



THE Minnesota PREP COACH

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PERHAM'S PETERSON ELECTED AS MSHSCA VICE PRESIDENT



In a closely contested election, Mike Peterson of Perham received the majority of votes from the membership to be elected as the new Vice President of the MSHSCA he edged Carl Pierson of Waconia for the position. He will begin his four year term of office at the summer executive meeting that will be held in Detroit Lakes in June. During the third year

of his term we will be the President of the MSHSCA

Mike Peterson is a 1984 graduate of Winona State University with majors in both Physical Education and Health. He was a five year wrestler at Winona State.

Peterson has taught Phy Ed and Health at Perham for 32 years at all three levels but is currently at the high school.

He has been the Head Boys and Girls Track and Field Coach for 32 years which makes him the longest tenured head coach in Perham history. He also serves as the Assistant Gymnastic Coach for the past seven years. Volleyball was also included in his coaching expertise for his first 26 years and he also had a stint as Head Wrestling Coach.

Mike has been named the Section 6A Track and Field Coach of the Year on four different years. The MSHCA has benefitted from his leadership as he has served as a Section 6A Delegate for 30 years. Peterson served on the MSHSL Region 6A Executive Committee for two years. He was a three term six year President of the Yellowjackets Coaches Association and currently is Chairman of the Perham Hall of Fame Committee

His Track and Field teams have won ten boys and girls Heart of the Lakes, nine girls sub-section titles with five second place finishes, 12 boys sub-section crowns with nine seconds, two Section 6A girls titles with three second place finishes, four boys Section 6A titles with seven seconds. At the state level, his boys had a 4th and 5th place final and the

girls were 3rd on one occasion. Peterson's tracksters have added four Boys True Team crowns. The Perham Track and Field program has produced 12 state champions and has sent over 130 qualifiers.

Mike and his wife, Lisa, live in Perham and have two children, Erin and Emily.

“The man who can drive himself farther once the effort gets painful is the man who will win.”

- Roger Bannister

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The Minnesota PREP COACH

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Randy Glasmann - Maple Grove

2015-2016 Delegates and Sport Association Officers

SECTION	GIRLS SPORTS DELEGATE	BOYS SPORTS DELEGATE	AT LARGE DELEGATE	AT LARGE DELEGATE
1A	Gary Prantner (Byron)	Gordy Klomps (retired)	Jeff Johnson (Chatfield)	
2A	Rick Bruns (LeSueur-Hend)	Rob Stevermer (United SC)	Craig Morgan (MN Valley Luth)	
3A	Milo Larson (Canby)	Dave Blank (Wabasso)	Todd Tinklenberg (Pipestone)	
4A	Chris Larid (Heritage)	Jeff Wall (Maranatha)	Tim Herman (Heritage)	
5A	Dawn Engebretson (Rockford)	Tom Lawrence (Foley)	Al Amdahl (Albany)	
6A	Tavia Bachmann (Frazee)		Mike Peterson (Perham)	
7A		Derek Parendo (Proctor)	Jon Wagner (Eveleth-Gilbert)	
8A	Terry Sadler (Warroad)	John Schumacher (Park Rpd.s.)		
1AA		John Cassellius (Winona)	Rob Schwartz (Winona)	
2AA	Mike Lhotka (Dassel Cokato)	Carl Pierson (Waconia)	Tink Larson (Waseca)	
3AA		Jeff Groves (Apple Valley)	Tom Sharp (Eastview)	
4AA	Gerald Keenan (Harding)	Tom Paulson (White Bear Lk)	Tim Ryan (Hill Murray)	Jerry Utech (Harding)
5AA		Mark Loahr (Totino Grace)	Mark O'Neill (Champlin Prk)	
6AA			Jim Baker (Retired)	
7AA	Mark Solberg (Cambridge)	Bill Baumann (North Branch)	Herb Jangor (Chisago Lakes)	
8AA		Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	Tim Hermann (White Bear Lake)		Mike Beck	
Adapted Athletics	Marcus Onsum (Robbinsdale)			
Baseball	Al Amdahl (Albany)		John Wilkins (retired)	
Boys Basketball	Chris Pack (Hayfield)		Tom Critchley (retired)	
Girls Basketball	Mark Cook (Maple Grove)		Jen Johnson (Edina)	
Cross Country	Pete Janiszkeski (Luverne)			Dave Chatelaine (Owatonna)
Football	Scott Tschimperle (Glencoe-SL)		Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	Kaitlyn Helmbrecht	LeeAnn Steen Delegate		
Hockey	Mark Manney (Andover)		Mike MacMillan (Minneapolis)	
B-Lacrosse	Jon Junker (Chanhassen)			
G-Lacrosse	Alexandra Ross (Apple Valley)			Alex Erickson (Farmington)
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Nordic Skiing	Brain Aberly (Eastview)			
Soccer	Erin Murray (Orono)		Dave Halgren (retired)	Keith Randa (Apple Valley)
Softball	James Wajer (Martin Cty Cent)		Shelly Hotzler (JCC)	
B-Swimming	Rory Fairbanks (Hutchinson)		Jen Marshall (Farmington)	Kate Steineman (Cretin-DH)
G-Swimming	Katie Haycraft (Prior Lake)			
Synch. Swim	Jennifer Wood (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Ford Rolfsrud (Shakopee)		Rick Englestad (Pine City)	
Track	Johnny Josephson (New Prague)			Scott Christensen (Stillwater)
Volleyball	Greg Ueland (Roseville)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Joe Block (Prior Lake)	Kurt Habeck (Eastview) Delegate	Kip Lynk (Dassel)	

President's Message

By: Rob Nielsen, Detroit Lakes HS

As many of you know John and Mary Erickson have announced their retirement effective December 31, 2017. I would like to take this opportunity to thank John and Mary for their years of service and dedication to making the Minnesota State High School Coaches Association one of the most respected and successful coaches associations in America. I hope if you have the opportunity to see John & Mary on their "Farewell Tour" of clinics over the next year you will take the opportunity to thank them for their years of service to the MSHSCA.

Now comes the challenge of finding a suitable replacement for the position of Executive Director. The Executive Committee met on March 17 to develop a timeline for the process. The timeline for finding a new Executive Director was presented by the Executive Committee to the Spring Delegate Assembly at Mancini's Charhouse on March 18. It is as follows:

April 21 - May 31, 2016 - Accepting Applications (online at www.mshsca.org)

June 26-28, 2016 - Tentative Interview dates to coincide with summer Executive Committee meetings

September 10, 2016 - Recommend Candidate to the MSHSCA Delegate Assembly for approval.

September 10, 2016 - Executive Director Candidate will present an Executive Secretary candidate to the Delegate Assembly for approval.

January of 2017 - Begin training and some duties under the direction of the current Executive Director.

January 1, 2018 - Assume all duties as Executive Director of the MSHSCA.

This timeline is will allow the incoming Executive Director the opportunity to be involved to some degree with all of the events and duties that are expectations of the position for one year prior to taking over the position. The Executive Committee felt it was important that the new candidate was able to experience the many roles and responsibilities of the position under the current leadership to allow for a seamless transition. This extended timeline is also necessary to facilitate requirements of the MSHSCA Constitution.

If you are interested in Applying for the position complete details for the online application process and an outline of the duties of the Executive Director can be found at www.mshsca.org.

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

**Alpine Skiing, Nordic Skiing
Boys Lacrosse, Girls Lacrosse
Adapted Athletics
Cross Country Clinic Info.,
Gymnastics Clinic Info.,**

**Hopefully they will be included in
the next issue**

Notice:

To Credit card users for membership and/or clinics. The charges will show a vendor name of Register.Cordonco.com

This is the company we use for online registration.

After the Game Bring Your Team to 

CHIP SHOTS



By: Bob Gorden
Detroit Lakes

May, where did April go, can't believe we are already into May of this golf season. We got an early start to our season, but April weather wasn't always the best. Hope May will bring us some many nice, sunny, calm days for our invites.

Hope all the coaches are sending in rankings weekly, it started April 24 and runs until last one due on May 30. This is a very easy process on line on the coaches association site under golf. Would be great to have all teams send stats so we have teams and individuals rated each week when they deserve to be. If a player is in Top 10 anytime during ratings, they are awarded an All-State award at the end of the season.

Remember to fill out Academic forms and submit on-line on Coaches site, these are due by May 27. Your players deserve this recognition.

REMEMBER when we get to the end of our season, I need your section coach and assistant of year nomination. PLEASE somebody email these names after your section, so we can have a representative from all the classes and all the sections on our final ballot. REMEMBER the coach has to be a member of our association to be nominated. Send name to bgorden@detlakes.k12.mn.us

Not that I am ready or thinking of the end of season, but here is info on State Golf banquets: Chairmans for banquets: Class A is Rich Aulie 218-838-2899 and will be held at Holiday Inn in St.Cloud, Class AA is Mike Frankenfield 507-413-2632 and will be held at Park Ballroom in New Prague, Class AAA is Tim Kallevig 763-569-7632 and will be held at the Earle Brown Heritage Center in Brooklyn Park. All these banquets will be held on June 13 this year. Any questions on a banquet contact your class chairman.

I know a big change is moving the State tournament one week later, I don't know about you, but I love this. We are able to have invites all the way through May, my last one is May 26, and we start our State qualifying on June 1 and finish on June 7, so only have one week until State.

Any concerns, questions you might have and want to bring to your board, please email any of your advisory board, they are listed on our Golf Coaches website at mshsca.org.

As you enjoy the rest of your 2016 season, good luck to you and your team and hope to see you on a course soon. Enjoy this great game with your teams, you and your players can enjoy this game for a life time.

17th Annual "Bragging Rights Golf Get-Together"

Open to:

Wrestling "Weigh In Crew," Retired A.D.'s, MADA Past Presidents, HVL A.D.'s, Minnesota A.D.'s, Classic Suburban A.D.'s, spouses and guests (or anyone that knows Jim Baker)

Date: Monday July 25th, 2016

Where: Mt. Frontenac, Frontenac, MN -
Hwy 61 between Red Wing and Lake City.
651-345-3504
A way to stay in touch!

Time: 11:00 AM shot gun start

First come, first serve:

You can put together your own foursome or sign in at 11AM, day of outing to be placed in foursome - door prizes for all.

Need good turnout to keep this going!

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

Please no substitutes

PLEASE RSVP TO:

jbad154@q.com

or

Call Jim at (651) 357-2937

come and have a good time!

HOOP SCOOP

Mark Cook
Maple Grove



The 2015-16 season was another exciting one for girls basketball in the state of Minnesota. The 2015-16 season was a new section alignment year, so with that came some exciting new match-ups in the section playoffs and some new faces in the state tournament. Coming into the year we all knew there would be a new AAA champion this season. Two-time defending champ Park Center had moved up a class and would now be competing at the AAAA level. New coaches were in place at some big programs and some veteran coaches were now at new schools. Most notably, Faith Johnson Patterson, who had helped lead Minneapolis North and DeLaSalle to a state record ten championships was taking her talents to the suburbs and now leading a talented Eden Prairie program. Coming into the year, we all knew it was going to be a good one.

The talent level around the state was as deep as it has ever been at big schools and small schools alike. Nia Hollie from Hopkins is going to Michigan State. Taylor Koenen from Shakopee is going to the North Carolina. Kiera Russell from Osseo is going to Arizona State. But the small schools had their fair share of studs too. Alaina Jarnot from Class A powerhouse Maranatha Christian Academy is going to Monmouth. Holy Family's Molly Smith will play at Marist next season. Sarah Kaminski from Minnehaha Academy will play at George Mason and Sarah Hart from Plainview-Elgin-Millville will be out east at St. Bonaventure. These are just a few examples of the many talented kids from around the state. Over 60 kids received scholarships from the DI, DII, or NAIA level this season. The strength of Minnesota girls basketball only continues to grow and get better.

The 2016 Minnesota Girls Basketball State Tournament brought with it so many great story lines. The biggest question in AAAA was could Hopkins pull off the repeat with such a talented field of teams qualifying? They were tested right away in game one when they drew two-time defending class AAA champ Park Center in the opening round. After beating a tough PC team, they faced a rematch of the 2015 championship game with Eastview. After a hard fought game with Eastview they had to face conference foe Minnetonka, who had to fight through a talented Anoka team and an extremely hard working and well coached White Bear Lake team, in what would end up being a great championship game. The two teams had split during the year and shared the Lake Conference title, so everyone expected a battle and that is exactly what they got. Minnetonka was able to out play the defending champs that night and bring home the very first girls basketball championship in school history with a 61-52 win.

**NCAA RULES AND
REGULATIONS AN
BE FOUND ON
ASSOCIATION WEBSITE
WWW.MSHSCA.ORG**

The class AAA state tournament included several new comers this year. With two time defending champ Park Center was now playing in AAAA, Thief River Falls and Marshall were the only returning teams from the 2015 tournament. In the class AAA championship game, The Academy of Holy Angels took on a very talented Winona squad. Laura Bagwell-Katalinich, who will continue her basketball career and education at Penn this Fall, put on a dominant performance scoring 25 points and grabbing 16 rebounds which helped power Holy Angels to their first girls basketball championship since 1975.

The AA tournament was a combination of new and old. Minnehaha Academy, led by Coach Josh Thurow, has made nine of the last 12 state tournaments. New London-Spicer is led by legendary coach Mike Dreier, who has amassed a record of 863-159 in 38 years of coaching including 16 trips to the state tournament and 2 titles. By contrast, 2016 was Holy Family's first ever trip to the tournament and Plainview-Elgin-Millville, was also making its first appearance under that name. Elgin-Millville had previous success at the 1A level, but this was the first appearance at the 2A level for this relatively new co-op program. To say they made the most of it would be an understatement. A 20-point victory in the first round over Holy Family got them a second round match up against a very high scoring Roseau team. A nine point win there landed them in the championship game where they dominated a very talented New London-Spicer team winning 72-42 claiming the class AA title.

In the class A tournament, there were three first timers: Sacred Heart, Wheaton/Herman-Norcross and Cromwell-Wright. Maranatha Christian Academy made its 9th consecutive appearance. Sleepy Eye was trying to add to what was already the best season in school history. But the story of the tournament ended up being Goodhue. Goodhue was 27-4 and the number one ranked team for most of the season, and they were not going to let anything derail them from their ultimate goal. With a 31 point victory over Sacred Heart in round one, and a 39 point victory over Wheaton-Herman-Norcross in round two, they were firing on all cylinders when they reached the final. Arguably the game of the tournament happened in the other semi-final. It was a match-up between perennial class A powerhouses Mountain

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After the Game Bring Your Team to 



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

Another year has come to an end and I am always amazed at how fast each year comes and goes. I have to say that in so many ways this has been a really great year for the MSHSCA. Each year our coaches seem to be confronted with more and more challenges. Each year goes by and our coaches seem to rise above the new challenges and keep providing “forever memories” to our student athletes. The state tournaments in all the sports were phenomenal events. We had schools that repeated as champions and we had schools that were able to celebrate a first state championship. The highlight, in my estimation, is the huge number of students who were able to revel in the state tournament experiences.

As we start to complete our final state tournaments for the year I have had the wonderful experience of reading through the letters of application from our scholarship applicants. Wow!! Over and over again I read how much our student athletes recognize and value the amazing contributions that coaches make in their lives. Our applicants are quick to give credit and thanks for all that coaches have done for them and meant to them. I know in a time when we are challenged in so many ways and often think it is easier to get out than to continue to fight the battle, it is so important for you to know and understand what a huge part of our athlete’s lives you are. As I completed reading the letters I am proud to be a part of the most wonderful profession we could ever be a part of. Don’t ever forget that to be called “Coach” is indeed a very significant accomplishment.

The coaches of Minnesota and their sport association

have become big players in the raising of funds for cancer research. Each year the Football Coaches Association, the Boys and Girls Basketball Coaches and others collectively raise a very significant amount of money for cancer research. In 2014 Football raised \$190,000 for cancer research. This is a wow! Another area that the Coaches of Minnesota has been very active in is providing scholarships for their student athletes. Again, collectively the sport associations along with the MSHSCA provide thousands of dollars in scholarships to deserving athletes. I don’t think you hear much about the “for profit” youth programs being able to lay claim to this kind of benevolence. THANK YOU SCHOOL COACHES OF MINNESOTA!!

This year the MSHSCA has been experiencing a growth in sport association membership. This is due to the effort that some of the sport associations are putting forth in bringing all of the coaches of their sports into their membership. There is a lot of time and effort put into the membership growth. I want to thank those sports associations who are expending this time and effort, your effort is being rewarded. Membership in your sport association is so important to each of the sport association as they continue to serve and recognize their coaches. The membership dues help cover the costs of clinics, all star games, hospitality rooms and tents at the tournament events as well as individual awards sport associations provide for their student athletes.

I would like to thank Shelly Hotzler for here years of service to the MSHSCA. Shelly served on the Executive Board of the MSHSCA for five years and helped transition previous girls and boys sport associations into one association. Shelly served as the first female president and was elected to serve on the Board of Directors for the MSHSL and her term will come to an end this spring. Shelly continues to serve as the Executive Secretary for the fast pitch softball coaches as well as coaching the JCC softball team where she recently on her 300th game. Congratulations Shelly and Thank You for all you have done for the coaches of Minnesota.

I want to thank the Executive Board for all their hard work and time over the past year. We have been blessed over the past with great leadership and this group of leaders is no exception. Thanks Rob for a great year serving as our President while at the same time serving as our Web Master and converting us over to our new Sport NGIN web site. Hopefully the new site will serve all of the sport associations well for the future with lots of options out there for your use.

DON’T WAIT As our 2015-2016 membership year comes to a conclusion I would like to remind each of you to renew your membership for the upcoming year. By taking

EMAIL CHANGE:

Contact
John & Mary Erickson
at
jomar2@arvig.net



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care of this before the summer break you will assure yourself on not letting your insurance lapse prior to next fall's activities. I want to thank each of you for continued efforts to provide the best possible opportunities for all of our student athletes. You make such a huge difference in the lives of your men and women as proven by my earlier statements regarding the comments by the scholarship applicants. Have a great summer – recharge – enjoy your families and do something for yourselves. _____

HOOP SCOOP ... continued from page 5

Iron-Buhl and Maranatha Christian Academy. Some hot shooting by Maranatha's Alaina Jarnot down the stretch pushed the game into overtime. At the end of OT, Maranatha's Jazryn Thompson grabbed an offensive rebound off a missed free throw and made the put back at the buzzer for a 75-74 win. Unfortunately for Maranatha, they could not match up effectively with a Goodhue team that was proving to be too dominant for all its opponents. Goodhue finished off its march towards a title with a 89-64 win over Maranatha.

At the end of each season the Minnesota Girls Basketball Coaches Association recognizes the top coaches in the state by section and class. This year's awards for Head Coach of the Year went to three of the 4 state championship winning coaches. Leah Dasovich from Minnetonka, Jason Melbostad from Plainville-Elgin-Millville, and Josh Wieme from Goodhue were all honored, along with Winona Head Coach Tim Gleason. Each of these coaches was responsible for helping lead their programs to tremendous success and incredible accomplishments this season. These four coaches helped lead their respective teams to a combined 114 wins in 2015-16.

The 2015-16 season of Minnesota High School Girls Basketball was a tremendously successful season for many teams, coaches, and players. The 2016 Miss Basketball award went to Nia Hollie from Hopkins. The Breakdown Basketball Player of the Year Award and Minnesota's Gatorade Player of the Year Award went to Taylor Koenen from Shakopee. Alaina Jarnot from Maranatha became the state's all-time assist leader, accumulating more than 1042 assists in her career. Andrayah Adams of St. Paul Como Park and Madison McKeever of Win-E-Mac both topped the 3000 point mark. The Minnesota Girls Basketball Coaches Association was recognized by State Farm and the Timberwolves as a part of their "Exist to Assist" program to recognize organizations that promote the game of basketball the right way. There are amazing things happening in girls basketball in the state of Minnesota and 2015-16 did nothing to deter from that. The future is bright for our sport and it will only continue to grow and get better. _____



Swim Strokes

By: Rory Fairbanks

Boys Swimming Coach's Association President
Hutchinson High School Swimming & Diving Head Coach

At the summer true team meeting on June 21st, we will have a changing of the guard with Andrew Michelson taking over as the new president, Megan Hawker assuming the role of vice president and Todd Walsh beginning his four-year term as executive secretary. I am positive they will all do amazing things for our organization. It has been my pleasure to serve as your president for the past two years. I would like to thank all of you for all of the support I have received as the boys' association president.

We had another fantastic boys' state meet this year. In the AA meet Eden Prairie was the winner with Minnetonka finishing second and Eagan coming in third. During the course of the meet there were four records set; Eden Prairie set the All-Time record in the 200 Medley Relay, Griffen Back broke the All-Time 100 freestyle records twice during the finals, Joshua Withers set the AA 100 butterfly record and Corey Lau set the AA 100 breaststroke record. In the class A meet there were also four records set. Warren Sexson from St. Thomas Academy set both the 200 and 500 freestyle records, Hunter Connelly from Red Wing broke the 100 backstroke record and St. Thomas capped off the meet by setting the 400 freestyle relay record. St. Thomas Academy won the meet with Breck/Blake and Simley rounding out the top three. With this win, John Barnes has won 15 MSHSL state championships, setting the record for most state champions in swimming and diving. Congratulations to you and your team.

Over the weekend of April 8-9 we held the annual coach's clinic, association business meeting and All-State Banquet. The clinic had very good local speakers with lots of good information. At the banquet the following awards were given out. Traci Bergo and Dick Thatcher were inducted into the Minnesota Hall of Fame. The class A Athletes of the Year were, Lindsey Horejsi (Albert Lea) and Warren Sexson (St. Thomas Academy), while the Coaches of the year winners were Jon Schmitz (Albert Lea) and John Barnes (St. Thomas Academy). The class AA Athletes of Year were Rachel Wittmer (Edina) and Griffen Back (Eden Prairie), with Elizabeth Hansen (Wayzata) and Kelly Boston (Eden Prairie) winning the Coach of the Year awards. During the business meeting the typical business items were addressed (updates on the clinic, All-State banquet, and website). True Team host sites were finalized as much as possible with the TT State dates being girls' on Saturday October 15th, and the boys' meets will be on January 28th. The True team meeting will be on Tuesday June 21st at 10:00AM. It will once again be held at Cretin Durham Hall High School.

With summer fast approaching, now is the time to rejuvenate. Spend quality time with family and friends. I also encourage all of you to attend the True Team meeting in June and be involved with the process. Before you know it the next season will be starting. _____

After the Game Bring Your Team to 



CORNER KICKS

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

As I sit down to write this, it is 40 above, cold and windy. Does not seem to me to be the middle of May. In spite of the weather, hundreds of teams in various sports are getting to the end of their seasons and anticipation of playing in a state tournament. Don't worry, you live in Minnesota and know how we deal with weather.

We have some great news about the Warter Award winners. These awards are given by the MSHSSCA to honor the memory of Mike Warter, the Egan Girls Coach who passed away from cancer. Art Seplak (Bloomington Kennedy Girls-retired) is the chair of Warter Awards Committee. These are the two winners.

Claire Bash of Orono High School is the girl's winner. She is number two in her class, has played varsity soccer for five years, two year captain, and three year All-Conference athlete, was on the 2015 State Tournament Team, and a member of the National Honor Society. In addition, she is active in her church where she was elected to the Church Council and participated in 3 mission trips. Claire will attend St. Olaf College.

Jared Melnychuk of Lakeville South is our boys selection. He ranks sixth in his class, a 3 year varsity player, captain, and an All-conference Selection in 2015. He is an active volunteer at United Hospitals in St Paul and is a fundraiser for his local food shelf. Jared will attend Clemson University this fall.

These two winners are representative of the kinds of athletes we are privileged to coach. Best wishes to them in their college careers.

We need to call attention to another incredible soccer athlete. One of the Warter applicants is Abby Jo Madson of Delano High School. Abby and three other Delano varsity soccer players organized a fundraising drive to collect \$11,000 to develop a sustainable soccer field in Busolo Uganda. Our coaches association made a contribution to their efforts. They have reached their goal and the field will be dedicated this July. While this is an exceptional example, it reflects the fact that our high school soccer players are far more than mere athletes, but more importantly, outstanding citizens and leaders.

Our fall clinic will be held at North St. Paul on August 11 and 12. Look for clinic information in this edition of the Prep Coach. Greg Juba (Park of Cottage Grove Girls) retired, is the Clinic Director. Please make it a point to attend the clinic. In addition please remember that you join the MSHSSCA through the Minnesota High School Coaches Association organization. Your membership is done on line but can be done at the Clinic. Consider having your complete soccer staff become members of the MSHSSCA. Also, please take under consideration the value of also becoming a member of the National Soccer Coaches Association. Information will be in the clinic registration information.

Dave Stead, Executive Director of the MSHSL, addressed the fall meeting of the MSHSCA and announced that the League has been granted seven free days at the new Vikings stadium. The word free is still being negotiated. They anticipate very large numbers for the football and soccer tournaments. School assignment for the 2017-18 and 2018-19 seasons will be set by the number of students a school has on October 1st of 2016.

BSN Sports is our new cooperate sponsor. The Senior Classic will be called the BSN Senior Classic starting this fall. We are currently working to get a logo. East Bay is still a sponsor and the MSHSSCA encourages coaches to get their uniforms from these two sponsors. More information will be presented at the clinic.

The MSHSSCA has been working with the Minnesota United to put into place some cooperative working items. Your organization has decided to purchase four season tickets for the remainder of the season. This will be 14 games. We are looking forward to both organizations improving soccer in Minnesota.

The 2016 State tournament will start with the quarterfinals outside and will be played on Tuesday, Wednesday and Thursday October 25, 26 and 27. Semifinals will be played at the U.S. Bank Stadium on Monday October 31 and Tuesday November 1. Championship day will be Thursday November 3 at the U.S. Bank Stadium. This promises to be an exciting time for high school soccer. It will be our first time playing in the new facility.

As an organization we are continuing to work to improve our communication with our members to help promote High School Soccer in Minnesota. To do this we have moved to more electronic communications. Moving to a new website allows us more quickly and efficiently communicate. In changing our website address, it also puts distance between us and our parent organization MSHSCA. We as an organization move to a google domain and site so that all of our documents that we create in the operation of our association are organized and saved in a single location on the cloud as opposed to having everything stored on separate hard drives of our leaders. This will also help the future leaders of the MSHSSCA to be able to access our past records and communications to our members. Please note the new address! (<http://www.mnhssoccer.com/>)

Our entire soccer family sends best wishes to our long-time executive board Secretary, Vince Thomas. Vince, head boys soccer coach and senior classroom teacher in Eden Prairie, was diagnosed with melanoma in March. He has had radiation therapy and is currently being treated with the immunotherapy that was successfully used on President Jimmy Carter. Vince is approaching his diagnosis and treatment with his usual positive, optimistic attitude. There is a Caring Bridge site for those who would like to follow Vince's progress.

Vince the entire high school soccer community if pulling for you!

That should do it. There is even more information on the website. Have a great summer, kick back and enjoy, and get ready for the fall 2016 season and a new state tournament site.

MINNESOTA STATE HIGH SCHOOL SOCCER COACHES ASSOCIATION

Website: www.mnhssoccer.com

in conjunction with the Minnesota State High School Coaches Association, Inc.

26th ANNUAL SOCCER COACHES CLINIC

revised: 5-11-16

WHO: OPEN to ALL interested soccer coaches (youth, club, high school, college)**THURSDAY** night August 11th: 6:30PM – 9:00PM**FRIDAY**, August 12th: 7:30AM – 2:45PM

Keynote session plus social hour

WHERE: The Village Sports Bar
 3600 Hoffman Road
 White Bear Lake, MN (651.770.8670)

WHERE: North (St. Paul) High School
 2416 East 11th Avenue
 North St. Paul, MN

COST See Box below: Includes appetizers Thursday night and a box lunch on Friday
 T-Shirt for the first 250 registered coaches

For more information, please call:

Greg Juba, Director -- Head Girls' Soccer Coach -- Retired

cell -- 651.260.1048

email - gjuba23@gmail.com

AGENDA for Friday

7:30 – 8:15AM Sign-in / Registration
 8:30 – 9:25AM Session I
 9:40 – 10:35AM Session II
 10:50 – 11:45AM Session III
11:45AM – 12:45PM LUNCH
 12:50 – 1:40PM Session IV
 1:50 – 2:45PM Session V

NOTE: There will be a **Head Coaches Meeting** during **Session V**. Coaches will receive Association information packets at this meeting. All Association business for the upcoming season will be discussed. Session for all **NEW COACHES**, head and assistants, will occur during the lunch hour.

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

Costs:

Clinic Registration = \$50 before August 1st, 2016
 = **\$60** after August 1st, 2016

NSCAA Dues = \$70 before August 1st, 2016
 (National Soccer Assoc.) = **\$85** after August 1st, 2016

MSHSSCA Dues This year MN Soccer Coaches Assoc. dues need to be paid online by credit card or paid at the clinic.

DEADLINE for DUES PAYMENT is: October 1st, 2016.

PLEASE go online and take care of it NOW!

Total for each Coach = \$50 Clinic Only
 = **\$120** including NSCAA

Above costs reflect registration BEFORE August 1st

Registration Form is on the back of this page – please fill it out and
Mail to
 (Before August 1, 2016):

Art Seplak
10077 Upton Road
Bloomington, MN
55431-2849
952.881.2898

After the Game Bring Your Team to 

USE YOUR MEMBERSHIP CARD

**Your 2015-2016 Membership & Insurance
Expires July 31st.**

Have your new card for fall sporting events.

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

Park Center does NOT accept Membership Cards for admission.

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Red Ink for the year 2015-2016.

2015-2016 Membership Card

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



**John Doe
St Anthony Village**

Asst. Football
Head Wrestling
Asst. B/G Track

JASON FOUNDATION - YOUTH SUICIDE

Coaches,

As you may be aware, we have teamed up with The Jason Foundation to help fight the “silent epidemic” of youth suicide. The Jason Foundation is a nationally recognized leader in youth suicide prevention and awareness.

We are partnering up with them to offer all coaches that are a part of the Minnesota Coaches Association with access to the Coaches Assistance Program (CAP). CAP provides education that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations. Our partnership allows for all of our coaches to access this resource for free, whether you need it now or in the future.

Please take the time to review the attached flyer and visit www.jasonfoundation.com/coachesassistanceprogram/.

Also, feel free to forward this to any other coaches that you may know.



Hi!

I would like to share some of the highlights from our recent Spring Section Rep meeting.

- When submitting scores to Colleen Stark Haws please do not email full meet results or a picture of your meet results. A simple email with team name, date, and score is all she needs.
- With the rising costs of our state banquet a committee was formed to research other venues for our state banquet.
- Coaches Clinic will be held in Becker, MN on October 13 & 14. We are working to bring in a new clinician so mark your calendars, you won't want to miss this clinic.
- Kaitlyn Helmbrecht is our new President Elect. Thanks Kaitlyn for volunteering!
- Our new website is up and running. Check out everything you need to know at www.mshsca.org/gymnastics
- We should have an answer on our MSHSL proposal to increase the number of competitors allowed at invitationals by the middle of June.
- Willmer will be the host of the Class A True Team meet for the 201617 season.

We are looking for a host school for the 201718 and 201819 seasons. It is a two year commitment when you volunteer to host this meet.

Have a great summer and we will see you at the Coaches Clinic in October!



*Suicide Mostly Happens During the
Holiday Season...
Myth or Fact?
The Answer is MYTH.*

According to the Centers of Disease Control (CDC), suicide rates peak during the Spring and Fall

EDUCATION is the key to **PREVENTION**.

Information, tools, and resources are readily available to help identify and assist someone who may be struggling with thoughts of suicide.

The Jason Foundation, Inc., a national leader in youth suicide awareness and prevention, and the National Organization of Coaches Association Directors (NOCAD) are teaming together to provide all of NOCAD's membership with access to the Coaches Assistance Program (CAP).

CAP provides the education and help that you may need to help recognize the signs and symptoms of suicide in a student or student-athlete. Information is also provided to help you guide and support your athletes through stressful life situations.



www.jasonfoundation.com/coachesassistanceprogram/

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

Goal Posts

By: Ron Stolski - Brainerd
Exec. Director MFCA

A friend of mine gave me a call the other day.. He said, drop by my office and pick up an article I have for you ; you will be interested in it' I picked it up and I was. Am, interested. It is a May 1 New York Times article (I know) titled "The Age of Single-Sport Athletes Endures Despite Detractors' Suspicions' Time and space does not allow for a reprint, not even a thorough recap. Suffice to say it is a compelling piece with testimony from those who are involved in the experience of sports today, about the nearly insatiable demand(s) by who knows for youth to specialize as opposed to being the traditional multi- sport athlete of days gone by. The article features commentary from a high school athlete, his father's advice, and referances such luminaries as Ohio State Football Coach Urban Meyer, Pro Golfer Jordan Spieth, members of the U.S. women's national soccer team, and baseball Hall of Famer, John Smoltz , all who have publicly criticized year round specialization, primarily for its suspected role in injuries, but for other reasons as well, including pressure and burnout. In addition, it features insights from a HS athletic Director and his unique program to encourage multiple athletic participation, a Michigan High School Athletic Association plan, and testimony from researchers from the the U. Of Wisconsin Department of Orthopedics and Rehabilitation on the links of specialization among athletes to a definat increase in injury risk. There is more. This is a GREAT READ for all of us involved in youth sports. I highly recommend it. In these days of Google we should all be able to find it.

Your MFCA continues to be a resource of and for educational opportunities for the football coaches, players and communities of our state. The recent 'Keepers of The Game' clinic attracted approximately 1500 coaches, presenters, vendors and supporters to three days of interaction; learning from others, sharing with others , the methods and lessons that allow us to continue to grow. The Awards banquet , a record setting event, gave us the opportunity to salute our present and our past. One clinic speaker, a HS coach from Texas, was quoted as saying' this is the best HS clinic in the nation'. Whether it is or not, we can be proud of the event we have all had a part in, and we can ever try to be the best we can be..

The Recruiting Fair added a reasonably priced combine this year. all reports are that the Combine and Fair was a resounding success. Next... June 25 All-Star game. You have been sent five tickets; please support the game by (a) purchasing them and (b) attending the game.

Summer soon. Please take the time to give the kids a rest... let them be kids. And, more importantly, spend quality time with those you love. Reflection tells us regret only comes when we forget...

And... thank you Keepers of The game. Thank you.

Over Hill and Dale

By: Peter Janiszkeski
President of the Cross Country Coaches Association
Head Coach
Luverne High School

I hope this letter finds you completing another successful track season and preparing for the upcoming cross country season.

I will take this time to remind you and / or inform you of some things that are happening or will be happening in the coming months. (1) We are again awarding four \$500 scholarships, one to each gender in each class. The deadline for submission was May 1st, so the scholarship committee will be meeting in the coming month or so to decide the recipients, which will be handed out at our clinic in August. (2) The deadline for submitting Hall of Fame nominations is / was May 13th, and I will be compiling the nominations and e-mailing them out to the HOF committee for voting in the coming weeks. If you have someone that you feel should be nominated, please consider putting together a nomination form for next year's voting. (3) I've mentioned this before, but we did submit a proposal the MSHSL to increase the number of individual medals at the State Meet from ten to fifteen. That proposal will not be discussed and decided on until January or February of 2017 as that is when the awards committee will review their awards and update their current contract which runs though 2016-2017. (4) The clinic is scheduled for Monday, August 8th at Eastview High School. The directors are Tom Sharp of Eastview and Dave Chatelaine of Owatonna. A schedule and details will be e-mailed or sent out sometime this summer. So, mark your calendars, and we hope to see all of you there. (5) I will be finishing my term as President at the clinic in August and Jesse Nelson of Red Wing will be taking over as President at that time. I have spoken to a couple of Class A coaches about assuming the role of Vice President as we alternate between Class A and Class AA. No one has definitively said they would take on the role, so if this is something you would be interested in please e-mail me in the coming weeks. I'm speaking from experience when I say that it is an awesome experience and an outstanding way to give back to the sport!

In ending, as this is my last article, I would like to say that it has been an extreme privilege and honor to represent all of the outstanding cross country coaches in Minnesota as your President! I feel very fortunate and blessed to have had this opportunity! Thank you for all that you do for our athletes and our sport! You are truly an amazing group of people, and I feel fortunate and blessed to have gotten to know so many of you!

That's all I have at this time. Have an awesome end to the school year and track season, and may you have an outstanding, relaxing and rejuvenating summer!

Many articles are submitted by a designated member of particular sport associations and are not necessarily the feelings of other sports associations, the MSHSCA or the Editor.

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. Including Life and Retired Life members. Send change of addresses to John and Mary Erickson, PO Box 519, Detroit Lakes, MN 56502, or email us at jomar2@arvig.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.

Need new Life Card?

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

COACHES!

DO YOU KNOW WHERE YOUR ACADEMIC PLAQUES ARE DISPLAYED? LET'S MAKE SURE YOUR ATHLETES ARE HONORED & VISITORS, TO YOUR SCHOOL, KNOW IT!



Your school has received a plate for each team that has qualified.

Your AD should be alert to envelopes with the return address of Beaches Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. Thank you for your help with this program to recognize your athletes.

After the Game Bring Your Team to 

MINNESOTA COLLEGES & UNIVERSITIES THAT HONOR MSHSCA MEMBERSHIP CARDS

The importance of a close working relationship between college and university coaches and high school coaches in Minnesota remains obvious as institutions of higher learning have opted to continue with the Associate Membership Package offered by the MSHSCA during the 2014-2015 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)
Complimentary passes are not available for Division I Hockey
- Bethany Lutheran College (Mankato MN)
- Bethel University (St Paul MN)
- Carleton College (Northfield MN)
- Central Lakes College (Brainerd MN)
- Century College (White Bear Lake MN)
- College of St. Benedict (St Joseph MN)
- Concordia College (Moorhead MN)
- Concordia University (St Paul MN)
- MN State Comm. & Tech College (Fergus Falls MN)
- Gustavus Adolphus College (St Peter MN)
- Hamline University (St Paul MN)
- Hibbing Community College (Hibbing MN)
- Itasca Community College (Grand Rapids MN)
- Macalester College (St. Paul MN)
- Martin Luther College (New Ulm MN)
- Mesabi Community College (Virginia MN)
- Minnesota State University Mankato (Mankato, MN)
(Call ahead for DL Hockey)
- Minnesota State University (Moorhead, MN)
- MN West Technical and Community College (Worthington MN)
- Northland Community College (Thief River Falls MN)
- North Central University (Minneapolis)
- University of Northwestern (St Paul MN)
- Ridgewater Community College (Willmar MN)
- Riverland Community College (Austin MN)
- Rochester Community College (Rochester MN)
- Southwest MN State University (Marshall MN)
- St Cloud State University (St Cloud MN)
- St Cloud Tech College (St Cloud MN)
- St John's University (Collegeville MN)
- St Olaf College (Northfield MN)
- U of MN - Duluth * (Duluth MN)
Men's Hockey on Availability
- U of Mn - Morris (Morris MN)
- University of St Thomas (St Paul MN)
- Vermilion Community College (Ely MN)

Another example of the MSHSCA at work for the membership!

- *1. MSHSCA Complimentary passes may not be available for all games.
2. MSHSCA Complimentary passes are not available for post season/play off games.
3. MSHSCA Card must be presented in person by the card holder along with a photo I.D.at the UMD ticket window.
4. Additional tickets can be purchased to accompany your complimentary admission. You must notify the UMD ticket office of your desire to purchase at the time you call for your complimentary admission.
5. UMD reserves the right to deny complimentary admissions at their discretion for any reason.
6. The number to call for UND tickets is 218-726-8595 by 4:00 the Thursday before a weekend event or by 2:00 the day of a weekday event.
7. Complimentary passes are not available for Division I Hockey at Bemidji.



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at some of the lowest prices in the USA.

**Minnesota State High School
Coaches Association, Inc.**

**Executive Committee Liaison Assignments
2015-2016**

Troy Urdahl - St. Anthony Village

Past President	B/G Soccer	B Swimming	Baseball
	G Swimming	Wrestling	

Rob Nielsen - Detroit Lakes

President	Football	G Basketball	G/B Golf
	Adapted Athletics	Gymnastics	

Todd Smrekar - Cambridge-Isanti

President Elect	B/G Cross Country	Nortic Skiing	B Tennis
	G Tennis	Alpine Skiing	B/G Track

Gary Prantner - Byron

Vice President	Volleyball	Snych. Swimming	Softball
		B Basketball	B/G Lacrosse

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

BANK SHOTS



By: *Chris Pack*
MBCA President
Hayfield HS

Summer is close and for most of us it means a chance to start coaching our kids again! Amazing how fast the school year has gone.

Congratulations to the coaches and players from our four state champions: Hopkins, De La Salle, Braham, and Minneapolis North. I would also like to congratulate our Mr. Basketball award winner for this year, Amir Coffey from Hopkins. I also want to congratulate our coaches of the year, assistant coaches of the year, section coaches of the year, academic all state team and players, and all-star players and coaches. Check out our MBCA website (<http://www.mshsca.org/boysbasketball>) to see these lists.

Thanks again to all of the leaders of the MBCA and for the work they do to make our organization top-notch. This includes committee members, section reps, chairman, and officers. Special thanks to Executive Secretary Tom Critchley. His commitment and hard work for this group is amazing and he deserves a great deal of credit for how well this organization runs.

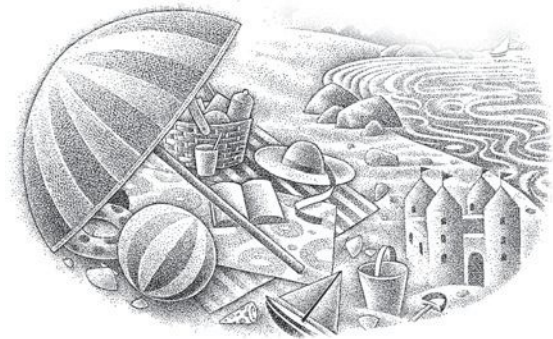
Lastly I would like to say thank you for the opportunity to be the president of the MBCA this past year and to serve all of our fine coaches in this state. It was a great experience for me and I have been able to meet and work with a wonderful group of other coaches that I will remember and cherish forever. Mike Trewick of St. Cloud Tech takes over as president for next season and I know he will do an outstanding job serving you!

Have an enjoyable summer and we will be back on the courts before you know it!

**MSHSCA's
2015-2016**

Thank You
to our

**CORPORATE
PARTNER**



**SUBWAY HELPS MAKE SOME OF
OUR PROGRAMS POSSIBLE!**

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

**Minnesota State
High School
Coaches
Association
HALL OF FAME**

**CRITERIA FOR THE
SELECTION OF
CANDIDATES**

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

**ELIGIBILITY
REQUIREMENTS**

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

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



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

Name: _____
Last First Middle

Address: _____ City: _____ Zip: _____

Birthdate: _____ Single: _____ Married: _____ Phone #: _____

Deceased: _____ Spouse's Name: _____

Children and Ages: _____

Nominating Person or Group: _____

Rationale for Nominations: _____

Personal History: Hometown: _____
 College: _____ Year: _____
 College Honors: _____

Coaching History: (Sports-School & Years): _____

Coach Awards, Honors & Highlights: _____

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

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

Coaches Association involvement & Present Status: _____

Please list Other Highlights & Experiences: _____

School(s) to be used on Award: _____

Nominated by: _____ Date: _____

**More Hall of Fame Nominees are requested.
There are a lot of deserving coaches that should be recognized!!**



Dig This

By: *Greg Ueland*
Roseville Area

The end of the school years brings about a great opportunity for many people to relax, refresh, and spend much needed time with family and friends. For many of us this time of year is also a time of great reflection and planning for the future. When reflecting back on the past year, we often look at our successes and areas of growth. In growing our knowledge of coaching and the sport, we are very fortunate in Minnesota to have so many knowledgeable, helpful, and talented coaches and volleyball experts to learn from.

One great learning opportunity to see and interact with many of these coaches is at the MNVBCA Coaches Clinic. The 2016 MNVBCA Coaches Clinic will take place at St. Cloud State University on Wednesday and Thursday July 27 and 28. This clinic is traditionally one of the best and highest attended high school volleyball coaching clinics in the country. This year we have many new and exciting speakers highlighted by Jeff Nelson, the Head Women's Volleyball Coach at the University of New Mexico over the past nine seasons, with additional coaching stints at Texas Tech and the University of San Francisco. We also have Minnesota Women's Volleyball Assistant Matt Houk, and many more great college, high school, and club coaches. Registration will begin at 11:00am on Wednesday with the first session at 1:15pm. The All-Star Match warm-up begins at 5:30pm; and the Coaches' Social will begin following the All-Star Match. Thursday's sessions begin at 9:00am, with a free lunch being served that day. Sessions and door prizes expect to be concluded on Thursday at about 3:30pm. Our designated hotel will be the Holiday Inn and Suites (75 South 37th Avenue, St. Cloud, MN) with reservations at (320) 253-9000. To register and for more detailed information about the clinic please visit our website at www.mnvbca.org.

Please check out the Minnesota State High School webpage at www.mshsl.org to check out various resources. Also, remember to adhere to the blackout period of July 2-8. This is a time where you are not allowed to work with or have contact with your student athletes. I hope that all have a fantastic summer and that I will get a chance to see many of you and meet new faces at the upcoming MNVBCA Coaches Clinic!



37TH ANNUAL MINNESOTA



VOLLEYBALL COACHES ASSOCIATION CLINIC

**July 27 and 28, 2016 –
St. Cloud State University**

Clinic Presenters: Jeff Nelson will be our featured speaker. He is the Head Women's Volleyball Coach at the University of New Mexico over the past nine seasons. He is an Austin, Minnesota native and has had tremendous success there as well as at Texas Tech and the University of San Francisco. We also have one of the rising stars in the college coaching ranks in Minnesota Women's Volleyball Assistant Matt Houk, as well as many more great college, high school, and club coaches.



Wednesday, July 27

11:00am	Clinic Check In Begins
1:15pm	First Session Begins
5:30pm	All-Star Match
TBD	Coaches Social To Follow All-Star Match

Thursday, July 28

9:00am	Clinic Sessions Resume
*** A free lunch will be provided to all clinic participants	
3:30pm	Clinic Wrap-up with door prizes

Official Coaches Clinic Hotel

Holiday Inn and Suites
75 South 37th Avenue, St. Cloud, MN
(320) 253-9000



To register and for more specific information about the clinic go to www.mnvbca.org

After the Game Bring Your Team to SUBWAY

MSHSCA ANN

The MSHSCA is proud to announce the scholarship winners for 2016. For many years the MSHSCA has been involved in awarding scholarships to deserving male and female athletes from around the state of Minnesota. This year's selections represent a true mix of academic excellence, athletic accomplishments and role model character traits. The MSHSCA would like to thank the scholarship committee for their hard work and dedication in continuing to make outstanding selections.



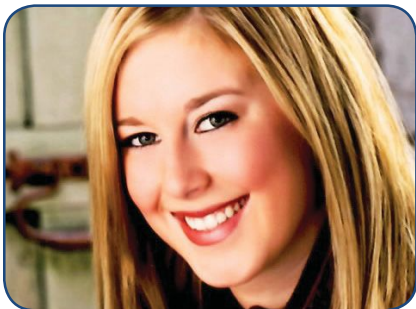
Lisa Fisher will graduate from Henry Sibley High School. Lisa was a three sport athlete and an outstanding student academically. Lisa will enroll at St. Olaf College in the fall where she will continue to participate in Track and Field. In her letter of application Lisa wrote; "I am not the state champion that wins every race, but I am the girl who is willing to push herself to one day achieve the aggressive times I dream of, one that pushes my teammates to do the same, and one that is not scared of failing if it means I attempted a race with my heart completely in it." Lisa received one of the Subway scholarships.



Haley Bass will graduate from Jackson County Central the spring and has chosen to attend Watertown Lakes Area Technical Institute to pursue a career as a Physical Therapy Assistant. Haley was a two sport athlete and JCC and a very good student. In addition to being a successful gymnast Haley helped coach the JCC youth level gymnasts. In Haley's letter of application she reflected on the lessons learned from athletics by saying; "I learned that the struggles we face can be turned into greatness, if we choose to work hard and achieve our goals." Haley received the Kathy Fredrickson scholarship.



Andrew VanErp will graduate from Battle Lake High school this spring and has chosen to enroll at St. John's University in the fall where he will continue his football career. Andrew was a three sport athlete at Battle Lake where he was also a standout student, recently named as a member of the All State Academic boy's basketball team. In his letter of application Andrew talked about the value of his teammates saying; "since I am a three sport athlete I have had many teammates. I have made countless memories with my teammates and they are among my closest friends. I many not remember all of the games, but I will always remember the special memories that I made with my teammates." Andrew received one of the Past Presidents scholarship.



Mikaela Smith will graduate from Red Rock Central this spring and has chosen to enroll at the University of St. Thomas in the fall. Mikaela was two sport athlete at Red Rock Central while at the same time she excelled academically to become the valedictorian of her class. Mikaela was a dedicated volleyball player who stressed that volleyball has taught her the importance of hard work, leadership and of being a team and being coachable. Mikaela received the Val Teichroew scholarship.



Whitney Smith will graduate from Martin County West this spring and will enroll at Iowa State University in the fall. Whitney was a three sport athlete at Martin County West and at the same time maintained a 4.0 GPA and a number ranking in her class. Whitney stressed the importance of dedication in her letter of application stating; "Dedication means that you are fully focused and committed to a purpose. I ran six days a week not because I had to, but because I felt I owed it to my team to be the best possible athlete that I could be." Whitney received the second Past Presidents scholarship.

ANNOUNCES SCHOLARSHIP SELECTIONS



Tayla Card will graduate from Hutchinson High School this spring and will enroll at Winona State University in the fall. Tayla was a three sport athlete, tennis, dance and softball while maintaining outstanding grades. Tayla will continue to play tennis at Winona State and credits a lot of her success to the great leaders, coaches and teachers she has had. Tayla will pursue a career in education and coaching. Tayla said of her coaches, “My coaches, have taught and displayed great character and have assisted me in becoming a leader”. Tayla received the Betsy Farnes scholarship.



Joe Miller will graduate from Saint Michael-Albertville High School in the spring and has been selected for admission into the University of Wisconsin-Madison in the fall. Joe was a three sport athlete while in high school and at the same time Joe maintained a perfect 4.0 GPA. In his letter of application Joe gave much of the credit for his accomplishments to his coaches at Saint Michael-Albertville. Joe wrote; I have been fortunate in having coaches I can learn from who care about not only helping our team gets better, but also about helping us grow as people. Watching my own father coach for my own and other teams over the years has helped me gain and even deeper appreciation and respect for the important role a coach plays in a player’s growth and development.” Joe received the second Subway scholarship.



Joseph Zwak will graduate from Duluth East High School this spring where he was two sport athlete. Joseph will enroll at St. Scholastica in the fall. In his letter of application Joseph spoke about the about the valuable lessons he has learned from sports and coaches. Joseph said; “sports have prepared me the future by teaching me how to carry myself as a person on and off the court. I have always been taught to have an attitude of gratitude to others.” Joseph received the Darien DeRocher scholarship.



Benjiman Wilebski will graduate from Goodridge High School this spring and will enroll at the University of North Dakota in the fall. Ben was a three sport athlete at Goodridge and at the same time was able to maintain a 4.0 GPA. Joe hopes to pursue a career in Sports Medicine and Orthopedic surgery. Joe overcame Non-Hodgkins’s Burkitt’s Lymphoma at age seven to go on to enjoy full participation in all of the sports he loves and his father coaches. Joe said his first love is baseball and it might stem from the fact that the “Make a Wish Foundation” made it possible for him to the “Manager for a day” with the Minnesota Twins. Joe was also able to participate in two state semi-final games in football. Following his senior season in football Joe was named 9 man academic all state team. Benjiman received the Steve Kerzie scholarship.



Carson Bryan will graduate from Red Wing high School this spring where he was a three sport athlete. Carson has achieved academic excellence at Red Wing and will enroll at the University of Minnesota-Minneapolis in the fall. Carson made the following statement regarding his academic expectations; “Academics have always been stressed in my household because without strong academics, sports would never have been an option for me. I believe the discipline and ability to do multiple things well will carry over to my adult life”. Carson received the Howard E Emerson scholarship.

After the Game Bring Your Team to 

MSHSL BOARD OF DIRECTORS REPORT

By: *Craig Anderson - Pine Island HS*
Boys Sports Representative to the MSHSL Board of Directors

As we conclude our 2015-2016 school year, I want to thank all of the coaches and activity directors for their dedication to the athletes and school districts that they work with. As we have celebrated our 100th anniversary of the MSHSL, we continue to see outstanding achievements by athletes, coaches, teams, and officials. It has been a great start to our next 100 years!

It has been a tremendous honor to be at several State Tournaments this year to present the special 100th Anniversary medals. All State Tournament medals will hopefully have a special place for the participants, but the commemorative medals for all those who have earned them will likely be admired for generations.

I want to thank our girls sports representative, Shelly Hotzler, for her leadership that she has provided our MSHSCA as a MSHSL Board Member over the last four years. Shelly has had a tremendous career as a coach and leader in our Association. She was instrumental in being a leader that unified separate Coaches Associations into merging into one. She will continue to serve the Board of Directors until July.

It was good to see many Delegates and Sport Association leaders at the Spring Delegate Assembly Meeting in March. Thanks for representing your area and sports. Shelly and I

will continue to follow your articles in Prep Coach, but also value your reports at the Delegate Assembly Meetings, and encourage you to contact us on issues that we can be of help with. Our next Board of Directors Meeting will be on June 2nd.

On June 20th, coaches and activity directors may be interested in the “Why We Play” Conference at Minnetonka High School. Joshua Medcalf, who is the Director of Mental Training, for UCLA Basketball and author of “Burn Your Goals” and “Impractical Guide to Becoming a Transformational Leader” will be the featured speaker. There will be three different specialized Conference Tracks - for new Activity Directors, for Minnesota Head Coach Certification, and Professional Development. Go to the mshsl.org website to find the registration information.

The MSHSL takes pride in providing education to the coaches and directors through the Coaches Clipboard. It is important that we stay educated on the rules, have developed Emergency Action Plans, and develop philosophies that not only help our participants to be successful, but maintain character development and sportsmanship as key parts of the activity experience.

I wish all of you the best of luck in your spring tournaments, have a great summer, and are ready to get the 2016-2017 school year off to a great start.

Delegates Corner

By: *Todd Smrekar, President Elect, Cambridge-Isanti High School*

Difficult to fathom, but another school year has flown by and is winding down. It will not be long until spring State Tournament action is in full swing. This is a great time to thank all delegates for their service to the MSHSCA. We appreciate the vision and leadership that is provided by all of our delegates. The experience, knowledge, dedication, and passion displayed by our delegates on an annual basis is second to none. You are one of the main reasons why the MSHSCA is such an exemplary organization and why the state of Minnesota High School Athletics are the best!

I ran across this on Facebook or Twitter not long ago and thought it was fitting and applicable to our association, its membership, and of course our delegates.

11 Traits of the Best of the Best – (www.trainingcamp11.com)

The Best know what they truly want.

The Best want it more.

The Best are always striving to get better.

The Best do ordinary things better than everyone else.

The Best zoom-focus.

The Best are mentally stronger.

The Best overcome their fear.

The Best seize the moment.

The Best tap into a greater power than themselves.

The Best leave a legacy.

The Best make everyone around them better.

Speaking of Facebook and Twitter, if you are on social media, the MSHSCA can be followed for updates, reminders, and other important information. Stay up to date and follow the association on Twitter @MSHSCA, and stay connected on Facebook at www.facebook.com/MSHSCA. This is a great way for all members to stay current on the important information, announcements, reminders, and happenings within our organization. This is also a platform where sport association information can get pushed out through the MSHSCA social media accounts.

Delegates are always needed and a great way to get involved in this tremendous organization. For openings in the sections, look at the beginning of this edition of the Prep Coach. Being a delegate and serving others in our profession is a great way to be active in the MSHSCA and provide leadership. Take the time to encourage a fellow coach to get involved with MSHSCA.

Have a relaxing summer setting the hook on the lake, teeing it up on the golf course, and enjoying your time with family. We look forward to seeing you at the September Delegates meeting.

JILL JOHNSON ELECTED TO SERVE ON MSHSL BOARD OF DIRECTORS



Jill Johnson, Athletic Director at Waconia High School, has been elected to a four year term on the Minnesota State High School League Board of Directors. Jill was elected by the Girls sports voting representatives of the schools and will represent Girl's Sports on the MSHSL Board of Directors. Jill is a graduate of Hastings High School where she was a three sport athlete as well as a participant in both band and choir. She went on

to earn her B.S degree in Recreational Sports Management at Mankato State University where she was a member of the softball team. Jill became a certified Athletic Administrator in 2009 and her earned a Masters degree in sports administration from the University of St. Thomas. Jill spent the first eight years of her career as a sports administrator with the Minnesota Sports Federation, a non-profit sports organization programming sports Activities Director at St. Cloud Tech High School In 2013 Jill became the AD at Waconia. Jill has served as team member of a variety of committees; has served in leadership roles as the Region 8AA representative on the State AD Advisory Committee; is a representative on the 2AA Tournament Committee and as a member of the National Women in Sports Day Committee. The MSHSCA welcomes Jill Johnson as our representative on the MSHSL Board of Directors.

COACHES CARING PROGRAM

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

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

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

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

MSHSCA 2016 MEETING DATES

Summer Meeting: June 26-27, 2016
Detroit Lakes

President's Meeting: Marriott West - September 9, 2016

PREP COACH DEADLINES TO SUBMIT

Sept. 1 | Dec. 1 | Mar. 1 | May 15



Diamond Cuts

By James Wajer
Martin County Central

I would like to take this opportunity to thank all of our coaches through-out the state who have an influential impact on the lives of softball youth. You use your platform to teach student-athletes educational lessons through team activities teaching loyalty, team work, persistence, communication, positive choices, consequences, and the will to be successful. I hope that everyone has enjoyed the role that coaching has on the lives of their players. It is often said that athletics is not about winning and losing. It is easy to judge on a score board if a coach is an effective teacher of the game, but one cannot judge easily the impact that you have on the lives of your athletes off the field. Thank you for what you do.

At the Softball Advisory Committee meeting in December with Lisa Lissimore of the MSHSL it was decided that three items needed to be voted on by all of the Head coaches.

1. Seeding for the State Tournament: Each Class (A, AA, AAA and AAAA) will be decided independently on whether it would be best if their class should do this. 71.5% of the coaches who were surveyed would like to see a seeding process for the state tournament. 28.1% would not like to see seeding process at the state tournament.
2. Having the State of Minnesota adopt a 15 run rule after three innings to help eliminate lopsided games. A 10 run rule would still be in effect after 5 innings. 73.3% of the coaches who were surveyed would like to see a mercy rule like this. 26.7% would like the rule to stay as is.
3. Taking softball OFF of the Exclusion list for Bylaw 208. This would eliminate HS softball players from participating on Non-School softball teams while they are playing their High School season. Right now Baseball, Softball and Skiing are the only sports excluded from following this Bylaw. 69.4% of the coaches who were surveyed would like to see softball removed from the exclusion list. 29.9% would like to remain on the exclusion list.

We are in the process of moving forward with these changes and will keep you posted through your section reps on the process. Some of these topics are controversial and are never easy to decide. I would say that our association does their homework so that every voice is heard. Sometimes we have to agree to disagree, but majority rules. I would encourage all coaches to get involved by becoming a section representative and help to better softball. I have had the pleasure of working with some outstanding people on the board that put numerous volunteer hours into making our sport better at the high school level. The most important thing we can do as coaches is make sure we are doing what is best for the all the students of our sport.

I would like to wish you all the best of luck with your postseason. If you have any questions you can email me at: james_wajer@mcc.mntm.org

MnIAAA CORNER

By John Vraa, New London-Spicer HS
MnIAAA President

Establish a Work Ethic. We all hope to have leaders who lead by example in our athletic programs. To set a tone for your athletic department, it is imperative that you show a strong work ethic and are not afraid to pitch in any task whether that is grooming a field, sweeping a gym, or picking up after an event. As a coach, I used to set out equipment bags that needed to be loaded onto the bus. I found it interesting to watch which players picked up a bag and brought it to the bus even when they weren't asked. I want coaches and players in my program who "pick up that bag" and the best way to ensure that is to pick up a bag yourself.

Build a strong team, expect a lot, and trust them. All of us have different size and make-up of our activities team. Mine involves activities and community education. Make your team inclusive and support each other. Value the talents each team member brings and be aware of crunch times and deadlines. Focus in on the key components or core values you believe in and trust that others will find ways to incorporate them into their team or daily work. We did the Why We Play core values exercise last year with our athletes, coaches and parents. Our top five values were: commitment, fun, leadership, friendship, and passion. I was somewhat surprised that commitment was at or near the top of the list in all three groups. In reflection, we get the most internal rewards and enjoyment out of things we are committed to and passionate about. Throw in some fun and friendship and you've got a good thing!

Don't Be Offended or Go on the Offensive. I came to NL-S after working for 16 years in a small college setting. One of the best parts of this change was the amount of community involvement compared to the college setting. As you all know, this can also be one of the worst parts of our jobs when everyone is an expert on what decisions you should make. "Don't be offended or go on the offensive" was a quote from Greg Vandal, Superintendent at Sauk Rapids-Rice. I took the class Community Relations for Schools Administrators at SCSU from Greg. I use this phrase often when I get parent or community complaints, especially when these complaints challenge my intent or ethics. I have learned to never be surprised by comments parents will make to protect or defend their child. Be a good listener and make firm, well thought out decisions and move on. Don't waste your time trying to convert others to agree with your decision – it won't happen. Let the hundreds of decisions you make over the course of a year be the standard for how you are judged, not the single issue that one parent wants to see go their way.

Build School, City, and Private Relationships and/or Formal Agreements. We have some unique agreements in our school district and I believe they bring value in maximizing facility use and cost efficient programs. New London-Spicer Schools and the cities of New London and Spicer belong to a formal Joint Powers Agreement for the operation of our Community Education and Youth Services Program. Eleven townships also voluntarily participate in this agreement. This agreement provides financial support from the cities and townships to our Youth Services Program and also outlines facility use owned

... continued on page 25

DUGOUT CHATTER



By: *Al Amdahl – Albany High School
President Minnesota State High School Baseball Coaches
Association*

By the time this goes to press we will be at the end of another season – hopefully you had many successes! 2016 will be the first year of our four class Tourney and it is set for June 16th and 17th with the St. Paul Saints stadium hosting the AAAA games, Seibert field at the U of M hosting the AAA, Dick Putz and Joe Faber fields in St. Cloud for AA and Chaska and the Mini Met in Jordan for class A. The MN Twins and Target field will once again be the site for the championship games of all four classes on June 19th. Coaches make an effort to get to these sites to see some outstanding ball games and see the rich talent in the state of Minnesota.

Another opportunity to display our talented athletes is at the Junior Showcase that our association puts on, the selection committee just met and the letters will be going out to 200 of the top seniors to be in the state. It will again be hosted by Minnetonka on July 7th starting at 8:00 am. These participants will get a great opportunity to work out for coaches and scouts. Thanks to Paul Twenge and his crew for hosting and many of the other advisory board members with the volunteering for this great event.

This June we will see our All Star Series expanding to six teams being held at the beautiful ball parks in Chaska & Chanhassen. We want to recognize and thank Vice President Don Gawreluk who chairs this event, the countless hours he puts in have made this event better each year and this one should be the best of them all! Saturday will be introduction ceremony for all players and coaches – please try and make an effort to make it out the park for this event. I also want to thank Dale Welter and Paul Twenge who put in tremendous amounts of time to assist in this venture. While I am at it, I want to give a huge shout out to our All Star Selection Committee Chairmen, Ricky Michel for the Metro East, Jared Mountain with the Metro West, Todd Smrekar for the Metro North, Rob Walsh of the Metro South, Rick Zollner for the South and Bill Kinnunen with the North, for beating the drum to get players nominated for the tourney. The MN Twins were again gracious hosts for our selection meeting, thank you Don for setting this up also thanks Josh Ortiz, Dave St. Peter and others with the Twins organization for all you do for our sport.

Be sure to write the John Wilkens fall coaches clinic on your calendar: October 28-30 at the Ramada Plaza Hotel in Minneapolis. Get your staff together and take advantage of great clinicians, vendors, and hot stove discussion. Thanks John for all the hard work you do to get this together. As

always we will have our coaches meeting on that Saturday morning and we need your attendance to get things done and keep you informed. That evening we will have our Awards and Hall of Fame banquet. Congratulations to this year's Hall of Fame class: Steve Davis from Princeton, David Glenn from Minnehaha Academy, Dave Lane from Mayer Lutheran, Lyle Rambow of Morris, Bob Schlagel of rush City and Richard Wasko from St. Paul Johnson. Congrats to all of these gentlemen, their staffs and their programs. What a great honor for all of them and their communities.

As we move into the 2016-17 year, be sure to keep yourself up to speed by frequently visiting our website. Todd Smrekar and Tink Larson put a lot of time into the information and the records you can find on there, do them and yourself a favor, use the site! Also some members of the advisory board along with some prominent people in the sports medicine field along with Kevin Merkle of the high school league are working on creating a recommendation for pitch counts to promote arm care and safety for our athletes, look for more information soon. One meeting was conducted in April with the second happening in mid May. Contact board members if you have questions or concerns. I hope many of you have been able to take advantage of a nice perk, compliments of the MN Twins – that being some free tickets to games throughout the season. See you at the Ball Park.



SNYNCHRONIZED SWIMMING

By: Jennifer Wood
Head Coach Eden Prairie Synchronized Swimming

The 2016 Minnesota High School Synchronized Swimming season ends with the state meet on May 26 & 27th, 2016 at the University of Minnesota Aquatic Center. This year at the state meet we are excited to continue to hand out our new awards that we introduced last season. We will induct more members into the MN HS Synchronized Swimming Hall of Fame; we will honor our second Coach of the year and Assistant Coach of the year. We will also honor swimmers with the Senior Academic All-State Award.

We are excited to see the routines that qualify for state and all the progress the girls have made in the last 12 weeks! Good luck to everyone at sections and state!





ICE CHIPS

By: *Craig Roberts*

MHCA Director of Communications

With our Nothing Compares campaign, this year is one of the great years for Minnesota graduates.

David Backes, a 2001 Spring Lake Park graduate and captain of the St. Louis Blues, has led his team to conference finals since 2001. Through two rounds, he leads the NHL in game-winning goals and is fifth in total goals in the playoffs.

Across from the Blues in Western Conference finals are the St. Jose Sharks, featuring Paul Martin (Elk River, '00) and Justin Braun (White Bear Lake '05).

J.T. Brown (Rosemount '08) is back in the Eastern Conference finals with the Tampa Bay Lightning for the second year in a row, after going to the Stanley Cup finals last year.

Eighteen-year NHL veteran Matt Cullen (Moorhead '95) has helped the Penguins reach the conference finals. It is his third appearance in the conference finals, including a Stanley Cup championship with Carolina in 2006.

NCAA Division I champion North Dakota featured eight Minnesotans on its roster.

In the junior ranks, Fairbanks won the North American Hockey League title in Edina, May 15, with seven Minnesotans, including Reggie Lutz (Elk River '15), who scored the game-winning goals for the Ice Dogs in the title game and was named the Robertson Cup MVP.

Congrats to all and thanks for leaving a legacy at your school.

One other topic on the promotion of our sport comes from the media – broadcast, digital and print – in the form of player identification. In this day and age, people design jerseys without consideration of how they actually are viewed by the people who promote the game.

Rule 2, Section 1, Article 2 of the NFHS rules book states “All players shall wear numbered uniforms. It is required that all players be numbered with at least 10-inch (25.4 CM) high Gothic, colored numbers on the back of their jerseys and the same numbers at least 4 inches (10.16 cm) in height on both sleeves of the jersey. The color of the numbers shall contrast with the color of the jersey.”

Many teams use dark numbers on dark jersey (ie: red numbers on black jerseys) and do not have numbers on the sleeves as required. This creates problems for broadcasters and on-ice officials, who cannot easily identify players.

Simply put, this is a rule that is already on the books and has been for quite a while. If we want to make the broadcasts of our events better, we need to help the broadcasters with this and, therefore, need to enforce this rule.

Although there is little “down time” for any of us, the spring is the time of year when we can all spend a little more time away from the rink before Summer Training Programs, hockey camps

and clinics begin anew. We hope you’ve been able to recharge your batteries because we’ll all be back at it again soon.

Best wishes to all coaches this summer. Look for information over the summer regarding the MHCA Fall Clinic for 2016, tentatively scheduled for Oct. 28-29.

MnIAAA ... continued on page 25

by each of the three entities. Another unique agreement was established in 2014 for the operation of Green Lake Diamond in Spicer. New London-Spicer Schools rent Green Lake Diamond from the City of Spicer. The City then pays a park management fee to the New London-Spicer Baseball Association to operate and manage the diamond. In this way, the school and city have a fixed budget related to the field and equipment, while all facets of operating the park is handled by members in the association who are passionate about baseball. Lastly, New London-Spicer Schools has a Community Fitness Center located in our school which is open 24/7 similar to Snap or Anytime Fitness. The agreement provides a cost effective facility to our public and, at the same time, gives our students access to a facility the school could never afford on its own.

Encourage and Embrace Volunteerism. We are very fortunate to have had a volunteer “Grounds Crew” at NL-S since 2005. This group does all the mowing and painting of our football game and practice fields including mid field and end zone logos. This group of 40+ volunteers built our press box addition in 2012 and a storage shed addition in 2013. Over the years they have also painted the weight room, filled cracks on the tennis courts, donated hours to the Green Lake Baseball Diamond, the outdoor hockey rink, and the moving of gymnastics equipment. In short, when you need something done – you call the Grounds Crew. Much of the success of the Grounds Crew comes with the camaraderie of the group and “Garage Logic” sessions that follow a Wednesday evening of work at the football field. Our dads and community members get to know our coaches and work side by side prepping the field and talking football. This builds inclusion, ownership, and a lot of Wildcat Pride on Friday nights.

Have a Booster Club that Benefits All of Your Programs. Individual sport booster programs have their place in providing for the specific needs of that sport. All of our sports do some type of fundraising specific to their program, but the majority of our outside financial support comes from our general booster club. If you do not have a sponsor program with your local business community, I suggest you start one. The sponsor program run by our booster club provides a one stop shop for businesses to partner with our athletic program. We do not allow our sports to solicit funds from businesses for their program only. Businesses can choose the level of their sponsorship ranging from anchor sponsors on scoreboards, concession stand banners, marquee message board, program ads, and golf tourney hole sponsors. More than half the purchase orders I submit have at least one outside funding source, most times the general sports boosters. Creating relationships with your booster club officers and the business community is time consuming and, at times, challenging. However, I think you are doing your athletes and programs a disservice if you do not access these revenues.

After the Game Bring Your Team to 

MEMBERSHIP PERKS

S

- **COUNTRY INN & SUITES - Eagan - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800**

H

- **COUNTRY INN & SUITES by Carlson - Minneapolis West, MN - 651-287-8800**

S

- **EMBASSY SUITES - Brooklyn Center - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR . 15% discount. Website: www.minneapolisbrooklyncenter.embassysuites.com**

C

- **RAMADA PLAZA - Minneapolis - Rate Code: L16 - (612) 331-1900 (Based on availability)**

A

- **MINNESOTA ZOO - Apple Valley Corporate Rates - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.**

Call John Erickson for discount card - (h) 218-847-6796

- **ROSEVILLE VISITORS Association DISCOUNTS - www.visitroseville.com**

- **SHERATON MINNEAPOLIS WEST HOTEL - 12201 Ridgedale Dr
Coaches Call 800-325-3535, ask for MN Coaches Association Rate**

- **MARIOTT MINNEAPOLIS WEST - St. Louis Park (952) 544-4400**

For Hotel rates, coaches should indicate membership in MSHSCA.

MEMBERSHIP PERKS

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

REASONS WHY MSHSCA MEMBERSHIP IS BENEFICIAL

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



CLEARING HURDLES

By: Johnny Josephson
New Prague HS

Hello to one and all who have the awesome privilege of coaching/teaching in the great state of Minnesota. Whew! The spring is here and running by quickly. I hope everyone is having/had a fantastic, injury free spring season. As I am writing this, the True Team Section meets are done and the annual True Team meeting to decide the wild card winners is finished. Congrats to all the teams that will be competing at the State True Team meet held at Stillwater Area High School. Also thanks in advance, (or in the past as you would be reading this in the future from when I am creating this. Ouch, time travel and Track and Field, talk about a headache) to everyone involved creating a superb meet like the True Team State. Thanks to all the parent volunteers, former athletes, coaches and teams that make/made this meet a huge highlight to the Track and Field season. Also, thanks to the teams that participated and enjoyed this awesome experience! Thanks to the True Team Committee (to name a few: Gary Wade, Scott Christensen, John Bennett, Tony Einertson, Mark Alcorn and a whole bunch of others, but still need more) for what they do every year to get the State meet up and running.

With a sensational track and field meet like the State True Team Meet we are always looking for more track and field coaches to get involved with True Team. If you are interested please let me know or Gary Wade or Mark Alcorn, or any other fabulous member of the True Team Committee. It's fun, easy and highly rewarding. You can help in small ways, in medium ways or in big ways. We are here to help you help us create True Team for our kids. With the help of you, and all the other volunteers we have created an extraordinary event, one of a kind, a proud tradition that

WINTER STATE CHAMPIONSHIP RECOGNITION

The second part of the winter state tournaments once again provided many exciting events displaying excellent. The MSHSCA would like to take this opportunity to congratulate all schools, teams and coaches for attaining the pinnacle of their season—A state championship.

Next fall at the Annual Hall of Fame Banquet, the MSHSCA will honor the championship coaches with a plaque presentation as part of the many awards granted that evening.

Listed below are the winter state champions and their coaches that were not mentioned in the March issue of The Mn Prep Coach. If a sport is not included it is due to the fact that the coaches are not members of the association.

BOYS HOCKEY

Class A	Hermantown	Bruce Plante
Class AA	Wayzata	Pat O'Leary

BOYS SWIMMING AND DIVING (MSHSL)

Class A	St Thomas Academy	John Barnes
Class AA	Eden Prairie	Kelly Boston

BOYS BASKETBALL

Class 1A	Minneapolis North	Larry McKenzie
Class 2A	Braham	Jeff Eklund
Class 3A	DeLaSalle	Dave Thorson
Class 4A	Hopkins	Ken Novak, Jr.

GIRLS BASKETBALL

Class 1A	Goodhue	Josh Wieme
Class 2A	Plainview-Elgin-Millville	Jason Melbostad
Class 3A	Academy of the Holy Angels	Dan Woods
Class 4A	Minnetonka	Leah Dasovic

started in 1987. This meet, this format, the True Team Concept allows for more kids to participate, to be counted, to be significant to their team. This idea allows for everyone on the team to rise up and be counted. The True Team Concept allows for more kids to participate which equals more smiles and more memories that will last a lifetime. Becoming part of True Team is a perfect way

to give back to our future, our kids. Come and check out the True Team Concept, come and volunteer, come and create smiles, laughs and life-long memories for our kids.

Enjoy your season, enjoy the smiles, enjoy the laughs, enjoy the memories, have fun!!!

After the Game Bring Your Team to 

WINTER TEAM ACADEMIC RESULTS

The MSHSCA and the Subway Restaurants of Minnesota are pleased to be able to support the Team Academic Program for the high school sports in our state.

At the end of each season results of team members GPA's are tabulated and compiled to arrive at a team GPA. If a team has a team GPA of 3.76 to 4.0 they merit a gold rating. a team score of 3.5 to 3.75 earn a silver rating.

Results that have been received in time for this edition's publication are listed in the order in which they were submitted.

BOYS BASKETBALL

GOLD

Mankato West

SILVER

Rushford-Peterson
Legacy Christian Academy
Norwood-Young America
Byron
Bemidji
Buffalo
Braham
Mankato Loyola
Hancock
Minnewaska Area
Marshall
Eagan
Eden Valley-Watkins
Crookston
MACCRAY
Chatfield
Morris Area
St Thomas Academy
Wayzata
St Cloud Cathedral

NORDIC SKIING

BOYS GOLD

Apple Valley
Bemidji

Brainerd
Carlton
Champlin Park
Cloquet
Duluth East
Eagan
East Ridge
Eastview
Eden Prairie
Edina
Elk River
Ely
Esko
Hastings
Holy Family
Hopkins
Maple Grove
Minneapolis Washburn
Minnehaha Academy
Minnetonka
Mora
Mounds Westonka
Mounds Park Academy
Prior Lake
Robbinsdale Armstrong
Sartell-St Stephen
Spring Lake Park
St Anthony Village
St Cloud Cathedral
St Paul Academy-Summit
School
St Paul Highland Park
Stillwater
Tartan
Wayzata
Willmar
Winona Cotter

BOYS SILVER

Anoka
Benilde-St Margaret's
Bloomington Jefferson
Chanhassen
Chaska
Eveleth-Gilbert
Irondale
Lakeville North
Little Falls
Mesabi East
Moorhead
Osseo
St Louis Park
Virginia

GIRLS GOLD

Anoka
Bemidji
Benilde-St Margaret's
Blake School
Bloomington Jefferson
Brainerd
Carlton
Chanhassen
Chaska
Cloquet
Duluth East
East Ridge
Eastview
Eden Prairie
Edina
Elk River
Ely
Esko
Eveleth-Gilbert
Hastings
Henry Sibley
Hibbing
Holy Family
Hopkins
Irondale
Lakeville North
Little Falls
Mahtomedi
Maple Grove
Mesabi East
Minnehaha Academy
Minnetonka
Moorhead
Mora
Mound Westonka
Mounds Park Academy
Virginia
Winona Cotter
Osseo
Minneapolis Washburn
Park Center
Robbinsdale Armstrong
Sartell-St Stephen
Spring Lake Park
St Anthony Village
St Cloud Cathedral
St Louis Park
St Paul Academy-Summit
School
St Paul Highland Park
Stillwater
Tartan
Wayzata
Willmar
Winona

GIRLS SILVER

Champlin Park
Coon Rapids
Prior Lake
Two Harbors

GIRLS BASKETBALL

GOLD

Ada-Borup
Adrian
Barnesville
Blue Earth Area
Chokio-Alberta'
Concordia Academy''
Dawson-Boyd
Detroit Lakes
Duluth East
Duluth Marshall
East Grand Forks
Eden Valley-Watkins
Grand Meadow
Henning
Heritage Christian Academy
Little Falls
Luverne
MACCRAY
Maranatha Christian
Acedemy
Melrose
Minneota
Monticello
Moorhead
Morris Area
Murray County Central
New York Mills
Osakis
Owatonna
Pelican Rapids
Perham
Pine Island
Princeton
Red Rock Central
Redwood Valley
Rochester Lourdes
Roseville Area
Rothsay
Royalton
Sacred Heart
Sebeka
Sleepy Eye
South St Paul
St Cloud Tech
Trinity School @ River
Ridge
United South Central

Verndale
White Bear Lake

SILVER

Academy of the Holy Angels
Aitkin
Albany
Albert Lea
Alexandria
Annandale
Anoka
ACDC
Bagley
Battle Lake
Belgrade-Brooten-Elrosa
Benson
Bethlehem Academy
Blaine
Blooming Prairie
BOLD
Brainerd
Brandon-Evansville
Browerville
Buffalo Lake-Hector-Stewart
Byron
Caledonia
Cambridge-Isanti
Canby
Cannon Falls
Cedar Mountain-Comfrey
Norwood-Young America
Champlin Park
Chaska
Chatfield
Chisago Lakes
Clearbrook-Gonvick
Cloquet
Dassel-Cokato

Delano
Dilworth-Glyndon-Felton
Dover-Eyota
Eagle Valley'
East Central
East Ridge
Eastview
Esko
Eveleth-Gilbert
Farmington
Fergus Falls
Fillmore Central
Floodwood
Frazee
Glencoe-Silver Lake
Goodhue
Grand Rapids
Hastings
Hawley
Hermantown
Heron Lake-Okabena
Hills-Beaver Creek
Holdingford
Holy Trinity
Houston
Hutchinson
Jackson County Central
Kasson-Mantorville
KMS
Kittson County Central
Lac qui Parle Valley
Lake Park-Audubon
Lakeview
Lakeville North
Lanesboro
Lester Prairie
Litchfield
Littlefork-Big Falls
Long Prairie-Grey Eagle

Mankato East
Mankato Loyola
Mankato West
Maple Grove
Maple Lake
Martin County West
Mayer Lutheran
Medford
Milaca
Minnehaha Academy
MN Valley Lutheran
Minnewaska Area
Montevideo
Mora
New London-Spicer
New Prague
New Ulm
New Ulm Cathedral
Norman County East
North Branch
Northfield
Ogilvie
Orono
Park
Pequot Lakes
Pierz
Pine City
Pipestone
Plainview-Elgin-Millville
Proctor
Randolph
Red Lake Falls
Renville County West
Rochester Century
Rochester John Marshall
Rockford
Rogers
Roseau
Rush City

Rushford-Peterson
Sartell-St Stephen
Sauk Rapids-Rice
Schaefer Academy
Shakopee
Sleepy Eye St Mary's
South Ridge
SW Christian
SW MN Christian
Spectrum
Springfield
St Clair
St Cloud Cathedral
St James
St Peter
Stephen-Argyle
Swanville
Thief River Falls
Tracy-Milroy-Balaton
Tri City United
Two Harbors
Ulen Hitterdal
Underwood
United South Central
Upsala
Warren-Alvarado-Oslo
Warroad
Watertown-Mayer
Wayzata
West Central
Wheaton-Herman-Norcross
Willmar
Windom
Winona
Zumbrota-Mazeppa

SUMMER CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

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

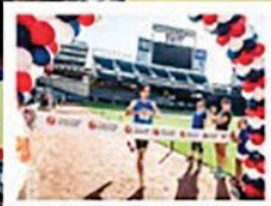
Due to location of many of the clinics, the MSHSCA may not be able to hook up to provide membership cards using their computer. As a result, it will simplify things if membership is obtained prior to clinics to eliminate a lot of potential confusion regarding the reception of membership cards at the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

After the Game Bring Your Team to 

15s 5K RACE

Sponsored by Glen and Alisha Perkins

Teaming up with Twin Cities In Motion and the Minnesota Twins the Perkins were able to put on a great race where everyone crosses home plate and gets their medal from a Minnesota Twins Player. Registration opens today.



**GREAT
TEAM BUILDING
EVENT!**

15's 5K

Benefitting the Prairie Care Child & Family Fund

July 31, 2016 8am

Glen Perkins and his wife Alisha are celebrating the 5th year of Fifteen's 5k with some amazing race features...

- FINISH ON TARGET FIELD
- MEDAL FROM A TWINS PLAYER
- CHANCE FOR PICTURES AND PLAYER AUTOGRAPHS
- RACE T-SHIRT
- TICKET TO A TWINS GAME
- CHANCE TO WIN ON-FIELD BATTING PRACTICE TICKETS
- CHANCE TO WIN AN OPPORTUNITY TO THROW OUT THE 1ST PITCH

Learn more & REGISTER at
www.fifteens5k.com



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Minnesota State High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2015– August 1, 2016

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
\$ 300,000	Fire Damage
\$ 25,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP COVERAGE

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

PARTICIPANT/ACCIDENT COVERAGE

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

CERTIFICATE OF INSURANCE

- ❖ If a member has a camp and requires proof of insurance, certificates are at no additional charge.
- ❖ If a member has a camp and requires a certificate of insurance naming an Additional Insured on the General Liability Policy, the cost is \$125.00.
- ❖ Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured on the General Liability Policy.
- ❖ Certificates of Insurance and Participant/Accident request forms are available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com
 (P) 800-566-6479 | (F) 518-792-3426

Greg Joly	gjoly@loomislapann.com
Lori George	lgeorge@loomislapann.com
Karen Boller	kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

Mat Chatter

By: Joe Block
Prior Lake HS



Typically at the end of our wrestling season we get our coaching staff together and have what we call a “Skinny Rabbit” meeting. This meeting consists of sharing what we as coaches felt worked well for us this past season and we want to continue to do the following season, along with what things we might want to look at changing for the upcoming season. Everything is fair game from training to technique and from team rules to departure times, etc. For this final article of the 2015-16 season, I want to take a look back, from a MWCA perspective, at what worked this past year and what we are looking at changing/improving for the upcoming season(s).

Things that worked:

Transition of Executive Directors – The change from John Peterson to Kip Lynk couldn’t have gone any smoother. A huge thank you to John for all the years that he served as Executive Director and for taking the time to help Kip with the transition into his new position. It was great to see Kip hit the ground running. He has proven, in my opinion, to be a good leader for the association.

Online membership registration – one of the things that Kip brought to the table this year was his technology experience. He did a great job working with The Guillotine to get our online membership up and running. While the transition from paper to online wasn’t flawless, it will in the end make it much easier for the MWCA to keep track of and update membership information. Please check out The Guillotine website for registration information to become a member of the MWCA.

Online voting for Coach of the Year – while the percent of coaches who actually voted this year wasn’t where we would like it due to the fact that many of the emails we have in our membership are outdated or invalid, the idea of voting online was a good one. Now we don’t have to have people sit below the Xcel and police the ballot box. Coaches who may not have voted this year, make note, we will again do our voting for coach of the year online. Again, if you haven’t registered to be a member online, please do so on The Guillotine website.

Seeding Sections and State – this one has been a long time coming. Whether you agree with seeding or not, the process in place is a good one. While the execution of the process may have had some flaws this year, John Peterson has been working tirelessly with Track Wrestling to fix them. Each year, as the coaches become more education on the process and on their responsibilities in terms of seeding, this will get better.

Plaques for State Participants – It has been a number of years since the MWCA has handed out plaques to state participants. Thanks again to Kip Lynk for heading this us, it was great to see kids getting their plaques as they left weigh ins at the State Tournament.

Takedown Cancer Funds – A huge thank you to all the wres-

tlings programs that hosted a Takedown Cancer event. This year we raised a grand total of \$50,660.60! That makes just over \$100,000 in our first three years. A huge thank you to Mark Neu of Shakopee for getting this going and making it a great event.

Things we are looking at changing/improving:

Seeding Sections and State – Obviously this is a work in progress. The MWCA will continue to work with John Peterson and Track Wrestling to make sure that the seeding process at both the section and state level is better next year than it was this year. Specifically John and Track are working on streamlining the roster part of this process so that there aren’t 3 entries for the same wrestler. We are also bringing in someone from Track to do a session at our fall clinic. Something of a “Track Wrestling for Dummies” that will cover everything from how to enter your roster at the start of the season to entering information for seeding in an effort to make using Track easier to use for coaches.

Match count proposal – the current proposal of 16 dates and 45 matches has the support of over 80 athletic directors from across the state. This proposal will be submitted this summer, prior to the October 15th deadline and if passed, will take effect for the 2017-18 season.

Discussion about Spring Clinic – we have talked about moving our fall clinic to the spring and with the help of Coach Short’s survey, have decided to keep it in the fall for now. Coach’s responses were split on whether to continue to do a fall clinic or to move it to the spring and we struggled to find a weekend and location that really worked. MWCA President Elect Matt Clark is putting together a great program for the fall clinic that will be somewhat different than clinics in the past. It will once again be in Elk River and on that last Saturday in October.

State Weigh Ins – One of the changes we have been talking about has to do with moving weigh ins at the state tournament to morning weigh ins. Night before weigh ins aren’t fair for those competing in the team portion of the tournament in any way. In addition, wrestlers aren’t allowed to weigh in the night before at any point in the regular season. While it makes things a little tighter in terms of time in the morning, along with the fact that our days will start off a little earlier, it is the right thing to do to make it fair for everyone and the reality is that we used to do it that way, and it worked just fine.

Rewriting bylaws – hasn’t been done in a while and is going to be one of our off season tasks.

Number of weight classes – The real issue, in my opinion, is the number of weight classes. This may have an even bigger impact on forfeits in our sport than the match count issue. In order to really fix the forfeit/match count issues, we need to fix the number of weight classes. Fourteen is too many weights, period, in any class. Currently the national federation is doing a survey on weight classes so we are waiting to see what comes from that at the national level. However, in the meantime we will start discussions about the correct number of weights and what those should be, while looking forward to something from the national federation.

I’d like to thank everyone for allowing me to serve as your MWCA President this past year. It has been a privilege as well

as a great learning experience. A special thank you to John Peterson, Kip Lynk, Chad Johnson and Will Short for their great work this past season and for supporting me through my presidency.

I look forward to continuing to work with the coach's association next year, I feel like there are some good things happening to Minnesota wrestling right now and I am excited to be

SERVICE ACES



By: *Ford Rolfsrude*
Shakopee HS

Yet another fun and exciting school year of competition is drawing to a close. We hope your team has met or exceeded your competitive expectations. More importantly, we hope your athletes appreciate the valuable life lessons you've taught them and you are proud of the sportsmanship they have displayed. The Minnesota Tennis Coaches Association thanks you for all the hard work and dedication you have given to your athletes to help them become positively contributing young men and women in the future.

This year has been a busy one for the MTCA. The MTCA hosted a successful and informative Tennis Coaches' Clinic, awarded the Coach of the Year Award, All-Academic Team and Individual Awards, hosted the State Tournament Banquet, and compiled team and individual rankings throughout the fall and spring seasons.

COACHES CLINIC

The 2016 MTCA Coaches' Clinic was a success. We were excited to bring Ajay Pant back as our keynote speaker and he didn't disappoint. He is amazing at breaking down coaching points in a way that is applicable for new and veteran coaches alike. We also had many other clinicians who made this year's Clinic a very valuable experience for all those who attended.

COACH OF THE YEAR

This fall we named our girls tennis Coach of the Year and we will name our boys tennis Coach of the Year this spring. In order to be nominated for these awards, you must be a member of the association. All Section Coach of the Year Award recipients and coaches of teams qualifying for the state tournament are eligible for the State Coach of the Year Award. Members of the MTCA vote for coach of the year each season.

STATE TOURNAMENT BANQUET

The MTCA hosted the girls' state banquet in the fall and will host the boys' state banquet this spring. If you have a team or individual participant, you're strongly encouraged to attend this fun event to celebrate your athletes' accomplishments for the season. This spring, the boys' banquet will be at the Saint Paul River Centre for the last time. It will be from 7 - 8:30pm on Monday, June 6. I Hope to see you there.

ACADEMIC RECOGNITION

Another benefit of membership in the Minnesota Tennis Coaches Association is academic recognition for your student athletes. As a member, your team and your senior athletes are eligible for Academic Awards. We award over 100 senior girls and over 100 senior boys each year, as well as many teams, for their outstanding achievement in the classroom.

This year, we saw our proposal of a 15-man post season roster come to fruition as well as an

... continued on page 35

MAY MEMBERSHIP REPORT 2016

Types of Membership	2015-16	2014-15
Active Class A & AA	6399	6129
Associates	1335	1318
Active Life	394	681
Retired Life	910	939
Honorary	<u>3</u>	<u>3</u>
	9,041	9,070

Breakdown of membership by sport association (2014-15 totals in parenthesis)

- Adapted Athletics (22) 26
- Boys Lacrosse (78) 98
- Alpine Skiing (59) 53
- Girls Lacrosse (73) 71
- Athletic Directors (102) 95
- Football (1152) 1123
- Baseball (484) 521
- Boys Hockey (237) 248
- Boys Basketball (808) 830
- Golf (boys & girls) (351) 341
- Girls Basketball (700) 699
- Soccer (boys & girls) (390) 416
- Cross Country (391) 415
- Softball (494) 488
- Gymnastics (222) 218
- Synchronized Swimming (15) 16
- Nordic Skiing (118) 113
- Girls Tennis (213) 220
- Volleyball (674) 665
- Boys Tennis (175) 173
- Boys Swimming (200) 196
- Track & Field (785) 833
- Girls Swimming (246) 251
- Wrestling (117) 114

Sport associations that collect their own dues, but join the MSHSCA are Dance 25, Cheer 14, Clay Target 12, Badminton 4 and Girls Hockey 60.

MSHSCA SEEKS NOMINATIONS FOR OFFICIALS DISTINGUISHED SERVICE AWARD

The Minnesota State High School Coaches Association has always been aware of the value of officials as an integral part of the high school athletic programs could function without the dedication that is currently being provided to prep sports by the many officials in Minnesota.



A few years ago, the MSHSCA, in an effort to restore sportsmanship, as it should be, to the stands of high school sporting events, created an Officials Distinguished Service Award.

Coaches who are aware of the outstanding officials in your area that qualify for the award should either nominate the officials directly or contact the area officials associations and urge them to submit the deserving candidates for the award.

This award is presented to five deserving officials at the MSHSCA's Annual Awards Banquet that is held each year in November.

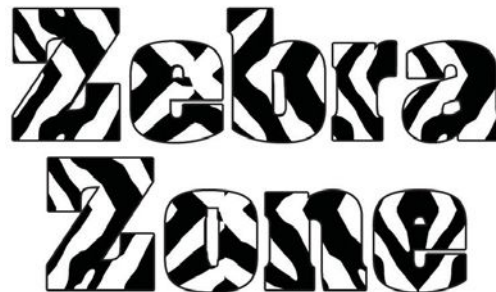
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

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

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

John Schumacher
16332 Deer View Rd
Park Rapids, MN 56470



By: Terry Eiter
Detroit Lakes

Our mild winter followed by a mild spring makes me yearn for summer and a break from the routine the school calendar. Break's from the norm are a good thing and gives us an opportunity to re-energize for what's coming up. Before you know it fall will be upon us and for me that means football season - looking forward to that. Speaking of "breaks from routine" - I had a chance recently to back in time in a sense and do some umpiring. It was interesting. Read on.

After a 16 year hiatus from umpiring I felt compelled to return to the diamond and do some umpiring - strictly sub varsity for now. It was great to get back to calling balls and strikes; as well as runners out and safe. Admittedly - it was more enjoyable calling strikes and outs! My inaugural game was a 9th grade baseball game that went off without a hitch. I missed some pitches but the kids and coaches were still great to work with. After a rain shortened affair it was good to be back at it. A week later it was a junior varsity tilt taking place with miserable conditions to start the game - windy, misting, cold. You get the picture. In the pre-game I mention to the coaches - "it's miserable out here, get the kids up there swinging." The visiting coach says, "so I hope you're saying it's going to be a big zone today?" Indeed. Hitter #1 steps into the box and the first 3 pitches from the home team pitcher either bounce to the catcher or he has to demonstrate his vertical in an effort to catch the pitch. Ok - we agreed on a big zone but not the twilight zone. Just like that a 3 - 0 count. The next pitch comes in letter high, maybe even a bit above the letters. I bark out "Steeerrike." Hitter looks at me and smiles. Catcher throws it back and says "nice pitch" to his pitcher. And from behind me I hear..."that's a horse **** call. That was high." Keep in mind the scenario: cold, rainy, windy, first hitter, 3-0 count, marginal pitch. I must be frostbit and numb, did I really hear that? I feel like Ray Kinsella in Field of Dreams - am I hearing voices? Heck, most

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 (____) _____

... continued on page 47

MINNESOTA PREP COACH

fans that are at the game are sitting comfortably in their cars. The game continues on and the 3-1 pitch was fouled off towards “the voice.” I retreat a few steps to pick up the foul ball. Again, I hear it: “that 3-0 pitch was high, that was just a ***** call.” At this point I realize I’m not in Iowa in a corn field and I’m not hearing voices in my head. “Sir, do you have a question?” I ask. He again let’s me know that it wasn’t just a ***** call, it was a “***** ***** call.” Huh - I think to myself. Sir, you just drove an hour to watch five pitches - now you get to go enjoy the game from your vehicle. After his departure and 7 innings later and a great 3-1 game and it was over. Not another peep. After 16 years of not umpiring (13 of those years coaching baseball) it was a quick reminder of why I had hung it up years ago. Luckily it went great from there and I was again reminded again of how much fun it can be. Did I miss some calls? Yes sir! But the great part of that was the response from the players and coaches. Consistently their response was - “not a problem, don’t worry about it.” And “the voice?” It was not heard from again. A credit to the kids and their coaches - just the way it should be.

Remember it’s just a game. Try and keep it fun.

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

SERVICE ACES ... continued from page 33

improved process for seeding for the state tournament. We are looking forward to seeing these improvements continue to have a positive impact on the sport of tennis in Minnesota.

We also put together a three-class proposal and submitted it to the MSHSL. At this time, the state is putting a hold on making those changes for sports in Minnesota, but we look forward to working with the MSHSL in the near future on making the 3-class system a reality, thus adding more opportunities for our athletes.

Going forward, we have some exciting changes starting in the fall of 2016 that center around the State Tournament Banquet. Beginning with the Girls’ State Tournament Banquet this fall, we will move to a new facility which we feel will be more convenient for athletes, coaches, and parents. The site itself will also be more conducive to what is already a fun way to celebrate all the accomplishments of our female athletes in the fall and male athletes in the spring. At that banquet, the MTCA is also planning to have Hall of Fame inductions every other year. A great way to honor some of the best coaches the state of Minnesota has been blessed with over the years.

If you have any questions or comments, please direct them to Rick Engelstad, Executive Secretary (rengelstad@isd578.org) or members of our MTCA executive board. Our board consists of the following members: President Ford Rolfsrud (Shakopee), President-Elect Dave Wareham (Totino-Grace), Past President Les Zellman (St. James), Hall of Fame Director Dave Gunderson (Virginia), and Executive Secretary Rick Engelstad (Pine City). Please check our new and improved website for further updates and important information: www.mshsca.org/tennis.

Coaches, thank you again for all you do for your athletes, your school, your community, and the sport of tennis in the state of Minnesota. You are appreciated!

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