



THE Minnesota PREP COACH

Vol. 54 No. 3

Published by the Minnesota State High School Coaches Association

September 2016

JOHN SCHUMACHER CHOSEN TO BE THE NEW MSHSCA EXECUTIVE DIRECTOR



At the summer meeting of the Executive Committee of the MSHSCA, John Schumacher, current Activities Director at Park Rapids, was chosen over four great candidates to be the Executive Director of the MSHSCA.

He will become only the sixth person to serve in that capacity since the association was founded in 1936. Previous directors were George Haun, Vern Morrison, Art Avis, Darien DeRocher and John Erickson.

Schumacher is a graduate of Forest Lake High School in 1978. Following high school he attended Bemidji State University where he earned his Bachelors Degree in Phy Ed and Health and Adapted Phy Ed in 1989 and followed up later with a Masters in Phy Ed in 2000.

In 1983 he taught middle school Phy Ed at Sleepy Eye St Mary's where he was also Head Football and Assistant Basketball until 1987.

At Park Rapids he has taught Phy Ed and Health from 1987 until 2004 when he was assigned to be Dean of Students. In 2008 until the present he has been Assistant Principal; and Activities Director. His Coaching responsibilities during his career at Park Rapids include Assistant and Head Football, Assistant Girls Basketball, 9th Boys Basketball, Assistant Track and Field and Assistant Gymnastics.

The MSHSCA has benefited from his leadership as he has been a Delegate from 1995 to the present. As President in 2004, he served four years on the Executive Committee. He currently serves as the Officials Distinguished Service Award and is a Life Member of the MSHSCA.

John also served in numerous capacities for the Minnesota State High School League on the Section 8A executive Board

and then on the Board of Directors Executive Committee and was chair of the Eligibility Committee and Treasurer.

Schumacher is a Minnesota State High School Foundation member, Section 8A AD Advisory Committee, MAASP, Section 8A Football Coordinator and Park Rapids Area Foundation Board Member.

He has earned numerous awards including MAASP Assistant Principal of the Year (2016), MnIAAA Class A AD of the Year (2011), National MnIAAA (2011), Section 8A Girls Basketball Coach of the Year (1997 and 2004),

Northern Lakes Conference Football Coach of the Year and Park Rapids Chamber Award (2004.)

In 1983, he married his wife Bernie and they have two daughters both in teaching and coaching at Frazee and Duluth. They have one grandchild.

Featured In This Issue

MBCA Hall of Fame.....	10
Scholarship Thank You's	18-19
Hall of Fame Bios.....	20-23
Steve Kerzie Award.....	23
Haun Award.....	24
Hall of Fame Banquet Information.....	27
Spring Team Academics	36
Distinguished Service Award	43

Clinic Information

Gymnastics Clinic.....	5
Boys Basketball Clinic	8-9
Baseball Clinic	25
Girls Basketball Clinic	28

The Minnesota PREP COACH

Published quarterly by the
Minnesota State High School
Coaches Association and
distributed, without charge, to all
members in good standing.
EDITOR - Darien DeRocher
Address all news communications
and photos to:
Darien DeRocher
7101 Browns Ln
Brainerd MN 56401-6040
Phone (218) 825-8466
Fax (218) 825-8466
e-mail: mdder@q.com

MSHSCA OFFICERS AND COMMITTEE CHAIRPERSONS

PRESIDENT:
Todd Smrekar - Cambridge-Isanti

PRESIDENT-ELECT:
Gary Prantner - Byron

VICE PRESIDENT:
Mike Peterson - Perham

PAST PRESIDENT:
Rob Neilsen - Detroit Lakes

HALL OF FAME COORDINATORS
Jim & Janet Baker - Richfield

OFFICIALS DSA
John Schumacher - Park Rapids

**All Daily Communications should
be addressed to:**
EXECUTIVE DIRECTOR:
John Erickson
MSHSCA
PO Box 519 • Detroit Lakes, MN
56502
Fax (218) 847-5493
(H) (218) 847-6796
Email: jomar2@arvig.net

ADMINISTRATIVE ASS'T:
Mary Erickson, Detroit Lakes

MSHSL BOARD OF DIRECTORS:
Jill Johnson (Waconia)
Craig Anderson - Pine Island

FINANCE REPS:
Rick Ringeisen - Lakeville South

SCHOLARSHIP CHAIR:
Gregg Martig - St. Cloud Tech

SPORTS MEDICINE:
Randy Glasmann - Maple Grove

2016-2017 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)	Alan Wuitas (New Ulm Path)
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	Kent Hamre (St M-A)	Gregg Martig (St. Cloud Tech)	Rob Nielsen (Det. Lakes)	
SPORT ASSOC	PRESIDENT	PRESIDENT ELECT	EXECUTIVE SECRETARY	MEMBERSHIP/TREAS.
AD	John Vraa (New London-Spicer)		Mike Beck	
Adapted Athletics	Marcus Onsum (Robbinsdale)			
Baseball	Don Gawreluk (Andover)		John Wilkins (retired)	
Boys Basketball	Mike Trewick (St. Cloud Tech)		Tom Critchley (retired)	
Girls Basketball	Mark Cook (Maple Grove)		Jen Johnson (Edina)	
Cross Country	Jesse Nelson (Red Wing)			Dave Chatelaine (Owatonna)
Football	John Clark (Mahnomon)		Ron Stolski (Brainerd)	Jim Dotseth (Treasurer)
Golf	Bob Gorden (Detroit Lakes)			
Gymnastics	Toni Kleber (Melrose)	LeeAnn Steen Delegate		
Hockey	Mark Manney (Andover)		Mike MacMillan (Minneapolis)	
B-Lacrosse	Jon Junker (Chanhassen)			
G-Lacrosse	Alexandra Ross (Apple Valley)			Alex Erickson (Farmington)
Alpine Skiing	Jason Nickleson (Visitation)			
Nordic Skiing	Brian 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	Nathan Youngs (Dassel-Cokato)			
Synch. Swim	Jennifer Wood (Eden Prairie)			Kathy Bohnsack (Prior Lake)
Tennis	Ford Rolfsrud (Shakopee)		Rick Englestad (Pine City)	
Track	Gary Wade (Rushford-Peterson)			Scott Christensen (Stillwater)
Volleyball	Greg Ueland (Roseville)		Janet Golden-Landquist (Nevis)	Sue Alstrom (Treasurer)
Wrestling	Matt Clark (Park Rapids)	Kurt Habeck (Eastview) Delegate	Kip Lynk (Dassel)	

President's Message

By: Todd Smrekar, President
Cambridge-Isanti High School

As the great Gopher hockey announcer Doug McLeod says, "buckle 'em up, because here we go!" The fall sports season has already begun and competitions are underway from border to border in this great state and the school bells will be ringing once again. This time of year is always exciting and definitely a journey. It is a great time to reflect as we head into a new year, hopefully refreshed from a wonderful summer spent with family and friends, doing some traveling, and getting an opportunity to recharge the batteries for the upcoming school year and sports seasons. It is a good time to ponder the question, why do I coach?

Coaching is so many things and there are so many answers to the questions as to the seemingly simple question, why do you coach? Is it the passion for the game? Is it the passion for competition? Is it the passion for coaching itself? Is it the passion to teach kids valuable life lessons? Is it for lifetime memories? Is it for the relationships with student-athletes, parents, and our colleagues? Is it the desire for perfection? Each coach, the rookie and the veteran, have to ask themselves this question as they embark on the journey of another school year and sport season(s). For me, the answer is pretty simple, all of the above are reasons why I choose to coach.

Education based athletics is so critical in today's society for many reasons, the most important is that the youth of America need good coaches, good mentors, good leaders to mold and shape them into successful citizens, teaching them life lessons in the sports that we all love. One of the primary reasons why I was interested in coaching was watching my

dad's passion for coaching and teaching. I saw, firsthand, his passion for this profession and the impact that it had on kids. Additionally, I had several great coaches at Cambridge High School, who impacted me greatly. I learned so many lessons from the great leaders I was blessed to have as my coaches during my high school career, it's why I chose to or pursue a career as a teacher and coach. It is also why I have so much admiration for coaches, in general.

Coaching is so many things. Coaching is challenging, coaching is thrilling, coaching is demanding, coaching is time consuming, but more than anything coaching is very rewarding. In today's society, good coaches are essential. Coaching can also seem a bit like a roller coaster ride, some ups and some downs. As coaches, we represent our schools, our communities, and are responsible to lead and mentor our student-athletes, what an awesome responsibility. Understanding the impact that coaches have on their players, and understanding why you coach, will not only make the profession better, but it will also help mold and shape the next generation!

As we begin again, take time to ask yourself why you coach. This year will hopefully be the best year yet. As the President of this wonderful organization, I wish you the very best in the upcoming year. I truly hope it is your best year yet and know that kids need you push them, to make them better, to achieve their goals and make a lifetime of memories. Enjoy the ride!

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

**Girls Swimming, Wrestling, Girls
Basketball, Softball, Alpine Skiing,
Boys Lacrosse & Girls Lacrosse**

**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 



SNYNCHRONIZED SWIMMING

By: Jennifer Wood
Head Coach Eden Prairie Synchronized Swimming

The Award Season

The 2016 Synchronized Swimming season ended with the induction of four more members to the MN Synchronized Swimming Hall of Fame. The MN Synchronized Swimming Hall of Fame began in 2015 and we were excited to welcome our second class of inductees!

Kelly Thomas: I joined the Stillwater junior high team in 7th grade and began to learn new skills that would hopefully help me earn a spot on her team one day. In eighth grade (1984) I begged to join the high school team as I was so impressed with this sport, as well as the success of the Stillwater program. Head Coach, Judy Luzaich, agreed to give my future duet partner and me a chance and we were the first eighth graders allowed to join the squad.

My high school coaches, Judy Luzaich and Ruth Zink, as well as my off-season coach, Carolyn Presbrey, made quite an impact on my life and inspired me as a swimmer and as a person. I knew I wanted to become a coach like them, to give back, be a mentor, and inspire other girls like myself, while staying active in the sport I loved. After graduating from high school in 1988, I became a MSHSL official and have been one ever since. In 1992, during the spring of my senior year in college, I started a team at Eden Prairie High School. I remained Head Coach there for three years (1992-1994). Then during the 1994-1995 school year, I started a team at Richfield High School, the school where I was a teacher. One of my proudest coaching moments was when my little team of 8 swam in the state meet and took 3rd place! I was Head Coach in Richfield for 16 years (1995-2010).

Karen Gleason: Synchronized swimming has been a part of my life since I was in high school in 1960-63. I swam under Coach Sally Callahan. We were not part of the high school league at that time; there were no girls' teams of any sport in the league. We were basically a show team but we did compete in AAU. My second coaching job was in St. Louis Park and I began coaching with Sally Callahan and it was a wonderful experience plus we became good friends. We were conference champions every year and state champions or second place to Stillwater a few years. We did have fun and many of the girls came back as assistant coaches. By the time my twin daughters (and synchro swimmers) graduated I was hired as head coach following Sally's retirement. I stayed in that position until I was offered a position as athletic director in the JH where I taught. I couldn't do both and with some sadness I retired from synchro coaching but did continue officiating until 2015 mainly because I could see the meets, swimmers, and other coaches.

I personally feel the greatest rewards for me were the girls, seeing them progress to state champs in a sport that stresses strength, rhythm, grace, team work, and commitment. Some fun transitions were judging going from 1-10, whole numbers

only to 1-10 using tenths. Another was going from scoring on chalk boards to flash cards I could tell many more fun memories of my synchro years but it would take another page. Ask me! SYNCHRO ROCKS!!

Carolyn Presbrey: Synchronized swimming started for me in 8th grade when I joined the Stillwater Junior High Synchro team. Judy Luzaich, Ruth Zink and Joanie Carey were my coaches and mentors and started me on a lifelong passion for the sport. They were instrumental in teaching and guiding me in so many of the skills, values, knowledge, and feelings I have for synchronized swimming.

My success as a swimmer led to me starting and continuing the Stillwater Synchro club, along with being an assistant coach for the Stillwater High school team for several seasons. I was encouraged to take the next step to become an official for both High School and the US program thirty three years ago, and I have been judging ever since.

It's been an honor to have many of my swimmers go on to coach and become judges, along with many past swimmer's parents still offering to help in whatever way they can. A cherished moment is hearing from former swimmers my policy of not allowing the "C" (can't) word is something they still think about and practice today. Looking back at all the synchro experiences I've had over the years, it warms my heart to know how many people I have met and continue to have friendships with.

Linda Gust: After competing with the St. Louis Park High School Synchronized Swimming team, I knew that I had to be a coach!! I have been a coach and official for synchronized swimming for 43 years. The last twenty-three of these years I have been coaching at my alma mater St. Louis Park High School which has a long history of synchronized swimming.

There are many reasons that I have stayed in synchronized swimming for many years. First, I love being involved in the sport and working with the swimmers. I have always felt that often, synchronized swimming draws participants that might not go out for any other sport. Second, I am committed to providing girls with female role models. There are not enough female coaches out there. Third, is the importance of providing a platform for young women to learn life lessons/skills in a way that often can't be done in the classroom. Four, you never stop learning new things. The sport itself continues to evolve and each year as a coach you are continually trying new ideas to make the whole process better.

The greatest reward is being able to see the number of former swimmers of mine that have been or are currently officials and/or coaches!! Along with those swimmers who come back and let you know how much this experience changed them for the better or helped them in their life after High School Synchronized Swimming.

We also awarded a Coach of the Year award and Assistant Coach of the Year award. Coach of the Year was awarded to Carla Steffen, Edina and Assistant Coach of the Year was awarded to Juliet Schmit, Stillwater.

The "Senior All Academic Award" which is awarded to seniors who have earned all-conference or all-conference honorable mention at least once in their synchro career and have a GPA of 3.8 or higher and qualify for state their senior year. Five seniors from four different schools earned this award.

For the overall state meet results Wayzata took first place with 170 points. Stillwater came in second with 98 points and Forest Lake took third with 73 points.

It was an exciting 2016 Synchro season with lots of creativity and strength in the routines. The Synchro Coaches Association is thrilled to have our second class of inductees in the MN High School Synchronized Swimming Hall of Fame. Many wonderful and exciting things are happening in the MN High School Synchronized Swimming world and we look forward to the 2017 season!

Congratulations to all the competitors! _____

FLIP NOTES



by Toni Kleber, Moorhead High School

Excited for a new school year and cheering on the fall sports as they begin their season. Gymnastics season begins November 14th, so we are all busy preparing for our season.

Coaches will want to make sure they have their annual coaches membership completed as soon as possible. You will also want to register for our annual coaches clinic, to be held at Becker High School on October 13 & 14. We have a great clinician coming to present at our clinic, so you will want to attend. Cost is \$85 in advance and \$95 at the door. Registration will be 6:00-6:30 on Thursday the 13th. Pizza will be served Thursday night, as well as a light breakfast and lunch on Friday.

Looking forward to a great fall and good luck to all the teams and coaches.

GYMNASTICS CLINIC

OCTOBER 13-14, 2016

Becker HS

Register Online for the clinic at

www.mshsca.org

Clinic fee is \$85 in advance/\$95 at the door

If you are sending one check for your whole staff, that can be done online also.

Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.

ALL Coaches attending the gymnastics clinic must be members of MSHSCA

Out of state, college and club coaches can join as associate members

Crossings by Grand Stay has a block of rooms.
763-262-7700

CHIP SHOTS



By: Bob Gorden
Detroit Lakes

Wow, where has summer gone, school has begun and the Ryder Cup is near! Also the Gopher Invite is on September 10-11, let your players know, info should of been emailed to you, invite players to attend, great golf and some activities for the players. Hope everybody has had a great summer!

Golf advisory board is for the coaches, so if you have anything for us, please contact myself or anybody on the board.

My personal goal when I took over as president of the association was to get every head and assistant to join our association, and work on anything coaches wanted to make this sport a special one for the players and coaches. Any questions or information you might need before, during or after your season, check out the website, under mshsca.org and go to golf and it could be there.

JOIN our golf association, do this now, your perks are good for the entire year, starting August 1 through July 31!

Perks are, a million dollar insurance policy on yourself for the entire year, August 1 to July 31, plus you and your teams are eligible for

yearly awards, All-State, academic and you have free entry to High School and college events the entire school year, all these perks are well worth joining at beginning of each school year.

Congratulations go out to these teams and coaches on being 2016 State Champions this past June. A Boys Mounds Park Academy/Sean Barrett, AA Boys The Blake School/Marshall Holiness, AAA Boys Minnetonka/John Coatta, A Girls Filmore Central/Lane Powell, AA Girls Detroit Lakes/Cali Harrier, AAA Girls Edina/Mark Harelstad, great job. All these coaches will be honored at State Coaches Association awards banquet in October.

Special thanks to Brian Johnson and Barry Wallin for doing 2016 season ratings, coaches please send your teams and players averages, lets get all the deserving players and teams on the

weekly rankings, Steve Heslop for our academic awards, and the 3 chairmans for the state banquets, A Rick Aulie, AA Mike Frankenfield and AAA Tim Kallevig, thanks for all your hard work for High School golf.

Have a great school year, keep in touch and get back to me if you have questions, concerns or thoughts for upcoming season. As we get older, the seasons fly by and in no time we will be getting ready for another High School golf season, 6 1/2 months until 2017 season will begin on March 20, 2017. But let's first enjoy the fall where we usually get some great golf weather. Golf Coaches Association President, Bob Gorden, bgorden@detlakes.k12.mn.us or cell phone: 218-234-5509.

After the Game Bring Your Team to 



Ramblings from the Big Dog

By: John Erickson, MSHSCA EXECUTIVE DIRECTOR DETROIT LAKES

And they're off!! The fall sports athletes are hard at in preparation for another fall sports campaign in Minnesota Schools. I hope that all of you have had a great summer and have had a chance to charge your batteries, spend quality time with your families and friends and plan for the

coming school year. It is indeed an exciting time as we start all of over again. This is a very busy time for Mary and I as we process the memberships for the 2016-17 membership year, prepare for the Hall of Fame and Awards Banquet and gather information for this Prep Coach. It is also a time when we once again realize how blessed we are to work with such an outstanding group of coaches and educators.

I would like to ask each of you to please keep in mind how much of an impact you are going to have on each of your athletes during the coming year. Please remember that for the vast majority of the athletes you are privileged to coach, the high school experience will be the conclusion of their athletic experience. Each year we have a chance to see the sport season end with fantastic state tournaments. It is interesting to observe the many athletes and realize that for most of them that tournament experience will be their last. Thank you for all you do for your athletes and thank you for helping to create forever memories for them and their families.

I would like to encourage each of you to invite all of your coaching staff to membership in the MSHSCA. The MSHSCA is an Association that brings all of our coaches of all of our sports together to further the profession of coaching. The benefits of membership are a great asset for every member. One of the goals of the MSHSCA is to honor and recognize the great accomplishments of our members. We do this each year at our annual Hall of Fame Banquet. We honor and recognize all of our previous years

state championship coaches, our Coaches of the Year our Assistant Coaches of the Year, Hall of Fame Inductees, our George Haun Award winner, Steve Kerzie Award winner and Officials. We want to strongly encourage all of our award winners to be attendance at this great event on Saturday October 8th at the Minneapolis Sheraton West. Invite your staff, family and friends.

I would like to encourage each of you to attend your sport association's clinics. The officers of the sport association's work very hard to provide the clinic opportunities for their members. The clinics offer an opportunity for professional growth as well as provide a venue for each associations business meetings. It is at these association meetings where coaches have the opportunity to help identify the direction each association wants to go during the coming year in terms of their officers, the objectives of their advisory committees and other items such as setting the yearly dues. Every Coach should be a part of their sport association and get involved in the clinics and the business end. I would hope we can see improved attendance at every one of our fall clinics coming up. This fall the following clinics will take place; Gymnastics, Hockey, Girls Basketball, Boys Basketball, Baseball, Wrestling and Nordic Skiing will hold their annual meeting.

One of the areas that has been a work in progress is the Legislation we have been able to get passed attempting to help protect coaches from attacks by parents and outside interests. The Legislation continues to be ignored by school boards and some administrators. In the paper work surrounding the renewal of coaches we are often told that there are "other" reasons for the nonrenewal. We know for a fact that in almost all cases it is a parent action that is behind the nonrenewal. There is a very seldom a paper trail or record of previous action by the Athletic Administration or other Administration in regards to concerns about the coach. Suddenly, out of nowhere the school board is taking action to nonrenew a coach. Currently there are two court cases brought forward by coaches that may have a significant impact on the court's interpretation of the law as it is currently written. We are been kept informed as these cases proceed. I hope to have more information in the December Prep Coach.

Good luck in the coming year. You are each given the opportunity to reach our student athletes in so many ways that others cannot. You help mold their futures and help them transition into adults and our future leaders. Thanks to each of you for all you do for your athletes, yours schools and your community.

EMAIL CHANGE:

Contact
John & Mary Erickson
 at
jomar2@arvig.net





ICE CHIPS

By: *Craig Roberts*

MHCA Director of Communications

We hope everyone had a great summer and that you are starting to get ready for the upcoming hockey season!

We have some exciting changes coming this fall. We have teamed up with our partner, the Minnesota Wild, and new partner, The State Of Hockey, to offer the first MHCA Fall Clinic under the name of "State Of Hockey High Performance Coaches Summit."

This has been an exciting planning process with the Wild's new venture, State Of Hockey, our partner Sportsengine, and the great support of our partners Minnesota Hockey and USA Hockey to provide a unique coaching education experience for our members and youth coaches across Minnesota.

Please mark your calendars for September 23-24 and spread the word to your youth and assistant coaches about this great opportunity. It will be an exciting hockey weekend with the North American Hockey League Showcase and the Wild Kickoff activities going on all weekend.

This year's event will be held at the The Roy Wilkins Auditorium in St.Paul. All registration information this year is on web site at www.mnhockeycoach.sportngin.com. We will also be blasting out on Twitter and in our newsletter. All youth coaches will be getting an email blast with information about the clinic from Minnesota Hockey.

Also, remember, it's time for all of our of coaches to join the Minnesota Hockey Coaches Association and our parent organization, the Minnesota State High School Coaches Association. Registration is available online at www.mshsca.org. Our goal this year is to have 100% membership by all of our head and assistant coaches.

In addition, we will once again be sponsored by USA Hockey and each clinic participant will receive their next level of certification. Youth coaches will also be able to attend and receive their level 1,2 and 3 certifications as we will be holding breakout session especially geared to them.

Please check out our MHCA web site at and our newsletter as we will be using them to make sure we are updating you on all activities and information leading up to the clinic and other important high school news. We hope you are all getting the newsletter and we will be using that weekly to communicate with our members. We have also upgraded the site's mobile version to allow better accessibility for our membership.

Best wishes to everyone and we hope to see all of you in St. Paul, Sept. 23-24.

USE YOUR MEMBERSHIP CARD

Your 2016-2017 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.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION LIFE MEMBERSHIP

A member of the coaching profession
for 25 years or more

Date Issued

Executive Director

The card is white with Blue Ink for the year 2016-2017.

2016-2017 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, Todd Smrekar - Cambridge-Isanti



John Doe
St Anthony Village

Asst. Football
Head Wrestling
Asst. B/G Track

After the Game Bring Your Team to



By : Michael Trewick
St Cloud Tech

Greetings Coaches,

I am very honored to represent all of you this year as your MBCA president. I would like to take this time to thank Chris Pack for the great job he did representing our organization as MBCA President during the 2015-16 school year. I would also like to thank all members of the Executive Board for your service and leadership.

The quality of Minnesota basketball continues to improve. This is indicated in the number of our athletes that will continue to play basketball beyond high school. Much of the credit has to go to you, our high school coaches, who spend countless hours in gyms across this great state developing individual skills and their teams in the offseason.

MBCA Fall Clinic:

The 2016 Minnesota Basketball Coaches Association Fall Clinic will be held at the Hyatt Regency in Minneapolis on November 4-5; which coincides with the deer hunting opener, but facilities issues determined we must go on this date for one year only. Exhibitors will be in attendance with displays to provide coaches with information and assistance in current or future needs. One of these needs may be the Spalding: TF1000 Legacy, Deep Channel Design. This is the official ball of the MBCA and the State Tournament. The MBCA was the first state organization in the country to have a ball agreement with Spalding. Our joint venture has resulted in a relationship that has been rewarding and beneficial for both parties; allowing us to do many of the things we do while at the same time providing a quality product.

The annual Awards Luncheon, a coaches' social, and awarding of door prizes, including several major prizes will also highlight the event. Listed below is a partial list of clinicians for this year's clinic set up by Ron Larson with more added as they commit.

Jim Calhoun - University of Connecticut, National and College Hall of Fame Coach

Greg Gard – University of Wisconsin

Don Showalter – USA Basketball

Jamison Rusthoven – St. Mary's- MN University

Bill Gottenborg - Hawley High School

Steve Brown – Minnesota Timberwolves

The Clinic will continue the format of having on-court sessions. Details, including a registration form, hotel reservation information, and clinicians are posted on the MBCA website (<http://www.mshsca.org/boysbasketball/>). Other information available to assist you on the website includes timeline/deadlines of all forms such as academic all-state, all-star nomination, and hall of fame nomination.

Membership Info:

As always it is important that you become a member of the MBCA in order for you and your athletes to be considered for various awards. We want to welcome all new coaches

to join both the MSHCA and the MBCA and invite you to encourage your assistant coaches and lower level coaches to do the same. There are many great benefits such as awards for coaches, teams, athletes and an opportunity to be an All Star Coach. As part of your MBCA membership you will also become a member of the National High School Basketball Coaches Association, as we are one of the founding states in the organization. Member coaches are encouraged to visit the website (<http://nhsbca.org>) for such things as coaching resources, job openings, events, special offers from suppliers, and a "Play of the Day" option.

MBCA Hall of Fame


Congratulations must be given to these selections to our MBCA Hall of Fame. If you have anyone in your school or community deserving of selection in the future, do not hesitate to nominate them.

Hall of Fame Inductees: Mark Klingsporn, Rich Odell, John Oxton, and Steve Philion

Updates:

Reminder that the boys basketball season will once again go back to starting a week after the girls. Practice will begin on November 21, 2016 and that the Boys State Tournament is March 22-25 2017.

The beginning of our 2016-2017 season is not far away so best of luck to all of you and your teams this year. Always keep in mind that sports are a vital vehicle for teachings life lessons and values, and they are the ideal platform for teaching winning gracefully and losing graciously.

MBCA FALL CLINIC		
November 4 th and November 5 th , 2016		
Registration Form		
Name(s)	_____	

School	_____	
E-Mail contact	_____	
School Phone	_____	
	1-4 Coaches from one staff @ \$110	\$ _____
	5 or more Coaches from 1 staff @ \$100	\$ _____
	TOTAL Enclosed	\$ _____
Make checks Payable to: MBCA Clinic		
DEADLINE: Friday, October 21 (\$125 after this date)		
Remit to: Tom Critchley - MBCA Clinic		
2660 Mackubin St.; Roseville, MN 55113 htirc@earthlink.net		
Registration is \$125 at the door. (Mail to address above- do not staple checks to registration)		



The 2016 Minnesota Basketball Coaches Association Fall Clinic will be held on Friday, November 4th and Saturday, November 5th at the Hyatt Regency Hotel in Minneapolis. Tentative plans are currently in the final confirmation stages involving the use and tours of the Courts at Mayo Clinic. As of 8-31-2016 the clinic will feature the following speakers.

- **Jim Calhoun - University of Connecticut, National and College Hall of Fame Coach**
- **Greg Gard – University of Wisconsin**
- **Don Showalter – USA Basketball**
- **Richard Pitino - University of Minnesota**
- **Jamison Rusthoven – St. Mary’s- MN University**
- **Bill Gottenborg - Hawley High School**
- **Steve Brown – Minnesota Timberwolves**

Tentative agenda and registration forms are available for view and print on the MBCA website. As speakers are confirmed, updated information, including schedule and topics will be posted on the MBCA website.

The noon luncheon for all clinic participants will begin at 12:30 p.m. The luncheon will include the presentation of coaching awards, including: 2015-16 Section Coaches of the Year, 2015-16 Assistant Coaches of the Year, 2015-16 State Coaches of the Year, coaching milestone awards, and achievement awards. The 2016 Hall of Fame inductees in attendance will be introduced and recognized. Members of the HOF Class of 2016 are **Mark Klingsporn, Rich Odell, John Oxtan, and Steve Phillion**. The annual MBCA Social will occur after Friday evening’s on court sessions.

All clinic participants will receive a **MBCA/Spalding/Russell gift** provided by Spalding. Friday’s luncheon and the coaches social will be complimentary for all clinic registrants.

A wide variety of exhibitors will display their wares and provide door prizes for clinic participants during the sessions. Opportunities to visit the exhibitors will be scheduled and are highly encouraged. The clinic will also include the distribution of exhibitor and MBCA door prizes, including major door prizes, i.e. state tournament ticket packages, Timberwolves weekend, to those in attendance.

The cost of the Fall Clinic is \$110 if registered prior to October 17th. **Cost after October 21st and at the door will be \$125.** Registration forms are available and updated clinic information is available online at:
<http://www.mshsca.org/boysbasketball>

The Hyatt Regency is providing a clinic special for coaches’ rooms. **These rooms should be booked prior to October 17th. Early bookings are encouraged. You are encouraged to register online by using the following link:** <https://resweb.passkey.com/go/MNBCA2016> The phone number to make a reservation is **1.888.421.1442**. When registering via phone call you must mention that you are a MBCA Clinic participant. This will qualify you for the special group rate and assist the MBCA in meeting a pre-determined quota for rooms.

For any further needed information please contact Ron Larson, MBCA Clinic Director, at Ron.Larson@anokaramsey.edu or Tom Critchley at hctirc@earthlink.net.

FOUR NAMED FOR INDUCTION TO MBCA HALL OF FAME

The Minnesota Basketball Coaches Association has named four men who will be inducted into the MBCA Hall of Fame on November 5th. The purpose of the MBCA Hall of Fame is to give special recognition to the people of Minnesota who have made significant contributions to promote high school basketball in the state via their achievements and service. The 2016 inductees are:

- Mark Klingsporn – Tartan
- Rich Odell – Virginia
- John Oxton – Lakeville North
- Steve Philion – Red Lake County Central/ Clearbrook-Gonvick

The induction ceremonies will be held at the MBCA Hall of Fame Luncheon on Saturday, November 5, 2:00 p.m., at the Hyatt Regency Hotel in Minneapolis. Ticket information is available on the MBCA website: <http://www.mshsca.org/boysbasketball>

Mark Klingsporn became the Head Boys Basketball coach at Tartan H.S. in 1992 and the 2016-17 seasons will be his 25th season at the helm of the Titans program. Prior to returning to his alma mater, Mark served as an Assistant Coach at Tartan and four years as the Head Coach at North St. Paul H.S. During his 24-year tenure at Tartan, his teams have won 8 Conference titles and 9 Section Championships earning State tournament appearances, including a record 8 consecutive. His 2000 Titans squad won the Class AAAA State Championship crown while the '01, '03, and '05 teams finished with 4th place honors. Tartan squads under his tutelage have earned 18 consecutive 20 win seasons. Mark is a member of the 500 wins club with an overall record of 505-242. Coach Klingsporn has multiple Section Coach of the Year awards and was honored as State Class AAAA Coach of the Year in 2000. He is also a Past-President of the MBCA and served as a member of the MBCA Executive Board. In addition to his coaching on the court, Mark also served as an Assistant Football Coach. "Coach K" was one of the originators of the Minnesota Select Basketball Program which was the first AAU program in Minnesota.

Rich Odell's head basketball coaching career began in 1975 at Cook County H.S. in Grand Marais. After an 8 year stint coaching the Vikings, Rich had stops as the Head Hoops Coach at Kasson-Mantorville, Chapel Hill Academy, and Jackson before assuming the reins of the Virginia program in 1991, a position he continues to hold today. Coach Odell has led his Blue Devils to 8 Iron Range Conference and 2 Section titles resulting in State Tournament appearances in 2009 and 2011. Coach Odell also led his Cook County squad to a District title

in 1983. He has been recognized as Section 7 AA Coach of the Year on two occasions and IRC Coach of the Year 7 times. Rich is a member of the 500 wins club as he enters the 2016-17 season with an overall record of 546-375 as a head coach. His squads have a streak of consecutive 20 win seasons that they will be seeking to extend to 10 consecutive years in the upcoming '16-'17 campaign. In addition to coaching basketball, Coach Odell has also served as an Assistant football and baseball coach during his career. Rich retired from teaching at the conclusion of the 2013 school year but continues to serve as the Blue Devils Head Coach.

John Oxton spent the first seven years of his coaching career serving as the Head Basketball Coach at Wilsall, MT (Boys and Girls) and Gardiner, MT. At Gardiner, he led his squads to a 1988 third place State Tournament finish and a 1989 State Championship. In 1990, he accepted a teaching/coaching position at Lakeville North where he is entering his 27th season as the leader of the Panthers. During his 26 year tenure at Lakeville North, his teams have won 8 Section Championships, including 5 consecutive, resulting in State Tournament appearances. His 2014 Panthers finished as Class AAAA State Champions and a 2016 trip to the State Tournament resulted in a Class AAAA runner-up finish. John is a member of the 500 wins club with an overall record of 506-287. Coach Oxton has been recognized by his peers with 8 Section Coach of the Year awards and was honored as State Class AAAA Coach of the Year in 2014. He also earned Montana Coach of the Year honors in 1989. John served on the MBCA Executive Board as a Section Representative and coached in the MBCA All Star Series. In addition to coaching basketball, Coach Oxton was also a member of the Lakeville North football coaching staff.

Steve Philion began his basketball coaching career in 1975 as the Head Coach for Boys and Girls Basketball at Gonvick-Trail H.S. During the course of the next 22 seasons, he led the Clearbrook-Gonvick Bears to 331 victories and State Tournament Appearances in 1992 and 1993. In 1998, he returned to his hometown of Red Lake Falls as the Head Coach of the Red Lake Falls (Red Lake County Central) program. Under his tutelage, Philion-led teams have won 18 Conference titles and Section 8A titles in 1991-92 and 1992-93. Steve is entering his 43rd year as a Head Coach and is a member of the 500 win club with 557 career wins. Coach Philion has been recognized with District Coach of the Year Honors, 5 times, and Section Coach of the Year Honors, 2 times. Steve has been a MSHSL official for football, baseball, softball, and volleyball for over 40 years with several State Tournament assignments in each. In addition to officiating contests, he is also a Rules Clinician for the MSHSL. He serves as a college official in the same four sports and has worked contests at NCAA Divisions I, II, and III plus NAIA, and NJCAA. Steve's coaching career also includes coaching baseball at the high school and American Legion levels.



*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**



CORNER KICKS

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

While I am writing this, most of you have had your first week of practice and gearing up for the 2016 season. This is an exciting time of year for both athletes and coaches.

The 26th Annual MSHSSCA Clinic is now history and we want to thank North High in North St. Paul for hosting our get together. The MSHSSCA wants to thank Jed Helwig (North High Athletic Director) and his staff for their great help including Penny Lavick. A special thanks to the custodial staff for their help and cooperation and to Andy Nevis the super building supervisor for going above and beyond with his help.

Thanks again to Greg Juba (Park Girls Retired) for his continuing leadership and efforts into putting a clinic together. A special thanks to our presenters and vendors for their time and effort. The response from this group was very positive. Art Seplak (Bloomington Kennedy Girls retired) is to be commended on his work at registering the clinic and for seeing we all were fed. Thanks Art.

I would like to take this time to thank Steve Cook, who is our Referee Liaison, for his time in making a presentation to our group on the changes in rule for this coming season. Many times we are not fully aware of the new interpretations of our rules. Thanks again Steve for taking the time.

There are some others that deserve appreciation. Eastbay sponsored the clinic, BSN will be the main company with the Senior Classic, and Coerver will be involved with both events. Coerver brought speakers to our senior demonstrators and did a classroom session for the coaches. Add to that list Russ Reetz, AD from Prior Lake, who did a classroom session on social media and high school athletics. His presentation is on the website, as well as the rest of the sessions.

This note was given to me by one of the two leaders of the student demonstrators.

“Another great MSHSSCA clinic has concluded. In order to make this event great, it takes the collaborative effort and time of some many volunteers. Len Woelfel (Mankato West Boys Soccer) and I have been coordinating the student demonstrators for a number of years. We want to take this opportunity to thank all the coaches who took the extra time to recruit their skilled senior players to participate in the clinic. We had a record number of athletes this year along with a record number of goalkeepers. The extra effort on your part made our scheduling of demonstrators to fields a very easy task thus providing a great clinic for coaches. Thank you! We hope you all have a season of significance.”

Crissy Makela (Mankato West Girls)

Two awards were given at the fall clinic. Bill Vance presented the MSHSSCA Hall of Fame Induction Award to

Karen LaDue the coach of the Rochester Lourdes girl’s team. In addition, a very special Distinguished Service Award was given to Jody Redman of the Minnesota State High School League. The longer bios for these honorees will be printed in the next issue of the Prep Coach.

Coaches should continue to be informed of many of the deadlines for different awards and membership. It is each coach’s responsibility to become a member of the MSHSSCA. The deadline for the membership in our organization is October 1, 2016. To do this you must use the MSHSSCA.org website. You can only pay your dues through this site and it can be done electronically. Check with your A.D. if your school is sending a check. It also must be there on October 1, 2016. You must belong for your athletes to be given awards from the MSHSSCA. Thanks to John and Mary Erickson for attending the clinic. We are fortunate to have them work on behalf of all coaches in Minnesota.

Please look on the website for information on Academic Awards that are given by our organization. The Coordinators for these awards are Crissy Makela (Mankato West girls) and Len Woelfel (Mankato West boys). The due date for submission is Wednesday October 12, 2016.

Please be aware of the Mike Warter Scholarship deadlines. You can find them on our website. Please encourage your senior players to consider applying for this award. Art Seplak (Bloomington Kennedy Girls-Retired) is the chair of this committee. If you have questions about any part of the process, feel free to contact him.

There are many dates that you need to beware of during the season. Please check your Clinic Packet (yellow sheet pages 7 and 8) for those specific dates you need to have items sent to the appropriate committee. You can also check this information out on the MSHSSCA.org website.

The following information below is the complete State Tournament schedule. As we announced in the May issue, we now return to the US Bank Stadium for the Semifinal and Final Rounds.

State Tournament

Quarter Final Dates and Sites

The annual Senior Classic will be played on November 9. Site is to be determined at this time. That information will be forthcoming.

Additional information and questions about high school soccer can be directed to Erin Murry (Orono Girls) our President or Dave Halgren the Executive Secretary.

That brings us to the end of another article. On behalf of all the MSHSSCA membership, I would like to ask each of you to remember Vince Thomas (Eden Prairie Boys) who is going through cancer treatment. Vince is the Secretary of the organization.

I hope each of you have a very successful season and look forward to seeing you at the State Tournament.

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 2016-2017 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)
- 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)
- North Dakota State College of Science (Wahpeton)
- 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.



Trophies Plus Specializes in High School Awards
Chenille, Certificates, Medals, Ribbons, Trophies, Plaques. All customized in your school needs

800-397-9993

Website: www.trophiesplus.com • Email: trophyman@trophiesplus.com

Budget Crunch?

Check us out - Lowest prices in the USA!

**Chenille Letters and Champ Patches • Custom & Stock Medals
Custom Certificates • Trophies, Plaques, Ribbons**

All awards can be customized to your school needs
at some of the lowest prices in the USA.

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

**Executive Committee Liaison Assignments
2016-2017**

Rob Nielsen - Detroit Lakes

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

Todd Smrekar - Cambridge-Isanti

President	Football	G Basketball	G/B Golf
	Adapted Athletics	Gymnastics	

Gary Prantner - Byron

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

Mike Peterson - Perham

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.

*“If you’re bored with life -
you don’t get up every
morning with a burning
desire to do things --
you don’t have
enough goals.”*

- Lou Holtz

**MSHSCA’s
2016-2017**

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

I hope that the beginning of the volleyball season has started off well for everyone! Below you will find many of the important reminders and deadlines that will serve as a guide to you throughout the season! As far as due dates are concerned, please adhere to all of them. Members of the BOC do a lot of work behind the scenes to make sure everything is a success and done well. In order to do that we need everyone's cooperation on deadlines and we will not take any late submissions! As always please feel free to reach out to me and provide feedback or talk about any questions or concerns that you might have! Best wishes this season!

Reminders:

Become a member of the Minnesota High School Coaches Association. It provides great benefits and is also required for you or your players to be available for post-season awards (All-State, Academic Team, Individual Academic). Here is the website to do so: www.mshsca.org

Familiarize yourself with our awesome website. We use this for all of our communication and information. Here is the website: <http://www.mnvbca.org/>

Familiarize yourself with the new rules and MSHSL bylaws on the MSHSL website: <http://www.mshsl.org/mshsl/activitypage.asp?actnum=423>

Complete all required educational programs on the Coaches Clipboard section of the MSHSL website. This will require a login, which you should have received from your AD. This contains presentations, which are required every year.

If you have not done so already, you should purchase at least 1-2 new game balls. The official game ball of the MSHSL is the Baden Perfection 15-0 (VX5EC-220) in blue/white/grey.

Have a plan for keeping stats. Whoever is responsible for keeping stats should be familiar with the statistical definitions that you can find on the Minnesota Volleyball Coaches Association Website. It is very important to keep accurate stats for later in the season when they are used in discussions for All-Conference and All-State meetings.

Important Dates and Deadlines:



*** Please go to our website to submit everything. Remember our website is: <http://www.mnvbca.org/>
Friday, September 9 - All State Nominations Due!

Monday, October 24 - All-State Academic Individual Nominations, All-State Academic Team Nominations, and All-State Stats Forms are due! Any Submission after 11:59pm will not be accepted!
Monday, October 31 - All State notifications sent
Wednesday, November 9 - State Tournament and All-State Banquet Thursday-Saturday, November 10-12 - State Tournament @Xcel Energy Center.

Goal Posts

By: *Ron Stolski - Brainerd*
Exec. Director MFCA

Let's begin by congratulating and thanking all football coaches.. And, for good reason. Managers do things right; leaders do the right thing. As coaches , we must both manage and lead. Some years ago, the MFCA, under the leadership of several of our president's; ultimately and, specifically Jeff Ferguson, the MFCA initiated a plan to limit the demands on student athletes during summer months and to address safe practice policies during and following summer contact time. The goal was simple enough. Give kids (and coaches) a break... allow them time to enjoy friends and family. Given the safety concerns, illuminated by zealous media reporting pro football concussions and NCAA rulings in regard to safe practice, this effort expanded to our official pre- season practice time and safe play regulations This initiative, in cohort with the MSHSL, has had very positive results! In retrospect , we can agree these new policies are the right thing to do. Again, thanks to you, football coaches for doing the right thing. HS football has never been safer...or better.

A perplexing issue remains. Fanaticism needs constant feeding .We reference the seemingly insatiable demands by far too many that, in order to enjoy success, young athletes must limit their activities to one sport.. and one sport alone .Despite volumes of research, testimonies, and flat out facts in regard to the consequences, physically, socially and emotionally, of limiting their experiences to one sport twelve months a year, young athletes and their families are often being instructed and, in too many cases convinced, that the path to athletic enjoyment is to concentrate on one sport. We can agree that specialization may be true for the phenom... the olympic athlete, and in the case of the Jr. or Sr. athlete that may aspire to move on to play a college sport. But for kids ages 5-16??? As educators we need to ask this simple question. WHAT IS THE MESSAGE; WHO IS

... continued on page 31

After the Game Bring Your Team to

SCHOLARSHIP



Thank you to the MSHSCA for selecting me as one of the recipients of this scholarship. It is an honor, and I am incredibly grateful to have the support as I move forward with my education and athletics at St. Olaf College next year. I would also like to thank my coach and teacher, Erik Kluznik, for always believing in me and pushing me to be my best.

Thank you,

Lisa Fisher



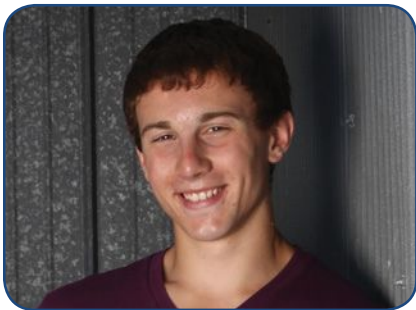
Minnesota State High School Coaches Association,

It is an honor to have been awarded the Kathy Fredrickson scholarship. I am excited to say that I have been accepted and will be attending Lake Area Technical Institute in Watertown, South Dakota. I will be pursuing a Physical Therapy Assistant degree. Along with this, I plan on obtaining a coaching position at the local gymnastics club.

Thank you to the Minnesota Coaches Association for encouraging future leaders in athletics and assisting them to further their education.

With gratitude,

Haley Bass



Dear MSHSCA,

Thank you so much for selecting me for your scholarship. My education is very important to me and I greatly appreciate the donation. Next fall I will be attending St. John's University, and I will be playing football. I am very excited for what the future has in store for me. Once again, thank you so much for the scholarship, it will be put to good use.

Sincerely,

Andrew VanErp



I would like to say thank you to the MSHSCA for awarding me with this scholarship. There is no doubt in my mind that sports have played a major impact in my life and that I will carry them with me into the future. Sports have been a big part of my life ever since the beginning and I will miss them. There's nothing like playing football games on a Friday night, or walking out for a basketball game with a gym packed full of fans. The money I have been awarded will go into good use when I pursue my career as a sports medicine physician/orthopedic surgeon. Once again, I'd like to say thank you for awarding me with this scholarship and everything that sports have given me.

Thank You,

Benjiman Wilebski



I would like to take this opportunity to say thank you to the entire MSHSCA for awarding me with one of the scholarships. It is greatly appreciated and will help me pay for my education at Iowa State University in order to reach my goal of becoming a physical therapist. I greatly enjoyed playing sports in high school, and I am honored that through sports I was able to receive this award to help me academically. Thank you so much again!

Sincerely,

Whitney Smith

Thank You's



Dear MSHSCA Scholarship Committee:

I would like to sincerely thank you for the Betsy Farness scholarship you have awarded me. Thank you for your generosity, which will allow me to continue to grow as an athlete and as a student.

As I start my education at Winona State University, I am very thankful for your thoughtful gift. Because of your scholarship, I will be able to focus on academics and athletics throughout the upcoming years.

Thank you again for your thoughtful and generous gift.

Sincerely,

Tayla Card



I would like to thank the Minnesota State High School Coaches Association for awarding me with the 2016 Subway Scholarship. I am so honored and grateful to be selected as a recipient of this scholarship and for all that this association does for student athletes. Athletics has been a big part of my life and taught me very valuable lessons I will carry with me as I further my education and pursue my goals in college. I admire the encouragement and support that the Minnesota State High School Coaches Association gives to so many young people across the state. Thank you for this recognition of all of my efforts with this generous award.

With gratitude,

Joseph Miller, St. Michael-Albertville High School



Dear Scholarship Committee,

I would like to thank the Minnesota State High School Coaches Association for selecting me as a recipient of this scholarship. It is a honor to receive a scholarship from an organization as respected and prestigious as the MSHSCA. I will apply the scholarship to my tuition costs as I study to become a teacher and coach.

Thank you,

Joey Zwak



Dear Minnesota State High School Coaches Association,

Thank you so much for the Val Teichroew scholarship. I am honored to have been chosen to receive this award. The money will go towards my education at the University of St. Thomas.

My Sincere Appreciation,

Mikaela Smith



To the Minnesota State High School Coaches Association:

I am very honored to have been selected as a recipient of your scholarship. My involvement in sports has given me the traits I need to be successful in my next stage in life as a college student at the University of Minnesota. I appreciate the contributions you are making not only to high school sports and athletes, but also to our future education. Thank you very much for your scholarship.

Carson Bryan

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

HALL OF FAME

SEVEN TO BE INDUCTED TO THE MSHSCA HALL OF FAME

The highlight of the October 8th Hall of Fame Banquet will be the induction of seven more members to the MSHSCA Hall of Fame. Each of the candidates will be presented a plaque and recognition speeches will be included. The inductees include the following: Lorne Grosso (Rochester Mayo), Ruth Hayden (Ada-Borup), Mike Mahlen (Verndale), Roy Nystrom (Albert Lea), John (Jack) Peterson (Cambridge/Waconia), George Smith (Mahtomedi) and

Ron Stolski (Brainerd). They all have long and distinguishing careers as their bios will indicate.

Bios of the inductees are included below in alphabetical order:



Lorne Grosso (Rochester Mayo)

Lorne was born in Sault St Marie, Ontario Canada. As a youth, he was hockey team mates with Tony and Phil Esposito and Lou Nanne. In 1960, his team won the All Ontario Juvenile League and he was captain of the squad.

In 1960-61, he was at a seminary in preparation for the priesthood but later transferred to the University of Minnesota from 1962-66 as a Latin

major. He played hockey for the Gophers under John Mariucci.

From 1966 until 2016 he was the Mayo head hockey coach. He taught Latin from 1966 until 1999.

In 1982, Mayo made their first trip to the state hockey tournament with his son, Jim as a member of the team. Mayo returned six more times in the 90's.

Other coaching jobs included boys varsity tennis where he was Coach of the Year in 1997. He also served as the assistant varsity softball coach.

Rochester Lourdes hired him in 1999 as a part time Religion teacher and also a part time Latin teacher from 2001 to 2007.

He has been inducted to the Sault St Marie and Rochester Hall of Fame.

In 2011, after a quadruple heart bypass that required him to miss six weeks of the season. He recovered in time to finish the season. In that season, Grosso passed hockey legend Willard Ikola record with his squads 617 wins.

He has received the John Mariucci Award, National High School Coaches Award and was inducted to the Minnesota State Hockey Coaches Hall of Fame in 2014.

Grosso retired from coaching Mayo after 50 years.

He and his wife, Joan were married in 1964 and have three children, seven grandchildren and six great grandchildren that all live in Minnesota.



Ruth Hayden (Ada-Borup)

A native of Waverly IA and after two years moved to a dairy farm south of Verndale. Her parents pushed their children to work hard. She graduated from Verndale in 1975 where her coaching mentor was Kathy Techen. Ruth played basketball, volleyball and track and field. In track and field she participated in the state meet for four

years in the 440 and 880 where she placed in three of the four years.

She attended Fergus Falls Community College and played three sports before moving on to Bemidji State University where she earned her BS degree in Phy Ed, Health and Coaching,

In the fall of 1980 she started her career at Climax, MN where she coached all sports -- head volleyball, jr high basketball, head boys and girls track and field and cheer leading. In 1992, Climax merged with Fisher. In 1992, the "Knights" played in the state volleyball tournament and finished fourth.

In the fall of 1996, Hayden began teaching and coaching in Ada-Borup where she taught Phy Ed and Health for 37 years and was head volleyball, assistant basketball and head track and field. She coached volleyball for 36 years until 2015 he continues as girls head track and field

Her teams participated in eight state tournaments. Her overall career record is 730-238 which included a third place finish. Her track and field teams sent numerous participants to the state meets including two state champions.

She has been a member of the coaches association since 1980 and served on numerous committees for volleyball during her career. She was inducted to the Volleyball Coaches hall of Fame in 2005.

She and her husband, Dan, have been married for 38 years and they have two children. Her daughter, Rebecca and her husband both teach in Delano and their son, Kenneth and his wife both teach in Roseau.

She wishes to thank her family for all the understanding and support she received during her career.

She concludes with, " In order to succeed, our desire for success should be greater than your fear of failure." " Fifty years from now a lot of things will not be important but the world may be different because I was important in the life of a student-athlete."

FFAME



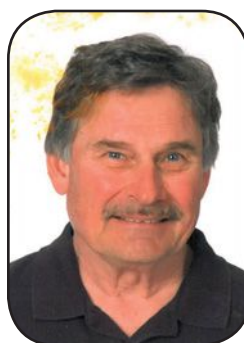
Mike Mahlen (Verndale)

Mahlen is a 1965 graduate of Erskine High School where he was a four sport athlete participating in football, basketball, baseball and track and field. He attended Mayville State College in North Dakota graduating with a degree in Phy Ed, Health and Coaching with a minor in Social

Studies. While at Mayville, he played football all four years twice earning all conference honors in 1968 and 1969. He was also selected as all District in 1969 while serving as captain during that year. Mahlen was inducted in to the Mayville Hall of Fame in 2015 as well as, the Mayville State Coaches Hall of Fame in 2010. Upon graduating from college, Mike started his first and last teaching job at Verndale. He spent 36 years teaching Phy Ed and Health until retiring in 2004. He is currently entering his 48th year as head football coach at Verndale where his teams have compiled a record of 361-119-3. During his tenure as head football coach, his teams have won 21 conference titles, 14 section crowns and trips to the state tournament, his squads also had seven second places in section play and two state titles in 1997 and 2002. He was named Class Nine Man Coach of the Year in 1996, 1997 and 2002. He was also chosen to be MN Football Coach of the Year in 2002. He received the MFA Power of Influence Award in 2007 and was inducted to the Minnesota Football Hall of Fame in 2009.

Along with football, Mahlen was the track and field coach for 20 years, the JV basketball for three years, jr high basketball for five years and head baseball coach for three years. He currently serves as Athletic Director, a position he has held since 1997. For his efforts as AD, he was named Section 6A AD of the Year in 1998 and 2008.

Michael and his wife, Sallie have been married for 47 years. She taught at Verndale for seven years before opening her own trophy and award business which she has operated for the past 34 years. They have two children, Jason who is a Business Ed teacher at Chisago Lakes High school. Jason's wife now runs the trophy and award business-- K & K Trophy House. Gena is a Kindergarten teacher in Elk River and her husband is an Elementary Principal in Elk River.



Roy Nystrom (Albert Lea)

Roy's interest in hockey began at a very young age on a rink across the street from his home in Eveleth - home of the Hockey Hall of Fame. He recalls looking out his bedroom window and seeing hockey icon, John Mayasich skating on the rink with his Gopher jersey on. Roy would put on his skates and join him for passing and skill

instruction. Ever since that time, he wanted to play for the Gophers and be a hockey coach.

While playing for Eveleth High School, the first part of his dream came when John Mariucci, also an Eveleth native, offered a scholarship to play for the Gophers from 1961-65. During this time, he and Lorne Grosso became close friends and played on the same line for over a year. Following college, Roy fulfilled the second part of his dream when he accepted a teaching and coaching position in Grafton ND where he developed a fairly new program. He remained there for five years and then moved to Grand Forks Central where his teams won three consecutive state titles and in 1973 he was named North Dakota High School Coach of the Year. After that he accepted a position in Albert Lea where he coached for 43 years and is still the high school hockey coach. He has coached well over 1000 games in his career. He has been named Section Coach of the Year several times and coached Albert Lea in three state tournaments and took the consolation title in 2005. In 2011, the City of Albert Lea dedicated the arena to Roy and named it "The Roy Nystrom Arena." In 2013, Nystrom was inducted into the Minnesota High School Hockey Hall of Fame.

Roy was raised with a strong work ethic and passes that on to his players. He is often known for saying to his boys before a game. "Pull up your boot straps and get your lunch pail, boys -- it is time to go to work." His after game philosophy for himself and his team is, "Don't get too high or too low on the wins and losses." His love of the game, the enjoyment he gets continuing working with kids, his ability to teach life lessons through coaching and the fun of coaching with his son, are the reasons he has been coaching for 50 years. Four of his assistant coaches are his former players. He is often asked, how long will he continue. His reply is, "I feel blessed to have been able to do this and I will continue as long as I am having fun and remain healthy."

Nystrom's family includes his wife of 50 years, Jan, son

... continued on page 22

After the Game Bring Your Team to 

HALL OF FAME ... continued from page 21

David and daughter, Stefanie and her family.



John "Jack" Peterson (Cambridge and Waconia)

He graduated from River Falls WI in 1953 with a degree in Social Studies. He knew since he was a youngster that he wanted to become a basketball coach someday. He is pleased to say that is what he became.

His first job was a head basketball coach in Arkansas, WI. The gym was ancient and very small so his team played and practiced in a privately owned quonset hut which was also used for dances. he was the only coach in Arkansas and as a result, he had to coach both the A and B teams which he enjoyed very much, During his second year at Arkansas, his team won the district tournament.

Later he moved to Boycesville WI where he started a new coaching position. He moved to Boycesville because he was born in that community and he could also coach football. He coached football, basketball and track and field for three years. His next position was Cosmos, MN where he coached basketball, and football, both eleven and eight man. He was in Cosmos for three years before he accepted a post in Waconia for three years as basketball and track and field coach.

Lastly, his coaching career went in a very positive direction as he signed on at Cambridge in 1966. He coached baseball for three years and basketball for 17 years. It was a little strange as the Cambridge AD, Jim Foley, watched us play against Benilde when he was coaching at Waconia. Peterson was hired even though his team was beaten quite badly that evening.

During the 17 years at Cambridge, is team was 243 with only 128 losses. His biggest achievement was in 1978 when his team was in the state tournament and beat #1 ranked Duluth Central who was undefeated at the time.

Peterson considers 1968 to 1978 as his "Golden Years", During that span his team won 191 against 51 losses. His overall career record was 337-224.

He retired from coaching in 1982 and indicated he could not have made a better career choice.

He and his wife, Frances continue to live in Cambridge.



George Smith (Mahtomedi)

George graduated from Osseo High School in 1944 where he lettered in four sports -- football, basketball, baseball and track and field. As a senior he qualified for the state meet in the pole vault. The day he was scheduled to compete, he was inducted in to the US Army. During the two years he was in

the service, he was in the Corps of Engineers and went to South Dakota State and Rutgers where he played football. He was discharged in 1946 and enrolled at the University of Minnesota where he majored in Phy Ed. He graduated for the University in 1950 and later earned his Masters Degree in 1955.

Smith was hired at Villard in 1950 as a replacement teacher and became interim head football coach for season. At the Christmas break, the previous teacher-coach returned and George was out of a job. He was hired at Mahtomedi in January of 1951 and remained there as a Phy Ed teacher and coach until he retired in 1993. During his time at Mahtomedi he coached football basketball, baseball, track and field and hockey He was basketball coach for five years, track and field coach for 15 years and head football coach for 43 years. He also managed to be Athletic Director for 18 years.

George has a long list of accomplishments as a football coach. his teams were known for tough defense and a pounding style offense. When you played Mahtomedi, you knew would be taking home some bumps and bruises. Mahtomedi was undefeated in 1954, 1959, 1960 and 1967. They held the state record of 437 points in a nine game season. They made four state tournament appearances. Mahtomedi won 15 conference titles in three different conferences. When George retired in 1993 his teams recorded a 265-122-11 record. and at that time he had the second most wins of any football coach in Minnesota.

The football field was named in his honor in 1980 as The George Smith Field. He was voted Tri-Metro Coach of the Year in 1983 and 1986. He was selected as head coach of the Metro All Star Game in 1984 and 30 years later was named Honorary Coach.

In 1994, he was inducted in to the Minnesota Football Coaches Hall of Fame and was the first inductee into the Mahtomedi Hall of Fame.

Smith took great pride in involving each of his athletes in to a game. He once said, "They came here to play," and he gave them the opportunity. For a small school, he always had large numbers on his team. One of his biggest thrills was being able to go and watch his boys compete at the next level.

He married Laura Jane Hanson in 1947. They were married for 67 years until he passed away. During his years of coaching, Laura missed only one game. Later the Smith family moved back to Osseo. They had three children - Bruce, Gayle and Shelly. Bruce has taught and coached football, gymnastics and track and field since 1970. Gayle taught Special education until retiring and Shelly is still teaching. There are eight grandchildren and one great grandchild.

He was involved in making hockey sticks and trellises, had a driving range, gas station and ice cream shop. He and son, Bruce raised vegetable and berries on the farm that Bruce still owns. He was always active until he passed way in August 2014.



Ron Stolski (Brainerd)

Stolski attended Minneapolis Patrick Henry and then matriculated to Macalester College in 1957 and earned his BA and later received his Masters Degree from St Cloud State University in 1971.

As a young coach he coached football, basketball, baseball and track and field. He currently is in his 55th year as a football coach. During his career he had stops at Kensington, Slayton, Princeton, Park Center and Brainerd. His teams have won numerous conference and sectional titles and state tournament appearances. Brainerd lost to a very good Owatonna team in the 5A title game which was the last game played at the Metrodome. Stolski has more wins in football than any other coach with 365. In addition to coaching, Ron was the Activities Director in Brainerd for 24 years.

As a leader for the Minnesota Athletic Directors Association, he served as President, originated the AD Hall of Fame was a member of the AD Advisory Committee and was the originator of the Salute to Co-Curricular Activities. The National Federation Award was received by Ron for his leadership skills on numerous committees. He was the recipient of the National Federation Citation, AD of the Year and NIKE AD of the Year. He is a proud Life Member of the MSHSCA.

The MSHSL benefited from his skills as he served on many committees and was inducted to the MSHSL Hall of Fame.

Football coaching acknowledgements include Past President of the MFCA, co-author of the football playoff system, past chair of the All Star Football Selection Committee of the MFCA. inducted to the MFCA Hall of Fame and is currently Executive Director of the MFCA.

Ron has received numerous awards including several conference and sectional COTY awards, AFCA National Power of Influence, Semper Fi Award, John Gagliardi Award, MFCA Coach of the Year, Minnesota Viking COTY, Macalester College Distinguished Alumni Award and is a member of the AFCA Executive Advisory Committee.

He is an inductee in to eight Halls of Fame.

He is a frequent presenter at clinics throughout the nation and is author of numerous articles.

“Teaching and coaching is a splendid way to spend a life. When we choose a life in education, we choose to try and make a difference in the lives of people that we touch. the coaches journey is one we shall treasure every step of the remaining road we travel. Through it all, I never won a game, the kids and numerous coaches I have been privileged to share with did. The relationships formed with fellow coaches and colleagues from every corner of the state best illustrate what

we in the masculine bond of the huddle know. Sometimes, not nearly often enough do we get a chance to put some things greater than ourselves and it begins with the marvelous profession that allows us to be called “COACH”

He and his wife, Sharron have been married for 56 years and have four children, 17 grandchildren and nine great grandchildren.

GORDY KLOMPS TO RECEIVE STEVE KERZIE AWARD



Steve Kerzie was a long time delegate to the MSHSCA from Gilbert. He rarely missed a meeting regardless of the weather. His reports were usually a highlight of the meeting.

The award in his honor will be received this year the October 8th Hall of Fame Banquet at the Minneapolis Sheraton West will be received by Gordy Klomps of Zumbrota- Mazeppa.

Those wishing to share the evening with Gordy may refer to an article located elsewhere in this issue regarding location, times, how to obtain tickets and room reservations.

Gordy began coaching in Boone, IA where he coached basketball for two years, He moved to Minnesota in the fall of 1967 and began teaching Elementary Phy Ed in Zumbrota. He remained in that position for 35 years until he retired from teaching.

Klomps coached for 33 years. He started the Boys Cross Country program. In the first year they had the sport, his team tied for the HVL title. The boys went on to win the conference title seven of the first ten years. In 1975, the boys became the first team in Zumbrota history to advance to the state meet. In 1985, Zumbrota paired with Kenyon-Wanamingo and Doug Hanson won the state that year.

Girls Cross Country was started in 1974 and became successful. The 1995 team advanced to state and place fifth. Klomps also coached Girls Track and Field from 1974 until 1995. Several relays teams and individuals made it to the state and laced in the top eight.

He became a member of the MSHSCA in 1969 and in 1995 became a Section 1 Delegate, a position that he still holds.

He and his wife, Mary, have been married for 42 years and have four children and four grandchildren.

Gordy concludes with these words, “ It has been an honor and privilege to work with the student-athletes, coaches and especially the past and present staff of the MSHSCA.”

CON NATVIG TO RECEIVE THE GEORGE HAUN AWARD



Conley graduated from Ada High School in 1960 and matriculated to the University of North Dakota in Grand Forks ND where he graduated in 1966 with a degree in Phy Ed and Heath.

In 1966, Conley was hired as a Phy Ed and Health teacher at Swanville High School. He taught for 33 years and along with football, coached baseball, basketball and wrestling during his career. Athletic Director duties entered the picture from 1982 until 1999. He

was the Head Football Coach at Swanville for 34 years with a career record of 202 - 120 - 2. His teams won eight conference titles, three section crowns and four trips to the state meet where his team made the semifinals in 1987. Conley is the summer

recreation coordinator at Swanville from 1966 until the present.

Natvig was named conference Coach of the Year nine times, section Coach of the Year three times. He is a Life Member of the MSHSCA. He received the Don Swanson Award in 2013, the Butch Nash Award in 2014 and the 50 Year of Service Award in 2016. He was assistant coach of the Metro All Star team in 1984 and Honorary Coach in 2014. He was President of the MFCA in 1992 and inducted to the MFCA Hall of Fame in 2007. Conley has been the chairman of the Academic All Star Team Award Committee since 1990. He is also member of the Hall of Fame Selection Committee.

He has been an assistant coach at Browerville for the past 16 years as the offensive coordinator. When he is not coaching he enjoys going to coaching clinics, fishing and gardening. He and his wife, Kathy have three children -- Paula, Cory and Kristine.

COACHES OF THE YEAR TO BE HONORED AT HALL OF FAME BANQUET

Part of the awards ceremony that will take place at the MSHSCA Hall of Fame Banquet will include recognition and a plaque presentation to the 2015-16 Coaches of the Year, The program takes place on October 8th at the Minneapolis Sheraton West. People wishing to share the evening with the award recipients may find information on how to obtain tickets, room reservations, times, etc can be found in a separate location in this issue of The MN Prep Coach.

If a sport association's COTY does not appear it is due to the fact that the names have not been submitted to the office of the Executive Director. If a particular class in a sport does not include a listing it is because the coach was not a member of the MSHSCA.

COACHES OF THE YEAR

Girls Soccer

Class A Chrissy Makela Mankato West
Class AA Cheryl Peterson Minneapolis Washburn

Boys Soccer

Class A Dave Bahr Kasson-Mantorville
Class AA Dr Charles Abboud Rochester Mayo

Girls Tennis

Class A Mike Geffre Crookston
Class AA Steve Paulsen Edina

Boys Tennis

Class A Sion Wilkens Breck
Class AA Nick Crossley Rochester Century

Girls Track and Field

Class A Mark Alcorn Holdingford
Class AA Greg Ueland Roseville Area

Boys Track and Field

Class A Dave Abel Waseca

Class AA Paul Callahan Rochester Century
Class AA Brian Purrington Rochester Century

Volleyball

1A Crystal Lamont Waterville-Elysian-Morristown
2A Cassie Koch Belle Plaine
3A Kathy Gillen-Melville Eagan

Boys Hockey

Class A Chris Olson Litchfield/Dassel-Cokato
Class AA Pat O'Leary Wayzata

Gymnastics

Class A Debbie Driscoll Mahtomedi
Class AA Tom Smith Owatonna

Girls Swimming

Class A John Schmitz Albert Lea
Class AA Elizabeth Hansen Wayzata

Boys Swimming

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

Boys Basketball

1A Bob Schueller Browerville/Grey Eagle
2A Terry Knothe St Charles
3A Doug Toivonen Red Wing
4A Joe Janquart North St Paul

Girls Basketball

1A Josh Wieme Goodhue
2A Jason Melbostad Plainview-Elgin-Millville
3A Tim Gleason Winona
4A Leah Dasovich Minnetonka

Football

Gary Sloan Grand Meadow

Nordic Skiing

Cheri Johnson Mesabi East/Virginia

Synchronized Swimming

Carla Steffen Edina

Softball
 2A Kevin Nelson ZumbrotMazeppa
 3A Don Kruzemark Mankato West
 4A Joe Coenen Chanhassen

Baseball
 2A Scott Glenn Minnehaha Academy
 3A Greg Fehrman Henry Zibley
 4A Bobby DeWitt Wayzata

Girls Lacrosse
 Ali Minelli_Fenstenmacher Prior Lake

Boys Lacrosse
 Jason Worwa Woodbury

Golf
 1A Boys -- Steve McMullen (Mahnomen-Waubun)
 1A Girls -- Lane Powell (Fillmore Central)

2A Boys -- Peggy Hill (Minnewaska Area)
 2A Girls -- Cali Harrier (Detroit Lakes)

3A Boys -- Phil Johnson (Elk River)
 3A Girls -- Mark Herzog (Red Wing)
 Andrea Brechke (Forest Lake)

ASSISTANT COACHES OF THE YEAR TO BE HONORED AT OCTOBER 8TH BANQUET

Assistant coaches are essential for good program in any sport. As a result, the MSHSCA has opted to reward the services of assistant coaches with an award presentation as part of the awards program at the MSHSCA's Annual Hall of Fame Banquet. The program is set for October 8th at the Minneapolis Sheraton West. People wishing to share the evening with the recipients may find information located in another are of this issue dealing with obtaining tickets, room reservations, times, etc.

If a program is not included in the list that follows it is due to the fact that information was not submitted or a coach is not a member of the MSHSCA.

ASSISTANT COACHES OF THE YEAR

Boys Soccer
 Class A Brad Haugen Willmar
 Class AA Drew Leuders Rochester Century

Girls Soccer
 Class A Orin Schueller Alexandria
 Class AA Heidi Leland St Michael-Albertville

Girls Tennis
 Class A Brian Follette Crookston
 Class AA John Schmidt Alexandria

Track and Field
 Class A Lenne Holland Blue Earth Area
 Class AA Jon Flatness Prior lake

Volleyball
 1A Ken Trnka Waterville-Elysian-Morristown
 2A Scott Willenborg Stewartville
 3A Allison Axness Roseville Area
 3A Ryan Wagner Prior Lake
 3A Steve Dickhudt North Branch

Gymnastics
 Class A Ron McClure Bloomington Kennedy
 Class AA Charlie Wilson Cambridge - Isanti

Swimming Dan DuPay Northfield
 Boys Hockey
 Class A Dave Swanberg LeSeuer-Henderon
 Class AA Steve Olinger Eden Prairie

Boys Basketball
 Matt Hoelz Champlin Park
 Randy Huie Red Lake Central
 Oliver Major Spring Lake Park
 Mike Aumann Concordia
 Dick Cortes Breckenridge

Girls Basketball
 1A Byron Negen Mountain Iron-Buhl
 2A Trish Shindelar Plainview-Elgin-Millville
 3A Kevin Martin Winona
 4A Ellen Spika Eastview

Football Jeff Wagner Waterville-Elysian-Morristown

Nordic Skiing
 Leon Zeug Chanhassen/Chaska

Alpine Skiing
 Nelson Carlson St Thomas Academy

Girls Lacrosse
 Tamara Hodgins Chanhassen

Boys Lacrosse
 R J Ankona Rosemount

Boys Tennis
 Class A Greg Mirau Duluth Marshall
 Class AA Trevor Marohl St Cloud Tech

Synchronized Swimming
 Juliet Schmit St Louis Park

Baseball
 Glen Mathiowetz Sleepy Eye St Mary's
 Eric Reuss Burnsville

Adapted Athletics
 Reneta Jones Simley

After the Game Bring Your Team to 

2015-16 CHAMPIONSHIP COACHES TO RECEIVE AWARD AT HALL OF FAME BANQUET

Part of the Annual Hall of Fame Awards Banquet that will be held on October 8th at the Minneapolis Sheraton West will be a presentation to all of the championship coaches from the 2015-16 school year. If a championship coach does not appear in the accompanying list it is due to the fact that the coach was not a member of the MSHSCA.

Championship teams and their coaches are listed below:

Girls Swimming (True Team) Class A Visitation Class AA Minnetonka	Nate Linscheid Dan Berve	Girls Gymnastics (True Team) Detroit Lakes	Steve Zamzo
Girls Tennis Class AA Edina	Steve Paulsen	Alpine Skiing Boys Edina	Dave Nelson
Boys Soccer Class A Orono Class AA Anoka	Derek Engler Pete Hayes	Nordic Skiing Girls Robbinsdale Armstrong	Steve Hopke
Boys Soccer Class A Benilde-St Margaret's Class AA Eagan	Scott Helling-Christy Bulet Ozturk	Girls Gymnastics (MSHSL) Class A Detroit Lakes Class AA St Cloud Tech	Steve Zamzo Joel Stark-Haws
Boys Cross Country Class A Mora Class AA Hopkins	Chris Goebel Mike Harris	Boys Hockey Class A Hermantown Class AA Wayzata	Bruce Plante Pat O'Leary
Girls Cross Country Class A Perham Class AA Edina	Jeff Morris Matt Gabrielson	Boys Swimming (MSHSL) Class A St Thomas Academy Class AA Eden Prairie	John Barnes Kelly Boston
Volleyball Class A Waterville-Elysian-Morristown Class AA Belle Plaine Class AAA Eagan	Crystal Lamont Cassie Koch Kathy Gillen	Boys Swimming (True Team) Class A St Thomas Academy Class AA Minnetonka	John Barnes Dan Berve
Football 9 Man Grand Meadow 1A Minneota 2A Caledonia 3A Pierz 4A Becker 5A St Michael-Albertville 6A Osseo	Gary Sloan Chad Johnston Brent Schroeder Leo Pohlkamp Dwight Lundeen Jared Essler Derrin Lamker	Boys Basketball 1A Minneapolis North 2A Braham 3A DeLaSalle 4A Hopkins	Larry McKenzie Jeff Eklund Dave Thorson Ken Novak, Jr.
Girls Swimming (MSHSL) Class A Visitation Class AA Wayzata	Nate Linscheid Elizabeth Hansen	Adapted Floor Hockey PI Dakota United	Brett Sadek
Adapted Soccer CI Park Center PI Anoka-Hennepin	Dr Kelli Waak Suzanne Opat	Girls Basketball 1A Goodhue 2A Plainview-Elgin-Millville 3A Academy of the Holy Angels 4A Minnetonka	Josh Wieme Jason Melbonstad Dan Woods Leah Dasovich
		Adapted Softball PI Dakota United	Brett Kosidowski
		Boys Tennis Class A Breck Class AA Minnetonka	Sion Wilkens Dave Stearns
		Softball 2A Zumbrota-Mazeppa 3A Mankato West 4A Chanhassen	Kevin Nelson Don Krusemark Joe Coenen
		Girls Track and Field (MSHSL) Class A Minneapolis Edison Class AA Alexandria	Ernest Sutton Meghan Orgeman-Crumb
		Boys Track and Field (MSHSL) Class A Rushford-Peterson/Houston Class AA Wayzata	Gary Wade Aaron Berndt
		Baseball 2A Minnehaha Academy 3A Henry Sibley 4A Wayzata	Scott Glenn Greg Fehman Bobby DeWitt

Boys Track and Field (True Team)
 1A Montevideo Dave Schimming/Todd Rietveld
 2A Willmar Jerry Popp
 3A Wayzata Aaron Berndt

Girls Track and Field (True Team)
 1A Blue Earth Tom Plocker
 2A Red Wing Jesse Nelson
 3A Lakeville South Andrew Hilliard

Boys Golf
 1A Mounds Park Academy Sean Barrett
 2A Blake Marshall
 Hoiness
 3A Minnetonka John Coatta

Girls Golf
 1A Fillmore Central Lane Powell
 2A Detroit Lakes Cali Harrier
 3A Edina Mark Harelstad

Synchronized Swimming
 Wayzata Signe Hensel

Girls Lacrosse
 Eden Prairie Beth Patterson/ Judy Baxter

Boys Lacrosse
 Prior Lake Chris Fleck

COACHES HALL OF FAME BANQUET INFORMATION

As I continue to work on the 2016 Hall of Fame Banquet, I can not help but marvel at the love, time and yes, even their own money that all of the coaches have put in to our Minnesota student-athletes. Each and every coach deserves the honors that are bestowed upon them in this tough time of pleasing the public. I would like to mention the 2016 Hall of Fame inductees: Lorne Grosso (Rochester Mayo), Ruth Hayden (Ada-Borup), Mike Mahlen (Verndale), Roy Nystrom (Albert Lea), John (Jack) Peterson (Cambridge- Waconia), George Smith (Mahtomedi) and Ron Stolski (Brainerd).

I am getting excited to honor this group to honor this group of great people and hope that you, as coaches, will attend to support your profession. We need to give one another a hearty congratulations on a "job" well done.

The banquet will be held at The Minneapolis Sheraton West which is located at 12201 Ridgedale Drive in Minnetonka, MN 55305. The phone number if you wish to make room reservations is (952) 593-0000.

Registration and social is from 4:30 to 5:30. Doors open to dining room at 5:30PM with the meal to be served at 5:45PM

Tickets may be obtained by contacting Jim Baker at jbad54@yahoo.com or (651) 357-2937 (cell) or (651) 306-0328 (home). Price of the tickets are \$35.00

JIM BAKER

ELIGIBILITY FOR LIFE MEMBERSHIP INCLUDES 31 COACHES

Minnesota coaches that have served 25 years of mentoring at any level become eligible for the MSHSCA 25 Year Club. That distinction also qualifies each of the coaches to obtain Life Membership.

The coaches that achieved the 25 year milestone include the following:

- | | |
|-------------------|-------------------------|
| Brian Baum | Chatfield |
| Collin Bender | Edina |
| Andy Berkvam | Northfield |
| Douglas Bruggeman | Pelican Rapids |
| Lee Carlson | St James |
| Joel Ellinghuysen | Lewiston-Altura |
| John Fenske | Kingsland |
| Brian Follette | Crookston |
| Dave Gunderson | Virginia |
| Steve Hanson | Cambridge-Isanti |
| Chris Harder | Rosemount |
| Don Henderson | Triton |
| Stu Hendrickson | United South Central |
| Daniel Hennen | Eden Prairie |
| Brad Huse | United South Central |
| Mark Kaschke | Simley |
| Mark Leitheiser | Gibbon-Fairfax-Winthrop |
| Jon McBroom | Shakopee |
| Mark Mehr | Aitkin |
| Kim Niederluecke | Richfield |
| Ken Pauly | Benilde-St Margaret's |
| John Pieri | Lakeville South |
| Chuck Ross | Underwood |
| Bruce Thompson | Brainerd |
| Brad Skoglund | Paynesville |
| Brad Strand | Fergus Falls |
| Stannetta Svoboda | Martin County West |
| Jeffrey Walz | Onamia |
| Dan Westby | Marshall |
| David Wieber | Faribaut |
| Dave Wik | Monticello |

MnIAAA CORNER

By *John Vraa, New London-Spicer HS*
MnIAAA President

When the Minnesota Department of Education quit issuing the Coaching Licensure, the dynamics of recruiting and retaining high school coaches changed dramatically as well. This dynamic will become increasingly more pronounced as we see our 25, 30, even 35 year coaches retire from our profession in the next five years. Even though the MSHSL League and the MnIAAA have partnered to replace the Department of Ed and our colleges and universities as the primary educator for coaches, there still remains challenges facing each of our schools as we look to fill coaching positions. Here are some ideas to help meet those challenges.

Encourage our best student-athletes to consider teaching and coaching. Even though salaries fall behind the private sector and the time commitment for today's coach is ever increasing, it is important for all of us to share the passion we have for coaching with the next generation. It is easy to stand by with understanding when our talented high school graduates choose other professions. However, we need to be stronger champions of our own profession and sort through the negatives to show the real reasons "Why We Coach."

Provide opportunities for college age students to volunteer/intern with your school teams or coach in your summer recreation programs. Too often we are hiring teacher/coaches who may have played high school and college athletics, but have no coaching experience. We are also missing a great opportunity to "spark" an interest in our young adults to look closer at coaching as a career option. Even though mentoring volunteers/interns in your program takes a lot of time and energy away from other program needs, it is invaluable to

Work collaboratively with your school administration and school board to hire teachers with an interest in coaching and

directing fine arts activities. Gaining trust from your principals and superintendent that we all have the same goal in mind – hiring quality educators – is key. Too often teachers who are coaches can be overlooked with the fear they will prioritize their time on coaching and not teaching. As athletic directors, we need to recognize we cannot hire a lessor teacher because they coach. At the same time, we need to advocate for those that have a passion for coaching and bring that same passion to their classroom as well.

Provide a framework for the young teacher-coach to fulfill both roles. Numerous times in the last few years I have reached out to new teachers to fill coaching positions we have open. A common response has been, "I just want to get through my first year teaching and then maybe I'll help out." Meeting educational standards, test scores, and local district initiatives has never been more demanding for new teachers. Our challenge in activities is to provide a balance for teachers to meet their classroom objectives, yet still have time to bring education to our students in the extra-curricular setting. Simple re-assurance that we all went through those hectic early years can go a long way.

Find ways to give value and incentives for the teacher to stay in coaching. I marvel at the coaches in our profession that have been in it for 20 plus years. I fear this is a shrinking fraternity. Certainly as athletic directors we need to support our coaches and protect them from overinvolved parents. Even more so we need to find ways for coaches to feel value in more ways than their stipend. Providing them with the adequate equipment, fields and courts that are well kept, and professional development opportunities to network and grow are ways to show your school cares about their program. Coaches supporting other coaches in your school is extremely important. Never make it one program against another. Rally around each other, mentor a coach in another sports, attend each other's game, and spend time socializing away from the game. In short, develop the camaraderie we all love in sport!



GIRLS BASKETBALL CLINIC

October 28th, 2016

University of St. Thomas • Registration 8:00-8:45 a.m.

Clinic 9:00-8:45 p.m. • \$100 clinic fee

Register Online for the clinic at www.mshsca.org

***If you are sending one check for your whole staff, that can be done online also.

Each coach enters their information & prints out a receipt to be included with the payment.

Login with your email and password from last year's online registration.

ALL Coaches attending the clinic are encouraged to be members of MSHSCA

Questions? Call: 218-847-6796 or email: jomar2@arvig.net



MSHSL BOARD OF DIRECTORS REPORT

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

On behalf of the MSHSCA and the MSHSL Board of Directors, I would like to thank Shelly Hotzler of Jackson County Central, for her outstanding work as our girls sports representative for the past four years. Shelly has had a distinguished career as a softball coach and leader for our MSHSCA. We welcome our new girls sports representative, Jill Johnson, of Waconia.

Congratulations to all those teams and coaches who achieved great success this past spring. It is a tremendous honor to watch these great athletes and coaches competing, but also conducting themselves with integrity and respect for their opponents and officials. To be able to present the medals to the athletes and coaches is truly one of the great honors for our Board of Directors.

This past summer, one of Minnesota's coaching legends, Eugene "Lefty" Wright, was inducted into the National Federation of High School's Hall of Fame at the Summer Meetings in Reno, NV. His wife, Nan, was there to accept his induction, as Lefty passed away in 2015. During his coaching career at St. Louis Park High School, he won four State Championships in Track & Field, and one in Cross Country. In addition, he was legendary in his leadership and innovative work as a meet manager at Cross Country and Track & Field events. Many of his innovations continue to be used at meets in Minnesota and the nation. In addition, Associate Director, Kevin Merkle, was awarded the "NFHS Citation Award" for his tremendous work at the state and national levels for Section 5.

It will be exciting for our teams and fans as we enter into

our new opportunity to host championships at the new U.S. Bank Stadium this fall. We are thankful for all of those sites that hosted soccer and football games during the transition from the Metrodome to the new stadium. We anticipate that many fans will be eager to see great competition taking place in this beautiful new venue.

At the Area Meetings this fall, the League Staff will present the Constitutional Amendment to guarantee positions on the MSHSL Board of Directors for Superintendents, representing Administrative Regions.

During the summer, the Gymnastics proposal to expand the varsity roster for competition from five to eight participants at non-conference and non-qualifying invitationals was approved. It is not mandatory, but the host school may offer this option. Another big change will involve baseball and mandatory "Pitch Count" policies. The NFHS has determined that all states will be required to develop a policy that will fit for their state. We have a "Pitch Count" committee working with Kevin Merkle, and will be making a recommendation for approval. Once again, we had a successful "Why We Play" Conference this past summer. I'm sure that the coaches and directors that attended came away with many valuable ideas to incorporate with their programs. Congratulations to Jody Redman, as she has been recognized as a national leader in the development of this program

Over the course of the year, I encourage you to look at the mshsl.org site to see the synopsis of each MSHSL Board of Directors Meetings. Our next Board of Directors Meeting will be on October 6, 2016. Jill Johnson and I look forward to representing you.

Delegates Corner

By: *Gary Prantner - Byron High School*

Finding a Balance

I had the pleasure of speaking with a highly successful coach on the eve of his retirement. He was one of the area's winningest coaches over the last 20 years and I asked him if he had any regrets that he had. His response was eye opening to me; he came back with: "I wish I would have played the seniors more."

His response stuck with me on my long drive home. There are two basic arguments that I hear when I talk with area coaches. The first is really about making sure the best players play regardless of age. Yes, the older kids get a look but it's all about putting the best players on the field/floor. Sometimes the younger kids are just more athletic or have put in more time than the older kids. Have they earned their chance to play already? Isn't that the model that we want, kids pushing themselves all the time to get better to beat out the other athletes for a spot? Do we have the responsibility to the team to put the best players in? Or, do we have a responsibility to play the older players who have put their time in? What about your "star" who is a senior and it is their last go-around and they can see you playing an older girl at another position because

of age rather than a younger, more talented girl? Athletes can understand playing to win, being competitive, and putting your best foot forward. After all, we need to be the two seed in the section tournament to have a chance at going to the state tournament.

I kept thinking "Why would this successful coach regret not playing the seniors?" The more I think about it, most of these kids will never put on a uniform again for this sport. Only the rarest make it to the pros, very few make it to a major college, some play at a smaller college, a bunch will play intermural sports in college or in a recreational league when they get out of college, but the majority will never play again. Seniors have put in the most time for your programs. Think of all of the offseason training, leagues, tournaments, and family events they may have missed along the way - does that mean something? They may have been active members of your fundraisers and great helpers at your youth camps. Your seniors have waited their turn behind the classes ahead of them and been a great role player. Now when it is their time to shine you are going to play to a younger kid without even giving them a chance to prove their worth on a game night? What about all of those rah-rah speeches you have given over the

years preaching about TEAM and TOGETHER and HARD WORK PAYING OFF?

Is it possible to have the best of both worlds? I would argue that it is okay to let your seniors have a chance to prove they can rise to the occasion and perform at the level you need them to and make changes if they don't. I think that will help you build some credibility with both players and parents. Results on film or in the stat book are tough to argue with. The sample size that seniors get can vary based the length of the season - it might be a series or two on offense or a game in the field. But at the end of the day you can say you gave the player who put in years' worth of effort and dedication the benefit of the doubt.

GOAL POSTS ... continued from page 17

THE MESSENGER? AND, MORE IMPORTANTLY, WHAT IS THE END GAME.?

Moreover, as educators who believe and know the extra-curricular experience that includes exposure to athletics, music the arts and more, is a vital, important, piece of the overall education of our students, We need to acknowledge that demands that are unreasonable need to be addressed. Let's ask this question of ourselves and colleagues... who is it in youth programs outside of school environs that affect and influence the decisions in regard to the athletic policies and programs offered in our schools? I hope the answer is we do. In that case, let's take a hard look at who is making the decisions re our youth programs and educate them as to the academic and educational value of participation in varied activities.

Three decades ago, this writer reflected on the "Autumn" of a career in coaching.. twenty years later one realizes Autumn last a long time. Now, it is certain that winter awaits. The desire and dream remain the same. That your children; your children's children, will have the opportunity and joy of sports participation in their lives. And they will be forever enriched by them in a positive, inclusive environment. . Let's see to it MFCA. Let's see to it.

See You on the field.

COACHES CARING PROGRAM

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

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

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

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

MSHSCA 2016-2017 MEETING DATES

Deletage Meeting:	September 10, 2016	Minneapolis Marriott West
Hall of Fame Banquet:	October 8, 2016	Minneapolis Sheraton West
NOCAD Meeting:	January 13-15, 2017	Biloxi, MS
Delegate Meeting:	March 24, 2017	Mancini's (St Paul)

PREP COACH DEADLINES TO SUBMIT

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

After the Game Bring Your Team to 

DUGOUT CHATTER



By: *Don Gawreluk*
Vice-President - Minnesota State High School Baseball Coaches Association

As we all reflect back on the 2016 season, it is important to recognize the many positives that happened along the way. Also, I would like to provide you with some updates from the association and offer some reminders as the off-season kicks into gear.

First of all, congratulations to our four 2016 State Champions:

Springfield -- Class A,
 Minnehaha Academy -- AA,
 Henry Sibley -- Class AAA and
 Wayzata in the new Class AAAA.

All of the state champions were crowned at Target Field and we would like to thank the Minnesota Twins and President Dave St. Peter for the use of Target Field, and to Kevin Merkle (MSHSL) for his assistance in making this day possible.

Congratulations also go out to the 2016 MSHSBCA players of the year:

Nick Hanson (Prior Lake) in AAAA,
 Trevor Moses (Mahtomedi) in AAA,
 Alex Fedje (Minnehaha Academy) in AA
 and Daniel Bollingberg (Lyle-Pacelli) in A.

The 2016 Play Ball! Minnesota High School Baseball All-Star Series presented by Cambria and B.I.G. Athletics was held in Chaska and Chanhassen in June. The new Metro North team, coached by John Groebner (Osseo) and Stephen Christensen (North Branch) won the tournament, going 3-0, and Isaac Collins, Maple Grove, was the tournament MVP with 5 hits and a Grand Slam. Also, congrats to Totino Grace's Alex Spevacek was named the Series' top pitcher and was awarded the Todd Oakes Top Pitcher award. This award was named in honor of our friend and large contributor to Minnesota high school baseball, U of MN Gophers pitching coach, Todd Oakes. (Coach Oakes passed away after a very courageous battle with cancer last spring.) For more information on All Star Series game details, please visit our website www.mshsbc.org and click on the MN All-Star Series tab.

The annual MSHSBCA Junior Showcase was a great success as well this year. There were 150 players from border to border represented. Over 90 coaches and scouts were there to evaluate our state talent. Thank you to Minnetonka HS and coach Paul Twenge for the use of their great facility and to Tink Larson, Dale Welter, Craig Anderson, John Wilkens and all the coaches who helped out to make this event run so smoothly.

The annual John Wilkens Fall Clinic is right around the corner. The clinic will be held at the Ramada Plaza in Minne-

apolis (same place as last year) October 28th to 30th. Please share the information with your staff and bring them along to the clinic. The annual coaches social will take place after the Friday night sessions at 8:30 p.m..

We will hold our annual coaches meeting at 8:00 a.m. on Saturday, October 29th.

On Saturday night, October 29th at 7:00 p.m. at the Ramada Plaza, we will welcome a new class to the Minnesota State High School Baseball Coaches Association Hall of Fame and also honor our association award winners. The 2016 class includes: Steve Davis (Princeton), David Glenn (Minnehaha Academy), Dave Lane (Mayer Lutheran), Lyle Rambo (Morris), Bob Schlagel (Rush City) and Richard Wasko (St. Paul Johnson.) Tickets for this event are \$25 and can be purchased from John Wilkens. Thank you to John Wilkens and Paul Twenge for all of your work with our annual clinic.

The national conventions this year will be held in Columbus, Ohio and Los Angeles, CA. The BCA will be held in Columbus December 1st to December 4th. Forest Lake's Schumacher Field will be named the District 5 Field of the Year during this annual convention. The ABCA will be held in L.A. from January 6th to 9th. Please consider attending these annual conventions. These are also great opportunities to network with other coaches and learn from some of the best in our game.

The NFHS has implemented a new pitching restriction policy based on the number of pitches thrown in a game. At our John Wilkens Fall Clinic, MSHSL's Kevin Merkle will join us to discuss the new Pitch Count rule, and how it will add protections for our participants. Also at the Fall Clinic, an election will be held for a new 2nd Vice President - Let your voice be heard and consider running for office this fall at our clinic. Finally, our Pitcher as DH rule is up for its 3rd year as a rule experiment in 2017.

Finally, in preparation for the 2017 season, remember to join the MSHSCA and MSHSBCA. Membership in these organizations provides the liability insurance we all need plus provides eligibility for your players to receive post-season awards. Also, consider membership in one or both of the national associations (BCA or ABCA.) Additionally, follow us on Twitter @mshsbc, and continue to check for updated information and the Fall 2016 newsletter (click on news tab) on our website; www.mshsbc.org. As we all put our fields to bed for the year and reflect back on the year that was, please remember there are plenty of things to celebrate. See you at the Fall Clinic!





2016 John Wilkens/MSHSBCA Clinic

Co-Sponsored by the MINNESOTA HIGH SCHOOL COACHES ASSOCIATION



October 28, 2016	Friday	Registration from 4:30-5:30	<input type="checkbox"/> Session I starts at 5:30
October 29, 2016	Saturday	Registration continues at 7:30am	<input type="checkbox"/> High School Coaches Meeting at 8:00am <input type="checkbox"/> Session 4 starts at 9:45 with other sessions following
October 30, 2016	Sunday		<input type="checkbox"/> 9:15am – 12:00pm

SITE: Ramada Plaza Hotel Same location as last year.
1330 Industrial Blvd
Minneapolis, MN
Phone (612) 331-1900
Toll Free (877) 774-4315

SPEAKERS: Tim O'Brien-University of Maryland, Baltimore County 3 sessions
 Rick Heller-University of Iowa 3 sessions
***Confirmed Scott Berry-Mayville State University 3 sessions
 Matt McDonald-St. Olaf College 1 session
 Gene Glynn-Minnesota Twins 2 sessions

Cost of the Clinic: \$65 Pre-Registration (received by October 22, 2016 No refunds!!)
\$75 at the door

Hotel Rooms: You must make your own reservations and make sure you mention the baseball clinic and special room rate. A single or double room will run \$94 plus tax. Make reservations by October 14, 2016. Requests will be accepted on space availability and room rate availability.

Clinic Features: Coaches handouts-on website MSHSBCA.org; door prizes for all . T-Shirt; exhibitors; clinic notebook; FCA breakfast to those who sign-up; social hour on Friday after last session (beverage and chips); and free parking. Clinic schedule/speakers outlines available on MSHSBCA.org.

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

Please fill out and mail in with your payment

Name: _____ Phone (Home): _____

School or Organization: _____

Home Address _____

Email Address _____

Make checks payable to MSHSBCA(\$65 Pre-Registration or \$75 at door). Mail the checks to: John Wilkens – P.O. Box 203, St. Michael, MN 55376. Email wilks@charter.net to check on if registration has been received. You won't be notified.

T-Shirt Size-Circle M L XL XXL XXXL Please make sure to circle size

Do you plan on attending the FCA Breakfast on Sunday morning (Oct. 30) at 7:30 AM? We have to pay for all meals ordered. Coaches who would like to bring wives or children may do so. Just include that number at bottom of the sheet. Do you plan on attending the FCA Breakfast? Yes _____ No _____

After the Game Bring Your Team to 

MEMBERSHIP PERKS

S
H
S
C
A

- **COUNTRY INN & SUITES - Eagan** - 3035 Holiday Lane, Eagan, Mn 55121 - 651-287-8800
- **COUNTRY INN & SUITES by Carlson** - Minneapolis West, MN - 651-287-8800
- **EMBASSY SUITES - Brooklyn Center** - (763) 560-2700 - Ask for MN Coaches Association Rate - Hotel Code = MSPBR . 15% discount. Website: www.minneapolisbrooklyncenter.embassysuites.com
- **RAMADA PLAZA - Minneapolis** - Rate Code: L16 - (612) 331-1900 (Based on availability)
- **MINNESOTA ZOO - Apple Valley Corporate Rates** - \$2.00 Off Adults, \$1.00 Off Children & Seniors, \$1.00 Off IMAX.
Call John Erickson for discount card - (h) 218-847-6796
- **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.

Register.cordonco.com is what you will see on your credit card statement for your MSHSCA membership. Please do not challenge this before calling 218-234-0345!



CLEARING HURDLES

By: Gary Wade, Rushford-Peterson HS
Minnesota Track and Field
Coaches Association

Welcome back to another great school year! I hope all of you have had a fun and restful summer and have been able to spend more time reconnecting with family and friends. I wish everyone the best for this upcoming year. Track and field is very fortunate to have such great coaches that help grow the sport in such a positive way.

I would like to thank Johnny Josephson for doing such an outstanding job as the president of our association over the last two years. His guidance, leadership and ideas have made our association better for everyone. Also, I would like to introduce our new vice president Aaron Berndt from Wayzata. We are looking forward to having him working with us.

It was another successful and exciting Minnesota State True Team Championships. I would like to congratulate the 2016 True Team champions:

Class A: Girls – Blue Earth Area Boys – Montevideo

Class AA: Girls – Red Wing Boys – Willmar

Class AAA: Girls – Lakeville South Boys – Wayzata

The True Team is such a great experience for both athletes and coaches. We encourage everyone to participate and get involved. If you would like to help out please contact someone on the True Team Committee, or: (Gary Wade-Rushford-Peterson, Aaron Berndt- Wayzata, Mark Alcorn- Holdingford, Johnny Josephson-New Prague.)

I would also like to congratulate the state team champions for the MSHSL track and field championships. Class A Girls, Minneapolis Edison, Boys, Rushford-Peterson/Houston. Class AA Girls, Alexandria, Boys, Wayzata. Congratulations to our state team champions,

great job to all!

We have continued with our summer coaches association meeting at three different sites. This has helped attendance, but we need many more coaches to attend. These meetings are a chance for coaches to communicate so we can become a more united association. If we are working together we can continue making track and field even better than it is now. Please let us know if there is anything we can do to improve summer attendance.

The Minnesota track and field coaches association clinic will be held January 26-28th at the Double Tree in

Bloomington. As always there will be a full slate of speakers that will help provide a tremendous amount of great information that will help you and your athletes in many ways. Please keep checking our website <http://www.mshsca.org/Track> for details on the clinic. I encourage everyone to sign up early and attend. We are fortunate to have such a great clinic at a very reasonable price.

I want to thank you all for what you do for the athletes and the sport of track and field. Please feel free to contact me if you have questions about the association. Have a great year!

ADAPTED ATHLETICS

By: Marcus Onsum, Robbinsdale
President, Minnesota Adapted Coaches Association

As another summer winds down, our adapted coaches and athletes find themselves preparing for another exciting and fun filled adapted soccer season. Few of our schools start soccer preparations in August, as most other fall sports do, rather they start after the beginning of the new school year and have their first contests near the end of September. The adapted soccer state tournament for both the PI and CI division will once again be held at Stillwater High School, on November 18 & 19.

I would like to encourage all of our current coaches to take a few moments to re-familiarize themselves with the eligibility requirements for our athletes. There has been a growing concern that it is possible for PI programs to include CI athletes when their school/district isn't fielding a CI program. If a given athlete is cognitively impaired, yet meets the physical requirements for the PI division, they certainly are welcome to participate, however without the appropriate physical condition, they should not be allowed to participate in PI athletics at any time. CI athletes are considered eligible with a full-scale IQ score of 70 or lower, or if they meet the state requirements to receive DCD services in the classroom. It is the responsibility of all of our coaches to be completely familiar with the above criteria.

Since the last issue of Minnesota Prep Coach in May, new state champions were crowned in adapted softball. The adapted softball state tournament was held on June 3 & 4 at Coon Rapids High School, and we had a great turnout. In the PI division, Dakota United claimed the title, with a 13-7 win over Rochester. In the CI Division, North Suburban emerged as state champions with a 17-15 win over Osseo. Congratulations to both of these programs for fantastic seasons!

Our adapted coaches association website is now fully functional, and I would like all of our member coaches to become familiar with it. I will be posting a variety of items to the site over the course of the year, and coaches are welcome to use this site to post questions about our sports or to look for additional games on our Forum page. Currently, the Forum is a public page, but requires coaches to have a Sport Ngin account. As we progress through the season, I plan to further explore making this page private and password protected.

Good luck to everyone this fall, and I hope everyone is able to enjoy a safe, fun filled soccer season!

After the Game Bring Your Team to 

SPRING TEAM ACADEMIC RESULTS

The Subway Restaurants of Minnesota and the MSHSCA are pleased to be able to sponsor the Team Academic Program for Minnesota prep sports.

The following are the sports that submitted results to be used in this issue of The MN Prep Coach.

Synchronized Swimming

GOLD

The Blake School
Eden Prairie
Maple Grove-Osseo
Wayzata

SILVER

Apple Valley
East View
Rosemount
Columbia Heights
Edina
Forest Lake
Hopkins
Prior Lake
Stillwater Area
Richfield

Girls Lacrosse

GOLD

Cretin-Derham Hall
Apple Valley
Stillwater Area
Owatonna
Wayzata
Hutchinson

SILVER

Hopkins
Chanhassen
Eden Prairie
Minnetonka
Robbinsdale
Prior Lake
Farmington
The Blake School

Boys Tennis

CLASS A GOLD

Aitkin
Crookston
DeLaSalle
Hermantown
Litchfield
Luverne
St Paul Humboldt
St Peter

St James
Thief River Falls

CLASS A SILVER

Academy of the Holy Angels
The Blake School
Breck
Cloquet
East Grand Forks
Fairmont
Foley
Hibbing
Lac qui Parle Valley/
Dawson-Boyd
Minnewaska Area
Mora
Mound Westonka
New London-Spicer
Pine City
Red Wing
Schaeffer Academy
St Cloud Cathedral
Winona Coter

CLASS AA GOLD

Bemidji
Bloomington Jefferson
Buffalo
Cretin-Derham Hall
Eagan
East Ridge
Eastview
Eden Prairie
Irondale
Lakeville South
Mankato West
Maple Grove
Minneapolis Washburn
Mounds View
New Ulm
Robbinsdale Armstrong
Rochester John Marshall
Shakopee
St Cloud Tech
St Paul Como Park
St Paul Highland Park
St Paul Washington/ Tech
Magnet
Willmar
Woodbury

CLASS AA SILVER

Alexandria
Anoka
Big Lake
Brainerd
Cambridge-Isanti
Centennial
Chanhassen
Coon Rapids
Duluth East

Forest Lake
Hill-Murray
Monticello
Orono
Park Center
Princeton
Rosemount
Sartell-St Stephen
Spring Lake Park
Tartan
White Bear Lake

Baseball

CLASS A GOLD

Browerville/Eagle Valley
Blackduck
Wabasso
West Central Area

CLASS A SILVER

Minnesota Valley Lutheran
Adrian
New York Mills
Sleepy Eye St Mary's

CLASS AA GOLD

Chatfield
Eden Valley-Watkins
Esko
Minnehaha Academy
Minnewaska Area
Norwood-Young America
Red Rock Central/
Westbrook-Walnut Grove
St Charles

CLASS AA SILVER

Glencoe
Benson
Foley
Maple Lake
Medford
Montevideo
Pierz
Pine Island
Tri City United

CLASS AAA GOLD

Albany
Albert Lea
Austin
Benilde-St Margaret's
Hutchinson
Mankato East
Mankato West
Marshall
Northfield

CLASS AAA SILVER

Delano
Byron

North Branch
Sartell-St Stephen

CLASS AAAA GOLD

Maple Grove
Champlin Park
Eastview
Eden Prairie
Forest Lake
Hopkins
Lakeville North
Owatonna
Rochester Century
Totino-Grace

CLASS AAAA SILVER

Burnsville
Andover
CambridgeIsanti
Cretin-Derham
Eagan
Minnetonka
Prior Lake
Woodbury

Softball

GOLD

Alexandria
Albany
ACDC
Austin
Belle Plaine
Bertha-Hewitt/ Verndale
Big Lake
The Blake School
Bloomington Jefferson
BOLD

Byron
Caledonia/Spring Grove
Cambridge-Isanti
Centennial
Champlin Park
Chanhassen
Chatfield
Chisago Lakes
Concordia Academy
Cretin-Derham Hall
Dassel-Cokato
Delano
DeLaSalle
Detroit Lakes
Dilworth-Glyndon-Felton
Duluth Denfeld
Duluth East
Eagan Grand Forks
Fosston/Win E Mac
Eastview
Eden Valley-Watkins
Eveleth-Gilbert
Faribault
Fergus Falls

Fertile-Beltrami	Providence Academy	Becker	Minnehaha Academy
Forest Lake	Randolph	Bemidji	Montevideo
Hastings	Red Rock Central	Benilde-St Margaret's	Monticello
Hill City	Rochester Lourdes	Benson	NCE/UH Titans
Holdingsford	Rockford	Blaine	New Ulm Cathedral
Irondale	Rocori	Brainerd	Nicollet
Kenyon-Wanamingo	Roseau	Brandon-Evansville	Northfield
Kimball	Sacred Heart	Breckenridge	NRHEG
Lakeville South	St Agnes	Brooklyn Center	Orono
LeSeuer-Henderson	Sauk Centre	Buffalo Lake-Hector-Stewart	Park Center
Lester Prairie/Holy Trinity	Sauk Rapids- Rice	Burnsville	Park Rapids
Little Falls	Shakopee	Cass Lake-Okabena	Paynesville
Loyola	South St Paul	Coon Rapids	Pillager
Luverne	SW Christian	Crosby-Ironton	Pine City
Madelia-Truman	Springfield	East Central	St Cloud Apollo
Mnakato West	St Cloud Tech	East Ridge	
Maple Grove	St Clair	Elk River	Track and Field
Menasha	St Cloud Cathedral	Farmington	
Minneapolis South	St Croix Lutheran	Foley	BOYS GOLD
Minneapolis Washburn	St Francis	Frazee-Vergas	Academy of the Holy Angels
Minneota/Canby	St Peter	Glyndon-Felton-Winthrop	Annandale
Minnewaska Area	Stillwater Area	Glencoe-Silver Lake	Bagley-Fosston
Moose Lake/Willow River	Totino-Grace	Goodhue	Becker
Mora	Tracy Area	Grand Rapids	Belle Plaine
Morris Area/ Chokio-Alberta	Tri City United	Hawley	Bemidji
Mounds View	Two Harbors	Hayfield	Blue Earth
Murray County Central	Visitation	Henry Sibley	Brainerd
New London-Spicer	Wabasha-Kellogg	Heron Lake-Okabena	Buffalo
New Ulm	Wabasso	Hibbing	Byron
New York Mills	Waseca	Hutchinson	Cambridge-Isanti
North Branch	Wayzata	Jackson County Central	Chisago Lakes
North St Paul	West Central Area	Janesville-Waldorf-	Cretin-Derham Hall
North Woods	White Bear Lake	Pemberton	Dilworth-Glyndon-Felton
Norwood-Young America	Willmar	Lake City	Eastview
Ogilvie	Winona	Lake Crystal Wellcome	Eden Valley-Watkins/
Ortonville	Woodbury	Memorial	Kimball
Osakis		Lake of the Woods	Edina
Battle Lake/ Henning/	SILVER	Lakeview	Esko
Underwood	Academy of the Holy Angels	Litchfield	Faribault
PACT Charter	Anoka	MACCRAY	Fairmont
Park	Apple Valley	Mankato East	Foley
Pequot Lakes	Badger/Greenbush-Middle	Maple River	Hutchinson
Plainview-Elgin-Millville	River	Martin County West	LaCrescent
Princeton	Barnesville		

... continued on page 30

FALL CLINIC ATTENDEES URGED TO USE ELECTRONIC MEMBERSHIP

Coaches who plan to attend clinics this Fall 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 

ACADEMIC RESULTS... continued on page 29

Lakeville North	Norman County
Mankato Loyola/Cleveland	Osakis
Moose Lake-Willow River	Rush City
New Prague	Rushford-Peterson/Houston
Ottertail Central	Waconia
Pine Island	Westbrook-Walnut Grove/
Plainview-Elgin-Millville	Red Rock Central
Prior Lake	
Rochester Century	GIRLS GOLD
Rochester Lourdes	Alexandria
Rocori	Andover
Sartell-St Stephen	Annandale
Sauk Rapids-Rice	Apple Valley
Staples-Motley	Ashby-Brandon-Evansville
Trinity School @ River	Bagley-Fosston
Ridge	Becker
Waseca	Belle Plaine
Wayzata	Bemidji
West Marshall	Big Lake
Willmar	Bloomington Jefferson
	Blue Earth
BOYS SILVER	Brainerd
Apple Valley	Buffalo
Dassel-Cokato	Byron
Elk River	Cambridge-Isanti
Frazee	Cannon Falls
Holy Family Catholic	Chisago Lakes
Lake Crystal	Coon Rapids
Wellcome Memorial	Cretin-Derham Hall
Little Falls	Crookston
Mankato East	Dassel-Cokato
Maple Lake	Detroit Lakes
Milaca	Dilworth-Glyndon-Felton
Montevideo	Eagan
Mora	East Grand Forks
Mound-Westonka	Eastview

Eden Valley-Watkins/	Richfield
Kimball	Rochester Century
Edina	Rochester Lourdes
Elk River	Rocori
Eveleth-Gilbert	Roseville Area
Faribault	Rush City
Fairmont	Rushford-Peterson/Houston
Farmington	Sartell-St Stephen
Foley	Sauk Rapids/Rice
Frazee	South St Paul
Grand Meadow/LeRoy	St Croix Lutheran
Ostrander	St Peter
Holy Family Catholic	Staples- Motley
Hutchinson	Stewartville
International Falls	Trinity School @ River
Jackson County Central	Ridge
Janesville-Waldorf-	Visitation
Pemberton	Waconia
LaCrescent	Waseca
Lake Crystal Wellcome	Wayzata
Memorial	West Marshall
Lakeville North	Westbrook/Walnut Grove/
Little Falls	Red Rock Central
Mankato Loyola/Cleveland	Willmar
Mankato West	Zumbrota-Mazeppa
Mesabi East	
Milaca	GIRLS SILVER
Minnetonka	Academy of the Holy Angels
Montevideo	Ada-Borup/Norman County
Mora	West
Mound-Westonka	Barnesville
Mounds View	Heron Lake-Okabena
Northwest Nighthawks	Maple Lake
Osakis	Northome/Kelliher/
Owatonna	Blackduck
Park	St Cloud Christian
Pine Island	United South Central/ Alden
Plainview-Elgin-Millville	-Conger
Prior Lake	

FAST TRACKS

By: Doug Boonstra

Fall is certainly a season of change. Besides the obvious change of the seasons, there is a change over to a new school year, change in family structure as many kids head off to college for the first time, change in amount of daylight, and for many teachers, there is a change in sleeping patterns, perhaps. So what is 'changing' in the world of HS Nordic Skiing? Plenty.

First of all, let me introduce myself briefly. After a childhood of focusing on Soccer, Hockey, and Track, I picked up a teaching degree from the U of M, and began my teaching career at Eden Prairie High School. After coaching all three of my childhood sports at the HS level, my growing family whittled down my coaching duties to soccer and hockey. With a little persuasion from my AD, and my brother, I 'changed' from hockey to Nordic Skiing. That was back in 1995, and I have never regretted it. My current duties include teaching physics, coaching soccer, skiing, and as of this past spring, residing as President of the Nordic Coaches Association.

The word change has been thrown around the HS skiing scene for as long as I have been coaching. Topics such as re-introducing classic skiing, (following a skate only period), having a 4 person relay, having two individual champions, pursuit champions, a

multi-even format, two qualifying teams vs. only one, to name a few of them. Most of the change has occurred as an attempt to keep up with ever changing landscape of International Skiing. Trying to do that, while satisfying 'all' of the coaches, while still keeping the kids in our programs the primary focus, has often resulted in a change process the resembled the glaciers that formed our landscape.

Enter the wildly exciting event of the Team Sprint Relay. The United States has been emerging onto the World Nordic scene lately in large part due to the emergence of sprinting. You need to look no further than Stillwater's own Jesse Diggins to see how we can not only compete with the best in the world, but be a consistent medal contender on that stage. This past spring, while sitting in the upstairs of the comfortable Mora Nordic Center at our annual spring coaches meeting, the seeds were planted to introduce this event to the Minnesota HS landscape. A committee of both metro and out-state coaches was formed and given the task of drafting a proposal to introduce a Team Sprint Relay to the section and state meet program. On August 8, the committee met and hashed out a framework that we felt would not only provide a great deal of excitement, but would also provide an additional avenue for some skiers to qualify for the coveted State Meet, who may not be suited for the longer 5k distances, let alone two of them in the same day.

The following proposal will be voted on by the Coaches Association this fall at our annual fall meeting, to be held this year on Oct. 29 in Mora, MN. Successful passage of this proposal would mean the Section and State Meet format would change for the 2016-2017 season.

Section Team Size: 7 (Same as now) 5 skiers will be assigned to the pursuit event, and 2 skiers will be assigned to the sprint relay event.

Pursuit Event: There will be two 5k distance races in the pursuit, as there are now. The order of those events would not need to model the order of the State Meet, just like it is done currently.

Pursuit Scoring: 3 of your 5 skiers will score team points. (Currently 4 pursuit skiers score)

Advancing to State: The top two pursuit teams will advance to the State Meet.

Team Sprint Relay Event: Each of the two members of the sprint relay team will alternate in skiing 2 laps of the 1-1.25k course, for a total of 4 laps. There will NOT be a physical body to body contact exchange, rather once an incoming skier crosses the front exchange zone line, the outgoing skier can leave the exchange zone.

There will be two Semi-final Heats for the relay. All teams will participate in the Semi-finals. To advance to the finals, the fastest two teams from each heat will automatically advance into the finals, along with the next fastest 4-6 teams (TBD). In the event that the semi-finals are NOT timed, either due to weather or time constraints, the top 5 from each semi-final would advance to the finals.

... continued on page 40

Minnesota State High School Coaches Association, Inc.

Executive Committee Liaison Assignments 2016-2017

Rob Nielsen - Detroit Lakes

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

Todd Smrekar - Cambridge-Isanti

President	Football	G Basketball	G/B Golf
	Adapted Athletics	Gymnastics	

Gary Prantner - Byron

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

Mike Peterson - Perham

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.

MSHSCA's 2016-2017

Thank You
to our

CORPORATE PARTNER



SUBWAY HELPS MAKE SOME OF OUR PROGRAMS POSSIBLE!

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

Over Hill and Dale

By: Jesse Nelson
Red Wing

Our association just wrapped up another successful coaches clinic at Eastview HS on Monday, August 8th. Over 70 coaches heard legendary North Central College coach Al Carius's message of doing everything we can for our kids and emphasizing the importance of the process rather than the outcome. He reiterated and displayed energy, passion, and the theme of making yourself better. Mark Johnson of Eau Claire Memorial and Yoga specialist Rachel Tressel also presented. Big thanks to Tom Sharp of Eastview for his work in organizing the clinic. Let's get over 100 coaches at next summer's clinic!

Five new members were inducted into our Hall of Fame. Congratulations to Dave Chatelaine of Owatonna nominated by Chris Harder, Ross Fleming of Mounds View nominated by Jane Reimer-Morgan, Gary Meuer of Waseca nominated by Bob Bonk, Gary Ward of Aurora-Hoyt Lakes / Mesabi East nominated by Paul Winkeleaar, and Bill Bredeson of Canby-Minnesota – Lincoln HI nominated by Pete Janiszewski.

Our 2015 Cross Country Coaches of the Year were also celebrated at our clinic. Congratulations to Matt Gabrielson of Edina (AA Girls), Curtis Johnson of Washburn (AA Boys), Jerry Amundson of Alexandria (AA assistant), Peter Janiszewski of Luverne (A Girls), Chris Goebel of Mora (A Boys), and Rachel Norby of Mora (A Assistant). Thanks to Chris Harder of Rosemount and all of our section reps for their work coordinating our Coaches of the Year awards.

Jack Moran of Raceberry jam was honored by the coaches association for his contributions to our sport and distance running in Minnesota.

The MSHSL cross country advisory committee also met in early August. Issues addressed included Co-op sponsorships involving home schools, state meet concerns regarding the off-limits area(s), clarification of non-school competition during the season (check the cross country activity page on the MSHSL website), and the possibility of revisiting 3 class realignment. Our proposal for increasing the medals for individual participants at the state meet from 10 to 15 is still in the MSHSL awards committee pipeline.

Big thanks to Chris Goebel of Mora for stepping up to be the VP of our association and to our long time secretary Jeff Schmit of Hutchinson and treasure Dave Chatelaine of Owatonna. Dave also helps coordinate our "social" the Friday afternoon before the state meet. So many things happen behind the scenes that make our association and sport so great. Consider stepping up and serving our association in some way!

If there is anything you think the association can do to help make our sport the best it can be for our kids, please let us know. jhnelson@rwps.org

Check out the Cross Country Coaches Association Website at <http://www.mshsca.org/crosscountry>

Follow the cross country coaches association on twitter: @mnxcca1

FAST TRACKS ... continued from page 39

Sprint Relay Scoring: Both of your sprint relay members would be scoring.

Advancing to State: The top two sprint relay teams will advance to the State Meet.

Individuals Advancing: The next 6 fastest pursuit skiers will still qualify for the state meet as individuals. They will not score team points, which is the same as our current policy. There is a concern expressed on behalf of the meet managers that having that many skiers in pursuit as a part of more packed program, may not be manageable. There is talk of releasing skiers 2 every 15 seconds rather than 1, or even reducing the number of individual qualifiers to 3. I believe the next item will allow us to keep 6 individual qualifiers, so hold on to your seats!

State Meet Schedule: Now for an even bigger change when you look at the big picture of the history of our sport. How does starting the State Meet immediately after the Charlie Banks Relay sound to you? What that would look like is we would bump the Charlie Banks Relay up to an 11:30 start time, and it would be a mixed gender relay, with each school allowed to bring two teams if desired, a Team A and a Team B. Then after the Relay is over, we would hold the first leg of the pursuit. Having the interval start portion on this afternoon, should give us enough time to maintain the 6 individual qualifiers without crunching the schedule. The next day, we would start the meet with the Semi-finals of the Team Sprint Relay, followed by the second leg of the pursuit. The final event of the day would be the finals of the Team Sprint Relay. Those of us with a Track and

FINAL MEMBERSHIP REPORT 2016

Types of Membership	2015-16	2014-15
Active Class A & AA	6402	6329
Associates	1335	1318
Active Life	394	481
Retired Life	910	939
Honorary	<u>3</u>	<u>3</u>
	9,044	9,070

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

Adapted Athletics (22) 26	Boys Lacrosse (78) 99
Alpine Skiing (59) 53	Girls Lacrosse (73) 72
Athletic Directors (102) 95	Football (1152) 1123
Baseball (484) 521	Boys Hockey (237) 249
Boys Basketball (808) 830	Golf (boys & girls) (351) 345
Girls Basketball (700) 699	Soccer (boys & girls) (390) 416
Cross Country (391) 419	Softball (494) 491
Gymnastics (222) 218	Synchronized Swimming (15) 19
Nordic Skiing (118) 113	Girls Tennis (213) 221
Volleyball (674) 665	Boys Tennis (175) 173
Boys Swimming (200) 196	Track & Field (785) 837
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 61.

Field background will eagerly await this event as we all did for the 4 x 400 to wrap up those big invitational track meets!

Awards: Top 10 pursuit skiers would receive medals, as well as the members of the top 3 relay teams. This would be an increase of 6 medals per gender, or 12 medals total for the meet.

State Meet Champion: The Champion would be awarded to the team with the most points combined between the pursuit points (60%) and the sprint relay points (40%).

As you enjoy the changing of the colors of the trees this fall, educate yourself on the new format proposal. Please email

me, Doug Boonstra dboonstra@edenpr.org, or any of the following section reps so you can come to the fall meeting well informed, and can embrace the change for the better of the sport.

Take Care, and see you in Mora,

SERVICE ACES

By: Ford Rolfsrude
Shakopee HS



The beginning of the 2016 girls tennis season is off to a fun start. We hope everyone is enjoying the season and finding success on and off the courts with your student athletes. The executive committee has been hard at work again this year in an effort to continue improving the sport for everyone involved.

MEMBERSHIP: join here <http://www.mshsca.org>

Tennis coaches don't forget to renew your membership. We thank those who joined last year and are currently a member of our association. We encourage you to join again and we would love to have those who were non-members last year become part of the coaches association. We want our association to continue growing. Being a member has many benefits. Especially important is the affiliation with others around the state to help improve the high school sports of girls tennis and boys tennis.

Lifetime members: You still need to join the sports association to be included in coach of the year and academic honors for your team. Please remember, assistant coaches can also be a member and enjoy the same benefits, including being nominated as section assistant coach of the year.

To join the coaches association, please go to <http://www.mshsca.org/membapp.htm>; to check out the benefits of being a member go to <http://www.mshsca.org> and click on Membership Benefits, on the left column.

TENNIS ADVISORY COMMITTEE

Our tennis advisory committee met with MSHSL staff on August 10th. We have several items that we have been working on or have seen need for improvement.

- 1) NEW Required Tennis Policies & Procedures Review
- 2) RECOMMENDATION: Implement a roster review process at the state tournament
 - a. All 8 teams would get to review line-ups of each state qualifying team (A and AA).
 - b. Coaches would either approve or not approve each line-up
 - c. If a coach does not approve a line up.
 - i. Coach would fill out a form with rationale why they question line-up.
 - ii. Coach of questioned line-up would have an opportunity to submit a written response.
 - iii. This would ALL be done before the state tournament.

d. Information would then be given to the seeding committee to review and make a final decision on.

- 3) RECOMMENDATION: Seed 5 singles players at the state tournament instead of 4.
- 4) RECOMMENDATION: Seed doubles teams at the state tournament also.
- 5) RECOMMENDATION: Create a Participant Code of Conduct for Coaches and Participants, which would cover behavior that occurs after or before the match that is not covered under USTA rules.
- 6) 3 Class Proposal will be revisited by the advisory committee in October.

RANKINGS

Please send any team and singles player ranking information to Rick Engelstad.

email: engelstad@isd578.org or mshstca@gmail.com

Rankings will be released weekly on Mondays. All information needs to be submitted by 6:00 pm on Sundays.

IMPORTANT DATES - GIRLS TENNIS

Please mark these important dates on your calendar:

10/1/15 Deadline for becoming MSHSCA Member (girls tennis)

10/7/15 Deadline for submitting Girls Academic Award Applications

Section Coaches of the Year Voting: During Section Tournament

State Coach of the Year Voting: After State Tournament

ACADEMIC AWARDS

The deadline for academic awards, team and individual, is Friday, October 3rd. Forms will be posted soon and you will be alerted about them. Once again forms will be all online.

SPRING CLINIC

Make sure to put the dates of Friday, March 3 (evening) & Saturday, March 4 (day) on your calendar for the MN Tennis Coaches Clinic. The location again will be the Fred Wells Tennis & Education Center at Fort Snelling. Rick Engelstad (Ex. Sec.) has been working hard on organizing clinicians for the clinic. A High School Coaches Best Practices Session is again on the schedule for our coaches to provide insight to what really works well for them in the practice setting. If you are interested in being one of the coaches to bring a best practice to this session, then contact Rick. We will also have our annual meeting at the Tennis Center on Friday evening.

Good Luck to the Girls' Tennis coaches and your teams as you move into post season play.

After the Game Bring Your Team to 

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.

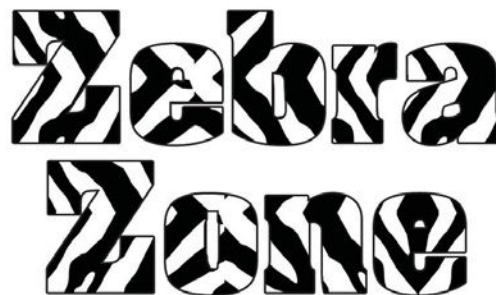
The MSHSCA has maintained a collective file of nominations but is currently looking for more nominations of the many deserving officials that need to be recognized for their long time service to Minnesota high school sports.

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

Fall activities are well on their way for another season and school year. By now coaches and teams are settling into their routines - as are officials. Officials, much like coaches, spend part of their off-seasons looking to build their groups / teams and have the best roster to put forth the best product onto the field. We all want to provide the best experience we can for our student-athletes. From the perspective of recruiting officials it grows increasingly concerning at the difficulty involved in recruiting and retaining new officials. In our particular Association we have had the best luck with ex-coaches who are making the switch from coaching to officiating. In certain aspects they have the proper mindset and tools to be effective officials.

With that being said and with the primary focus group of this publication being coaches I'd like to offer an invitation to all coaches to consider becoming an official. Whether it is your off season or you recently retired from the coaching ranks I'd challenge you to bring your experiences and expertise into the world of officiating.

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

So why would one answer in an affirma-

... continued on page 47

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 (____) _____

tive manner to that question?

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

Even prior to declaring, “Yes, I’m in!” one should go through process of careful consideration. There are some questions to ask yourself to see if you want to commit to officiate – it doesn’t matter which season or sport it is, but you should put some thought into it. Too often, individuals don’t consider everything prior to stepping forward and find out it’s extremely different than their expectations. It’s also possible that they just didn’t know what questions to ask about getting involved. If you are considering becoming an official here are some questions to ask yourself. Purposely, there are not any answers for several reasons. If you are going to be an official you will soon find out that you have to dig to find the answer sometimes – whether it is from a colleague or in a rules book or case book – it is work and often times has no easy answers. If the “easy answer” is your forte, you may not want to read on. So, how do you “find” the answer to these questions? Be resourceful – visit with current officials in your area, go on-line and research the profession, and do not forget to visit with your spouse or significant other, your children, your boss, the folks at the local watering-hole, whomever might be affected by your decision. Again, visit with current officials and get their input – they have been through the wringer already and provide great information.

What qualities or traits should I have as an official?

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

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

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

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

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

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

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

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

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

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

Certainly, in the process of making these considerations, other questions will arise and their benefits will become apparent. The challenge of officiating can provide some great personal rewards much like coaching does. As an official you

must make instantaneous decisions, resolve conflicts and deal with stress and pressure. You are in a position to be a positive role model around children and young adults - again, much like coaching.

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

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

The Minnesota State High School League has done an excellent job in laying out a program for new officials. A reduced registration fee, a mentoring program, clinics and other opportunities to learn as you go at a pace you are comfortable with. If you are a current coach that is considering donning the stripes and a whistle please give it careful consideration.

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.

THREE OFFICIALS TO JOIN THE OFFICIALS DISTINGUISHED SERVICE AWARD

During the October 8th MSHSCA Hall of Fame Banquet, THREE officials will be honored and receive the Officials Distinguished Service Award as part of the awards ceremony.

Everyone realizes that sporting events could not successfully take place without competent officials. This was the reason the award was created to make officials realize that the MSHSCA know they are important.

This years recipients include:

Richard Chapman	Albert Lea
Patsy Sleg	Sauk Centre
Jacki Wincek	Brooklyn Center

People wishing to share to evening with the recognized officials may find information on how to obtain tickets in advance in another area of this edition.

MSHSCA
PO Box 519
Detroit Lakes, MN 56502



FUEL YOUR TEAM

Ordering is easy at 877-360-Cater (2283) or Subway.com
Catering orders must be placed 24 hours in advance.

©2015 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.



MINNESOTA
STATE HIGH SCHOOL COACHES ASSOCIATION