada-Huntley-East Chain
	Class 2A	Chuck Behrens	Hayfield
	Class 3A	Dick Varichak	Hibbing
	Class 4A	Angie Heisler	Chaska
Boys Hockey	Class 1A	Bob Rajanen	Red Wing
	Class 2A	Bill Lund	Roseau
Alpine Skiing		Tim Bockland	Burnsville
Nordic Skiing		Fred Kueffer	Roseville Area
Track and Field	Class 1A	Mike Hedlund	East Grand Forks
	Class 2A	Jerry Eggermont	Owatonna
Baseball		Al Schultz	NRHEG
		Scott Bergman	Sauk Centre
Softball	Class A	Keith Stein	New Life Academy
	Class AA	Lyn McCulloch	Orono
	Class AAA	Tiffany Rose	Eagan
		Roman Foore	Eagan
Boys Lacrosse		Pat Shook	Eden Prairie
Girls Lacrosse		June Wheeler	The Breck School
Girls Tennis	Class 2A	Dr. Tom Kuzma	Buffalo
BoysTennis	Class A	Cindy Walz	Aitkin
	Class AA	Jeff Fedor	Blaine
		Chuck Whalen	Brainerd
Boys Swimming	Class 1A	Joel Kleffman	Hibbing
	Class 2A	Scott Johnson	Edina
Golf	Class A	Terry Schoeborn	Mahnomen
	Class AA	Robert Gessel	Brainerd

"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity."

-Unknown

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SPRING 2008 TEAM ACADEMIC RESULTS

This will be the last edition of Team Academic State Championships as we have known it for the past number of years. Due to difficulties in establishing true team GPAís and Class Rank, the MSHSCA has decided to follow a new format.

The new format will allow sports to submit teams with Gold and Silver Awards. Gold awards will be team GPAís of 3.75 or better and the Silver Award will be GPAís of 3.50 to 3.74. Once a team has been recognized for either of the awards they will be sent a plaque with places to put additional plates as the years progress. This system will eliminate the existing confusion of determination due to weighted GPAís, etc. Some sports have already adopted the new system for this past year including two of the four that will be covered in this article.

Team academic results for this spring are as follows:

Baseball
Class 3A
Section 1 Faribault
Section 2 Eden Prairie
Section 3 Eastview
Section 4 Stillwater
Section 5 Totino-Grace
Section 6 Minneapolis Southwest
Section 7 Cambridge-Isanti
Section 8 Sartell-St Stephen
State Champion Faribault

Class 2A
Section 1 Dover-Eyota
Section 2 Jordan
Section 3 Montevideo
Section 4 DeLaSalle
Section 5 Big Lake
Section 6 Sauk Centre
Section 7 Two Harbors
Section 8 Perham
State Champion Sauk Centre

Class 1A
Section 1 Goodhue
Section 2 Minnesota Valley Lutheran
Section 3 Wabasso
Section 4 Southwest Christian
Section 5 Atwater-Cosmos-Grove City
Section 6 Bertha-Hewitt
Section 7 Ely
Section 8 Badger-Greenbush - Middle River
State Champion Bertha-Hewitt

Boys Golf
Class 1A
Section 1 No Qualifier
Section 2 Martin County West
Section 3 Windom Area
Section 4 Meadow Creek
Section 5 No Qualifier
Section 6 Mahnomen
Section 7 No Qualifier
Section 8 No Qualifier
State Champion Mahnomen

Class 2A
Section 1 Red Wing
Section 2 Belle Plaine
Section 3 Eagan
Section 4 Benilde-St Margaretís
Section 5 Annandale
Section 6 Pierz
Section 7 Eveleth-Gilbert
Section 8 Thief River Falls
State Champion Thief River Falls

Class 3A
Section 1 Albert Lea
Section 2 Mankato West
Section 3 Hastings
Section 4 White Bear Lake
Section 5 Anoka
Section 6 Hopkins
Section 7 North Branch
Section 8 Moorhead
State Champion Albert Lea

Girls Golf
Class A
Section 1 Adrian
Section 2 Nicollet
Section 3 No Qualifier
Section 4 Providence Academy
Section 5 West Central Area
Section 6 Mahnomen
Section 7 No Qualifier
Section 8 Fosston
State Champion Adrian

Class 2A
Section 1 St Charles
Section 2 LeSeuer-Henderson
Section 3 Jackson County Central
Section 4 Fridley
Section 5 Waconia
Section 6 Staples-Motley
Section 7 Crosby- Ironton
Section 8 Detroit Lakes
State Champion Staples-Motley

Class 3A
Section 1 Owatonna
Section 2 Burnsville
Section 3 Eastview
Section 4 Benilde-St Margaretís
Section 5 Irondale
Section 6 Wayzata
Section 7 Forest Lake
Section 8 Buffalo
State Champion Buffalo

Boys Tennis
Gold Brainerd
Cretin-Derham Hall
Foley

. . . continued on page 26

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SPRING 2008 TEAM ACADEMIC RESULTS . . . continued from page 25

Hill-Murray
Hopkins
Hutchinson
Minnewaska Area
Mora
Pine City
St James
St Peter
Thief River Falls
Wayzata

Silver
Bemidji
Benson
Chaska
Coon Rapids
Crookston
Eastview
Holy Family Catholic
St Francis
Virginia
Waseca

Softball
Class A
Gold
Ada_Borup
Blooming Prairie
Chatfield
Chokio-Alberta
Houston
KMS
Lester Prairie/Winsted HT
Mankato Loyola
Murray County Central
New London-Spicer
Sacred Heart
Springfield
Tracy Area

Silver
Brandon-Evansville
Comfrey/Cedar Mountain
Cook County
Eagle Valley
East Central
Eden Valley-Watkins
GFW
Hawley
Hayfield
Hill City
Kimball Area
Lyle/Austin Pacelli
MACCRAY
Madelia-Truman
Martin County West
Menahga
Mesabi East
Morris Area
MVL
New Ulm Cathedral
Nicollet
Norman County East
Osakis
Providence Academy
Red Lake County Central
RRC/Westbrook-Walnut Grove
Rushford-Peterson
Sebeka
Silver Bay
Sleepy Eye St Maryís
St Bernardís
St Clair
Upsala Area
Wabasha-Kellogg
West Lutheran
Wheaton Area

Class AA
Gold
Albany
Blue Earth Area
St Cloud Cathedral
Cloquet
Dassel-Cokato
Delano
DeLaSalle
Frazee
Holy Family Catholic
Jackson County Central
Jordan
Lake City
LeCenter
Litchfield
Milaca
Minnehaha Academy
Minnewaska Area
Montevideo
Mora
New London-Spicer
Rocori

St Peter
Sauk Centre
Virginia
Warroad
Watertown-Mayer
Yellow Medicine East
Zumbrota-Mazeppa

Silver
Byron
Concordia Academy-Roseville
Esko
Eveleth-Gilbert
Glencoe-Silver Lake
International Falls
Lincoln HI
Luverne
Marshall School (Duluth)
New Ulm
Orono
Paynesville
Perham
Pine City
Plainview/Elgin-Milville
Redwood Valley
Rockford
Sibley East
St Croix Lutheran
Triton
Two Harbors
United South Central
Wadena-Deer Creek

Class 3A
Gold
Alexandria
Champlin Park
Chaska
Chisago Lakes
Cretin- Derham Hall
Eastview
Lakeville North
Little Falls
Maple Grove
Monticello
Moorhead
Mounds View
North St Paul
Park
Princeton
Red Wing
Sauk Rapids
Shakopee
St Francis
Stillwater
Wayzata
Willmar

Silver
Academy of the Holy Angels
Andover
St Cloud Apollo
Apple Valley
Bemidji
Benilde-St Margaretís
Bloomington Kennedy
Centennial
Duluth Denfeld
Eden Prairie
Elk River
Faribault
Forest Lake
Henry Sibley
Hopkins
Hutchinson
Lakeville South
Mahtomedi
Mankato West
Minnetonka
Northfield
Osseo
Park Center
Richfield
Rogers
Rosemount
Roseville Area
Simley
South St Paul
St Michael-Albertville
Totino-Grace
White Bear Lake

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RECORD NUMBER TO JOIN 25 YEAR CLUB

The recent merger of the coaches associations have created a record number of coaches that qualify for the MSHSCA's 25 Year Club. A total of 88 coaches have met the criteria which far exceeds any number over the years since the 25 Year Club became a reality.

A new procedure will be used this year for the induction into the 25 Year Club. In the past, the awards were part of the Annual Hall of Fame Awards Banquet. Due to serious time constraints at the ever growing banquet, the award will now become part of the 25 Year Holiday party in early December.

Recipients have been informed of the change and the reservation process is already taking place.

Those that will not be able to attend the December function may be able to receive their awards from their sub-section delegate or from a representative of the recipients sport association.

25 Year Club members also become eligible to become Life Members of the MSHSCA. This information has been shared with the incoming recipients through the Office of The MSHSCA Executive Director.

The new inductees for this year are as follows:

Dennis	Bartz	Bemidji HS
Tom	Bauman	Buffalo HS
Bruce	Belseth	Sleepy Eye HS
Steve	Bender	Rosemount HS
Sandy	Boss	Owatonna HS
Mary	Boyack	West Central Area HS
Connie	Boyum-Erzar	Deer River HS
Bill	Braunger	St. Clair HS
Deb	Brennan	Ogilvie HS
Janelle	Bright	Bertha-Hewitt HS
Loren	Carlson	Fulda HS
Dan	Destache	White Bear Lake HS
Marshall	Doran	Upsala HS
Debbie	Driscoll	Mahtomedi HS
Jim	Driscoll	Mahtomedi HS
Mick	Dunn	Moorhead HS
Lon	Eichenberger	Round Lake-Brewster HS
Darrell	Erickson	Austin HS
Jeri	Escher	Lake Crystal Wellcome Memorial HS
Tad	Forsell	Hermantown HS
Mike	Frankenfield	Shattuck-St. Mary's HS
Jim	Geske	Apple Valley HS
Bill	Gottenborg	Hawley HS
Gregg	Greeno	St Michael-Albertville HS
David	Greve	Annandale HS
Gary	Grewe	Pequot Lakes HS
Jane K.	Haas	Little Falls HS
Greg N.	Hadley	Belgrade/Brooten/Elrosa HS
Scott	Hadley	Sleepy Eye HS
Michael	Hamann	Perham-Dent HS
Jill L.	Hanson	Buffalo HS
Chuck	Helling	Mankato East HS
Roy	Henderson	Belle Plaine HS
Dale	Henrich	Morris Area HS
Ron	Hinnenkamp	Little Falls HS
David	Hoeller	St. Cloud Tech HS
Bob	Horner	St. Paul Johnson HS
John	Houfer	East Chain/Fairmont HS
Mark	Hultgren	Minnehaha Academy/Bloomington Kennedy HS
Donna	Johansen	Murray County Central HS
Neil	Johnson	Shakopee HS
Keith	Kangas	Rochester Century HS
Jim	Koczur	Upsala HS
Gary	Lembcke	Norwood Young America HS
Kevin	Leonard	Hermantown HS
Becky	Leuer	North Branch HS
Char	Lien	Moorhead HS
Mark	Loahr	Totino-Grace HS
Jeannette	Lopez	Dilworth-Glyndon-Felton HS
Ross	Lussenhop	Prior Lake HS
Judy	Luzaich	Stillwater HS
Milan	Mader	Lakeville North HS
David	Maras	Brainerd HS
Len	Messerschmidt	St. Francis HS
Craig	Nelson	Luverne HS
Kevin	Nelson	Zumbrota Mazeppa HS
Michael	Nelson	Brainerd HS
Gail S.	Nucech	Hibbing HS
Terry	Olson	Wadena HS
Joyce	Plaetz	Wabasso HS
Thomas J.	Prosen	Eveleth-Gilbert HS
Lyle	Rambow	Morris Area HS
Gary O.	Riess	Kimball HS
Joan	Rosengren	Big Lake HS
Rolly	Rudzitis	Meadow Creek Christian HS
Lana	Schreiner	G-F-W HS
Doug	Schuette	McLeod West HS
John	Schumacher	Park Rapids HS
Lenny	Sedlock	Mpls South/ & Breck School
Daniel	Sellberg	Brooklyn Center HS
Cheryl	Sether Bass	Windom HS
Ralph	Sibbet	Roseville HS
Ken	Solarz	Upsala HS
Paul E.	Sorenson	Mankato East HS
Barb	Soukkala	Carlton HS
Rick	Sutton	Eagan/Mankato West HS
Harlan	Ulrich	Minneota/Chokio HS
Karl	Urbaniak	Mabel-Canton HS
Dean	Urdahl	New London-Spicer HS
Robert	Vaughan	Braham Area HS
Tom	Vix	Rushford Peterson HS
Deana	Walsh	Simley HS
Phillip	Ward	Wayzata HS
Thomas	Weko	Mounds View HS
Charles	Whitbred	Park HS
Linda	Wiesner	New Ulm Cathedral HS
Jeff	Wollin	Litchfield HS
Mike	Zauhar	Brainerd HS

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HALL O

SIX TO BE ADDED TO MSHSCA HALL OF FAME

During the Annual MSHSCA Hall of fame banquet that will be held on October 4th, six new members will be added to the association's Hall of Fame.

The MSHSCA Hall of Fame was initiated in 1980 on the suggestion of Fairmont's Tom Mahoney. Since that time, a total of 144 Minnesota coaches have been added to the Hall of famed roll call. (A complete list of recipients appears in this issue of The Mn Prep Coach)

This year the inductee list includes Warren Bailey (Pipestone), Pete Beckermann (United South Central), John DeLozier (Rocori), Stuart Nordquist (International Falls),Eldon Sparby (Badger-Greenbush-Middle River) and Gary Hokanson (Roseau)

Photos and bios of the Hall of Fame recipients follow:

Warren Bailey, Sr.

(Pipestone)

Bailey is a 1955 graduate of Jackson High School. He started his post high school studies at Iowa lakes Junior College and received his B.A. in Health and Physical education at Augustana College in 1959. He later earned an M.A in Administration and Psychology from South Dakota State University in 1966.

While in college he lettered in football, basketball and baseball at the JC level and was a baseball letter winner for two years at Augustana.

He served in the National Guard from 1959 until retiring in 1994.

His work experience in the classroom included time from 1962 until 1995 at Pipestone High School. During this time frame, Warren spent 29 years as an assistant and head football coach. Pipestone was Class A runner-up in 1980 and made the playoffs seven years.

From 1965 until 1977, Bailey was the Boys Gymnastics coach and his teams were seven time district champions. From 200 until the present time he has served as Girls Gymnastics coach

He also was an assistant in baseball and junior high coach in basketball coach during his career.

His career was well rewarded as he was named Class A Football Coach of the Year in 1987 along with Southwest Conference Coach of the Year on two occasions. The sport of Gymnastics recognized his talents with a conference COTY, a section COTY and a State Class A Coach of the Year in 1985 and 1986. He was inducted in to the MN Gymnastics Coaches Hall of Fame.

In his spare time, bailey officiated football, basketball, volleyball and track and field. During this time he was an official in many varied state tournaments.

He enjoys family activities including spending time in March with his wife, Carolyn, working at the Pipestone Country Club, working with projects and , of course, a frequent round of golf.

Pete Beckermann

(United South Central)

A Melrose High School graduate, Beckermann attended St Cloud State University and graduated with a degree in Elementary education and a minor in Physical Education in 1974. He later did post graduate work at Mankato State University.

Pete started his teaching and coaching career at Bricelyn in 1984. A few consolidations led to a finish of his career at what is now called United South Central in Wells, MN.He retired from teaching after 33 years in 2007.

During his career, Beckermann was a volleyball and basketball coach. In volleyball his teams compiled a 463-64 record including a 171-7 conference log. This type of success won 17 conference titles, 18 district titles, and eight regional championships. His team appeared in the state meet on eight occasions and earned one state title, four runner-up positions and a consolation championship. His basketball teams compiled a 220-40 record with a 136-11 conference record. This earned his team's eight conference crowns, four district titles, one regional title and a fourth pace finish in the state tournament.

He was named region 2 Basketball COTY in 1985 and region 2 Volleyball COTY on five different years. In 1993 he was named State Volleyball COTY and inducted in to the MN Volleyball Coaches Hall of Fame in 1999.

Beckermann is a 20 year member of the MN Girls Coaches Association and a Life Member of the MSHSCA.

In his words he indicates that he was very fortunate to have had the opportunity to work with so many gifted athletes and coaches during his career. It was the best 25 years of his teaching experience.

John DeLozier

(Rocori)

John DeLozier graduated from Winona High School in 1955. He participated in wrestling and won runner-up in his weight class in the Minnesota State Wrestling Tournament in 1954 and 1955.

In 1956, John attended Winona State College where he wrestled for four years. He was second at 123 pounds in the NAIA National Wrestling Tournament in 1958. He served as co-captain for three years while wrestling at Winona State. After using up his eligibility, he helped the program by volunteering as an assistant coach for one year.

After college, DeLozier's first teaching and coaching job was at Bertha in 1961. He taught math and coached wrestling at Bertha-Hewitt High School for eight years. He started the wrestling program at Bertha-Hewitt with only a very few kids showing up for the first practice. His first team went 3-7. Two years later they were 13-1. The 1965-66 team won the District 22 championship going 11-1 for the season. During his eight years at Bertha-Hewitt, his teams earned a 58-32 record.

In 1969, John moved to Cold Spring Rocori where he taught math and coached for the next 24 years. His teams won 273 dual meets while losing 104. He coached eight teams to the Minnesota State Wrestling Tournament where they paced third in 1986, fourth in 1984 and 1993 and won the consolation title in 1983. He has coached many state entries in his 32 years of wrestling experience.

In 1979, Rocori started a girls golf program. At the urging of the Athletic Director, john became their first coach. He coached golf for 20 years at Rocori taking two teams to the state meet. They finished third in 1982 and second in 1984. One of his golfers, Amy Schmucker, won two individual state championships.

One of his proudest moments and accomplishments in education came in 1991 when he was named Rocori's Teacher of the Year.

John and his wife, Fran, have five children and nine grandchildren. He enjoys his family, golf and attending high school and college wrestling meets in his retirement.

F FAME

Gary Hokanson

(Roseau)

Gary grew up in Warroad, Mn which is often referred to as Hockeytown USA. He graduated from Warroad High School in 1962. He was a four sport letter winner in football, hockey, baseball and track and field.

He had the privilege of being introduced to the finer points of hockey by his first high school coach, Bob Johnson. In his junior and senior years, Gordy Genz continued to develop the Warroad program and make them competitive with their neighbors to the west, the Roseau Rams.

Following high school, Gary walked on at the University of Minnesota and had the honor of playing the game under the legendary John Mariucci. In 1965, the Gophers ended up as the Big Ten hockey champions. He played his sophomore and junior years on the same lines as Doug Woog and Bruce Larson.

After leaving Minnesota, Gary played under coach Bob peters of Bemidji State and in 1969 the won the NAIA National Championship.

Gary began his teaching and coaching careers in 1969, teaching a half a year in Thief River Falls and coaching junior high football. In 1970, he and his wife, Barb moved to Roseau and still reside there today. Another legendary figure, Oscar Almquist hired him as a teacher and assistant hockey coach at South St Paul. He became head coach after two years and remained in that position until 1990. His teams won five regional titles which meant five appearances at the state tournament. Those trips earned his team two 3rd place and one 4th place finish.. His team accumulated a .71p winning percentage with 202-79-2 record. He was named as WCCO Radio All State Hockey Coach of the Week on three occasions and his 1978 team was the AP Hockey Poll champion with a 20-0 record.

Over the years, Gary has had the honor and privilege of coaching four young men that became professional hockey players - Neal Broten, Aaron Broton, ìButsyî Erickson and Paul Broten.

From 1990 until 2003, he coached in the football program as an assistant and later as a junior high coach when the ìbigî got a little difficult to keep up with.

In 1996 he was named Roseau Teacher of the Year and as a Teacher of State Excellence. In 2004 he was inducted in to the Bemidji State University Hall of Fame.

His own hockey career continues and in 2006 he was a member of the Roseau Golden Agars as they became the Over 60 National Champions. They repeated in 2007 and are looking for a ìthree peatî in 2008.

Gary would like to thank the great assistants that he had over the years. They include Mike Adams, Terry Cullen, Gary Ross, Jeff Olson and Jim Lund ohm.

He has a special thanks to his loyal and loving family as they gave up their so hew could continue to coach over the years. His family includes his wife, barb and five sons ñ Derek, Ryan, Aaron, David and Paul.

Stuart Nordquist

(International Falls)

Nordquist graduated from the University of Minnesota-Morris in 1967 with a double major of history and physical education/health.

After teaching at a Adams and Southland High Schools for seven years, he was hired to teach history and coach football at Falls High School in International Falls, MN. While it the Falls he completed his Masters degree in history from Bemidji State University in 1981.

His football experience includes both high school and college. He played four years at U of MN-Morris as a defensive cornerback and served as team captain in 1966.

He coached one year as an assistant at Morris, seven years at Adams and Southland High Schools. His teams accumulated a won loss record of 43-17-2 at Adams including two conference championships.

In 1974, Stuart took over the head football job at International Falls. The team had fallen on some hard times beginning in 1970. After two years under Nordquist's guidance the Broncos turned in the first winning team in five years..

Since the 1976 season, the football program at International Falls began to enjoy success with a 229-109 won loss record and ten conference titles. Overall in the past 31 years, the Broncos were bona fide contenders for a conference or sectional tile 15 times. In 24 years of the MSHSL playoff format, the Broncos have claimed eight championships and were runner-up on six occasions. His teams were in the championship game in the sectional 14 times. This is quite an accomplishment for a school that ranks as one of the smallest in enrollments in the conference.

Other duties included serving as Athletic Director at both schools, boys basketball assistant coach for 16 years and head boys basketball for four years, a boys track and field coach for six years and assistant track and field coach for one year, a girls track and field coach assistant coach one year and head coach for six years.

He has written a history and compiled records for each of the Bronco sport programs. He also supervised the weight training program for a number of years.

As one of the leaders in football wins in the state of Minnesota, he has frequently been called on as a speaker at football clinics.

Eldon Sparby

(Badger-Greenbush- Middle River)

Sparby graduated from Middle River High School where he participated in football and basketball. He continued his basketball talents at Northland CC and U of MN-Morris.

In 1971, Eldon returned to his alma mater, Middle River as an assistant football and basketball coach. In his second year, he assumed the head coaching job in both sports at Middle River. He coached both of those sports for the next 19 years. He also coached baseball for two seasons including the American Legion program and summer youth baseball.

Greenbush and Middle River districts joined in 1992 and Coach Sparby continued to serve as head basketball coach for the next 11 years , as well as, two more seasons as assistant football coach.

During his 32 years as a basketball coach, Sparby's teams won eight conference titles, two district championships and two sub-sectional crowns, He was selected to coach the Outstate All Star team in the 1992 MBCA All Star series. During his 32 year career of coaching basketball, his teams won a total 432 wins against only 294 losses. There were only three seasons below a .500 season record. A Gator jersey. Number 32 hangs in the gymnasium in honor of his time as a player and his years of coaching.

Sparby also has served as the districts AD and principal for the past 20 years. He was honored as Section 8A AD of the Year, as well as, Northern Division Principal of the Year.

Eldon is a Life Time member of the MSHSCA and the MBCA. He continues to serve the game as an official, He also continues to work full time as Principal and Ad at Badger-Greenbush-middle River School.

Eldon and his wife, Linda, have four children ñ Stacie, Paul, John and Stefanie and ten grandchildren

Sports have played a major role in Eldon's life which began as a young child and his love of sports and competition continues to this day. He believes that the opportunity to coach has made him a better teacher, principal and person.

****

It is hoped that many relatives, relatives and former players join the Hall of Fame inductees and help them share the honor that they have so richly earned.

****

Information on the date, site, times, how to make room reservations and obtain tickets for the awards banquet can be found elsewhere in this edition of The MN Prep Coach.

MSHSCA HALL OF FAME

1980 Art Avis (Hutchinson)
Wayne Courtney (Mpls Roosevelt)
George Haun (Staples)
George "Baldy" Hayes (Blue Earth)
Stan Nelson (Anoka)
Vern Morrison (St. Cloud Tech)
George Rose (St. Paul Como Park)

1981 Ove Berven (Austin)
Lloyd Holm (St. Louis Park)
George Saunders (Pine City)
Earle Teas (Pipestone)
Clifford Thompson (Eveleth)
Herb Wolf (Fairmont)

1982 Oscar Almquist (Roseau)
William Broekemeier (Cass Lake)
Jerry Eckstein (Plainview)
William Hanson (Willmar)
John Hermes (Fergus Falls)
Burt Monson (Mountain Lake)
Herman Woock (Crosby-Ironton)

1983 Al Halley (Mpls Southwest)
A.J. Kramer (Roseau)
Ralph Peterson (Plainview)
Bob Roy (St Louis Park)
Granville Smith (Park of Cottage Grove)
Arnold Veglahn (St. James)

1984 Verne Hermann (Plainview)
R. "Butzie" Maetzvold (Hopkins)
Ralph Skay (Theif River Falls)
Ab Strommen (St. James)
Louis Todnem (Mankato West)

1985 Fred Kellett (Brainerd)
Steve Kerzie (Gilbert)
John Nett (Winona Cotter)
Milt Osterberg (Worthington)
Rudy Rauker (Warroad)

1986 Bruce Frank (LeSueur)
Del Mollberg (Detroit Lakes)
William Ochs (Bloomington Lincoln)
K.T. Smith (Breckenridge)
Angelo Taddie (Nashwauk-Keewatin)

1987 Duane Baglien (Edina)
Chester Bisel (Lynd-Butterfield)
Herb Claffy (Milaca)
John Rengel (Staples)
Dick Seltz (Austin)

1988 Art Hass (Austin)
Jim Hastings (Duluth Central)
Dale Scholol (Redwood Falls)
Lloyd Stussy (Wells-Easton)
Don Swanson (Mpls Patrick Henry)

1989 Jack Conley (Forest Lake)
Wayne Dietz (Anoka)
Roy Hokkanen (Cotton)
Clyde McDonald (St. Paul Harding)

1990 Jerry Bernatz (Chatfield)
Leo Grossman (Wabasso)
Dick Lynch (Silver Bay)
Larry Ross (International Falls)
Bob Ryan (St. Paul Humboldt)
Archie Sailer (Frazee)

1991 Ralph Boline (Fosston)
Paul Busch (Roseville Area)
Harlan Kirkeby (Lewiston)
Tom Mahoney (Fairmont)
W. "Max" West (Brownton)

1992 John Conzemius (Wadena-D.C.)
Malcolm "Mac" Dahl (LaCrescent)
Les Drechsel (Crookston)
Hugo Goehle (Hills-Bvr Creek)
Al Wold (Rochester John Marshall)

1993 Lloyd Carlson (Win-E-Mac)
John Davies (Crosby-Ironton)
Don Fox (Austin)
Stan Otness (Farmington)
Bob Turner (St. Paul Como Pk)

1994 Kermit Aase (Brainerd)
Willard Ikola (Edina)
Angelo Pergol (Cloquet)
Ron Raveling (Columbia Hts)
Evar Silvernagel (Rochester)

1995 Walter Chapman (Mpls Marshall)
Bernard Broderick (St. Paul Murray)
Kerwin Engelhart (Rochester John Marshall)
Tony Thiel (Battle Lake)

1996 Malcolm "Mac" Doane (St. Cloud Tech)
Chuck Elias (Mpls Central)
Jim Gotta (Moorhead)
Dave Peterson (Mpls Southwest)
Bill Selisker (Crosby-Ironton)

1997 Edgar Braun (Norwood-Yng Am)
Stave Canakes (Edina)
Ron Malcolm (Anoka)
Steve Lipp (Breckenridge)
Stan Thorton (St. Paul Highland Pk)

1998 Lou Cotroneo (St. Paul Johnson)
Pete Herges (Albany)
Albert "Bud" Higgins (Austin)
Ed Prohofsky (Mpls Marshall-U High)
Bill Rose (Rothsay)

1999 Bill Hare (Greenway of Coleraine)
Mike Jerabek (Prior Lake)
Pat Lanin (Hopkins)
Jerry Snyder (Lake City)
Richard Traen (Delano)

2000 Noel Bailey (Aitkin)
Deryl "Skip" Booyum (Northfield)
Darien DeRocher (Foley)
Jim Muchlinski (Marshall)
Harold "Hal" Schroeder (Blue Earth)

2001 Guido Kauls (Minnehaha Acad)
Stephen Kjorness (Wstbrk-Wlnt Grove)
"Tink" Larson (Waseco)
Len Olson (Owatonna)
George Thole (Stillwater)

2002 Ken Baumann (Mahnomen)
Klem Haugen (Austin)
Jerry Riewer (Staples-Motley)
Grady Rostberg (Hutchinson)
Dick Skogg (Duluth East)

2003 James Flim (Winona)
George Larson (Cambridge)
Bob Hoisington (Mpls Central & S.W.)
E, James Senske (New Ulm)
Dean Taylor (Sartell)

2004 Elaine Engle (Wilmar)
Bob Streetar (Grand Rapids)
Donal Nesheim (St. Peter)
Hartvick "Shocky" Strand (Moorhead)
Ken Nelson - Sauk Centre

2005 Al Bauman (Little Falls)
Jerry Daniels (Foston)
Elmer Luke (Hopkins)
Bill Simpson (Stillwater)
Ted Pelzc (Nrheg)

2006 Bob Brink (Rocori)
Brian Kispert (Richfield)
Bill Kroschel (Park)
Bob McDonald (Chisholm)
George Sawyer (Wheaton)

2007 Art Downey - Edina
Gordy Gerz - Roseville Area
Dennis Rania - Plainview
Lowell Scearcy - Brainerd
Del Schiffler - Woodbury

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MSHSCA GEORGE HAUN AWARD RECIPIENTS

1986 Boby Roy - St. Louis Park
Darien DeRocher - Foley
1987 Art Avis - Hutchinson
1988 Tom Mahoney - Fairmont
1989 Bob Ryan - ST. Paul Humboldt
1990 Lloyd Stussy - Wells-Easton
1991 Steve Kerzie - Gilbert
1992 Jarvis Anderson - Plainview
1993 Ab Strommen - St. James
1994 Malcolm "Mac" Dahl - LaCrescent
1995 Gordy Genz - Roseville Area
1996 Jim Deane - Osseo
1997 Howard Emerson - Warren
1998 Ken Sagedahl - Murray County West
1999 Mary DeRocher - Brainerd
2000 Bob Hooper - Detroi tLakes
Chuck Elias - Minneapolis
Don Swanson - Minneapolis
2001 Jeff Pitts - Wells-Easton
Bill Baumann - North Branch
2002 Bruce Johnson - Robbinsdale Armstrong
2003 Jim Baker - Richfield
H.T. Buisman - Aitkin
2004 Jay Johnson - Eden Valley Watkins
Tim Johnson - Mankato East
2005 Len Olson - Owatonna
Gaydon "Soup" Stromme - Duluth
Don Tangen - Glencoe - Silver Lake
2006 Dave Halgren - Elk River
Lowell Scearcy - Brainerd
2007 Dave Bauer - Park Center
Dave Hylla - Proctor

USE YOUR MEMBERSHIP CARD

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

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___ Boys basketball ___ Softball
___ Girls basketball ___ Boys Swimming
___ (B) Cross Country ___ Girls Swimming
___ (G) Cross Country ___ Synchronized Swimming
___ Football ___ (B) ___ (G) Tennis
___ (B) ___ (G) Golf ___ Track & Field
___ Gymnastics ___ Volleyball
___ Hockey ___ Wrestling
___ (B) ___ (G) Lacrosse

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LEUER, EBERHART TO RECEIVE GEORGE HAUN AWARD

Becky Leuer of North Branch and John Eberhart of Pine City have been selected to receive the coveted George Haun Award. The presentation to the two individuals will take place at the Annual Hall of Fame Awards Banquet scheduled to take place on October 4th. (Particulars on the banquet can be found elsewhere in this issue of The MN Prep Coach including site, times, how to make room reservations and obtain tickets for the event.)

George Haun was the founding father of the MSHSCA back in 1936. The award is presented to people who have made significant contributions to Minnesota prep sports and the function of the MSHSA.

Becky Leuer

Following her graduation from Wayzata High School, Leuer enrolled at St Cloud State University where she received her Bachelor of Science degree in Physical Education and Health in 1975.She later earned a Master of Arts degree from St Thomas University in 1981.

She has spent her entire professional career at North Branch High School. She taught Physical Education and Health from 1975 until 2000 when she was named as Activities Director for the Vikings programs.

During her career she has coached Track and Field, Gymnastics and Softball. Her greatest notoriety was as an excellent Volleyball coach.

Her accomplishments are numerous including the following—- member of the MSHSL Board of Directors, 2006 recipient of Marie Berg Award in 2006, Region 7AA Activities Director of the Year (2005), instructor of the American Coaching Effectiveness Program (2000 to present), member of MSHSCA since 2000, representative of MSHSL Rep Assembly representing Girls Sports (1999 ñ 2003), President of Mn Volleyball Coaches Association, established website for Volleyball and organized a state wide volleyball coaching clinic, established High School All Star match, created Academic All State Award, recipient of Breaking Barriers Award for Women's Sports in 1998, Region 7AA Volleyball Coach of the Year in 1992, 1993 and 1994, member of MN state High School Coaches Association for Girls Sports 9 1975-2007)

Becky is very involved in the community including her church as a Eucharistic Minister, EMT Program, American Red Cross and American Heart Association CPR instructor.

She participated in a CATEX Domestic Terrorism Exercise in 1999.

Leuer also is very active in training in educational activities and volleyball accreditation.

It is obvious from the above credentials the Becky Leuer become a viable recipient for the award that she will receive on October 4th.

John Eberhart

Eberhart is a high school graduate of Little Falls. He pursued his advanced education at Moorhead State University where he earned his degree in Elementary Education and Physical Education in 1969. During his four years at Moorhead State, he was a member of the Dragon baseball team.

Upon graduation, he and his wife Merrilee moved to Pine City to begin a teaching career that eventually spanned a total of 34 years. He taught fifth grade for his entire career while coaching football, basketball and baseball in the junior high in his early years. In 1975 he became the head girls basketball coach until 1982. Along the way he got involved in a new girls tennis program. He served as boys head tennis coach from 1976 until 2001 and the girls tennis program from 1981 until 2002. During this era, the boys won 15 Rum River Conference titles and compiled a record of 291 ñ 110. The conference record was 120 -19. The boys won six consecutive section crowns with a best finish at state being 3rd place. He coached 35 individuals to the state meet with a best finish as runner-up.

Eberhart's girls teams had an overall record of 280-92 with a Rum River Conference record of 100-13. The girls had only three losses at home with all of them coming at the hands of Mike Premo's Foley teams. No other Rum River team ever beat the Dragons on their home courts. The girls won 15 conference titles, 12 sectional crowns with a 4th place best finish in the state meet. All told there were 51 girls entered in the state individual tourney with 3rd place as the best finish. The girls played in 20 sectional finals in the 22 years that Eberhart coached them.

A major factor in the Dragon success, according to John, have been assistant coaches, Rick Engelstad with the boys and Brenda Kloceki with the girls along with a long time friend and volunteer coach, Jerry Carlson with both boys and girls.

He was Tennis Coach of the Year four times with the boys program and once with the girls. The USTA also recognized him on several occasions earning COTY in 1990 and awarding him the very prestigious Frank Voight USTA Pro of the Year in 2002.

Pine City inducted him to their Hall of fame as did the Minnesota Tennis Coaches Association.

As President of the Boys Tennis Coaches Association and the Tennis Advisory Board, he was influential in bringing the boys and girls programs together into the MSHSCA.

He is a member of the 25 Year Club and a Life member of the MSHSCA.

He lists his coaching hi-lites as being able to coach both of his daughters and in 1982-83 being a head coach in three sports that were all ranked in the top ten in Minnesota.

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Scholarship Winners Say Thanks to MSHSCA

Chris Dens: I can not thank you enough for the support you are giving me. They say that money can't buy happiness, but it certainly can help as college gets rather expensive. I will be attending the University of Minnesota in the Twin Cities to major in biomedical engineering. In college, I will strive hard for success just as I have done in my sports. I have learned that hard work and perseverance can overcome almost any obstacle and these are exactly the tools that I will use in college.

John Dunlap: thank you very much for awarding me with you annual scholarship. I greatly appreciate you acknowledgement of my involvement in high school athletics and your generosity. The scholarship money will be of great use as I head off to Marquette University this fall. My athletic involvements in high school have helped prepare me for my future. The relationships, lessons, hardships, and success that I have experienced have taught me the importance and value of respect, teamwork, passion, self confidence and perseverance. Thanks again for the work, time dedication, and commitment you have devoted to the selection process.

Abigail Thomas: I would like to take this opportunity to thank you for awarding me the McDonalds/MSHSCA scholarship for 2008. I am looking forward to attending school at UMD. I plan to major in psychology and go on to medical school to become a psychiatrist. I have many years of school ahead of me appreciate your help to defray the cost.

Carrie Johnson: I want to truly thank you for your support of high school athletics and its student athletes. I'm very proud to receive this scholarship from an association that represents the very people that have had such a huge positive impact on my life. I appreciate it that you recognize the importance of athletics and the life skills they teach a student to make them a successful and well-rounded person. Athletics have played a huge part in shaping me into who I am I want to thank you for your continued support and promotion of all the benefits that athletics offers a student.

Alexander Thornton: Thank you for the scholarship that was awarded to me through the Minnesota State high School Coaches Association. It will definitely help me as I pursue excellence not only next year in college, but also in the future. I will continue to my athletic career by participating in both cross country and track and field.

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Kira Peterson: I am the recipient of the MSHSCA Gatorade scholarship. Thank you very much for funding this scholarship. I am from the small town of Two Harbors. With your financial help I will attend Whitman College in Walla Walla Washington. I pan to major in physics and participate in Nordic skiing and cross country running.

Zach Loppnow: Thank you so much for selecting me as a recipient of one of your scholarships. It really means a lot to me to be considered and selected for such a prestigious scholarship. Sports have taught me core life values such s teamwork, sportsmanship, and perseverance. These values will carry with me for the rest of my life. I signed to wrestle with the Minnesota Gophers next year, and your scholarship has helped make this dream a reality. I thank you for helping me to realize my dream.

Brianna Duff: I am Brianna Duff, a graduate of Anoka High School in Anoka. I would like to take this opportunity to thank you for awarding me the MSHSCA Past Presidents scholarship for 2008. The scholarship is helping make my college dream a reality. I am continuing my education at Bemidji State University this fall and will continue my soccer career as a beaver as well. I had the privilege of learning from a coach who thought of me not only as an athlete but as a young person with value. He encouraged me to be the best athlete I could be, but also the best person I could be. I thank him for having faith in me just as I thank all the coaches who made this scholarship possible. I am so grateful for their contribution.

Rachel Strobel: Thank you to everyone at the Minnesota State High School Coaches Association for selecting me as an alternate for the MSHSCA Scholarship. The money will of course be helpful to me as I start college at North Dakota State University.

Christopher Eichten: I would like to thank you for generosity in funding the McDonalds/MSHSCA scholarship. The Main goal I want to accomplish in my life is to be successful and have a stable life where money is not a big issue. In order to achieve this goal I must work as hard as I possibly can. I feel that one of my top attributes is my determination to strive for perfection in everything that I complete.

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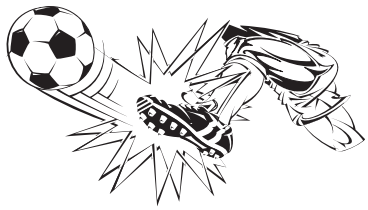

Ron Kruschwitz
North St. Paul Boys (retired)
Soccer Communications Officer

It has been nine months since we put all the soccer equipment in storage and now you are all back working with your team. We have all adjusted to the new rules for our sport and teams have been selected. As usual, we started our sports season with our annual clinic. The clinic at Hopkins was by all feedback a great success. Once again we can thank Greg Juba (Park of Cottage Grove Girls) for an outstanding MSHSSCA annual clinic. There were over 350 coaches in attendance. Charlie Cooke, Director- Coerver Coaching USA, did an outstanding job with his presentation. Thanks again to Head Coach Mikki Denny Wright and the University of Minnesota's women's soccer team for coming to our clinic. It is a great time for all of us when the U of M team is present. As most of you well know, the on-line rules interpretation is a new process this year. At the present time, the process seems to be going quite well.

We are asking all of the high school coaches to enter their schedule and roster on Minnesota Sports Online (www.minnesotasportsonline). The more coaches we have using Minnesota Sports Online, the better stats we will have throughout the state and for our organization.

There are many important dates you need to keep in mind. They are as follows:

Wednesday October 1. Final day to join our organization

Monday October 6 Final day to have Section Coach of the Year and Assistant Coach of the Year submitted.

Wednesday October 8 Date for teams to submit their Academic Awards forms via the Web Site. (mshssca.org)

Wednesday October 8 Date for all conference nominations for All State Teams and Ms/Mr. Soccer to be at Section Reps and appropriate coordinators. This includes the bio sheets found on the web.

Friday October 10 Coach of Year and Assistant Coach of the Year forms need entered.

Wednesday October 15 COY and ACOY awarded

Wednesday October 15 Coaching Recognition Award Deadline

Sunday October 19 State Tournament Banquet and General Membership Meeting

Wednesday November 5 Senior Classic in the Dome

Tuesday December 23 Mike Warter Memorial Senior Awards deadline. Forms may be submitted online on our website.

All of the above items and much more can be found on the website.

Crissy Makela (Mankato West Girls) and Len Woelfel (Mankato West Boys) are the co-chairs of the MSHSSCA Academic Awards. The MSHSSCA has adopted a new system for academic awards. The following information is an overview of the new standards.

Coaches will submit academic information online

GPA's will be accepted on a 4.00 or 4.33 scale. Any other GPA scales will be converted by the head coach prior to submission or by computer after submission.

Teams with a GPA of 3.75 to 4.00 will be awarded a gold plaque.(no max)

Teams with a GPA of 3.50 to 3.74 will be awarded a silver plaque(no max)

Coaches have already received individual certificates for the top GPAs on their individual team. They were in your coach's packet.

There will not be any Section of State Academic Champions under this system. The MSHSSCA changed the process to align with the NSCAA academic standards that are already in place. This will also promote more academic submissions and will eliminate concerns over weighted programs. It will also answer questions about all the other systems that schools use. In addition, tennis, football and swimming have switched to using similar standards. This system helps us to conform to the NCAA Awards system. Thanks to these two coaches for all of their help.

There are new criteria for the three other awards given to individuals involved in soccer. The MSHSSCA honors coaches for their achievement by inducting them into the Hall of Fame. There are guidelines for the selection of these outstanding people. The second honor is called the Distinguished Alumni Award. This honor is given to soccer players that have played in Minnesota during their high school career and made an outstanding contribution in a post-high school setting. The other main criteria are they have to be at least 10 years out of high school. The third award is called the Distinguished Service Award. This award to given in acknowledgement to a person who has distinguished him/herself through the dedication to the game of high school soccer in Minnesota. The committee that is responsible for these awards is called the Hall of Fame Committee and its chairperson is Bill Vance (Totino Grace Boys). Thanks for your effort Bill, in getting the qualifications for these awards updated.

There have been some modifications in the selection of the Top Ten during the season. The rankings will now be done by the section representatives. Each rep will vote for the Top Ten teams in their gender and Class. Please consult the website for further information regarding voting and how the process will be managed.

A reminder to all coaches about the state tournament hospitality room. The MSHSSCA hosts their members during the tournament in the Dome. The Baseball Press box is where you can come, have treats and chat with your friends. A reminder, you will need your Minnesota High School Coaches Association Membership card to gain entrance to the press box. During the state tournament a committee of coaches recommends players for All-Region and All-American honors. You need to be a member of the NSCAA to participate. That deadline is October 1.

The Puma-Soccer Express Senior Classic will be held in the dome on Wednesday November 5. Games will be at 6:00 and 8:00. Please continue to visit the website for any changes and the actual game schedule. We continue with the two year program of having Class A play Class AA All-State and All-State Honorable Mention teams. This format will be reviewed later in the fall. If you have any questions about the game, you can contact Chris Laird (Heritage Christian Boys) or Ron Kruschwitz (Classic Coordinator). I can be reached at prkru@comcast.net. Teams will be comprised of seniors from the All-State squad.

Each team will consist of 20 field players and 2 goalies. If there are positions open, they will be filled with seniors

. . . continues on page 29

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SMOOTH.FAST.NATURAL . . . continued from page 19

Giving the League recommendations, they tend to put their own spin on them to fit other agendas (keep it the same). Such is the case for the new format for the state meet, which will not have an individual portion this season. Rather, the final event of the season will be similar to the section race, but with additional individual qualifiers that don't have a chance or unlikely to finish on the front page. At least fifteen individuals from each section will compete in the two run format. You have to look out for what you ask for, because you might just get it. Of the proposals and recommendations presented by the Alpine Sports Advisory committee only one recommendation passed the League's approval and this recommendation did not have the unanimous support of coaches throughout the state. This author says good luck to the individuals that are also team members at the state meet. Since there is not longer an individual meet separate for the team competition student/athletes will find themselves in a difficult strategy to make a decision based on team success and individual results. The MSHSL has increased participation, but has done this only for individuals rather than teams. This is wrong.

If a qualify student/athlete can not attend the state meet that spot will remain vacant without a substitution procedure in place because the League's of decision makers don't understand and are unwilling to accept that some sports are different than football, basketball, and hockey. To extend the season past the state meet and/or to have contact for student athletes with their high school coaches will take a League bylaw change. It is my understanding the four Athletic Directors must support this concept to be considered by the League. I challenge any high school athletic director that is reading this column to talk with their own alpine skiing program director or members of the coaching staff which a few and far between… many schools still having openings for head and assistant coaching positions at the time of the writing of this column. Personally, I am feed-up with the arrogant and self-serving stance that has been the Leagues character and stance in reference to girls and boys alpine skiing. Bring the state meet to the south on a rotation basis, add teams to the state meet-not just individuals, increase the squad size to reflect the contribution of team alternates, managers, additional coaches, and provide for alternates to fill empty starts at the state meet.

Oh the reminder… Tim Conway of Minneapolis Alpine Ski Team was last season's Varsity Coach of the year and Tim Bockland of Burnsville was last season's Assistant Coach of the year.

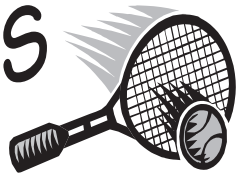
CORNER KICKS . . . continued from page 28

from the All-State Honorable Mention list.

If you are interested, the next meeting is Sept. 24, at 7: 00 p.m. at Bloomington Jefferson High School. If you have any questions you may contact either Pat Maicki (Woodbury Girls) our President or Dave Halgren our Executive Secretary. Check the website for email addresses for these two officers.

Time to quit. Best of luck to you and your team for the rest of the season. See you at the Dome. Remember, you have the greatest job in the world. You get to work with kids.

SERVICE ACES



Rick Engelstad
mshstca@mac.com

As you read this article, all of you that coach girls tennis are heading into the final half of the season. Time is flying by. Hopefully, you are having enjoyable seasons with a lot of great tennis play. Membership is the driving force for the tennis association, so it is important that you renew your membership. We need your help in recruiting more coaches, as well as assistant coaches, to join our association.

Be sure to keep your results and schedule updated on the MSHSL web page. If you do not have a code to enter the administration site, check with your athletic director.

We are searching for candidates from Class A who would be willing to serve as president-elect for two years and then become president for two additional years. It is a great opportunity to become more involved with our association and work with great people who have the desire to improve high school tennis.

Congratulation to Cory Thorson of Thief River Falls (Class A) and Mike Cartwright of Mounds View (Class AA) for being selected as the boys tennis coaches of the year from this past spring. Congratulations also to our assistant coaches of the year, Cindy Walz of Aitkin (Class A), and Jeff Fedor of Blaine, and Chuck Whalen of Brainerd (Class AA).

Mark your calendars. The 2009 MSHSTCA COACHES CLINIC will be March 6th and March 7th, 2009, at the Fred Wells Tennis and Learning Center. Registration forms will be put onto the web in the near future.

Remember to check out our website (www.mshsca.org/tennis). All forms need to be printed from our website (they will not be mailed). Rankings, clinic information, award forms, hall of fame criteria, and other important information are posted on the web.

DEADLINES:

Please keep our website bookmarked and check it often during your season. Please note the list of important dates at the top of the home page. Be sure to meet the deadlines for becoming a member, sending in academic forms, etc. so you and your team do not miss out on awards your athletes or you deserve. Your section rep should be forwarding you reminder e-mails, but you should not count on this. We need to abide by the deadlines we set to have accurate membership lists, so awards can get ordered in a timely manner.

MSHSTCA IMPORTANT DATES

Deadline for becoming MSHSTCA Member (girls tennis) 10/3/08

Give input for team and individual rankings.

Ongoing Deadline: Academic Award Team & Individual Applications 10/3/08

2008 Girls State Tournament Banquet TBD

Girls State Coach of the Year On-line Voting (Members only) 10/26/07-11/2/08

Nomination deadline for MSHSTCA Hall of Fame 11/1/08

RANKINGS

Please let your section rep know of outstanding individuals and teams in your area, so we can get rankings published weekly. Thanks to Dave Gunderson and Tom Gillman for compiling the rankings for the girl's season. You can contact either with emails located below.

Class A: Dave Gunderson, dgunderson@mchsi.com or dgunderson@virginia.k12.mn.us and Class AA: Tom Gillman, gillmatm@uwec.edu

Have a great year on and off the court.

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

Over Hill and Dale

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

Greetings cross country coaches! I will be serving as your association president for the next two years and I look forward to this opportunity. Jon Wagner has done an outstanding job as our association president during the past two years and if you haven't had a chance to thank him for his efforts, please be sure to do so when you see him during the season.

The 2008 cross country season got off to a good start with our coaches clinic at Wayzata High School on August 5th. We greatly thank Kevin Moorhead from Champlin Park for all of his work in organizing the clinic. Thanks to Bill Miles for arranging the facilities for us to use at Wayzata High School. There were many great sessions and speakers at the clinic which included Bill Miles on championship peak performance, a demonstration on core strength exercises, Dennis Barker of Augsburg College discussing distance training theory, a panel discussion with Minnesota class of 2007 athletes, a discussion on nutrition and Gary Wilson from the U of M discussing meet preparation and strategy. The State Coach of the Year, Assistant Coach of the Year, Section Coaches of the Year and Hall of Fame awards were presented during the coaches meeting. Congratulations to all of our honorees and the fine work they do coaching our youth. State Coaches of the Year for 2007 are:

Class A Girls Coach of the Year: Mark Abraham of La Crescent High School

Class A Boys Coach of the Year: Jerry Zimny of Esko High School

Class A Assistant Coach of the Year: Tim Lindquist of Esko High School

Class AA Girls Coach of the Year: Neil Kruse of Centennial High School

Class AA Boys Coach of the Year: Chris Harder of Rosemount High School

Class AA Assistant Coach of the Year: Carl Schirmer of Brainerd High School

Our Hall of Fame inductees are Gail Grieme of Monticello High School. Joe Tamillo, retired coach from White Bear Lake High School and Dick Davidson, retired coach from Murray County Central High School. I have included a brief biography of each inductee.

Gail Grieme

Monticello High School

Gail has been coaching girls' cross country and track at Monticello High School for 23 years. During that time the girls' cross country program has experienced much success. Gail's teams have competed in the class AA girls' state meet seven times in 1986, 1987, 1988, 1989, 1990, 1993 and 1997. The best team finish was 5th in 1987. Gail's teams have won nine conference titles during her tenure and have had a total of 17 top three finishes. Gail has coached 3 different all-state runners for a total of seven all-state awards. Leah Wurm was her top finisher at the state meet with a runner-up finish in the 2000 meet. She has coached a total of 52 all-conference athletes, several of them earning the honor multiple times. Seven of these athletes were conference champions. Gail has been a member of the Minnesota Cross Country Coaches Association since she began coaching. She has served on many different committees over the years among them being a section representative in the 1990's, Coach of the Year committee member since 1991, speaker at our clinic, member of the state girls' cross country advisory committee, and academic rep. Gail was named the Minnesota State Coach of the Year in 1990 and has been Section Coach of the Year 3 times. Gail competed in track during her high school years at Murray County Central and ran cross country and track at Moorhead State University where she was a 2 time division II All-American in track as part of the 4 x 800m relay team that won a national title in 1982. Gail was nominated by Hall of Fame member Denny Ranta of Plainview. Denny's nomination letter strongly emphasizes Gail's dedication and commitment to the sport of Cross Country. She devotes countless hours and energy to her coaching and the development of young women.

Joe Tamillo

White Bear Lake

Coach Tamillo is one of several dynamic individuals who have led the cross country program at White Bear Lake High School during the past several decades. Joe is the 4th coach from White Bear Lake High School to be inducted into the Minnesota Cross Country Coaches Hall of Fame. He joins former White Bear Lake coaches Wayne Slocum, Don Glover and Lyle Helke. Joe began teaching at White Bear Lake in 1962. His first coaching assignment there was assistant football coach. He became the head boys' cross country coach in 1967 after the unexpected death of Coach Wayne Slocum. Joe also coached the girls' team from 1974 to 1984. His cross country teams made seven consecutive state meet appearances in 1967-1973. During that time his teams finished as runners-up three times and never finished lower than 6th place. His first team in 1967 finished second place at the state meet only one point behind Austin. Joe was the debate coach, served as president of the local theatre and is a poet. He became a student of the sport of distance running, read the book The Long Green Line by Joe Newton and researched many articles on distance running and nutrition. Joe coached many successful individuals among them Dennis Fee who was the holder of the all-time Minnesota high school record for the 2 mile. He coached numerous top 20 finishers in the state high school cross country meet including Ron Watters (state champion), Mike Engh, Dennis Fee, Joe Schmura, John Woodbury, Craig Wilson, and Doug Lemay. Joe has coached state champions and numerous top five finishers in the state high school track meet distance events. Joe has been very active in athletics, theatre, military and community events during his life. His biography is extensive. He retired from teaching in 1985 after teaching and coaching for 35 years. His career as an English teacher and coach included positions at Cario, Georgia High School, Greenway High School in Coleraine, Head Football Coach at Itasca Junior College and White

. . . continues on page 31

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Bear Lake beginning in 1962. Coach Tamillo is a big motivator and experienced much success in everything he did in athletics, military experience, community involvement, theatre, teaching, coaching and his post retirement real estate sales. Joe was nominated by Craig Wilson and several of his former athletes.

Richard Davidson
Murray County Central

Coach Davidson has coached boys and girls cross country and track at Murray Country Central High School in Slayton for 34 years. During his coaching tenure, Coach Davidson's teams were very successful. His boys' teams competed in the state cross country meet nine times with the best finish being second place in 1975. Dick coached two-time state individual class A cross country champion Mark Zinnel in 1976 and 1977. His girls' teams have competed in the state meet on six different occasions with the best finish being second place in 1995. Dick has been named State Coach of the Year three different times. He was Coach of the Year in Boys Track in 1986, Boys' Cross Country in 1989 and Girls' Cross Country in 1995. He has also been named Section Cross Country Coach of the Year 8 times and Section Track Coach of the Year six times. Dick's track teams have won 11 conference titles, nine district and subsection championships and five section championships. His track teams have placed third at the state meet in 1987, 1991, 1993, 1994 and 1998. Several of Dick's former athletes competed at the collegiate level. Dick was nominated by one of his former student/athletes Gail Grieme who is also a 2007 Cross Country Coaches Association Hall of Fame inductee. Gail had many favorable comments about Dick. He is very dedicated to his teaching and coaching and works hard to be a positive influence on the development of the young people he works with.

During our coaches meeting at the clinic, the three class proposal was discussed. Please send your comments and questions to Jon Wagner or me in the near future as we will present this proposal and another one for additional medals at the state meet to the MSHSL in early November. Our association also needs a vice-president. Please contact me if you are interested in this position. The vice-president is a two year term which follows with a two year term as association president. If you happen to see me at any meets this fall, please feel free to discuss these things with me. Our advisory committee will be meeting with Lisa Lissimore of the MSHSL on September 18th. Please contact me if there are any issues we need to discuss at this meeting. Jeff Schmidt our secretary will send out an updated list of Who's Who in our association later this fall.

Hopefully your seasons are off to a good start. It seems as though there are more kids out for the sport of cross country this year. My team has grown to over 50 boys and John Long owner of Marathon Sports told me he has seen an increase in the size of teams that visit his store. I'm looking forward to another enjoyable season with nice weather. Good luck with your season and I hope you can make the sport of cross country a great experience for all of your kids.

MSHSL BOARD OF DIRECTORS REPORT

Board of Director's Meeting June 9, 2008

By: John Schumacher, Park Rapids Area H.S.

The final meeting of the Board of Directors for the 2007-2008 school year was a time to greet new members of the Board. Mindy Sparby will be representing girls' sports and will do an admirable job. In all, there are eight new members on the board as six members were finishing their four year term and two members had to depart early due to job or position changes.

The first order of business was to elect officers for next year. They are President Mark Kuisle from Rochester Century, Vice President Jeff Whisler from Mahtomedi, and Treasurer Steve Niklaus from Annandale. These individuals will represent do an outstanding job in these leadership roles.

Winter Advisory Committee Recommendations were considered. Alpine Skiing received approval for a modification of the state meet to eliminate on run and combine the team and individual events into one race. This will allow a full field of boys and girls to participate in the state meet. The Nordic Ski meet changed their roster size to seven skiers plus two alternates. This is consistent with cross country running and received approval. Wrestling and hockey submitted requests to increase squad size by adding alternates or additional roster spots. Both of these requests were denied. The Dance Advisory committee requested a limit to squad size as is standard practice for all other sports. The BOD modified their request and approved a minimum size of five and a maximum size of 34. Region input indicated and board members agreed that it was important that all classes have the same size and so modified the original request to do that. The dance team request to change the section tournament format for qualifying for the state meet was denied. Insufficient number of judges and increased travel expenses were two of the discussion points. The request was denied. The debate proposal to go from six sections to four sections and adjust the team qualifying standards accordingly was approved.

The board tabled a discussion on the proposed Gender Identity and Expression Policy. The Sports Medicine Advisory Committee and legal counsel will provide more input on the issue.

The Awards Committee recommended the existing vendor, ESCO, with the elimination of state participation plaques for one year. Section trophies will now indicate Section Champion and State Participant. This was approved by the board. The Awards Committee will

The meeting concluded with recognition of outgoing board members.

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

CHIP SHOTS

By: Todd Petterson
Red Wing H.S.

I hope the summer finds you refreshed and ready for another school year and I also hope you had a summer of hitting it long and straight.

Last season, for the first time, we had three classes in high school golf. The advisory board met soon after the State tournaments to discuss the tournaments while they were fresh in the minds of all. We discussed the tourneys and had additional input from others who were at each site. We hope to make the tournaments even better this spring by "tweaking" where needed. Many topics were discussed about the tournaments and I believe all topics were covered but if you have concerns or suggestions for next springs events let me know and the proper contacts will be made.

The discussed items at the June 22nd advisory board meeting included the weather (of course), academic ratings and stroke ratings, the banquets, coaching on the course, individual fall golf tournaments, fall golf, a split golf season, and discussion of a one week later state tournament which would coincide with the state baseball tourney week (not happening this spring—this was also discussed at the board of directors meeting in June as well-see the MSHSL.ORG website), .

At the meeting we went around the table and drew the names of eight programs which received a check for $500.00 from Birdie Marketing-the golf fundraiser. Remember your program needs to sell only 25 cards and you must be a member of the coaches association for the current year in order to get your name into the drawing. Birdie Marketing is the golf card the Golf Coaches Assn endorses—there are other golf cards, but this one benefits our programs and association and I hope we continue to support it. Also, the odds are pretty good in having your name drawn.

A congratulation goes out to the coaches of the year for 2008:

CLASS A
Boys - Roger Erickson, Lake of the Woods
Girls - tie Marsha Johnson, Ada Borup/Norman County West and Steve Tax, Osakis
Assistant – Terry Schoenborn, Mahnomen

CLASS AA
Boys- Bob Gorden, Detroit Lakes
Girls- Peggy Falk, Minnewaska
No Assistant

CLASS AAA
Boys- John Buck, Forrest Lake
Girls- Dave Harris, Alexandria
Assistant- Bob Gesell, Brainerd

A special congratulation goes out to all of the individuals and the teams which won the academic awards. There always seems to be many individual academic champions and there always seems to be discussion on how to recognize them. Any ideas?

At the meeting we discussed the idea of starting an award for either individuals who have given or golf courses which have given to high school golf. If you have ideas on this let me know and we will see where this idea goes in the next few years.

A special thank you goes out to Kerry Bidle of Virginia for figuring the stroke averages of the top players and another thank you goes to Steve Heslop of Pequot Lakes for figuring the academic champions. They work very hard at the busy time of the season trying to get the information to the people in charge of the golf banquets. Also, thank yous are in order for Rich Aulie of Crosby Ironton, Mike Frankenfield of Shattuck, St. Marys and Tim Kallevig of Park Center for all of the hard work in getting the three state tournament banquets together. There is a time commitment, meetings and preparation which goes into pulling these off. Last, a thank you is in order to Glen Hasselberg for the past two years as president and to the past advisory board members. You have been in good hands. I am looking forward to working with both the new board members as well as the members which are carryovers.

Last, I would like to encourage you to join the coaches association earlier in the school year. Last year I tried to use broadcast emails to reach the members. For example, It always seems to take more time to make changes in golf at the state level—whether the topic is coaching on the course, fall golf, change to three classes, etc. If we were able to communicate faster maybe we could shorten up the time it takes to make these changes. I have set up a separate email address which I will be using to communicate with coaches it is -as in Minnesota high school golfer. We could use broadcast emails to reach members and start a dialog on many topics-(especially this year since we do not have the rules meetings). We could use it to ask questions of other members like—how do you start-up a spring trip, how do you do qualifying or we could use it for questions like what are your thouhgts on fall golf, coaching on the course, etc. Let me know of ideas on topics and we can see if it works—for example maybe the golf card should be sold at the holiday time and used as a gift.

Again congrats to all award winners, a thank you to all who have helped out. Remember all awards are given to members of the Golf Coaches Assn—so join early and get your forms in on time, and start using the email of mnhsgolfer@charter.net.

I would like to thank everyone who has preceded me in this capacity, and I hope together we continue to grow high school golf in Minnesota over the next two years. Anyone missed in the thank you's will be acknowledged in the emails coming in the next few months.

MSHSCA FALL DELEGATE ASSEMBLY TO CONVENE ON OCTOBER 4

The fall delegate assembly of the MSHSCA will convene at 9:00 a.m. on Saturday October 4, 2008 at the Sheraton West Minneapolis The meeting will be called to order by President Dave Johnson from Duluth Marshall School. This will be our second year at this hotel facility located at 12201 Ridgedale Drive in Minnetonka.

We are asking all delegates to survey their constituents regarding their views on the current summer waiver of coaches as well as their views regarding changes in the summer waiver for coaches.

Other Agenda items will inclue:

Report form Dave Stead, Executive Director – MSHSL. Dave will be available for questions during this time.

Report from MSHSL board of director representatives John Schumacher and Mindy Sparby.

Review of changes in Academic Recognition program.

Review of Presidents project and President Elect project.

Discussion on Delegate reprsentaion.

Special address by guest speaker addressing coaching issues.

Lunch provided by MSHSCA

The Executive Board of the MSHSCA would like to strongly encourage every delegate to be in attendance. We need your input on future changes that will effect all coaches. If you cannot attend please find a substitute and let the MSHSCA office know you intentions. Thank you for your time and commitment to your leadership role in the MSHSCA.

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Coaches Holiday Party

Saturday, December 6, 2008

Social Hour: 10AM-11AM – Brunch Grand Buffet: 11AM
Edinburgh Golf Course – Brooklyn Park, MN
8700 Edinbrook Crossing

Each club member is encouraged to bring a friend!

Thank You to the first Holiday Party of the year!
Don L. Swanson Ron Scott Bob Collison

SPECIAL WELCOME to the first year members!
Dick Walker Dave Nigon Chuck Elias

Let's double our attendance and have a super time!
Jim Dotseth Wayne Dietz Gerhardt Meidt

DOOR PRIZE DONATIONS APPRECIATED! *25 Year Awards to be presented at the brunch!*

Coaches Holiday Party Registration

PLEASE RSVP BY NOVEMBER 28, 2008

_____# attending x $20/person = $_____check amount
Contact Name _____
Phone No. (_____) _____
H: (763) 533-9083 Fax: (763) 533-9083

MAIL RESERVATIONS & CHECK TO:
Don L Swanson
4222 Chowen Avenue North
Robbinsdale, MN 55422

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION, INC.

CODE OF ETHICS ----------
As a professional educator, I will...

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

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

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

dugout chatter

By: Bruce Davis
Montgomery-Longdale High School

Congratulations to the 2008 State Championship teams and coaches from Class A Wabasso, coached by Chad Olson, the Class AA Champion St. Anthony coached by Troy Urdahl, Class AAA Champion Coon Rapids coached by Jerry Coe. The players and coaches from these teams will always have great memories from their 2008 High School Baseball Seasons!

The 2008 Minnesota High School Coaches Clinic is scheduled for October 24, 25, and 26. The site will be the Four Points Sheraton, 1330 Industrial Blvd., Minneapolis, MN. John Wilkens has put together another great clinic for the Coaches Association and we hope to see many coaches attend this great weekend! Early registration is appreciated and helpful. Bring your entire staff! Make checks payable to John Wilkens-MBC, P.O. Box 203, St. Michael, MN 55376.

The 2008 High School Baseball Hall of Fame Inductees are:

Doug Darnell	Brooklyn Center
Al Gisvold	Springfield
Bill Kroschel	Park of Cottage Grove
Norb Pastir	Roseau
Howard Schmidtke	St. James
Ned Thompson	Totino-Grace
Dick Traen	Delano
Duane Welch	Hopkins

Congratulations to these special men! They are all very deserving individuals who have done a great deal for High School Baseball in Minnesota.

Congratulations to the 2008 Coaches of the Year!!

Class AAA	Jerry Coe	Coon Rapids
Class AA	Troy Urdahl	St. Anthony
Class A	Chad Olson	Wabasso

Congratulations to the 2008 Assistant Coaches of the year

Al Shultz	NRHEG
Scott Bergman	Sauk Centre

Dick Siebert Award winner for 2008 is Dave Wendlant from McLeod West. The Dick Siebert Award recognizes a coach who has given a great deal to Minnesota High School Baseball.

The Angelo Giuliani Award winner for 2008 is Mike Larson. The Angelo Giuliani Award recognizes someone who has promoted High School Baseball. Mike works for the Major League Scouting Bureau.

The Jim Dimmick retired coaches award for 2008 goes to Pete Cheeley from St. John's Prep and Brian Kispert from Richfield.

Congratulation to Joe Schleper Stadium in Shakopee for being chosen the 2008 Field of the Year.

The 2008 Lion's All Star Games were a huge success again this summer. Coaches for the four teams were the following: South-Ethan Anderson-Mankato West, Jon Yusten-Zumbrota-Mazeppa, and Rick Zollner-Pipestone. Metro East- Tony Cicalello-St. Thomas Academy, Brian McCarthy-Como Park, and Jeff Wegner-White Bear Lake. Metro West- Jeff Olson-Delano, Jim Page-Academy of Holy Angels, and Mick Scholl-Burnsville. North- Tim Provinzino-Chisholm, Todd Smrekar-Cambridge-Isanti, Tracey Wensloff-Roseau.

"Sports creates a bond between contemporaries that lasts a lifetime. It also gives your life structure, discipline and a genuine, sincere, pure fulfillment that few other areas of endeavor provide."

- Bob Cousy

Softball... A Five Star Sport

By: Shelly Hotzler
Jackson County Central

Welcome back to another school year. Hard to believe how the summers fly by. Congratulations to our '08 State Champions- Eagan, Orono and New Life Academy of Woodbury. The All-Star Series was moved back to Mankato this year and was a great success. I heard many good comment from athletes and parents.

We had our 5th Annual Summer Softball Summit at the end of July. We met in St. Cloud at St. Cloud Cathedral- Thanks Jamie for setting that up. We had twenty of your colleagues from around the state in attendance, it was a great turn out!! Many things were discussed including the games that were cut from the State Tournament. Other things discussed were the All-Star Series and its success being back in Mankato, 43' Pitching distance, Fences at all varsity games and our Annual Clinic. If you would like more info on the meeting just send me and email.

Last we are in need of nominations for Hall of Fame. We need athletes, coaches and officials. You can find all nomination forms on our website www.mnhssca.org .

Thanks and have a great year!!

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2008 Minnesota Baseball Coaches Clinic

Co-Sponsored by the Minnesota High School Coaches Association

October 24, 2008	Friday	Registration from 4:30-5:30	❑ Session I starts at 5:30
October 25, 2008	Saturday	Registration continues at 7:30am	❑ High School Coaches Meeting at 8:00am ❑ Session 4 starts at 9:45 with other sessions following
October 26, 2008	Sunday		❑ 9:15am – 12:00pm

SITE:
Four Points Sheraton
1330 Industrial Blvd
Minneapolis, MN
Phone (612) 331-1900
Toll Free (800) 325-3535

SPEAKERS: ***Confirmed
- ❑ Keith Madison Former Head Coach University of Kentucky***
- ❑ John Kuehl Former minor league player/manager- Baseball/Psychology***
- ❑ Kevin Tapani Former Minnesota Twins pitcher ***
- ❑ Al Newman Ron Coomer
- ❑ Ron Gardenhire Minnesota Twins
- ❑ Others to be announced

Cost of the Clinic: $60 Pre-Registration (received by October 20, 2008)
Only clinic in nation where everyone gets a door prize. No confirmation will be sent back to you.
$70 at the door

Hotel Rooms: You must make your own reservations and make sure you mention the baseball clinic and special room rate. A single or double room will run $85plus tax. Make reservations by October 9 , 2008. Requests will be accepted on space availability and room rate availability. ***

Clinic Features: Coaches handouts-on website MSHSBCA.org; free soda product; door prizes . Free Reebok Pullover ($40 value); exhibitors; clinic notebook; FCA breakfast to those who sign-up; social hour on Friday after last session (beverage and chips); and free parking. Clinic schedule available Oct 1 on MSHSBCA.org.

Reebok Pullover: Circle M L XL XXL XXXL

**** Your early registration is appreciated and helpful. Bring your staff with you. ****

2008 Minnesota Baseball Coaches Clinic

Please fill out and mail in with your payment

Name:_____ Phone (Home):_____

School or Organization:_____

Home Address & Email address (both)_____

Make checks payable to MSHSBCA ($60 Pre-Registration or $70 at door).

Mail the checks to: John Wilkens • P.O. Box 203, St. Michael, MN 55376.

Pullover Size? _____ Shoe Size _____ Door Prize?

Do you plan on attending the FCA Breakfast on Sunday morning (Oct. 26) at 7:30 AM? We have to pay for all meals ordered. Coaches who would like to bring wives or children may do so. Just include that number at bottom of the sheet.

Do you plan on attending the FCA Breakfast? Yes_____ No_____

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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: _____

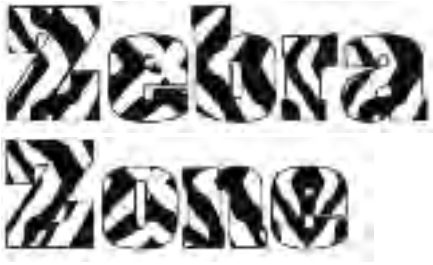
_____

Nominating Person _____

Address _____

_____

Phone ( ) _____



By: Terry Eiter
Detroit Lakes

So Ya Wanna Be a Ref?

Most people don't have to take much time to process their answer to that question. Usually it is something like, "You've got to be kidding me, you think I'm nuts or something?" For those that are analytical it may be more like, "Let me ponder that thought. You want me to invest more money in uniforms and materials than I'm going to make in a season, give up time away from my family, attend clinics and trainings that I am NOT paid for, dress in an awkward looking get up, be chastised throughout the evening, drive my vehicle all over the country side and be reimbursed very little for it, AND do it all at a high level of professionalism and scrutiny?" And we have a shortage of officials – hard to believe, huh?

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

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

Even prior to declaring, "Yes, I'm in!" one should go through process of careful consideration. There are some questions to ask yourself to see if you want to commit to officiate – it doesn't matter which season or sport it is, but you should put some thought into it. Too often, individuals don't consider everything prior to stepping forward and find out it's extremely different than their expectations. It's also possible that they just didn't

. . . continues on page 37

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know what questions to ask about getting involved. If you are considering becoming an official here are some questions to ask yourself. Purposely, there are not any answers for several reasons. If you are going to be an official you will soon find out that you have to dig to find the answer some times – whether it is from a colleague or in a rules book or case book – it is work and often times has no easy answers. If the "easy answer" is your forte, you may not want to read on. So, how do you "find" the answer to these questions? Be resourceful – visit with current officials in your area, go on-line and research the profession, and do not forget to visit with your spouse or significant other, your children, your boss, the folks at the local watering-hole, whomever might be affected by your decision. Again, visit with current officials and get their input. – they have been though the wringer already and provide great information.

What qualities or traits should I have as an official?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

OFFICIALS TO BE RECOGNIZED AT OCTOBER AWARDS BANQUET

What would happen if athletic contests did not include registered officials? It is an easy answer. There would be chaos. Officials are too often maligned rather than be appreciated.

The MSHSCA and the member coaches realize the importance of having men and women who take time to become and serve as registered. As a small recognition for all that officials do, the MSHSCA, on a yearly basis recognizes a few of them with a plaque in appreciation of the many years that has been spent helping prep sports contest run smoothly.

During the October 4th Hall of Fame Awards Banquet four Minnesota officials will be presented with a Distinguished Service Award. The award becomes part of a multitude of recognition for coaches and officials during the evening.

This year four officials will be recognized. They include Jack Boomgarden (Luverne), Charlie Johnson (Hitterdal), ìBuzzî Olson (East Grand Forks) and Pat Whalen (New Brighton.)

Boomgarden has been an official in a number of sports for a total of 62 years. He continues to be a softball official in southern Minnesota. Wow! Enough said

Johnson is a veteran official of 30 + years. He has officiated in the sports of Volleyball, Football, Basketball, Baseball and Softball over the years. He also is involved in the training of young officials.

Olson has served as a Hockey official for 30 years in both boys and more recently girls hockey. He continues to give back by heading clinics, camps and seminars.

Whalen has been mainly a football and basketball official for a quarter of a century. He has worked eight state Girls Basketball tournaments and worked the Prep Bowl 5A championship game.

The MSHSCA continues to look for nominations of deserving officials. Individual coaches and sport associations are urged to use the form found in each issue of The MN Prep Coach and send them to John Schumacher in Park Rapids.

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Delegates Corner

By: Dave Johnson
The Marshall School (Duluth)

As we open the 2008-2009 school year, I know I speak for the officers of the MSHSCA in welcoming all members. We are beginning our 2nd year as a unified coaches association. Again I know I speak for the executive committee, we are most pleased with our current unification. We will be approaching 9000 members when 2008-2009 school year concludes in June 2009. Our voice is stronger than ever.

I, as well as other members of the executive committee, have a concern that I would like to address. We need to improve our delegate representation. We have two delegate assembly meetings per year. Delegates were originally selected by the district coaches association. That system worked well in the early 1980's. However, the last 20 years, this has not been the case. The reason, as most of us know, is the continuous changing of classes and sections by member schools. We are currently working on a system that hopefully will be serviceable well into the future. We have tried some "ideas" over the last 10 to 15 years. With between 8000 to 9000 members, We need solid, consistent representation by delegates.

We want delegates who are committed and can carry concerns from their constituents to the MSHSCA. We want delegates who can relay communications from the MSHSCA back to the membership. The MSHSCA and Dave Stead of the MSHSL have nurtured an outstanding working relationship in recent years. In my opinion, with our expanding membership and very positive relationship with the MSHSL, we need to solidify our delegate representation. We want to insure our vibrancy well into the future.

If you are willing to be part of the MSHSCA as a delegate, or if you have ideas on how to attract a variety of delegates to represent our membership, please contact John Erickson or myself. We need to represent coaches of both female and male athletes. We need to represent both large and small schools. We need to represent all geographical area of Minnesota.

I thank you in advance for any insight you can provide.

CANBY'S MILO LARSON TO RECEIVE KERZIE AWARD

Milo Larson of Canby has been selected to receive the Steve Kerzie Award. The presentation will be part of the Annual Hall of Fame Awards Banquet that will take place on October 4th.

Steve Kerzie of Gilbert, now Eveleth-Gilbert HS, was a long time delegate to the Minnesota State High School Coaches Association. His attendance at scheduled meetings was phenomenal as he was like the Postal Service. Neither rain, sleet, ice or snow prevented Steve from being in attendance. His loyalty to the MSHSCA. His loyalty to Minnesota sports was unquestionable.

Milo Larson was asked to fill a vacated position in his sub-section a number of years ago and readily accepted the assignment. Since that time his attendance has masked that of Kerzie's as he faithfully attends Delegate Meetings and carries out the assignments and responsibilities that go with the position.

People wishing to join Larson on the evening of the presentation can refer to a separate article in this issue of The MN Prep Coach for site, times and how to obtain tickets.

IN MEMORIAM

Minnesota Loses Two Significant Contributors to Prep Sports

During the month of August, within a short span of time, Minnesota lost two powerful figures in prep sports.

Tom Mahoney of Fairmont and Dave Hylla of Proctor passed away within a few days of each other .

Mahoney who was 81 had just returned home from a long siege in a Twin Cities hospital following a severe heart attack.

Hylla who was 58 years old died unexpectedly at his home from an apparent heart attack.

Both were Past Presidents of the Minnesota State High School Coaches Association and received numerous honors including the George Haun Award given to coaches who contribute heavily to the welfare of the association. They also were highly honored in the sport of football having received numerous awards during their careers. Both were genuine leaders in all aspects of prep sport activities.

Tom Mahoney was one of the leaders in football coaching wins in Minnesota state history. In 38 seasons ñ five at Lake City and 33 at Fairmont - his teams compiled a record of 256-94-8 which places him 13th on the all time victory list.

Mahoney was a graduate of Minneapolis Edison and played for the very talented Minnesota Gophers teams of the late 1940's.

He helped with two significant items for Minnesota prep football. He helped develop the existing playoff system and helped revive the All Star game which is played every summer.

Hylla, a native of Holdingford MN, was in preparation to begin his 28 season as head coach of the Proctor Rails. It was to have been his final season with retirement scheduled after this current school year. He spent five years in Hallock prior to his arrival at Proctor.

The Rails were highly successful under Hylla's tutelage compiling a 196-78 log during his tenure. This, of course, included numerous conference titles and four trips to the state tournament.

During the past two years, the Rails were undefeated in the regular season capped by Section 7AAA titles.

Both of these men will be sorely missed and will be long remembered for their significant contributions to Minnesota prep sports.

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"Forget the idea of doing the course at your convenience or other privileges a video course provides. The benefit of the video course for me was the fact that I kept rewinding for enjoyment and inspiration rather than assignment completion. Each video impacts you in the classroom, on the field, and life in general. When was the last time you asked your graduate instructor to repeat the last 45 minutes? This was the first graduate course I have ever taken that disappointment set in upon its completion."
John Gunderson, Center City, MN

"Entering into my 21st year in the teaching profession, I was absolutely thrilled by the pertinent information that was taught in this course. Whether it is in the classroom or on the court, the ideas presented will be a benefit to everyone that I come in contact with in the years to come. This was a very worthwhile endeavor and a great use of my time off this summer! I look forward to the next course!"
Julie Dreier, New Ulm, MN

"Teaching to Impact Lives was very inspirational to me and was one of the best classes that I have taken. It gave me a new positive outlook on my career and helped me create new ideas for practices, games and also in my classroom. This course, as well as the other video courses, are probably the most practical courses that I have taken and have provided me with ideas that I can use immediately no matter what profession I am doing at the time. As a teacher, a coach, and as a father I plan on using the ideas from this course in many years to come. I highly recommend this course to all educators so they too will gain the positive inspiration that I received and will also be reminded as to why we all got into teaching/coaching – TO IMPACT THE LIVES OF OUR YOUTH."
Dawn Sagedahl, Olivia, MN

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Secretary-Treasurer
Terry Turek
Le Sueur-Henderson High School

Goal Posts

The 2008 high school football season is up and running and I would like to wish everyone a successful and a healthy season.

The new MFCA President is Shannon Gerrety of Blaine who has had great success on the football field, and has been very active in the MFCA in the past. Shannnon has taken on several MHSFCA tasks and other duties and we look forward to this leadership.

Ron Stolski of Brainerd continues as the association's Executive Director. Ron has been very busy with corporate sponsorships programs and various other endeavors. The Exectutive Committee has also been busy conducting various tasks that will benefit the association.

The MFCA has experienced changes recently both positive and negative. The passing of Tom Mahoney has been noted in many publications as he was one of the ìfounding fathersî of the association. Tom had a long, and successful career and was active in the organization even through most of the spring and summer. His integrity and dedication will be missed, but will also be a model for many of us to emulate. And the sudden death of Dave Hylla of Proctor has left a literal hole in the association that will be hard to fill. Dave was a dedicated member who took on various duties and literally rewrote the association's constitution.

One of the main positive changes has been the solid financial situation of the MFCA. The association was able to award four scholarships to very worthy high school football players. Will Wackman has chaired this committee and the MFCA looks to expand this program, provided the finances are available. The Camp Outreach program, under Wayne Petermeier, and with the sponsorship of the Minnesota Vikings, has continued and several schools were able to take advantage of this beneficial program. Due to the growth and added c omplexity of the association the duties of the officers has expanded as well. I will continue with the MFCA as the Director of Publications and Jim Dotseth will take on the duties of Secretary-Treasurer. Jim has been a very active member of the MFCA for many years we're looking forward to being able to use his expertise. Contact information for Jim is listed below.

Please remember to take advantage of the MSHSCA registration form and encourage your fellow coaches to do likewise. The deadline for membership applications is Oct. 1, 2008. Also, coaches are reminded to be sure to complete Academic All State forms for this season's football teams and individuals. The Academic awards have been revised this year, so coaches should consult their coach's magazine for the changes. It is a great way to recognize athletic and student achievement. Check the summer magazine for names and addresses of the class representatives.

Flint Motschenbacher of Detroit Lakes has expanded our e-mail capabilities, but

. . . continues on page 41

2009 MINNESOTA FOOTBALL COACHES CLINIC

www.mnfootballcoaches.com

The Official Clinic of our MFCA in partnership with the University of Minnesota and the Minnesota Vikings

If you can attend just one clinic, this is the one!! Don't miss it!!
DoubleTree Hotel in St. Louis Park

APRIL 2-4, 2009

FEATURED IN 2009
Partnership with the Coach Brewster and staff
(some breakout sessions at the Bierman complex)
More Speakers & Breakouts
AWARDS!
Tailgate Party!

CLINIC STAFF
Don Swanson, Clinic Director (763) 533-9083
Ron Stolski, MFCA Exec. Director stolski@yahoo.com
Dave Nigon, Booths & Display dlnigon@yahoo.com
Claud Allaire, Schedule & Speakers claud.allaire@comcast.net
Jim Dotseth, Registration & Finances dotsethj@comcast.net

MFCA – "the keepers of the game"

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we would like to include more members. Please feel free to send me your e-mail address, or connect to the MSHSCA website, www.mshsca.org, and be sure that your information is there and correct. You can navigate to the football section by clicking on ìSport Associationsî and then click on ìFootballî. As most of us are realizing, e-mail is great way to get information quickly. Be sure to check my new email address below.

The main event of the summer for the association was once again the Minnesota High School All Star game, managed by Dave Fritze. St. Cloud State University continues to supply a great venue for the game. The coaches did a great job and the players had a very positve experience. And once again Gustavus Adolphus College did a great job of hosting the practices.

The fall meeting for the Football Coaches Association will be at the University of Minnesota football complex. Please look for a notice pertaining to any change. And remember, meetings are open to any and all members of the association. Last spring's meeting was well attended and made a good impression on longtime members.

The annual football magazine should be ìin your handsî, if you were a paid member for last year. There has been an early postive response to an upgrade in the publication and we hope that you enjoy the information presented. Please contact me if you, or someone you know, were supposed to receive a magazine and did not. There are ìextraî copies that can be sent at a later date.

Any and all coaches should feel free to contact me with any questions and/or concerns. We need to hear from members in order to make our association a strong and viable organization. Any member may contact me through my school address:

Terry Turek
901 E. Ferry St.
Le Sueur, MN 56058
phone: 507.6656.3305
e-mail: tturek@isd2397.org

McDonald's congratulates Jefferson graduate Cole Aldrich (left, with the manager of our Bloomington Valley West restaurant) for being selected to play in the 30th Anniversary McDonald's All-American High School Basketball Game last March in Louisville. Cole is the seventh McDonald's All-American from Minnesota, and the game has included the likes of Michael Jordan, Shaquille O'Neal, Kevin Garnett and LeBron James. Cole, now a freshman center at Kansas University, graduated as Jefferson's all-time scorer and several publications named him Minnesota's player of the year. The games, part of McDonald's commitment to youth sports and getting kids to live healthy and active lifestyles, have raised more than five million dollars for Ronald McDonald House Charities 1978.

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2007-08 Academic Champions

Spring Sports

Baseball
"A" Bertha-Hewitt
"AA" Sauk Centre
"AAA" Faribault

Boys Golf
"A" Mahnomen
"AA" Thief River Falls
"AAA" Albert Lea

Girls Golf
"A" Adrian
"AA" Staples-Motley
"AAA" Buffalo

Boys Tennis
Boys Tennis has opted to Award Gold and Silver Plauqes for High Team Academic Achievement. The entire list of award winning teams appear in a seperate article.

Softball
Fast Picth Softball has opted to Award Gold and Silver Plauqes for High Team Academic Achievement. The entire list of award winning teams appear in a seperate article.

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FAST TRACKS

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

Hello!

Allow me to introduce myself, my name is Mike Hecker and I'm the new President of what I consider a fantastic association. For those of you who do not know me, I am currently the Assistant coach of Anoka High School. I have been part of Nordic skiing as a competitor, coach, and Nordic Industry Representative/Consultant for over 35 years. Outside of my coaching duties, I'm a teacher at Andover High School and have two sons who will be skiing competitively this season within the high school ranks.

I want to thank Paula Anderson for her efforts as our President over the past several years. She has put in a tremendous amount of effort over the past several years for our association and has done a fantastic job as a leader and mentor. Paula and I have agreed we will "transition" at the fall meeting.

Another new face to the association is Pete Tremaine. He has taken the position (after some arm twisting) as President elect. Pete is the Head Nordic Coach at Anoka High School as well as the Head Cross Country and Track Coach to Anoka's boy's and girls teams. Pete brings with him a tremendous amount of organizational skills and more enthusiasm for our sport than wave one skiers of the Birkie just prior to the start.

I also want to encourage those of you who have not yet become members or officers to become involved. "Fresh blood" and new ideas create a strong and vibrant organization.

It's hard to believe school has started and we are only a few months away from the start of another season. With that in mind, our Fall meeting will be held Saturday Oct 18th at the Vasaloppet Ski Center in Mora, Minnesota. We will be starting at 9:30 a.m., and there will be full list of items to discuss, plus demos and displays by Industry and Retail representatives.

Some of the items on the agenda include:

State Meet date. It appears that the Alpine group withdrew their proposal to move the State Meet back two weeks. This is great news for us with the conflicts we have with other major events (i.e. the Birkie) and questionable snow over the past several years if we were to push the date back any further.

Alternates to the State meet. It looks like we will be allowed to add alternates to the State meet for team competition.

Discussion of surveys from last spring.

Bob O'Hara will be in attendance to present the Rules for 08-09 and answer any questions you may have regarding the State meet.

I am sure there will several other items on the agenda and anyone who would like to add an item, please send to anyone of the officers. I can be reached at:

Michael.hecker@anoka.k12.mn.us

Have a great fall and think snow!

MSHSCA AWARDS BANQUET

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As we get ready to honor the 2008 Hall of Fame Recipients, I would like to read their resumes and reflect on the commitment, dedication and time they have given to the student athletes they have coached. With that said, you are all potential Hall of Famers. Remember you are doing the same thing as they did, as the love for coaching kids marches on.

It is vital for the MSHSCA to honor these coaches and all past Hall of Fame recipients as we reflect on this great profession.

We will honor this years inductees at the annual MSHSCA HAll of Fame Banquet on Saturday, October 4, 2008 at the Sheraton Minneapolis West Hotel, 12201 Ridge Dale Drive with a social hour and check in beginning at 5:30 pm followed by the banquet at 6:30pm. Ticket prices for nonrecipients are $35.00. You can call me at 651-357-2937 or order them. Rooms may be reserved by calling 952-860-3538.

We will also award and congratulate the Coach of the Year, Assistant Coach of the Year, Championship Coaches, George Haun, Steve Kerzie Award and Officials Distinguished Service Recipients.

In order to keep honoring those who deserve the Hall of Fame Coach, we need them to be nominated. Please think of a coach who may have coached you, or one you have coached with or against and get their nominations to me.

The criteria have changed so check out the nomination form in this Prep Coach and mail your candidate as soon as possible.

Thank you for all you do for kids, for considering someone to nominate and hope to see you at the Hall of Fame Banquet, October 4, 2008.

Jim Baker

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FLIP NOTES

By: Wendy Rooney
President MGGCA
Cambridge-Isanti H.S.

Hi Everyone! I hope you all had a fun and relaxing summer. Back-to-school is upon us and that means that season is just around the corner. In order to best prepare yourself for season you'll want to take advantage of the upcoming coaching clinic. It will be held at Big Lake High School October 2 and 3. There will be a rule interpretation meeting on Friday morning. All head coaches need to participate in a rules interp meeting and this is a great way to get in the meeting along with a wonderful clinic. Big thanks to Debbie Driscoll, Shelly Eklund and Joan Rosengren for taking time out of their busy summers to help arrange and organize the clinic.

We are currently looking for a new President-Elect. If anyone is interested please contact me right away at wendymrooney@hotmail.com or by calling me at 763-689-8450. If you are interested, but are not currently a Section Rep, please first contact me about becoming a section rep. Once that is in place we would love to have everyone interested join us at our fall Section Rep meeting. The meeting will be at 11:00 am on Saturday, November 15 with the location to be determined.

Enjoy the rest of the summer and I look forward to seeing everyone soon!

"Finish last in this league and they call you Idiot. Finish last in medical school and they call you Doctor."

- Abe Lemmons

2008 Fall Gymnastics Coaches Clinic

Date: October 2nd & 3rd, 2008
Site: Big Lake High School Gymnastic Gym
Clinic Managers: Joan Rosengren/Wendy Rooney
Clinicians: Bart Roskoski - Flips Gymnastics

Thursday Night October 2nd, 2008

6:00-6:30 Registration/Pizza Time
(starting a 1/2 hour later this year in hopes it will help with Traffic for Travelers)
6:30-7:45 Floor Twisting - Front and Back
7:45-8:00 Break and Question Time
8:00-9:00 Strength and Conditioning

Debbie Driscoll - Core Muscles
Joan Rosengren - Station Conditioning
Wendy Rooney - Partner Conditioning
Other possible tidbits....

9:00 Social time at Foul Line Lounge – located in the bowling alley across the street from the hotels

Friday October 3rd, 2008

8:00-8:30 Registration and Breakfast – Coffee, Rolls, Bagels, Juice
8:30-9:30 Rule Interp. Meeting
**All Head Coaches must attend a rules interp. Meeting prior to the start of the gymnastic season. What an outstanding opportunity to take in the Rules meeting and stay for fun and a lot of good gymnastic coaching information.

2008 Fall Gymnastics Coaches Clinic Registration

Minnesota High School Coaches MUST be a member of the Coaches Association in order to attend the clinic. All coaches must register at the same time/same school and include membership in order to be eligible for the discounted pre-registration clinic rates. College and Out of sate coaches are encouraged to become members. When pre-registration is not complete ALL FORMS will be returned to the head coach.

*** Pre-registration guarantees a free gift when you arrive at the clinic. ***

Pre-Clinic Registration Fees:

One Coach	Two or more Coaches
$70.00	$65.00

Registration at the clinic, $85.00 each Coach
Pre-Registration Deadline is September 26th, 2008

Head Coach _____ School _____
Mailing Address _____
Phone Number _____

Assistant Coach _____ School _____
Mailing Address _____
Phone Number _____

Assistant Coach _____ School _____
Mailing Address _____
Phone Number _____

Assistant Coach _____ School _____
Mailing Address _____
Phone Number _____

Return forms to and make fees payable to MN Girls Gymnastic coaches Association.
Shelly Eklund
13638 Brass Parkway
Rosemount, MN 55068

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

SYNCHRONIZED SWIMMING,
Simply breathtaking

By: Caria Steffen, Edina H.S.

Every four years we are graced with the Summer Olympics, this summer just happened to be one of those years. The inspiration that is given to all, of the girls who watch this, is truly priceless. Synchro is not a televised sport and this is a rare glimpse, for us to experience international synchronized swimming. The moves were faster, the lifts higher and overall everything was more elaborate. The competition was dominated by Russia, who won gold with a near perfect score, USA placed 5th. The Olympics was a motivational experience for all of the synchronized swimmers.

At the Conclusion of the 2008 High School season, the Wayzata Trojans finished with a repeat State win. Once again they showed depth in all of the divisions. Stillwater took 2nd place overall, but took first place in the coveted extended team division. Each year synchronized swimming in Minnesota seems to become more competitive and skilled, this year did not disappoint. I am anticipating a wonderful season in 2009.

Respectfully Submitted by Carla Steffen, President, MN HS Synchronized Swimming Coaches Association.

2008 MN STATE SYNCHRO CHAMPIONSHIP
UNIVERSITY OF MINNESOTA MAY 22-23, 2008

Short Team Finish Order

1. Wayzata - Larissa Borg, Audrey Elsner, TiArika Hines, Allison Jahn, Paige Muncy, Mackenzie Neal, Kjirsten Ree, Laurel Streed

2. Stillwater - Rachael Brown, Kaleigh Eason, Morgan Klingsporn, Ashley Mullenbach, Hannah Mulhausen, Megan Pilquist, Hannah Sneden, Magda Srienc

3. Forest Lake - Katherine Anderson, Anna Brennhofer, Teresa Brockman, Brooke Ewert, Erin Liljedahl, Alex Raak, Melissa Richie, Morgan Sperry

4. Eden Prairie - Elaine Bye, Elise Bye, Camille Christenson, Ashley Hammer, Cara Laurence, Maddie Randall, Jenna Rieder, Lauren Ritter

5. St. Louis Park - Katie Johns, Maria Knudsen, Beatrice Lenss, Ellie Magnuson, Jamie Ostrowski, Lillian Reed, Sonia Robiner, Jacqueline Weiner

6. Edina - Molly Beadle, Emily Benson, Sarah Denn, Sarah Jones, Katie Kiddoo, Kira Powell, Tori Soderberg, Ellen Stych

7. Columbia Heights - Kelsey Awsumb, Christine Bergene, Connie Alvarez, Vivian Alvarez, Grace Fishbeck, Becki Schultz

Long Team Finish Order

1. Wayzata - Alexandra Alviani, Kelly Caprio, Cayla Ebert, Alese Halvorson, Lindsay Hawkins, Erica Muncy, Hannah Theisen, Tara Williams

2. Stillwater - Marissa Beck, Natalie Bergstrom, Jordan Duncan, Amie Hiles, Becca Kaye, Claire Rutscher, Olivia VanOrsdale, Aliki Vrohidis

3. Eden Prairie - Victoria Adinolfi, Catherine Christenson, Courtney Christenson, Kryslyn Kalkbrenner, Victoria Ly, Anna Rask, Annie Wachutka

4. Hopkins - Sierra Beckman, Kyla Flaten, Clarisa Johnson, Sarah Krebs, Katie Peterson, Kali Ralston, Sandra Ryaboy, Natalie Wolf

5. St. Louis Park - Alayne Beneke, Caroline Bergh, Nicole Muralt, Helen Noble, Leah Segal, Kaitlyn Steffenhagen, Megan Tulin-Eillis

6. Forest Lake - Alyssa Bergamn, Veronica Carlson, Abby Husfeldt, Janel Marier, Katie Quale, Katie Royce, Kirsten Sewall, Laurie Tomnitz

7. Edina - Elizabeth Brauer, Ellen Gaalswyk, Taylor Higgins, Madeline Lee, Anne Tigelaar, Callyn Woodley, Grace Wooldridge, Libby Zuzek

Extended Team Finish Order

1. Stillwater - Katie Anderson, Anna Kaye, Marie Keller, Stephanie Kiel, Morgan Lillehei, Summer Olson, Kayla Smith, Angie Wieden

2. Wayzata - Ali Bodin, Natalie Bodin, Stacy Caprio, Rachel Cordo, Tressie Ebert, Claire Klevorn, Ellen Lynch, Sarah Urke

3. St. Louis Park - Anne Bergquist, Florence Blessing, Alise Hofstad-Parkhill, Audra Lewis, Ashley McDonell, Jill Rykken, Samantha Witta

4. Wayzata - Kristin Andersen, Emily Endorf, Katie Koch, Monica Mathews, Kelly Nelson, Hannah Strauss-Albee, Emma Swanson, Hannah Vanderheyden

5. Forest Lake - Aayla Anderson, Mckinzie Chelberg, Julianna Dahlager, Camille Gross, Heidi Merrier, Laura Oberg-Hauser, Charity Riesgraf, Dianna Schave

6. Stillwater - Laurann Galowitz Johnson, Joy Hammer, Christina Kloeckner, Abby Roth, Molly Sneden, Meghan Talbot

7. Bloomington - Kari Christiansen, Courtney Iden, Allison Linde, Julie Thurmes, Angie Vaudreuil

PERHAM, EDEN PRAIRIE WIN CHALLENGE CUP FOR 2007-08

Perham and Eden Prairie High Schools enjoyed the most success in Minnesota prep sports during the past school year.

The Yellowjackets and the Eagles were named the latest winners of the MSHSL's Challenge Cup. Schools earn points for placing in post season tournaments. Perham is a first time winner in the small school division and Eden Prairie beat all the other big schools.

Perham finished with 548 points in 12 activities, thanks to titles in boys cross country and girls gymnastics.

Eden Prairie, which won the competition in 2006, had 743 points in 24 activities ñ including championships in football and girls hockey.

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MN State Coaches Association Scholarship Form

Student Athlete _____
First Last

Permanent Address _____
Street City Zip

Parent(s) Guardian(s) _____

Address _____
Street City Zip

Date of Birth _____

Gender: ☐ Male ☐ Female

Varsity Sports 2007-08 _____

High School Attended _____

Activities Administrator _____ _____
Name Phone

Class Rank _____ of _____

GPA _____ on scale of _____

ACT Score _____

SAT Score _____

Post Secondary School of Attendance _____

_____ _____ _____
Street City Zip

Application must include:

1. **Offical H.S. Transcript**
2. **One page letter outlying the role athletics has played in your life**
3. **all application material must be postmarked by March 28th**

Mail application to: Gregg Martig
3118 Partridge Circle • St. Cloud, MN 56301

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NATIONAL FEDERATION COACHES EDUCATION PROGRAM

Head Coaches Requirements

AMERICAN SPORT EDUCATION PROGRAM • Registration Form • Head Coaches Requirements

What are the requirements in Minnesota to be a head varsity coach?

The Minnesota Department of Education requirements for a head varsity coach are as follows:

122A.33 License and degree exemption for head coach.

Notwithstanding section 122A.15, subdivision 1, a school district may employ as a head varsity coach of an interscholastic sport at its secondary school a person who does not have a license as head varsity coach of interscholastic sports and who does not have a bachelor's degree if:

(1) in the judgment of the school board, the person has the knowledge and experience necessary to coach the sport;

(2) can verify completion of six quarter credits, or the equivalent, or 60 clock hours of instruction in first aid and the care and prevention of athletic injuries; and

(3) can verify completion of a coaching methods or theory course.

Notwithstanding section 122A.58, a person employed as a head varsity coach under this section has an annual contract as a coach that the school board may or may not renew as the board sees fit.

Where can I get the required training?

The American Sport Education Program (ASEP)

The Minnesota State High School League (MSHSL) and the Minnesota Interscholastic Athletic Administrators Association (MNIAAA) jointly offers **The American Sport Education Program**. A coach education program, which meets the above stated requirements.

Coaches who satisfactorily complete this 60-hour program are eligible to accept head-coaching positions under the provisions of the Minnesota Department of Education.

The course includes eleven hours of attendance and study at a seminar site, and 49 additional hours of home study materials to be completed. When the coach completes the home study materials, he/she will take a test and send it to the ASEP office for scoring. ASEP will then send the participant a letter for successful completion of the course of study. The course will cost $250 for the materials and instruction, and must be paid in advance of the course to insure proper registration. This is the only approved coach education program exclusively taught and sponsored by the Minnesota Interscholastic Athletic Administrators and the Minnesota State High School League.

How long is the Certificate good for?

The ASEP certificates have no expiration dates. Continuing education in the field of coaching is strongly recommended, but not required.

How do I register?

Class schedules and instructors are listed below. You should contact the Instructor to register. The Instructor will also address any questions that you might have regarding the course work.

To make arrangements to host an ASEP Coaching certification class in your area:

Please contact Mary Eigner at maryeigner@comcast.net or 612-819-2808. You must have a minimum of six students to offer this class.

MINNESOTA STATE HIGH SCHOOL LEAGUE ASEP TRAINING COURSE SCHEDULE

Updated 6/10/2008

Trainer	Site	Day/Date	Times
Dr. David Hartmann, Alexandria HS 320-762-7754 dhartman@alexandria.k12.mn.us	Alexandria H.S. (Media Center) 1401 Jefferson Alexandria, MN 56308-2588	October 11, 2008 April 18, 2009 June 8, 2009	8:00 am - 8:00 pm 8:00 am - 8:00 pm 8:00 am - 8:00 pm
Jim Baker jbad154@hotmail.com	Marshall High School 400 Tiger Drive Marshall, MN 56258-1799	September 13, 2008	8:00 am - 7:00 pm
Ed Rundell 835 Church Street St. Peter, MN 56082 (h) 507-380-1716 e.rundell@yahoo.com	Mankato Loyola High School Conference Room 145 Good Counsel Drive Mankato MN 56001	October 18, 2008 April 11, 2009	8:00 am - 7:00 pm 8:00 am - 7:00 pm
Becky Leuer North Branch HS 651-674-1512 bleuer@northbranch.k12.mn.us	North Branch High School 38175 Grand Ave. North Branch, MN 55056-0314	October 25, 2008 January 31, 2009 April 4, 2009	8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm
Mary Eigner 3157 Webster Ave S St. Louis Park, MN 55416 (h) 612-819-2808 maryeigner@comcast.net	Rosemount High School 3335 142nd Street West Rosemount, MN 55068 St. Paul Highland Park High School 1015 S Snelling St. Paul, MN 55116 Brainerd High School 702 South 5th Street Brainerd, MN 56401	October 4, 2008 November 1, 2008 January 10, 2009 February 28, 2009 June 17, 2009 July 15, 2009 August 5, 2008 August 7, 2008	8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm 8:00 am - 7:00 pm

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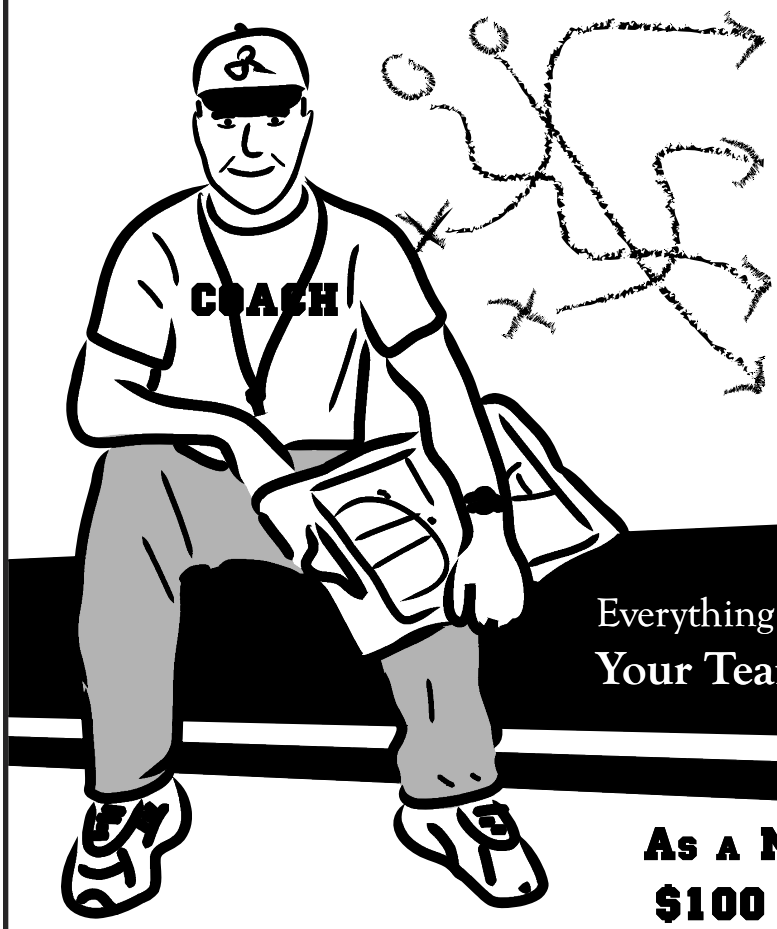

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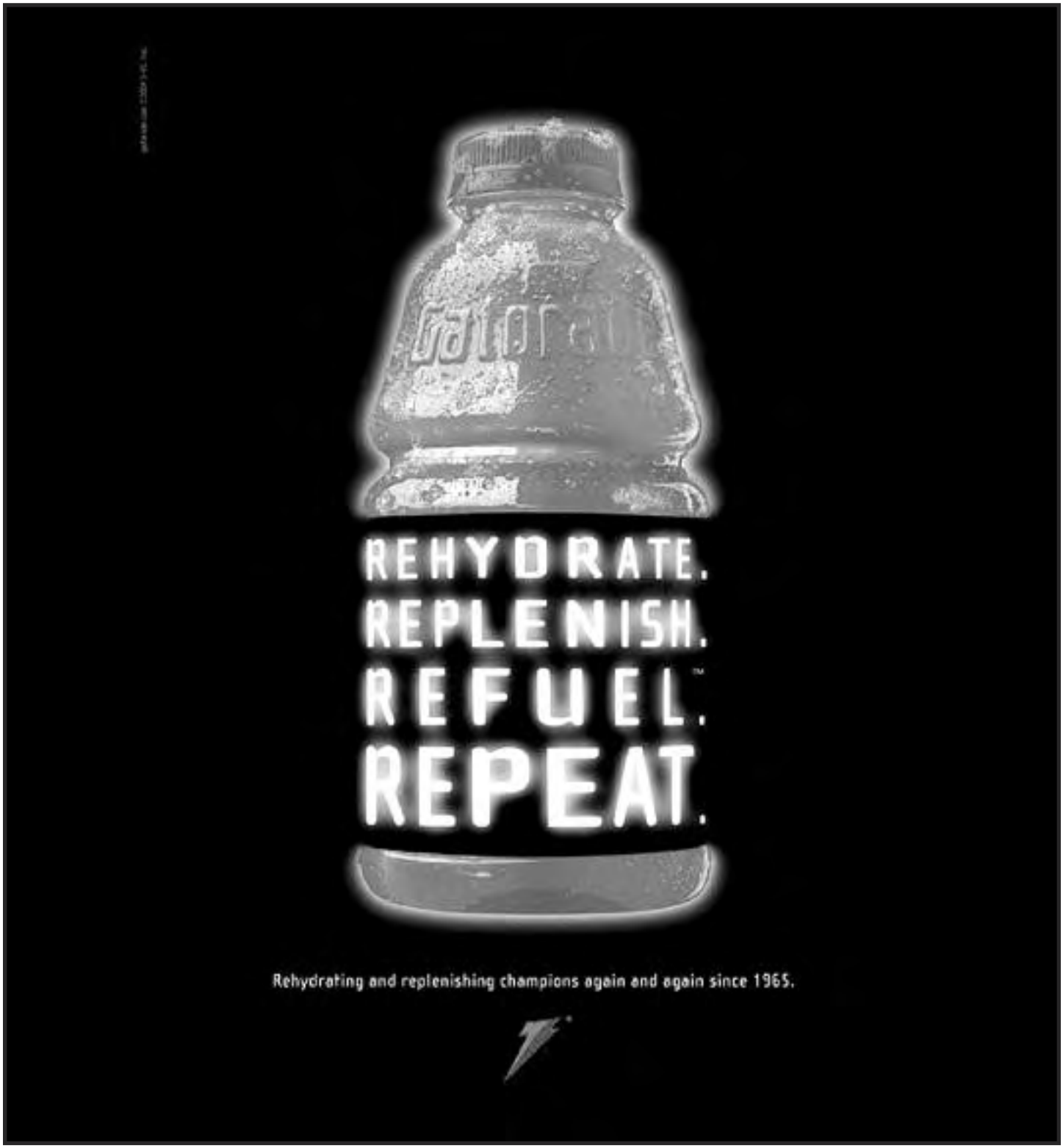

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