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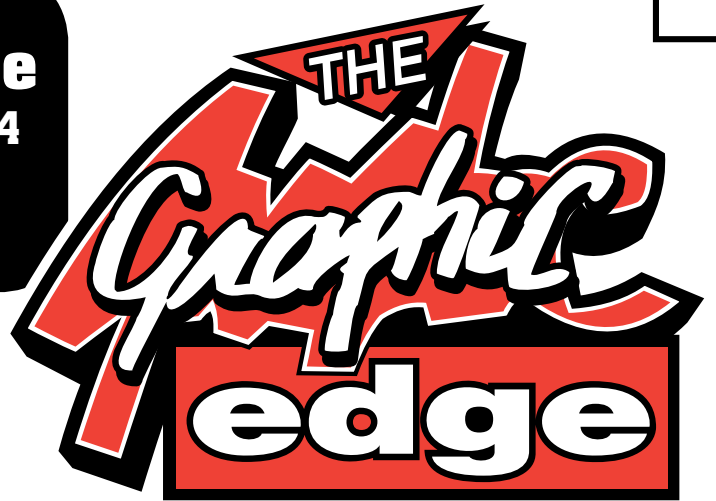
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ORGANIZATION INFORMATION

MFCA Clinic	9
Executive Director's Message.....	11
MFCA Past Officers.....	12
President's Message	13
Letter from Coach Kill - University of Minnesota	14
MFCA Officers and Committee Chairs	15
MFCA Committee Structure	16
MFCA Code of Ethics.....	17
MFCA Members	18
MFCA Retired Life Members.....	31
MFCA Conference Representatives	32
Coach to Coach Program.....	33
Minnesota Football Coaches Association Endorses	
USA Football's Heads Up Football Program.....	35
MFCA Clinic A Great Success.....	36
4th Annual Victory Day	37
Recruiting Fair.....	37
Tackle Cancer A Big Success.....	38
Additional Rules Approved in High School Football Regarding	
Helmets Coming Off Players.....	38
Rule Modifications for MN Schools.....	40
Post-Freshman Football Scholarship.....	40
Conference Reps Checklist.....	41
Minnesota HS Football Conference Standings.....	42
Competitive Section Assignments.....	45

MFCA COMMUNITY SERVICE

Community Service Award – Football is more than just a game.....	50
MFCA Community Service Recognition Form	51

MFCA SCHOLARSHIP

MFCA Scholarship Information	52
MFCA Scholarship Application.....	53

MFCA MR. FOOTBALL

Mr. Football Nomination Form.....	55
Mr. Football Award Recipient	56

FEATURE ARTICLES

Airborne! Applying Lessons Learned from the Landing Zone to the Gridiron	57
By Jason Sedlock, Assistant Football Coach, St. Thomas Academy	
Becoming a loyal and trusted Assistant Coach:	
The role of a Coordinator at Minnetonka High School	59
By Greg Clough, Defensive Coordinator, Minnetonka High School	
Sibley East Football Success	60
By Chuck Hartmann, Head Football Coach	
Nevis Football Family	61
By Shawn Klimek, Nevis Football	
Edina Hornets Football	63
Reed Boltmann, Head Football Coach, Defensive Coordinator	
A Season for the Ages: Bethlehem Academy Football 2012	69
By Scott Hanson	
How to Get More "Bend" in Your Players	71
By Eric Klein	

HALL OF FAME ~ AWARDS

Previous State Coach of the Year Recipients.....	72
MFCA Coach of the Year	73
MFCA Assistant Coach of the Year	73
Conf./Section Coach of the Yr. Questionnaire	74
MFCA Hall of Fame Inductees	75
Previously Inducted Hall of Fame Members	81
Hall of Fame Nomination Form	83
Power of Influence Award Recipient	84
Power of Influence Nomination Form.....	85
Don Swanson Award Recipient.....	86
MFCA Service Award Winners.....	87
MFCA Class Coaches of the Year	88
MFCA Conference Coaches of the Year	89
MFCA Section Coaches of the Year	89
Coaches with the Most State Championships.....	90
Most State Playoff Appearances	90
Coaches with 200 or More Wins.....	91
Distinguished Service Award Recipients	92
Active High School Coaches with 80 Wins or More	93
Butch Nash Award Information.....	95
Butch Nash Award Recipients.....	96
Butch Nash Nomination Form	97

CONFERENCE RECAPS

Central Lakes Conference.....	98
Classic Suburban	99
Gopher Valley A.....	100
Granite Ridge	101
Great Polar Football Alliance.....	102
Heart O'Lakes North.....	104
Hiawatha Blue.....	104
Hiawatha Gold.....	105
Little Sioux	105
Minnesota River Conference	106
Missota	107
Minneapolis.....	108
North Suburban	108
North Tri-County.....	109
Northwest Suburban	110
Prairie North	110
Southern Minnesota	111
Southwest.....	112
Suburban East.....	113
West Central South.....	115
Wright County	115

ACADEMIC ALL-STATE

All-State Football Team Concept	117
Team Application	118
Individual Application	119
Academic All State Teams.....	120
Academic All State Individuals.....	121

STATE TOURNAMENT

State Tournament Summary	122
Playoff Results.....	123
State Champion Team Photos	125

ALL STAR FOOTBALL

Annual Game Information and Game Summary	128
North All-Star Football Roster	129
South All-Star Football Roster.....	130
2013 All-Star Game Facts and Figures	131
AFCA-AFCF Membership Application.....	132

MINNESOTA STATE HIGH SCHOOL COACHES ASSOCIATION

MSHSCA Information.....	133
MSHSCA Membership Instructions.....	134

EXECUTIVE DIRECTOR'S MESSAGE



Ron Stolski
Executive Director

Fellow Coaches,

We can all recall the influential mentors in our lives. Webster defines a mentor as “a friend and advisor; a wise advisor; a teacher or a coach”. In the profession we have chosen we can be viewed by some, or many, as a mentor. The designation carries with it certain responsibilities and obligations. As coaches, we are often viewed as mentors.... People who others may seek out for counsel or advice. And, as coaches, we have and remember mentors of our own. One such mentor of mine was a man named Marv Helling. Marv grew up in Luverne, and was a highly successful coach at both the high school (Minneapolis, Washburn, Detroit Lakes) and college (UND) level. Following his coaching career, he accepted a position as Associate Director of the MSHSL. Naturally enough, one of his assignments was to oversee high school football. Among his many projects, was to work with us on the playoff system we enjoy today. Marv was articulate and wise, and took great pride in his homespun “Rock County” philosophy and sayings. Once, in a meeting I recall him telling a group of coaches... ‘be cautious, high school football is not the same game as college and pro. Advice as true today as yesterday... advice this writer has not forgotten.

That advice was offered decades ago.... Much has changed at all levels; there simply is nothing more constant than change. And perhaps we are ‘closer’ to the college and pro game. There certainly is more similarities... strength, nutrition, technology, facilities, et al. Yet the differences remain the same too. In the interest of time I will leave it to the reader to ascertain them. Suffice to say, that our charge, our goals, are much different than those of the colleges and the pros. The one constant being that Football is America’s game... We coach kids. Kids who, annually, bring their hearts in their hands to play a game for fun. A game replete with the stuff of life; played at any and all levels, enjoyed by, and loved by legions of players young and old, coaches young and old, and fans young and old. And we, my friends and colleagues, are its ‘Keepers’. Through all of the change, one certainty, one truth, remains. It is the coaches who must accept the ultimate responsibility to sustain and enhance the game that is integral to the very fabric of American life.

Our magazine, “The Keepers Of The Game”, is the chronicle of football in Minnesota. We invite you to peruse the contents with a special and proud eye. Terry and Megan Turek do a marvelous job of compiling our history; yesterday, today, and tomorrow. Please pay special attention to our two latest and significant endeavors... the emphasis on safety (President Sloan’s initiative and ‘Heads Up’ football) and the commitment we have made to ‘Tackle Cancer’. Projects we can justifiably be proud of. Be certain to include your support of and participation in these endeavors that make our game special and better!.

And, thank you! Thank you for being proud members of The Keepers of the Game!!

See you on the field,

Ron Stolski

2012-2013 MINNESOTA FOOTBALL

MINNESOTA FOOTBALL COACHES ASSOCIATION

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This publication is issued annually by the MFCA

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1956-57	Harvey Shew - Brainerd	1984-86	Dick Walker - Richfield
1957-58	Lew Swearingen - Jackson	1986-87	Jim Simser - New Richland - Hartland
1958-59	Red Wilson - Bemidji	1987-88	Dave Nigon - Totino Grace
1959-60	Loren Hagge - Rochester	1988-89	Keith Swanson - Hoffman-Kensington
1960-61	Frank Cleve - Minneapolis Henry	1989-90	Jerry Peterson - Owatonna
1961-62	Lew Barle - Greenway	1990-91	Dave Brokke - Granite Falls
1962-63	Tom Mahoney - Fairmont	1991-92	Con Natvig - Swanville
1963-64	Steve Silianoff - So. St. Paul	1992-93	George Larson - Cambridge
1964-65	Dale School - Redwood Falls	1993-94	Buz Rumrill - Silver Lake
1965-66	Bill Hansen - Willmar	1994-95	George Tuvey-Janesville-Waldorf-Pemberton
1966-67	Bob Roy - St. Louis Park	1995-96	George Thole - Stillwater
1967-68	Marv Gunderson - Winona	1996-97	Ken Baumann - Mahnomen
1968-69	Milt Osterberg - Worthington	1997-98	Dave Hylla - Proctor
1969-70	Dick Lagergren - Brainerd	1998-99	Neal Hofland - Chokio Alberta
1970-71	Les Dreschel - Ada	1999-00	Ken Belanger - Zumbrota-Mazepa
1971-72	Don Varpness - New Ulm	2000-01	Bubba Sullivan - Northfield
1972-73	Ron Raveling - Columbia Heights	2001-02	Dick Strand - Southland
1973-74	Rollie Bromberg - Cloquet	2002-03	Dave Nelson - Blaine
1974-75	Don Swanson - Minneapolis Henry	2003-04	Mike Mahlen-Verndale
1975-76	Don Stueve - Fergus Falls	2004-05	Dwight Lundeen - Becker
1976-77	Dean Brown - Winona	2005-06	Flint Motchenbacher - Detroit Lakes
1977-78	Gary Gustafson - North St. Paul	2006-07	Clay Anderson - Albert Lea
1978-79	Grady Rostberg - Hutchinson	2007-08	Wayne Petermeier - Browerville
1979-80	Dick Lawrence - Eveleth	2008-09	Shannon Gerrety - Blaine
1980-81	Ron Scott - Coon Rapids	2009-10	Jon Johnson - Litchfield
1981-82	Jim Roforth - Lake City	2010-11	Paul Dunn - Springfield
1982-83	Ron Stolski - Brainerd	2011-12	Jeff Weiland - Orono
1983-84	Tony Thiel - Battle Lake	2012-13	Jon Bakken - Waterville Elysian Morristown

SECRETARY - TREASURER

1956-57	Frank Cleve - Minneapolis Henry	1983-87	Don Larson - Albert Lea
1957-61	Dwaine Hoberg - St. Louis Park	1987-00	Jim Simser - Fairmont
1961-64	Bob Roy - St. Louis Park	2000-08	Terry Turek - LeSueur-Henderson
1964-74	Chuck Elias - Minneapolis Central	2008-	Jim Dotseth - Minneapolis Henry
1974-83	Jerry Peterson - Owatonna		

PRESIDENT'S MESSAGE

Coaches,

As another summer quickly goes by we are all busy preparing for another football season and another school year. For me, this will be year number 29. As I think about approaching a third decade of coaching I can't help but reflect on the changes in coaching and in the game of football itself. I think about the early years of playing a rugged "smash mouth" style of football that was popular in the 1980's when I began coaching. The era of "run and shoot" football became popular in the 1990's with many schools in our area causing headaches for defensive coaches. The spread offenses of today like the pistol and the read option continue to challenge those defensive coaches to have to defend the entire length and width of the field.

As the game of football has changed in many ways it still basically remains the same in many ways. The basic fundamentals are what won games many years ago and those are what will continue to win games in the future. The team that blocks the best, tackles the best, protects the ball the best and has discipline both on and off the field will generally be the team that comes out on top.

One area that continues to challenge coaches at all levels is player safety. It is concerning to me when the game that we all love receives as much negative publicity as it has in recent years over the issue of concussions. We all know how technology has changed the manner in which helmets are being constructed. Helmets look very different today from the ones I wore in the late 1970's and my first players wore in the 1980's, yet there continue to be a high rate of concussions. I think it is reasonable to assume that one reason is that many concussions may have not been diagnosed years ago. I think it is also reasonable to assume, that even today, some of the concussions that players receive could have been prevented. Some ways to reduce the number of concussions is to regularly and consistently emphasize proper techniques when on the football field. We must keep the head out of the game of football. Another way to reduce concussions is for all coaches to make sure their players have properly fitting equipment. The job of helmet and shoulder pad fitting is too important to be handed down to the assistant coach that happens to have the least seniority. If all coaches have proper training in helmet fitting, I am confident that we can reduce the number of concussions. It does not matter the brand or quality of the helmet, if it does not fit properly, it will not protect the player to its fullest potential. Remember to check helmets weekly for proper fit. Things like changes in temperature or a new haircut can greatly affect the amount of protection a helmet provides.

After all of these years, one of my favorite things to do is to sit down with former players and reminisce about games from their "glory days" and talk about all the memories and lessons that they were taught, on and off the football field. Let's all strive to assure that current generations and future generations can continue to have these positive experiences. One of the best ways to accomplish this goal is to make the game as safe as possible. We all owe this to our players because we are THE KEEPERS OF THE GAME!

Gary Sloan



PRESIDENT

Gary Sloan
Grand Meadow

LETTER FROM COACH KILL UNIVERSITY OF MINNESOTA

Fellow Coaches,

The upcoming high school and college football seasons are right around the corner and before everything gets extremely busy for both you and me, I wanted to take a moment to wish you and your team good luck for the upcoming season.

As we both know, there is nothing like playing and coaching high school football. Some of my fondest memories in the game revolve around my time coaching at Webb City High School in Missouri. I encourage you, whether your team wins or faces a different outcome, to embrace every moment of the season. I hope you will share that same message with your players because the season goes by fast, and it will be over before they know it.

Like you, I am excited about our upcoming season at Minnesota. We are building a foundation for our program and are doing it brick-by-brick. We will be better this year than we were last year and that has me excited. I thought we played well in our bowl game against Texas Tech, and even though we lost I was encouraged by our effort. That was the first game since I have been at Minnesota where our team played tough, hard-nosed football for 60 minutes. We will win a lot of football games if we can play like that this season and beyond.

I know busy times are ahead for everyone, but know that myself and my staff are here to help you. Please reach out to us if there is anything we can do for you or your program, as we are all in this together. Also know that you are always welcome at any of our practices, and I encourage you to come out and see what we are working on.

I look forward to seeing all of you in the near future. If I do not see you soon, then I will see you at the next Minnesota Football Coaches Association clinic. Please come up and say hello.

Thanks for your support and go Gophers!

Coach Kill



MINNESOTA FOOTBALL COACHES ASSOCIATION



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Ron Stolski



PRESIDENT
Gary Sloan
Grand Meadow



SECRETARY - TREASURER
Jim Dotseth

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MFCA CODE OF ETHICS

PREAMBLE

One of the distinguishing characteristics of a profession in education may be that its members are cognizant of, and perhaps dedicated to, rendering a service to humanity. As educators who choose to coach football, we must understand that the justification for football is that it provides educational and physical values for those who play the game, and the game essentially belongs to the players who choose to play it.

The welfare of the game depends on how coaches live up to the spirit and letter of ethical conduct, and how coaches, as educators, model ethical conduct, and remain mindful of the trust and confidence placed in them by colleagues, players, and the public.

PURPOSE

This code of ethics has been developed to protect, promote, and preserve the best interests of the game and the coaching profession. Its primary purpose is to clarify and distinguish ethical and professional practices from those which are detrimental. Its secondary purpose is to emphasize the value of football as an experience that contributes to the overall education of the student-athlete and to stress proper functions in relation to schools, players, and the public.

ARTICLE ONE – RESPONSIBILITY TO PLAYERS

1. Coaches shall be aware of the tremendous influence they have on the education of the student-athlete; therefore, they shall never place the value of winning above the value of instilling the highest ideals of character and integrity.
2. Coaches shall follow or create and enforce a set of training rules for players that reflect the positive values of abstaining from drugs, alcohol, and tobacco.
3. Coaches shall never place the value of winning over the safety and welfare of players.
4. Coaches shall not exert pressure on faculty members to give players special consideration.
5. Coaches shall show respect to all players by treating them with integrity and honesty in both verbal and nonverbal behavior, regardless of their role or contribution to the team.
6. Coaches are responsible for their players' actions on the field and must not permit them to perform with the intent of causing injury to opposing players.
7. Coaches shall not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players; they shall instruct players to play within the written rules and within the spirit of the game at all times.

ARTICLE TWO – PROFESSIONAL BEHAVIOR

1. Coaches shall exemplify the highest moral character, behavior, and leadership.
2. Coaches shall display modesty in victory and be gracious in defeat.

3. Coaches shall promote ethical relationships among fellow coaches.
4. Prior to, and following contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

ARTICLE THREE – SPORTSMANSHIP

1. Coaches shall exhibit, model, and teach good sportsmanship.
2. Coaches shall exert their influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep clubs, booster groups, parents, and administrators.

ARTICLE FOUR – SCOUTING

It is considered ethical to scout opponents only during games and agreed upon scrimmages, and within the designated rules of the conference or section by-laws. The head coach is responsible for the actions of his scouts.

ARTICLE FIVE – RELATIONSHIPS WITH GAME OFFICIALS

Coaches shall respect the integrity and judgment of the game official. Coaches shall not indulge in conduct which would incite players or spectators against officials. Public criticism of officials is considered unethical.

MFCA MEMBERS FOR 2012-2013

Listed below are the dues-paying head coaches of the MFCA for the year 2012-13.

These coaches are representative of the high school football teams in Minnesota. The association would like to remind all coaches to renew their membership for the upcoming year and to encourage their assistants to do the same.

The MFCA believes that it is realistic to have over 90% of all head coaches as members. Membership strengthens the association and allows for better representation for all teams and their concerns.

Remember, the MFCA is not just a "head coaches only" group, several teams have taken advantage of having assistants take a more active role in association meetings and it has improved participation and representation a great deal.

Please note that some coaches names may have been inadvertently omitted.

Coach	School
Aakre, Arek.....	Fosston H.S.
Abbott, Chad.....	Saint Thomas Academy
Achterkirch, Marc	Owatonna H.S.
Ague, K.	Watertown-Mayer H.S.
Aker, Dave	East Grand Forks Sacred Heart HS
Albers, Craig	Jordan H.S.
Alexander, Harold	Saint Cloud Apollo H.S.
Allaire, Claud	Macalester College
Allen, Daniel	Sauk Rapids-Rice H.S.
Allen, Michael	Northfield H.S.
Allen, Scott.....	Saint James H.S.
Alto, Dan	Kelliher H.S.
Amdahl, Alan.....	Albany H.S.
Amundson, Kurt.....	Minnewaska Area H.S.
Andersen, Kory.....	New Ulm H.S.
Anderson, Aron	Brainerd H.S.
Anderson, Brad.....	Wayzata H.S.
Anderson, Chad	Cretin-Derham Hall H.S.
Anderson, Dennis.....	Murray County Central H.S.
Anderson, Glen.....	International Falls H.S.
Anderson, Jacob	Eden Valley-Watkins H.S.
Anderson, Mitch	LeSueur-Henderson H.S.
Anderson, Murray.....	Virginia H.S.
Anderson, Robert	Melrose Area H.S.
Andres, Matt.....	Sleepy Eye Saint Mary's H.S.
Andres, Tony	Moose Lake H.S.
Anfenson, Tim.....	Saint Michael-Albertville H.S.
Arduser, Terry	Madelia H.S.
Armbrust, Kevin	Onamia H.S.
Arndt, Steve	Maple River H.S.
Arnoldi, Paul	Springfield H.S.

Coach	School
Aro, Michael.....	Eveleth-Gilbert H.S.
Ashfield, George	Bloomington Kennedy H.S.
Asplund, Brad.....	Forest Lake H.S.
Asuma, Robert.....	Cherry H.S.
Atherton, Kyle.....	Cleveland H.S.
Attig, Aric.....	Thief River Falls Lincoln HS
Aufdenkamp, William.....	Frazee H.S.
Auger, Andy.....	Saint Cloud Cathedral H.S.
Aurich, Dean.....	Mayer Lutheran H.S.
Austad, Joshua	Rocori H.S.
Austinson, John.....	Byron H.S.
aycock, craig.....	Saint Cloud Tech H.S.
Bach, Andrew	Sleepy Eye Saint Mary's H.S.
Bachman, Marc.....	Saint Peter H.S.
Bahlmann, Terry	Marshall H.S.
Bailey, Sean	Saint Paul Central H.S.
Bakken, Jon.....	Waterville-Elysian-Morristown H.S.
Bakkethun, Justin	Cherry H.S.
Baldry, Dean	Yellow Medicine East H.S.
Barner, Adam.....	Triton H.S.
Barnum, Andrew.....	Crookston H.S.
Bartholomaus, Brett.....	Red Rock Central H.S.
Bartkey, Brett.....	Hinckley-Finlayson H.S.
Bartlett, Ryan.....	White Bear Lake Area H.S.
Baumann, Brad	Maple Lake H.S.
Baumgarten, Joel	Rocori H.S.
Baumgartner, Michael	Park Rapids Area H.S.
Baynard, Jordan	Minnehaha Academy
Becker, Brian.....	Kimball Area H.S.
Becker, Chad.....	Browerville H.S.
Beckmann, James.....	Bethlehem Academy

Coach	School
Bedel, Cory	Hancock H.S.
Behrens, Chris	Watertown-Mayer H.S.
Bell, Jason	Minnetonka H.S.
Bender, Collin	Waconia H.S.
Bengtson, Hokan	Becker H.S.
Benick, Jim	New Prague H.S.
Benning, Dan	Browerville H.S.
Benning, Ray	Eagle Valley H.S.
Benson, Jon	Saint Cloud Tech H.S.
Bentson, James	Pillager H.S.
Berdan, Ronald	Sleepy Eye H.S.
Berg, Grant	New Richland-H-E-G H.S.
Bergstrom, Brian	Minnetonka H.S.
Bernards, Jefferson	Kasson-Mantorville H.S.
Berning, Scott	Delano H.S.
Best, Darren	Minnetonka H.S.
Bestor, Tim	Stewartville H.S.
Bettcher, Josh	Detroit Lakes H.S.
Betton, Ray	Academy of Holy Angels
Biermaier, Michael	Browerville H.S.
Biezuns, John	Minneapolis Southwest H.S.
Birkholz, Adam	Lester Prairie H.S.
Bittner, Jon	Crookston H.S.
Bjornjeld, Mark	Lac qui Parle Valley H.S.
Blanck, Dawson	Saint Agnes H.S.
Blank, David	Wabasso H.S.
Blom, Gary	Saint James H.S.
Blom, Raymond	Crosby-Ironton H.S.
Blomdahl, David	Braham H.S.
Bobbe, John	Andover H.S.
Bobeldyk, Tim	Murray County Central H.S.
boe, jason	Triton H.S.
Boen, Corey	Bemidji MS
Bohaty, James	Moose Lake H.S.
Boltmann, Reed	Edina H.S.
Bolton, Michael	Kimball Area H.S.
Bonsante, Frank	Crosby-Ironton H.S.
Boomgaarden, Brian	Russell-Tyler-Ruthton H.S.
Bouman, Troy	Pipestone Area H.S.
Boyle, Jay	International Falls H.S.
Boyum, Aaron	Warren-Alvarado-Oslo H.S.
Braaten, Matthew	Cambridge-Isanti H.S.
BraegerRBI, marc	White Bear Lake Area H.S.
Brager, Nathan	Ada-Borup H.S.

Coach	School
Bratsch, Carl	Sibley East H.S.
Breitbach, Ryan	Win-E-Mac H.S.
Brenner, Craig	B O L D H.S.
Brent, Benjamin	Rogers H.S.
Brent, Kevin	Dawson-Boyd H.S.
Brever, Eric	Saint Anthony Village H.S.
Brevitz, Robert	Stillwater Area H.S.
Breyen, Michael	Elk River H.S.
Briard, Jeffrey	Springfield H.S.
Brighton, Bryan	Plainview Community HS
Britten, Dante	Minnehaha Academy
Brown Jr., Thomas (T.J.)	Springfield H.S.
Brown, Andrew	Maple Lake H.S.
Brown, Brian	Concordia Academy-Roseville
Brown, Mike	St. Paul Academy and Summit School
Brue, Charles	Hillcrest Lutheran Academy
Bruer, Steven	Menahga H.S.
Bryniarski, Robert	Browerville H.S.
Buboltz, James	Minnesota Valley Lutheran
Buckalew, Brandon	East Grand Forks H.S.
Budreau, John	Elk River H.S.
Buerkle, Jeff	Anoka H.S.
Buker, Daniel	Litchfield H.S.
Bunkers, Drew	Tracy-Milroy-Balaton H.S.
Buntje, Scott	Albany H.S.
Burmeister, Patrick	Mankato West H.S.
Bute, Rob	New Ulm H.S.
Butenhoff, Peder	Fergus Falls H.S.
Butt, Scott	Crookston H.S.
Byklum, Darrin	Fisher H.S.
Cannon, Timothy	Morris Area School
Card, Todd	Hutchinson H.S.
Carlson, Darby	Maple Grove H.S.
Carlson, David	Barnum H.S.
Carlson, Tim	Bloomington Jefferson H.S.
Carpenter, Dennis	Warren-Alvarado-Oslo H.S.
Carroll, John-Howard	Rochester Lourdes H.S.
Cassellius, John	Winona H.S.
Casterton, Nick	Jordan H.S.
Cebulla, Dave	Belgrade-Brooten-Elrosa H.S.
Chhay, Jonathan	Saint Francis H.S.
Christensen, Brook	Wabasso H.S.
Christensen, Jeremy	Clinton-Graceville-Beardsley H.S.
Christenson, David	Eagan H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Christenson, Kevin	Nicollet H.S.
Christenson, Martin	Montevideo H.S.
Christianson, Bill	Pine City H.S.
Christianson, Chad	Hancock H.S.
Christianson, Jay	Canby H.S.
Christie, Jeremy	Sauk Rapids-Rice H.S.
Clark Jr, John	Mahnomen H.S.
Clark, Alan	Monticello H.S.
Clark, Paul	Waubun H.S.
Clough, Greg	Minnetonka H.S.
Coenen, Jerome	Chanhassen HS
Coffee, Pat	Milaca H.S.
Comer, David	Lakeville South H.S.
Cook, Aaron	Win-E-Mac H.S.
Cook, Bryan	Mora H.S.
Cornell, Gary	Virginia H.S.
Cornell, Keith	Saint Michael-Albertville H.S.
Cortez, James	Kerkhoven-Murdock-Sunburg H.S.
Cotter, Joseph	Lakeville South H.S.
Cousineau, Joe	Stillwater Area H.S.
Crabtree, Joshua	Luverne H.S.
Cremers, Ed	Virginia H.S.
Currans, Kevin	Sleepy Eye Saint Mary's H.S.
Currie, Robert	Lakeville South H.S.
Curry, Jonathon	Medford H.S.
Czech, Bradley	Little Falls H.S.
Dahl, Brian	Clinton-Graceville-Bearsley H.S.
Dahl, Mark	Luverne H.S.
Dahlman, Bradley	Edina H.S.
Dahlstrom, David	Foley H.S.
Dallager, Lee	Granada-Huntley-East Chain H.S.
Damerow, Brett	Litchfield H.S.
Dammann, Michael	MACCRAY H.S.
David, Nick	Tri-City United HS
Davis, Chris	Murray County Central H.S.
Davis, Eric	Mankato East H.S.
Davis, Timothy	Shakopee H.S.
DeCann, Jay	Little Falls H.S.
Deibele, Cole	Monticello H.S.
DeLeon, James	Stillwater Area H.S.
DeLeon, Tony	South Ridge
Demars, Thomas	Pine River-Backus H.S.
DenHartog, John	Hopkins H.S.

Coach	School
Derynck, Ben	Worthington H.S.
Deschneau, Brian	Mounds View H.S.
Deschneau, Mike	North Branch H.S.
Destache, Dan	White Bear Lake/Mahtomedi HS
Dettmer, Lee	Princeton H.S.
Develice, Thomas	Blaine H.S.
Dewanz, Jeff	Alexandria H.S.
Diercks, William	Goodhue H.S.
Dierks, Jon	Mankato East H.S.
Dietel, John	Monticello H.S.
Diggins, Mike	Centennial H.S.
Digiovanni, Jeremy	Elk River H.S.
Dillner, Ryan	New Prague H.S.
Dinnel, Michael	Pine River-Backus H.S.
Doeden, Tim	Worthington H.S.
Doering, Nathan	Minnesota Valley Lutheran
Doherty, Jason	Zimmerman H.S.
Domschot, Mark	Centennial H.S.
Donnay, Ryan	Rogers H.S.
Dorn, Josh	Albany H.S.
Dorr, Mitch	Cook County H.S.
Dotter, Paul	Bloomington Kennedy H.S.
Douglas, Dan	Montevideo H.S.
Douglas, Dan	Montevideo H.S.
Drager, Dustin	Maple River H.S.
Drewlo, Steve	Blaine H.S.
Drews, John	Rochester John Marshall
Drexler, John	Foley H.S.
Duncan, Richard	West Central Area School
Dunham, Bradley	Lake Park-Audubon
Dunn, Paul	Springfield H.S.
DuPay, Dan	Duluth Denfeld H.S.
Eck, Keith	Clearbrook-Gonvick H.S.
Edbladd, Jeffrey	Cambridge-Isanti H.S.
Edin, Lance	Verndale H.S.
Edmunds, Erik	Proctor H.S.
Eidelbes, Zach	Zimmerman H.S.
Eliassen, Patrick	Cook County H.S.
Elizondo, Steven	Saint Paul Humboldt H.S.
Ellefson, David	Hutchinson H.S.
Ellefson, Tim	Hutchinson H.S.
Ellinghuysen, Joel	Lewiston-Altura H.S.
Ellingson, Daniel	Hills-Beaver Creek H.S.

Coach	School
Elliott, Darin	Nicollet H.S.
Elmer, Mark	Stillwater Area H.S.
Elston, Chad	Mora H.S.
Empting, Michael	Alexandria H.S.
Erdmann, Greg	Fulda H.S.
Erdmann, Jeff	Rosemount H.S.
Esch, Mark	Mankato West H.S.
Essler, Dan	New London-Spicer H.S.
Essler, Jared	Saint Michael-Albertville H.S.
Etienne, Jeff	Richfield H.S.
Evans, Joel	Worthington H.S.
Evenson, Julius	Belgrade-Brooten-Elrosa H.S.
Ewing, Greg	Hutchinson H.S.
Fabish, Mark	Northeast Range
Fahleen, Michael	Wheaton H.S.
Faust, David	carleton college
Feeney, Kevin	Moorhead H.S.
Fellman, Joseph	Staples-Motley H.S.
Fenske, Andrew	Princeton H.S.
Ferguson, Jeffrey	Totino-Grace H.S.
Ferrier, Aaron	Redwood Valley H.S.
Finanger, Phil	Edina H.S.
Finlayson, Loren	Sauk Rapids-Rice H.S.
Fischer, Adam	Fridley H.S.
Flann, Derek	Tracy-Milroy-Balaton H.S.
Flaten, Dustin	Ulen-Hitterdal H.S.
Fleischman, Andrew	Edgerton H.S.
Flieth, Doug	Sibley East H.S.
Flinn, James	Totino-Grace H.S.
Florek, Jason	Saint Cloud Tech H.S.
Floysand, David	Park H.S.
Flugum, Jeff	Apple Valley H.S.
Foley, Patrick	Waconia H.S.
Foley, Thomas	Benson H.S.
Follingstad, Arick	West Central Area School
Forsberg, Gordon	Aitkin H.S.
Forsell, Tad	Hermantown H.S.
Fort, Nathan	Pine City H.S.
Foslien, Adam	Benson H.S.
Foster, Jason	Saint Louis Park H.S.
Francis, Eric	Thief River Falls Lincoln HS
Franck, Larry	Byron H.S.
Franz, Marc	Rogers H.S.
Fredericksen, Chad	Breckenridge H.S.

Coach	School
Freed, Jason	Brainerd H.S.
Freeh, Bob	Zimmerman H.S.
Frethem, Mark	Bertha-Hewitt H.S.
Frisell, Dave	Robbinsdale Armstrong H.S.
Fritze, Kent	Park Rapids Area H.S.
Fritze, Michael	Apple Valley H.S.
Froehling, Mark	Farmington H.S.
Fruechte, Carl	Caledonia H.S.
Frykman, Jon	Hutchinson H.S.
Gaffaney, Michael	Yellow Medicine East H.S.
Galvin, Jim	Mounds View H.S.
Gans, James	Sauk Rapids-Rice H.S.
Garry, Jerome	Rochester Lourdes H.S.
Garvin, Joseph	Lake City H.S.
Gatzlaff, Ryan	Houston H.S.
Gaughran, Richard	Eden Prairie H.S.
Gegenheimer, Matt	Prior Lake H.S.
Geisler, Ben	Irondale H.S.
Gerads, Adam	Swanville H.S.
Gertsema, Craig	Murray County Central H.S.
Geyen, Craig	Monticello H.S.
Gilmer, Jonathan	Lakeville South H.S.
Gimbel, Chad	Bloomington Prairie H.S.
Gindorff, Michael	Crosby-Ironton H.S.
Glasener, Vaughn	Melrose Area H.S.
Glass, Cody	Red Lake Falls H.S.
Glass, Todd	Red Lake Falls Lafayette HS
Glazier, Darin	Park H.S.
Gohmann, Eugene	Kimball Area H.S.
Golberg, Kirk	Lakeville South H.S.
Gonnerman, Scott	Benson H.S.
Gonnion, Mark	Pine River-Backus H.S.
Gornick, Jim	Zimmerman H.S.
Goslee, Kyle	Montevideo H.S.
Gossen, Rick	Belgrade-Brooten-Elrosa H.S.
Goudy, Bryan	Orono H.S.
Goudy, Mick	Rogers H.S.
Grams, Trent	Little Falls H.S.
Granning, Ty	Alexandria H.S.
Grant, Mike	Eden Prairie H.S.
Graybill, Daniel	Providence Academy
Green, James	Breckenridge H.S.
Grimes, Paul (Joe)	Park Rapids Area H.S.
Grimmius, Brad	Worthington H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Groen, Leonard.....	Anoka H.S.
Gronner, Jeff.....	Cromwell H.S.
Gross, Bryce.....	Brainerd H.S.
Gross, Chris.....	Foley H.S.
Gross, Derrick.....	Northome H.S.
Gross, Kevin.....	Sartell-Saint Stephen H.S.
Grossman, Jonas.....	Benson H.S.
Grosz, Greg.....	Minnetonka H.S.
Grover, Matt.....	Lake of the Woods H.S.
Guggisberg, Michael.....	Kimball Area H.S.
Gullickson, Kolby.....	Marshall County Central H.S.
Gullikson, Tony.....	Warren-Alvarado-Oslo H.S.
Gunderson, Jeff.....	Proctor H.S.
Gunderson, John.....	Minnesota Valley Lutheran
Gunderson, John.....	Buffalo H.S.
Gustafson, Chad.....	New London-Spicer H.S.
Haala, Cory.....	Sleepy Eye H.S.
Habeck, Kurt.....	Eastview H.S.
Hagge, Kevin.....	Lake Crystal-Wellcome Memorial
Halbmaier, Jeff.....	Montevideo H.S.
Hale, Tim.....	Anoka H.S.
Haley, Rick.....	Delano H.S.
Haller, Michael.....	Sibley East H.S.
Halvorson, David.....	Ogilvie H.S.
Hamilton, Steve.....	Elk River H.S.
Hanlon, Ryan.....	Fosston H.S.
Hansen, Bret.....	Saint Cloud Apollo H.S.
Hansen, Craig.....	Maple Grove H.S.
Hansmann, Wayne.....	Pine City H.S.
Hanson, Erik.....	Monticello-Annandale-Maple Lake
Hanson, Erik.....	Carlton H.S.
Hanson, Roger.....	East Grand Forks H.S.
Hanson, Scott.....	Bethlehem Academy
Harig, Rick.....	Bertha-Hewitt H.S.
Harkonen, Anthony.....	Hibbing H.S.
Harmeyer, Christian.....	Nicollet H.S.
Harmoning, Mitch.....	Saint Michael-Albertville H.S.
Harrington, Nate.....	Providence Academy
Harris, Brian.....	Dover-Eyota H.S.
Harris, J Mark.....	Stillwater Area H.S.
Hartman, Charles.....	Sibley East H.S.
Harvey, Christian.....	Saint Clair H.S.
Hauer, Gabriel.....	Waterville-Elysian-Morristown H.S.
Haugen, Aaron.....	Pelican Rapids H.S.

Coach	School
Haugen, David.....	Pelican Rapids H.S.
Hedervare Jr, Joseph.....	Waseca H.S.
Hedstrom, Peter.....	Springfield H.S.
Heers, Chad.....	Monticello H.S.
Heggedahl, Larry.....	Floodwood H.S.
Hegland, Matthew.....	Saint Cloud Tech H.S.
Heid, Corey.....	Browerville H.S.
Heikkila, Luke.....	Two Harbors H.S.
Heille, William.....	Worthington H.S.
Heiser, Mark.....	Minneapolis Patrick Henry H.S.
Helget, Jeffery.....	Mankato West H.S.
Helget, Jeffery.....	Sleepy Eye Saint Mary's H.S.
Helland, Kenny.....	Le Center H.S.
Hemberger, Benjamin.....	Fosston H.S.
Hemberger, Mark.....	Ulen-Hitterdal H.S.
Hemenway, Matt.....	Stillwater Area H.S.
Hemming, Steve.....	Richfield H.S.
Hendricks, Troy.....	Bemidji H.S.
Hendrickson, Ryan.....	Underwood H.S.
Henn, Paul.....	Waconia H.S.
Hennen, Daniel.....	Eden Prairie H.S.
Hennen, Michael.....	Cambridge-Isanti H.S.
Hentges, Patrick.....	G-F-W H.S.
Hentges, Scott.....	Sartell-Saint Stephen H.S.
Herbes, Mark.....	Upsala H.S.
Herder, Joel.....	Breckenridge H.S.
Herm, Larry.....	Foley H.S.
Hernandez, Timothy.....	Saint Thomas Academy
Heruth, Doug.....	Blaine H.S.
Heryla, Peter.....	Columbia Heights H.S.
Hietala, Joseph.....	Duluth East H.S.
Hill, Andrew.....	Woodbury H.S.
Hill, Steven.....	Minnewaska Area H.S.
Hill, Tim.....	Brainerd H.S.
Hinrichs, Ben.....	Zumbrota-Mazepa H.S.
Hinrichs, Jon.....	Hawley H.S.
Hinrichs, Russ.....	Alexandria H.S.
Hoemke, Gregory.....	Benilde-St. Margaret's H. S.
Hoffarth, Travis.....	Pine River-Backus H.S.
Hogan, James.....	Marshall School, Duluth
Hohn, Nick.....	Braham H.S.
Holcomb, Donny.....	Rochester Mayo H.S.
Holden, Terry.....	Pine River-Backus H.S.
Holey, Joel.....	Little Falls H.S.

Coach**School**

Holmes, Alan	Saint Croix Lutheran H.S.
Holsman, Zach	Park Rapids Area H.S.
Holt, Tom	International Falls H.S.
Homan, Brian	Jordan H.S.
Hopkins, David	Holy Family Catholic H.S.
Houghton, Dan	Rockford H.S.
Hovland, Brian	Underwood H.S.
Howard, Dennis	Pine City H.S.
Howard, Willie	Robbinsdale Cooper H.S.
Howell, Scott	Saint Paul Central H.S.
Hoyt, David	Melrose Area H.S.
Huber, Bruce	Triton H.S.
Huberty, Dave	Albany H.S.
Hudak, Pat	Farmington H.S.
Huesmann, Mike	Brainerd H.S.
Huie, Frank	Duluth Denfeld H.S.
Hulke, Kevin	Minnesota Valley Lutheran
Hulse, Ryan	Saint Croix Lutheran H.S.
Hungerholt, Aaron	LeRoy-Ostrander H.S.
Hunt, John	Buffalo H.S.
Hup, Daniel	Windom Area H.S.
Huse, Brad	United South Central H.S.
Ihrke, William	Plainview-Elgin-Millville H.S.
Illikainen, Daryl	Hermantown H.S.
Infanger, William	Osakis H.S.
Inforzato, Kyle	Mound-Westonka H.S.
Isaacs, Justin	Deer River H.S.
Iten, Michael	Browerville H.S.
Jackman, Jim	Litchfield H.S.
Jacobs, Jon	McGregor H.S.
Jacobson, Jim	Frazee H.S.
Jeffrey, Max	Albert Lea H.S.
Jemmings, Dwane	Cedar Mountain H.S.
Jenkins, Giovan	Minneapolis Washburn H.S.
Jenniges, Isaac	Red Rock Central H.S.
Jennissen, Mark	Staples-Motley H.S.
Jensen, John	Rochester Lourdes H.S.
Jeppson, Michael	Plainview-Elgin-Millville H.S.
Jevning, Bret	Brainerd Forestview MS
Jipson, Steve	Clinton-Graceville-Beardsley H.S.
Jirik, John	North Woods
Johannes, Jerome	Medford H.S.
Johnson Jr, James	Proctor H.S.
Johnson Jr, Marvin	Elk River H.S.

Coach**School**

Johnson, Chris	Browerville H.S.
Johnson, Craig	Watertown-Mayer H.S.
Johnson, Daniel	Silver Bay (Wm. Kelley) H.S.
Johnson, Dick	Lakeville South H.S.
Johnson, Erik	Staples-Motley H.S.
Johnson, Greg	Delano H.S.
Johnson, Jeff	Chatfield H.S.
Johnson, Jonathan	Litchfield H.S.
Johnson, Mark	Montevideo H.S.
Johnson, Nathan	Proctor H.S.
Johnson, Nathan	Fosston H.S.
Johnson, Phil	Elk River H.S.
Johnson, Randy	Milaca H.S.
Johnson, Thor	Bigfork H.S.
Johnson, Todd	Mahnomen H.S.
Johnson, Todd	Austin H.S.
Johnson, Tom	Frazee H.S.
Johnston, Chad	Minneota H.S.
Johnston, Justin	Belle Plaine H.S.
Jones, Matt	Wadena-Deer Creek H.S.
Joran, Joe	Eagan H.S.
Jordahl, Mike	Perham H.S.
Josephson, Johnny	New Prague H.S.
Joyce, Joe	Janesville-Waldorf-Pemberton H.S.
Jude, Jason	LeRoy-Ostrander H.S.
Jurkovich, James	Saint Thomas Academy
Kaczor, David	Saint Cloud Tech H.S.
Kaczor, Ruth	Saint Cloud Tech H.S.
Kainz, Jason	Tracy-Milroy-Balaton H.S.
Kaiser, Ward	Silver Bay (Wm. Kelley) H.S.
Kalkbrenner, Dain	Barnesville H.S.
Kamphenkel, James	Sauk Centre H.S.
Kapsner, Bob	Park Rapids Area H.S.
Karlsgodt, Terry	Atwater-Cosmos-Grove City H.S.
Kauffmann, Eric	Kerkhoven-Murdock-Sunburg H.S.
Keenan, Nick	Saint Francis H.S.
Kegler, Jared	Faribault H.S.
Keister, Bryan	Stillwater Area H.S.
Kelash, Chris	Hinckley-Finlayson H.S.
Keller, Trevor	Ortonville H.S.
Kelley, Michael	Randolph H.S.
Kemp, Joe	Wabasso H.S.
Kent, Terry	Lancaster H.S.
Kerzman, John	Detroit Lakes H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Kesler, Mike	Rochester Lourdes H.S.
Ketchum, Mark	Andover H.S.
King, Rex	Simley H.S.
Kingbell, Tim	Wabasha-Kellogg H.S.
Kinnunen, Bill	Grand Rapids H.S.
Kinser, Benjamin	Northland H.S.
Kirby, Paul	Rush City H.S.
Kircher, Jeff	Little Falls H.S.
Kirk, Tim	Mountain Lake H.S.
Kirkeby, Kevin	Rochester Lourdes H.S.
Kish, Tom	Zimmerman H.S.
Kittelson, Matt	Blooming Prairie H.S.
Kjos, Brett	Chisago Lakes Area H.S.
Kleinschmidt, Michael	Albany H.S.
Klimek, Shawn	Nevis H.S.
Klubben, Patrick	Saint Peter H.S.
Klug, Nicholas	Sauk Rapids-Rice H.S.
Klyve, Mike	Barnum H.S.
Knudsen, Tim	Maple Lake H.S.
Knutson, James	Lakeville South H.S.
Knutson, Kyle	Perham H.S.
Knutson, Robert	Champlin Park H.S.
Knutson, Ryan	Woodbury H.S.
Kober, Cory	Sleepy Eye Saint Mary's H.S.
Kockelman, Nick	Canby H.S.
Kokos, Brian	Blue Earth Area H.S.
Konold, Jon	Willmar H.S.
Korton, Mike	Champlin Park H.S.
Kosek, Gary	Norwood-Young America H.S.
Kotsmith, Craig	Braham H.S.
Kovich, Robert	Lakeville North H.S.
Kowalski, Dan	Park Christian H.S.
Kratt, Roy	Byron H.S.
Krause, Dan	Braham H.S.
Krebs, Tyler	Burnsville H.S.
Krenik, David	Cleveland H.S.
Krieger, Patrick	Benilde-St. Margaret's H. S.
Kroulik, Casey	Clearbrook-Gonvick H.S.
Kroulik, Ivan	Kasson-Mantorville H.S.
Kroulik, Matt	Red Lake County Central
Kruse, Mark	Saint Croix Lutheran H.S.
Kruse, Ryan	Tracy-Milroy-Balaton H.S.
Kucera, Brent	Sleepy Eye Saint Mary's H.S.
Kucera, David	Hutchinson H.S.

Coach	School
Kuechenmeister, Randall	Blue Earth Area H.S.
Kuehn, Joe	Willmar H.S.
Kuhnke, Shawn	Braham H.S.
Labine, Mike	Detroit Lakes H.S.
LaBore, Beau	Stillwater Area H.S.
LaFrance, Jeffrey	Waterville-Elysian-Morristown H.S.
Laine, Robert	Lake of the Woods H.S.
Lalim, Jeff	Yellow Medicine East H.S.
Lamker, Derrin	Osseo H.S.
Lamppa, Brian	Ely H.S.
Lancaster, Andrew	Eagle Valley H.S.
Langer, Adam	Eden Valley-Watkins H.S.
Langer, Michael	Brainerd H.S.
Langmade, Jeremy	Bemidji H.S.
Lanners, Nicholas	Royalton H.S.
LaPointe, Ryan	Rogers H.S.
Larkin, Todd	Cambridge-Isanti H.S.
Larsen, Joshua	Monticello H.S.
Larson, Allen	Shakopee H.S.
Larson, Bob	Mahnomen H.S.
Larson, Cory	Dawson-Boyd H.S.
Larson, David	Hutchinson H.S.
Larson, Eric	Westbrook-Walnut Grove H.S.
Larson, John	Littlefork-Big Falls H.S.
Larson, Nicholas	Alexandria H.S.
Lathrop, Chad	Hill City H.S.
Law, Joseph	Centennial H.S.
Ledahl, Jody	Cambridge-Isanti H.S.
Leintz, Andrew	Saint Cloud Cathedral H.S.
Leintz, Jon	Saint Cloud Cathedral H.S.
Leither, Ben	Kimball Area H.S.
Leither, Jamie	Kimball Area H.S.
Lemke, Carl	Saint Croix Lutheran H.S.
Lemke, Jeff	Saint Croix Lutheran H.S.
Lemke, Paul	Glencoe-Silver Lake H.S.
Leniz, Aitor	Braham H.S.
Leppke, David	Canby H.S.
Leuer, Theodore	Minneapolis Southwest H.S.
Liapis, Richard	Worthington H.S.
Lichty, Brent	Rochester John Marshall
Lieser, Brent	Royalton H.S.
Lindahl, Roger	Benson H.S.
Lindberg, Brad	Breckenridge H.S.
Lindow, Bucky	Cannon Falls H.S.

Coach**School**

Lindquist, Chris..... Saint Francis H.S.
 Lingen, Bryce..... Thief River Falls H.S.
 Lipinski, Keith..... Saint Francis H.S.
 Litecky, Bernie..... Totino-Grace H.S.
 Lockwood, Keith White Bear Lake Area H.S.
 Loesch, AaronRichfield H.S.
 Lofgren, Ben Hawley H.S.
 Lombardi, Matt.....Maple Grove H.S.
 Longerbone, Brian Comfrey H.S.
 Longtin, Eric..... North H.S.
 Louis, Ned.....Faribault H.S.
 Louzek, David..... Moose Lake H.S.
 Loven, Jay Swanville H.S.
 Lowry, Paul..... Lac qui Parle Valley H.S.
 Lubarski, Nevin..... Stephen-Argyle Central H.S.
 Lubitz, JohnPerham H.S.
 Luhring, Alex Columbia heights High school
 Lund, Nathan..... Blue Earth Area H.S.
 Lundeen, Dwight.....Becker H.S.
 Lundeen, Matt Redwood Valley H.S.
 Luther, John.....Park Rapids Area H.S.
 Lux, Dennis New Ulm Cathedral H.S.
 Lynch, BrianBreckenridge H.S.
 Macken, Jerry.....Cretin-Derham Hall H.S.
 Madigan, Mark.....Simley H.S.
 Magnuson, Bill..... Sauk Rapids-Rice H.S.
 Magnusson, Tim..... Thief River Falls H.S.
 Mahlen, Michael..... Verndale H.S.
 Mahoney, MatFairmont H.S.
 Maine, Douglas Owatonna H.S.
 Manthey, Todd..... Anoka H.S.
 Marmon, Jack..... Little Falls H.S.
 Marquis, Ethan..... Stephen-Argyle Central H.S.
 Martig, Gregg.....Saint Cloud Tech H.S.
 Martin, Brett Shakopee H.S.
 Martin, Jon Breck School
 Martz, StacyBarnesville H.S.
 Mathiasen, Jeffrey Saint Cloud Apollo H.S.
 Mathiasen, Jordan..... Saint Cloud Apollo H.S.
 Mauer, Mark.....Hill-Murray School
 May, Michael LeSueur-Henderson H.S.
 Mayclin, Tim..... Bemidji H.S.
 McBroom, Jon..... Shakopee H.S.

Coach**School**

McCready, Scott Saint Charles H.S.
 McEachran, John.....Perham H.S.
 McIntire, RandyTracy-Milroy-Balaton H.S.
 McIntyre, Ryan Two Harbors H.S.
 McLachlan, Scott Albany H.S.
 McLean, Tim Saint Francis H.S.
 McMenomy, SeanDeLaSalle H.S.
 McMullen, SteveMahnomen H.S.
 Mcquillan, DanCretin-Derham Hall H.S.
 Meier, Aaron Royalton H.S.
 Meier, Andrew Tri-City United HS
 Menke, Thomas Prior Lake H.S.
 Mensink, ChrisFillmore Central H.S.
 Mettler, Kevin..... Mankato Loyola H.S.
 Mettling, John.....Pine City H.S.
 Metzger, Rex..... Hills-Beaver Creek H.S.
 Meyer, AaronStewartville H.S.
 Meyer, ChrisMonticello H.S.
 Meyer, James..... Rocori H.S.
 Meyer, Rick..... Sauk Centre H.S.
 Michaels, Chad Concordia Academy-Roseville
 Miller, AndrewEast Central H.S.
 Miska, Benjamin.....Warren-Alvarado-Oslo H.S.
 Mitchell, Luke.....Holdingford H.S.
 Mithun, Paul Staples-Motley H.S.
 Moeller, GordyMinnewaska Area H.S.
 Moga, Dale.....Houston H.S.
 Monson, Shane.....Braham H.S.
 Montgomery, GeorgeHoward Lake-Waverly-Winsted H.S.
 Moore, Jeff Verndale H.S.
 Morford, Jamie Royalton H.S.
 Morgenroth, Jeremy.....Win-E-Mac H.S.
 Mork, Paul New Life Academy of Woodbury
 Morris, Aaron.....Park Rapids Area H.S.
 Mortimer, Todd.....Warren-Alvarado-Oslo H.S.
 Moscho, Chris..... Belgrade-Brooten-Elrosa H.S.
 Motschenbacher, FlintDetroit Lakes H.S.
 Mueller, Patrick..... Saint Michael-Albertville H.S.
 Muetzel, David.....Mahtomedi H.S.
 Muir, Seth Owatonna H.S.
 Murphy, ThomasNicollet H.S.
 Murtha, TimothyTartan H.S.
 Myers, Dan East Ridge H. S.

"THE KEEPERS OF THE GAME"

Coach	School
Myers, Jeff	Browerville H.S.
Myrvik, Matt	Minneota H.S.
Naatz, Peder	Hawley H.S.
Nalepka, Dan	Fridley H.S.
Narum, Trevor	Lake City H.S.
Nasvik, Craig	White Bear Lake Area H.S.
Natvig, Con	Browerville H.S.
Nelson, Adam	Red Wing H.S.
Nelson, Brian	Fertile-Beltrami H.S.
Nelson, Bruce	East Grand Forks H.S.
Nelson, Dave	Lakeview H.S.
Nelson, Dave	Minnetonka H.S.
Nelson, Matt	Kasson-Mantorville/Kenyon Wanamingo
Nelson, Paul	Shakopee H.S.
Nelson, Tom	Two Harbors H.S.
Nelson, Troy	Brainerd H.S.
Nemanich, Jerome	Sartell-Saint Stephen H.S.
Nersten, Craig	Hillcrest Lutheran Academy
Ness, Steve	Norman County East H.S.
Neumann, Andrew	Buffalo H.S.
Nickels, Scott	Rochester Lourdes H.S.
Nielsen, Rob	Detroit Lakes H.S.
Nitti, Nick	North Branch H.S.
Noll, Chuck	Melrose Area H.S.
Norland, Tyler	Thief River Falls H.S.
Norton, Matthew	Saint Francis H.S.
Nowotny, Kevin	Adrian H.S.
Nutt, Alan	Monticello H.S.
Ockuly, Peter	Champlin Park H.S.
Odland, Brian	Saint Peter H.S.
Ohlgren, Terry	West Central Area School
Ohm, Chuck	Zumbrota-Mazeppa H.S.
Oie, Justin	Rogers H.S.
Oja, Daryl	Melrose Area H.S.
Ojanen, Jeffrey	Cloquet H.S.
Olson, Brent	Lewiston-Altura H.S.
Olson, Chad	Wabasso H.S.
Olson, Chad	Farmington H.S.
Olson, Curt	Underwood H.S.
Olson, Daniel	Brandon H.S.
Olson, Eric	Ottertail Central HS
Olson, Heath	Spring Grove H.S.
Olson, Jeremy	Maple River H.S.
Olson, Jerod	Red Lake Falls Lafayette HS

Coach	School
Olson, lance	Cambridge-Isanti H.S.
Olson, Mike	Glenville-Emmons H.S.
Olson, Steve	Fergus Falls H.S.
Olson, Todd	Richfield H.S.
Olson, Wanda	Red Lake Falls Lafayette HS
ONeill, Mark	Champlin Park H.S.
Ortmann, Tony	New Ulm H.S.
Osmundson, Nathan	Kimball Area H.S.
Ostrom, Jeff	Clearbrook-Gonvick H.S.
Oswald, Matthew	Stillwater Area H.S.
Otterblad, Jamie	Silver Bay (Wm. Kelley) H.S.
Otterness, Christopher	Kasson-Mantorville H.S.
Oxton, John	Lakeville North H.S.
Oye, Todd	Luverne H.S.
Page, Trevor	Red Lake Falls H.S.
Pagel, Michael	Fulda H.S.
Palke, Joe	Mounds View H.S.
Palmer, Scott	Buffalo H.S.
Parendo, Derek	Proctor H.S.
Parzyck, Ian	Holy Family Catholic H.S.
Patrin Jr, Timothy	Brandon H.S.
Paul, Eric	Moorhead H.S.
Pavlovich, Merrill	Delano H.S.
Peabody, Timothy	Brainerd Forestview MS
Pedersen, Ben	Detroit Lakes H.S.
Pederson, Andrew	Kingsland H.S.
Pederson, Rob	Eden Valley-Watkins H.S.
pelinka, brandon	New Prague H.S.
Perrault, Ed	St. Paul Academy and Summit School
Pervenanze, Larry	Chisholm H.S.
Petermeier, Wayne	Browerville H.S.
Peters, Brian	Woodbury H.S.
Peters, Glen	Thief River Falls Lincoln HS
Petersen, Jeff	Rogers H.S.
Petersen, Mark	Saint Francis H.S.
Peterson, Jeff	Saint Anthony Village H.S.
Peterson, Matthew	Two Harbors H.S.
Peterson, Sean	Delano H.S.
Pfeiffer, Aaron	Walker-Hackensack-Akeley H.S.
Pfiefer, David	Blooming Prairie H.S.
philipp, steve	Red Lake Falls Lafayette HS
Phillips, Michael	Saint Francis H.S.
Piller, Nathan	Blooming Prairie H.S.
Plaisance, Don	New Prague H.S.

Coach**School**

Plaschko, Jeff.....	Saint Paul Johnson H.S.
Pohlkamp, Joseph.....	Brainerd H.S.
Pohlkamp, Leo.....	Pierz H.S.
Polzine, Jared.....	Pine City H.S.
Poncelet, Tony.....	Goodhue H.S.
Potthoff, Doug.....	Spring Lake Park H.S.
Powell, Greg.....	Bigfork H.S.
Presler, Kevin.....	Royalton H.S.
PROSE, ERIC.....	Park H.S.
Puhrmann, Michael.....	Stillwater Area H.S.
Quinn, Collin.....	Minnehaha Academy
Quiram, Tom.....	LeSueur-Henderson H.S.
Quirk, Donald.....	Chisholm H.S.
Raasch, Darin.....	Zumbrota-Mazeppa H.S.
Rader, Jim.....	Frazee H.S.
Radniecki, Matt.....	New York Mills H.S.
Ramey, Deryl.....	Brainerd H.S.
Ramey, Jeffrey.....	Brainerd H.S.
Ramp, Patrick.....	Rochester John Marshall
Rasmussen, John.....	Sauk Rapids-Rice H.S.
Rauen, William.....	Zumbrota-Mazeppa H.S.
Raymond, Jacob.....	Foley H.S.
Redman, Nicholas.....	Owatonna H.S.
Reed, Charles.....	Cretin-Derham Hall H.S.
Reiter, Dean.....	Faribault H.S.
Reker, Jon.....	Red Wing H.S.
Remick, Brian.....	Red Lake Falls H.S.
Rice, Ron.....	DeLaSalle H.S.
Richards, Gabe.....	Warroad H.S.
Richards, Jeff.....	Blaine H.S.
Richter, Patrick.....	Walker-Hackensack-Akeley H.S.
Rieder, Patrick.....	Dilworth-Glyndon-Felton H.S.
Riess, Paul.....	Cloquet H.S.
Rignell, Richard.....	Anoka H.S.
Riley, Brian.....	Sauk Centre H.S.
Riley, Chris.....	Zimmerman H.S.
Ringhofer, Timm.....	International Falls H.S.
Risbrudt, Richard.....	Fergus Falls H.S.
Ritter, Mark.....	Eden Prairie H.S.
Roberts, Luke.....	Sebeka H.S.
Roberts, Wayne.....	Eveleth-Gilbert H.S.
Robertson, Brian.....	Barnum H.S.
Rocheleau, David.....	Pierz H.S.
Rockwell, John.....	Columbia Heights H.S.

Coach**School**

Roeker, Cory.....	Maple River H.S.
Rogahn, Joshua.....	Rogers H.S.
Ronnenberg, Adam.....	Maple Lake H.S.
Rosburg, Bill.....	Chanhassen HS
Rosenberger, Joe.....	Holdingford H.S.
Rosenow, Bruce.....	Hutchinson H.S.
Rosholt, John.....	Watertown-Mayer H.S.
Ross, Carter.....	Westbrook-Walnut Grove H.S.
Ross, Chuck.....	Underwood H.S.
Ross, Jeffery.....	Sauk Centre H.S.
Rostberg, Andrew.....	Hutchinson H.S.
Roundtree, Elmore.....	Eagan H.S.
Rowe, Mike.....	Rocori H.S.
Rude, Corey.....	Hutchinson H.S.
Rudenick, Brandon.....	Edina H.S.
Rudolph, Guy.....	Martin County West H.S.
Rudolph, Nathan.....	Sauk Rapids-Rice H.S.
Runka, Luke.....	Watertown-Mayer H.S.
Russell, Dan.....	Shakopee H.S.
Ruud, Paul.....	Glencoe-Silver Lake H.S.
Sacrison, Mike.....	Barnesville H.S.
Saehr, Danny.....	Pierz H.S.
Sagedahl, Daren.....	B O L D H.S.
Salmi, Darrell.....	Stillwater Area H.S.
Samson, Bob.....	Woodbury H.S.
Sanford, Thomas.....	Brainerd Forestview MS
Sauerbrei, Stacy.....	Worthington H.S.
Scanlan, Mike.....	Cretin-Derham Hall H.S.
Scearcy, Lowell.....	Pillager H.S.
Schaffer, Mike.....	Lake Crystal-Wellcome Memorial
Scharenbroich, John.....	Saint Cloud Tech H.S.
Schimek, Brent.....	Deer River H.S.
Schimming, David.....	Montevideo H.S.
Schindler, Aaron.....	Barnesville H.S.
Schlagel, Larry.....	North Branch H.S.
Schleper, Thomas.....	Shakopee H.S.
Schlichte, Dave.....	Mankato West H.S.
Schlieff, Jeff.....	Spring Lake Park H.S.
Schluchter, Wayne.....	Saint Cloud Tech H.S.
Schmedeberg, Rick.....	Warren-Alvarado-Oslo H.S.
Schmidt, Brett.....	Hawley H.S.
Schmidt, Brett.....	Hawley H.S.
Schmidt, Jason.....	Monticello H.S.
Schmidtke, Todd.....	Martin County West H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Schmitz, Mark	Stewartville H.S.
Schnaible, Blaine	Marshall H.S.
Schnathorst, Vern	Detroit Lakes H.S.
Schneider, Dale	Eden Prairie H.S.
Schneider, Dave	Eden Valley-Watkins H.S.
Schoenecker, Nicholas	International Falls H.S.
Schoenfelder, Roger	Blue Earth Area H.S.
Scholl, Scott	Minnehaha Academy
Schoneck, Brian	Maple River H.S.
Schroeder, Adam	Saint James H.S.
Schroeder, Brent	Caledonia H.S.
Schuller, Thomas	Jackson County Central H.S.
Schulte, Trevor	Yellow Medicine East H.S.
schultz, bob	Ulen-Hitterdal H.S.
Schultz, Bob	Wayzata H.S.
Schultz, John	New Richland-H-E-G H.S.
Schultz, Tom	Round Lake-Brewster
Schulz, Dirk	Wadena-Deer Creek H.S.
Schumacher, Noah	Stillwater Area H.S.
Schumacher, Thomas	Maple River H.S.
Schumann, Larry	Belgrade-Brooten-Elrosa H.S.
Schwaegerl, Greg	Montevideo H.S.
Schwegel, Brandon	Bagley H.S.
Schwartz, Dean	Glencoe-Silver Lake H.S.
Scoblic, Joe	Lester Prairie H.S.
Sedlock, Lenny	Minneapolis South H.S.
Sedmak, David	Edina H.S.
Seiler, Mark	Mankato East H.S.
Seipkes, Don	Ottertail Central HS
Sele, Jon	Lancaster H.S.
Sell, Doug	Cedar Mountain-Morgan HS
Semmen, James	Lanesboro H.S.
Serbus, Charles	Kimball Area H.S.
Sexauer, Chad	South Saint Paul H.S.
Seymour, Daniel	New Prague H.S.
Shaughnessy, Kyle	Melrose Area H.S.
Sherwin, Kelly	Eastview H.S.
Sieling, John	Eagle Valley H.S.
Sikich, Mark	Park H.S.
Simon, Mark	Sleepy Eye Saint Mary's H.S.
Sinclair, Aaron	Little Falls H.S.
Skaalerud, Justin	Saint Cloud Apollo H.S.
Skjerven, Courtney	Thief River Falls H.S.
Skjerven, Justin	Thief River Falls Lincoln HS

Coach	School
Slater, Gerald	Mounds Park Academy
Slinden, Daniel	Eden Prairie H.S.
Slingluff, Terry	Saint Cloud Tech H.S.
Sloan, Gary	Grand Meadow H.S.
Smart, David	Ada-Borup H.S.
Smith, Anthony	Lac qui Parle Valley H.S.
Smith, Justin	Woodbury H.S.
Smith, Scott	Spring Lake Park H.S.
Smith, Thomas	Brainerd H.S.
Smude, Matthew	Blaine/Andover HS
Snyder, Boyd	Royalton H.S.
Soderberg, Anthony	Dilworth-Glyndon-Felton H.S.
Solberg, Matt	Greenbush Middle River HS
Solem, Steve	B O L D H.S.
Solie, Delles	Owatonna H.S.
Soma, Jeffrey	Maple River H.S.
Sommers, Kevin	Kimball Area H.S.
Soule, Aaron	Randolph H.S.
Spahn, Greg	Bigfork H.S.
Sparling, Jay	Braham H.S.
Spreigl, Manuel	South Saint Paul H.S.
Spurrell, Adam	Maple Grove H.S.
Stanger, Corey	Monticello H.S.
Stangler, Jim	Saint Agnes H.S.
Stanton, Chris	Randolph H.S.
Stanton, Douglas	Lakeville South H.S.
Stanwick, Chad	Eden Valley-Watkins H.S.
Stapleton, John	Pine Island H.S.
Staska, Bob	McGregor H.S.
Stauffacher, Jerold	Belle Plaine H.S.
Stejskal, Anthony	Grand Meadow H.S.
Stelter, Kevin	Owatonna H.S.
Stencel, Pierre	United South Central H.S.
Stene, Kelly	Norman County East H.S.
Stephenson, Andrew	Spring Lake Park H.S.
Stevenson, Chet	Brainerd H.S.
Stevenson, Derek	Red Rock Central H.S.
Stewart, John	Spring Lake Park H.S.
Stiel, Tony	Hinckley-Finlayson H.S.
Stinson, Brent	Kingsland H.S.
Stoffel, Mike	Saint Francis H.S.
Stohs, Justin	Watertown-Mayer H.S.
Stokke, Todd	Lewiston-Altura H.S.
Stolski, Ron	Brainerd H.S.

Coach	School
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Stone, Jody	Shakopee H.S.
Storlie, Dan	Byron H.S.
Strain, Dana	Hastings H.S.
Strand, Bryan	Barnesville H.S.
Strand, Nate	Barnesville H.S.
Strand, Randy	Adrian H.S.
Strukel, Jason	Virginia H.S.
Stumpf, John	Brainerd H.S.
Style, David	Burnsville H.S.
Sukalski, Trent	Jackson County Central H.S.
Sullivan, Bob "Bubba"	Northfield H.S.
Sullivan, Matthew	B O L D H.S.
Suter, Jacob	Yellow Medicine East H.S.
Sutton, Nathan	Saint Croix Lutheran H.S.
Sutton, Rick	Eagan H.S.
Svoboda, Daniel	Glencoe-Silver Lake H.S.
Swaggert, Brent	Saint Francis H.S.
Swalla, Dieken	Minnewaska Area H.S.
Swanson, Joel	Kasson-Mantorville H.S.
Swanson, Richard	Duluth Denfeld H.S.
Swanson, Rick	Blaine H.S.
Sweeney, Quinn	Lake City H.S.
Sweeney, Shawn	Lake City H.S.
Swegarden, Jed	Lake Park-Audubon
Swenson, Joel	Royalton H.S.
Tallum, Jeremy	Marshall County Central H.S.
Tangen, Donald	Waconia H.S.
Tanner, Jeff	Atwater-Cosmos-Grove City H.S.
Taylor, Dean	Saint Cloud Cathedral H.S.
Taylor, Steve	Saint Cloud Tech H.S.
Teasck, Jeff	Virginia H.S.
Telecky, Jason	Monticello H.S.
Terlinden, Kraig	Glencoe-Silver Lake H.S.
Terry III, Robert	Henry Sibley H.S.
Thein, Mark	Pine Island H.S.
Theisen, Brett	Blaine H.S.
Theisen, Leo	Westbrook-Walnut Grove H.S.
Thiel, Tony	Wheaton H.S.
Thielen, Jon	Eden Valley-Watkins H.S.
Thielges, Randal	Royalton H.S.
Thielke, Shane	Fergus Falls H.S.
Thomes, Tyler	Little Falls H.S.
Thompson, Jason	Monticello H.S.
Thompson, Larry	Lakeville South H.S.

Coach	School
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Thompson, Mitchell	Rushford-Peterson H.S.
Thompson, Nathan	Orono H.S.
Thompson, Neil	Owatonna H.S.
Thompson, Steven	Faribault H.S.
Threinen, Broc	Kasson-Mantorville H.S.
Thunder Hawk, Terry	Murray County Central H.S.
Timm, Justin	Redwood Valley H.S.
Tinjum, Paul	Isle H.S.
Toivonen, Greg	Alexandria H.S.
Tollefson, Rod	Sibley East H.S.
Tollefsrud, Paul	Mabel-Canton H.S.
Torgerson, Douglas	Atwater-Cosmos-Grove City H.S.
Torson, Tracy	Saint Francis H.S.
Townsend, Matthew	Columbia Heights H.S.
Traurig, Dave	Wayzata H.S.
Tressel, Luke	Saint Anthony Village H.S.
Trewick, Michael	Saint Cloud Tech H.S.
Trisko, Tom	Brandon H.S.
Trowbridge, Philip	Barnesville H.S.
Tschida, Jon	Saint Cloud Tech H.S.
Tschimperle, Scott	Glencoe-Silver Lake H.S.
Turek, Terry	LeSueur-Henderson H.S.
Tye, Eric	Braham H.S.
Tyler, Elliott	Orono H.S.
Tyson, Antonio	Saint Paul Johnson H.S.
Tyson, Mark	Rosemount H.S.
Umbreit, Jacob	Maple River H.S.
Urbaniak, Karl	Mabel-Canton H.S.
Urbaniak, Keith	Kittson Central H.S.
Van Kley, Doug	Edgerton H.S.
VanBriesen, Cory	Adrian H.S.
VandeBerg, Eric	Eastview H.S.
VanErp, Tom	Wadena-Deer Creek H.S.
Varpness, Vince	Saint Louis Park H.S.
Vavra, Russ	Cambridge-Isanti H.S.
Velde, Aron	Frazee H.S.
Verhel, Andy	Duluth Denfeld H.S.
Vesel, Terry	Hibbing H.S.
Vieths, Bradley	Proctor H.S.
Vik, Dave	Montevideo H.S.
Vik, Jon	Rochester Century H.S.
Viken, Les	Fosston H.S.
Viss, Dylan	Morris Area School
Vogel, Matt	Big Lake H.S.

"THE KEEPERS OF THE GAME"

Coach	School
Volk, Jeff	Blackduck H.S.
Voss, Justin	Two Harbors H.S.
Vossen, Brian	Lakeville North H.S.
Vrieze, Dan	Dover-Eyota H.S.
Vrklan, Robert	G-F-W H.S.
Wackman, William	Spring Lake Park H.S.
Wagner, Jeffrey	Waterville-Elysian-Morristown H.S.
Wagner, Steve	Sauk Rapids-Rice H.S.
Wahlin, Josh	McGregor H.S.
Waling, Cory	Lancaster H.S.
Wallace, Lindsay	Delano H.S.
Walquist, Scott	Princeton H.S.
Walter, Matthew	Annandale H.S.
Wang, Mike	Fertile-Beltrami H.S.
Wasko, Steven	Two Harbors H.S.
Waters, Devin	Rogers H.S.
Watson, Matthew	Centennial H.S.
Watson, Michael	New Life Academy of Woodbury
Way, Christian	Blaine H.S.
Webb, Matt	Rogers H.S.
Weidauer, Barry	Yellow Medicine East H.S.
Weiers, Andrew	Hayfield H.S.
Weiland, Jeffrey	Orono H.S.
Weinandt, Ryan	Dassel-Cokato H.S.
Weinberger, Dick	Bloomington Kennedy H.S.
Weiss, Bill	Chisago Lakes Area H.S.
Weiss, Brent	Pine City H.S.
Weiss, Mike	Stillwater Area H.S.
Welle, Brandon	Eden Valley-Watkins H.S.
Welle, Jonathan	Little Falls H.S.
Wells, Dirk	Burnsville H.S.
Wendland, Brad	Waseca H.S.
Wheelock, Brad	Saint Cloud Tech H.S.
Whitehead, Thomas	Murray County Central H.S.
Whitney, Jeff	Saint James H.S.
Wieland, Paul	Stillwater Area H.S.
Wiener, Gabe	Fosston H.S.
Wieshalla, Jeff	Browerville H.S.
Wigern, Mark	Glencoe-Silver Lake H.S.
Wilebski, John	Goodridge H.S.
Wilhelmi, Brandon	Springfield H.S.
Wilkie, Rich	Andover H.S.
Wilking, Bruce	Nicollet H.S.

Coach	School
Willaert, Nick	Madelia H.S.
Williams, Jeffrey	Owatonna H.S.
Williamson, Chad	Pipestone Area H.S.
Wilson, Jonathan	Saint James H.S.
Wilson, Ricky	Virginia H.S.
Wilson, Ross	Breckenridge H.S.
Winters, Michael	Farmington H.S.
Witt, Jerome	Morris Area School
Woitak, Kevin	Tri-City United HS
Wolf, Gary	Pequot Lakes H.S.
Wolfe, Pat	Fosston H.S.
Woodall, Mark	Eden Prairie H.S.
Woodley, Bryan	Champlin Park H.S.
Woodman, Dean	Underwood H.S.
Worel, Ken	Rogers H.S.
wurm, neal	Saint Cloud Tech H.S.
Wyffels, Douglas	Mabel-Canton H.S.
Young, Jonathan	Long Prairie-Grey Eagle H.S.
Zak, Peter	Eagan H.S.
Zeise, Mark	Lakeville South H.S.
Zeitchick, David	Saint Paul Highland Park
Zeman, Michael	Rogers H.S.
Ziebarth, Dave	Saint Thomas Academy
Ziegler, George	Roseau H.S.
Zierden, Jacob	Little Falls H.S.
Zigan, Andy	Monticello H.S.
Zimmerman, Darin	Hancock H.S.
Zupke, Tim	Mayer Lutheran H.S.
Zweber, Mike	Lakeville North H.S.

MFCA RETIRED LIFE MEMBERSHIP

Do you want to stay active in the MFCA? Life membership in the MFCA for retired coaches is the answer. We now offer an opportunity for retired coaches to remain involved in association matters. Membership is open to all retired coaches (both assistant and head) who are life members of the State Coaches Association or who have been long-time football coaches. A one-time fee of \$25.00 brings all the benefits of association membership. PASS THE WORD! Contact Jim Dotseth, 4180 Trenton Lane N, Plymouth, MN 55441.

Anderson, Lyle

Anderson, Robert P.

Barnett, Raymond

Baumann, Kenneth

Belanger, Kenneth

Belseth, Mike

Bergloff, Clark

Bjornaraa, Bud

Bromberg, Roland

Buntje, Mark

Canakes, Stav

Celt, Bob

Claffy, Herb

Collison, Bob

Conzemius, John C.

Darnell, Doug

Davies, John

DeRocher, Darien

Domschot, Ronald

Dotseth, Jim

Draheim, Ed D

Elias, Charles F

Elston, Del

Foley, Jerome T

Fox, Don

Fredlund, Frank

Gasner, Paul

Graham, Gary

Gross, John

Gustafson, J. Gary

Halsted, Charles

Hansen, John

Harrington, Nate

Heikkinen, Marv

Helleckson, Russ

Henderson, Roy

Herges, Peter

Hiebert, Del

Hill, Ken O.

Hofland, Niel

Hohn, Nick

Holzer, Michael

Idstrom, Thomas

Jacobson, Kenneth

Jaeger, Rick

Jerde, Jerry

Johnson, DeWayne

Kallok, Richard

Knutson, James

Konrath, Fred

Kostich, Dan

Larson, George

Lien, Ken

Lipelt, Roger

Lubarski, Conrad

Mader, James L

Majeski, Bob

Manke, Rick,

Martin, Bill

Marton, William

Menage, Elmer

Paul, Miller

Mork, Paul

Nelson, Andy

Nigon, David

Nordquist, Stuart

Nunnink, Stephen

Olson, Stan C

Olson, Warren

Olson, Warren H.

Ott, Steve

Peterick, John C

Peterson, Lloyd

Peterson, Ralph J.

Quenette, William

Rauen, Willie

Robinson, Ron

Roff, Dan

Roforth, Jim

Roham, Dan

Rohman, Dan

Rossini, Reno

Rostberg, Grady

Roy, Bob

Rumrill, Buz

Scanlan, Mal

Schmitz, John

Schneider, Gregg

Scott, Ron

Scott, Ron L

Siegle, Al

Simser, Jim

Skjei, Stan

Smith, George

Stolski, Ron

Stoterau, Dennis

Strand, Dick

Strand, Richard

Stritesky, Gene

Sullivan, Bob

Swanson, Keith

Taylor, Dean

Thiel, Anthony J.

Thole, George

Thompson, John

Traurig, Leo

Tri, Ray

Trimble, Gary

Tuvey, George E

Uhlir, David

Vagle, Virg

Waldner, Pat Bruno

Walker, Richard

Wemeier, George

Willhite, Jack M.

Wilson, Bill

Youso, Robert

MFCA CONFERENCE REPRESENTATIVES

Listed below are the names of the MFCA conference delegates who represent their respective conferences to the Association. Please note any misprints, mistakes, or errors and address them to the MFCA Secretary, Jim Dotseth.

These are the coaches who are responsible for carrying information to and from conferences on behalf of the Association and MSHSL matters. They are a vital link in the entire process

Conference	Coach	School
Big Nine.....	John Vik.....	Rochester Century
Big North	John Jirik.....	Orr
Central Lakes.....	Jon Konold.....	Willmar
Central Minnesota.....	Jon Thielen.....	Eden Valley-Watkins
Classic Suburban	Eric Longtin.....	North St. Paul
Gopher Valley 1A	Chad Gimbel	Blooming Prairie
Gopher Valley 2A	Jon Bakken.....	Waterville-EM
Granite Ridge	Larry Herm	Foley
Great Northern	Jeff Gronner	Cromwell
Great Polar Blue.....	Mike Gindorff.....	Crosby-Ironton
Great Polar Red.....	Mitch Dorr	Cook County
Great Polar White.....	Dave Louzek.....	Moose Lake/Willow River
Heart-O-Lakes Classic	Dave Haugen	Pelican Rapids
Heart-O-Lakes North	Flint Motschenbacher.....	Detroit Lakes
Hiawatha Valley Blue	John Austinson.....	Byron
Hiawatha Valley Gold	John Austinson.....	Byron
INDEPENDENT	Troy Hendricks.....	Bemidji
Lake	John DenHartog	Hopkins
Little Sioux	Mike Damman	MACCRAY
Minneapolis City.....	Giovann Jenkins.....	MPLS Washburn
Minnesota River	Justin Johnston	Belle Plaine
Mississippi 8	Mike Hennen.....	Cambridge-Isanti
Missota	Bubba Sullivan.....	Northfield
North Tri-County.....	Dustin Flaten.....	Ulen-Hitterdal
Northstar East	Mark Nohner	Fosston

and the Association will only improve as these members are utilized to the fullest.

Conference representatives should have a "checklist" that will help organize MFCA duties. Please contact Jim Dotseth or visit the website to obtain a checklist <www.mshsca.org/football/Conference_Mtg_Checklist.pdf>

Conference	Coach	School
Northstar West.....	Mark Nohner	Fosston
NW Suburban	Tom Develice.....	Blaine
Pheasant North	Mike Mahlen.....	Verndale
Pheasant South	Tony Thiel	Weaton
Prairie North	Bryan Strand.....	Barnsville
Prairie South.....	Wayne Petermeier	Browerville
Sea Range.....	Derek Parendo.....	Proctor
South Central	Mat Mahoney.....	Fairmont
South Suburban.....	Rick Sutton.....	Eagan
Southeast	Gary Sloan	Grand Meadow
Southern Confederacy	Tom Murphy	Nicollet
Southern Minnesota	Cory Haala.....	Sleepy Eye Public
Southwest.....	Terry Bahlman.....	Marshall
St. Paul City	Dave Zeitchick.....	Highland Park
Suburban East.....	Beau LaBore.....	Woodbury
Three Rivers North	Bill Ihrke	Plainview-EM
Three Rivers South	Brent Schroeder	Caledonia
Top-of-the-State.....	Cory Waling	Kittson Central
Tri-Metro East.....	Todd Niklaus.....	St. Anthony
Tri-Metro West	Sean McMenomy.....	DeLaSalle
West Central	Scott Gonnerman.....	Benson
Wright County	Paul Lemke.....	Glencoe-Silver Lake

COACH TO COACH PROGRAM

The Coach to Coach program began with the 2006 football season. The program was developed by the MFCA Executive Committee and is designed to allow Minnesota high school football coaches to contact successful, retired coaches and get their insight on how to implement ideas on a variety of topics such as offense, defense, special teams, program building, and many more.

The Coach to Coach program lists some of the most successful and legendary coaches in Minnesota high school football history. Rep-

resented among these coaches are numerous state championship coaches, 200+ game winners, and many coaches who have thirty or more years of coaching football. The retired coaches listed are willing to give some of their best advice and information acquired over their long and successful careers. Member coaches are encouraged to utilize this program to improve their programs in any area.

Coach	Address	City/State	Zip	Phone Number
Belanger, Ken.....	21875 Marek Road.....	Frederic, WI.....	54837	715-327-8726
Mike Belseth.....	1438 Andrews Avenue	Breckenridge.....	56520	218-643-2442
Celt, Bob.....	1963 Cherry Street.....	Red Wing.....	55066	651-388-5980
Collison, Bob.....	7500 Cahill Road #215 C.....	Edina.....	55439	952-942-9055
Darnell, Doug.....	6825 Dupont Avenue North	Brooklyn Center	55430	763-560-1702
Davies, John.....	22439 Beach Road.....	Deerwood	56444	218-546-6460
DeRocher, Darien.....	7101 Brown's Lane.....	Brainerd.....	56401	218-825-8466
Domschot, Ronald.....	105 Knut Street.....	Alexandria	56308	320-763-7140
Dotseth, Jim.....	4180 Trenton Lane.....	Plymouth	55441	763-544-2970
Elias, Charles	10362 Columbus Circle.....	Bloomington	55420	952-884-1013
Fox, Don	1809 3rd Avenue Southwest.....	Austin.....	55912	507-433-3016
Gasner, Paul	51 142nd Avenue Northwest.....	Andover.....	55304	763-757-2340
Graham, Gary	11825 Bluegill Drive.....	Sauk Centre.....	56378	320-352-2881
Gross, John.....	6745 3rd Avenue Southeast.....	Medford	55049	507-451-9533
Gustafson, Gary	2246 Thomas Lane.....	White Bear Lake.....	55110	651-777-0286
Heikkinen, Marv	2806 Solway Road	Menahga.....	55733	218-628-1663
Herges, Pete.....	PO Box 66.....	Albany.....	56307	320-845-2981
Hill, Ken.....	1031 3 1/2 Avenue North.....	Sauk Rapids.....	56379	320-252-4035
Hofland, Neil	201 2nd Street West.....	Chokio.....	56221	320-324-7363
Jacobson, Kenneth.....	517 Park Street.....	Chatfield.....	55923	507-867-4759
Konrath, Fred.....	2227 Foxtail Court	Lino Lakes.....	55110	651-426-0752
Kostich, Dan.....	109 37th Avenue South.....	Moorhead.....	56560	218-233-1079
Larson, George.....	444 Maple Dell Road.....	Cambridge	55008	763-689-2371
Lubarski, Conrad	909 Bradford PO Box 1	Argyle.....	56713	218-437-6354
Mader, Jim	PO Box 330	Albany.....	56307	320-845-2814
Manke, Rick,	18135 Willow Springs	Detroit Lakes	56501	218-847-7106
Martin, Bill	2785 Matilda Street.....	Roseville	55113	651-484-6416
Menage, Elmer.....	816 North Estey	Luverne.....	56156	507-283-2479
Mork, Paul.....	2166 Regent Drive.....	White Bear Lake.....	55110	651-429-6429
Nigon, David.....	2606 Rivers Bluff Lane	Anoka.....	55303	763-571-9116
Olson, Warren.....	569 Rice Creek Terrace	Fridley	55432	763-571-2297

"THE KEEPERS OF THE GAME"

Coach	Address	City/State	Zip	Phone Number
Peterson, Lloyd	112 Ranch Avenue	Marshall	56258	507-532-5916
Quenette, William	3616 5th Street South	Moorhead	56560	218-233-7752
Robinson, Ron	415 South Range Road	Springfield	56087	507-723-4718
Roff, Dan	5470 Vinewood Lane	Plymouth	55441	763-550-1109
Roham, Dan	405 3rd Street	Belview	56214	507-938-4274
Scanlan, Mal	1938 Fairmont Avenue	St Paul	55105	651-699-7877
Schneider, Gregg	1391 Valley View Road	Chaska	55318	952-448-5667
Scott, Ron	12816 Jonquil Street NW	Coon Rapids	55448	612-546-3262
Siegle, Al	PO Box 273	Pelican Rapids	56572	218-863-5861
Simser, Jim	940 Liberty Lane	Fairmont	56031	507-235-8689
Strand, Richard	Box 316	Mayville, ND	58257	701-430-1562
Stoterau, Dennis	114 W Chestnut Street	Redwood Falls	56283	507-644-8063
Swanson, Keith	114 Dakota Avenue	Hoffman	56339	320-986-2697
Taylor, Dean	32899 Apache Lane	St. Joseph	56374	320-253-2525
Thole, George	2114 Fair Meadows Road	Stillwater	55082	651-439-5991
Traurig, Leo	812 South Payne Street	New Ulm	56073	507-354-8376
Waldner, Pat Bruno	6408 Brook Lane	Savage	55378	952-447-3504
Walker, Richard	7420 Edinborough #6315	Edina	55435	952-806-9922
Wemeier, George	1624 Waterbury	Waconia	55387	952-442-5432

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MINNESOTA FOOTBALL COACHES ASSOCIATION ENDORSES USA FOOTBALL'S HEADS UP FOOTBALL PROGRAM

The Minnesota Football Coaches Association (MFCA) executive committee has endorsed USA Football's Heads Up FootballSM program to make the game better and safer for youth and high school football players. USA Football is the sport's national governing body.

The endorsement of Heads Up Football by MFCA will benefit all 382 high school football programs in Minnesota including more than 25,000 participating student-athletes. The organization is committed to providing the safest possible environment for all coaches, parents and players involved with football in Minnesota. Already more than 2,000 youth football programs nationwide are adopting Heads Up Football this season.

Before the 2013 season begins, all Minnesota high school head football coaches and assistant coaches will be encouraged to be trained in Heads

Up Football techniques that reinforce tackling mechanics aimed at reducing helmet contact, Centers for Disease Control and Prevention (CDC) concussion recognition and response protocols and proper helmet and shoulder pad fitting. Coaches also will be encouraged to complete USA Football's varsity-level coach training course designed for National Federation of State High School Associations (NFHS) membership.

In addition, each Minnesota high school will be encouraged to designate one coach from its staff to serve as its Player Safety Coach. This individual will be trained by USA Football to implement Heads Up Football's player safety protocols, including coaching certification, and will be encouraged to conduct safety clinics for fellow coaches, parents and players.

"The MFCA is pleased to join the nation's leaders in football: the NFL, NFL Foundation, NCAA, NFSHSA, AFCA, and the Sports and Fitness Industry Association, in endorsing USA Football's Heads Up Football program," Minnesota Football Coaches Association Executive Director RON STOLSKI said. "A program whose primary aim is to provide an opportunity for additional, comprehensive education and training designed to make the game safer for youth and high school football players."

Minnesota Football Coaches Association supports USA Football's five primary elements of Heads Up Football:

Heads Up Tackling	USA Football's Heads Up Tackling technique, endorsed by medical and football experts, teaches players to keep their heads up and out of the line of contact.
Coaching certification	All coaches will be encouraged to complete USA Football's varsity-level coach training course designed for National Federation of State High School Associations (NFHS) membership.
Concussion recognition and response	Coaches learn and are assessed on Centers for Disease Control and Prevention (CDC) concussion recognition and response protocols. Coaches, parents and players are taught concussion-related protocols at the start of the season and have them reinforced throughout the year.
Player Safety Coach	Appointed by each participating Heads Up Football high school or youth program. This individual is trained by USA Football to implement Heads Up Football's player safety protocols, including coaching certification, and will be encouraged to conduct safety clinics for fellow coaches, parents and players.
Equipment fitting	Coaches, parents and players are taught proper helmet and shoulder pad fitting.

In addition to the NFL and NFL Foundation, organizations that support Heads Up Football include the NCAA, National Federation of State High School Associations, American Football Coaches Association and the Sports and Fitness Industry Association.

USA Football's Heads Up Tackling technique was developed with contributions of USA Football's Tackle Advisory Committee, which includes Northwestern head coach PAT FITZGERALD, UCLA head coach JIM MORA, former NFL running back MERRIL HOGE, Miami Christopher Columbus High School head coach CHRIS MERRITT and sports psychologist DR. DAVID YUKELSON.

About USA Football: USA Football leads the game's development, inspires participation and ensures a better and safer experience for all youth, high school and other amateur players. The independent nonprofit is the official youth football development partner of the NFL, its 32 teams and the NCAA's Atlantic Athletic Conference. USA Football (www.usafootball.com), endowed by the NFL and NFLPA in 2002, provides more than \$1 million annually in equipment grants and youth league volunteer background check subsidies.

MFCA CLINIC A GREAT SUCCESS

The 2013 MFCA clinic continued to improve on previous years in attendance and quality. The clinic has been steadily expanding under the direction of Jim Dotseth and Ron Stolski.

The clinic is building upon the solid foundation begun by previous clinic director Don Swanson and has slowly been seeing the steady growth that "Swanny" had envisioned when he spearheaded the idea that the MFCA could run a "stand alone" clinic that would be one of the best in the upper Midwest.

Approximately 1500 coaches attended the event at the Double Tree hotel. Notable speakers from around the country presented on a wide array of topics covering junior high, high school, college and professional levels. The University of Minnesota staff once again provided a wide number of presentations culminating in head coach Jerry Kill's speech before a packed ballroom, that highlighted his new "natural" approach to Minnesota football.

Any and all MFCA members are encouraged to provide feedback on the clinic to the clinic staff so that every effort for improvement can be made as the MFCA seeks to provide the best football clinic that a Minnesota high school coach would want.

By Claud Allaire
Clinic Coordinator
claud.allaire@comcast.net

4TH ANNUAL VICTORY DAY

September 14, 2013, Trenton, Michigan

www.victorydayfootball.com

Victory Day in Trenton is an event set up for cognitively and physically impaired children to have an opportunity to play football or cheer and have their "moment in the sun."

Each child will be partnered up with a Trenton football player or Trenton cheerleader who will serve as their mentor for the day. They will wear a Victory Day jersey donated by Nike or hold cheer pom poms and line up on the 50 yard line with their mentor. The national anthem will then be played by the Trenton High School Marching Band. After, our PA announcer will introduce each child as they run through a tunnel formed by the band into the end zone. Parents will be seated in the end zone to take pictures as they run through the tunnel. There will be a mock coin toss before the game.

A mock defense will be set up by our varsity football team. Each child will have an opportunity to run or catch a pass for

a touchdown with play-by-play announcing. After the game, each child will be presented with a medal to commemorate their victory. The Trenton Touchdown Club will serve hot dogs and drinks for the families after the event. Carroll's Photography will also be available to take pictures of the event for each child. Families are also invited to attend the Trenton High School Football game on Friday, September 14 at 7pm.

Contact: Coach Aaron Segedi, segedia@trentonschools.com, 734 552 4654 If you're interested in Victory Day, we suggest you contact coach Segedi and also let us know by emailing our association contact claud.allaire@comcast.net so we can promote your participation in this event.

RECRUITING FAIR 2012

The 10th annual Recruiting Fair once again was well attended and helped to showcase some of Minnesota's best high school football players. The Recruiting Fair, which helps college recruiters meet with high school coaches and players meetings and facilitates the recruiting efforts of dozens of upper Midwest colleges, was held at the Doubletree Hotel in May of this past school year.

Jeff Ferguson of Totino Grace has coordinated the Recruiting Fair each of the years it has been sponsored by the MFCA. At the Recruiting Fair college coaches and recruiters are able to have "face to face" meetings with high school coaches and players. It helps to make the recruiting process more efficient, especially for players recruited by Division II and Division III level.

There is no cost to the high school coaches and players. Colleges pay \$150 for the meeting and the information booklet/disc. Over 150 schools and over 900 players are represented in the information booklet.

All Minnesota high school coaches are encouraged to enter information on their prospective players on the MFCA website. Even if the coaches and/or players don't attend the Recruiting Fair the information will still be entered and available to college coaches who attend and/or buy the booklet.

Any coaches with questions or suggestions may contact Jeff Ferguson at Totino Grace high school.

jeff.ferguson@totinograce.org

TACKLE CANCER A BIG SUCCESS!

The MFCA would like to thank all of the high school football programs that participated in our Tackle Cancer campaign this past season! Through your efforts, \$121,000 was raised in support of the Randy Shaver Cancer Research and Community Fund. Over 140 football teams participated in 2012. All head coaches in the state should have received information and the 2013 poster earlier this summer.

Cancer is a disease that has impacted all communities, most of our families, and many of our football teams throughout Minnesota. The mission of the Randy Shaver Cancer Research and Community Fund is to support the cancer community in Minnesota by funding research, prevention, treatment and other programs relating to the cancer community's needs.

The Minnesota Football Coaches Association and the Randy Shaver Cancer Research and Community Fund are excited for year two of Tackle Cancer! We are excited to announce that the Minnesota Gophers will be hosting a Tackle Cancer Game vs. San Jose State on Saturday, September 21. The MIAC has also partnered with the MFCA and will be hosting Tackle Cancer games this fall. We will be meeting with the NSIC in July to discuss their partnership.

We encourage you to select a home game (more than one is optional) this fall and then promote the game as a "Tackle Cancer" night in your community, among your fans and among your visiting fans. People attending the game can make donations towards funding additional cancer research and together we can "Tackle Cancer." 90% of all dollars

collected will go DIRECTLY to cancer research and treatments. Randy's foundation has raised more than \$4 million to date but there's more work to be done.

Below are four easy steps to follow:

- Select a Home Game(s) in September or early October for your "Tackle Cancer" Game.
- Promote the game within your school and community. Ask your Activities Director to communicate to the visiting team early in the week that this is a "Tackle Cancer" Game.
- Organize a group of lower level players or parents to collect donations at the gate. Be creative in how you promote the event – create a banner, etc.
- Send one check to the Randy Shaver Cancer Research and Community Fund by Tuesday, October 2. The address is 1660 South Highway 100, Suite 335, St. Louis Park, MN 55416. Make check payable to the Randy Shaver Cancer Research and Community Fund.

Your rep from the MFCA will be in touch with you in August to schedule your Tackle Cancer Game. Go to www.mshsca.org/football for more information. Thanks for your support!

"Keepers of the Game"

Sincerely, Ron Stolski, Executive Director, MFCA/Dave Nelson, Executive Committee, MFCA

ADDITIONAL RULES APPROVED IN HIGH SCHOOL FOOTBALL REGARDING HELMETS COMING OFF PLAYERS

Note: From NFHS website

In an effort to continue minimizing the risk of injury in high school football, three additional rules will take effect next season to address helmets coming off players' heads during games.

These three risk-minimization additions were among 10 rules changes approved by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 18-20 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

As a follow-up to last year's rules change that requires players to sit out one play if their helmet comes off while the ball

is live, the committee approved three additional rules that are extensions of last year's change.

An illegal personal contact foul was added to Rule 9-4-3 to state that "no player or nonplayer shall initiate contact with an opposing player whose helmet has come completely off."

In addition, a new listing in Rule 9-6-4 will state that it is illegal participation "for a player whose helmet comes completely off during a down to continue to participate beyond the immediate action in which the player is engaged."

"With its continued focus on risk

minimization, the committee determined that a helmet-less player shall not block, tackle or otherwise participate beyond the immediate action in which the player is engaged when the helmet came completely off," said Bob Colgate, NFHS director of sports and sports medicine. "The penalty would be a live-ball, basic-spot foul."

The committee also added language to Rule 3-5-10 to clarify that if the helmet comes completely off during the down or subsequent dead-ball action related to the down – and is not directly attributable to a foul by the opponent – the player must leave the game for at least one down, with the exception of

halftime or overtime intermission. When this occurs, an official's time-out shall be called.

"Player safety has been and will continue to be the top priority for members of the NFHS Football Rules Committee," said Brad Garrett, chair of the NFHS Football Rules Committee and assistant executive director of the Oregon School Activities Association. "These rules changes regarding helmet-less players are more examples of the group's commitment to minimize risk within the game."

Perhaps the most significant rules change next season will be one that reduces the penalty for pass interference. While the 15-yard penalty will remain for both offensive and defensive pass interference, the loss of down has been removed for offensive pass interference and the automatic first down has been eliminated for defensive pass interference.

"Offensive and defensive pass interference and the penalty structure related to these fouls has been debated many times in recent years," Garrett said. "Proposals that either deleted the loss of

down or the automatic first down – but not both – failed to gain support among committee members. The proposal to eliminate both components, thus not upsetting the balance between offense and defense, was the key factor in the adoption of the new rule."

Another change at high school football games next year will be the expanded use of communication devices. In specific situations, coaches, players and nonplayers will be allowed to use any form of communication technology.

This expansion of the rule allows the use of communication devices during authorized conferences outside the nine-yard marks, on the sidelines and during the halftime intermission. Use of communication devices by players except conferences outside the nine-yard mark continues to be prohibited.

In Rule 2-4-1, the committee clarified the rule approved last year regarding the definition of a catch, which stated that a receiver is required to establish possession of the ball and contact the ground inbounds while maintaining possession – regardless of the

opponent's action.

"The committee clarified the definition of a catch such that an airborne player who has forward progress stopped inbounds and is carried out of bounds by an opponent before contacting the ground is awarded a catch at the spot of forward progress," Colgate said.

In Rule 9-3-8, the committee added another provision to the rule enacted last year regarding contact by the kicking team against members of the receiving team. The new provision stipulates that the kicking team may initiate contact once the receiving team has initiated a block within the neutral zone.

The committee also approved the addition of a 15-yard penalty to the existing option of accepting an awarded fair catch for kick-catch interference.

Finally, in Rule 8-3-3, the committee clarified that the touchdown scoring team is the only team that can score on a try, and in Rule 1-5-3 the committee modified the rule regarding the wearing of towels.

Football is the No. 1 participatory sport for boys at the high school level with 1,121,744 participants in the 2011-12 school year, according to the High School Athletics Participation Survey conducted by the NFHS through its member state associations. In addition, the survey indicated there were 1,805 girls who played football in 2011-12.

2013 FOOTBALL RULES CHANGES

1-5-3a(5)a Solid-colored towels now legal.
1-6 Use of communication devices expanded.
2-4-1 Definition of a catch clarified.
3-5-10d Loss of helmet after the down clarified.
6-5-6 Kick-catching interference penalty added.

PENALTY;

2-9-2; 5-2-1,
2; 6-5-4;
10-4-2b
7-5-10 Pass interference penalties revised.

PENALTY;

Table 7-5
8-3-3 Score on a try clarified.

9-3-8c (NEW) Blocking on free kicks revised.
9-4-3l (NEW) Initiating contact with a helmet-less opponent is now an illegal personal contact foul.
9-6-4g (NEW) Players continuing to play without a helmet is now illegal participation.

2013 EDITORIAL CHANGES

Field Diagrams; 1-2-3b NOTES 2;
1-2-3f; 1-2-3l; 1-5-2b; 1-5-3c(2); 1-5,
1-6 PENALTY (Deleted); 1-7; 2-6-2a,
b; 2-13-2; 2-32-5b; 2-34-2; 3-5-8c;
3-6-3; 6-5-4; 7-5-2c; Table 7-5-2e;
9-3-8; 9-3 PENALTY; 9-4 PENALTY;
9-6 PENALTY; 9-8-1f NOTE; 9-8-
1g, h; 9-8 PENALTY; 10-4-2b; 10-6;

Football Fundamentals – II-4, 5, IX-
6, X-3e, 6-8; Resolving Tied Games
– 10-4-3; 3.1.1 Situations G, H, I;
Nine-, Eight- and Six-Player Rules
Differences; PENALTY SUMMARY;
Official Football Signals – 40, 43.

2013 POINTS OF EMPHASIS

1. Prohibition on Contact to and with the Helmet
2. Reconditioning and Recertification of Football Equipment
3. Free Blocking Zone Enforcement – Consistent Enforcement of Blocking Below the Waist

RULE MODIFICATIONS FOR MINNESOTA SCHOOLS

1. A 25 second play clock may be used when available at the discretion of the home team. There must be a clock operator and the clock must be available to both teams
2. Minnesota Experiment: On free kicks at least four (4) members of the kicking team players must be on each side of the ball when it is kicked (Live ball penalty for illegal formation: 5 yard penalty from previous spot). The kicking team may not initiate contact with members of the receiving team until the kicking team is eligible to recover the kick (ball has gone 10 yards and touched the ground), or it is obvious that this is not an obvious onside kick attempt (Illegal use of hands penalty: 10 yard penalty from previous spot).
3. Modification of the football distance penalty in 9-Man football. All penalties that require a loss of 15 yards in 11 man football, will be penalized a loss of 10 yards, if played on an 80-yard field. All 15-yard penalties on a 100-yard field will be penalized as a loss of 15 yards.
4. When facilities permit nine-man football should be played on a 100-yard field. If space does not allow for 100 yards, game can be played on an 80-yard field. In either case the width of the field is 40 yards. Distance from sidelines to hash marks is 48 feet, 4 inches.
5. Mercy Rule: When the point differential reaches 35 points or more in the fourth quarter, the clock will go to running time. The clock will be stopped for any time-outs (team or official); and after scoring plays, until the ensuing kickoff. Regular timing rules will be used if the point differential drops back to less than 30 points. Note: Rule 3-1-3 remains in effect – this allows the game to be shortened or terminated at any time, by mutual agreement of the opposing coaches and the referee.
6. Both 9 and 11 man: If at the end of the fourth period the teams have identical scores, the tie will be resolved using the "10yard" overtime procedure as outlined in the NFHS rule book.

POST FRESHMAN FOOTBALL SCHOLARSHIP

The procedure for obtaining this scholarship is based on a point system process.

Athletes that are eligible must have graduated from a Minnesota High School and are currently playing in one of the following college conferences: Northern Sun, MCAC, UMAC, MIAC, or Macalester College (independent).

The athlete needs to obtain 10 points for the opportunity to put their name in the hat every time they earn 10 points they would get another opportunity to put their name in the hat.

The point system is as follows:

- 10 points for each year you are on a college football team.
- 4 points for starting on offense, defense or special teams. (maximum 12)
- 4 points for having a cumulative GPA of 3.0 or higher. Add 2 points if is above 3.5 and another 2 points if it is a 4.0.
- 4 points if you were all-conference last year.
- 2 points if you were honorable mention all-conference last year.
- 6 points if you were All-American at your level the past year.

The athlete should tabulate all of the points and his name will be put in the hat as many times that he reached 10 points.

MFCA would randomly draw names out of the hat until all of the scholarships are gone. (Nobody can win more than 1 scholarship per year.) The athlete would get the scholarship after he had finished the next season.

The first year of this scholarship program there will be 4 \$500 scholarships

Example of how to tabulate points:

Player 1 is a freshman and was red- shirted (10) and a GPA of 3.6 (6). The total points are 16 so he would get his name in the hat 1 time.

Player 2 is a junior and has played 3 years(30) and started 2 years(8) and last year was all-conference(4). The total points are 42 so he would get his name in the hat 4 times.

The drawing will be held during the all-star game.

To be eligible please fill out the application found on the MFCA website.

CONFERENCE REPS CHECKLIST

Please discuss the following at your conference meeting: MFCA Website: www.mnfootballcoaches.com

ACADEMIC ALL-STATE: www.mshsca.org/football/academinfo.htm			
Committee Chairs:			
Individual	Dave Frisell	davefrisell@yahoo.com	Fax: 651-468-6486
Team	Con Natvig	con290209@yahoo.com	Fax: 320-594-8105
		Deadline: November 1st	
		Deadline: November 1st	
INDIVIDUAL - ACADEMIC ALL-STATE		TEAM - ACADEMIC ALL-STATE	
Class	Name	School	Fax Number
9M	Mike Mahlen	Verndale	218-445-5185
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Scott Gonnerman	Benson	320-843-2262
3A	Brian Odland	St. Peter	507-934-4783
4A	Andy Rostberg	Hutchinson	320-587-0955
5A	Chris Lindquist	St. Francis	763-213-1710
6A	Jody Stone	Shakopee	952-496-5175
Class	Name	School	Fax Number
9 Man	Chuck Ross,	Underwood	218-826-6310
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Jon Bakken	WEM	507-362-4561
3A	Leo Pohlkamp,	Pierz	320-468-6577
4A	Ryan Weinandt,	Dassel-Cokato	320-286-4131
5A	Bubba Sullivan	Northfield	507-645-3455
6A	Dave Nelson,	Minnetonka	952-401-5905
ALL STAR GAME:	www.allstarfootball.org/ Nomination Form: www.mshsca.org/football/outstatenom.pdf		Director: Dave Fritze david.fritze@district196.org
			Deadline: December 15th
BUTCH NASH AWARD / ASSISTANT COACH OF THE YEAR	www.mshsca.org/football/nash.pdf www.mshsca.org/football/AsstCOY.pdf (Assistant COY must be a previous Butch Nash Award winner)		Committee chair: Jim Dotseth dotsethj@comcast.net
			Deadline: January 1st
CAREER RECORDS:	www.mshsca.org/football/indcoach.htm Also, 200 wins; 50, 45, 40, 35, or 30 years of service.		Inform Jim Dotseth dotsethj@comcast.net
COMMUNITY SERVICE AWARD:	www.mshsca.org/football/COMMUNITYSERVICEFORM.pdf		Committee Chair: Beau LaBore, laboreb@stillwater.k12.mn.us
			Deadline: January 1st
CONFERENCE COACH OF THE YEAR:	www.mshsca.org/football/coyquestioner.pdf		Awards Committee Chair: Jim Dotseth dotsethj@comcast.net Fax: 1-888-590-8819
			Deadline: January 1st
HALL OF FAME:	www.mshsca.org/football/hof.pdf		Committee chairs: Paul Lemke plemke@gsl.k12.mn.us and Scott Tschimperle stschimperle@gsl.k12.mn.us
			Deadline: January 1st
MEMBERSHIP:	www.mshsca.org / Application: www.mshsca.org/membapp.htm		
MENTOR PROGRAM:	Ron Stolski, stolski@yahoo.com		
MFC CLINIC REGISTRATION:	www.mshsca.org/football/mfclinic/Registration.htm THE MFCA sponsored football clinic. April 4, 5, & 6, 2013 at the Doubletree in St. Louis Park.		
MR. FOOTBALL:	www.mshsca.org/football/mrfb.pdf	Committee Chair: Rick Sutton rick.sutton@district196.org	Deadline: November 16th
POWER OF INFLUENCE:	www.mshsca.org/football/poiform.pdf	Committee chair: Bubba Sullivan, bubba.sullivan@nfl.k12.mn.us	Deadline: January 1st
SCHOLARSHIP PROGRAM:	www.mshsca.org/football/scholarship.htm	Committee Chair: Will Wackman, wwackm@splkpark.k12.mn.us	Deadline: March 1st
SUMMER CAMPS:	www.mshsca.org/football/mfcateamcamp.pdf	Contact Ribsy Petermeier, ribsy@browerville.k12.mn.us Phone: 320-594-8111	Deadline: April 15th

MINNESOTA HIGH SCHOOL FOOTBALL CONFERENCE STANDINGS: 2012-2013

Please note that there may have been changes to certain conferences. There may be mistakes due to "typos"/lack of information. Teams are listed in order of conference finish with regular season, and final season records.

Big 9 Conference

Owatonna	7-0	12-1
Faribault	5-2	7-3
Rochester John Marshall	5-2	6-3
Rochester Mayo	5-2	7-4
Winona	4-3	5-5
Rochester Century	3-4	3-6
Mankato West	2-5	4-7
Albert Lea	2-5	3-7
Austin	2-5	2-7
Mankato East	0-7	0-9

Big North Conference

South Ridge	7-1	11-2
Ely	6-2	9-3
Bigfork	6-2	8-3
Chisholm	5-3	6-4
Mountain Iron-Buhl	5-3	5-4
North Woods	5-3	5-4
Northeast Range	3-5	3-6
Silver Bay	2-6	2-7
Littlefork-Big Falls	1-7	1-8
Cherry	0-8	0-8

Central Lakes Conference

Rocori	5-1	6-4
Brainerd	4-1	6-3
Fergus Falls	4-1	6-4
Sartell-St. Stephen	3-2	7-3
Willmar	3-3	4-5
St. Cloud Apollo	3-4	4-6
St. Cloud Tech	2-4	3-6
Alexandria	1-5	2-8
Sauk Rapids-Rice	1-5	1-8

Central Minnesota Conference Standings

Holdingford	7-0	10-2
Pierz	6-1	8-2
Maple Lake	4-3	7-4
Belgrade-Brooten-Elrosa	4-3	6-5
Kimball Area	3-4	5-5
Rockford	2-5	3-7
Eden Valley-Watkins	2-5	2-7
Howard Lake-Waverly-Winsted	0-7	1-8

Classic Suburban Conference St. Thomas Academy

South St. Paul	6-1	8-2
Hill-Murray	5-2	8-3

Mahtomedi	5-2	6-4
Richfield	3-5	3-6
Simley	2-5	4-6
Henry Sibley	2-5	3-6
Tartan	2-5	3-7
North St. Paul	1-6	1-8

Gopher Valley A Conference

Blooming Prairie	5-1	9-2
Lester Prairie/Holy Trinity	5-1	8-2
Bethlehem Academy	4-2	11-3
St. Clair	4-2	9-3
Minnesota Valley Lutheran	2-4	4-6
United South Central	1-5	2-7
Mankato Loyola	0-6	0-9

Gopher Valley AA Conference

Waterville-Elysian-Morristown	6-0	8-2
Maple River	4-2	7-3
Medford	4-2	6-4
Martin County West	3-3	5-5
Lake Crystal-Wellcome Memorial	2-4	4-5
Gibbon-Fairfax-Winthrop	2-4	2-7
New Richland-H-E-G	0-6	1-8

Granite Ridge Conference

Becker	7-0	10-2
Foley	5-1	7-3
Zimmerman	5-2	6-4
Albany	4-3	5-5
Princeton	3-4	8-4
Little Falls	3-4	3-6
St. Cloud Cathedral	2-4	4-6
Mora	2-6	3-7
Milaca	0-7	0-9

Great Northern Conference

Nevis	8-0	11-1
Onamia	7-1	8-2
Kelliher/Northome	6-2	7-3
Cromwell	4-4	6-5
Floodwood	4-4	5-5
Isle	4-4	4-5
McGregor	3-5	4-6
Hill City	3-5	3-6
Wrenshall	1-7	1-8
Northland	0-8	0-8

Great Polar Football Alliance - Blue

Moose Lake-Willow River	7-0	13-1
Crosby-Ironton	6-1	8-2
Esko	5-2	8-3
Hinckley-Finlayson	5-2	6-3
Duluth Marshall	5-3	7-4
Eveleth-Gilbert	3-4	5-5
Rush City	2-4	3-6
Pine City	2-5	2-7
Aitkin	0-7	2-8
Two Harbors	0-7	0-9

Great Polar Football Alliance - Red

Barnum	6-0	9-3
Cook County	5-1	8-2
Braham	4-2	5-5
Deer River	3-3	3-6
East Central	2-4	3-6
Mesabi East	1-5	1-8
Ogilvie	0-6	0-9

Heart O'Lakes Conference - Classic

Hawley	6-0	11-1
Pelican Rapids	5-1	7-3
Roseau	3-3	5-5
Warroad	3-3	4-5
Breckenridge	2-4	2-7
Dilworth-Glyndon-Felton	2-4	2-7
Staples-Motley	0-6	0-9

Heart O'Lakes Conference - North

Detroit Lakes	6-0	10-1
Perham	5-1	10-1
Thief River Falls	3-3	5-5
Park Rapids Area	3-3	5-6
East Grand Forks	2-4	3-6
Crookston	1-5	4-6
Pequot Lakes	1-5	2-7

Hiawatha Valley League - Blue

Rochester Lourdes	6-0	12-1
Kasson-Mantorville	5-1	9-2
Cannon Falls	3-3	7-4
Byron	3-3	6-4
Stewartville	3-3	4-5
La Crescent	1-5	2-7
Pine Island	0-6	1-8

Hiawatha Valley League - Gold

Lake City	6-0	9-2
Triton	5-1	7-3
Zumbrota-Mazeppa	4-2	4-5
Winona Cotter	3-3	4-6
Goodhue	2-4	4-6
Hayfield	1-5	1-8
Kenyon-Wanamingo	0-6	0-9

Independents

Moorhead	2-0	10-1
Bemidji	1-1	9-3
MN Academy for the Deaf	0-0	6-2
Melrose	0-0	5-4
Grand Rapids	0-2	1-8

Lake Conference

Edina	4-0	9-2
Wayzata	3-1	9-1
Eden Prairie	2-2	11-2
Hopkins	1-3	5-4
Minnetonka	0-4	5-6

Little Sioux Conference

Dawson-Boyd	6-1	11-1
Minneota/Lincoln HI	6-1	9-2
Adrian	6-1	8-3
Canby	5-2	6-4
Tracy-Milroy-Balaton	3-4	4-5
Murray County Central	3-4	4-6
MACCRAY	2-6	2-7
Russell-Tyler-Ruthton	1-6	1-8
Lakeview	0-7	0-9

Minneapolis City Conference

Minneapolis Washburn	6-0	7-2
Minneapolis Southwest	5-1	8-2
Minneapolis South	4-2	4-5
Minneapolis Henry/West Metro	3-3	4-5
Minneapolis North	2-4	2-7
Minneapolis Edison	1-5	1-8
Minneapolis Roosevelt	0-6	0-7

Minnesota River Conference

Mayer Lutheran	6-1	10-2
Sibley East	6-1	9-2
Tri-City United	5-2	8-3
Watertown-Mayer	5-2	6-3
Belle Plaine	2-5	3-6
LeSueur-Henderson	2-5	3-7
Jordan	1-6	4-8
Norwood-Young America	1-6	2-8

Mississippi 8 Conference

Rogers	6-1	7-2
Monticello	5-1	7-2

Cambridge-Isanti	5-2	6-3
St. Michael-Albertville	3-3	7-4
Buffalo	3-3	3-6
Duluth East	1-4	2-7
Big Lake	1-5	2-7
Duluth Denfeld	0-5	0-9

Missota Conference

Farmington	5-2	7-3
Chanhassen	5-2	6-4
Holy Angels	5-2	6-4
Chaska	4-3	6-4
New Prague	4-3	6-4
Shakopee	4-3	4-5
Northfield	1-6	1-8
Red Wing	0-7	1-8

North Suburban Conference

Spring Lake Park	7-0	9-1
Robbinsdale Cooper	5-2	8-3
Chisago Lakes Area	5-2	7-3
Irondale	5-2	5-4
Benilde-St. Margaret's	3-4	5-5
North Branch	3-4	4-6
Fridley	2-5	3-6
St. Francis	1-6	2-8
Columbia Heights	0-0	4-5
St. Louis Park	0-6	2-8

North Tri-County

Ada-Borup	6-1	9-2
Win-E-Mac	5-2	7-3
Waubun	5-2	6-3
Park Christian	5-2	5-4
Norman County East	4-3	5-5
Ulen-Hitterdal	2-5	2-7
Rothsay	1-6	1-8
Metro Deaf School	0-0	0-0
Norman County West	0-7	0-8

Northstar East Conference

Pillager	7-1	9-2
Blackduck	5-3	6-4
Pine River-Backus	5-3	6-4
Bagley	5-3	5-4
Walker-Hackensack-Akeley	2-6	3-7
Cass Lake-Bena	1-7	1-8
Lake of the Woods	0-8	0-9

Northstar West Conference

Mahnomen	8-0	14-0
Frazee	7-1	8-2
Fertile-Beltrami	5-3	6-4
Red Lake County	4-4	6-5
Warren-Alvarado-Oslo	4-4	5-5
Lake Park-Audubon	3-5	3-6

Fosston	0-8	0-9
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Northwest Suburban Conference

Maple Grove	8-0	9-1
Totino-Grace	7-0	13-0
Champlin Park	5-1	6-4
Blaine	5-3	6-4
Osseo	5-3	6-4
Andover	4-3	5-5
Centennial	3-4	3-6
Elk River	3-5	6-6
Anoka	3-5	3-6
Robbinsdale Armstrong	1-6	1-8
Park Center	0-7	1-8
Coon Rapids	0-7	0-9

Pheasant Conference - North

Underwood	7-1	9-2
Verndale	6-2	7-3
Prairie Valley	5-2	5-3
Hillcrest Lutheran Academy	2-5	4-6
Bertha-Hewitt	1-7	1-8

Pheasant Conference - South

Clinton-Graceville-Beardsley	8-0	13-0
Wheaton/Herman-Norcross	6-2	9-3
Ashby	4-4	4-5
Brandon/Evansville	3-5	3-6
Ortonville	1-7	1-8
Hancock	0-8	0-9

Prairie Conference - North

Barnesville	5-0	10-1
Upsala/Swanville Area	4-1	9-2
Osakis	3-2	4-5
Wadena-Deer Creek	1-4	2-7
Long Prairie-Grey Eagle	1-4	1-8
United North Central	1-4	1-8

Prairie Conference - South

Browerville	5-0	9-3
Otter Tail Central	3-2	7-3
Royalton	3-2	6-3
Kerkhoven-Murdock-Sunburg	2-3	4-6
New York Mills	2-3	2-7
West Central Area	0-5	2-7

Sea Range Conference

Hermantown	6-0	7-3
Proctor	5-1	8-2
Cloquet	4-2	5-4
Greenway/Nashwauk-Keewatin	2-4	3-6
International Falls	2-4	3-7
Virginia	1-5	1-7
Hibbing	1-5	1-8

"THE KEEPERS OF THE GAME"

South Central Conference

Blue Earth Area	5-0	13-0
St. Peter	4-1	7-2
Fairmont	3-2	5-5
Waseca	2-3	3-6
New Ulm	1-4	1-8
St. James Area	0-5	0-9

South Suburban Conference

Lakeville North	7-1	11-2
Prior Lake	7-1	9-2
Apple Valley	6-2	8-3
Eastview	5-2	7-4
Rosemount	4-3	7-5
Lakeville South	4-3	4-5
Burnsville	3-5	3-6
Eagan	1-6	1-8
Bloomington Jefferson	0-7	0-9
Bloomington Kennedy	0-7	0-9

Southeast Conference

Spring Grove	7-0	10-1
Grand Meadow	6-1	12-2
Lanesboro	4-3	6-4
Houston	4-3	5-5
Mabel-Canton	3-4	3-6
Glenville-Emmons	2-5	2-7
LeRoy-Ostrander	1-6	2-7
Lyle-Pacelli	1-6	1-8

Southern Confederacy Conference - East

Nicollet	8-0	10-1
Cleveland	6-2	7-3
Madelia	6-2	7-3
Granada-Huntley-EC/Truman	3-5	3-6
Janesville-Waldorf-Pemberton	3-5	3-6
Randolph	1-7	1-8
Alden-Conger	0-8	0-9

Southern Confederacy Conference - West

Hills-Beaver Creek	8-0	9-1
Edgerton/Ellsworth	7-1	9-2
Mountain Lake Area	6-2	9-3
Westbrook-Walnut Grove	4-4	4-5
Fulda	2-6	3-7
Southwestern United	2-6	2-7
Renville County West	0-8	0-9

Southern Minnesota Conference

Sleepy Eye Saint Mary's	7-0	10-1
Springfield	5-2	7-3
New Ulm Cathedral	5-2	7-4
Wabasso	4-3	5-5
Red Rock Central	4-3	4-5
Cedar Mountain/Comfrey	2-5	3-6
Buffalo Lake-Hector-Stewart	1-6	1-8

Sleepy Eye	0-7	1-8
Southwest Conference		

Marshall

Marshall	6-09-1	
Luverne	5-1	9-2
Jackson County Central	4-2	10-3
Pipestone Area	3-3	5-5
Worthington	2-4	3-6
Redwood Valley	1-5	3-7
Windom Area	0-6	0-9

St. Paul City Conference

St. Paul Central	5-0	8-1
St. Paul Highland Park	4-1	6-4
St. Paul Harding	3-2	6-4
St. Paul Johnson	2-3	4-5
St. Paul Como Park	1-4	1-8
St. Paul Humboldt	0-5	2-7

Suburban East Conference

Mounds View	7-1	8-2
Stillwater Area	7-1	8-2
Cretin-Derham Hall	6-2	6-3
White Bear Lake	6-2	6-3
East Ridge	4-4	5-5
Roseville	3-5	4-6
Woodbury	3-5	4-6
Hastings	3-5	3-6
Park of Cottage Grove	1-7	1-8
Forest Lake	0-8	0-9

Three Rivers Conference - North

Lewiston-Altura	4-0	9-1
Plainview-Elgin-Millville	3-1	6-4
St. Charles	2-2	2-7
Dover-Eyota	1-3	1-8
Wabasha-Kellogg	0-4	1-8

Three Rivers Conference - South

Caledonia	5-0	13-0
Chatfield	4-1	9-2
Rushford-Peterson	3-2	6-4
Southland	2-3	4-5
Fillmore Central	1-4	2-7
Kingsland	0-5	1-8

Top of the State Conference

Stephen-Argyle	7-0	10-1
Goodridge/Grygla	6-1	11-2
Kittson County Central	5-2	6-4
Clearbrook-Gonvick	4-3	5-4
Badger/Greenbush-Middle River	3-4	4-5
Northern Freeze	2-5	2-7
Climax/Fisher	1-6	2-7
Sacred Heart	0-7	0-9

Tri-Metro East Conference		
St. Croix Lutheran	7-1	9-2
St. Anthony Village	6-2	7-3
Concordia Academy-Roseville	5-3	6-4
New Life Academy	4-4	5-5
St. Agnes	2-6	3-7
Brooklyn Center	0-8	0-9

Tri-Metro West Conference

DeLaSalle	8-0	10-1
Providence Academy	6-2	7-3
Minnehaha Academy	4-4	5-5
Blake	3-5	3-6
Breck	2-6	2-7
St. Paul Acad./Mounds Park Aca	1-7	1-8
Carlton	0-0	2-3

West Central Conference

BOLD	8-0	11-1
Morris Area/Chokio-Alberta	8-0	9-1
Atwater-Cosmos-Grove City	6-2	9-3
Minnewaska Area	4-4	6-5
Paynesville Area	4-4	5-5
Lac qui Parle Valley	4-4	4-5
Benson	3-5	4-6
Sauk Centre	2-6	2-7
Montevideo	1-7	1-8
Yellow Medicine East	0-8	0-9

Wright County Conference - East

Hutchinson	5-0	13-0
Holy Family Catholic	3-2	10-4
Delano	3-2	7-4
Orono	3-2	5-4
Waconia	1-4	1-8
Mound-Westonka	0-5	0-9

Wright County Conference - West

Glencoe-Silver Lake	4-0	8-2
Annandale	3-1	10-2
New London-Spicer	1-3	7-5
Litchfield	1-3	4-6
Dassel-Cokato	1-3	3-7

COMPETITIVE SECTION ASSIGNMENTS FOR 2013

Class: 6A

SECTION: 3

8 teams in this section

Egan High School
Eastview High School
Farmington High School
Lakeville North High School
Lakeville South High School
Park High School
Rosemount High School
Coop: 71 "Burnsville H.S."
Burnsville High School (HOST)
Watters Family Homeschool

SECTION: 4

8 teams in this section

Cretin-Derham Hall High School
East Ridge High School
Forest Lake High School
Mounds View High School
Roseville Area High School
Stillwater Area High School
White Bear Lake Area High School
Woodbury High School

SECTION: 5

8 teams in this section

Blaine High School
Centennial High School
Champlin Park High School
Coon Rapids High School
Maple Grove High School
Totino-Grace High School
Coop: 14 "Anoka H.S."
Anoka High School (HOST)
Legacy Christian Academy
PACT Charter School
Coop: 342 "Osseo"
Maranatha Christian Academy
Osseo High School (HOST)

SECTION: 6

8 teams in this section

Eden Prairie High School
Edina High School

Hopkins High School
Minnetonka High School
Prior Lake High School
Robbinsdale Armstrong High School
Shakopee High School
Wayzata High School

Class: 9MAN

SECTION: 1

8 teams in this section

Glenville-Emmons High School
Grand Meadow High School
Houston High School
Lanesboro High School
LeRoy-Ostrander High School
Mabel-Canton High School
Coop: 262 "Lyle-Pacelli"
Austin Pacelli High School
Lyle High School (HOST)
Coop: 432 "Spring Grove H.S."
Gerdes Home School
Spring Grove High School (HOST)

SECTION: 2

8 teams in this section

Alden-Conger High School
Cleveland High School
Madelia High School
MetroTech Career Academy
Minnesota State Academy for the Deaf
Nicollet High School
Randolph High School
Coop: 453 "GHEC/Truman"
Granada-Huntley-East Chain H.S.
Truman High School (HOST)

SECTION: 3

8 teams in this section

9MAN Map
Administered by Region 3A Clinton-Graceville-Beardsley H.S.
Fulda High School
Hancock High School
Hills-Beaver Creek High School
Renville County West High School

Classification Enrollments

9 Man	165 and under
A	166-204
AA	205-317
AAA	318-499
AAAA	500-942
AAAAA	943-1667
AAAAAA	1668-2979

Westbrook-Walnut Grove High School
Coop: 142 "Edgerton/Ellsworth"
Edgerton High School (HOST)
Ellsworth High School
Coop: 316 "Mountain Lake Area"
Mountain Lake High School (HOST)
Mt. Lake Christian High School

SECTION: 4

9 teams in this section
Bertha-Hewitt High School
Isle High School
Onamia High School
Underwood High School
Verndale High School
Coop: 20 "Ashby H.S."
Ashby High School (HOST)
Destiny Academy
Coop: 76 "Tri-State Tigers"
Campbell-Tintah High School (HOST)
Coop: 154 "Brandon/Evansville"
Brandon High School
Evansville High School (HOST)
Coop: 484 "Wheaton Herman Norcross"
Herman-Norcross High School
Wheaton High School (HOST)

SECTION: 5

9 teams in this section

Carlton High School
Cherry High School
Cromwell High School
Floodwood High School
Hill City High School
McGregor High School
Silver Bay (Wm. Kelley) High School

"THE KEEPERS OF THE GAME"

Wrenshall High School
Coop: 7 "South Ridge H.S."
Cotton High School (South Ridge)
South Ridge High School (HOST)

SECTION: 6

9 teams in this section
Ada-Borup High School
Cass Lake-Bena High School
Nevis High School
Northland High School
Park Christian High School
Rothsay High School
Waubun High School
Coop: 213 "Hillcrest Lutheran Academy"
Hillcrest Lutheran Academy (HOST)
Synsteliën Home School
Wangerin Home School
Wentzel Home School
Coop: 456 "NCE/UH Titans"
Norman County East High School
Ulen-Hitterdal High School (HOST)

SECTION: 7

9 teams in this section
Bigfork High School
Chisholm High School
Ely High School
Lake of the Woods H.S.
Littlefork-Big Falls High School
Mountain Iron-Buhl High School
Coop: 27 "Northeast Range"
Northeast Range High School (HOST)
Tower-Soudan High School (Northeast)
Coop: 107 "Cook-Orr"
North Woods High School (HOST)
Orr High School (North Woods)
Coop: 235 "Kelliher/Northome"
Kelliher High School (HOST)
Northome High School

SECTION: 8

9 teams in this section
Clearbrook-Gonvick High School
Norman County West High School
Stephen-Argyle Central High School
Warren-Alvarado-Oslo High School
Win-E-Mac High School
Coop: 138 "Sacred Heart H.S."
Krueger Homeschool
Sacred Heart High School (HOST)

Coop: 165 "Climax/Fisher"
Climax High School
Fisher High School (HOST)
Coop: 196 "Goodridge/Grygla-Gatzke"
Goodridge High School
Grygla-Gatzke High School (HOST)
Coop: 197 "Kittson County Central"
Kittson Central High School (HOST)
Lancaster High School

Class: A

SECTION: 1

8 teams in this section
Bethlehem Academy
Blooming Prairie High School
Fillmore Central High School
Goodhue High School
Kingsland High School
Rushford-Peterson High School
Southland High School
Wabasha-Kellogg High School

SECTION: 2

8 teams in this section
Janesville-Waldorf-Pemberton H.S.
Mankato Loyola High School
Minnesota Valley Lutheran
New Ulm Cathedral High School
Sleepy Eye High School
Sleepy Eye Saint Mary's High School
Springfield High School
Coop: 81 "Cedar Mountain/Comfrey"
Cedar Mountain High School (HOST)
Comfrey High School

SECTION: 3

7 teams in this section
Adrian High School
Murray County Central High School
Red Rock Central High School
Saint Clair High School
Tracy-Milroy-Balaton High School
United South Central High School
Coop: 424 "Southwestern United Wildcats"
Round Lake-Brewster (HOST)
Southwest Star Concept H. S.

SECTION: 4

8 teams in this section

Atwater-Cosmos-Grove City H.S.
Belgrade-Brooten-Elrosa H.S.
Buffalo Lake-Hector-Stewart High School
Kerkhoven-Murdock-Sunburg H.S.
Kimball Area High School
Mayer Lutheran High School
Minneapolis North Community H.S.
Coop: 254 "Lester Prairie \ Holy Trinity"
Holy Trinity High School
Lester Prairie High School (HOST)

SECTION: 5

8 teams in this section
Canby High School
Dawson-Boyd High School
Lac qui Parle Valley High School
Lakeview High School
MACCRAY High School
Ortonville High School
Russell-Tyler-Ruthton High School
Wabasso High School

SECTION: 6

8 teams in this section
New York Mills High School
Pillager High School
Pine River-Backus High School
Royalton High School
West Central Area School
Coop: 67 "Browerville H.S."
Browerville High School (HOST)
St. John Vianney Academy
Coop: 346 "Prairie Valley Nighthawks"
Eagle Valley High School
Parkers Prairie High School (HOST)
Coop: 458 "Upsala/Swanville"
Swanville High School
Upsala High School (HOST)

SECTION: 7

8 teams in this section
Barnum High School
Blackduck High School
Braham High School
Cook County High School
Deer River High School
East Central High School
Ogilvie High School
Walker-Hackensack-Akeley H.S.

SECTION: 8

8 teams in this section
 Fertile-Beltrami High School
 Fosston High School
 Lake Park-Audubon
 Mahnomen High School
 Red Lake High School
 Coop: 193 "Badger/GB-MR"
 Badger High School
 Greenbush-Middle River High School (HOST)
 Coop: 277 "Northern Freeze"
 Marshall County Central H. S. (HOST)
 Tri-County High School
 Coop: 368 "Red Lake County Rebels"
 Red Lake County Central
 Red Lake Falls High School (HOST)

Class: AA**SECTION: 1**

8 teams in this section
 Caledonia High School
 Chatfield High School
 Dover-Eyota High School
 Hayfield High School
 Lewiston-Altura High School
 Saint Charles High School
 Triton High School
 Coop: 491 "Cotter High School"
 Cotter High School (HOST)
 Hope Lutheran High School

SECTION: 2

8 teams in this section
 G-F-W High School
 Kenyon-Wanamingo High School
 LeSueur-Henderson High School
 Medford High School
 Norwood-Young America High School
 Pine Island High School
 Waterville-Elysian-Morristown H.S.
 Zumbrota-Mazeppa High School

SECTION: 3

9 teams in this section
 Jackson County Central High School
 Lake Crystal-Wellcome Memorial
 Luverne High School
 Maple River High School
 Martin County West High School

New Richland-H-E-G H.S.
 Pipestone Area High School
 Windom Area High School
 Coop: 399 "Saint James Area"
 Butterfield-Odin High School
 Saint James High School (HOST)

SECTION: 4

7 teams in this section
 Brooklyn Center High School
 Concordia Academy-Roseville
 Howard Lake-Waverly-Winsted H.S.
 Maple Lake High School
 Minneapolis Edison High School
 Saint Paul Humboldt High School
 Spectrum High School

SECTION: 5

8 teams in this section
 B O L D High School
 Benson High School
 Eden Valley-Watkins High School
 Minnewaska Area H.S.
 Paynesville Area High School
 Sauk Centre High School
 Yellow Medicine East H.S.
 Coop: 299 "Minneota/Lincoln HI"
 Lincoln H I High School
 Minneota High School (HOST)

SECTION: 6

8 teams in this section
 Breckenridge High School
 Holdingford High School
 Long Prairie-Grey Eagle H.S.
 Osakis High School
 Pelican Rapids High School
 Staples-Motley High School
 Wadena-Deer Creek High School
 Coop: 35 "Ottertail Central Bulldogs"
 Battle Lake High School (HOST)
 Henning High School

SECTION: 7

6 teams in this section
 Crosby-Ironton High School
 Eveleth-Gilbert High School
 Hinckley-Finlayson High School
 Mesabi East High School
 Rush City High School
 Coop: 308 "Moose Lake/Willow River"

Moose Lake High School (HOST)
 Willow River High School

SECTION: 8

7 teams in this section
 Bagley High School
 Barnesville High School
 Crookston High School
 Frazee High School
 Hawley High School
 Warroad High School
 Coop: 284 "United North Central Warriors"
 Menahga High School (HOST)
 Sebeka High School

Class: AAA**SECTION: 1**

7 teams in this section
 Cannon Falls High School
 Jordan High School
 La Crescent High School
 Lake City High School
 Plainview-Elgin-Millville High School
 Rochester Lourdes High School
 Tri-City United High School

SECTION: 2

7 teams in this section
 Breck School
 Glencoe-Silver Lake High School
 Watertown-Mayer High School
 Coop: 293 "Henry H.S. / West Metro"
 FAIR School
 Minneapolis Patrick Henry H. S. (HOST)
 Coop: 379 "Rockford High School"
 Rockford High School (HOST)
 Singh Academy Home School
 Coop: 480 "West Lutheran/Southwest Christian"
 Southwest Christian
 West Lutheran High School (HOST)
 Coop: 689 "Providence Academy"
 Heritage Christian Academy
 Providence Academy (HOST)

SECTION: 3

6 teams in this section
 Belle Plaine High School
 Blue Earth Area High School

"THE KEEPERS OF THE GAME"

Fairmont High School
Saint Peter High School
Sibley East High School
Worthington High School

SECTION: 4

6 teams in this section
Columbia Heights High School
Saint Croix Lutheran High School
Saint Paul Como Park H.S.
Coop: 294 "Minneapolis Roosevelt H.S."
El Colegio Charter School
Minneapolis Roosevelt High School (HOST)
Coop: 298 "Minnehaha Academy"
Hope Academy
Minnehaha Academy (HOST)
Coop: 389 "Saint Agnes H.S."
Nova Classical Academy
St. Agnes High School (HOST)

SECTION: 5

7 teams in this section
Aitkin High School
Foley High School
Milaca High School
Mora High School
Pierz High School
Pine City High School
Coop: 395 "St. Cloud Cathedral"
Saint Cloud Cathedral High School (HOST)
Saint Cloud Christian School

SECTION: 6

7 teams in this section
Annandale High School
Litchfield High School
Melrose Area High School
Montevideo High School
New London-Spicer High School
Redwood Valley High School
Coop: 310 "Morris Area/Chokio-Alberta"
Chokio-Alberta High School
Morris Area School (HOST)

SECTION: 7

7 teams in this section
Esko High School
International Falls H.S.
Proctor High School
Two Harbors High School

Virginia High School
Coop: 131 "Marshall School, Duluth"
Lakeview Christian Academy
Marshall School, Duluth (HOST)
Coop: 194 "Greenway Naskwauk Keewatin"
Greenway High School (HOST)
Nashwauk-Keewatin High School

SECTION: 8

6 teams in this section
Dilworth-Glyndon-Felton H.S.
East Grand Forks High School
Park Rapids Area High School
Pequot Lakes High School
Perham High School
Roseau High School

Class: AAAA

SECTION: 1

6 teams in this section
Albert Lea High School
Byron High School
Kasson-Mantorville High School
Red Wing High School
Stewartville High School
Winona High School

SECTION: 2

6 teams in this section
Dassel-Cokato High School
Hutchinson High School
Mankato East High School
Marshall High School
New Ulm High School
Waseca High School

SECTION: 3

6 teams in this section
Academy of Holy Angels
Holy Family Catholic High School
Minneapolis South High School
Richfield High School
Saint Paul Highland Park
Coop: 403 "St. Paul Academy and Summit School"
Great River School
Mounds Park Academy
St. Paul Academy and Summit School (HOST)

Twin Cities Academy High School

SECTION: 4

6 teams in this section
Hill-Murray School
North Branch High School
Saint Paul Johnson High School
South Saint Paul High School
Coop: 372 "New Life Academy/St. Croix Preparatory Academy"
Bethany Academy
Larson Home School
Master's Academy Home School
New Life Academy of Woodbury (HOST)
St. Croix Preparatory Academy
Coop: 406 "Saint Paul Harding H.S."
Community of Peace Academy
Saint Paul Harding High School (HOST)

SECTION: 5

6 teams in this section
Becker High School
Big Lake High School
Delano High School
Mound Westonka High School
Orono High School
Zimmerman High School

SECTION: 6

6 teams in this section
Benilde-St. Margaret's School
Blake School (The)
DeLaSalle High School
Fridley High School
Park Center High School
St. Anthony Village High School

SECTION: 7

6 teams in this section
Cloquet High School
Duluth Denfeld High School
Grand Rapids High School
Hermantown High School
Hibbing High School
Princeton High School

SECTION: 8

6 teams in this section
Albany High School
Detroit Lakes High School
Fergus Falls High School

Little Falls High School
Rocori High School
Thief River Falls High School

Class: AAAAA

SECTION: 1

6 teams in this section
Austin High School
Faribault High School
Owatonna High School
Rochester Century High School
Rochester John Marshall
Rochester Mayo High School

SECTION: 2

6 teams in this section
Chanhassen High School
Chaska High School
Mankato West High School
New Prague High School
Northfield High School
Waconia High School

SECTION: 3

6 teams in this section
Apple Valley High School
Bloomington Jefferson High School
Bloomington Kennedy High School
Minneapolis Southwest High School
Minneapolis Washburn High School
Saint Louis Park High School

SECTION: 4

6 teams in this section
Andover High School
Irondale High School
Mahtomedi High School
North High School
Robbinsdale Cooper High School
Spring Lake Park High School

SECTION: 5

6 teams in this section
Hastings High School
Henry Sibley High School
Saint Thomas Academy
Simley High School
Tartan High School
Coop: 404 "Saint Paul Central"
Avalon School

Saint Paul Central High School (HOST)
Saint Paul Open School

SECTION: 6

6 teams in this section
Buffalo High School
Elk River High School
Monticello High School
Rogers High School
Saint Michael-Albertville H.S.
Willmar High School

SECTION: 7

6 teams in this section
Bemidji High School
Brainerd High School
Cambridge-Isanti High School
Chisago Lakes Area High School
Duluth East High School
Saint Francis High School

SECTION: 8

6 teams in this section
Moorhead High School
Saint Cloud Apollo High School
Sartell-Saint Stephen High School
Sauk Rapids-Rice High School
Coop: 10 "Alexandria H.S."
Alexandria High School (HOST)
New Testament Christian School
Coop: 396 "Saint Cloud Tech"
Saint Cloud Tech High School (HOST)
Saint John's Prep

COMMUNITY SERVICE AWARD – FOOTBALL IS MORE THAN JUST A GAME

Coaches can make a significant impact on their players, school, community, and world through the community service award by conducting a community service project.

Minnesota Football Coaches Association
Community Service Award Guide

The Community Service Award began in 2008. The award encourages teams to display their student-athletes' service while portraying qualities of leadership, community, and giving to others. Giving, without the expectation of receiving anything in return, is a powerful quality that can be instilled in our young men.

Each year, the most outstanding contributions will be recognized. To grow the familiarity of the award, all 14 teams that submitted the form were recognized in 2008 and 2009. Three teams were recognized in 2010 and 2011. Beginning in 2012, one team is recognized.

It is great to see teams seek this award. More importantly, it is great to see how teams contribute to our communities, state, country, and world. We are happy to share the good things that our programs, led by our coaches, do for student-athletes and society. If your team does a community service activity of any kind, please fill out the online form. The form is simple, but the message it will send can be resounding.

If your program has not conducted a community service activity, please consider one. No act is too small when it comes to giving back. Please view the work of recognized teams on the MFCA website. Moreover, consider the following community service ideas and organizations:

Food shelf, Food drive, School mentoring, Elementary reading, DARE volunteers, Flood prep and relief, Hospitals/hospice, Nursing homes, Public Safety Departments, Environmental projects,

Community cleanup day, Walk/Runs, Drug, alcohol, violence, abuse education, Blood drives, Adopt a member of a nursing home, Adopt a Highway, Animal Shelters/zoos, Raise money for a charity, Compete with a rival to fundraise for charity, Youth football camps or leagues, Work food or soup lines, Serve area schools and parks, Contact your town hall for needs, Raise money for school supplies

Do not underestimate the difference that a community service experience can have on your communities and team. More often than not, those who gain the most are the young men performing the service. If you need any assistance, please contact Beau LaBore, MFCA Community Service Committee Chair, at laboreb@stillwater.k12.mn.us.

2012 Community Service Award: Service – It's Required!

The White Bear Lake Bears, led by their new Head Coach Ryan Bartlett, created a unique way of ensuring that their football players give back to their community – they required it! "We require our sophomores to conduct six hours, juniors eight hours, and seniors 10 hours prior to the start of the season," said Bartlett. The players do a variety of activities, ranging from work with church groups, mission trips, elderly care, elementary schools, youth groups, and much more. In other words, they award hours for anything done for other people without pay.

What a great idea. "I wish I could take credit for it," Bartlett confessed. "I got the idea from Coach Ben Geisler at Irondale High School. It made sense to him. If you want players to perform service give them opportunities and provide incentive." The motivation is obvious. While their goal is to expose their young men to the importance and intrinsic



satisfaction of giving, their hours are required for lettering and more. "Not only do they not letter, they do not receive the bear paw decal on their helmet," he said. The coaching staff emphasizes the importance of helping others in life and putting our words into action. This requirement is one way of doing that. Clearly, the betterment of each young man in the WBL program is foremost on the coaching staff's agenda.

In the end, the goal of increasing the service of the players at WBL has been very well received. The initiative is flexible, encompassing, and can have an indelible impact on young men. "I think it teaches our players some nice lessons and develops great relationships with people in our community."

MFCA SCHOLARSHIP

Twelve Minnesota high school football players received scholarships this past season in recognition of their fine play on the field and academic excellence in the classroom. The players will receive a \$500 scholarship for this upcoming school year.

Each of the scholarships is named for a Minnesota high school football coach who had a significant impact on high school football and the coaches association.

2013 Winners

Tom Mahoney (Fairmont)
Scholarship Winner: Kyle Schoneck (Maple River)

David Nigon (TG)
Scholarship Winner: Derek Cross (Elk River)

Steve Silianoff (South St. Paul)
Scholarship Winner: Michael Beckmann (Beth. Ac.)

Dale Scholl (Redwood)
Scholarship Winner: Kyle Petermeier (Browerville)

Don Swanson (MPLS Henry)
Scholarship Winner: Brandon Halverson (Andover)

Al Siegle (Pelican Rapids)
Scholarship Winner: Drey Loge (Pine River)

Dave Hylla (Proctor)
Scholarship Winner: Steffan Stroh (Underwood)

Warren Olson (Brooklyn Center)
Scholarship Winner: Michael Witschen (Monticello)

Les Dreschsel (Ada)
Scholarship Winner: Gunnar Anderson (Int'l Falls)

Andy Nelson (Lake Benton)
Scholarship Winner: Matt Ahrndt (Benson)

Bob Peterson (Esko)
Scholarship Winner: Isaac Heard (Edgerton)

Jim Gustafson (Albert Lea)
Scholarship Winner: Tyler Jakes (Mankato West)

"How football has impacted my life"

"For the rest of my life I will not only remember the great friendships and bonds I have created with some extraordinary men, but will remember how football has affected my character and shaped me."
- **Steffan Stroh, Underwood**

"The sport challenges you on a daily basis. My coaches tell me it is a great training tool for life. I believe it has taught me to take on difficult tasks and overcome obstacles standing in the way of getting the job done."
- **Kyle Schoneck, Maple River**

"Football found its way into every bit of my life. Not only did it introduce me to fun and driven athletes and coaches, but my teammates have become my best friends."
- **Michael Witschen, Monticello**

"Football is a part of my life and makes me who I am; without football, I would be a very different person. I would never have become a leader or become as involved in my school."
- **Michael Beckmann, Bethlehem Academy**

"I realized quickly, that regardless of our differences, we must work towards the same goal to be successful. The

brotherhood I gained in my teammates will be a lifelong treasure."
- **Matthew Ahrndt, Benson**

"... The experiences of being a quarterback have allowed me to develop my leadership skills. These skills include being a role model, picking up my teammates emotionally, and instilling confidence in others. In turn, I have grown into a person of strong character."
- **Gunnar Anderson, International Falls**

"Football has taught me discipline, on and off the field. Being in athletics has taught me the importance of hard work. I know that it takes a team to be great; individuals accomplish nothing."
- **Derek Cross, Elk River**

"Becoming mentally tough often separates the good players from the great ones. Football has taught me that when my physical attributes just do not cut it, having the guts to use my mind and not give up can make the difference."
- **Drey Loge, Pine River**

"The game is like none other, and it has impacted my life by teaching me life lessons. Football has taught me dedication and teamwork. Although, I believe that

football has impacted my life most greatly by teaching me how to deal with adversity."
- **Tyler Jakes, Mankato West**

"How has football impacted my life? I ask, 'How has football not impacted my life?' First and foremost it has given me direction and taught me life lessons and skills I will use the rest of my life."
- **Kyle Petermeier, Browerville**

"The game has also made me more humble. I know that only a small number of people get to play the game and I am truly grateful for a all of my opportunities."
- **Isaac Heard, Edgerton**

"The game provides a dynamic that no other activity can, a family. Coming to work every day with my teammates has enlightened me that there are things in life worth working for and our generation can provide a work ethic and leadership to our country."
- **Brandon Halvorson, Andover**

MINNESOTA

FOOTBALL COACHES ASSOCIATION

SCHOLARSHIP

The Minnesota Football Coaches Association will award scholarships to students who are currently enrolled in a Minnesota High School and are members of their high school football team.

Eligibility

- Applicant must plan to be enrolled in college for the 2013-2014 academic year.
- A minimum grade point average of 3.0 (B) is required. The student's high school transcript must accompany the application.
- Student must write a 250 word essay that describes how the sport of football has impacted their life.
- Essay must be typed.
- Application must be accompanied by two letters of recommendation from high school faculty members familiar with the student's academic and extra-curricular achievements.
- Head Football Coach must be a member of the MFCA.

Submission of Application

Submit the application and all other material required to:

MFCA Football Scholarship
Attn: Will Wackman
8001 Able St
Spring Lake Park, MN 55432

Applications must be postmarked by March 1, 2013

Application will be judged on the following criteria

1. Academics
2. School/Community Involvement
3. Essay
4. Athletic Achievement
5. Letters of Recommendation

Notification and payment

The scholarship winner will be chosen by a committee of MFCA members and will be announced by May 15, 2013. The check will be mailed to the college during the summer of 2013 following verification of enrollment.

For Additional Information:

Contact Will Wackman
8001 Able St., Spring Lake Park, MN 55432
Tel. (763) 786-5571 x 5126
wwackm@district16.org

MINNESOTA FOOTBALL COACHES ASSOCIATION SCHOLARSHIP

Name: _____ School: _____

Permanent Address: _____

City/State/Zip: _____ Telephone: _____

E-mail: _____

School Address: _____

City/State/Zip: _____ Telephone: _____

SSN#: _____ Head Coach's Name: _____

Grade Point Average: _____ (on a 4.0 scale) ACT Composite Score: _____

Anticipated date of Graduation: _____ College Choice: _____

Verification of Application

By signing below, the student confirms that the information provided is accurate and that the essay was written by that same student. The student also asserts to his/her intent to attend a university or college in the fall of 2013. The school official confirms that all the information above is accurate and up-to-date.

Student Signature _____

School Official: _____ Signature: _____

Title: _____ Phone: _____

NOTE THESE ITEMS MUST BE RECEIVED WITH APPLICATION FORM:

- Official High School Transcript
- 250 Word Essay
- Two letters of Recommendation
- Activities Resume (including Athletic Achievement and School/Community Involvement)



MR. FOOTBALL AWARD



An annual award recognizing Minnesota's best high school football player.

Sponsored by: Minnesota Football Coaches Association and the Minnesota Vikings,

**RETURN THIS NOMINATION FORM BY NOVEMBER 15, 2013
TO COMMITTEE CHAIRMAN, RICK SUTTON, EAGAN**

Award Criteria

- * The recipient must be a graduating senior
- * The head coach of all nominees must be a current member of the MFCFA
- * Nominees cannot have any MSHSL Eligibility violations from grade 9-12
- * Each player must have their nomination approved by their conference and the MFCFA Conference Rep will pass the nominee on to the committee chair

* Conference Nominations

Class 6A and 5A conferences will be allowed to nominate two players.

Class 4A, 3A, 2A, 1A and 9Man conferences will nominate one player.

Selection Process

- * Conference reps e-mail Rick Sutton with selections by Nov. 16
- * Head coach must submit nomination forms to Rick Sutton by Nov. 16
- * Selection committee evaluates nominees and chooses 10 finalists on or about November 16th
- * Each finalist will have a committee member assigned as an evaluator
- * The ten finalists will be required to submit two complete game films and a highlight film to the committee
- * Mr. Football Banquet will be held Dec. 9th at the Doubletree Park Place

Nomination Form

Player's Name _____

Position(s) Played _____

School _____ Conference _____ Class _____

Head Coach _____ Current MFCFA member ? Yes No

Coach's Contact Information:

Email: _____

School Phone: _____ Cell Phone: _____

School Address: _____

Parent's Contact Information:

Name: _____ Address: _____

Phone: _____

In addition, coaches are required to provide 2013 statistics, career statistics, honors and awards and any additional coach comments that will assist the committee.

Coaches are to mail, fax, or email the form(s) and additional required information to the committee chairman.

Download nomination form at: www.mshsca.org/football/mrfb.pdf

Mr. Football Committee Chairman

Rick Sutton, Eagan

Eagan High School, 4185 Braddock Trail, Eagan, MN 55123

Fax: 651.683.6910 • Work: 651.683.6900 • Cell: 612.860.6624

E-mail: rick.sutton@district196.org

Mr. Football Committee

Chairman Rick Sutton, Eagan; Jeff Bernards, Kasson-Mantorville; Jim Dotseth, Retired Coaches Representative; Mike Gindorff, Crosby-Ironton; Scott Gonnerman, Benson; Mike Hennen, Cambridge-Isanti; Dwight Lundeen, Becker; Tom Murphy, Nicollet; Will Wackman, Spring Lake Park, Jeff Weiland, Orono, Giovan Jenkins, Washburn

MR. FOOTBALL 2012-13

Bridgeport Tusler

Bridgeport Tusler, a running back and defensive back from Osseo High School (Northwest Suburban Conference) was named Mr. Football for 2012 by the Minnesota Football Coaches Association. The award was presented at the Mr. Football Banquet on Sunday December 9 at the Doubletree Hotel in St. Louis Park.

Tusler rushed for 1,173 yards and 16 touchdowns. He caught 18 passes for 243 yards and three touchdowns. He added four additional touchdowns through passing (one), punt returns (two) and on one of his eight interceptions.



The finalists for Mr. Football were:

- | | |
|---|--|
| Marley Allison , Edina, Conference
WR/DB/RET, Lake Conference | Shaun Schindler , Hutchinson, LB/
RB, Wright County Conference |
| Jake Disterhaupt , Moose Lake-Willow River, RB/LB/DB, Great Polar Conference | Bridgeport Tusler , Osseo, RB/DB, Northwest Suburban Conference |
| Chase Morlock , Moorhead, RB/LB, Independent | Brett Watercott , Becker, WR/DB, Granite Ridge Conference |
| James Onwualu , Cretin-Derham Hall, RB/WR/DB, Suburban East Conference | Jake Wieneke , Maple Grove, WR, Northwest Suburban Conference |
| Noah Scarver , Mpls. Washburn, TE/DE, Minneapolis City | Alex Wood , Lakeville North, LB/FB, South Suburban Conference |



Mr. Football Award Committee

Chairman, Rick Sutton	Eagan	Tom Murphy	Nicollet
Dwight Lundeen.....	Becker	Mike Gindorff.....	Crosby-Ironton
Will Wackman	Spring Lake Park	Jeff Bernards.....	Kasson-Mantorville
Mike Hennen.....	Cambridge	Jim Dotseth	Sec-Treas.
Scott Gonnerman.....	Benson	Giovan Jenkins	Washburn
Jeff Weiland	Orono		

Airborne! Applying Lessons Learned from the Landing Zone to the Gridiron

By Jason Sedlock, Assistant Football Coach, St. Thomas Academy

I was fortunate to attend the US Army Airborne School at Ft. Benning, Georgia in 1999. The primary purpose of airborne school is to teach military personnel to jump out of an airplane and land on the ground without hurting themselves, or the jumpers around them. At the beginning of the third week of the course, which is known as “jump week,” I found myself 1200 feet above the earth’s surface standing in a C-130 with my main parachute on my back, reserve parachute on my front, and my ripcord attached to a static line as I awaited the go signal. The green light went off, and I started shuffling towards the open door of the plane with the rest of the airborne candidates in my chalk. Before I knew it, I was out the door with my knees in the breeze, my chute opened, I drifted down to the landing zone, and performed a parachute landing fall, also known as a “PLF” in military jargon. While I was elated to complete my five training jumps and earn my jump wings, I had no idea at the time that my experience in the course would have such a profound impact on the way I would someday coach football.

Clear Objectives, Well Defined Process, Constant Feedback

Airborne instructors must take a class of approximately 500 students, who collectively have a very diverse mental and physical skill set, and get them ready to jump from a plane and land on the ground safely in just three weeks. There are three primary reasons they are able to accomplish this. First, they clearly define the objective of every training exercise that a student performs while in the school. Second, they adhere to a teaching methodology and progression that builds upon the most basic skills, and a systematic belief that no airborne student can advance to the next skill until they master the one before it. Third, the instructors give students continuous feedback, correcting mistakes if required, or commending performance when a skill or technique is performed correctly.

Every football coach in the game wants his players to “play fast” on game day. As a defensive staff at Saint Thomas Academy, we feel that by applying a type of airborne school teaching process puts our players in a great position to play fast on Friday nights because they are confident in their individual

assignments, and can execute the individual skills that make them successful on the field without hesitation and with great ferocity.

What is the desired outcome? How is it communicated?

We try to define very specific desired outcomes when communicating techniques to our players on both the macro and micro level. You can never assume that a player knows what you are talking about even when using common football terminology. Terms like inside out, primary force, and downhill are second nature to a coach, but not necessarily a 15 year old. We spend time defining these terms for our players and reinforce their meaning by using them constantly in practice. Position coaches also clearly define and standardize their terminology when communicating and teaching position specific skills and techniques. They use this terminology when teaching during individual periods, and reinforce the meaning when communicating with players during unit and team sessions of practice. We do the exact same thing when teaching general defensive skills like pursuit, tackling, and take-aways. When a coach tells any player on the defense to “shimmy your feet,” the player understands that he needs to take short controlled steps in order to gather himself to make a play on the ball carrier. Using standardized terminology not only helps us give clear guidance, and well defined outcomes, but also allows us to coach on the fly during up-tempo practice sessions or in the heat of a game. If the outside linebacker coach needs to remind a player to play with better pad level when taking on a kickoff block, all he has to say to the player is “pad under pad” and the player knows exactly what he needs to do. We also believe that the more a player hears a specific coaching point using our terminology during a practice session, the more we are reinforcing their understanding of the technique and desired outcome.

Progression and Repetition

As I mentioned before, Airborne school is three weeks long and includes “ground week,” “tower week,” and “jump week.” No airborne candidate can progress to the next week without

mastering the skills of the prior week. We try to teach in a similar progression style during game weeks at STA. Coaches focus on teaching the individual skills that each position needs to perform on Friday nights during individual periods. We typically have a very up-tempo practice, but the defensive position coaches are allowed to slow down individual periods to make sure that their players understand what they need to be doing in order to be successful. It is our belief as a staff, that the only way to master a skill is to get as many quality repetitions as possible. By teaching and repeating the skills during individual periods, and then reinforcing these skills by putting players in situations where they need to use them repeatedly during combination and full team periods allows us to maximize the number of repetitions each player gets during practice. We want to build muscle memory and a conditioned response into our players so it requires virtually no thought to execute their assignment in a game situation. We feel that by having a logical progression that starts with clear instruction and execution in a controlled situation like indy, and culminates in combination and team periods, gives our players the best chance to succeed. We take a similar approach to non-position specific defensive skills like tackling, pursuit, and take-aways, and utilize circuit stations to build on basic skills, reiterate and reinforce coaching points, and maximize repetitions.

Feedback

Airborne instructors are constantly giving students feedback during every section of the course. Even during jump week as you approach the ground, the instructors are shouting out landing instructions through megaphones to ensure that candidates properly perform PLFs and land safely. Feedback is vitally important for players. They must know when they need to fix something. However, it is equally, if not more important, that they know when they have done something correctly. This builds confidence in players and leads to better execution in games. As our players are working through various drills, we like to ask them if they “feel the difference” when they do something correctly versus when they do something incorrectly. We feel it is important that our players know what it feels like when a skill is done correctly as it helps with muscle memory, and further helps them build confidence in their abilities and assignments.

Monitor and Adjust

Some would argue this type of teaching approach makes players mechanical and unable to adjust to the things that they will see on a Friday night. “Monitor and adjust” is a phrase that has been used at STA for a long time and is something we talk about frequently during a practice week. One of the benefits of focusing on a teaching progression, and getting as many repetitions of basic skills during practice as possible, is as the season progresses we can spend slightly less time on the most basic football skills and more time on opponent specific items and in game checks. By the middle of the season we are usually pretty confident in our ability to accomplish this. While we do stick to a pretty repetitive type practice plan and schedule

during game weeks, we talk about situational awareness quite a bit and are constantly working on our in game checks and adjustments. Because our players don't have to think about the correct steps or technique that are so drilled into them throughout the week and season, their minds are completely free to read and react to the offense. Their focus is on what the other team is doing, not on them and what they are doing.

Conclusion

We believe game day success is directly linked to how efficiently we practice and prepare Monday through Thursday. There never seems to be enough practice time, so we try to maximize our time on the field by consistently executing a thorough process focused towards a very specific set of objectives. We feel if we can teach our players what they need to do in game situations to be successful and then put them in game like situations so they can practice what we have taught them, then they are in great shape. We would like to thank the MFCA for the opportunity to share some ideas about the game. We are always looking to improve as a staff and welcome the opportunity to dialogue with other programs so do not hesitate to contact our staff if you would like to share some ideas. ■

Becoming a loyal and trusted Assistant Coach:

The role of a Coordinator at Minnetonka High School

By Greg Clough, Defensive Coordinator, Minnetonka High School

Coaching Career:

1986, Washburn High School: Defensive line & Offensive line

1987-88, Head Coach Minneapolis Southwest High School

1989-91, Montana State 1989 Graduate Assistant, 1990-91 Defensive Line

1992-96, Head Coach Roseville Area High School

1997-01, Mankato State University 1997-98 Defensive Line, 1999-01 Defensive Coordinator

2002-Present, Minnetonka High School 2002 -Defensive Line,

2003 - present Defensive Coordinator

I have had the honor and privilege to work at Minnetonka High School for the last eleven years, ten as Defensive Coordinator. In this article, I hope to share the things that I think go into being a loyal and trusted Assistant Football Coach. I will highlight three areas that I think are critical in this process. In addition to coordinating the defense I also serve as the liaison to our Youth Football program. The connection we have made with our youth coaches is something I am particularly proud of.

The most important trait an assistant coach must possess is that of loyalty. In this day and age, with the way parental involvement and pressure has ramped up it's critical that your program speak in a singular, united voice. If a parent singles me out to question something about our program I cannot stay silent. These situations require a clear cut decisive rebuttal that brings an end to the discussion. Nothing short of absolute loyalty should ever be accepted. Loyalty is also very important within the ranks of the coaching staff. Everyone has worked with a coach that is never seemingly content no matter how good things seem to be. When dealing with these types of situations, I try to encourage guys to step back and try to appreciate the things we have at Minnetonka High School and how grateful we all should be to be part of the program.

Decisions that are made by the head coach whether they reflect the exact conclusion I would have drawn must nonetheless be embraced and deemed to be in the best interest of the program. To challenge debate and disagree behind the staff meeting room doors is all a part of the function of an effective staff. However, to let these grievances play out in front of the players is symptomatic of a losing program. Fortunately, this is a very, very, rare occurrence at Minnetonka. A good assistant coach recognizes the importance of his role and does not put any aspirations he may have in front of the good of the group. I have found that coaches who constantly eye their next job rarely do the caliber of work required to warrant such

a promotion. We have a motto at Minnetonka High School "coach where you're at". Every coach in our program has value and Coach Nelson does a great job of recognizing the positive contributions of all our staff members.

The next function I want to address is the connection that must be forged between the High School and Youth Football Programs. In 11 years here at Minnetonka our Youth Football numbers have swelled to over six hundred participants. These kids are the future of the program and it is our responsibility to ensure a quality experience for each and every one of them. We meet regularly with our youth coaches in a series of mini clinics during the year. I believe strongly there must be a strong partnership between the high school program and the youth program. Many of these kids are coached by their Dad's so the effort to forge a connection early on pays great dividends down the road.

The last area I want to address is the importance of the coordinator being hungry for technical knowledge. I have been fortunate to have a great deal of autonomy here as the Defensive Coordinator. It is therefore, incumbent on me to be the best technical coach I can be. We have two major coaching clinics in this area, the Glacier Clinic and the Minnesota Coaches Association Clinic. I make sure to regularly attend both of these. Over the years I have noticed the average age of those in attendance rising. Maybe this is because the older we get we realize what we don't know. Clinic attendance should be aimed at filling in these blanks. In addition to these clinics, we regularly bring in college and even pro coaches for one day clinics. We also take regular spring trips as a staff to try and expand our technical expertise. Football is constantly evolving and it takes hard work to stay current with the game.

It has been an honor for me to present this to our association. I hope all of you enjoy your summer and best of luck next fall!

■

Sibley East Football Success

By Chuck Hartman, Head Football Coach

High school: Aquin Central Catholic HS, Freeport IL

College: Luther College, Decorah, IA

Coaching Career: Assistant Coach at Rochester Century and Hutchinson, head coach at Sibley East high school, Arlington, MN.

Family: Wife Kris, Charlie (10), Jack (8), Emma (4) these will be their ages in the fall

I would like to thank the MFCA for giving me the opportunity to write this article. I would also like to thank some people before I begin. My coaching staff of Rod Tollefson, Carl Bratsch, Todd Warzecha, Tom Webster, and Mike Haller. Without those guys our success this year would not have been possible. I would also like to thank Andy Rostberg of Hutchinson for being a mentor and sounding board. Brian Benning and Bill Pospischil, and the rest of my high school coaches, and my dad for teaching me how to be a man. Finally I need to thank my wife Kris, and kids Charlie, Jack, and Emma for being supportive throughout my career.

Our football program is not very innovative; I mean that in a good way. We beg, borrow, and steal what works from other successful programs and adapt it to fit our system and beliefs. As a staff we put in a lot of time to make football successful at Sibley East. The rest of this article will highlight some of what has helped us to go from 1-8 my first season in 2008 to 9-2 and MRC and Section Champs this past season.

Weight Room

My first meeting with the players in May of 2008 took place in the weight room, and when we got off the bus after losing to Caledonia in the State Quarters in 2012 all the returning players met in the weight room for a few minutes. That's how important it is to our program. We would not be 21-9 the last three seasons, without the dedication of many boys in the Weight Room. Strength training became a priority whereas it was not on the radar before. As our squats and cleans started to increase the scores on the field started to get closer or turn in our favor. The kids not only got stronger but learned how to be tougher. It takes a mentally tough person to attack a loaded bar in the squat rack, drop your butt below parallel and stand up with it....and then do it again and again. We implemented the Bigger Faster Stronger program but have made a few tweaks along the way. There are several good programs out there but this has worked for us. We have a point system on a spread sheet that we use to reward kids for hitting certain poundages or achieving certain SAQ milestones. They get t-shirts and hoodies for their hard work. When a player reaches the status of "Bad Wolverine" they get their picture taken, framed, and put on our wall of fame in our weight room.

Purpose

Our kids this year had a real purpose to what they did. We had a humbling loss week two in the season and our kids rebounded very quickly from that. We didn't play "Sibley East Football" that night. They realized they had to do things in practice with a purpose or they might as well not do them at all. About week six we started bringing up the goals the seniors set back in May. They wanted to win the conference. We told them that it wasn't so much about "winning" the conference as it was "giving" each other something nobody else in the world would ever be able to give. That they, and only they, had the chance to give each other a conference title. After winning the conference our focus changed to "One More Monday." We wanted to keep winning because we wanted to come back out to practice with each other one more week. I have never been around a group so focused on the task at hand (coaches and players). There were times we trailed in games but "We Believed" we would find a way because this stuff mattered to them.

Defense

While I have always believed you win playing great defense we put a renewed emphasis on it in 2012. Just that fact I am listing it third (ahead of offense) shows you where we rank it. We understand that points are hard to come by vs. good teams in our conference and we knew if we wanted to get out of the section we would have to play great D. We implemented a higher tempo with our scout team and really put an emphasis on execution of fundamentals. We kept things simple and that allowed our kids to execute at a high level. More or less what we did in August was also what we did in November. I think we also used Hudl very well to get tendencies and game plan accordingly. Our players watched a lot of video on Hudl and they understood the importance of video study. We really put an emphasis on not chasing ghosts. Stop what your opponent does best and make him beat you with something else.

Offense

At Sibley East they were used to some high-flying passing attacks. Starting in 2008 we changed that and by 2010 we were running the wishbone with two tight ends most of the time. Last year we lined up in some Wishbone variation 89% of the time. We believe you win by running the football and stopping the run. We

ran the ball an average of 55 times a game last year. When you run the ball that much in practice it makes your kids tougher. We believed we owned short yardage situations because of that. We are able to do this because of our commitment in the weight room. We don't do anything fancy. We run the ball and throw some quick game and play action. It's not so much what we do, but that we execute it well and our kids believe in our system. We do our best not to turn the ball over and stay out of bad situations. I can't stress that last part enough.

Conclusion

I would like to thank the MFCA for this opportunity. It's hard to sum up five years of building the program in two pages. If you would like to talk more please contact me at chartman@sibley-east.k12.mn.us. I think we are doing things right but by no means do we have the monopoly on the way to do things. My staff and I love to talk football anytime. ■

Nevis Football Family

By Shawn Klimek, Head Coach, Nevis Football

A Football Family

How do you define a successful football season or a successful football program? Is it by winning the State Championship? If so, then unless you are a very select group, you are not going to be happy. Don't get me wrong; I want to win as much as the next guy. My goal is to get to the State Tournament and win it every year. However, there is more to the game than winning and losing. Life-long skills and relationships are built on that field. I believe that "The Football Family" is the foundation to a successful program. Over the years, I have found that there are key components to building a cohesive "Football Family".

Culture Building Opportunities

Building a football program takes a lot of time, dedication, and hard work. I believe all success starts by building a great relationship with your staff and players. If the players know that you care about them they are willing to work hard and lay it on the line for you and each other. Our guys don't want to disappoint each other or their coaches. We build this family style atmosphere by having team days. We go swimming, tubing, go to a Vikings game, and have team BBQ's. We also have a team meal every Thursday after practice. Last year we started "Date Night". Each player invited his mom to join him for team dinner Thursday night. This was a huge success with the moms. For some, it was the first piece of quality time they had spent together in a while. We need to remember that even though we are judged on how we perform on Friday nights, the real game that we need to win is the game of life. We can do that by making sure our boys turn into quality young men.

Youth Programs

If you don't have a youth football program, I strongly suggest you get one. Youth programs are where you build your future. We currently have football available for all kids kindergarten through 12th grade. Students in kindergarten through 3rd grade participate in flag football. They spend one hour each Saturday in the fall learning the fundamentals of football and then spend 30 minutes participating in a flag football game. Students in 4th through 6th grade participate in a youth tackle league. Each fall they play an 8-10 game schedule. Our kids never used to start playing football until 6th grade. The addition of youth programs has caused our numbers and talent level to increase.

Coaching and Administrative Support

If your program is going to be successful, you need to have great coaches and administrative support. I'm not just talking about people that can help organize events for you or draw up great plays. They must be outstanding people. They must care about kids and be excellent role models. They must be dedicated to you and your program. If your coaches are not loyal to the program, it is best to cut ties with them, as hard as it might be.

If you don't have administrative support, you are going to have a very hard time running a program. There are situations when people call and complain about the tiniest of details and you need people in power to stand by your side. I am very fortunate to have an AD that believes in me and has given me time to develop my skills and program. To be honest, my first few years were not the prettiest.

As coaches, we probably spend more time with our coaching staff than we do with our families, so you better get along as a staff. Some of my best friends are the guys that I coach with. They are the ones you can count on when the going gets tough. They are also the ones I want to share our success with.

Discipline

I hear all the time how kids are different than they used to be and don't respect adults. I don't believe kids are any different today than they were twenty years ago. Twenty years ago, kids challenged adult authority and they will continue to do so in the future. Kids don't mind discipline. However, they can't be disciplined the way they were twenty years ago. We believe if your kids know that you care about them and that you can be trusted, they will respect you. Football is a game of discipline. You have to be able to walk away from an altercation and not take a penalty for your team. You have to stay disciplined so you don't jump offsides. Undisciplined teams struggle to win games, play as individuals, and don't respect their fellow players and coaches.

Belief, Attitude, and Effort

I sometimes hear people say, "This kid is not good enough" or "That kid is not big enough to play." These things might be true, but effort might be more important. Coaching at a small school sometimes limits your talent. You can't always plug in a new kid and move on. There is a ripple effect. If one player gets hurt it might affect 3 or 4 positions because of different situations. We tell the kids the only thing that they can control is their attitude and effort. They can't control an injury, a bad call by an official, or someone else's actions. We might not always have the best team on the field, but we must perform like we are the best. As coaches, I believe we can follow this model as well. Sometimes we don't have the most talented players. What we can control is our attitude and effort. We still need to work hard each day and be there for our players. Some years, winning 4 games might be all you can achieve. I believe that is better than a very talented team that underachieves. We have to remember that in the game of life not everyone is going to be rich and successful. However, I still believe that everyone can work hard and have a rewarding life.

Weight Lifting and Off-Season Training

Weight lifting and training is one area that we are constantly trying to get better at. Let's face it, it's not that exciting to have to get up early on a nice summer morning and go work out. However, it is essential to having a successful program. Teams that can produce the strongest and fastest athletes are usually the ones that win on Friday nights. We believe summer training is a great team bonding time. It is when relationships are built and strengthened. Guys that work together all summer long want to keep working hard for each other all season long.

Traditions

One area that is often overlooked is tradition. Every team has their own, so if you are a new coach, I strongly encourage you to keep some of the past football traditions. I also encourage you to make some of your own. These are the little things your players remember for a lifetime. One of our football traditions is after the first Friday practice of the season, we run through town singing songs. All the people on Main Street come out to cheer on the team. To us, it is a right of passage. It integrates our team and our town into a football family.

As you take the field this fall, remember why you coach this great game. Let your "Football Family" develop these young boys into the great men of tomorrow. We want them all to be winners in the greatest game of all, which is the game of life. That is your success. ■

During the school year visit the MFCA Website for updated information!

MINNESOTA FOOTBALL COACHES ASSOCIATION

"The keepers of the game"



www.mshsca.org/football/index.htm

Edina Hornets Football

Reed Boltmann, Varsity Head Coach, Defensive Coordinator
Physical Education Teacher
Strength/Conditioning Coach
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reeboltmann@edina.k12.mn.us

Reed Boltmann is entering his 5 year as Head Football Coach at Edina High School. Boltmann grew up in Hamburg, Minnesota and attended Lutheran High School in Mayer, Minnesota. After graduating in 1983, he attended Augsburg College in Minneapolis, MN. Boltmann played football for four years at both the High School and Collegiate level.

In his four years as Head Coach, Edina Football has compiled a record of 25-17. Boltmann is also a Physical Education teacher at EHS and the Strength and Conditioning Coach. In addition to his teaching degree, Boltmann has a M.A. in Human Performance and is a Specialist in Human Performance, earning both at MSU - Mankato in 1993 and 1997 respectively.

Boltmann is married to wife Trish and has two sons: Brock (14) and Jake (11).

I coached at Augsburg College 96-00. The package we run primarily comes from there. Jim Roback and Tom Ross had gone out to Colorado State in 95 and spent the a couple weeks out there during Spring Ball. So our defense comes primarily from Colorado State. The reason for CSU was that they were a multiple front under and over front that was an attacking defense that used undersized guys on the defensive front, but with the slanting/stunting and blitzing were able to control the line of scrimmage against teams that were physically more dominating.

When I coached at Augsburg in the MIAC we were undersized up front the this defense allowed us to line up to any offensive set and be balanced and gave our guys a chance because we were not going to sit in base and just get hammered on. The Defense is a single gap defense we try to keep it as simple possible but we want to be moving attacking and make the offense adjust to the pressure that we are creating.

At Augsburg there were times we played with 200lb pound line man. At Edina I have had some All- Conference lineman that have been 185-190. The goal is to be quick and strong off the ball

control your gap get your heels 1 yard into the back field gets your eyes up and find the football and pursue. DDT-

Deliver a plow- Disengage- Tackle

On every defensive front we have our Call strong or weak side. Front/Stunt or Blitz / and coverage. All 11 players need to know what everyone is doing to run the defense correctly. We try to attack 1/2 a man while trying to keep our outside arm free. We have 9 guys that try to force the run play to the sidelines, our corners are always the widest man they are the only ones that turn the play back inside.

We start with a quarter's coverage in the secondary. We have 9 different coverage's 0/1/2/3 Bolt/Roll/4/6/8 and 52.

We are stunting or Blitzing about 95% of the time the key is reping the stunts/ fronts with the secondary to make sure we have the proper run fits.

If you cannot control the run game in the Lake Conference you will be in for a long night.

Edina Hornets - Defensive Package

Defensive Priorities

- Pursuit
- Tackling
- Turnovers
- Goal Line Defense
- Sudden Change
- Eliminate Penalties
- Enthusiasm
- "One play at a time"
- "Down and Distance theory"

Pursuit- An all-out effort of running to the football on correct angles. Swarm the ball

1. What it takes to pursue
 - A. First- a mental process. (If you want to, you can)
 - B. Visualize pursuing and making great plays. (Be a big play guy)
 - C. Great pursuit on each play requires physical conditioning
 - D. Speed- think fast and quickly.
2. How to pursue

- A. Play your responsibility first
 - B. Inside/ Out Pursuit
 - C. Take correct course to the ball
 - D. Wanting to get there (mental)
 - E. GET THERE
3. What pursuit does
 - A. Eliminates big plays (long runs and passes)
 - B. Discourages opponents
 - C. Helps cover mistakes
 - D. Makes US a GREAT DEFENSIVE team.

Tackling

1. What it takes to tackle
 - A. 90% is desire
 - B. Aggression "Out Physical" the opponent.
 - C. Determination
 - D. Correct Technique
2. How to tackle
 - A. Head up, knees bent, butt low, wide base, feet moving
 - B. Straight on tackle- chest to chest
 - C. Angle tackle- Head across the bow
 - D. Explode into ball carrier, roll hips forward, club through him, grab high cloth
3. Why tackling is so important
 - A. Eliminates big plays (long runs and passes)
 - B. Discourages opponents
 - C. Makes US a GREAT DEFENSIVE team.

Turnovers- Taking the ball away from your opponents

1. What it takes to get a turnover
 - A. A mental process (think turnover)
 - B. Believe you can; expect to create one
 - C. Be aware of turnover opportunities
2. How to get a turnover
 - A. Fumble- strip ball
 - B. Helmet on ball
 - C. Second tackler always go for the ball
 - D. Interception drills (highest point)
 - E. Tip drill- be alert and ready to react
3. Why turnovers are so important
 - A. Momentum in our favor
 - B. Discourages opponents
 - C. Gives our offense and defense opportunities to score
 - D. Makes us a great defensive team

Goal Line Defense- An inspired attitude to pursue excellence

1. What it takes to have enthusiasm

- A. Be mentally disciplined- get yourself into the right frame of mind
 - B. Be confident- know your assignments, know you are in condition
 - C. Challenge yourself- Be the best player you can be.
 - D. Be committed to hard work
2. How to play with enthusiasm
 - A. Give maximum effort in every drill and play (game or practice)
 - B. Be positive (encourage teammates)
 - C. Give all of yourself for the team
 - D. Celebrate with your teammates after a big hit, turnover, or play
 3. Why enthusiasm is so important
 - A. Brings entire team's level of play up
 - B. Gets the crowd behind us
 - C. Discourages opponents
 - D. Makes us a great defensive team

Sudden Change- An unexpected or dramatic shift of momentum

1. What it takes (Attitude)
 - A. Get up mentally and stop their offense
 - B. Go on field emotionally up; ready to play and change momentum
 - C. Accept challenge of stopping the offense; don't blame anyone
2. How to handle a sudden change
 - A. Always huddle up as a defense before you go back on the field
 - B. Think and talk turnover- Be aware of opponent's offensive tendencies
 - C. Run faster, hit harder
 - D. Must think of keeping opponent out of end zone
3. Why sudden change is important
 - A. Stopping the offense after a sudden change:
 - gives our team an emotional lift
 - keeps points off the scoreboard
 - B. Makes us a great defensive team

Eliminate Penalties- Getting rid of mental mistakes that hurt the team

1. What it takes to eliminate penalties
 - A. Know and understand the rules
 - B. Play "smart" football (know when to back off)
 - C. DO NOT RETALIATE- The referees do not always see the entire play
 - D. Concentrate and be disciplined
2. How to eliminate penalties
 - A. Play snap to whistle
 - B. Practice smart and hard; play the same way
3. Why eliminating penalties is so important
 - A. Prevents offenses from getting extra chances and "free" yards
 - B. Helps keep us from beating ourselves
 - C. Makes us a great defensive team

Enthusiasm- An inspired attitude to pursue excellence

1. What it takes to have enthusiasm
 - A. Be mentally disciplined- get yourself into the right frame of mind
 - B. Be confident- know your assignments, know you are in condition
 - C. Challenge yourself- Be the best player you can be.
 - D. Be committed to hard work
2. How to play with enthusiasm
 - A. Give maximum effort in every drill and play (game or practice)
 - B. Be positive (encourage teammates)
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 - B. Gets the crowd behind us
 - C. Discourages opponents

D. Makes us a great defensive team

One play at a time- Every defensive play has 5 phases, each is of vital importance to the next. Successful plays require executing each phase properly.

1. Call
-Receive and understand each phase of the call and exactly what it means to you
2. Recognition of Formation
-Recognize each offensive formation; communicate it to each other.
-Know the formation's strengths, weaknesses, and tendencies and how each of these affect the call
3. Alignment
-Take the exact alignment required by the call and dictated by the formation.
-Always align in the best position for you to execute your responsibility.
-80% of all errors come as a result of poor alignment.
4. KEY
-Knowing your key gives you every advantage over what the offense can do.
5. 5. EXECUTION
-Execution is the essence of Hornet Football.
-Do all phases with 100% of everything you have.

There are usually a handful of plays that determine the outcome of every game. When we make the majority of these plays, we'll win. They often occur in the 4th quarter. We must dominate in the 4th quarter to be a great defensive team.

EXPECTATIONS OF PLAYERS

1. Attend every practice unless excused per the attendance policy.
2. Listen carefully to your coaches

and show them respect. Inappropriate behavior and language will not be tolerated.

3. Know where you need to improve your skills and actively work on these areas each week.
4. Keep up your strength by lifting, maintaining a healthy diet, and getting adequate daily rest.
5. Give your best effort at practices and games!
6. Help your team succeed by knowing and executing your assignment every play.

EXPECTATIONS OF PARENTS

1. Be positive and proud of your son.
2. Encourage him to follow team and MSHSL rules.
3. Watch over your son's academic life.
4. Do not live vicariously through your son.
5. Instill the importance of sportsmanship.
6. Encourage a healthy diet and adequate sleep.
7. Do not criticize coaches in front of your son.
8. Foster in your son a positive self – image.
9. Be an appropriate fan in the stands.
10. Keep positive and ask questions if you have them!

Philosophy

- Multiple Attack Offense
- Attacking Defense
- Sound Special Teams
- Emphasis on academics
- Emphasis on strength training
- Emphasis on being a multi-sport athlete

Strength Training Workouts

Our system of strength training ensures all of the following important variable's:

1. Comprehensive Training: You will train all segments of the body. If you choose to lift 3 days a week, you will train the entire body on all 3 days. If you lift 4, you will train upper body 2 days, and lower body the other 2
2. Intensity of Effort: Our guiding principle on just about everything we perform is as follows: "If you could have done another repetition with proper form, you should have done it"
3. Overload: This aspect of training is built-in to our system. We expect progress in the number of repetitions you are performing with a certain weight over a period of time. This applies to all of your exercises, not just the bench press and squat/leg press. Progression can be achieved via estimated max and by achieving the high end of a rep range

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Program Organization

- Every time you train you are competitive. You are trying to improve. You are trying to do better than you have done in the previous workout. You are always trying to get those last, very intense repetitions
- Football is a physical game. You hit people from every possible angle known to man. Therefore, to properly prepare yourself for combat you must perform exercises designed to develop the 5 major segments of the body
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Strength/ Power Training Principle's

1. Full range of motion exercises: Raise and lower the weight through the muscles full range of motion
2. Allow the muscles to raise the weight: Create and maintain tension in the muscles while raising the weight
3. Emphasize the lowering of the weight
4. ALL OUT EFFORTS are a must
5. Recovery between sets should be approx. 2 minutes. This recovery time should gradually decrease to approximately 90 seconds between exercises
6. Supervision: Athletes should be paired off so that every repetition of each exercise is supervised to guarantee proper execution. "Coach" the lifter-don't just spot

him. Verbally encourage the lifter and communicate with him at all times on repetition and set quality

Power Hour: After Workout

You must eat 30-60 minutes after you workout! Your muscles are like dry sponges after a workout ready to super-absorb the nutrients it needs to fully recover and repair. During recovery is where you make your gains in size and strength!

To Gain Weight and Increase Strength/Speed

- Weight gain, and particularly muscle gain, is best achieved by eating nutrient dense calories from carbohydrates and protein with modest amounts of added fat. This must be done in combination with a strength training program, and adequate recovery time.
- Add ~500 calories per day to gain one pound of weight per week. If you gain the weight too quickly (more than 2 pounds/wk.) you will be adding more fat than muscle.

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952-542-8600
www.DoubletreeMinneapolis.com

- Eat early and eat often. This will ensure adequate fuel (carbohydrate and protein) are available for workouts which will also help with recovery and building muscle
- Eat something within 1 hour of waking
- Eat something every 3-4 hours

To Gain Weight and Increase Strength/Speed

- Add calories to breakfast
- Instead of lower calories like cereals, choose granola or Grape Nuts
- Add dried fruit to cereals
- Instead of toast have bagels
- Instead of jam, use peanut butter or honey (or both!)
- Have low fat chocolate milk, 2% or 100% juice for fluids (2-3 cups)
- Cook eggs in olive or canola oil
- Add peanut butter, nuts, dried fruit, brown sugar, and powdered milk to oatmeal
- Make a PB&J from frozen waffles
- Add carnation instant breakfast to milk

To Gain Weight and Increase Strength/ Speed

Add Calories to lunch and dinner

- Make PB&J's with bagels
- Use thicker sliced bread for sandwiches
- Smear non-hydrogenated margarines (tub) on bread when making sandwiches
- Smear peanut butter on apples or bananas
- Add avocado to turkey sandwiches
- Try hummus, guacamole, or tapenades (olive spread) on bread when making sandwiches
- Sauté meat and veggies in canola or olive oil
- To salads add kidney/garbanzo

The Psychological Profile of a Want-to-Be

NO DRIVE	Does not care whether he wins or loses. Goes the tide
KNOW IT ALL	Never listens and will not accept ideas. Reble, griper. Works by himself. Has excuses!
MOUSE	High on self doubt. Always kicking himself. Does not know how to compete.
FOLLOWER	Will go with the crowd and generally behind them. NEver tries to lead. Lacks self initiative
A WATCHER	If there is an accident he watches or runs away. Worried about what people think. Afriad to fail.
CORNER CUTTER	Cuts out the tough parts of practice. Always has excuses. Coasts! Conditioning comes, run to the Red Line.
HYPOCONDRIAC	A muscle grabber - always has an injury. Never works out consistently. Loser Limp!
COMPLAINER	Gives up easily and is easily distracted from the job at hand. Will lood good when competition is not of high caliber and will look bad in the big game or when things get tough.
QUITTER	Cannot stick to the end. Easily distracted. Starts many jobs, finishes few. Unreliable. His favorite statement - when faced with adversity is "Here we go again."

beans, sunflower seeds, walnuts, raisin/craisins, croutons, tuna, cottage cheese or deli meats, and liberal amounts of oil based salad dressings (Italian, vinaigrettes)

- Add low fat sour cream and tub margarines to potatoes

To Maintain Weight and Increase Strength/Speed

- Eat at the same time every day
- Follow a balanced meal plan
- Avoid eating too few calories
- Follow every detail of the Hornet Workout
- Get adequate sleep every night

To Maintain Weight and

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Hydration

- Perform warm-up and cool-down activities in the shade whenever possible to prevent sudden, excessive rises in body temperature
- Wear loose-fitting, light-colored clothing when possible
- Adjust the intensity and/or the

duration of the workout session to fit the environmental conditions

- Exercise in the morning or evening hours to avoid extreme mid-day temperatures

Lake Conference Champ Commandments

- You must...
- Eat breakfast! (at least a snack if you have an early morning workout) if you don't, your body will breakdown your muscle for energy instead of building muscle
- PB&J sandwich, glass of milk, glass of OJ (or two pieces of fruit)
- 1 whole egg, 3 eggs whites (particularly if you have high cholesterol), whole grain toast, butter/margarine or peanut butter, jam, juice, or fruit
- Eat frequently!
- Eating frequently (every ~3 hours) keeps fuel in the tank so your body will not have to feed your muscle
- Always meet your calorie needs! No matter what is going on, its crucial to get all your meals and snacks in every day to maintain and/or gain muscle mass
- Check with a dietitian before taking any supplement ■

The Psychological Profile of a Champion

AMBITION

Desire for high goals. Hates to lose. Cannot stand failure. Puts goals above ability.

COACHABLE

Takes advice and is easy to coach. Eager to learn. Easy to approach. Follows rules and directions.

AGGRESSIVE

First place belongs to me type. Asserts himself. Great competitor. Dying to be the best!

LEADERSHIP

Shows the way and sets a good example. Respected by team members. Mixes well. Others follow his example and take his advice.

TAKE CHARGE GUY

Will take over when things go wrong. Under pressure he does something about the problem. Often a hero.

HARD WORKER

One of the first to practice - the last to leave. Does extra work. Never misses workouts and follows instructions. Self starter!

PHYSICAL TOUGHNESS

Develops toughness by hard work. In great condition. Keeps training rules and trains year-round. Leads the conditioning.

MENTAL TOUGHNESS

Never gives in to his feelings. Has never-give-up attitude. Ignores heat, cold, pain. Ignores obstacles. Has no excuses!

PSYCHOLOGICAL ENDURANCE

Stays with the job until the end. Will do his best against top competition. High endurance all season. Reliable. Accountable to teammates. He will finish the job.

A Season for the Ages: Bethlehem Academy Football 2012

By Scott Hanson, Head Football Coach, Fairbault BA

The Bethlehem Academy football season of 2012 will be a season long remembered. The process started for many of these players in the Southern Minnesota Youth Football League and in the weight room, which helped solidify the foundation of years of commitment. The off-season team camps and speed camp all exemplified the dedication of this group of student-athletes. The main ingredient for our success as team was the players' commitment to team chemistry and the heartfelt belief that our success or failure was shared by all of our coaches, players, and others involved in our program.

I grew up on farm in Webster, South Dakota and learned the values of hard work at an early age. After graduating from South Dakota State in 1994, I started my coaching career in Lake Preston, South Dakota as a head basketball coach and defensive coordinator; in the fall of 1999, our football team advanced to the South Dakota 9B semi-finals. My wife Jeanine, son Kollin, and daughter Kylie made the move to Bethlehem Academy in Fairbault, Minnesota after five years in South Dakota. In the fall of 2000, I was hired as a history teacher, baseball coach, and defensive coordinator under head football coach, Tom Schema, who was a 1976 Bethlehem Academy graduate. That same season Russ Kennedy—a certified Olympic weightlifting coach—was hired as our strength coach. John Gross was hired as our offensive coordinator in 2002 after twenty – nine years in Medford where he won a state championship in 1981. He retired in 2004 but came back to be our offensive coordinator in 2012. Our athletic director, Ed Friesen, has helped promote the growth of our football program by furnishing the right equipment for our weight room. The importance of strength and conditioning was stressed to our players first and foremost. Tom stepped down as head coach in 2002, but the success of Bethlehem Academy football had been established, and I was just fortunate enough to carry on the torch that had been lit. As a coach, I am blessed to be around people who really care about kids and care about them being successful not only in football but also, more importantly, in life. Lessons learned on our



football team are about a group of people working for each other for a common goal in which everyone has a part—just like a family or a business.

In 2003—my first season as head coach—we finished the year 7-3, and the key

ingredient to the success of that team was our strength and the fact that we had a total of twenty-three junior and seniors. After finishing 5-4 in 2004, we faced a couple of seasons finishing 2-7 as we had fewer juniors and seniors. However, we never made excuses; instead, we continued to work hard in the weight room, knowing we needed to improve our numbers. As a coaching staff, we knew we wanted to average ten players in each grade. In 2006, we went to a spring meeting at the Hayfield Golf Course and joined the Southern Minnesota Youth Football League for grades 3-6. This league allowed our coaching staff to really build our program from the ground up by building relationships, implementing proper fundamentals of tackling/blocking, and teaching our youth to be committed and accountable to each other.

This season we had seventeen seniors, ten juniors, five sophomores, and nineteen freshmen. The implementation of strength training and our youth league has built a strong foundation for our success. Our defensive coordinator, Dennis Glenzinski, is the director of our youth league and handles our scheduling. Jeff Boran, the W.E.M athletic director, is the Southern Minnesota Youth Football League Commissioner and is instrumental in running a league of over 20 southern Minnesota communities that compete every Saturday morning in September and October. He does an excellent job of promoting sportsmanship for all communities involved in the league.

As the head football coach for Bethlehem Academy, I organize our youth coaches and run the first two weeks of practice on fundamentals and implement our offensive and defensive systems. After the first two weeks, Dennis and I both attend the two practices each week and assist where needed. The seniors of 2012 were our pioneers of the youth league as they beat N.R.H.E.G as 6th graders for the Southern Minnesota Youth League title in the Metrodome. During the team photo session, they made a promise to get back to the Metrodome and the state championship when they were in high school. Through endless hours of strength training, summer team camps, and summer speed/condition/ agility camps, the football team of 2012 made a run for a state title.

At the beginning of the 2012 season, we talked about our team as a train with the seniors making up the engine and the juniors, sophomores and freshman as the train cars. As a team, we needed everyone on board and moving in the same direction to develop team chemistry. To stay on the track at full speed, we needed everyone to stick together, especially during adversity. Our seniors did a fantastic job of moving our team chemistry in the right direction and our motto became "Either get on board or get out of the way, 'cuz the Cardinal Train is rolling!" We started the season rolling to a 6-0 start and were rated third in the Class A polls. The toughest test of the season was losing the last two games of the regular season, but the players, coaches, managers, and all of "Cardinal Nation" had a strong foundation in place to overcome adversity and make a run in the playoffs, making school history.



Our team chemistry kept our train on the tracks.

The playoff run was memorable not only for the team of 2012 but also for every player that has ever worn a Cardinal football uniform. Bethlehem Academy's first football team was in 1935, and there have been many great teams throughout the years. During the playoff run, the team received visits from Class of 2002 representative Justin DeGroot, Class of 1976 representative Tom Schema, and Class of 1949 representative Tom Dee. The inspiration and connection our players received from these past alumni was the proof that this season was bigger than ourselves, and our Cardinal Train was gaining strength.

We defeated Sleepy Eye St. Mary's 43-12 in the first round of the state tourney in front of a packed stadium at the beautiful field at Rochester Community College. That inspirational win propelled Bethlehem Academy to their first-ever appearance in the Metrodome, accomplishing a goal that our seniors had had since playing a youth football game there as sixth graders. They swore to get back to the Dome in their senior year, and they did it, defeating defending State Champion Dawson-Boyd 29-20 in the Class A semi-finals.

The Prep Bowl Finals! The Class A State Championship game! All of the years of hard work and dedication had paid off! Despite falling to Mahnomon in the State Championship 14-20, the Cardinals made their sea of red and white supporters, including countless alumni, extremely proud. The team finished the season with State Gold Academic recognition, defeated Blooming Prairie to become section champions for the first time in school history, made the Prep Bowl for the first time in Bethlehem Academy school history, and ended the season as State Class A Runners-up! The season was one for the ages, providing memories for a lifetime. Bethlehem Academy past, present and future, and all of Cardinal Nation will be forever connected through the football season of 2012. The Bethlehem Academy football team of 2012 is proof that setting goals and working for each other to reach those goals does make the improbable possible as long as the team works hard for it. The goal now is for our coaching staff to keep up with maintaining a winning tradition through more and more hard work, which brings us to the Cardinal Rule: "Time To Get Back to Work." ■

How to Get More “Bend” in Your Players

Eric Klein
Head Strength and Conditioning Coach
University of Minnesota

“I have never seen a player get cut because he had too much bend.” is a quote by one of my mentors in strength and conditioning. Another great quote I often reference was told to me by Joe Kenn, the Carolina Panther’s strength coach, “once they lose their bend we find another one.” So what is this mystical “bend” I keep referring to? It’s obviously something of importance, but not everyone has it. “Bend” is a player’s ability to get into the right body position, whether it’s an offensive lineman in his stance, a wide receiver making a cut, or how deep someone squats.

How does someone achieve great “bend”? Well for some people they are naturally “great benders”. We all have had that athlete who just squatted deep without ever coaching it. But for those who just don’t naturally bend well, it’s not just one thing that solves the problem it’s a whole combination of things.

The Football strength & conditioning program at the University of Minnesota focuses on creating better “bend” by a 3-prong attack. We focus on “bend” through our dynamic flexibility program, our static flexibility program, and our strength training. It is the whole of these three areas that improves our ability to “bend” better, but also reduces risk for injury and aids in recovery from tough workouts or games.

Dynamic flexibility has become a catchall term that coaches often are referring to as warm-up activity. Dynamic flexibility is actually defined as actively taking a joint through its full range of motion. This is achieved by the use of hurdle mobility drills and tumbling. Both activities if taught well, at first, will serve you very well for a long time.

Tumbling has long been a staple of my warm-up. Basic forward and backward somersaults teach balance, proprioception, and deep flexion of the posterior chain and hip flexors. I have also found that individuals who have a hard time catching the clean, also struggle with getting their hands in the right place on a backward somersault. Besides what better way to start a workout than with some rolling into deep squat positions and having to stand or jump out of the squat.

Hurdle mobility has been a staple of all top track sprinters. So, why not incorporate it into the training of a football team? Simple drills that require the athlete to walk over the hurdles or duck under the hurdles will put a tremendous amount of stress on the hips, groin, and low back. The use of 2 drills per training session is all that is needed to create change in the athlete and can be easily monitored by a single coach. All dynamic flexibility work is performed after or part of our warm-up, which is performed in a 12 minute block during the off-season.

Static flexibility is often an overlooked part of any training program. How did it get a bad reputation? Is it because it’s hard and takes time? Or is it because you don’t instantly see results? Static flexibility enhances the muscular range of motion and has some proof of reducing the incidence of injury. Athletes are asked to hold end ranges of motion for specified times (30 sec or more) and relax into the stretch through deep breathing. Not only does this improve range of motion, but it also allows the athlete to combine muscle tension and relaxation. This is a skill that is so important during competition when the athlete’s actions need less thought and become more reflexive.

The final component that needs to be addressed is strength development. The goal of strength development in football should be to improve specific power and speed. The use of multi-joint, compound movements, i.e. cleans and squat variations, should be at the forefront of the program. The use of these types of exercises will develop strength through a larger range of motion than single joint exercises. Technique should be taught to put the athlete in proper postural alignments to successfully perform the exercises. Progression should be such that execution of the lift exceeds expectations of how much weight is lifted. Off-season programs should be written such that repetition (i.e. practice) of the exercise gives the athlete the opportunity to succeed early engraining in them the proper execution of the exercise. As coaches, we all get caught up on how much weight is lifted, but we also need to make sure it was lifted through the proper range of motion. Simply put a soundly designed program is basically pushing, pulling and squatting with proper postural alignment and generating movements in the manner it is intended.

So as you prepare for the upcoming season, consider how well your athletes “bend”. Develop within your program means that teach/create “bend” within your athletes and you will see a more fluid and healthier athlete. ■

MINNESOTA STATE FOOTBALL COACHES PREVIOUS STATE COACH OF THE YEAR

Football Hall of Fame Annual Banquet

1965
Bill Severin
Grand Meadow, Region I

1966
Stav Canakes
Edina, Region V

1967
Tom Mahoney
Fairmont, Region II

1968
Jerry Sullivan
Minneapolis Roosevelt,
Region V

1969
Art Haas
Austin, Region I

1970
Gary Gustafson
North St. Paul, Region IV

1971
George Larson
Cambridge, Region IV

1972
George Wemeier
Minneapolis Washburn,
Region V

1973
Dick Lawrence
Eveleth, Region VII

1974
John Drews
Rochester John Marshall,
Region I

1975
Bob Swanson
Mountain Iron, Region VII

1976
Lyle Eidsness
St. Peter, Region II

1977
Paul Benson
Granite Falls, Region III

1978
Jim Simser
New Richland-Hartland,
Region I

1979
Ron Raveling
Columbia Heights, Class AA

1980
Les E. Drechsel
Crookston, Class A

1981
Gary Roebuck
Holdingford, Class B

1982
George Thole
Stillwater, Class AA

1983
Ron Scott
Coon Rapids, Class AA

1984
Grady Rostberg
Hutchinson, Class

1985
Norm Johnson
Minneapolis Roosevelt, Class
AA

1986
George Larson
Cambridge, Class A

1987
Dave Brokke
Granite Falls, Class B

1988
Gerhard Meidt
Minneota, Class C

1989
Jim Mader
Albany, Class A

1990
Ken Baumann
Mahnomon, Class C

1991
Neal Hofland
Chokio-Alberta, 9 Man

1992
Larry Thompson
Lakeville, Class AA

1993
Rick Manke
Detroit Lakes, Class A

1994
DeWayne Johnson
Anoka, AA

1995
Ken Jacobson
Chatfield, Class C

1996
Clark Bergloff
Mora, Class A

1997
Bob "Bubba" Sullivan
Northfield, Class 4A

1998
Keith Bergstedt
Cromwell, 9 Man

1999
Lyle Anderson
Cook County, 1A

2000
Mike Grant
Eden Prairie, 5A

2001
Flint Motschenbacher
Detroit Lakes, 4A

2002
Mike Mahlen
Verndale, 9 Man

2003
Dave Dose
Glencoe-Silver Lake. 3A

2004
Dave Nelson
Minnetonka, 5A

2005
Mark Kroulik
Stephen-Argyle, 9M

2006
Jim Reinhardt
Rushford-Peterson, 1A

2007
Jeff Ferguson
Totino-Grace, 4A

2008
Carl Fruechte
Caledonia, 2A

2009
Jon Bakken
Waterville-Elysian-
Morristown, 2A

2010
Ron Stolski
Brainerd, 5A

2011
Carl Lemke
St. Croix Lutheran, 3A

2012
Brent Schroeder
Caledonia 2A

MINNESOTA STATE FOOTBALL COACHES 2012 COACH OF THE YEAR

Brent Schroeder, Caledonia, 2A



MINNESOTA STATE FOOTBALL COACHES 2012 ASSISTANT COACH OF THE YEAR

Bob Kovich, Lakeville North, 6A



**CONFERENCE / SECTION COACH OF THE YEAR QUESTIONNAIRE
MINNESOTA FOOTBALL COACHES ASSOCIATION**

Return to: Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441 or Fax 1-888-590-8819

NOTE: This award is for one coach. If your program has co-coaches, both will receive plaques at the banquet. However, for Class and State Coach of the Year award(s) you will need to select one.

Candidates name in full _____
first middle last

Address _____ City/Zip Code _____

E-mail _____ Home phone _____ Work phone _____

Birthdate _____ College attended _____ Year graduated _____

Member MSHSCA? _____ Yes; _____ No. Member MFCA? _____ Yes; _____ No.

Class: 9M; A; 2A; 3A; 4A; 5A; 6A Conference _____ School _____

Were you Conference Coach of the Year? _____ Yes; _____ No.

If not, who is your Conference Coach of the Year? _____ School _____

School Address _____ City/Zip Code _____

Coaching background (Previous schools, years at the school, and any other significant information).

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Years as a head football coach _____ Season Record _____ Career Record _____

List other background information that would help the committee in their selection (previous championships, awards, etc.)

Submitted by: _____ Signature _____

2013 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Gene Stritesky, Ogilvie

Gene Stritesky is a 1968 graduate of Silver Lake High School in Silver Lake, Minnesota. At Silver Lake, he earned four letters in football, basketball, baseball, and track respectively. After graduation, Gene went to Saint Cloud State University. He earned a Bachelor of Science in math and minored in Physical Education, graduating in 1972.

Gene's first teaching job was in Emmons, Minnesota, from 1972 – 1976 where he taught math and was an assistant football coach. In 1976, Gene went to Ogilvie, MN, and taught math and was head football coach for 30 years. He amassed a 173 – 122 career record with seven conference titles and four section titles. His teams were also state academic champions in 2001, 2002, and 2003. Gene is a seven-time Conference Coach of the Year and a four-time Section Coach of the Year. In 1992 he was the Class C State Coach of the Year. He coached in the 1993 All-Star game as an Outstate coach. He was named the Ogilvie Teacher of the Year in 1989. In 2008 Gene was named Great Polar Football Alliance Distinguished Coach Honoree. Gene was also a 2010 inductee into the Glencoe-Silver Lake Hall of Fame. Gene has served on the MSHSL Football Coaches Advisory Board. The first time they won the section championship and how the whole community got behind the kids is one of Gene's fondest memories. They put signs in yards and windows, and made touchdown towels! Another of Gene's proudest achievements is watching the program grow from 25 kids in grades 10-12 to 70 kids and having three levels of play: varsity, JV, and C-squad. He is grateful for all of his assistant coaches and the camaraderie they built between them and other coaches around the state.

Gene is retired and is a full-time substitute teacher in the Ogilvie district. He is active in his community, serving on the city council and is a four-term mayor of Ogilvie. He is a member of the Lions Club and the Ogilvie Development Commission as well.

Gene and his wife, Lynne, have four children: daughters Abby Meyer, Meghan Baruth, Gretta Stritesky; and son, Joseph. Gene recalls his 30 years of coaching as a family affair; all of his children served as team managers, his wife did the stat book, and he had



the privilege of coaching his son. They have traveled throughout the United States along with Mexico and Canada. Gene's hobbies include golfing, fishing, and reading.

2013 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

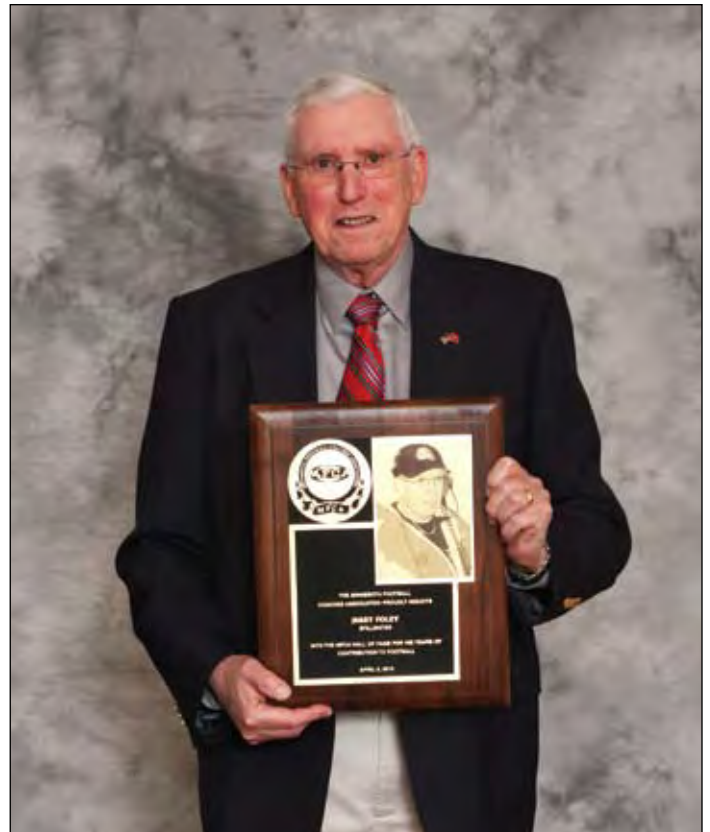
Jerry Foley, Stillwater

A multi-sport athlete at Humboldt High School, Jerry graduated with the class of 1955. A student leader, he excelled on the football field and on the hockey rink. After graduation, Jerry went on to attend Hamline University and graduated with the class of 1959 with degrees in physical education and biology. A Hall of Fame quarterback at Hamline, Jerry won eight varsity letters, four each in football and hockey. He began his teaching career at Lincoln High School in Thief River Falls where he also coached football and hockey.

In 1963, Jerry moved to Stillwater where he taught biology and related sciences. His coaching duties at Stillwater included a tenure as head hockey coach from 1966 – 1975, 9th grade baseball from 1963 – 1973 and as an assistant football coach from 1963 – 1999. Jerry served as the offensive coordinator for Hall of Fame Coach, George Thole, from 1971 until 1999. He has received many awards during his years of coaching including: Butch Nash Award in 1987, Hamline Alumni Football Coach of the Year in 1988, Assistant Football Coach of the Year in 1990, Metro All-Star Team coach in 1990, Co-Coach with George Thole for the USA All-Star Football Team in Belfast, Ireland in 1996, and the Jim McLaughlin Coaches Award in 2000.

During his years at Stillwater, the Ponies won 13 conference titles, 12 section championships, four state championships, two state runners-up, and 18 total state tournament appearances. Jerry has been inducted to several other halls of fames including: Hamline University, Minnesota Old Timers Football Association, St. Croix Valley and the Humboldt High School Hall of Fame. Jerry is a lifetime member of the MFCFA and has co-authored a book with George Thole, entitled “From Veer to Eternity: Coaching a Football Dynasty.” Jerry has coached three professional players and 22 Division 1 football players.

Jerry and Darleen, his wife of 52 years, have three adult children, Kathlene, Colleen, and Brian, eleven grandchildren and one great grandson.



2013 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Steve Ott, Deer River

Steve Ott graduated in 1968 from Deer River High School in Deer River, Minnesota. He was a four-time letter winner in football and a three-time winner in basketball. After graduation, he attended Bemidji State University. He graduated with a Bachelor of Science degree in biology/earth science in 1972. Upon graduation he started his first job in Babbitt, MN.

In Babbitt, he taught junior high science for four years. He was an assistant coach in football, boys' basketball, and track. In 1977 Steve returned to Deer River. He taught junior high science for 30 years while at Deer River. His coaching duties included both assistant girls' basketball coach and head girls' basketball coach, and eight years as an assistant football coach. His head coaching tenure lasted 22 years at Deer River. He amassed a record of 192 – 52. During his time, he won 11 conference championships, 10 section championships, and was a state runner up in Class B in 1991. Steve has been a seven-time conference Coach of the Year and a Section Coach of the Year 10 times. He was selected to coach in the All-Star football game on the Outstate staff in 1991.

Highlights of Steve's career include playing in the Metrodome four times in 1991 because of the Halloween blizzard, along with playing in the state championship that same year. Steve also mentions, "It was a pleasant experience seeing so many young kids develop into young men. It was also gratifying to be able to learn from other coaches, some of whom are not with us anymore."

Steve and his wife, Kathy, have four children: Randy, Robby, Kristina, and Kari. In his free time Steve is a substitute teacher in Deer River. He also enjoys hunting, fishing, and gardening.



2013 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Ivan Kroulik, Kasson-Mantorville

Ivan Kroulik is a 1967 graduate of Kennedy High School, in Kennedy, Minnesota. He was letter winner in football, basketball, and baseball. After high school he went to Moorhead State University in Moorhead, Minnesota, where he earned a Bachelor of Science degree in social studies education. After graduation he entered active duty in the United States Navy from 1971 – 1975. When he returned he continued his education at Winona State University, earning a master's degree.

Ivan's first and only job came at Kasson-Mantorville High School in 1977. He has been a social studies teacher as well as a high school and middle school counselor. His coaching duties have included: 14 years head softball, assistant football for 12 years and head football for 23 years. As a head coach his coaching record is 183-62. He has twelve conference championships and six section championships. He has been the Hiawatha Valley Conference Coach of the Year 12 times and the Section 1 Class 3A Coach of the Year. In 2002 he was the Outstate head coach in the All-Star game; Outstate won that year. He is a member of the Kasson-Mantorville Hall of Fame. The highlight of Ivan's career "revolves around the players, managers, and coaches I've been privileged to work with — but making lifelong connections with players and coaches is the greatest experience I've had."

Ivan is active in the Kasson American Legion, Park Board, and his church council. He is a member of the Minnesota Football Coaches Association. He is married to Mary Jane and they have three daughters: Molly, Katie, and Patty. Ivan enjoys golfing, reading, and gardening in his free time.



2013 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Jerry Carlson, Cambridge-Isanti

Jerry Carlson is a 1958 graduate of Hector High School in Hector, Minnesota, where he lettered in football and baseball. He was coached in high school by Hall of Fame coach Robert Hage. After graduation, Jerry went to St. Olaf College in Northfield and later transferred to the University of Minnesota, where he earned his Bachelor of Science degree in social studies education and physical education. He later completed a master's program at St. Cloud State University.

Jerry's first job was at Slayton High School in Slayton, MN where he coached from 1963 to 1968. He was then hired at Cambridge-Isanti High School in 1968. He taught social studies and physical education and was an assistant football coach until 1991. In 1991 he was named Athletic Director and held that position until he retired in 1999.

During his 25 year assistant coaching career with Hall of Fame Coach George Larson, Jerry helped Cambridge compile a record 223-41-1. He was a part of 19 conference titles, 8 section titles and 2 Class A state championships in 1986 and 1987. He received the Butch Nash Award in 1989. That same he year was selected to be an assistant coach in the All-Star game. In 1993, Jerry was named the Assistant Coach of the Year. He was the Region 7AA Athletic Director of the Year in 1997. Jerry is a lifetime member of the MFCA.

Some of Jerry's favorite memories include reminiscing with fellow coaches and past players about bad weather games in rain, fog, and snow. The most memorable parts of Jerry's coaching career are the relationships he established not only with his colleagues and his players, but also with the many coaches and young men playing on the opposite side of the field.



Jerry spends his winters in Florida. He has three children: Kim, Heidi, and Nikki. He enjoys hunting, fishing, and watching sports.

2013 HALL OF FAME INDUCTEE

Football Hall of Fame Annual Banquet

Don Seipkes, Henning/Ottertail Central

Don Seipkes is a 1967 graduate of Staples High School in Staples, Minnesota, where he lettered in football, basketball and track. After graduation, he attended Brainerd Junior College where he lettered in basketball and earned his AA degree. He then attended Bemidji State University where he lettered in football and earned his degree in Special Education.

Don was then hired by his first and only school, Henning High School, in 1972. Henning later combined into a co-op for football, Ottertail Central, in 1991. While at Henning, Don taught special education and served as Athletic Director. Don's coaching duties have included: a head track coach for 15 years, junior high basketball for over 20 years (both boys and girls), and an assistant basketball coach. Don took over as the head coach in football in 1973 and is still coaching, finishing his 40th year of coaching. During his tenure, he accumulated a career record of 237 - 155. He has won fifteen conference titles and five section titles, and has twice been state runner-up. Don has won numerous Conference Coach of the Year awards along with five Section Coach of the Year awards. In 2010, he received the Section 6A Athletic Director of the Year award. Don's most favorite memories come from having the opportunity to coach his kids and how that gave him a different perspective on coaching, which he believes made him a better coach.

Don is active in his community as well. He serves on his church council, is a deacon and a youth advisor. He is a member of the Henning and Minnesota Jaycees. He is a lifetime member of the MFCA and serves as the conference representative for the Prairie North Conference. In his free time, Don likes to partake in water sports, golfing, attend sporting events, and spend time with his family and



grandchildren. Don is married to Mary and they have four children: Chad, Josh, Grant, and Abby.

PREVIOUSLY INDUCTED HALL OF FAME MEMBERS

Sponsored by the Minnesota High School Football Coaches Association

1965

Bernie Bierman
Frank Cleve
Bernie Cole
Jake Christiansen
Vein Morrison
Bronko Nagurski
Ted Peterson
Lew Swearingen

1966

Bert Batson
Lester S. Barnard
Red Hastings
John Gagliardi
Lefty Ranweiler

1967

Francis "Pug" Lund
Louis Todnem
Paul Giel
Cliff Morlan
Joe Markley

1968

Lee Brockmeyer
Sid Hartman
Charles "Bud" Wilkinson
Elmer Wigen

1969

C.P. Blakeslee
Dick Bradley
Ray Christenson
Jim Byrne
Lloyd Hollingsworth
Pete Guzy

1970

Ed Widseth
Adrian Christenson
Jake Christiansen
Walter Hertz
Frank O'Rourke
Les Knuti
Bud Grant
Wendell Vlasin

1971

Manny Marget
Butzie Maetzold
George "Butch" Nash
Harold M.
"Snooks" Sullivan

1972

Dick Wildung
Jim Lee
Jerry Krueger
William F. Broekmeier
Fred Vant Hull

1973

Earl Teas
Chuck Elias
Ralph Anderson
Jerry Dahlberg
Bruce Smith
Mary Helling

1974

Oats LeGrand
Jerry Ekstein
Kenneth "Red" Wilson
Edor Nelson
Doc Watson

1975

Art Haas
Les Neil
Bob Collison
Russ Helleckson
Dick Mahar
Bernie Lusk

1976

Kermit Anderson
Will Gullickson
Dwayne Hoberg
Jack Malevich
Jim Pederson
George Roscoe
Murray Warmath

1977

Frank "Butch" Larson
Herschel H. Lysaker
Art Avis
Jim Carrington
Lee Krough
Jim McLaughlin
Leo Sebastian

1978

Chuck Dixon
Chauncey Martin
Ted Meinhover
Roy "Chip" Rasmussen
George Reedy
Marti Rossini
John Vucinovich

1979

Bruce Bakke
Herman Frickey
Bill Hanson
LeRoy McMahan
Dick Mulkern
Harry Newby
Milt Osterberg
Bob Schrank
Steve Silianoff
Lloyd Stein

1980

Bruce Bennett
Neal Davis
James Gustafson
James Molnar
Norm Wagner
Jim Wallace

1981

Lou Barle
Irv Nerdahl
Glenn Redmann
Clayton Tonnemaker

1982

Bob Gove
Wally Hitt

Gary Olson
Don Nyland
Dale Scholl

1983

Stan Nelson
Joe Mrkonich
Jim Gotta

1984

Dick Lawrence
Tom Briere
Jim Henkes

1985

Don Swanson
Bob Roy
Bruce Frank
Don Riley
Giffy O'Dell

1986

Chuck Halsted
Ralph Hagberg
Pete Herges
Ike Pesonen
Cliff Senne

1987

Terry Egerdahl
Lauren "Huns" Hagge
Donald "Bill" McMoore
Jerry Sullivan
Angelo Taddie

1988

Herbert Claffy
Mac Dahl
Art Fredrickson
Ralph Peterson
Ron Raveling
Cal Stoll

1989

John Drugg
Don Fox
Jim Griffin

AWARDS

Bill Severin
Harvey Shew
Tony Thiel

1990

Roland Bromberg
Gary Gustafson
Tom Mahoney
Bob O'Neil
Dick Rezanka
Al Siegle

1991

Morgan Brandrup
John Davies
Earl Gramling
Roy Hokkanan
Ron Scott
Bob Youso

1992

Stay Canakes
Dan Devine
John Hansen
Joe Mayer
Warren Olson
George Wemeier

1993

Les Dreschel
Ken Mauer
Tom Porter
Dana Powers
Dick Walker

1994

Dick Bakke
George Larson
Jim Malosky
Andy Nelson
Marsh Nelson
George Smith

1995

Gerry Brown
Bruce Frank
Norman Johnson
Bob Peterson
Pat "Bruno" Waldner

1996

Jim Christopherson
Mary Gunderson
Mike Morrissey
Lloyd Peterson

1997

Bill Beck
John Drews
Ross Fortier
Andy Lia
Jerry Peterson

1998

John Conzemius
Frank Fredlund
Bob Sullivan
Jerry Wallskog
Wes Wistrom

1999

Bill Martin
Gerhard Meidt
Grady Rostberg
Buz Rumrill
Mal Scanlan
Omer Sieben

2000

Jerry Hegna
Andy McCarty
Elmer Menage
Ed Mettner
Jim Simser
George Thole

2001

Ken Belanger
John Gross
Don Bertek
Roger Lipelt
Keith Swanson
Stuart Nordquist

2002

Pepper Lysaker
Ken Baumann
Rick Manke
Paul Mork
Willie Rauen
Jim Roforth

2003

Lyle Anderson
Clark Bergloff
Jim Mader
David Main
Dave Nigon
Dick Strand

2004

Dean Taylor
Stan Olson
Gary Graham
Deryl Ramey
Randy Shaver

2005

Ken Jacobson
Jerry Sonnek
Terry McLean
Neal Hofland
Dick Jonckowski
Donovan Larson

2006

Charles Kavanagh
Ken Hill
Rich Kallok
Stan Skjei
Richard Tressel
Gordon Hinck

2007

Keith Bergstedt
Dave Brokke
Robert Hage
Dan Kostich
Conley "Con" Natvig
Tom Witschen

2008

Don Elston
Mario Lucia
Jim Sims
Ron Stolski
Gary Trimble

2009

Roger French
Dave Hylla
DeWayne Johnson
Dwight Lundeen
Mike Mahlen

2010

Dave Dose
Jim Dotseth
Dennis Hale
Jim Reinhardt

2011

Terry Karlsgodt
Mark Kroulik
Bob Majeski

Merrill Pavlovich
Don Stueve
Darrel "Bozo" Wincek

2012

Earl Bauman
Paul Gasner
Dick Hanson
Steve Nunnink
Terry Ogorek
Tyrone Wacker

2013

Gene Stritesky
Jerry Foley
Steve Ott
Ivan Kroulik
Jerry Carlson
Don Seipkes

"HALL OF FAME" NOMINATION FORM

MINNESOTA FOOTBALL COACHES ASSOCIATION

Contact:

Scott Tschimperle: tschis@gsl.k12.mn.us

Paul Lemke: lemkep@gsl.k12.mn.us

DIRECTIONS:

1. Please have nominee (if possible) complete this nomination form completely.
2. Please type or print neatly.
3. Please answer questions in all categories of the nomination form that are applicable.
4. Please include a picture (black and white preferred) of the nominee to be used for press purposes.
5. Nominations must be received by Jan. 1st, 2014

NAME: _____ DATE: _____

PRESENT ADDRESS: _____

(city, state, zip)

TELEPHONE (HOME): _____ (WORK): _____

BIRTHDATE: _____ MARRIED: _____ SINGLE: _____

SPOUSES NAME: _____ CHILDREN AND AGES: _____

PRESENT EMPLOYMENT POSITION: _____

NOMINATED BY: _____

ADDRESS OF NOMINATOR: _____ (city) _____ (state) _____ (zip)

NOMINATOR'S TELEPHONE (HOME): _____ (WORK) _____

Induction into the Football Coaches "Hall of Fame" is gained through one of three divisions. These divisions are:

- A. The high school division (Coaches)
- B. The college division (Coaches)
- C. The citation division (Writers, Announcers, Athletic Directors, Fans, etc.)

IN WHICH DIVISION IS THE INDIVIDUAL NAMED ABOVE NOMINATED? _____

NOMINEES HOBBIES: _____

NOMINEES TRAVELS: _____

EDUCATION

High School(s): School, City/State, Years, Degree Received

2013 POWER OF INFLUENCE AWARD RECIPIENT



Mark Froehling, Farmington

The Power of Influence Award: Criteria and History

The Minnesota Power of Influence award is presented by the MFCA to recognize one of the many extraordinary football coaches in Minnesota. The Minnesota award winner is our association's nominee for the national Power of Influence Award, which is presented jointly by the American Football Coaches Association and the American Football Coaches Foundation®.

The Power of Influence Award was created as a way for the AFCA and AFCF to honor a deserving high school football coach for his effect on his players, school and community. The individuals nominated must be active head football coaches and must embody the life-changing qualities of respect and inspiration. They must have touched lives and caused student-athletes and others to want to emulate their honesty, patience and modesty. This award is not based on wins and losses, however, it is noted that coaches of powerful influence have longevity and success.

Previous Minnesota Power of Influence winners and national nominees have included: Dwight Lundeen of Becker 2009, Dave Nelson of Minnetonka 2008. Dave Hylla of Proctor 2007, Mike

Mahlen of Verndale 2006, and Ron Stolski of Brainerd 2005. Stolski went on to be named the national Power of Influence Award winner by the AFCA and AFCF.

PREVIOUS POWER OF INFLUENCE AWARD RECIPIENTS

2006

Ron Stolski
Brainerd High School

2007

Mike Mahlen
Verndale High School

2008

Dave Hylla
Proctor High School

2009

Dave Nelson
Minnetonka High School

2010

Dwight Lundeen
Becker High School

2011

Jeff Ferguson
Totino-Grace High School

2012

Paul Mork
White Bear Lake/New Life
Academy

MINNESOTA FOOTBALL COACHES ASSOCIATION 2013 DON SWANSON AWARD

Jon Gross, Medford

A native of Hayfield, Minnesota, John Gross received his Bachelor of Science degree from St. Thomas College in 1965, where he also played football and basketball. He earned his Master's degree in Minnesota history at Mankato State in 1971.

His first coaching position was at Bethlehem Academy in Faribault where he coached football, basketball, and baseball from 1964 to 1971. He moved on to Medford High School where he taught and coached a variety of boys and girls sports for nearly three decades. As head football coach, he directed the Tigers to four conference championships, three sectional titles, and four state tournament appearances. Two of his Medford football teams were unbeaten, including his 1981 team. That year his Tigers won the Class C conference championship. John was honored as the Class C Coach of the Year and was named head coach for the Outstate team in the 1982 All-Star football game.

After retiring from Medford in 1997, John spent the next five years as an assistant coach at St. Olaf College. Following that, he returned to Bethlehem Academy for three seasons as their offensive coordinator.

A long-time active member of the Minnesota State High School Coaches Association, as well as a Past-President, John was inducted into the Minnesota Football Coaches Hall of Fame in 2001. He received the George Haun Award from the State Coaches Association in 2002 for his many years of service. In 2011, he was named the Honorary Coach for the South in the annual high school All-Star football game. After an eight year hiatus, he returned to Faribault Bethlehem Academy in fall of 2012 as their offensive coordinator; the Cardinals finished runners-up in Class 1A at the Prep Bowl, losing 20-14 to Mahnommen.

A member of the Football Coaches Association for more than four decades, John served on many committees and lectured at football coaching clinics in Minnesota, Iowa,



Wisconsin, and South Dakota. He currently represents the retired football coaches on their Executive Committee and assists in the operation of the MFCAs annual coaching clinic.

John and his wife, Pat, a long-time teacher and girls coach at Medford, enjoy traveling, which has taken them to virtually every state.

PREVIOUS AWARD RECIPIENTS

2010
Mike Watson, Centennial

2011
Wayne "Ribsy" Petermeier,
Browerville

2012
Conley Natvig
Swanville, Swanville-Grey
Eagle, Browerville

SERVICE AWARD WINNERS



35 YEAR SERVICE AWARD
Dave Nelson, Minnetonka



40 YEAR SERVICE AWARD
John McEachran, Perham



30 YEAR SERVICE AWARD
Dean Aurich, Mayer Lutheran



30 YEAR SERVICE AWARD
Mike Dammann, Macray



30 YEAR SERVICE AWARD
Mark Elmer, Stillwater



30 YEAR SERVICE AWARD
Mike Grant, Eden Prairie



30 YEAR SERVICE AWARD
Terry Turek, Le Sueur-Henderson

Not Pictured:

50 YEAR SERVICE AWARD
Ron Stolski, Brainerd (2011)

Paul Mork, White Bear Lake
New Life Academy (2009)

40 YEAR SERVICE AWARD
Carl Lemke, St. Croix Lutheran

35 YEAR SERVICE AWARD
John Sieling, Eagle Valley
Richard Risbrudt, Fergus Falls
Jon Bakken, Waterville-Elysian-Morristown

30 YEAR SERVICE AWARD
Larry Herm, Foley (2011)
Randy McIntire, Tracy-Milroy-Balaton
Rick Sutton, Eagan
Karl Urbaniak, Mable-Canton (2011)

300 WINS
5365 Dwight Lundeen, Becker

200 WINS
Dean Taylor, St. Cloud Cathedral
Richard Risbrudt, Fergus Falls
Randy Strand, Adrian

2012 CLASS COACHES OF THE YEAR



9-MAN COACH OF THE YEAR
Steve Jipson, Clinton-Graceville-Beardsley



9-MAN COACH OF THE YEAR
Brian Dahl, Clinton-Graceville-Beardsley



CLASS 1A COACH OF THE YEAR
John Clark, Jr., Mahnomon



CLASS 2A COACH OF THE YEAR
Brent Schroeder, Caledonia



CLASS 3A COACH OF THE YEAR
Randy Kuechenmeister, Blue Earth Area



CLASS 4A COACH OF THE YEAR
Andy Rostberg, Hutchinson



CLASS 5A COACH OF THE YEAR
Jeff Ferguson, Totino-Grace



CLASS 6A COACH OF THE YEAR
Mike Grant, Eden Prairie

2012 CONFERENCE COACHES OF THE YEAR

CONFERENCE	COACH	SCHOOL	CLASS
Big Nine	Jeff Williams	Owatonna	5A
Big North	Tony DeLeon	South Ridge	9M
Central Lakes	Justin Skaalerud	St. Cloud Apollo	5A
Central Minnesota	Luke Mitchell	Holdingford	2A
Classic Suburban	Chad Sexauer	South St. Paul	4A
Gopher Valley 1A	Joe Scoblic	Lester Prairie/Holy Trinity	1A
Gopher Valley 2A	Randy Schoneck	Maple River	2A
Granite Ridge	Dwight Lundeen	Becker	4A
Great Northern	Shawn Klimek	Nevis	9M
Great Polar Blue	Brian Robertson	Barnum High School	1A
Great Polar Red	Mike Gindorff	Crosby-Ironton	2A
Heart O'Lakes Classic	Peder Naatz	Hawley	2A
Heart O'Lakes North	Flint Motschenbacher	Detroit Lakes	4A
Hiawatha Valley Blue	Mike Kesler	Rochester Lourdes	3A
Hiawatha Valley Gold	Trevor Narum	Lake City	3A
Independent	Kevin Feeney	Moorhead	5A
Lake	Reed Boltmann	Edina	6A
Little Sioux	Chad Johnston	Minneota	1A
Minneapolis City	Giovan Jenkins	Minneapolis Washburn	4A
Minnesota River	Chuck Hartman	Sibley East	2A
Minnesota River	Dean Aurich	Mayer Lutheran	2A
Mississippi 8	Jason Telecky	Monticello	5A
Mississippi 8	Marc Franz	Rogers	5A
Missota	Bill Rosburg	Chanhassen	5A
Missota	Mark Froehling	Farmington	5A
North Suburban	Jeff Schlieff	Spring Lake Park	5A
North Tri-County	Dan Kowalski	Park Christian	9M
Northstar East	Lowell Searcy	Pillager	1A

CONFERENCE	COACH	SCHOOL	CLASS
Northstar West	John Clark, Jr.	Mahnomen	1A
Northwest Suburban	Jeff Ferguson	Totino-Grace	5A
Northwest Suburban	Matt Lombardi	Maple Grove	6A
Pheasant North	Chuck Ross	Underwood	9M
Pheasant South	Steve Jipson & Brian Dahl	Clinton-Graceville-Beardsley	9M
Prairie North	Bryan Strand	Barnesville	2A
Prairie South	Wayne "Ribsy" Petermeier	Browerville	1A
Sea Range	Jay Boyle	International Falls	3A
South Central	Randy Kuechenmeister	Blue Earth Area	3A
South Suburban	Matt Gegenheimer	Prior Lake	6A
Southeast	Zach Hauser	Spring Grove	9M
So. Confederacy East	Tom Murphy	Nicollet	9M
So. Confederacy West	Rex Metzger	Hills-Beaver Creek	9M
Southern Minnesota	Brent Kucera	Sleepy Eye St. Mary's	1A
Southwest	Terry Bahlmann	Marshall	4A
St. Paul City	Michael Houston	St. Paul Harding	4A
Suburban East	Jim Galvin	Mounds View	6A
Three Rivers North	Brent Olson	Lewiston-Altura	2A
Three Rivers South	Jeff Johnson	Chatfield	2A
Three Rivers South	Davin Thompson	Rushford-Peterson	1A
Top of the State	Ethan Marquis	Stephen-Argyle Central	9M
Tri-Metro East	Carl Lemke	St. Croix Lutheran	3A
Tri-Metro West	Sean McMenemy	DeLaSalle	4A
West Central	Jerry Witt	Morris Area/Chokio-Alberta	3A
West Central	Steve Solem	BOLD	2A
Wright County East	Andy Rostberg	Hutchinson	4A
Wright County West	Scott Tschimperle	Glencoe-Silver Lake	4A

2012 SECTION COACHES OF THE YEAR

CLASS: 9 MAN – SECTION COACH

- Gary Sloan, Grand Meadow
- Tim Kirk, Mountain Lake Area
- Steve Jipson & Brian Dahl, Clinton-Graceville-Beardsley
- Tony Thiel, Wheaton/Herman-Norcross
- Tony DeLeon, South Ridge
- Shawn Klimek, Nevis
- Brian Lamppa, Ely
- John Wilebski, Goodridge/Grygla-Gatzke

CLASS: 1A – SECTION COACH

- Scott Hanson, Bethlehem Academy
- Brent Kucera, Sleepy Eye St. Mary's
- Chris Harvey, St. Clair
- Terry Karlsgodt, Atwater-Cosmos-Grove City
- Cory Larson, Dawson-Boyd
- Wayne "Ribsy" Petermeier, Browerville

- Brian Robertson, Barnum
- John Clark, Jr., Mahnomen

CLASS: 2A – SECTION COACH

- Brent Schroeder, Caledonia
- Chuck Hartman, Sibley East
- Tom Schuller, Jackson County Central
- Dean Aurich, Mayer Lutheran
- Steve Solem, BOLD
- Luke Mitchell, Holdingford
- Dave Louzek, Moose Lake/Willow River
- Peder Naatz, Hawley

CLASS: 3A – SECTION COACH

- Mike Kesler, Rochester Lourdes
- Craig Albers, Jordan
- Randy Kuechenmeister, Blue Earth Area
- Carl Lemke, St. Croix Lutheran
- Matt Walter, Annandale

- Dan Esler, New London-Spicer

- Bill Hudspeth, Esko
- Mike Jordahl, Perham

CLASS: 4A – SECTION COACH

- Ivan Kroulik, Kasson-Mantorville
- Andy Rostberg, Hutchinson
- Dave Hopkins, Holy Family Catholic
- Mark Mauer, Hill-Murray
- Dwight Lundeen, Becker
- Sean McMenemy, DeLaSalle
- Roy Hanenburg, Princeton
- Flint Motschenbacher, Detroit Lakes

CLASS: 5A – SECTION COACH

- Jeff Williams, Owatonna
- Mark Esch, Mankato West
- Mike Fritze, Apple Valley
- Jeff Ferguson, Totino-Grace
- Dave Ziebarth, St. Thomas Academy
- Steve Hamilton, Elk River

- Troy Hendricks, Bemidji

- Kevin Feeney, Moorhead

CLASS: 6A – SECTION COACH

- Reed Boltmann, Edina
 - Brad Anderson, Wayzata
 - Mike Grant, Eden Prairie
 - Matt Gegenheimer, Prior Lake
 - Brian Vossen, Lakeville North
 - Kelly Sherwin, Eastview
 - Jeff Erdmann, Rosemount
 - Dave Nelson, Minnetonka
- SQ = State Qualifier

COACHES WITH THE MOST STATE CHAMPIONSHIPS

While numerous coaches have coached state championship teams and several have coached teams to two state titles a select few have been able to guide their teams to three or more state championships. The coaches listed below won at least three state titles at one or more schools. If any coaches have been omitted, reader should contact the Secretary-Treasurer.

Titles	Coach	School(s)	Years
8	Mike Grant	Eden Prairie	1996, 97, 2000, 02, 06, 07, 11, 12
7	Mark Kroulik	Stephen; Stephen/Argyle	1992, 2003, 04, 05, 06, 07, 09
7	Jeff Ferguson	Totino Grace	2003, 04, 06, 07, 09, 10, 12
6	Ken Baumann	Mahnomen	1980, 90, 91, 92, 93, 98
5	Dick Hanson	Burnsville	1972, 80, 85, 89, 91
4	Rick Manke	Glyndon-Felton	1985
		Detroit Lakes	1992, 93, 95
4	George Thole	Stillwater	1975, 82, 84, 95
4	Gerhard Meidt	Minneota	1986, 87, 88
		Rothsay	1972
4	Dave Dose	Glencoe-Silver Lake	2000, 03, 06, 07
3	Grady Rostberg	Hutchinson	1983, 84, 98
3	George Larson	Cambridge	1986, 87, 2000
3	Ken Jacobsen	Chatfield	1994, 95, 96
3	Lyle Anderson	Cook County	1997, 98, 99
3	Dave Main	Gaylord	1973, 75, 79
3	Keith Bergstadt	Cromwell	1995, 96, 98
3	Jim Reinhardt	Rushford-Peterson	2002, 2004, 2006
3	Jon Bakken	Waterville-Elysian-Morristown	1989, 1999, 2009
3	Don Henderson	Triton	1994, 2000, 2006
3	Larry Thompson	Lakeville/South	1988, 1992, 2003
3	Brad Anderson	Wayzata	2005, 08, 10
3	Brent Schroeder	Caledonia	2010, 2011, 2012

MOST STATE PLAYOFF APPEARANCES

State Playoffs began in 1972 Through 2012 season

No.	School	No.	School	No.	School	No.	School
23	Cretin-DH	13	Breckenridge	11	LeRoy-Ostrander	10	Minneota
22	Totino Grace	13	Cambridge-Isanti	11	Richfield	10	Hillcrest Academy
21	St. Thomas Academy	13	Becker	11	Rochester John Marshall	10	Northfield
21	Mahnomen	12	Stephen-Argyle	11	Blaine	10	St. Peter
20	Hutchinson	12	Deer River	11	Glencoe-Silver Lake	10	Waterville-Elysian Morristown
19	Stillwater	12	Detroit Lakes	11	Mahtomedi		
19	Albany	12	Hawley	11	Luverne		
16	Eden Prairie	12	LeRoy-Ostrander	10	Apple Valley		
15	Verndale	12	Rochester John Marshall	10	St. Peter		
14	Cromwell	12	Wayzata	10	Cook County		
14	Moorhead	11	Burnsville	10	Esko		

WINNINGEST ALL TIME HIGH SCHOOL COACHES 200 OR MORE WINS

Rank..	Wins...	Losses	Ties	Coach	School	Years	Win %.....	HOF
1	343	155	5	RonStolski.....	Brainerd	51	.6869	2008
2	336	112	3	Mike Mahlen.....	Verndale	44	.7483	2009
3	309	142	3	Dwight Lundeen.....	Becker.....	43	.6839	2009
4	307	66	6	George Larson-R.....	Cambridge.....	40	.8179	1994
5	287	66	2	Ken Baumann-R	Mahnomen.....	32	.8113	2002
6	285	69	2	George Thole-R.....	Stillwater	31	.8034	2000
7	277	89	1	Grady Rostberg-R.....	Hutchinson	34	.7561	1999
8	275	66	0	Mike Grant.....	Eden Prairie	30	.8065	
9	275	133	2	Stuart Nordquist-R.....	International Falls.....	41	.6732	2001
10	269	115	2	Jim Roforth-R	Osakis	45	.6995	2002
11	267	121	0	Merrill Pavlovich.....	Delano.....	37	.6881	2011
12	266	123	0	Carl Lemke	St. Croix Lutheran	40	.6838	
13	265	122	11	George Smith-R.....	Mahtomedi.....	43	.6796	1994
14	263	86	2	Neal Hofland-R	Chokio-Alberta.....	35	.7521	2005
15	259	102	9	Les Dreschel-R	Red Lake Falls/Crookston.....	40	.7122	1993
16	259	105	13	John Hansen-R.....	Osseo.....	40	.7042	1992
17	256	94	8	Tom Mahoney-R.....	Fairmont	38	.7263	1990
18	249	69	0	Jon Bakken	Waterville-Elysian-Morristown	28	.7830	
19	244	120	0	Larry Thompson.....	Lakeville South.....	34	.6703	
20	241	91	0	Dave Nigon-R.....	Totino-Grace	31	.7259	2003
21	239	134	0	Terry Karlsgodt	Atwater-Cosmos-Grove City.....	37	.6408	2011
22	237	155	0	Don Seipkes.....	Henning/Ottertail Central.....	40	.6046	
23	236	79	0	Gerhard Meidt-R	Rothsay/Minneota/Big Lake.....	32	.7492	1999
24	233	108	3	Buz Rumrill-R.....	Glencoe/Silver Lake.....	33	.6817	1999
25	230	65	0	Jim Mader-R.....	Albany	26	.7797	2003
26	230	73	0	Steve Solem.....	BOLD.....	27	.7591	
27	230	138	1	Roger Lipelt-R	Wayzata/Providence Academy.....	40	.6247	2001
28	229	90	0	Dave Nelson	Minnetonka.....	29	.7179	
29	223	91	1	Jim Simser-R	Fairmont/New Richland-Hartland.....	32	.7095	2000
30	222	91	0	Stan Olson-R.....	LeRoy-Ostrander.....	30	.7093	2004
31	221	97	0	Dave Brokke-R.....	Granite Falls/Yellow Medicine East	31	.6950	2007
32	220	74	0	Clark Bergloff-R	Mora.....	29	.7483	2003
33	220	127	1	Don Stueve-R.....	Fergus Falls	37	.6336	2011
34	216	130	6	Billy Beck-R.....	Lac Qui Parle Valley.....	39	0.6222	1997
35	214	141	0	Bob Jackson-R.....	White Bear Lake/Spring Lake Park.....	35	0.6028	
36	213	71	0	Don Henderson.....	Triton	26	0.7500	
37	212	64	0	Gary Graham-R.....	Browerville.....	25	0.7681	2004
38	212	83	8	Kenneth "Red" Wilson-R.....	Bemidji	34	0.7129	

AWARDS

39.....	212.....	121	2.....	DeWayne Johnson-R.....	Anoka	33	0.6358.....	2009
40.....	210.....	76.....	0.....	Leo Pohlkamp	Pierz	27	0.7343	
41.....	209.....	91.....	0.....	Jerry Wallskog-R.....	Le Center/BDRSH/Monty.....	31	0.6967.....	1998
42.....	207.....	90.....	0.....	Randy Strand.....	Adrian	28	0.6970	
43.....	207.....	92.....	0.....	Terry Ogorek-R	Kittson County Central.....	30	0.6923.....	2012
44.....	207.....	109.....	2.....	Andy Nelson-R.....	Lake Benton/Verdi	34	0.6541.....	1994
45.....	206.....	89.....	0.....	Ron Johnson-R	Clearbrook/Gonvick Tr.....	31	0.6983	
46.....	205.....	58.....	2.....	Dick Hanson-R	Burnsville.....	25	0.7774.....	2012
47.....	203.....	66.....	1.....	Stav Canakes-R	Edina	27	0.7537.....	1992
48.....	202.....	106.....	13 ..	Bruce Frank-R.....	Le Sueur	37	0.6495.....	1985
49.....	202.....	120.....	2.....	Con Natvig-R	Swanville	33	0.6265.....	2007
50.....	202.....	147.....	0.....	Richard Risbrudt-R	Fergus Falls	35	0.5788	
51.....	200.....	65.....	0.....	Rich Kallock-R.....	Cretin-Derham Hall.....	22	0.7547.....	2006
52.....	200.....	77.....	3.....	Bob Youso-R.....	Moose Lake/Willow River	30	0.7196.....	1991
53.....	200.....	89.....	0.....	Ken Mauer-R.....	St. Paul Harding.....	32	0.6920.....	1993
54.....	200.....	111	0.....	Dean Taylor	Sartell/St. Cloud Cathedral.....	32	0.6431	

DISTINGUISHED SERVICE AWARD RECIPIENTS

1990	Jim Lano, Normandy Inn	2009	Brad Madson, Minnesota Vikings
1991	Bud Olson, Bud Olson Awards	2010	TCF Bank Stadium
1992	Bob Roy, St. Louis Park High School	2011	Dave Lee, WCCO Radio
1993	Don Swanson, Minneapolis Patrick Henry High School	2012	Mike Turner, Varsity Photos, Inc. & Varsity Awards
1994	Bill Etter, Chi Chi's Restaurant	2013	Dave Giles, MFCA Historian
1995	Tom Mahoney, Fairmont High School		
1996.....	Joe Samuelson, Stillwater High School		
1997	Dick Walker, Richfield High School		
1998	Jim Dotseth, Minneapolis Patrick Henry High School		
1999	Randy Shaver, KARE 11 TV		
2000	Jim Simser, Fairmont High School		
2001	Butch Nash, University of Minnesota		
2002	Jostens		
2003	Ralph Anderson, Becker County Record and Detroit Lakes Tribune		
2004	Gordon Shaw, University of Minnesota		
2005	Bill Hoag, Varsity Gold		
2006	Healy Awards		
2007	Doubletree Park Place Hotel, Minneapolis		
2008	Dave Fritze, Minnesota High School All-Star Football Game		



David Giles, MFCA Historian

ACTIVE HIGH SCHOOL COACHES WITH 80 WINS OR MORE

Wins	Losses	Ties	Coach	School	Years	Games
343	155	5	Ron Stolski	Brainerd	51	503
336	112	3	Mike Mahlen	Verndale	44	447
309	142	3	Dwight Lundeen	Becker	43	454
275	66	0	Mike Grant	Eden Prairie	30	341
267	121	0	Merrill Pavlovich	Delano	37	388
266	123	0	Carl Lemke	St. Croix Lutheran	40	389
249	69	0	Jon Bakken	WEM	28	318
244	120	0	Larry Thompson	Lakeville South	34	364
239	134	0	Terry Karlsgodt	ACGC	37	373
237	84	0	Steve Solem	BOLD	27	321
237	155	0	Don Seipkes	Ottertail Central/Henning	40	392
229	90	0	Dave Nelson	Minnetonka	29	319
213	71	0	Don Henderson	Triton	26	284
210	76	0	Leo Pohlkamp	Pierz	27	286
207	90	0	Randy Strand	Adrian	28	297
202	147	0	Richard Risbrudt	Fergus Falls	35	349
200	111	0	Dean Taylor	St. Cloud Cathedral	32	311
190	68	0	Ivan Kroulik	Kasson-Mantorville	24	258
190	87	0	Terry Bahlmann	Marshall	29	277
171	81	0	Dean Aurich	Mayer Lutheran	25	252
167	97	0	Bubba Sullivan	Northfield	24	264
165	135	0	Jerry Witt	Morris/Chikio-Albta	33	300
162	77	0	Bill Hudspith	Esko	23	338
161	160	0	John Sieling	Prairie Valley/Eagle Valley	35	321
154	155	0	Ken Helland	Tri-City United/LeCenter	33	309
150	112	0	Rick Sutton	Eagan	27	252
150	166	0	Steve Hill	Minnewaska	37	316
148	119	0	Karl Urbaniak	Mable-Canton	30	267
144	93	0	Larry Herm	Foley	24	237
143	78	0	Dave Hopkins	Holy Family	21	221
141	92	0	Joe Scoblic	Lester Prairie-Holy Trinity	23	233
141	140	0	Patrick Foley	Waconia	30	281
138	26	0	Dave Louzek	Moose Lk/Willow River	14	164
138	61	0	Bill Ihrke	Plainview-Elgin-Milville	19	199
138	67	0	Jeff Schlieff	Spring Lake Park	20	205
138	108	0	Terry Arduser	Madelia	27	146
137	27	0	Brad Anderson	Wayzata	14	164
137	72	0	Gary Sloan	Grand Meadow	20	209
134	88	0	Tom Murphy	Nicollet	22	222
129	13	0	Jeff Ferguson	Totino Grace	11	142
127	87	0	Paul Mork	New Life Acdmy/WBL	24	214

AWARDS

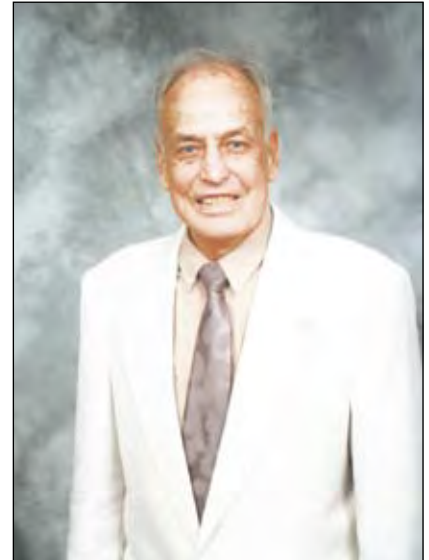
Wins	Losses	Ties	Coach	School	Years	Games
125	90	0	Randy Kuechenmeister	Blue Earth Area	22	215
124	46	0	Tony Thiel	Wheaton/Herman/Norcross	16	170
123	34	0	Andy Rostberg	Hutchinson	14	157
123	111	0	Jeff Erdmann	Rosemount	23	234
122	26	0	Peder Naatz	Hawley	13	148
122	68	0	Denny Lux	New Ulm Cathedral	18	190
120	142	0	Mark Nohner	Lake of the Woods	28	262
119	79	0	Daryl Illikainen	Hermantown	20	198
119	97	0	Leo Theisen	Westbrook Walnut Grove	23	216
118	87	0	Mark Froehling	Farmington	21	205
115	87	0	Gerard Rohl	Buffalo	21	202
114	44	0	Flint Motschenbacher	Detroit Lakes	15	158
114	84	0	Todd Olson	Richfield	20	198
113	61	0	Jeff Williams	Owatanna	17	174
113	65	0	Brian Nelson	Fertile-Beltrami	18	178
112	39	0	Tom Schuller	Jackson Co Central	14	151
110	53	0	Chad Gimbel	Blooming Prairie	16	163
108	58	0	Jeff Plaschko	St. Paul Johnson	17	166
108	65	0	Kelly Sherwin	Eastview	15	173
107	89	0	Jon Johnson	Litchfield	20	196
106	33	0	John Clark Jr	Mahnomen	12	139
106	45	0	Paul Dunn	Springfield	14	151
104	56	0	Carter Ross	Westbrook Walnut Grove	16	160
104	117	0	Mike Dammann	MACCRAY	24	221
101	106	0	John Jirik	North Woods	22	207
100	61	0	Jack Drews	Rochester John Marshall	16	161
97	83	0	Dick Weinberger	Kennedy	18	180
96	26	0	Andrew Fleischman	Edgerton/Ellsworth	11	122
96	61	0	John Austinson	Byron	16	157
94	39	0	Jim Galvin	Mounds View	12	133
94	55	0	Bob Staska	McGregor	15	149
93	24	0	Dave Ziebarth	St. Thomas Academy	10	117
93	83	0	Bill Magnuson	Sauk Rapids-Rice	17	176
92	73	0	Jeff Weiland	Orono	16	165
91	36	0	Ribsy Petermeier	Browerville	12	127
88	38	0	Todd Oye	Luverne	11	126
87	25	0	Mike Kleinschmidt	Albany	10	112
87	33	0	Chad Johnston	Minneota	11	120
87	73	0	Bill Weiss	Chisago Lakes	16	160
86	72	0	Dave Haugen	Pelican Rapids	16	158
85	70	0	Chuck Ross	Underwood	15	155
83	13	0	Mike Scanlan	Cretin-Derham Hall	8	96
80	94	0	Les Viken	Fosston	18	174

BUTCH NASH AWARD

The Minnesota High School Football Coaches Association feels that Butch Nash is the epitome of the ideal assistant coach.

Total loyalty, coaching competency, outstanding rapport with players and fellow coaches, integrity beyond reproach, and many years of dedicated service to a worthy profession are the qualities that describe Butch.

These are the qualities exemplified by the assistant coaches who have been chosen to receive this year's Butch Nash Award.



Butch Nash
Minnesota Gophers

BUTCH NASH AWARD REQUIREMENTS

- An active assistant football coach at the high school level.
- Although not strictly limited to varsity level coaches, the Executive Committee sets a requirement of being an assistant who is a "front liner" – in the limelight, under the gun, recipient of praise and/or criticism approaching the level of the head coach.
- Certainly, a few younger coaches can meet these requirements, BUT, in all candor, years of service to a program will influence the selection committee's choices (generally 15 or more years).
- Both the head coach and the nominee must be members of the MFCA.
- No more than one assistant from a high school program will be honored in a given year.
- The award will be limited to eight recipients in a given year.

BUTCH NASH AWARD RECIPIENTS



Marc Achterkirch, Owatonna



Mark Elmer, Stillwater



John Jensen, Rochester Lourdes



David Larson, Hutchinson



Roger Lindahl, Benson



John McEachran, Perham



Paul Ruud, Glencoe-Silver Lake



Daren Sagedahl, BOLD

Butch Nash Award Nomination Form

(Award for assistant football coaching at the high school level)

Candidates name in full _____
First middle last

Address _____ City/Zip Code _____

E-mail _____ Home phone () _____ Work phone () _____

Birthdate _____ College attended _____ Year graduated _____

Candidate: Member MSHSCA? ____ Yes; ____ No. Member MFCA? ____ Yes; ____ No.

Head Coach: Member MSHSCA? ____ Yes; ____ No. Member MFCA? ____ Yes; ____ No.

Head Coach e-mail _____ Home ph: _____ Work ph: _____

Class: 9M; A; 2A; 3A; 4A; 5A; 6A Conference _____ School _____
(please circle)

School Address _____ City/Zip Code _____

Current football coaching assignment _____

Coaching background (Previous schools, years at the school, and any other significant information).

1. _____
2. _____
3. _____
4. _____
5. _____

Total number of years as high school assistant football coach (minimum 15 years) _____

List other background information that would help the committee in their selection (previous championships, awards, etc.)

Submitted by: _____
Head Football Coach

Return to: **Jim Dotseth, 4180 Trenton Lane No, Plymouth, MN 55441**
Fax: 1-888-590-8819, Email: dotsethj@comcast.net

Central Lake Conference

The Rocori Spartans, Brainerd Warriors and Fergus Falls Otters all earned a share of the conference championship in 2012. Year after year the Central Lakes produces high quality football and is one of the premier 5A conferences in the state.

The Fergus Falls Otters had a very successful year on the gridiron going 6-4 and ending up in a threeway tie for the Central Lakes Conference championship with Rocori and Brainerd; each team having one loss in the conference. The Otters were led in rushing by Walker Heinen logging 1505 yards, 15 TDs and rushing for 300+ yards twice. The Fergus Falls QB Brady Hansen passed for 956 yards and 8 TDs. Leading receiver was Reece Johnson hauling in 24 receptions for 395 yds and 5 TDs. Casey Ward led the team in tackles with 98. Richard Risbrudt retired after 35 years of coaching and handed the reigns over his 8-year assistant line coach, Steve Olson this past May.

The Rocori Spartans won their second straight Central Lakes Conference title with a 5-1 record. The Spartans finished the season with a respectable 6-4 record on the year. ROCORI snapped a 21 year losing streak to the Brainerd Warriors to start their season on the right foot. Rocori's season ended with a tough loss to Detroit Lakes in the Section 8 4A championship game 29-28. The Spartans defense was spectacular this year holding teams to under 16 points per game. They were lead by a tremendous group of linebackers. The Spartans no-huddle offense averaged 25 points per game, but struggled late in the year when starting quarterback Mac Muller was injured. It was a season that taught the players a lot on how to handle adversity.

The 2012 Brainerd Warriors finished the season with a 5-1 Conference record, sharing the CLC title with Fergus Falls and Rocori. Overall, the Warriors were 6-3, with losses to three excellent teams, Rocori, St. Michael-Albertville, and, in a 6A section game, Blaine. The outlook for the 2013 season is promising with the return of several starters with the hopes of improvement. Head coach Ron Stolski is beginning his 52nd season has a head Coach in Minnesota football with the upcoming season being his 39th. In addition, the Warriors' staff boasts three assistants with over 35 years experience.

The Sartell Sabres had another solid season (7-3, 3-2 Central Lakes Conference) under first year Head Coach Scott Hentges. The Sabres got out to a fast start at 4-0, but then suffered tough, close home games against Fergus Falls and Willmar. Sartell showed great resiliency in come from behind victories versus St. Cloud Tech (won 21-20 scoring with 10 seconds remaining in the game), on the road at Bemidji (won 37-24 after being behind 17-0 after the first quarter), and in the section semi-final game vs. St. Cloud Apollo (won 24-17 after trailing in the 4 championship versus Moorhead. The Sabres were led on offense by Erik McAfee (SR,RB, 195c/1325y 15TD), Pat Fischer (SR,WR, 39 rec/566y 6 TD), and Parker Hagen (SR, QB, 101/198 1437y 13 TD). Sartell was led

Conference Standings

	Conference	Overall
Rocori	5-1	6-4
Brainerd	4-1	6-3
Fergus Falls	4-1	6-4
Sartell-St. Stephen	3-2	7-3
Willmar	3-3	4-5
St. Cloud Apollo	3-4	4-6
St. Cloud Tech	2-4	3-6
Alexandria	1-5	2-8
Sauk Rapids-Rice	1-5	1-8

on defense by seniors Dylan Hollenkamp (LB), Matt Worzala (LB), Quinn Anderson (DE), and junior safety Sam Neeser. The Sabres return several key players on both sides of the ball including two year starter TJ Bevans (SR, OL/DL), Anthone Thene (JR, OL/DL), Sam Neeser (SR, WR/SS), Nick Jensen (JR, DE), Braden Doucette (SR, WR/FS), and Darek Stachowski (JR, RB).

The Willmar Cardinals finished the 2012 season in the middle of the Central Lakes with a 3-3 conference record and 4-5 overall. The Cardinals lost in the opening round of the playoffs to the Section champ Elk River Elks. The Cardinal season was full of twists and turns, losing two games by one point and each of them on the last play of the game. There were also many exciting moments for the senior led Cardinals. They finished the season with consecutive wins over Sauk Rapids and a come from victory over the Sartell Sabres (won 28-21 after being down 21-7 in second half). The Cardinal offense was led by Alex Grove, a 3 year starter at QB and his entire senior offensive line; Bart Kerfeld, Andrew Buchanan, Josh Warne, Anthony Wood and Matt Crow. The Cardinal defense continues to improve year after year. The defense was led by 3 year starter and Linebacker, Zech Streed and defensive lineman Cass Herzog. Next season the Cardinals will be breaking in many new starters on offense. Only RB Michael Heitzman and WR Chris Cunningham saw action in 2012. The defense will be much more experienced with 6 players returning including LB Trey Tollefson and DEs Cole Hagen and Joey Lee.

The Saint Cloud Apollo football team ended the 2012 season winning 4 out of their last 5 games to finish the season with a mark of 4-6. The Eagles played their first 5 opponents tough, but it wasn't until a 9-6 victory over Sauk Rapids in week 6 that things came together for Apollo. Highlights for the Eagles were snapping a 22 game losing streak, a win over cross town rival Tech for the first time in 9 years, the first home playoff game in 9 years and the first playoff victory in 17 years. In 2012 the Eagles were led by a group of underclassmen including Sophomore quarterback/defensive back Ben Alvord and Junior receiver/defensive back Noel Teigen who were both All-Conference and All-Area selections

and will be team leaders in 2013. The Eagles have many starters returning from a successful 2012 campaign are hoping to build on their success in 2013.

The 2012 season saw the Tech Tigers fate come down to the last minute of the game time and time again. While their 3-6 finish was not what they had hoped for, games were close with exciting finishes throughout the year. Tech was led by senior runningback Jacob Peterson who finished his career as the program's all-time leader in rushing (3306 yards), hundred yard games (17), kick-off returns (761 yards) and touchdowns (45). The Tigers return a veteran squad in 2013 and expect to be competitive in both the conference and section races.

The Alexandria Cardinals finished the season with a 2-8 overall record. Head Coach Mike Empting's struggled throughout the regular season, but won their section quarterfinal game against St.

Cloud Tech Tigers, 39-12. The only regular season win the Cardinals had was against St. Cloud Apollo, 21-7.

The Sauk Rapids Rice Storm and head coach Bill Magnuson struggled through another season finishing 1-8 overall. The Storm's season could have been different if not for last minute losses to Fergus Falls and Apollo. The Storm were in every game but just could not finish most games. The highlight of the season was beating the Rocori Spartans in week 5. Rocori was the #2 ranked team in Class 4A at the time. The Storm will graduate some outstanding seniors but the future looks bright. Many juniors gained valuable experience during the 2012 season and the sophomores on the JV team went 6-2. ■

Classic Suburban Conference

2012 was another exciting year in the Classic Suburban Conference. Outstanding football was played every Friday and fans were treated to some great games. In 2013, conference leaders will look to continue their success, while the rest of the pack will try to move up in the standings.

Co-Conference Champions South St. Paul (Packers) led by Chad Sexauer and St. Thomas Academy (Cadets) led by Dave Ziebarth finished the year with 6-1 conference records. Ziebarth's Cadets used a balanced attack and relentless defense all the way to the state 5A quarterfinals before losing to eventual runner-up Owatonna. Sexauer's Packers used gritty defense and ball control into the section 4 - 4A championship where their season ended with a loss to conference foe Hill Murray.

Hill Murray led by first year coach Mark Mauer continued their success from 2011 with at 3rd place finish at 5-2. The Pioneers recorded a big win in week 7 over perennial conference power Mahtomedi and then followed up with a section championship win over conference rival South St. Paul. The boys from Hill finished their season with a loss to Holy Family in the 4A state quarterfinals. In April, Hill Murray and University of St. Thomas Graduate Tony Danna was promoted from Defensive Coordinator to Head Coach.

Coach Dave Muetzel and his Mahtomedi Zephyrs had another solid season. The Zephyrs finished the regular season at 5-2 in a tie with Hill Murray for 3rd. Muetzel's Zephyrs scored a big win over St. Thomas Academy in week 5. In the playoffs the Zephyrs gave eventual 5A state champ Totino Grace everything they could handle in the section quarterfinal, but came up short 21-7.

The Richfield Spartans led by Todd Olson improved over the previous 3 years and finished in sole possession of 5th place. 2013

will be the last year for Richfield in the conference as the Spartans are moving to the new Metro West Conference in 2014.

The rest of the conference of Simley (Rex King), Tartan (Tim Murtha), Henry Sibley (Stan Eskierka and Tom Orth) and North (Eric Longtin) jammed up the lower 4 spots. Tartan had a playoff victory over Suburban East Member Hastings, and Simley defeated conference foe Henry Sibley in the first round of the 5A playoffs, while North had an early exit from 6A playoffs in a loss to Suburban East Champ Stillwater.

Conference coach of the year honors went to Chad Sexauer, South St. Paul.

In addition to coaching changes at Hill Murray (Danna replacing Mauer), Tartan assistant Aaron Mullen will take over the reins at Tartan as Coach Tim Murtha moves full time to the ISD 622 curriculum office. 2013 will be the last year of the Classic Suburban in its current form as Richfield leaves. No doubt, Richfield's absence will set in motion a re-alignment shake-up. Uncertainty aside, the 2013 Classic Suburban Conference looks to be another exiting year. ■

Gopher Valley A Conference

The Gopher Valley A Conference had its' most competitive season in many years. There were many closely contested games each week, which brought a tight battle at the top between four teams. Eventually two teams (Lester Prairie/Holy Trinity and Blooming Prairie) emerged as Co-Champions, with Faribault BA and St. Clair finishing a game behind (but both of these teams earned trips to the state tournament). From top to bottom the Gopher Valley A conference proved to be one of the best class A conferences in the state.

Scott Hanson led his senior dominated team to a 11-3 record, their first section title and a State Runner-up finish. Faribault BA started 6-0 before faltering at the end of the season and dropping their last two games. Scott Hanson was able to right the ship and get his Cardinals to play some of their best football in the playoffs. Faribault BA used their stout defense, which allowed a mere 10 points per game, and a strong running game as a formula for success. The Cardinals season ended in the State Championship game coming up a touchdown short against an undefeated Mahnommen team.

St. Clair was the surprise of the conference. Head coach Chris Harvey took his Cyclones to the state tournament a year after not having a varsity season. Cyclones success was built behind a big strong offensive line, which controlled the clock and chewed up the yards. On defense the Cyclones were fast and athletic causing many turnovers throughout the season. St. Clair's turnaround season came to an end with a State Quarterfinal loss to ACGC finishing 9-3.

Blooming Prairie finished 9-2 overall, and a share of the conference title (giving them 8 conference championships in a row). After a defeat to Lester Prairie Holy Trinity early in the season Chad Gimbel was able to get the Blossoms to turn their season around behind a high flying offense which averaged 36 points a game. The Blossom offense featured a strong aerial attack with big play capability from anywhere on the field. Blooming Prairie's season came to an end in the Section Championship game, when Faribault BA avenged an earlier loss to the Blossoms.

Joe Scoblic's Bulldogs from Lester Prairie Holy Trinity had another outstanding football team that shared the conference title with Blooming Prairie. The Bulldog's only conference loss came at the hands of Faribault BA in the third game of the season. Lester Prairie was the most balanced team in the conference. They were solid on both sides of the ball as they lead the conference on offense averaging over 420 yards a game, and defensively they were second in the conference giving up a stingy 209 yards a game. The Bulldogs had the top three rushers in the conference, which didn't allow teams to focus on just on ball carrier. Lester Prairie's season came to an end when they were upset in the Section Semi-finals by Belgrade Brooten Elrosa a team they had defeated in the first game of the season. The Bulldogs finished 8-2.

Minnesota Valley Lutheran in their first season in the A side of the conference found some stiff competition. Jim Buboltz could never

get his Chargers on a winning streak. They won three games during the regular season (two in the conference), and 1 in the playoffs but were never able to get on a winning streak. The Chargers used a deceptive option run game to claim their victories and get them into the Section Semifinals before losing to state entrant, Sleepy Eye St. Mary's. The Chargers finished 4-6 on the season.

United South Central followed MVL into the A side of the conference with about the same results, finishing 2-7 for the year. Brad Huse's Rebels were in a lot of games through the first half, but injuries hurt the Rebels depth and they had a difficult time competing for four quarters. USC lost in the Section Quarterfinals to Martin County West ending their season.

Mankato Loyola Crusaders finished the season without a win. Kevin Mettler's squad continued to show improvement throughout the season. Their young squad gained some valuable experience and should come back next season ready to compete. The Crusaders season came to an end in the Section Quarterfinals, losing to Springfield. ■

Granite Ridge Conference

This was the second season of the newly formed Granite Ridge Conference.

Last year Zimmerman High School won the conference championship. In 2012 Becker and Albany joined the Granite Ridge, making it a nine school conference. Not every school was able to play each of the other teams within the conference. Becker was declared the conference champion with a 7-0 conference record.

The 2012 football teams of the Granite Ridge included many outstanding football players. Becker receiver, Brett Watercott, was named MVP of the conference and was named one of the Top Ten Mr. Football candidates.

Other individuals receiving recognition included Becker Quarterback Tommy Benson, Albany Running Back Scott Litchy, Becker Receiver Joel Hopkins, Zimmerman Defensive Lineman Mitch Robinson, Zimmerman Offensive Lineman Cory Jopp, Mora Linebacker Josh Mantel, Mora Dback Derek Graves, Little Falls Special Teams Player Collin Eckman. and Becker Assistant Coach Mike Lundeen.

Conference schools did extremely well in section play. Princeton and Becker both represented their sections in class 4A at the Dome.. ■

Conference Standings - Blue Division

	Conference
Becker	7-0
Foley	5-1
Zimmerman	5-2
Albany	4-3
Princeton	3-4
Little Falls	3-4
Cathedral	2-4
Mora	2-6
Milaca	0-7



Becker runningback Eric Dudek carrying the ball in game with Little Falls.



Brett Watercott carrying the ball in game against Zimmerman.



Becker quarterback Tommy Benson throwing a pass in the game vs. Princeton.



#5 Brett Watercott punt return. #10 Joel Hopkins

Great Polar Football Alliance Conference

~ Barnum Bombers - Blue Division Champion ~

~ Moose Lake-Willow River Rebels - Red

Division Champion ~

In 2012, the Great Polar Football Conference consisted of 17 teams that fell into two separate divisions according to size. The Great Polar Alliance Conference had three state tournament teams this season. Esko won a thrilling Section 7AAA playoff thriller against the Proctor Rails to advance to the State AAA quarterfinals. For the second consecutive season in Class AA, Moose Lake Willow-River finished as the state runner-up finishing their season with an outstanding record of 13-1. The Rebels were crowned the Section 7AA champion for the seventh consecutive season. In Class A, Barnum beat Cook County in the Section 7A title game to advance to the Class A state tournament.

The Blue Division:

The Barnum Bombers had a very successful 2012 football season. The Bombers had a tough schedule to start the season with opening games against perennial power Moose Lake/Willow River and then against Class 4A opponent Cloquet. After two close and competitive losses, the Bombers showed a lot of growth, proving to themselves that they could play with the most competitive opponents. The Bombers won their next six games, earning the regular season Conference crown in the Blue Division. It was Barnum's first conference championship in six years. The Bombers then went on to win their three section playoff games including a hard fought victory over a tough Cook County team in the Section 7A Championship. It was the Bombers second section title in three years. The Bombers ended their season in the opening round of the state tournament to the eventual state champion, Mahnomon Indians. The Bombers were led by senior captains Sam Anderson (conference MVP-Defense), Daniel Warpula (all-conference), and John Zmyslony (all-conference).

Cook County's season ended with a tough 18-30 loss to the Barnum Bombers in the Section 7A title game. The Viking's overall season record was 8-2, with their only two losses both coming from the Bombers of Barnum. The Vikings were led by Offensive MVP Kale Boomer, who ended his career as Cook County's only four year starter at the quarterback position. A highlight of the season was All-Conference halfback Peter Warren's performance against Cass Lake in the playoffs where he broke the state record for rushing touchdowns in a game (eight) and points scored in a game (52).

The Braham Bombers finished their season and a 4-2 conference record, which was good enough for third place in conference standings. The Bombers finished with an overall record of 5-5.

Conference Standings - Blue Division

	Conference	Overall
Barnum	6-0	9-3
Cook County	5-1	8-2
Braham	4-2	5-4
Deer River	3-3	3-6
East Central	2-4	3-6
Mesabi East	1-5	1-8
Ogilvie	0-6	0-9

Conference Standings - Red Division

	Conference	Overall
Moose Lake-Willow River	7-0	13-1
Crosby - Ironton	6-1	8-2
Esko	5-2	8-3
Duluth Marshall	5-3	7-4
Hinckley-Finlayson	5-2	6-3
Eveleth-Gilbert	3-4	5-5
Pine City	2-5	2-7
Rush City	2-4	3-6
Aitkin	0-7	2-8
Two Harbors	0-7	0-9

Braham was led by All-Conference players Shaun Hollenkamp, Alex Sutton, Zach Dahlman and Dylan Altendorf, John Larson, Bryce Lanhart and Casey Grell. Overall, Braham was a young team, starting just three seniors on both sides of the ball and are very optimistic about their team in 2013.

The Deer River Warriors finished the 2012 season with a 3-6 record. The 2012 season was filled with crucial season ending injuries for the Warriors, who finished the season with five freshmen in the starting lineup.

The Eagles of East Central finished 3-6 and earned the number four seed in the section playoffs. The Eagles were young, starting three freshmen and four sophomores. They improved from 2012, becoming competitive on both sides of the ball. The highlight of the year was defeating the Rush City Tigers, 14-6, on Parent's Night. They were led by junior All Conference selection Kaleb McCulloch, and Honorable Mention players Tavion Buchanan,

Steven Gunderson, Logan Zimmermann.

The Mesabi East Giants ended the season with a 1-8 record. The Giant's only win was an impressive 40-18 Homecoming victory over the Ogilvie Lions. The Giants were led by Sophomore Zach Skelton and Senior Derek Hirsch. Skelton ended the season with 117 tackles, which included eight for losses, and five sacks. He also rushed for 551 yards and four touchdowns as the Giant's fullback. Hirsch was second on the team with 88 tackles and four sacks.

The Ogilvie Lions had a very disappointing season filled with injuries and games missed by several key players. Many of their younger players, however, earned important playing time and valuable varsity game experience. The Lions will be much improved in 2013.

The Red Division:

Moose Lake/Willow River finished the 2012 season with a second consecutive trip to the Prep Bowl, losing on a last second field goal by Caledonia 22 to 25. The Rebels were 13-1, winning their sixth consecutive Conference Championship and seventh consecutive Section 7AA Championship. The Rebels had great performances from Seniors Jake Disterhaupt (4,600 career rushing yards, 80 career TD's), Michael Pender (1,700 rushing yards in 2012), and quarterback Tony Adamczak (26-2 as a starter).

The Crosby-Ironton Rangers finished the season with an 8-2 record. The Rangers were led by Conference Coach of the Year Mike Gindorff and the strong play of their backfield: Dylan Wasserzieher (933 yards and 7 TDs), Zack Olander (963 yards and 10 TDs), and Daniel Hudrik (691 yards and 13 TDs). On Defense, Dylan Wasserzieher and Matt Lambert led the team with 134 and 130 total tackles respectively.

After a 6-2 regular season, the Esko Eskomos football team won the section 7AAA championship with impressive playoff wins over Atkin (36-8) and an exciting 28-26 thriller against Proctor. The Eskomos fantastic season came to a close in the state quarterfinals in a tough loss to Perham. Esko was led by All-Conference selections: Justin Weeks, Riley Mudek, Marc Peterson, and Zach Jasken.

The Duluth Marshall Hilltopper football team finished with an overall record of 7-4. The Toppers made it to the Section 7AA championship game for the first time since 2003, losing to Moose-Lake Willow River, the eventual State Runner-Up. The 2012 season was an enormous turnaround for the Hilltoppers who were 1-17 in the previous two seasons. The Toppers relied heavily on their four senior captains: Than Serre, Matt Cutshall, Caden Flaherty, and Connor Flaherty.

Evelth-Gilbert finished their regular season with a 4-4 overall record. After an impressive 34-6 win over Rush City, the Golden Bears lost to Moose Lake/Willow River in the Section 7AA semifinals. The Golden Bears were led by All-Conference standouts: Cole Jackson, Brandon Masters, and Zach Wood.

The Hinckley/Finlayson Jaguars had a very good 2012 season. They started the season with five straight wins before losing to a tough Crosby-Ironton squad. The Jaguars ended the regular season with a 6-2 record. Their season came to an end following an upset loss

to the Braham Bombers. The Jaguars were lead by a large senior class and All-Conference selections: Dylan Libra, Josh Bloom, Robert Teckavec, and Ryan Nelson.

The Pine City Dragons finished the season with a 2-7 record. The Dragons had a difficult season dealing with numerous injuries, but continually improved throughout the year. On offense Pine City was paced by All-Conference running back Devon Ripka who rushed for nearly six yards per carry and the defense was led by All-Conference lineman Shannon Drury.

The Rush City Tigers were a much improved Tiger football team opening the season with a convincing home win over rival, Braham. The Tigers ended with a 3-6 overall record, as three of the team's losses came by a score or less against a strong schedule that boasted an opponent's overall record of 30-10. The Tigers were anchored by the strong play of All-Conference standouts Brandon Koehnle, Matt Mallinger and Johnathan Mielke. Johnathan Mielke's outstanding play was rewarded as he was named the Defensive M.V.P. of the Great Polar Football Alliance- Red Division.

The Aitkin Gobblers finished the season with a 2-8 record. The Gobblers were competitive each and every week, with five of their losses being decided by 13 points or less, including an overtime loss to Duluth Marshall and a two-point loss to eventual 7AAA champion Esko. The Gobblers competitive season was led by All-Conference selections Peter Zasmeta and Adam Bast.

Two Harbors experienced a challenging season as they went without a win on the year. The Agates were a very young time as they had only 5 seniors on the roster and only 2 of those saw extensive playing time. The Agates were led offensively by junior running back Mike Nordean and sophomore quarterback Kyler Kinn. Senior Austyn Wasco led the Agates defensively and was a mainstay on the offensive line. The Agates look forward to a positive turn for the 2013 season as they will be returning nearly every starter on both sides of the ball. ■

Heart O'Lakes North Conference

Detroit Lakes captures HOL North Title

After helping lead the Detroit Lakes football team to an undefeated regular season and its first Heart O'Lakes Northern Conference title, junior quarterback Michael Herzog was named Conference Most Valuable Player. Herzog did most of his damage rushing the ball in a potent Laker running attack by picking up 1,420 yards, which was just seven yards off the all-time DLHS single season record. The junior QB also passed for 970 yards and 13 touchdowns, as the Lakers went 7-0 in conference play, as well as winning their first Section 8-4A championship in 10 years. Other conference award winners listed below. ■

Conference Standings - Northern Division

	Conference	Overall
Detroit Lakes	6-0	8-0
Perham	5-1	7-1
Park Rapids	3-3	3-5
Thief River Falls	3-3	4-4
East Grand Forks	2-4	3-5
Crookston	1-5	3-5
Pequot Lakes	1-5	2-6



Conference Awards

Most Valuable Player	Mike Herzog - Detroit Lakes
Most Valuable Offensive Back	Jordan Hein - Perham
	Josh Edlund - Crookston
Most Valuable Offensive Lineman	Brandon Johnson - Detroit Lakes
Most Valuable Receiver	Alex Boone - Crookston
Most Valuable Defensive Lineman	Jon Erickson - Thief River Falls
Most Valuable Linebacker	Ryan Boushee - East Grand Forks
Most Valuable Defensive Back	Stephen Erb - Detroit Lakes

Hiawatha Blue Conference

The Final Season of the HVL Blue Conference had another strong year. Leading the way was Rochester Lourdes, who defended their HVL Blue Conference again, with another solid season. Lourdes reached the Prep-Bowl 3A finals losing to Blue Earth. They were followed closely by Kasson-Mantorville, which also made it to State in 4A losing a tough game to eventual champs Hutchinson. Next, the middle was very even between the Byron Bears, Cannon Falls, and Stewartville. Cannon-Falls made it to the Section Finals in 3A losing to St. Croix Lutheran. Next, was a young LaCrescent team that will compete next fall and Pine Island struggled but earned a victory and hopes for a better season in 2013 in the new Southern Football Alliance (SFA). ■

Conference Standings

	Conference	Overall
Rochester Lourdes	6-0	13-1
Kasson-Mantorville	5-1	10-2
Byron	3-3	6-4
Cannon Falls	3-3	7-4
Stewartville	3-3	4-5
LaCrescent	1-5	2-7
Pine Island	0-6	1-6

Hiawatha Gold Conference

The Final Season of the HVL Blue Conference had another strong year. Leading the way was Rochester Lourdes, who defended their HVL Blue Conference again, with another solid season. Lourdes reached the Prep-Bowl 3A finals losing to Blue Earth. They were followed closely by Kasson-Mantorville, which also made it to State in 4A losing a tough game to eventual champs Hutchinson. Next, the middle was very even between the Byron Bears, Cannon Falls, and Stewartville. Cannon-Falls made it to the Section Finals in 3A losing to St. Croix Lutheran. Next, was a young LaCrescent team that will compete next fall and Pine Island struggled but earned a victory and hopes for a better season in 2013 in the new Southern Football Alliance (SFA). ■

Conference Standings

	Conference	Overall
Lake City	6-0	9-2
Triton	5-1	7-3
Zumbrota-Mazeppa	4-2	4-5
Cotter	3-3	4-6
Goodhue	2-4	4-6
Hayfield	1-5	1-8
Kenyon-Wanamingo	0-6	0-9

Little Sioux Conference

The Little Sioux Conference (LSC) ended the 2012 season with another team fighting for a state championship. Dawson-Boyd tried to repeat as class A champion but were defeated in the semi-finals. ■

Conference Standings - HVL Gold

	Conference	Overall	Coach
Dawson-Boyd	6-1	11-2	Cory Larson
Minneota/Lincoln HI	6-1	9-2	Chad Johnston
Adrian	6-1	8-3	Randy Strand
Canby	5-2	6-4	Nick Kockelman
TMB	3-4	4-5	Derek Flann
MCC	3-4	4-6	Chris Davis
MACCRAY	2-6	2-7	Mike Dammann
RTR	1-6	1-8	Brian Boomgaarden
Lakeview	0-7	0-9	John Sterner

Award Winners

"D" Lineman	Brandon Schmitt – Dawson-Boyd
"O" Lineman	Brandon Schmitt – Dawson-Boyd
"D" Back	Garth Ochsendorf – Dawson-Boyd Jake Tiede – Adrian
"O" Back	Justin Lee – Dawson-Boyd Wyatt Kraus – Canby
Coach of the Year	Chad Johnston - Minneota

Minnesota River Conference

The Minnesota River Conference had another successful season and eventually sent three teams to the state tournament.

The regular season began with the MRC teams going 5-3 in the season opening non-conference games.

The MRC season saw four teams battling for the top spot with tightly contested games. Sibley East and Mayer Lutheran eventually tied for the championship while Tri City United and Watertown-Mayer tied for third. For Lutheran it was their first MRC title since joining the conference in 2002. Sibley East has last won a title in 1997.

In post season play the MRC teams spread out over several sections in Classes 2A and 3A. Sibley East, Lutheran, Jordan, and TCU each reached the championship game in their respective sections. Sibley East won the Section 2AA title, Lutheran won Section 4AA and in one of the bigger surprises of the 2013 season, Jordan, winner of only one regular season game, won Section 5AAA. TCU was defeated in their title game by eventual state champion Blue Earth Area. And while the MRC was able to send three teams to the state tournament, none made it past their opening round game. ■

Conference Standings

	Conf.	Overall	Coach
Mayer Lutheran	6-1	10-2	Dean Aurich
Sibley East	6-1	9-2	Chuck Hartman
Tri City United	5-2	8-3	Ken Helland
Watertown-Mayer	5-2	6-3	Craig Johnson
Belle Plaine	2-5	3-6	Justin Johnson
LSH	2-5	3-7	Mike May
Jordan	1-6	4-8	Craig Albers
NYA	1-6	2-8	Paul Henn

The MRC football coaches selected the personnel listed below for special recognition in the MRC.

MVP Offensive Line: Cordell Bates, SE.
 MVP Offensive Back: Tyler Bates, SE.
 MVP Defensive Back: Kyle Ellingsworth, TCU
 MVP Defensive Line: Mason Dietrich, Lutheran.
 MVP Special Teams: Chad Anenson, Lutheran.
 Co-Coaches of Year: Chuck Hartmann, SE, & Dean Aurich, Lutheran

The MRC football coaches selected the personnel listed below for special recognition in the MRC.

Name	School	Year	Postion	Name	School	Year	Postion
Jeremiah Grimsley	Mayer Lutheran HS	Sr.	QB/LB	Kyle Ellingsworth	Tri-City United HS	Jr.	OC/LB
Phil Burfeind	Mayer Lutheran HS	Sr.	RB/S	Pat Lloyd	Tri-City United HS	Jr.	RB/LB
Tanner Luebke	Mayer Lutheran HS	Sr.	Receiver/DB	Joe Rynda	Tri-City United HS	Jr.	OG/DT
Mason Diedrick	Mayer Lutheran HS	Jr.	T/DE	Nick Eliason	Belle Plaine HS	Sr.	WR/CB
Joel Burfeind	Mayer Lutheran HS	Jr.	RB/LB	Gavin Dauwalter	Belle Plaine HS	Jr.	TE/T/DE
Nathan Weber	Mayer Lutheran HS	Jr.	RB/LB	Luke Narveson	Belle Plaine HS	Fresh.	QB/WR/DB
Tyler Bates	Sibley East HS	Sr.	TE/DT	Chris Pfarr	LeSueur-Henderson	Sr.	MLB/OG
Cordell Bates	Sibley East HS	Jr.	OG/DT	Dustin Gill	LeSueur-Henderson	Sr.	DL/OL
Erik Danielson	Sibley East HS	Jr.	RB/CB	Peter Wagner	LeSueur-Henderson	Sr.	RB
Brandon Ashton	Sibley East HS	Sr.	RB/OLB	Nick Heitkamp	Jordan HS	Sr.	Receiver
Ben White	Sibley East HS	Jr.	LB	Dalton Reed	Jordan HS	Sr.	D/O Line
Joe Reinert	Watertown-Mayer HS	Sr.	RB	Noah Peterson	NYA Soph.	RB	
Nick Tschida	Watertown-Mayer HS	Sr.	QB/DB	Jordan Stevens	NYA Sr.	OL/DL	
Nick Burns	Watertown-Mayer HS	Sr.	OG/DT				
Luke Sandquist	Watertown-Mayer HS	Jr.	TE/DE				
Max Zitzloff	Watertown-Mayer HS	Sr.	FB/LB				
Austin Buss	Tri-City United HS	Sr.	RB/DE				

MRC HONORABLE MENTION ALL-CONFERENCE

Name	School	Year	Position	Name	School	Year	Position
Anthony Gruenhagen	Mayer Lutheran HS	Jr.	Receiver/DE	Jayden Howie	Belle Plaine HS	Sr.	H/LB
Taylor Otterstatter	Mayer Lutheran HS	Soph.	TE/T	Levi Steuck	LeSueur-Henderson HS		Sr.
Miah DuFrane	Sibley East HS	Sr.	OL/DL	WR/DB			
Aaron Bates	Sibley East HS	Sr.	RB/LB	Luke Pfarr	LeSueur-Henderson HS		Sr.
David Gallus	Watertown-Mayer HS	Sr.	C/DT	OL/DL			
Jon Ernst	Watertown-Mayer HS	Jr.	OT/DT	Zach Busch	Jordan HS	Jr.	WR/DB
Ryan Iverson	Tri-City United HS	Sr.	OT/DE	Nate Beckman	Jordan HS	Sr.	QB
Aaron Dwyer	Tri-City United HS	Jr.	WR/DB	Casey Clemensen	NYA Central HS	Jr.	WR/DB
Derek Dahlke	Belle Plaine HS	Jr.	WR/CB	Matt Ditsch	NYA Central HS	Sr.	OL/DL

Missota Conference

Competitive balance, or as the NFL calls it, parity, by whatever name, the Missota Conference featured it in 2012 as three teams tied for the title and 3 more teams tied for fourth place, one game behind the championship teams.

Coach Bill Rosburg's Chanhassen Storm climbed to the top of the Missota this year in only their third year in the league. The Storm knocked off district rival Chaska to advance to the section finals before losing in over-time to Mankato West in the championship game. Coach Rosburg was selected a conference co-coach of the year.

The resurgent Farmington Tigers earned a share of the conference championship with a signature win over Holy Angels in week 7. Coach Mark Froehling was selected as conference co-coach of the year and was also selected as the Minnesota Power of Influence winner by the Minnesota Football Coaches Association. Coach Froehling will be nominated for the national award sponsored by the AFCA/AFCF.

Coach Ray Betton's Academy of Holy Angels Stars grabbed a share of the conference title with a victory in a high scoring affair over Northfield in week 8. The Stars featured a prolific offense this season as they averaged 49 points in their five conference victories.

The Chaska Hawks made great strides this year as they climbed the conference ladder. Coach Lambert Brown's gridders finished strong with a 51-14 victory over Holy Angels in week 7 and an overtime victory over Northfield in week 8.

New Prague, led by Coach Jim Benick, played their best football during the second half of the season, The Trojans won four straight games including key victories over Shakopee in week 6 and Chaska in week 8.

Conference Standings

	Conference	Overall
Chanhassen	5-2	6-4
Farmington	5-2	7-3
Holy Angels	5-2	6-4
Chaska	4-3	6-4
New Prague	4-3	6-4
Shakopee	4-3	4-5
Northfield	1-6	1-8
Red Wing	0-7	1-8

Shakopee Sabers played the role of spoiler at the end of the conference season. Coach Jody Stones team knocked off two of the eventual champions, Chanhassen and Farmington in weeks 7 & 8.

Coach Bubba Sullivan's Northfield Raiders could score points this year, but had trouble stopping people. Their lone victory in the Missota came in week 6 over Red Wing.

Matt Schultz's Red Wing Wingers opened the season with a non-conference victory over Austin.

The Missota Conference, which began in 1961, will start its final year of existence as the football season begins in 2013. The eight schools will be moving to several different conferences. ■

Minneapolis Conference

Minneapolis Washburn won its 12th straight conference title with a record of 6-0 and an overall seasonal record of 7-2.

Southwest was second with a conference record of 5-1. Josh Zoucha is the new head coach at Mpls Southwest, replacing John Biezuns.

Mark Heiser is entering his second season as head coach at Mpls Henry.

Junior Eugene is entering his second season as head coach at Mpls Roosevelt. ■



North Suburban Conference

The 2012 football season in the North Suburban conference was once again highly competitive and exciting. The conference championship was won by Coach Jeff Schlieff's Spring Lake Park Panthers. They went 7-0 to claim their third straight title. The Panthers relied on dominate ground game (325 YPG rushing) and tough defense to emerge unscathed in the NSC.

Tying for second with identical 5-2 records were three teams. Both Irondale, led by head coach Ben Geisler and Chisago Lakes, led by Bill Weiss, had veteran teams that used ball control offenses and stingy defenses as the mode for winning. Also at 5-2 was coach Willie Howard and the Cooper Hawks. The Hawks used an explosive offense featuring two 1000-yard backs in Ashanti Payne and Billy Kellogg to outscore opponents

The North Branch Vikings (Nick Nitti) and Benilde St. Margaret's Red Knights (Jon Hanks and Patrick Krieger) got outstanding play from the quarterback position. Both Zack Sundly of North Branch and Keegan Studsrud of BSM were dual threat players that led their teams in both rushing and passing.

The St. Francis Saints, led by Chris Linquist, were very young after graduating many seniors from the 2011 Conference Championship team. The Saints steadily improved the throughout the have a bright future with many key players returning in 2013.

The St. Louis Park Orioles, led by Vince Varpness, had a difficult season. Varpness featured a young team that gained valuable experience this past year that will lead to continued improvement in the future.

The 2013 season will be the final season of the North Suburban Conference. With North Branch, Chisago Lakes, and Saint Francis, leaving the conference for the Mississippi Eight next year, the conference Athletic Directors voted to disband the NSC. With six

Conference Standings

	Conference	Overall
Spring Lake Park	7-0	9-1
Robbinsdale Cooper	5-2	8-3
Chisago Lakes	5-2	7-3
Irondale	5-2	5-4
Benilde St. Margaret's	3-4	5-5
North Branch	3-4	4-6
Fridley	3-4	3-6
Saint Francis	2-5	2-8
St. Louis Park	0-6	2-8



Lineman of the Year, Dan Sargent of Chisago Lakes.

football schools all playing each other for the first time in 7 years, it should be an exciting end to the NSC.

The 2012 season also featured some outstanding individual performances in the North Suburban Conference. Spring Lake Park's junior running back and linebacker Ejodamen Ejiya was named the Most Valuable Player. The Offensive player of the year was award to Cooper's running back Payne and Spring Lake Park's Daulton Olinger won the Defensive player of the year in the NSC. The Linemen-of-the-year are OL Dan Sargent of Chisago Lakes and DE Jacob Ojile of Spring Lake Park. The Outstanding Special Teams player of the year went to Kellogg of Cooper. Jeff Schlieff of Spring Lake Park was named the Conference Coach of the Year. ■



NSC MVP Ejodamen Ejiya

North Tri-County Conference

The 2012 football season in the North Suburban conference Changes for the 2013 season for the North Tri-County

*Norman County East and Ulen-Hitterdal have consolidated for sports, they will stay 9-man. So they are now the NCE-UH Titans.

* Warren-Alvarado-Oslo dropped from 11-man to 9-man. They were in the Northstar West Conference with a conference record of 4-4 and an overall record of 5-5

North Tri-County Conference Teams for 2013

- Ada-Borup
- NCE-UH
- Norman County West
- Park Christian
- Rothsay
- Warren-Alvarado-Oslo
- Waubun
- Win-E-Mac ■

Conference Standings

	Conference	Overall
Ada-Borup	6-1	9-2
<i>Conference Champs; Section 6A Second Place</i>		
Win-E-Mac	5-2	7-3
Waubun	5-2	6-3
Park Christian	5-2	5-4
Norman County East	4-3	5-5
Ulen-Hitterdal	2-5	2-7
Rothsay	1-6	1-7
Norman County West	0-7	0-8

Northwest Suburban Conference

2012 brought some exciting changes to the NWSC with the addition of Totino-Grace to our conference and Elk River coming back in. With the addition of 2 new teams the NWSC split into 2 divisions, North and West. With a 5-0 record in the North Division, we would like to congratulate Maple Grove and Coach Matt Lombardi. We would also like to congratulate Totino-Grace and Coach Jeff Ferguson who were champions of the West Division with a 5-0 record. Both Matt and Jeff were Conference Coaches of the Year.

Again this year the conference was very balanced in its power. On any given night, any team could knock off any team. The NWSC has proven year in and year out to be one of Minnesota's toughest conferences. Each team respects their opponent and knows the outcome of the game will come down to the wire. This makes for an exciting game every week. We are all proud to be part of an exciting league and we can't wait for the challenges that 2013 will bring.

Congratulations to Totino-Grace for not only representing the Northwest Suburban Conference in the state tournament, but also being 5A State Champions. We all believe the NWSC has as tough of competition as any in the state of Minnesota and we are proud when one of our own can represent the entire league playing in the state tournament. We would also like to congratulate Bridgeport Tusler from Osseo, not only was he the AP Football Player of the Year but he was also named 2012 Mr. Football.

Conference Standings

NORTH		WEST	
Maple Grove	5-0	Totino-Grace	5-0
Champlin Park	4-1	Osseo	4-1
Blaine	3-2	Andover	3-2
Centennial	2-3	Elk River	2-3
Anoka	1-4	Armstrong	1-4
Coon Rapids	0-5	Park Center	0-5

Conference awards were given to each division this year. In the North Division, Most Valuable Defensive Linemen was Zach Witt from Champlin Park. Most Valuable Offensive Linemen was Louie LeBert from Centennial. Most Valuable Special Teams Player was Brycen Wojta from Maple Grove. Most Valuable Defensive Players were Andrew Ziegler from Champlin Park and Caleb Butler from Blaine. Most Valuable Offensive Player was Jake Wieneke from Maple Grove.

In the West Division, Most Valuable Defensive Linemen was Nick Dorsey from Totino-Grace. Most Valuable Offensive Linemen was John Bednarczyk from Totino-Grace. Most Valuable Special Teams Player was Bridgeport Tusler from Osseo. Most Valuable Defensive Player was Kurt Mattox from Totino-Grace. Most Valuable Offensive Player was Bridgeport Tusler from Osseo. ■

Prairie North Conference

Prairie North conference had another exciting year in high school football, two of the teams from the North ended up in their respective section finals in 8AA and 6AA. The conference is made up of Barnesville, United North Central, Wadena-Deer Creek, Osakis, Upsala-Swanville Area, and Long Prairie Grey Eagle. Barnesville was the conference champions going undefeated in conference play and USA coming in as the conference runner ups. The top awards in the conference went to, Most Valuable Defensive Back – Austin Martz, Barnesville; Most Valuable Offensive Lineman Kyle Johnson, Barnesville; Most Valuable Offensive Back Michael Strand, Barnesville; Most Valuable Defensive Lineman Garrett Scherr, Osakis. Most Valuable Offensive Player went to Michael Strand from Barnesville and the Most Valuable Defensive Player went to Austin Martz, Barnesville; The two conferences, Prairie North and Prairie South come together and vote on an MVP for Offense and an MVP for the Defense every year, the MVP of the Offense

Conference Standings

	Conference	Overall
Barnesville	5-0	10-1
Upsala/Swanville	4-1	9-2
Osakis	3-2	4-5
Long Prairie-Grey Eagle	1-4	1-8
United North Central	1-4	1-8
Wadena-Deer Creek	1-4	2-7

went to both Michael Strand of Barnesville and Mitch Heid from Browerville, the MVP of the Defense went to Austin Martz from Barnesville. Conference coach of the year was Bryan Strand. End of the year results are listed below. ■

Southern Minnesota Conference

Individual Conference Awards

Coach of the Year:	Brent Kucera - SESM
Lineman of the Year	Henry Rogotzke - RRC
Defensive Player/Year	Lance Briard - Springfield
Offensive Player/Year	Jordan Anderson SESM

Conference Standings

SESM	(7-0)
Springfield	(5-2)
NUACS	(5-2)
RRC	(4-3)
Wabasso	(4-3)
CMC	(2-5)
BLHS	(1-6)
SEPS	(0-7)

SESM	1	Jordan Anderson - 12
	2	Sean Mathiowetz - 12
	3	Mitch Neid - 12
	4	Carter Krzmarzick - 10
	5	Andy Steffl - 11
	6	Lucas Heiderscheidt - 10

NUACS	1	Adam Schnobrick - 12
	2	Jacob Stadick - 12
	3	Jeff Osborne - 12
	4	Jack Waibel - 12
	5	Russ Hoffmann - 11

RRC	1	Jeff DeCock - 12
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	3	Tanner Rohlik - 12
	4	Matt Zeug - 11

CMC	1	Zac Kerkhoff - 12
	2	Brady Kerkhoff - 11
	3	Andrew Richter - 11

BLHS	1	Kyle Kubesh - 11
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All Conference Players

Springfield

1	Lance Briard - 12
2	Jacob Menage - 12
3	Christopher Kretsch - 12
4	Trever Vanderwerf - 12
5	Cody Graff - 12

2	Henry Rogotzke - 12
3	Mitchell Schroepfer - 12
4	Jordan Schroepfer - 10

Wabasso	1	Blake Altermatt - 12
	2	Dalton Taylor - 12

	2	Chris Schmidt - 11
--	---	--------------------

SEPS	1	Jake Trebesch - 12
	2	John Mangen - 12

Southwest Conference

2012 was an exciting year in the Southwest Conference. The last week of the regular season came down to the conference championship game between the Luverne Cardinals hosting the Marshall Tigers, both teams came into the last game with 5-0 conference records. The Marshall Tigers were victorious in the game 41-14 winning the conference championship with a 6-0 conference mark and 8-0 overall. The Tigers were led by a strong group of 25 seniors in 2012. The 2012 conference champion for Marshall was Marshall's 3rd in a row, sharing the conference championship in 2010 and winning outright in 2011 and 2012.

There were many tough battles fought throughout the conference season. The Jackson County Central Huskies were the only Southwest Conference team to make the state football tournament this past season winning a tough section final game against their conference rival the Luverne Cardinals. ■

Conference Standings

	Conference	Overall
Marshall	6-0	9-1
Luverne	5-1	9-2
Jackson County Central	4-2	*9-2
Pipestone Area	3-3	5-5
Worthington	2-4	3-6
Redwood Valley	1-5	3-7
Windom Area	0-6	0-9

**At the time of this writing JCC was still involved in the State Tournament*

Individual Conference Awards

Offensive Lineman of the Year	Austin Nath-Marshall
Defensive Lineman of the Year	Tyus DeBoer-Marshall, Alex Weis-Luverne
Offensive Back of the Year	Zach Copley-JCC
Defensive Back of the Year	Austin Saugstad-Marshall
Special Teams Player of the Year	Tanner Cirks-Marshall
Coach of the Year	Terry Bahlmann-Marshall



Colton Citrowske of Marshall gains ground versus Pipestone.



Jackson County Central vs. Luverne

Suburban East Conference

Mustangs and Ponies Race to SEC Title

Mounds View and Stillwater finished 7-1 to share the Suburban East Conference championship. Both teams had to overcome teams that had, by and large, gotten the better of them in recent years. The Mustangs, who claimed their fourth SEC title, were able to outlast Cretin Derham Hall for the first time in conference play. Their 17-16 victory over the Raiders put Mounds View in control of the conference race until their week five matchup against Stillwater. The Ponies, who had lost nine of ten against the Mustangs, overcame a 14-0 first quarter deficit to win 17-14 with a late field goal. It was Stillwater's fifth SEC championship, which matches CDH's tally. Mounds View was led by their league-leading defense, which surrendered only 194 yards per game. They were stingy against the rush, led by SEC Defensive MVP Lars Anderson and SEC Defensive Lineman of the Year Mick Nelson, and allowed only 109 yards per game on the ground. Meanwhile, their offense rushed for 232 per game. Their season came to an end in the Section Crossover after falling to Eastview who advanced to the State Semifinals. The Ponies, who finished toward the middle of the conference on offense and defense, won seven of eight games in the fourth quarter. They were paced by SEC Offensive MVP Nate Ricci, who averaged 31 yards per kickoff return, 32.5 yards per punt return, and had four special teams touchdowns. Stillwater fell 7-6 in the Section Crossover to Rosemount who also advanced to the State Semifinals.

Cretin-Derham Hall finished third in the conference. They bounced back from the Mounds View loss at home by knocking off Stillwater at home. The Raiders were impressive on offense and defense, ranking first and second, respectively. The offense average 400 yards per game and 38 points. They outscore their opponents approximately 38-17. They were led by Notre Dame recruit James Onwualu, who scored 114 points as a running back, receiver, and defensive back. They got 72 more points from junior running back and receiver Blake Banham. The 2013 season was the Raiders lowest win total in SEC play at 6-2 and 6-3 overall. The Raiders season closed after falling to Woodbury in the Section Playoff. It was only the second time in 22 years that Raiders fell short of the State Playoffs.

White Bear Lake finished 6-2 in conference play for a second consecutive year. The Bears featured a new spread offense under first-year head coach Ryan Bartlett and went back to their traditional defense. The combination of the two led to an impressive turnover margin of plus 20 in eight regular season games. Despite the change from the midline option to the spread, sophomore quarterback Trey Anderson and running back Nick Truen combined for most of

Conference Standings

	Conference	Overall
Stillwater	7-1	8-2
Mounds View	7-1	8-2
Cretin Derham Hall	6-2	6-3
White Bear Lake	6-2	6-3
East Ridge	4-4	6-5
Woodbury	3-5	4-6
Roseville	3-5	4-6
Hastings	3-5	3-6
Park	1-7	1-8
Forest Lake	0-8	0-9

All-Time Suburban East Conference Champions

Year	School	Record
2001	Hastings/ Mounds View	6-1
2002	Hastings/ Mounds View	6-1
2003	Stillwater	6-1
2004	White Bear Lake	7-0
2005	Stillwater	7-0
2006	Cretin Derham Hall	7-0
2007	Cretin Derham Hall	8-0
2008	Cretin Derham Hall	8-0
2009	Stillwater	8-0
2010	CDH/MV/Stillwater	7-1
2011	Cretin Derham Hall	8-0
2012	Mounds View/ Stillwater	7-1

2012 Suburban East Conference – Awards

Most Valuable Offensive Player	Nate Ricci, QB/ Returner, Stillwater
Most Valuable Defensive Player	Lars Anderson, LB, Mounds View
Offensive Lineman of the Year	J.C. Hassenhauer, East Ridge
Defensive Lineman of the Year	Mick Nelson, Mounds View
SEC Coach of the Year	Jim Galvin, Mounds View
	Beau LaBore, Stillwater
MCFA Conference Coach of the Year	Jim Galvin, Mounds View

CONFERENCE RECAPS

the Bears offensive yards on the ground. Truen, averaged 8.1 yards per carry and 13 touchdowns. The Bears finished 6-3 overall after falling to frequent playoff foe Roseville in the Section Playoff.

East Ridge was the remaining team to finish above .500 at 4-4. East Ridge was led by junior workhouse back Nick Leach who led the SEC in rushing with 1,058 yards on 193 carries and 10 touchdowns. The Raptors quarterback was freshman Seth Green, whose first career pass went for an 81 yard touchdown in game one against CDH. The Raptors lost close games to conference champions Mounds View (10-7) and Stillwater (24-21) and runner up CDH (34-24). They return 19 starters in 2013, including SEC Offensive Lineman of the Year J.C. Hassenhauer. ER season ended in the Section 3-5A Finals to St. Thomas Academy. They will play in Class 6A Section 4 with the majority of the SEC in 2013.

Three teams finished with 3-5 records in league play, including Woodbury, Hastings, and Roseville. Woodbury outlasted Hastings, Hastings needed overtime to top Roseville, and Roseville rallied in the fourth quarter to beat Woodbury. Each team featured a veteran quarterback, who finished in the top three in passing. Roseville junior Jacques Parra led the conference going 116 of 228 for 1,706 yards with 11 touchdowns and 7 interceptions. Alex Weise, whose main target was brother Zach (who led the SEC in receiving with 42 catches for 662 yards and 5 touchdowns), went 111 of 239 for 1,669 yards with 11 touchdowns and 12 interceptions. Royal's slinger Sawyer Moon rounded out the top three completing 117 of 221 for 1,449 with 10 touchdowns and 6 interceptions. Woodbury and Roseville pulled off seeding upsets in the Section Playoff but were stopped in the Section Crossover. Woodbury's win was its first ever against Cretin Derham Hall while Roseville overcame a 13-10 week-one loss to White Bear Lake. Hastings lost to Tartan in the Section 3-5A Quarterfinals.

Park finished their SEC campaign 1-8 by after beating winless Forest Lake. The win marked the Wolfpack's first since a 27-25 victory over district rival East Ridge in 2009. Forest Lake welcomed new head coach Billy Kirch.

For the first time since 2008, there are no head coaching changes for a conference school.

Cretin Derham Hall has won five SEC titles in eight years. Mounds View and Hastings joined White Bear Lake (2005) and Stillwater (2009 and 2010) as the only teams to knock of the dominant Raiders in league play.

The SEC was represented in the Minnesota High School Football All Star Game by four schools on two teams. The North will feature Mounds View defensive lineman Mick Nelson, Stillwater quarterback Nate Ricci and offensive lineman Derrick Thingvold, and White Bear Lake linebacker Cody Braeger. The South's lone SEC player is defensive lineman Ryan Winter from Woodbury. ■



Mounds View Mick Nelson (#45), the SEC Defensive Lineman of the Year, was a dominant force in the Mustangs' first win over CDH in SEC play.



The Ponies celebrate after blocking a 43 yard field goal as time expired to hold off the Mustangs.

West Central South Conference

Highlights:

4 West Central Conference Teams played in Section Championship Games.

ACGC defeated BBE in the Section 4A Championship game 6-0 to advance to the Class A State Tournament.

BOLD defeated Minnewaska in the Section 5AA Championship game 42-21 to advance to the Class AA State Tournament.

Morris-CA was defeated by NLS in the Section 6 AAA Championship game by a score of 28-14.

The WCC will be a 10 team football conference in 2013. The teams are: ACGC, Benson, BOLD, Melrose, Minnewaska, Montevideo, Morris-CA, Paynesville, Sauk Centre, and YME.

LQPV will join the Little Sioux Conference in 2013 and Melrose will be in the West Central Conference. ■

Conference Standings

	Conference	Overall	Coach
BOLD	8-0	10-0*	Steve Solem
Morris-CA	8-0	9-1	Jerry Witt
ACGC	6-2	8-2*	Terry Karlsgodt
Minnewaska	4-4	6-5	Steve Hill
Paynesville	4-4	5-5	Max Meagher
LQPV	4-4	4-5	Mark Bjornjeld
Benson	3-5	4-6	Scott Gonnerman
Sauk Centre	2-6	2-7	Charlie Warring
Montevideo	1-7	1-8	Dave Vik
YME	0-8	0-9	Mike Gaffaney

**Heading into State Tournaments*

Conference Awards

MVP	Jordan Staples	Morris-CA
"D" Player of the Year	Nathan Snider	Minnewaska
MV Lineman	Joel Harrison	Morris-CA
MV Back	Chaz Roush	BOLD
MV WR	Chandler Erickson	Morris-CA
Co-Coach of the Year	Jerry Witt	Morris-CA
	Steve Solem	BOLD

Wright County Conference

A year of firsts for the Wright County Conference; Holy Family joined the conference, first year of the east and west divisions, four conference teams in the 3A and 4A state tournament, and in 4A two conference schools in the 4A state championship. The Annandale Cardinals and the New London Spicer Wildcats were in the 3A tournament with the Cardinals defeating the Wildcats in the first round 20 – 17. Annandale lost in the Semi finals to runner up Rochester Lourdes 20 – 16. The Hutchinson Tigers defeated the Holy Family Fire in the state championship 67 – 7 to claim their third state title. Congratulations to Andy Rostberg and his staff on their state championship!

In conference play, Hutchinson was the WCC East champion going 5-0 in the east and an 8-0 overall against WCC opponents. In the West, Glencoe Silver Lake won going 4-0 in the west 7-1 overall against WCC opponents losing only to Hutchinson. Another change this past season was that both GSL and Dassel – Cokato moved up to 4A because of the addition of the super 32 class and

Conference Standings - West

	Conference	Overall
Glencoe Silver Lake	4 – 0	8 – 2
Annandale	3 – 1	10 – 2
New London Spicer	1 – 3	7 – 5
Litchfield	1 – 3	4 – 6
Dassel Cokato	1 – 3	3 – 7

Conference Standings - East

	Conference	Overall
Hutchinson	5 – 0	13 – 0
Holy Family	3 – 2	10 – 4
Delano	3 – 2	7 – 4
Orono	3 – 2	5 – 4
Waconia	1 – 4	1 – 8
Mound Westonka	0 – 5	0 – 9

CONFERENCE RECAPS

the reclassification of the rest of the teams. Scott Tshimperle was named WCC West Coach of the year and in the East was Andy Rostberg. Andy also was named the 4A Section 2 Coach of the Year and also the Class 4A Coach of the Year! Congratulations

Coach Rostberg. Congratulations to Hutchinson's Dave Larson and Glencoe Silver Lake's Paul Ruud for being selected as 2013 Butch Nash award winners! ■



Anderson Hutch: McKinnely Anderson of Hutchinson battles for yards against Kasson Mantorville in the State quarter finals.



Clouse: GSL's Dalton Clouse battles for yards against Marshall in the section semi finals.



Stuedemann: GSL's Jake Stuedemann sees an opening created by #62 Zach Jones and #58 Nolan Lepel.



Hutch Team Photo: Hutchinson Tigers Celebrate their State Championship Trophy.

Academic All-State Football Team Concept

Purpose of Awards – To promote and recognize academic achievement by Minnesota high school football teams in each classification.

Proposal – Team academic recognitions in each class will be awarded based on the following standards and procedures.

Criteria

GOLD AWARDS: A team must have a GPA of 3.00 or above for the past school year for their whole home official roster. (NO FRESHMAN)

SILVER AWARDS: A team must have a GPA of 2.75-2.99 for the past school year for their whole home official roster. (NO FRESHMAN)

Guidelines and Procedures

- * The teams and awards from each class will be chosen by the Academic All-State Team Committee.
- * A team must use all members on their official home roster in determining the team GPA. (may include Grades 10-12, no freshmen for small schools.)
- * Each player's name and GPA must be recorded and sent to the class representative.
- * A 4.00 system will be used and 4.00 will be the highest grade possible. No weighted grades.

- * Grades will be rounded to two decimal points.
- * Grades will be from the past full school year. No summer school or current fall grades should be included.
- * Individual GPA's will be added together and divided by the number of team members to determine the team GPA. The team GPA must be included on the entry form.
- * A school official (principal, councilor, etc.) must sign the form.
- * To be eligible for the team academic awards, the head coach must be a current member of the MHSFCA.
- * Forms must be submitted to the class representatives by November 1st and award winners must be submitted to the committee by November 8th.

INDIVIDUAL Academic All-State Football - Player Guidelines and Procedures

A review of the Minnesota State Football Coaches Association's basic requirement for the team are:

- 1) Must be a senior varsity letterman for the current season who is a starter on either offense, defense or kicker.
- 2) The player must have outstanding football and leadership ability plus academic excellence.
- 3) Player must carry a 3.0 (4.0 scale) grade-point average in an academic core curriculum in his sophomore, junior and first quarter of the senior year.
- 4) Player shall not have any Minnesota State League eligibility penalties or infractions during his high school career.
- 5) Each class will select a team consisting of the number stated below:
9-Man=13 3A=16 6A=19
1A=14 4A=17
2A=15 5A=18
- 6) The teams will not be selected by position, but the committee will select the top football players of each class who meet the criteria stated above.
- 7) The Coach submitting the player application must be a member of the Minnesota State Football Coaches Association.

Guidelines & Procedures:

- 1) All applications should be typed or printed with correct names and data.

- 2) The selection committee must have a good summary of not only the player's academic record, but the player's football accomplishments.
- 3) If the first quarter grades are not out for the applicant's senior year, his first quarter senior subjects must be listed.
- 4) All applications must be sent to your class academic team representative. If you have any problems, contact your class representative first. Please check the time deadlines on the application form.

Remember: This is your state's FOOTBALL COACHES ASSOCIATION'S endeavor.

Individual All-State Player Committee

Class	Name	School	Fax Number
6A	Jody Stone	Shakopee	952-496-5175
5A	Chris Lindquist	St. Francis	763-213-1710
4A	Andy Rostberg	Hutchinson	320-587-0955
3A	Brian Odland	St. Peter	507-934-4783
2A	Scott Gonnerman	Benson	320-843-2262
1A	Wayne Petermeier	Browerville	320-594-8105
9M	Mike Mahlen	Verndale	218-445-5185
Chairman	Dave Frisell, 651-468-6486	Robbinsdale Armstrong davefrisell@yahoo.com	

Academic All-State Football Team Application

School _____ Class _____

Address _____ Section _____

Head Coach _____ Phone (_____) _____

Players Name	G.P.A.	Players Name	G.P.A.
1) _____		26) _____	
2) _____		27) _____	
3) _____		28) _____	
4) _____		29) _____	
5) _____		30) _____	
6) _____		31) _____	
7) _____		32) _____	
8) _____		33) _____	
9) _____		34) _____	
10) _____		35) _____	
11) _____		36) _____	
12) _____		37) _____	
13) _____		38) _____	
14) _____		39) _____	
15) _____		40) _____	
16) _____		41) _____	
17) _____		42) _____	
18) _____		43) _____	
19) _____		44) _____	
20) _____		45) _____	
21) _____		46) _____	
22) _____		47) _____	
23) _____		48) _____	
24) _____		49) _____	
25) _____		50) _____	

Send Team Application to (Fax Numbers):

9 Man	Chuck Ross,	Underwood	218-826-6310
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Jon Bakken	WEM	507-362-4561
3A	Leo Pohlkamp,	Pierz	320-468-6577
4A	Ryan Weinandt,	Dassel-Cokato	320-286-4131
5A	Bubba Sullivan	Northfield	507-645-3455
6A	Dave Nelson,	Minnetonka	952-401-5905

**Chairman: Con Natvig Browerville 320-594-8105
con290209@yahoo.com**

Composite

(Signature of verifying school official)

Title

Class 6A, 5A, 4A and 3A make copy of page for additional names.

INDIVIDUAL APPLICATION

Academic All-State Player

Name of Applicant _____ Grade _____

Birthday: Month _____ Day _____ Year _____ Height _____ Weight _____

School _____ Coach _____

Football position played as a Starter Offense: _____ Defense: _____

Circle Class: 9-Man 1A 2A 3A 4A 5A 6A Kicking Game: _____

Accumulative High School G.P.A. _____ Attach a Transcript or list subjects completed or enrolled in.

Grade 10 Subjects	Grade 11 Subjects	1st Quarter Senior Subjects
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____

Use a 4.00 Scale for G.P.A.

Pursuant to the provision of PL 93-380 (Family Educational Rights and Privacy Act of 1974), I hereby grant permission to release a copy of my academic record and G.P.A. average for use by the Minnesota Football Coaches Association in selecting the Academic All-State Team.

Signature of Parent or Student Applicant if 18 years or older

PLAYER INFORMATION

Coaches: Please use the following format to submit data for your applicant.

School Background Information:

- 1) List academic honors.
- 2) List other school activities and leadership role in school.
- 3) List other sports with varsity participation.

Football Information:

- 1) Football position: List in order of which player has best demonstrated ability (offense defense kicking game).
- 2) List all football honors - previous and this season.
- 3) Statistics (list stats from this season and career totals). Mention any school or conference records. Mention if a lineman has any team stats that may be pertinent to the team's success.
- 4) Coaches comment: Please submit a short letter to the academic team selection committee describing your player in terms of ability performance potential character and what makes this football player special.

Time Deadlines:

- 1) All applications must be in the hands of the class representatives by Nov. 1.
- 2) Class selection committees must have teams picked by Nov. 1 and sent to the academic chairman.
- 3) Class representatives must notify all team selections by Nov. 1.

Send Individual Application to (Fax Numbers):

6A	Jody Stone	Shakopee	952-496-5175
5A	Chris Lindquist	St. Francis	763-213-1710
4A	Andy Rostberg	Hutchinson	320-587-0955
3A	Brian Odland	St. Peter	507-934-4783
2A	Scott Gonnerman	Benson	320-843-2262
1A	Wayne Petermeier	Browerville	320-594-8105
9M	Mike Mahlen	Verndale	218-445-5185
Chairman	Dave Frisell,	Robbinsdale Armstrong	
	651-468-6486	davefrisell@yahoo.com	

2012 ACADEMIC ALL STATE TEAMS

GOLD TEAM RECOGNITION

Team	Coach	Team	Coach
9-MAN			
Team.....	Coach	Tri-City United.....	Ken Helland
Stephen-Argyle	Ethan Marquis	Foley.....	Larry Helm
Underwood	Chuck Ross	Fairmont	Mat Mahoney
Hillcrest Lutheran	Charlie Brue	Class 4A	
Ulen-Hitterdahl	Dustin Flaten	Marshall.....	Terry Bahlman
Ada-Borup.....	Nathan Brager	Little Falls.....	Jay DeCann
Park Christian	Dan Koswalski	Faribault.....	Ned Louis
Class 1A			
Minnesota Valley Lutheran	Jim Buboltz	Glencoe Silver Lake..	Scott Tschimperle
Minneota-Lincoln HI.....	Chad Johnston	Detroit Lakes	Flint Motschenbacher
Bethlehem Academy.....	Scott Hanson	South St. Paul	Chad Sexauer
Barnum.....	Brian Robertson	Holy Family Catholic.....	Dave Hopkins
Mahnomen	John Clark Jr.	Dassel-Cokato	Ryan Weinandt
Bloomington Prairie	Chad Gimbel	Waseca	Brad Wendland
Adrian	Randy Strand	Rocori.....	Mike Rowe
Fillmore Central.....	Chris Mensink	Orono.....	Jeff Weiland
Springfield	Paul Dunn	Fergus Falls	Richard Risbrudt
New York Mills.....	Matt Radniecki	St. Paul Academy.....	Ed Perrault
Wabasha-Kellogg	Tim Klingbeil	Class 5A	
Loyola Catholic.....	Kevin Mettler	New Prague	Jim Benick
Cook County.....	Mitch Dorr	St. Michael-Albertville	Jared Essler
Browerville.....	Wayne Petermeier	Owatonna	Jeff Williams
Class 2A			
Maple River	Brian Schoneck	Chisago Lakes	Bill Weiss
BOLD	Steve Solem	Farmington	Mark Froehling
Barnesville.....	Bryan Strand	Totino Grace	Jeff Ferguson
Chatfield	Jeff Johnson	Bloomington Jefferson.....	Tim Carlson
Tracy-Milroy.....	Derek Flann	Andover	Rich Wilkie
Luverne	Todd Oye	Sartell-St. Stephen.....	John Ross
Pelican Rapids.....	Dave Haugen	Moorhead.....	Kevin Feeney
Lewiston-Altura.....	Brent Olson	St. Cloud Apollo.....	Justin Skaalerud
Minnewaska	Steve Hill	Rochester Mayo	Donny Holcomb
Benson.....	Scott Gonnerman	Willmar	Jon Konold
Pierz.....	Leo Pohlkamp	Winona	John Casselius
Class 3A			
Morris-Chokio-Alberta.....	Jerry Witt	Cambridge-Isanti.....	Mike Hennen
Rochester Lourdes	Mike Kesler	Duluth Denfeld.....	Frank Huie
Minnehaha Academy.....	Colin Quinn	Chaska	Lambert Brown
Perham	Mike Jordahl	Class 6A	
Plainview-Elgin-Millville.....	Bill Ihrke	Lakevill North.....	Brad Vossen
Providence Academy	Nate Harrington	Cretin-Derham Hall.....	Mike Scanlan
Albany	Mike Kleinschmidt	Eastview	Kelly Sherwin
New London-Spicer.....	Dan Essler	Egan	Rick Sutton
Melrose Vaughan Glasener/Chuck Noll	Randy Kuechenmeister	Eden Prairie.....	Mike Grant
Blue Earth Area.....	Jon Johnson	Minnetonka	Dave Nelson
Litchfield.....	Jon Johnson	Edina	Reed Boltman
		Centennial.....	Mike Diggins
		Prior Lake.....	Matt Gegenheimer

SILVER TEAM RECOGNITION

Team	Coach
9 Man	
Verndale.....	Mike Mahlen
Onamia.....	Kevin Armbrust
Westbrook-Walnut Grove
.....	Carter Ross/Leo Thiessen
Bertha-Hewitt	Rich Haig
Grand Meadow.....	Gary Sloan
Houston	Ryan Gatzlaff
Mountain Lake.....	Tim Kirk
Kelliher-Northome	Derrick Gross
Class 1A	
Royalton.....	Jamie Morford
Goodhue.....	Tony Poncellet
Red Lake County.....	Brian Remick
United South Central	Brad Huse
Class 2A	
GFW	Pat Hentges
YME.....	Mike Gaffaney
Medford	Jerome Johannes
Crosby-Ironton	Mike Gindorff
Frazee-Vergas.....	Jim Radar
Class 3A	
Rockford.....	Dan Houghton
Staples-Motley.....	Erik Johnson/Paul Mithun
Pine City.....	Jared Polzine
Class 4A	
Hermantown.....	Daryl Illikainen
Highland Park	Dave Zeitchick
Class 5A	
Northfield.....	Bubba Sullivan
Sauk Rapids-Rice.....	Bill Magnuson
St. Francis.....	Chris Lindquist
Bemidji	Troy Hendricks
Class 6A	
Brainerd	Ron Stolski
Blaine	Tom Develice
Champlin Park	Mike Korton
Stillwater.....	Beau LaBore
Burnsville	Tyler Krebs

2012 ACADEMIC ALL STATE INDIVIDUALS

9 Man

Jared Kugler Hillcrest Lutheran Academy
 Daniel Polansky
 Goodridge-Grygla-Gatzke
 Zachary Virnig Onamia
 Tristan Williams Northome-Kelliher
 Noah Rocholl Underwood
 Jacob Brooks..... Ulen-Hitterdal
 Bryan Linn North Woods
 Jarred Heggedahl Floodwood
 Steffan Stroh..... Underwood
 Dallas Ehrmantraut..... Verndale
 Leevi Leibold Onamia
 Derek Olson Glenville-Emmons
 Dalton Bass Hills-Beaver Creek

Class A

Colin Everson Cook County
 Jason Jirele Blooming Prairie
 Matthew Tessmer Minnesota Valley Lutheran
 Drey Loge Pine River-Backus
 Samuel Anderson Barnum
 Jacob Pavek Mahnomen
 Lance Briard Springfield
 Zach Targerson OtterTail Central
 Dillon Huemann Goodhue
 Kyle Petermeier Browerville
 Michael Beckmann..... Bethlehem Academy
 Andrew Sweere Mankato Loyola
 Jake Diekmann Adrian
 Mike Pettit Pillager

Class AA

Brett Heronimus Luverne
 Justin Viss Chatfield
 Matt Ahrndt Benson
 Kyle Schoneck Maple River
 Parker Lanoue T-M-B
 Jonathan Skwira Holdingford
 Colin Ose Benson
 Matthew Lambert..... Crosby-Ironton

Ian Johnson..... Pelican Rapids
 John Nahrgang Lewiston-Altura
 Jonathan Wagaman..... Medford
 Nicholas Kaplan..... W-E-M
 Austin Martz..... Barnesville
 Logan Riedel..... Eagle Valley
 Cole Mertens BOLD

Class AAA

Kurt Winkelman..... Foley
 Ben Greener Foley/Logos Academy
 Nathan Boeckman Foley
 Eamonn Manion .Minnehaha Academy
 Bryce Holm Fairmont
 Nathan King Litchfield
 Dallas Barslou..... Blue Earth Area
 Carter Hanson Blue Earth Area
 Steven Plocker Blue Earth Area
 Ryan Iverson..... Tri-City United
 Adam Martin..... Pine City
 Zach Steffl New London-Spicer
 Grant Vagle New London-Spicer
 John Elliot Albany
 Jacob Torgerson Morris Area
 Tom Holland..... Morris Area

Class AAAA

Mitchell Peterson Hutchinson
 Andrew Madsen Dassel-Cokato
 Reed Dunbar Glencoe-Silver Lake
 Robert LaRose Holy Family
 Zach Checkal Delano
 Jack Pietruszewski ... South Saint Paul
 Brian Burroughs..... Byron
 Austin Saugastad Marshall
 Casey Ward Fergus Falls
 Jake Busse Waseca
 Corey Puterbaugh Minneapolis Washburn
 Nick Thorpe..... Rocori
 Riley Jandro Faribault
 Brock Baumgarn Marshall
 Brett Sterk Hermantown
 Derek Kuechle Rocori

Joesph Silversmith Highland Park

Class AAAAA

Mitchell Peterson Hutchinson
 Andrew Madsen Dassel-Cokato
 Reed Dunbar Glencoe-Silver Lake
 Robert LaRose Holy Family
 Zach Checkal Delano
 Jack Pietruszewski South Saint Paul
 Brian Burroughs..... Byron
 Austin Saugastad Marshall
 Casey Ward Fergus Falls
 Jake Busse Waseca
 Corey Puterbaugh Minneapolis Washburn
 Nick Thorpe..... Rocori
 Riley Jandro Faribault
 Brock Baumgarn Marshall
 Brett Sterk Hermantown
 Derek Kuechle Rocori
 Joesph Silversmith Highland Park
 Cole Krutzig St. Michael-Albertville
 Derek Cross..... Elk River

Class AAAAAA

Ben Blake Lakeville North
 Luke Boran Brainerd
 Ethan Carpenter Armstrong
 Jake Cottrell Eden Prairie
 Michael Diggins..... Centennial
 Coleman Foley..... Edina
 Jack Follen..... Edina
 Lucas Grossoehme..... Burnsville
 Cody Kohout..... Prior Lake
 Jesse Kuusisto Armstrong
 Matt Leidner Lakeville South
 Kyrell Newell..... Lakeville North
 Ben Oberfeld Eastview
 Andrew Pederson ..Cretin-Derham Hall
 Keynon Phillips Eastview
 Joel Strehl Shakopee
 Elliot Tobin..... Minnetonka
 Quinn Williams..... Anoka
 Andrew Ziegler Champlin Park

2012 PREP BOWL XXX

Clinton-Graceville-Beardsly, Mahnommen, Caledonia, Blue Earth, Totino-Grace, Eden Prairie

9 Man:

Clinton-Graceville-Beardsly 40, Grand Meadow 21

Clinton-Graceville-Beardsley, co-coached by Steve Jepson and Brian Dahl, took a 20-0 halftime lead on their way to a 40-21 win over Grand Meadow, coached by Gary Sloan, for the 9-Man title. C-G-B ran for almost 400 yards in the state championship game, led by Austin Maanum and Jason Montoye, who each scored two TD's.

Class A:

Mahnommen 20, Bethlehem Academy 14

Mahnommen, coached by John Clark, repeated at Class A titleist by gaining an early lead and then holding off Bethlehem Academy, coached by Scott Hanson. Mahnommen built an early 20-7 lead behind solid ground game before Bethlehem Academy mounted a comeback in the second half to get within one score before Mahnommen put away the victory.

Class 2A:

Caledonia 25, Moose Lake/Willow River 22

Caledonia, coached by Brent Schroeder, defeated Moose Lake/Willow River, coached by Dave Louzek, 25-22 with a last second FG by Levi Schmitz. The tightly fought contest was a "back and forth" affair between two of the top Class AA teams. ML/WR has one of the best overall records over the past few years, while Caledonia has won the last three Class AA titles.

Class 3A:

Blue Earth 30, Rochester Lourdes 7

Blue Earth Area, coached by Randy Kuechenmeister, won their first ever football title by defeating the previous year's champion Rochester Lourdes, coached by Mike Kesler. The Buccaneers used both the run and pass to score against Lourdes, showcasing a balanced

offense and a hard hitting defense in limiting the Eagles to only one score.

Class 4A:

Hutchinson 67, Holy Family Catholic 7

Hutchinson dominated Holy Family Catholic with crushing ground game that piled up over 500 yards and did not attempt a pass. The Tigers, coached by Andy Rostberg, built a 42-0 lead by the half and the game was all but over. The Fire, coached by Dave Hopkins, had made a solid run through the playoffs to reach the title game but could not improve upon their regular season meeting which also saw Hutchinson win by a wide margin.

Class 5A:

Totino-Grace 49, Owatonna 21

Jeff Ferguson coached Totino Grace to its ninth state title by handing Owatonna, coached by Jeff Williams, its first loss of the season. Grace scored 5 consecutive TD's and built themselves a comfortable lead to win the championship. The Grace offense passed for over 200 yards and their rushing game also contributed points as well. And the normally effective Owatonna offense was slowed considerably by the stingy Grace defense.

Class 6A:

Eden Prairie 28, Lakeville North 7

Eden Prairie, coached by Mike Grant won yet another state title, this time in the newly created Class 6A, for the largest 32 schools in the state. Lakeville North, coached by Brian Vossen, played hard but were unable to contain the Eagles offense, which gained all but one of their yards on the ground. Four different Eagles scored TD's showcasing the Eagles depth and talent.

2012 Playoff Results

SECTION CHAMPIONS				CLASS 6A PLAYOFFS	
Rosemount 6-4	14	Rosemount	7	Lakeville North	7
Edina 9-1	10	Lakeville North	28	Eden Prairie	
Lakeville North 9-1	22	Wayzata	7	AAAAAA State Champion	
Prior Lake 9-1	3	Eden Prairie	21	Eden Prairie	28
Eastview 7-3	21				
Wayzata 8-1	35				
Minnetonka 5-5	18				
Eden Prairie 8-2	21				

SECTION CHAMPIONS				CLASS 5A PLAYOFFS	
Elk River 6-5	7	Saint Thomas Academy	27	Owatonna	21
Saint Thomas Academy 9-1	30	Owatonna	30	Totino-Grace	
Mankato West 4-6	0	Bemidji	0	AAAAA State Champion	
Owatonna 10-0	28	Totino-Grace	23	Totino-Grace	49
Moorhead 10-0	14				
Bemidji 8-3	35				
Totino-Grace 10-0	42				
Apple Valley 8-2	14				

SECTION CHAMPIONS				CLASS 4A PLAYOFFS	
DeLaSalle 10-0	14	Becker	14	Hutchinson	67
Becker 9-1	21	Hutchinson	28	Hutchinson	
Hutchinson 10-0	23	Princeton	28	AAAA State Champion	
Kasson-Mantorville 9-1	21	Holy Family Catholic	49	Holy Family Catholic	7
Detroit Lakes 10-0	31				
OT					
Princeton 7-4	34				
Hill-Murray School 8-2	23				
Holy Family Catholic 8-3	27				

2012 Playoff Results

SECTION CHAMPIONS				CLASS 3A PLAYOFFS	
New London-Spicer 7-4	17				
Annandale 9-1	20	Annandale	16		
Jordan 4-7	7	Rochester Lourdes	20	Rochester Lourdes	7
Rochester Lourdes 11-0	21				Blue Earth Area
Perham 9-1	42				AAA State Champion
Esko 8-2	8	Perham	21	Blue Earth Area	30
Saint Croix Lutheran 9-1	12	Blue Earth Area	31		
Blue Earth Area 10-0	21				

SECTION CHAMPIONS				CLASS 2A PLAYOFFS	
Holdingford 10-1	20				
B O L D 10-0	26	B O L D	26		
Sibley East 9-1	6	Caledonia	24	Caledonia	25
Caledonia 10-0	27				Caledonia
Hawley 11-0	22				AA State Champion
Moose Lake/Willow River 11-0	35	Moose Lake/Willow River	27	Moose Lake/Willow River	22
Mayer Lutheran 10-1	20	Jackson County Central	20		
Jackson County Central 9-2	51				

SECTION CHAMPIONS				CLASS 1A PLAYOFFS	
Browerville 9-2	20				
Dawson-Boyd 10-1	35	Dawson-Boyd	20		
Sleepy Eye St. Mary's 10-0	12	Bethlehem Academy	29	Bethlehem Academy	14
Bethlehem Academy 9-2	43				Mahnomen
Mahnomen 11-0	26				A State Champion
Barnum 9-2	0	Mahnomen	26	Mahnomen	20
Atwater-Cosmos-Grove City 8-2 38		Atwater-Cosmos-Grove City	20		
Saint Clair 9-2	20				

2012 Playoff Results

CLASS 9-MAN PLAYOFFS

SECTION CHAMPIONS

Nevis 11-0 18

South Ridge 9-1 24

Mountain Lake Area 9-2 20

Grand Meadow 10-1 34

Goodridge/Grygla 9-1 34

Ely 9-2 6

Wheaton/Herman-Norcross 9-2 0

OT

Clinton-Graceville-Beardsley 10-0 6

South Ridge 6

Grand Meadow 61

Goodridge/Grygla 8

Clinton-Graceville-Beardsley 38

Grand Meadow 22

Clinton-Graceville-Beardsley 40

Clinton-Graceville-Beardsley

9-Man State Champion

CLASS 6A CHAMPION - EDEN PRAIRIE



CLASS 5A CHAMPION - TOTINO GRACE



CLASS 4A CHAMPION - HUTCHINSON



CLASS 3A CHAMPION - BLUE EARTH AREA



CLASS 1A CHAMPION - MAHNOMEN



Not pictured: Class 2A- Caledonia; 9-Man- Clinton-Graceville-Beardsly

40th Annual Minnesota High School

1:00 P.M. SATURDAY, JUNE 29, 2013 • Husky Stadium, St. Cloud St. University

ALL STAR FOOTBALL GAME

NORTH: 14
Dwight Lundeen, Becker

SOUTH: 24
Andy Rostberg, Hutchinson

The 40th annual Minnesota high school All Star game, managed superbly again by Dave Fritze and his staff, was played at Husky Stadium at St. Cloud State University on June 29th, 2013. The game featured teams based on the North vs. South format, which has been used 20 times thus far in the All Star series.

The North, coached by Becker's Dwight Lundeen, scored first on a pass from Perham's Jordan Hein to Maple Grove's Jake Weineke. The South then came back to score the next 24 points.

Kasson-Mantorville's Rily Donovan paced the South with four receptions and also scored a rushing TD in the fourth quarter. Donovan was helped by teammates Eric Birth of Winona and J. T. Den Hartog of Hopkins, who also scored TD's. St. Thomas kicker Wyatt Schmidt also came through for the South, kicking three extra points and a FG. The South was coached by Andy Rostberg of Hutchinson. Rostberg's father, retired Hutchinson coach, was also an assistant on the 2013 team. Grady Rostberg also coached in the All Star game in 1976, making the Rostbergs the first father-son combination to head coach in the All Star game.

The North scored a final TD when Hein and Wieneke paired up for another TD pass combination.

The North vs. South series now sees the South with a slim 10-9-1 lead.

Sponsored by the

Minnesota Football Coaches Association,

Your support helps benefit
the MFCA Award Activities.
Thanks for helping!

Dave Fritze
Game Manager



2013 NORTH ALL-STAR FOOTBALL

Num	Name	School/City	Position	Conference	Class
1	Jordan Hein	Perham	QB	Heart O' Lakes	3A
3	Tucker Forsgren	Pelican Rapids	TE	Heart O' Lakes	2A
4	Joe Robel	Blaine	DB	Northwest Suburban	6A
5	Nate Ricci	Stillwater	QB, WR	Suburban East	6A
6	Zackary Sundly	North Branch	RB	North Suburban	4A
7	Daniel Polansky	Goodridge/Grygla-Gatzke	DB	Top of the State	9M
8	Stephen Erb	Detroit Lakes	DB	Heart O' Lakes	4A
9	Brett Watercott	Becker	WR	Granite Ridge	4A
10	Jacob Pavek	Mahnomen	LB	North Star	1A
11	Kale Boomer	Cook County, Grand Marais	DB	Great Polar	1A
12	Kurt Mattox	Totino-Grace	LB	Northwest Suburban	5A
14	Kevin Folman	Hermantown	DB	Sea Range	4A
15	Austin Martz	Barnesville	DB	Prairie North	2A
17	Troy Kray	Osseo	LB	Northwest Suburban	6A
19	Jake Wieneke	Maple Grove	WR	Northwest Suburban	6A
20	Josh Lanners	Pierz	RB	Central Minnesota	2A
21	Peter Zasmeta	Aitkin	DB	Great Polar	3A
23	Ashante Payne	Robbinsdale Cooper	RB	North Suburban	4A
25	Charlie Miller	Totino-Grace	DB	Northwest Suburban	5A
26	Birk Olson	Monticello	DL	Mississippi 8	5A
27	Bridgeport Tusler	Osseo	INJD, RB	Northwest Suburban	6A
30	Brady Schmidt	Bemidji	LB	Independent	5A
31	Jacob Peterson	St. Cloud Tech	RB	Central Lakes	5A
32	Michael Diggins	Centennial	RB	Northwest Suburban	6A
33	Adam Dingmann	Rocori	LB	Central Lakes	4A
34	Zach Checkal	Delano	WR	Wright County	4A
40	Nick Thorpe	Rocori	DL	Central Lakes	4A
42	Cody Braeger	White Bear Lake	LB	Suburban East	6A
43	Timothy Benson	Hill City	TE	Great Northern	9M
44	Andrew Ziegler	Champlin Park	LB	Northwest Suburban	6A
45	Mick Nelson	Mounds View	DL	Suburban East	6A
50	Mitchel Niehaus	Melrose	DL	Independent	3A
51	Dustin Meyers-Rost	Tartan	DL	Classic Suburban	5A
52	Nathan Snider	Minnewaska Area, Glenwood	LB	West Central	2A
54	Daniel Sargeant	Chisago Lakes	OL	North Suburban	5A
59	Sean Scharlau	St. Michael-Albertville	OL	Mississippi 8	5A
63	Jon Asprey	Brainerd	OL	Central Lakes	6A
64	Cass Herzog	Willmar	OL	Central Lakes	5A
66	Jacob Christopherson	Moose Lake/Willow River	OL	Great Polar	2A
70	Derrick Thingvold	Stillwater	OL	Suburban East	6A
71	Brandon Schmitt	Dawson-Boyd	DL	Little Sioux	1A
72	John Bednarczyk	Totino-Grace	OL	Northwest Suburban	5A
74	Ted Deitz	Alexandria	OL	Central Lakes	5A
75	Cory Jopp	Zimmerman	INJD, DL	Granite Ridge	4A
78	Trevor Waldorf	Sauk Rapids-Rice	OL	Central Lakes	5A
93	Daulton Olinger	Spring Lake Park	DL	North Suburban	5A

NORTH STAFF

Head Coach:

Dwight Lundeen (Becker, MFCA Hall Of Fame 2009)

Honorary Coach:

Gary Graham (Browerville, MFCA Hall of Fame 2004)

Assistants:

Tom Chirhart (Becker, retired)

John Clark Jr. (Mahnomen)

Rick Haley (Delano, Butch Nash Award winner)

Mike Jordahl (Perham)

Mike Lundeen (Becker)

Bryan Strand (Barnesville)

Will Wackman (Spring Lake Park, Butch Nash Award winner)

2013 SOUTH ALL-STAR FOOTBALL

Num	Name	School/City	Position	Conference	Class
1	Ethan Abben	Albert Lea	INJD, RB	Big 9	4A
1	Austin Krumwiede	Martin County West	DB	Gopher Valley AA	1A
2	Danny McManus	St. Thomas Academy	DB	Classic Suburban	5A
3	Carter Hanson	Blue Earth Area	LB	South Central	3A
4	Riley Donovan	Kasson-Mantorville	WR	Hiawatha Valley League	4A
5	Marley Allison	Edina	WR	Lake	6A
6	Wyatt Schmidt	St. Thomas Academy	LB	Classic Suburban	5A
7	Jack Nelson	Byron	QB	Hiawatha Valley League	4A
8	Bryce Holm	Fairmont	WR	South Central	3A
9	Mitch Johnson	Lakeville North	LB	South Suburban	6A
10	Oscar Opara	DeLaSalle, Minneapolis	DB	Tri-Metro	4A
11	Nick Waldvogel	St. Thomas Academy	WR	Classic Suburban	5A
12	Steven Wilson	Apple Valley	WR	South Suburban	5A
13	Parker Anderson	Prior Lake	LB	South Suburban	6A
14	Nick Larson	Shakopee	RB	Missota	6A
15	John DenHartog	Hopkins	QB	Lake	6A
16	Noah Scarver	Minneapolis Washburn	TE	Minneapolis City	4A
17	Karl Finkel	Lakeville North	DL	South Suburban	6A
18	Alex Weis	Luverne	DL	Southwest	2A
20	Logan Duitsman	Eden Prairie	DB	Lake	6A
21	Jake Hill	South St. Paul	INJD, RB	Classic Suburban	4A
21	Mitchell Petersen	Hutchinson	RB	Wright County	4A
22	Michael Fix	Rochester Mayo	INJD, WR	Big 9	5A
23	Andrew Herkenhoff	Burnsville	DB	South Suburban	6A
24	Jack Pietruszewski	South St. Paul	LB	Classic Suburban	4A
25	Eric Birth	Winona	RB	Big 9	5A
26	Brady Ayers	Waterville-Elysian-Morristown	RB	Gopher Valley AA	2A
32	Tycel Page	St. Paul Highland Park	DB	St. Paul City	4A
38	Ryan Winter	Woodbury	DL	Suburban East	6A
40	Shaun Schindler	Hutchinson	LB	Wright County	4A
44	Tyler Bates	Sibley East	TE	Minnesota River	2A
47	Akeem Roller	Cretin-Derham Hall	DL	Suburban East	6A
51	Lance Briard	Springfield	DL	Southern Minnesota	1A
53	Collin Coffield	Caledonia	DL	Three Rivers	2A
54	Ryan Landherr	Prior Lake	OL	South Suburban	6A
55	Steffan Stroh	Underwood	DL	Pheasant	9M
56	Tyler Jakes	Mankato West	LB	Big 9	5A
57	Anthony Yost	Eden Prairie	OL	Lake	6A
58	Will Lussier	Minneapolis Southwest	OL	Minneapolis City	5A
62	Peyton Thiry	Lester Prairie/Holy Trinity	OL	Gopher Valley A	1A
65	Alex Werner	Marshall	OL	Southwest	4A
73	Nolan Folkert	Plainview-Elgin-Millville	OL	Three Rivers	3A
74	Jake Bush	Minnetonka	OL	Lake	6A
75	Sam Muehlenbein	Rochester Lourdes	C, DL	Hiawatha Valley League	3A
76	Jonah Noeldner	Owatonna	DNP, OL	Big 9	5A
77	Max Weaver	Northfield	OL	Missota	5A
78	Michael Backus	Eastview	OL	South Suburban	6A
91	Deon Dorvil	Edina	DL	Lake	6A

SOUTH STAFF

Head Coach:

Andy Rostberg (Hutchinson)

Honorary Coach:

Joe Mayer (Rochester Lourdes, MFCA Hall of Fame 1992)

Assistants:

Marc Achterkirch (Owatonna, Butch Nash Award winner)

Matt Gegenheimer (Prior Lake)

Giovan Jenkins (Minneapolis Washburn)

David Larson (Hutchinson, Butch Nash Award winner)

Grady Rostberg (Hutchinson, retired, MFCA Hall of Fame 1999)

Tom Schuller (Jackson County Central), Brent Schroeder (Caledonia)

2013 ALL-STAR GAME FACTS & FIGURES (AND IRONIES)

- 1. Overall North-South series:** with the 24-14 win, the South takes the overall series lead for the first time in All-Star Game history (dating back to the first North-South game in 1945). The South now leads the overall North-South series 10-9-1.
- 2. Game records:** game records that were tied or broken in the 2013 All-Star Game (performance and participation)
 - **TIED RECORD: Most TD Catches**
 - Jake Wieneke (North WR, Maple Grove) is only the sixth player to have two touchdown receptions in the All-Star Game and the first since 2009 (Tyler Swanson, Lakeville North). He is only the second North All-Star to do this (first since 1974).
 - **NEW RECORD: Longest Field Goal attempt**
 - 61 yards by Wyatt Schmidt (South, St. Thomas Academy). The attempt was unsuccessful.
 - **NEW RECORD: most coaches to participate from one conference in a single All-Star Game:**
 - 4 (Wright County Conference, 2013); the old record was 3 held by three different conferences
 - **NEW RECORD: most coaches to participate from one school in a single All-Star Game:**
 - 3 (Becker, 2013)
 - 3 (Hutchinson, 2013)
- 3. Most Valuable Player Awards:**
 - The North Defensive MVP award won by Birk Olson (Monticello, DL) was the first for a Monticello player and also the first for a player from the Mississippi 8 Conference.
 - The North Offensive MVP award won by Jake Wieneke (Maple Grove, WR) was the second for a Maple Grove player (first since 2005) and the fifth for a player from the Northwest Suburban Conference (first since 2010).
 - The South Offensive MVP award won by Riley Donovan was the second for a Kasson-Mantorville player (first since 1992) and the third for a player from the Hiawatha Valley League (first since 2007).
 - The South Defensive MVP award won by Danny McManus (St. Thomas Academy, DB) was the second for a St. Thomas Academy player (first since Mike Wright in 1956) and the second for a player from the Classic Suburban Conference (first since 2004). Mike Wright won the MVP Lineman Award 1956 when his school was called St. Thomas Military Academy and was located in St. Paul. The school has been known as St. Thomas Academy since 1965 and has been located in Mendota Heights since 1965. Mike Wright went on to attend Notre Dame and later became the CEO of Super Valu.
 - Note: for the first time in All-Star Game history, wide receivers earned both Offensive MVP Awards
- Jake Wieneke (North WR, Maple Grove) is the 27th player to score two or more touchdowns in the All-Star Game. This was last accomplished in 2012 by two players (Joe Mollberg (North QB, Detroit Lakes) and Beau Bofferding (South RB, Marshall).
- Jordan Hein (North QB, Perham) is the 19th player to throw two or more touchdown passes in the All-Star Game. This was last accomplished in 2009 by Blair Townsend of Coon Rapids (3 TD passes). The first player to throw two touchdown passes in the All-Star Game was current Chicago Bears head coach Marc Trestman (North, St. Louis Park) in 1974.
- Jordan Hein (North QB, Perham) is the second Heart O'Lakes Conference quarterback to start in the All-Star Game in as many years (Joe Mollberg, Detroit Lakes in 2012). Heart O'Lakes Conference quarterbacks have started in the All-Star Game four of the last five years (2009, 2010, 2012, 2013).
- Andy Rostberg is the second individual to both play in and serve as a head coach in the All-Star Game. The only other person to accomplish this is Dick Lawrence (player in 1945 and head coach in 1974).
- Andy Rostberg is the 22nd state championship head coach to be a head coach in the All-Star Game the next summer.
- Andy Rostberg is the 13th All-Star head coach to win the All-Star Game the summer after winning a state championship. This last occurred in 1997 (John Thiel, Breck, Metro All-Stars).
- Dwight Lundeen is the second individual to be a two-time All-Star head coach (1994 and 2013). The only other two-time All-Star head coach is Mike Fritze (Apple Valley, 1998 and 2007)
- Jacob Peterson (North, St. Cloud Tech) became just the second player in All-Star Game history to participate in an All-Star Game on his high school home field. The only other time that this occurred was in 1991 at Mielke Field in Crystal.

In the 2012 high school season, St. Cloud Tech was forced to play their home games at Husky Stadium because of mold and water damage to their regular home stadium. Clark Field, a 70-year-old facility had been home to St. Cloud Tech football since 1942.
- Timothy Benson (North, Hill City) was the first All-Star representative from Hill City since 1984 (29 years).
- John DenHartog is the fifth All-Star quarterback from Hopkins High School. Hopkins (5) trails only Anoka (6) for most All-Star quarterbacks from one school.
- With Bridgeport Tusler (North, Osseo), serving as a North captain in 2013, Northwest Suburban Conference players have been selected as All-Star captains for five consecutive All-Star games (2009 to 2013). This includes six players in those five years.
- The 36 yard field goal by Wyatt Schmidt (South, St. Thomas Academy) was the fourth longest field goal in All-Star Game history.
- The 2013 All-Star Game was the 8th to be played at Husky Stadium. Husky Stadium has now hosted the third most All-Star Games (Parade Stadium hosted 19 and Macalester College Stadium hosted 11).



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This form expires and is no-longer valid on December 10th, 2013

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Greetings Coach:

Football is the only remaining sport in which participants, between the ages of 13-20, must be enrolled in an academic institution to play. With that distinction comes authority; with authority comes influence and with influence comes responsibility. As coaches, we have to demonstrate responsible influence by living what we teach.

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Please correct or complete all sections.

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ADDRESS LINE 2:	
COUNTRY:	
PERSONAL PHONE:	
PERSONAL E-MAIL:	
PREVIOUS TEAM:	

MEMBERSHIP AND EVENT CHARGES		
*(Prices expire and are no-longer valid on Dec. 10th 2013.)		
MEMBERSHIP AMOUNT: *SEE MEMBER PRICING*		
CONVENTION FEE \$30.00*:		
FOUNDATION DONATION:		
CONVENTION EVENTS	QTY	AMOUNT
Kickoff Luncheon 1-13-2014 \$25*:		
Awards Luncheon 1-14-2014 \$25*:		
Coach of The Year Dinner 1-14-2014 \$30*:		
TOTAL AMOUNT DUE:		

TEAM/SCHOOL INFORMATION (<input type="checkbox"/> PLEASE SEND MAIL TO TEAM)	
TEAM/SCHOOL NAME:	
DEPARTMENT:	
STREET ADDRESS:	
CITY/STATE/ZIP:	
COUNTRY:	
OFFICE PHONE:	
OFFICE FAX:	
OFFICE E-MAIL:	
COACHING POSITION:	
TEAM DIVISION:	RETIRED IN-TRANSITION FBS NCAA-DI FCS NCAA-D1 NCAA-DII (Circle One) NCAA-DIII NAIA JUCO HS PRO
MEMBER PRICING (includes AFCF Fee)	LIFE MEMBER: \$0.00 FOREIGN: \$100.00 FBS HC: \$200.00 FBS Assistant: \$100.00 All Others: \$60.00

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9. Offers a national clinician exchange for our qualified high school clinicians.
10. Opportunity to be recognized as Minnesota Coach of the Year.
11. Opportunity to be recognized as 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. Information available on MSHSCA Website.

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 other offers, discounts, groups or conventions.

Best Western Normandy Downtown - Minneapolis

1-800-372-3131

Corporate Rates from \$74.00 which includes a Deluxe Breakfast. Contact Randy Sheets with questions.

Minneapolis Sheraton West Hotel - Minnetonka

952-960-3538 \$82 weekend rate

Hampton Inn - Shoreview

\$89 - 651-482-0402 Until 12/06

Hampton Inn - Maple Grove

\$109 763-494-4498 until 12-31-06

Holiday Inn Express Hotel & Suites - Coon Rapids

\$89 - 763-792-2992 Until 12-31-05

Americinn Hotel & Suites

Mounds View \$117

763-786-2000 until 12-30-06

Americinn Lodge & Suites - Brooklyn Center

\$65 - 763-566-7500 until 12-30-06

Crowne Plaza Mpls. North - Brooklyn Center

763-786-8000 \$92 with Breakfast 12-31-06

Minnesota Zoo - Apple Valley

Corporate Rates - 20% OFF on all admissions Call John Erickson for discount card, (H)218-847-6796

Liberty Mutual

Robert Ackermann -

763-543-4344 Automobile and homeowners insurance discounts available to MSHSCA members. Mention that you are with MSHSCA when calling.

Roseville Visitors Bureau Discounts

MEMBERSHIP

Minnesota State High School Coaches Association



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

Procedure for Online Registration *You do not have to use a credit card to register online!

1. To begin, go to www.mshsca.org.
2. Use the link for 2012-13 membership.
3. Use the right hand side to join for the new members.
Use left hand side for returning members.
4. Login is your email address and your password is zzz if you did not change it last year.
5. Follow the steps to join, on page 3, you will have to choose at least one sport association to support.
6. On the last page, you will have a chance to choose your method of payment. (check, money order OR credit card)
7. Print your receipt.
8. The receipt can be for your business office if the school is paying with one check.
9. The last step is to click finish.

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

Questions????

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

Please do not hesitate to call, we work out of our home and should be home most of the time to answer your questions.

Thank you for using our online system,

John and Mary Erickson



Good luck
to all MFCA
members and
their teams!

**MINNESOTA FOOTBALL
COACHES ASSOCIATION**
"The keepers of the game"

www.mshsca.org/football/index.htm

MFCA

901 East Ferry Street

LeSueur, MN 56048

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