MINNESOTA FOTBALL

COACHES ASSOCIATION

Records & Awards • Hall of Fame • State Tournament • Conference Recaps





CAMBRIA Salutes the 2009



Minnesota High School Football Coaches Hall of Fame Inductees



Dave Hylla Proctor High School



Dwight Lundeen Becker High School



DeWayne Johnson Anoka High School



Mike Mahlen Verndale High School



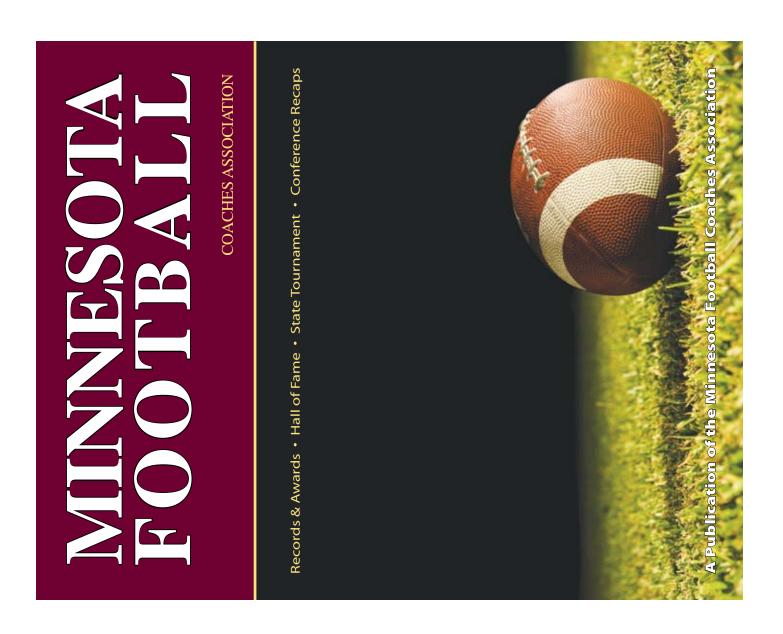
Roger French Brigham Young University



CAMBRIA

Minnesota High School Football Coaches Association

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HIGH SCHOOL

Association Information

FOOTBALL

A Publication of the Minnesota Football Coaches Association

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EXECUTIVE DIRECTOR'S MESSAGE



Ron Stolski Executive Director

Fellow Coaches,

A few years ago, when the leaders of our association altered the organizational structure to include a director, executive committee and several standing committees, we adopted a phrase 'Keepers of the Game'. The implication is that we, football coaches, accept and share a responsibility to take care of our game in Minnesota; to celebrate it, to preserve it, to improve it, to continue and better its' course. We are the 'guardians', the custodians of something, we all know, is worth keeping.

Across our state, the keepers and the kids will soon meet again to teach, learn, and enjoy our special game; its' special gifts. There are, of course, legions of people who give of their passion, time, and talent to the game and to the MFCA. The pages of this marvelous magazine are filled with the names of coaches who

contribute in myriad ways, to the welfare and well being of the game. They are Conference Reps., Committee Chairs, Special Event Chairs, Officers past and present, Hall of Famers, Championship Coaches, Award recepients, et all. I might suggest that there are few State Football Associations across the country that receive as much support as our MFCA. For that, and on behalf of the Executive Committee, I express my heartfelt thanks to all, and invite all of our coaches to continue to participate in and contribute to the many opportunities and programs available to help us be better 'keepers'.

The special contributions made by so many are far too numerous too mention, suffice to say as noted, our pages are filled with them. I do want to give VERY Special thanks to Terry Turek, and his wife, Megan, for the wonderful job they do of gathering, writing, editing and publishing this Summer Manual. It is an outstanding magazine; an interesting and important reference and a complete and marvelous summary of us; today and yesterday. Terry and Megan do an exceptional job that requires hours, days, and weeks of work. Congratulations and, again, thanks.

In this Autumn, I am reminded of my own. Enjoy, good friends. See you on the field.

Ron Stolski Executive Director MFCA

2009 MINNESOTA FOOTBALL

MINNESOTA FOOTBALL COACHES ASSOCIATION DIRECTOR OF PUBLICATIONS - TERRY TUREK

901 E. Ferry St. Le Sueur, MN 56058 507-665-3305

This publication is issued annually by the MFCA

PAST PRESIDENTS

1956-57	Harvey Shew - Brainerd	1983-84	Tony Thiel - Battle Lake
1957-58	Lew Swearingen - Jackson	1984-86	Dick Walker - Richfield
1958-59	Red Wilson - Bemidji	1986-87	Jim Simser - New Richland - Hartland
1959-60	Loren Hagge - Rochester	1987-88	Dave Nigon - Totino Grace
1960-61	Frank Cleve - Minneapolis Henry	1988-89	Keith Swanson - Hoffman-Kensington
1961-62	Lew Barle - Greenway	1989-90	Jerry Peterson - Owatonna
1962-63	Tom Mahoney - Fairmont	1990-91	Dave Brokke - Granite Falls
1963-64	Steve Silianoff - So. St. Paul	1991-92	Con Natvig - Swanville
1964-65	Dale School - Redwood Falls	1992-93	George Larson - Cambridge
1965-66	Bill Hansen - Willmar	1993-94	Buz Rumrill - Silver Lake
1966-67	Bob Roy - St. Louis Park	1994-95	George Tuvey-Janesville-Waldorf-Pembertor
1967-68	Marv Gunderson - Winona	1995-96	George Thole - Stillwater
1968-69	Milt Osterberg - Worthington	1996-97	Ken Baumann - Mahnomen
1969-70	Dick Lagergren - Brainerd	1997-98	Dave Hylla - Proctor
1970-7 1	Les Dreschsel - Ada	1998-99	Neal Hofland -Chokio Alberta
1971-72	Don Varpness - New Ulm	1999-00	Ken Belanger -Zumbrota-Mazeppa
1972-73	Ron Raveling - Columbia Heights	2000-01	Bubba Sullivan - Northfield
1973-74	Rollie Bromberg - Cloquet	2001-02	Dick Strand - Southland
1974-75	Don Swanson - Minneapolis Henry	2002-03	Dave Nelson - Blaine
1975-76	Don Stueve - Fergus Falls	2003-04	Mike Mahlen-Verndale
1976-77	Dean Brown - Winona	2004-05	Dwigth Lundeen - Becker
1977-78	Gary Gustafson - North St. Paul	2005-06	Flint Motchenbacher - Detroit Lakes
1978-79	Grady Rostberg - Hutchinson	2006-07	Clay Anderson - Albert Lea
1979-80	Dick Lawrence - Eveleth	2007-08	Wayne Petermeier - Browerville
1980-81	Ron Scott - Coon Rapids	2008-09	Shannon Gerrety - Blaine
1981-82	Jim Roforth - Lake City	2009-10	Jon Johnson - Litchfield
1982-83	Ron Stolski - Brainerd		

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
1974-83	Jerry Peterson - Owatonna		

*We have made every attempt to create fliers free from errors. However, we do reserve the right to correct pricing errors. Color choices may also vary when printed on paper compared to actual fabric.

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Contact: Dan Wessel South West, North West, West Central Minnesota dwessel5@charter.net Toll Free: 1-877-541-6592 Fax: 320-256-6040

Additional Ink Colors per Location 12-23 pieces: \$1.25/color/garment 24-35 pieces: \$1.00/color/garment 36-100 pieces: \$0.75/color/garment

Contact: John Steichen Minneapolis, St. Paul, South East Minnesota jsteichen@thegraphicedge.com Toll Free: 1-877-803-3560 Fax: 651-681-1847



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Fruit Of The Loom Short Sleeve T-Shirt

5930 Adult: S-4XL See our website for current pricing 5930B Youth: S-L See our website for current pricing 5.4 oz 50% cotton/ 50% polyester blend * Shoulder to shoulder taping * Full cut styling * Straight cut armholes and double-needle

stitching in sleeve hems Colors: ash, athletic heather, azalea, banana, black, burgundy, chocolate, classic pink, coral, denim, dusk purple, forest green, gold, jade, kelly green, khaki, kiwi, light blue, light mint, natural, navy,

orange, orange poppy, pacifice blue, purple, red, royal, safety green, scarlet, texas orange, white, yellow Not all colors available in 3XL or 4XL. Call our customer service

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A-4 Moisture Management Tee N3142 Mens: S-XL\$7.99 2XL\$8.99 3XL\$9.9

Football Specials

N3142 Mens: S-XL \$/.59 2AL 50.100% polyester * Moisture management

Colors: scarlet, navy, royal, forest, cardinal, gold, purple, orange, white, silver, black, maroon, vegas gold, light blue Price includes a 1-color screen print * Minimum order of 12 pieces * Orders of 6-11, add \$3.00 each * Stockart GE199627-Shown as a 1 color

Badger Mesh Short

7207 Adult 7": S-XL \$9.99 2XL \$10.99 3XL \$11.9 4XL \$12.99

7209 Adult 9": S-XL \$10.99 2XL \$11.99 3XL \$12.99 4XL \$13.99

2207 Youth 6": S-L \$9.99

100% polyester * Covered elastic waistband and drawcord * Double needle hem * Badger heat transfer logo on left hip

Colors: brown, black, navy, forest, kelly, royal, purple, maroon, cardinal, red, burnt orange, gold, columbia blue, vegas gold, silver, white

Minimum order 12 pieces * Price includes a 1-color screen print * Stockart GE 184001-Shown with as a 1-color

4107 Mens; S-XL\$9,99 2XL\$11,99 3XL\$13,99 4XL\$15,99

2107 Youth: S-L \$8.99

100% polyester moisture management performance fabric * 7' inseam * 2" covered elastic waistband and drawcord * Double needle hem * Badger heat transfer logo on left hip Colors: maroon, cardinal, red, vegas gold, forest, kelly, royal, navy, purple, black, silver, white

Price includes a 1-color screen print * Minimum order of 12 pieces * Stockart GE199627-Shown as a 1 color

A4 Color Block Short Sleeve Crew N3181 Mens: S-XL\$11.99 2XL\$12.99 3XL\$13.9 3 N3181 Men 4XL \$14.99

100% polyester pique with 3M moisture management *

Colors: black/gold, black/orange, black/red, black/silver, black vegas gold, cardinal/gold, forest/black, maroon/gold, navy/silver, purple/black, purple/

gold, red/black, red/gold, red/silver, royal/black, scarlet/white, navv/white, roval/white, forest/white, cardinal/white, purple/white, black/white, vegas gold/white

Price includes a 1-color screen print * Minimum order of 12 pieces * Orders of 6-11, add \$3.00 each * Stockart GE 184001-Shown with as a 2-color

A-4 9" Cooling Performance Short N5283 Mens: S-XL \$9.99 2XL \$10.99 3XL \$11.99

Colors: black, navy, scarlet, silver, royal Price includes a 1-color screen print * Minimum order of 12 pieces * Stockart GE199627-Shown as a 1 color * Available April 2009

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A4 Practice Jersey
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Polyester small porthole mesh jersey Colors: navy, scarlet, royal, cardinal, hunter, purple, maroon, gold, black, white

Price includes a 1-color logo front and 1-color screen print number back * \$11.99 for 1-color number front and back, no logo * \$13.49 for a 1-color logo front and 1-color screen print number front and back * Add \$1.50 for 2-color screen print numbers per location * Add \$1.00 for a 2-color logo * Minimum order of 18 pieces * Stockart GE206389 shown with a 1-color screen print logo

(N)



The Minnesota Vikings would like to thank and encourage all of the outstanding coaches and players during 2009 season.

Stay Active and Play 60 Minutes!



PRESIDENT'S MESSAGE

Greetings to all football coaches across this great state of Minnesota!

Minnesota summers are great, but summer in Minnesota is the prelude to the fall. Eventually the nights will turn cooler, the sun will be a little lower in the sky, and the smell of fall taints the air. Every football coach in Minnesota has that unspoken instinct inside of them that kicks in and says: "It is time to play football!" The largest of cities to the smallest of towns all turn instinctively to the Friday night lights and the 100 yards of green. Across this great state of ours, we watch as our young athletes take the field and play with pride and valor this great game we call football!

Looking back on this past winter and spring, I have experienced many reasons why this happens every fall. I'd like to share two of them with you. First, the Minnesota Football Coaches Association and your membership in that association, brings the necessary resources to support Minnesota football. Without your involvement, high school football in Minnesota would not be what it is today. With that said, I encourage you to continue to support yourselves and recruit others to be a part. Give back to this great game by being a member of the association and look for ways to be involved. The more members we have in our association, the stronger we will become and the better football in Minnesota will be.



PRESIDENT
Jon Johnson - Litchfield

Second, is the commitment of the Minnesota Football Coaches Association to be of service to you and football in general, in Minnesota. Programs such as Academic

All-State Teams (Individual and Team), College Recruiting Fairs, Coaches' Recognition Programs, the Mr. Football Award and Banquet, Hall of Fame Awards and Banquet, Minnesota High School All-Star Game, Summer Magazine, Coach to Coach retired coaches' mentorship program, outreach funding for camps and staff development, MFCA Scholarships for deserving student - athletes, Team Community Service Awards, and the MFCA Football Coaches' Clinic, and other services.

If you have any questions or want more information, please go to our website at www.mnfootballcoaches.org

This past April, MFCA held a football clinic at the Double Tree Park Place Hotel. This clinic was excellent in many ways as there were a great number of quality vendors, outstanding accommodations, excellent organization, superb speakers, and with roughly 1000 coaches in attendance, the atmosphere was the greatest. If you did not make the clinic this past spring, make sure you make plans to bring yourself and your whole staff next year. You will not be disappointed.

On April 4th we inducted five new members to the MFCA Hall of Fame: Dwight Lundeen, Mike Mahlen, Roger French, Dewayne Johnson, and the late Dave Hylla. I want to congratulate all of these deserving men on accomplishing one of the greatest honors we as coaches can obtain in our profession. I am never disappointed as I listen to those who have accomplished so much talk with great humility. I listen to them, or Derek Parendo representing Dave's Hylla, as they show respect to those who helped them along the way, and watch as they speak of their attitude of gratitude that is so evident in their lives in general. May we all look at these men and glean from their hearts and minds as they are being given the highest honor, and apply it to our place in time in our profession.

The executive committee has been meeting and we are all are working very hard to make our association the best in the country.

I will end with saying that football is alive and well in the great state of Minnesota! I am excited to be a part as a coach, and I look forward to serving you as President of the Minnesota Football Coaches Association. If I can help you in any way feel free to contact me.

Remember as coaches we are "Keepers of the Game".

Sincerely,

Jon Johnson Head Football Coach – Litchfield High School jon_johnson@litchfield.k12.mn.us 320-693-2424 ext 4375

MINNESOTA FOOTBALL COACHES ASSOCIATION



EXECUTIVE DIRECTOR Ron Stolski



PRESIDENT John Jonson Litchfield



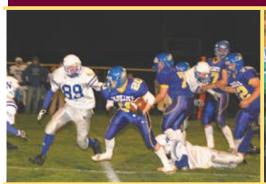
SECRETARY - TREASURER Jim Dotseth

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Sec-Treasurer	Jim Dotseth	763-544-2970	dotsethj@comcast.net
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Viking Liaison	Dwight Lundeen	763-261-4901	dlundeen@izoom.net
Web Master	Rob Nielson	218-847-4491	rnielsen@detlakes.k12.mn.us

MINNESOTA FOOTBALL COACHES CLINIC

www.mnfootballcoaches.com







DON'T MISS IT!!

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

If you can attend just one clinic, this is the one!!

CLINIC STAFF

Don Swanson, Clinic Director (763) 533-9083 Ron Stolski, MFCA Exec. Director stolski@yahoo.com Dave Nigon, Booths & Display dlnigon@yahoo.com Claud Allaire, Schedule & Speakers claud.allaire@comcast.net Jim Dotseth, Registration & Finances dotsethj@comcast.net March 25-27, 2010

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FEATURED IN 2010

More Speakers & Breakouts

AWARDS! • Tailgate Party!

Partnership with the Coach Brewster and staff (some breakout sessions at the Bierman complex)

Sponsored by the MFCA and the University of Minnesota



Dear Minnesota High School Coaches,

It is hard to believe the school year is over and we are already well into summer. Summer at the University of Minnesota means the same for us as it does for you; we are preparing to win a conference championship. This means the Gophers need to focus on the little things that make champions.

Our coaches are currently in the office working diligently on practice plans for camp. I firmly believe that we can never be too organized. Our players are working out daily with our strength and conditioning staff. During summer, our players will do a combination of strength building, speed and agility training, and cardiovascular development. If our goal is to win the Big Ten Championship, our players will need to have a great summer of work. I am confident our players will put forth a championship effort.

As you can imagine, we are extremely excited to open TCF Bank Stadium on September 12th. Plans are underway to make sure it is a memorable event for everyone. The stadium is without question the finest new football stadium in America. In addition, it has been a tremendous help in recruiting. Bringing football back to campus promises to provide a whole different game day experience for the fans, students, and of course, our players. I could not be more excited! Information will be coming to you in August regarding online sign up for your school's game tickets in TCF Bank Stadium.

Lastly, I want to wish all of you good luck on your upcoming season. Your tireless efforts have positively impacted your players, your school and your community. Keep up the great work!

Good luck,
Coach Brewster

MFCA CLINIC A GREAT SUCCESS IN ITS SECOND YEAR!

By Claud Allaire Clinic Coordinator

Thanks to overwhelming support by members of our association, the MFCA clinic was a great success again this year. As an association, we are without doubt growing this clinic into one of the best clinics in the country! With a combination of local, area, and national technicians, the Gophers practice and headline speakers, and an event that provides many networking opportunities for our coaches, this has clearly become our official gathering event!

The numbers alone are impressive; We had over 1000 participants, 50 exhibitors, over 30 speakers presenting 58 sessions, two national championship staffs, two Super Bowl coaches, and four state champion high school coaches. Our national speakers included the all-time winningest high school coach in Pennsylvania, George Curry, Penn State legendary defensive coordinator Jerry Sandusky, Jim Rackley of the nationally recognized Converse Judson high school in Texas, Steve Specht, two-time Ohio state champion head coach at St. Xavier, Matt Weikert, linebackers coach at the Air Force Academy, NCAA Champion and Super Bowl coach Marc Trestman, former Vikings coach and Super Bowl champion head coach in Baltimore Brian Billick, and Gophers head coach Tim Brewster. We also had the staffs of two 2008 national championship programs, the University of Sioux Falls and the University of Minnesota-Duluth.

The clinic also featured a number of unique events and opportunities for members of our association. Our Thursday night social raised money for our association scholarship program; Speakers were available for breakout Q&A discussion sessions throughout the clinic; Several association committees met during the clinic weekend; Coaches had the opportunity to tour TCF Stadium and to attend Gophers practice at the University of Minnesota. In addition our Friday night Tailgate awards presentation featured the always hilarious Dick Jonckowski and recognized members of the Minnesota football coaching

community for their accomplishments. The culminating event of the weekend was our Hall of Fame Banquet on Saturday night where members of our association were inducted in recognition of their lifetime achievements as football coaches. We also recognized our conference, section, and class coaches of the year including our state coach of the year, Carl Fruechte of Caledonia

Bringing this clinic to fruition was the culmination of many efforts. This included the leadership provided by our Executive Director, Ron Stolski and Clinic Director Don Swanson. The clinic committee also consisting of Dave Nigon, Jim Dotseth, Dave Nelson, Ray Kirch, and Claud Allaire worked tirelessly to put the event together. Dan O'Brien served as our liaison to the Gophers staff and events. In addition, there were a great number of other coaches who stepped forward and provided considerable effort in making this event possible. We cannot mention all of them as there were so many but Jon Bakken, John Gross, Terry Turek, Eric Pulley, Rick Sutton, Jim Uttermark, Keith Cornell, Tim Pastoors, Virg Polak, Jim Simser, Gary Gustafson, and Wayne Petermeier all played critical roles. The Doubletree staff were also phenomenal in both their support of our association and in coordinating the weekend's events.

Our accomplishments in our first two years are impressive but our goal is mighty. Clearly, we want to offer Minnesota coaches the best clinic experience in the country! We look forward to your continued participation in making this happen; Remember, if you only attend one clinic, this should be the one!



Football Coaches Association

Executive Director



Executive Committee

MHSFCA Officers
President
1st Vice President
2nd Vice President
Secretary/Treasurer
Asst. Coach Rep.
Past Presidents
Retired Coaches

All Star Game
Membership
Hall of Fame banquet
Mr. Football
Operations and Communications
By-Laws and Constitution
Awards



Standing Committees



U of Minnesota Liaison Shannon Gerretty Ron Stolski

Publications Terry Turek Recruiting Fair Jeff Ferguson Awards Jim Dotseth

Professional Development Ron Stolski Claude Allaire

Website Flint Motchenbacher Rob Nielsen Minnesota Vikings Liaison Dwight Lundeen Academic Mike Watson Con Natvig

MHSFCA Clinic Ron Stolski Don Swanson

Mr. Football Clay Anderson All-Star Game Dave Fritze Power of Influence Bubba Sullivan

Membership Flint Motchenbacher Scholarship Will Wackman

Community Service Beau LaBore

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 2008-2009

Listed below are the dues-paying head coaches of the MFCA for the year 2009-10.

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 as-

sociation 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 inadvertantly omitted.

Coach	School	Coach
Ackerman, Tom	Murray County Central H.S.	Barnack, Anthony
Ahrendt, Thomas	Park Rapids Area H.S.	Barnacle, Jesse
Alderman, Dave	Rochester Century H.S.	Barnes, John
Alfred, Arthur	Rochester Lourdes H.S.	Barnett, Jeff
Allaire, Claud	Hamline University	Barnett, Raymond
Allen, Bryan	Mahtomedi H.S.	Basil, Joseph
Allen, Scott	St James HS	Battaglia, Daniel
Alto, Dan	Kelliher H.S.	Battaglia, David
Amdahl, Alan	Albany Area HS	Bauman, Earl
Anderson, Brad	Wayzata H.S.	Baumann, Bradley
Anderson, Chad	Cretin-Derham Hall H.S.	Baumgarten, Joel
Anderson, Clay	Albert Lea H.S.	Beach, Todd
Anderson, Cory	Milaca H.S.	Bechtold, Stephen
Anderson, Craig	Dilworth-Glyndon-Felton H.S.	Becker, Chad
Anderson, David	Sauk Rapids/Rice HS	Bender, Collin
Anderson, Jacob	Eden Valley-Watkins H.S.	Bengston, Steven
Anderson, Jay	Totino-Grace H.S.	Bengtson, Hokan
Anderson, Joey	Ashby H.S.	Benick, Jim
Anderson, Larry	AlBrook H.S.	Benning, Dan
Anderson, Murray	Hibbing H.S.	Benson, Jon
Anderson, Shawn	White Bear Lake Area H.S.	Bentele, Terry
Anderson, Sherman	Nevis H.S.	Berdan, Ronald
Andres, Matt	Sleepy Eye - St Mary's HS	Berg, Jason
Anfenson, Tim	St Michael-Albertville HS	Berg, Thomas
Ashfield, George	DeLaSalle H.S.	Bernard, Andrew
Aufdenkamp, William	Frazee-Vergas HS	Berning, Scott
Aurich, Dean	Mayer Lutheran H.S.	Bernsdorf, Christophe
Austin, Clair	Goodhue H.S.	Bettcher, Josh
Austinson, John	Byron H.S.	Betton, Ray
Aycock, Craig	St Cloud Tech HS	Bickle, J.D.
Baasch, Matt	Rochester Lourdes H.S.	Biegner, Chris
Bachman, Marc	St Peter-LeSueur Henderson HS	Biehn, Chris
Bahlmann, Terry	Marshall County Central H. S.	Biermaier, Michael
Bakken, Jon	Waterville-Elysian-Morristown H.S.	Biezuns, John
Baldry, Dean	Yellow Medicine East H.S.	Bittner, Jon
Balmer, Pete	Mora H.S.	Blascziek, Chet

Coach	School
Barnack, Anthony	Montgomery-Lonsdale H.S.
Barnacle, Jesse	Dilworth-Glyndon-Felton H.S.
Barnes, John	St Thomas Academy HS
Barnett, Jeff	Mankato Loyola H.S.
Barnett, Raymond	None
Basil, Joseph	Edina H.S.
Battaglia, Daniel	East Central H.S.
Battaglia, David	Carlton H.S.
Bauman, Earl	St Michael-Albertville HS
Baumann, Bradley	Maple Lake H.S.
Baumgarten, Joel	Rocori H.S.
Beach, Todd	Eastview H.S.
Bechtold, Stephen	Blackduck H.S.
Becker, Chad	Madelia H.S.
Bender, Collin	Waconia H.S.
Bengston, Steven	Warroad H.S.
Bengtson, Hokan	Becker H.S.
Benick, Jim	White Bear Lake Area H.S.
Benning, Dan	Browerville H.S.
Benson, Jon	St Cloud Apollo HS
Bentele, Terry	Granada-Huntley East Chain HS
Berdan, Ronald	Sleepy Eye - St Mary's HS
Berg, Jason	Farmington H.S.
Berg, Thomas	Annandale H.S.
Bernard, Andrew	Plainview-Elgin-Millville H.S.
Berning, Scott	St Michael-Albertville HS
Bernsdorf, Christopher	Floodwood H.S.
Bettcher, Josh	Detroit Lakes H.S.
Betton, Ray	Simley H.S.
Bickle, J.D.	Rochester Century H.S.
Biegner, Chris	Alexandria Jefferson HS
Biehn, Chris	Mankato Loyola H.S.
Biermaier, Michael	Browerville H.S.
Biezuns, John	Robbinsdale Cooper H.S.
Bittner, Jon	Crookston H.S.
Blascziek, Chet	Holdingford H.S.

Coach	School	Coach	School
Blom, Gary	Saint James H.S.	Carroll, Chad	Benson H.S.
Blomdahl, David	Braham Area HS	Carroll, John-Howard	Rochester Lourdes H.S.
Bobbe, John	Andover H.S.	Carter, Mason	Duluth Denfeld H.S.
Bobeldyk, Timothy	Murray County Central H.S.	Casavan, Gary	Red Lake Falls Lafayette HS
Boe, Jason	Triton H.S.	Cassellius, John	Winona H.S.
Bohaty, Edward	Moose Lake H.S.	Casterton, Nick	Jordan H.S.
Boltmann, Reed	Edina H.S.	Chaffin, Jeffery	Kelliher H.S.
Boomer, Mike	Cook County H.S.	Christensen, Jeremy	Clinton-Graceville-Beardsley H.S.
Boone, Jamar	Rochester Century H.S.	Christensen, Tait	Litchfield H.S.
Borchert, Steve	Russell-Tyler-Ruthton H.S.	Christenson, Kevin	Nicollet H.S.
Borowicz, Douglas	Roseau H.S.	Christianson, Bill	Pine City H.S.
Borowske, Ben	White Bear Lake Area H.S.	Christie, Jeremy	Sauk Rapids/Rice HS
Boyle, Jay	International Falls H.S.	Clark Jr, John	Mahnomen H.S.
Braaten, Luke	Litchfield H.S.	Clark, Paul	Warroad H.S.
Braeger, Marc	White Bear Lake Area H.S.	Cleary, Matt	Forest Lake H.S.
Brainerd, Paul	Hill City H.S.	Clough, Greg	Minnetonka H.S.
Brandl, Robert	St James HS	Cole, Jeff	Maple River H.S.
Branscomb, Darrion	Fridley H.S.	Conway, Vince	Hill-Murray School
Braun, Richard	Fertile-Beltrami H.S.	Cornell, Gary	Virginia H.S.
Breitbach, Ryan	Win-E-Mac H.S.	Cornell, Keith	St Michael-Albertville HS
Brekken, Joel	Duluth East H.S.	Cortez, James	Kerkhoven-Murdock-Sunburg H.
Briard, Jeffrey	Springfield H.S.	Cotter, Joe	Lakeville South H.S.
Brighton, Bryan	Plainview Community HS	Crabtree, Joshua	Luverne H.S.
Brinkman, Daniel	Hutchinson H.S.	Cremers, Ed	Virginia H.S.
Brisson, Joe	Browerville H.S.	Crosby, Tom	Martin County West H.S.
Brott, Lukas	Lake City H.S.	Cross, Michael	Elk River Area HS
Brouwer, Andrew	Bagley H.S.	Currie, Robert	Lakeville South H.S.
Brown, Brian	Concordia Academy - Roseville	Czech, Brad	Little Falls H.S.
Brown, Lambert	Fridley H.S.	Dahl, Mark	Luverne H.S.
Brudelie, Ryan	BOLD HS	Dahlstrom, David	Foley H.S.
Brue, Charles	Hillcrest Lutheran Academy	Daley, Jason	Menahga H.S.
Buboltz, James	Minnesota Valley Lutheran	Dammann, Michael	MACCRAY H.S.
Buck, Duane	St Agnes HS	Daniel, Mike	White Bear Lake Area H.S.
Budreau, John	Zimmerman H.S.	Davis, Bruce	Montgomery-Lonsdale H.S.
Buerkle, Jeff	Anoka H.S.	Davis, Christopher	Murray County Central H.S.
Buffetta, Jeff	ImportTest - No School Found	Davis, Todd	Kingsland H.S.
Buker, Daniel	Litchfield H.S.	DeCann, Jay	Melrose Area H.S.
Bunkers, Ronald	New Ulm H.S.	Deibele, Cole	Monticello H.S.
Buntje, Mark	Lyle-Pacelli HS	DenHartog, John	Hopkins H.S.
Buntje, Mark Buntje, Scott	Albany Area HS	Destache, Dan	White Bear Lake/Mahtomedi HS
Bute, Robert	New Ulm H.S.	Develice, Thomas	Blaine H.S.
Butenhoff, Peder	Fergus Falls H.S.	Dierks, Jon	Mankato East H.S.
Buthe, Tony	New Prague H.S.	Dierks, John Dieryck, Jeffery	Duluth Denfeld H.S.
•	Maple River H.S.	Digiovanni, Jeremy	Rogers H.S.
Butler, Clinton	Climax-Fisher HS		Annandale H.S.
Byklum, Darrin		Dolan, Don (Skip)	
Campbell, Charles	Nashwauk-Keewatin H.S.	Dorr, Mitch	Cook County H.S.
Carlson, Brett Carlson, Darby	White Bear Lake Area H.S. Maple Grove H.S.	Dotter, Paul Douglas, Dan	DeLaSalle H.S. Montevideo H.S.
	WIDDIO I-ROVO H S	HOHOISC HAD	MODIANICAO H S

Coach	School	Coach	School
Orews, John	Rochester John Marshall	Flieth, Doug	Sibley East H.S.
Orexler, Jeremy	New Ulm Cathedral H.S.	Flood, Thomas	St Bernard's HS
Orexler, John	Foley H.S.	Foley, Jim	Champlin Park H.S.
Drotts, Mark	Deer River H.S.	Foley, Patrick	Waconia H.S.
DuBois, Steve	Kasson-Mantorville H.S.	Forsell, Tad	Hermantown H.S.
Dunn, Paul	Springfield H.S.	Franck, Larry	Byron H.S.
Oyer, Lynn	Thief River Falls H.S.	Fransen, Ronald	Two Harbors H.S.
Ehlers, Tim	Faribault H.S.	Franz, Marc.	Rogers H.S.
Eidelbes, Zach	Zimmerman H.S.	Frederick, John	DeLaSalle H.S.
Eidsness, Rick	Moorhead H.S.	Fredericksen, Chad	Breckenridge H.S.
Elder, Erin	Windom Area H.S.	Freed, Jason	Houston H.S.
Ellinghuysen, Joel	Lewiston-Altura H.S.	Frisell, Dave	Bloomington Kennedy H.S.
Ellingson, Daniel	Hills-Beaver Creek H.S.	Fritze, Mike	Apple Valley H.S.
Emerson, Richard	Truman H.S.	Froehling, Mark	Farmington H.S.
Empting, Michael	Alexandria H.S.	Fruechte, Carl	Caledonia H.S.
Enge, David	Anoka H.S.	Frykman, Jon	Hutchinson H.S.
Engen, Brad	White Bear Lake Area H.S.	Fuchs, Travis	Fertile-Beltrami H.S.
Engen, Gary	Mounds View H.S.	Gaffaney, Michael	Yellow Medicine East H.S.
Engstrom, Bryant	Ely H.S.	Gagnon, Andy	Howard Lake-Waverly-Winsted I
Eppen, Matthew	Burnsville H.S.	Galvin, Jim	Mounds View H.S.
Erdmann, Jeff	Rosemount H.S.	Gans, James	Sauk Rapids/Rice HS
Erickson, C LeRoy	Buffalo H.S.	Garry, Jerome	Rochester Lourdes H.S.
Erickson, Mark	Fertile-Beltrami H.S.	Garvin, Joseph	Lake City H.S.
Erickson, Richard	Virginia H.S.	Gast, Michael	Grygla-Gatzke H.S.
Esch, Mark	Mankato West H.S.	Gaughran, Richard	Eden Prairie H.S.
Escher, Dwayne	Lake Crystal-Wellcome Memorial	Gegenheimer, Matt	Prior Lake H.S.
Eskierka, Stan	Henry Sibley H.S.	Geisler, Ben	Irondale H.S.
Essler, Dan	New London-Spicer H.S.	General, Dexter	Rochester Century H.S.
Etienne, Jeff	Richfield H.S.	Gerrety, Shannon	Blaine H.S.
Everett, Tim	East Grand Forks Sacred Heart HS	Gess, Jim	Bloomington Jefferson H.S.
Eversman, Ryan	Rochester Century H.S.	Gillespie, Bryan	Frazee H.S.
Ewald, Andrew	St Louis Park HS	Gimbel, Chad	Blooming Prairie H.S.
Ewing, Gregory	Hutchinson H.S.	Gindorff, Michael	Crosby-Ironton H.S.
abish, Mark	Cook County H.S.	Gisvold, Lee	Cannon Falls H.S.
-ahleen, Michael	Wheaton Area HS	Glasener, Vaughn	Melrose Area H.S.
-aust, Dave	Henry Sibley H.S.	Glass, Todd	Red Lake Falls Lafayette HS
enstermacher, Tim	ImportTest - No School Found	Glazier, Darin	Tartan H.S.
erguson, Jeffrey	Totino-Grace H.S.	Glowack, Marc	Nashwauk-Keewatin H.S.
erraro, Sam	Champlin Park H.S.	Golberg, Kirk	Lakeville South H.S.
errier, Aaron	Redwood Valley H.S.	Gonnerman, Scott	Benson H.S.
ideldy, Bryan	Hill City H.S.	Goslee, Kyle	Montevideo H.S.
Fiereck, Ryan	St Francis HS	Goudy, Byron	Orono H.S.
inanger, Phil	Edina H.S.	Goudy, Mick	Rogers H.S.
Finlayson, Loren	Sauk Rapids/Rice HS	Grad, Gary	Andover H.S.
inne, Jason	St Agnes HS	Grant, Michael	Roseville Area H.S.
isher, Derek	Robbinsdale Armstrong H.S.	Grant, Mike	Eden Prairie H.S.
Flann, Derek	Tracy Area HS	Gravdahl, Steven	St Francis HS
	Hacy Alea HJ	Jiavaaiii, Jieveli	JULI TOTICIS LIS

Coach	School	Coach	School
Greenwald, Seth	Eagan H.S.	Helland, Kenny	Le Center H.S.
Grimes, Joe	Park Rapids Area H.S.	Henderson, Donald	Triton H.S.
Gronner, Jeffrey	Cromwell-Wright HS	Henn, Paul	Waconia H.S.
Gross, Christian	Foley H.S.	Hennen, Daniel	Eden Prairie H.S.
Gross, Derrick	Kelliher H.S.	Hennen, Michael	Cambridge-Isanti H.S.
Grossman, Jonas	Benson H.S.	Henrich, Dale	Morris Area School
Grosz, Greg	Minnetonka H.S.	Hentges, Patrick	G-F-W H.S.
Grussing, Mark	Benson H.S.	Hentges, Scott	Sartell-St. Stephen HS
Guider, Steve	Blaine H.S.	Herbes, Mark	Upsala H.S.
Gullikson, Tony	Warren-Alvarado-Oslo H.S.	Herder, Joel	Breckenridge H.S.
Gullingsrud, Michael	Ada-Borup H.S.	Herm, Larry	Foley H.S.
Gunderson, John	Minnesota Valley Lutheran	Herman, Lee	Richfield H.S.
Gust, Matthew	St Francis HS	Hermann, Tim	Austin H.S.
Haala, Cory	Sleepy Eye H.S.	Heryla, Pete	Columbia Heights H.S.
Haase, Michael	Randolph H.S.	Heysse, Mark	St Cloud Tech HS
Haataja, Steve	Dassel-Cokato H.S.	Hickman, Jessse	Blackduck H.S.
Habeck, Kurt	Eastview H.S.	Hietala, Joseph	Duluth East H.S.
Hackett, Gabe	St Michael-Albertville HS	Hill, Steven	Minnewaska Area H.S.
Hadley, Greg	Belgrade-Brooten-Elrosa H.S.	Hills, Greg	Rush City H.S.
Hagen, Brian	Lyle H.S.	Hinrichs, Jon	Hawley H.S.
Hahn, Curtis	St Michael-Albertville HS	Hinsz, Tracy	Barnesville H.S.
Haider, Pat	White Bear Lake Area H.S.	Hoemke, Gregory	Benilde-St Margaret's HS
Hale, Dennis	Worthington H.S.	Hoffman, Anthony	Roseville Area H.S.
	Barnum H.S.	Hoffman, Scott	Stillwater Area H.S.
Haley, Kevin			Chokio-Alberta H.S.
Hall, Justin	Bloomington Kennedy H.S.	Hofland, David	
Halland, Daniel	Crookston H.S.	Hofland, Neal	Chokio-Alberta H.S.
Halvorson, David	Ogilvie H.S.	Hohn, Nick	Braham Area HS
Halvorson, Gary	Woodbury H.S.	Holinka, Brad	Fulda H.S.
Hanks, Jon	Benilde-St Margaret's HS	Holman, Michael	Sartell-St. Stephen HS
Hanlon, Ryan	Fosston H.S.	Homstad, David	Marshall School, Duluth
Hansen, Craig	Maple Grove H.S.	Hone, Matthew	Hancock H.S.
Hansmann, Wayne	Pine City H.S.	Hopkins, David	Holy Family Catholic H.S.
Hanson, Erik	Monticello H.S.	Horkey, Tyler	Truman H.S.
Hanson, Mark	St Francis HS	Houghton, Dan	Rockford H.S.
Hanson, Scott	Bethlehem Academy	Hovland, Brian	Underwood H.S.
Harig, Fredrick	Bertha-Hewitt H.S.	Howard, Keith	Elk River Area HS
Harrington, Nate	Providence Academy	Howell, Scott	Saint Paul Central H.S.
Harris, Brian	Dover-Eyota H.S.	Huber, Bruce	Triton H.S.
Harris, Mark	Woodbury H.S.	Hudak, Pat	Farmington H.S.
Harris, Ryan	Cretin-Derham Hall H.S.	Hudspith, William	Esko H.S.
Haugen, David	Pelican Rapids H.S.	Hughes, Curt	Rochester Mayo H.S.
Haugen, Peter	Minneapolis Washburn H.S.	Huie, Frank	Duluth Denfeld H.S.
Havron, Brad	Duluth Denfeld H.S.	Huie, Randy	Red Lake County Central
Heggedahl, Larry	Floodwood H.S.	Hulke, Kevin	Minnesota Valley Lutheran
Heide, Gary	Hayfield H.S.	Hunter, Kraig	West Central Area School
Heille, William	Worthington H.S.	Hurley, Daniel	Chatfield H.S.
Heise, James	Lake City H.S.	Huska, Jeff	Windom Area H.S.
Heitzman, Ken	Willmar H.S.	Ihrke, Joshua	Moorhead H.S.
Helget, Jeffery	Mankato West H.S.	Ihrke, William	ImportTest - No School Found

Coach	School	Coach	School
llikainen, Daryl	Hermantown H.S.	Julson, Brian	St Francis HS
nforzato, Kyle	Mound Westonka/Holy Family Coop	Junker, Joshua	Redwood Valley H.S.
ackman, Jim	Litchfield H.S.	Kaczor, Ruth	St Cloud Tech HS
ackson, Bob	White Bear Lake Area H.S.	Kainz, Jason	Tracy Area HS
acobson, Jim	Frazee-Vergas HS	Kaiser, Ward	Silver Bay (Wm. Kelley) H.S.
acobson, Thomas	Redwood Valley H.S.	Kallok, Rich	Cretin-Derham Hall H.S.
anicke, Kent	Greenbush-Middle River H.S.	Kalpin, Patrick	Osakis H.S.
ankowski, Jamie	Woodbury H.S.	Kangas, Howard	Perham H.S.
ankowski, Jason	Woodbury H.S.	Karlsgodt, Terry	Atwater-Cosmos-Grove City H.S.
anssen, David	New Ulm HS	Keenan, Nick	Champlin Park H.S.
azdzewski, Tim	Duluth Denfeld H.S.	Kegler, Jared	Faribault H.S.
enkins, Giovan	Minneapolis Washburn H.S.	Keller, Trevor	Ortonville H.S.
enniges, Isaac	Red Rock Central H.S.	Kemp, Joe	Wabasso H.S.
ennissen, Neil	Cambridge-Isanti H.S.	Kenfield, Jason	Red Lake Falls Lafayette HS
ensen, Jerry	Cambridge-Isanti H.S.	Kennedy, Shawn	Southland H.S.
ensen, John	Rochester Lourdes H.S.	Kesler, Mike	Rochester Lourdes H.S.
ensen, Richard	St Michael-Albertville HS	Kinnunen, Bill	Grand Rapids H.S.
eriorski, Michael	Browerville H.S.	Kinzer, Jamie	St Cloud Cathedral HS
ipson, Steve	Clinton-Graceville-Beardsley H.S.	Kirk, Tim	Mountain Lake-Butterfield-Odin I
irik, John	Orr H.S.	Kirkeby, Kevin	Rochester John Marshall
obe, David	Thief River Falls Lincoln HS	Kise, Karl	St Cloud Apollo HS
ohnson, Andrew	Mahnomen H.S.	Kish, Thomas	Zimmerman H.S.
ohnson, Brian	Menahga H.S.	Kittelson, Matt	Blooming Prairie H.S.
ohnson, Chris	Browerville H.S.	Klawitter, Keith	Cedar Mountian-Morgan HS
ohnson, Cory	Litchfield H.S.	Kleinschmidt, Mike	Albany Area HS
ohnson, Craig	Watertown-Mayer H.S.	Klimek, Shawn	Nevis H.S.
ohnson, Erik	Staples-Motley H.S.	Klug, Nicholas	Sauk Rapids/Rice HS
ohnson, Jeff	Chatfield H.S.	Knudsen, Tim	Maple Lake H.S.
ohnson, Jonathan	Litchfield H.S.	Knutson, Bob	Champlin Park H.S.
ohnson, Josh	Browerville H.S.	Knutson, James	Lakeville South H.S.
ohnson, Mark	Rocori H.S.	Knutson, Kyle	Perham H.S.
ohnson, Marvin	ImportTest - No School Found	Knutson, Ryan	Woodbury H.S.
ohnson, Michael	Foley H.S.	Kobernusz, Kelly	Holdingford H.S.
ohnson, Randy	Milaca H.S.	Kokos, Brian	Blue Earth Area H.S.
ohnson, Rollie	New Life Academy of Woodbury	Konold, Jon	Mankato West H.S.
ohnson, Ryan	Wayzata H.S.	Korton, Mike	Champlin Park H.S.
ohnson, Ryan	Fergus Falls H.S.	Kostich, Wally	Mt Iron-Buhl HS
ohnson, Todd	Mahnomen H.S.	Kotaska, Jon	New York Mills H.S.
ohnson, Tom	Frazee-Vergas HS	Kovall, Francis	Annandale H.S.
ohnston, Chad	Minneota H.S.	Kovich, Bob	Lakeville North H.S.
ohnston, Justin	Belle Plaine H.S.	Kramer, Scott	Nevis H.S.
ones, Christoper	Rochester Century H.S.	Krause, Dan	ImportTest - No School Found
ones, Matt	Verndale H.S.	Krenik, David	Cleveland H.S.
oran, Joe	Eagan H.S.	Krieger, Patrick	Benilde-St Margaret's HS
ordahl, Mike	Perham H.S.	Kroulik, Casey	Clearbrook-Gonvick H.S.
orgenson, Dan	Norman County West H.S.	Kroulik, Ivan	Kasson-Mantorville H.S.
osephson, Johnny	New Prague H.S.	Kroulik, Mark	Stephen-Argyle Central H.S.
oschison, soillin	INCVV I TAGACTI.J.	MOUNT, Mark	Dicplicit Algyle Cellula H.J.

Coach	School	Coach	School
Kucern, Brent	Sleepy Eye Saint Mary's H.S.	Loontjer, Gary	Mayer Lutheran H.S.
Kuechenmeister, Randall	Blue Earth Area H.S.	Louis, Ned	Faribault H.S.
Kuhnke, Shawn	Braham Area HS	Louzek, Dave	Moose Lake H.S.
Kuznia, Kevin	Stephen-Argyle Central H.S.	Loven, Jay	Swanville H.S.
Kytta, Tyrone	Blaine H.S.	Lundeen, Dwight	Becker H.S.
₋abine, Mike	Detroit Lakes H.S.	Lundeen, Matt	Redwood Valley H.S.
₋aBore, Beau	Woodbury H.S.	Lunsetter, Jamie	Stephen-Argyle Central H.S.
₋akanen, Eric	Blaine H.S.	Luschen, Terry	Litchfield H.S.
₋alim, Jeff	Yellow Medicine East H.S.	Lux, Dennis	New Ulm Cathedral H.S.
amker, Derrin	Osseo Area HS	Macken, Jerry	Cretin-Derham Hall H.S.
ancaster, Andrew	Eagle Valley H.S.	Madigan, Mark	Simley H.S.
andherr, Kevin	Rochester Mayo H.S.	Magnuson, Bill	Sauk Rapids/Rice HS
andkamer, John	Mankato Loyola H.S.	Mahlen, Michael	Verndale H.S.
angemo, Trent	Kingsland H.S.	Mahoney, Mat	Fairmont Area HS
₋anger, Adam	Eden Valley-Watkins H.S.	Malone, Paul	Rochester Century H.S.
anger, Michael	Brainerd H.S.	Malone, Tim	Braham Area HS
₋aPointe, Ryan	Rogers H.S.	Mangen, Dustin	Sleepy Eye - St Mary's HS
arkin, todd	Cambridge-Isanti H.S.	Marinaro, Ronald	Babbitt-Embarrass H.S.
_arsen, Joshua	Monticello H.S.	Marleau, Dale	Deer River H.S.
arson, Bob	Mahnomen H.S.	Marmon, Jack	Little Falls H.S.
arson, Cory	Dawson-Boyd H.S.	Marquis, Ethan	Red Lake County Central
arson, Eric	Westbrook-Walnut Grove H.S.	Martig, Gregg	St Cloud Tech HS
₋aspi, Jeff	Proctor H.S.	Martin, Jon	Breck School
assow, Rodney	Minneapolis Roosevelt H.S.	Mattila, Kurt	Ely Memorial HS
ee, Shane	Wheaton H.S.	Mattox, John	Minnetonka H.S.
eistikow, George	Brooklyn Center H.S.	Mattson, Chad	Chaska H.S.
either, Jamie	Kimball Area H.S.	Maurer, Jason	St Francis HS
emke, Carl	St Croix Lutheran HS	McBroom, Zach	Woodbury H.S.
emke, Jeffrey	St Croix Lutheran HS	McCabe, Maurice	Medford H.S.
emke, Paul	Glencoe-Silver Lake H.S.	McCloskey, Jason	Waubun H.S.
enarz, Thomas	Cloquet Christian Academy	McIntyre, Ryan	Two Harbors H.S.
eniz, Aitor	Braham Area HS	McLachlan, Scott	Albany Area HS
epper, Jay	Jordan H.S.	McMenomy, Sean	Minneapolis Southwest H.S.
iapis, Richard	Worthington H.S.	Medlo, Jon	St Bernard's HS
ieser, Brent	Royalton H.S.	Mehr, Jacob	Pillager H.S.
inbo, Kerry	Byron H.S.	Meier, Aaron	Royalton H.S.
indahl, Roger	Benson H.S.	Melchert, Maurice	Rockford H.S.
indberg, Brad	Breckenridge H.S.	Mensink, Christopher	Fillmore Central H.S.
indow, Bucky	Cannon Falls H.S.	Merila, Steven	Rockford H.S.
indquist, Chris	St Francis HS	Messman, Mark	Holdingford H.S.
ingen, Bryce	Stephen-Argyle Central H.S.	Mettler, Kevin	Mankato Loyola H.S.
ink, Phil	North Branch H.S.	Meuwissen, Dave	White Bear Lake Area H.S.
ipelt, Roger	Providence Academy	Meyer, Brian	Moorhead H.S.
itecky, Bernard	Totino-Grace H.S.	Meyer, Chris	Monticello H.S.
ittlefield, Travis	White Bear Lake Area H.S.	Meyer, David	Detroit Lakes H.S.
oe, Jeffrey	Thief River Falls Lincoln HS	Meyers, Daniel	Northfield H.S.
ohmiller, Chip	Pequot Lakes H.S.	Michelson, Brian	Tracy Area HS
ongtin, Eric	North H.S.	Mikla, Jeremy	Milaca H.S.

Coach	School	Coach	School
Miller, James	Rochester Mayo H.S.	Nickel, Dale	Elk River Area HS
Miller, Paul	Apple Valley, District 196 Coop	Nickels, Scott	Rochester Lourdes H.S.
Miller, Stanley	Isle H.S.	Nickleby, Jason	Woodbury H.S.
Minus, Anthony	Saint Paul Humboldt H.S.	Nickleby, Robert	Woodbury H.S.
Miska, Benjamin	Canby H.S.	Nickles, David	Braham Area HS
Miskowicz, Lewis	Farmington H.S.	Nickolas, Elias	Rochester Century H.S.
Mithun, Paul	Staples-Motley H.S.	Nielsen, Rob	Detroit Lakes H.S.
Mitteness, Jim	Ridgewater College	Nietfeld, Jonathan	Melrose Area H.S.
Moeller, Gordon	Minnewaska Area H.S.	Niklaus, Todd	St Anthony Village HS
Monrgomery, George	Howard Lake-Waverly-Winsted H.S.	Nitti, Nick	White Bear Lake Area H.S.
Monson, Greg	Grygla-Gatzke H.S.	Noga, John	Parkers Prairie H.S.
Monson, Ron	Minnehaha Academy	Nohner, Mark	Lake of the Woods H.S.
Monson, Shane	Braham Area HS	Noll, Chuck	Melrose Area H.S.
Moore, Jeff	Verndale H.S.	Norby, Jake	White Bear Lake Area H.S.
Morford, Jamie	Royalton H.S.	Nordquist, Stuart	International Falls H.S.
Morgenroth, Jeremy	Win-E-Mac H.S.	Norton, Matthew	St Francis HS
Moritko, Jeff	Totino-Grace H.S.	Nowotny, Kevin	Adrian H.S.
Mork, Paul	New Life Academy of Woodbury	Nutt, Alan	Monticello H.S.
Mortensen, Jeremy	Buffalo Lake-Hector H.S.	Odland, Brian	Monticello H.S.
Mortenson, Jason	Kimball Area H.S.	Ogorek, Terrance	Kittson Central H.S.
Moshier, Bryan	Foley H.S.	Ohlgren, Terry	West Central Area School
Motchenbacher, Flint	Detroit Lakes H.S.	Ohm, Chris	Breck School
Mueller, Patrick	St Michael-Albertville HS	Ohm, Chuck	Zumbrota-Mazeppa H.S.
Muetzel, David	Mahtomedi H.S.	Oja, Daryl	Melrose Area H.S.
Mulso, Jay	Martin County West H.S.	Oliphant, Craig	Osseo Area HS
Mumm, Jeff	Thief River Falls Lincoln HS	Olson, Brent	Lewiston-Altura H.S.
Murphy, Thomas	Nicollet H.S.	Olson, Bryan	Sauk Centre H.S.
Murtha, Timothy	Tartan H.S.	Olson, Curt	Underwood H.S.
Musel, Corey	Ely Memorial HS	Olson, Philip	Lake City H.S.
Myers, Jeff	St Cloud Tech HS	Olson, Steve	Fergus Falls H.S.
Myrvik, Matt	Minneota H.S.	Olson, Tim	Thief River Falls Lincoln HS
Naatz, Duey	U W - Stout	ONeill, Mark	Champlin Park H.S.
Naatz, Pedar	Hawley H.S.	Orth, Thomas	Henry Sibley H.S.
Narum, Trevor	Lake City H.S.	Osterman, Aaron	Elk River Area HS
Natvig, Con	Browerville H.S.	Ostlund, Chad	Eden Prairie H.S.
Naugle, Peter	Walker-Hackensack-Akeley H.S.	Otterblad, Jamie	Silver Bay Wm Kelley HS
Nelson, Brian	Fertile-Beltrami H.S.	Otto, Josh	Belle Plaine H.S.
Nelson, Chris	Red Lake Falls Lafayette HS	Overgaard, Kevin	Blaine H.S.
Nelson, David	Minnetonka H.S.	Oye, Todd	Luverne H.S.
Nelson, Derek	Glenville-Emmons H.S.	Palke, Joseph	Mounds View H.S.
Nelson, Kim	Edina H.S.	Palmer, Scott	Buffalo H.S.
Nelson, Matt	Kenyon-Wanamingo H.S.	Parendo, Derek	Proctor H.S.
Nelson, Tom	Two Harbors H.S.	Parker, Scott	Marshall County Central H. S.
Nelson, Troy	Brainerd H.S.	Parsons, Scott	Brainerd H.S.
Nemanich, Jerome	Sartell-St. Stephen HS	Parzyck, lan	Holy Family Catholic H.S.
Ness, Steve	Norman County East H.S.	Passe, Tom	Rochester Century H.S.
Neubarth, William	McLeod West HS	Patterson, Tony	Minneapolis North Community
Nick, Robert	Blaine H.S.	Pattrin Jr., Timothy	West Central Area School

Coach	School	Coach	School
Paukert, Scott	Zumbrota-Mazeppa H.S.	Ritchie, Brian	Tartan H.S.
Paul, Eric	Moorhead H.S.	Roberts, Burton	Woodbury H.S.
Pavlovich, Merrill	Delano H.S.	Robinson, Aaron	St Croix Lutheran HS
Pearson, Kevin	Fergus Falls H.S.	Robinson, James	Murray County Central H.S.
Pederson, Robert	Eden Valley-Watkins H.S.	Rocheleau, David	Pierz-Healy HS
Perkins, Mark	Browerville H.S.	Rockwell, John	Columbia Heights H.S.
Persuitti, Joe	Mounds View H.S.	Roddy, Jack	Harlington South HS, Texas
Pervenanze, Larry	Chisholm H.S.	Rohl, Gerard	Buffalo H.S.
Petermeier, Wayne	Browerville H.S.	Rohweder, Tim	Proctor H.S.
Peterson, Lynn	Staples-Motley H.S.	Roll, Bill	Hill-Murray School
Peterson, Marde	St Francis HS	Ronnenberg, Adam	Maple Lake H.S.
Peterson, Rick	Wabasha-Kellogg H.S.	Roragen, Ross	Win-E-Mac H.S.
Peterson, Scott	Parkers Prairie H.S.	Rosenow, Bruce	Hutchinson H.S.
Pfiefer, David	Blooming Prairie H.S.	Rosholt, John	Watertown-Mayer H.S.
Philipp, Steve	Red Lake Falls Lafayette HS	Ross, Carter	Westbrook-Walnut Grove H.S.
Phillips, Michael	St Francis HS	Ross, Chuck	Underwood H.S.
Pink, Tom	Kelliher H.S.	Ross, Jeff	Martin County West H.S.
Plaisance, Don	New Prague H.S.	Ross, Jeffery	Sauk Centre H.S.
Plaschko, Jeff	St Paul Johnson HS	Ross, John	Sartell-St. Stephen HS
Poepard, Ryan	White Bear Lake Area H.S.	Rossiter, Daniel	White Bear Lake Area H.S.
Pohlkamp, Joseph	Brainerd H.S.	Rostberg, Andrew	Hutchinson H.S.
Polzine, Jared	Pine City H.S.	Rotchadl, Dan	Mankato Loyola H.S.
Pope, Michael	Ely H.S.	Rothe, Chris	Rochester Century H.S.
Post, Jeremy	White Bear Lake Area H.S.	Rousemiller, Chris	Lakeville North H.S.
Potthoff, Douglas	Spring Lake Park H.S.	Rude, Corey	Hutchinson H.S.
Powell, Greg	Bigfork H.S.	Rudolph, Dean	Alexandria Jefferson HS
Preston, Norman	Maple River H.S.	Rudolph, Nate	Sauk Rapids/Rice HS
Qual, Randy	Mora H.S.	Ruesink, Craig	St John's Prep HS
Quirk, Donald	Chisholm H.S.	Ruhland, Robert	Shakopee H.S.
Raasch, Darin	Zumbrota-Mazeppa H.S.	Rundell, Edwin	Watertown-Mayer H.S.
Rader, Jim	Frazee-Vergas HS	Ruud, Paul	Glencoe-Silver Lake H.S.
Rambow, Lyle	Morris Area School	Sacrison, Michael	Barnesville H.S.
Ramey, Jeffrey	Brainerd H.S.	Sailer, Fred	Perham H.S.
Rasmussen, John	Sauk Rapids/Rice HS	Sather, Jeremy	Cedar Mountian-Morgan HS
Rauen, Willie	Zumbrota-Mazeppa H.S.	Scanlan, Mike	Cretin-Derham Hall H.S.
Rauk, Brent	Northfield H.S.	Scanlon, Mark	Duluth Denfeld H.S.
Redman, Aaron	Mounds View H.S.	Schaar, Terry	Tracy Area HS
Reed, Charle	Cretin-Derham Hall H.S.	Schaefer, Patrick	Shattuck-Saint Mary's
Reinhardt, James	Rushford-Peterson H.S.	Schaff, Tyler	St Francis HS
Reker, Jon	Red Wing H.S.	Schieck, Richard	Kerkhoven-Murdock-Sunburg H.
Remboldt, Peter	Benson H.S.	Schilling, John	Buffalo Lake-Hector H.S.
Remick, Brian	Red Lake Falls Lafayette HS	Schimek, Brent	United South Central H.S.
Richmond, Nick	Wabasha-Kellogg H.S.	Schimming, David	Montevideo H.S.
Richtman, Michael	Lewiston-Altura H.S.	Schlieff, Jeff	Spring Lake Park H.S.
Ridgewell, Weston	Duluth Denfeld H.S.	Schluchter, Wayne	St Cloud Tech HS
Rieder, Patrick	Dilworth-Glyndon-Felton H.S.	Schmidt, Barry	Madelia H.S.
Riggs, Mark	Burnsville H.S.	Schmidt, Bradley	LeSueur-Henderson H.S.
Risbrudt, Richard	Fergus Falls H.S.	Schmidt, Brett	Hawley H.S.

Coach	School	Coach	School
Schmidt, Tyrone	St Francis HS	Spanos, John	Litchfield H.S.
Schmitz, John	Thief River Falls H.S.	Stanger, Corey	Monticello H.S.
Schmitz, Mark	Stewartville H.S.	Stanton, Doug	Lakeville South H.S.
Schnathorst, Vern	Detroit Lakes H.S.	Stanwick, Chad	Eden Valley-Watkins H.S.
Schneider, Austin	Rochester Century H.S.	Staska, Bob	McGregor H.S.
Schoenfelder, Roger	Blue Earth Area H.S.	Steele, Ryan	Lewiston-Altura H.S.
Schoneck, Brian	Maple River H.S.	Stephenson, Andrew	Spring Lake Park H.S.
Schroeder, Adam	Saint James H.S.	Stevenson, Chet	Brainerd H.S.
Schuette, Doug	McLeod West HS	Stevenson, Derek	Red Rock Central H.S.
Schuller, Thomas	Jackson County Central H.S.	Stewart, John	Spring Lake Park H.S.
Schulte, Trevor	Yellow Medicine East H.S.	Stiel, Tory	Hinckley-Finlayson H.S.
Schultz, Matt	Red Wing H.S.	Stinogel, Jack	St Cloud Tech HS
Schultz, Tom	Round Lake-Brewster	Stockmo, Dennis	Minneapolis Roosevelt H.S.
Schumacher, Adam	Fertile-Beltrami H.S.	Stoffel, Michael	St Francis HS
Schumacher, Todd	East Grand Forks H.S.	Stohs, Justin	Watertown-Mayer H.S.
Schwartz, Chad	Edina H.S.	Stokke, Todd	Lewiston-Altura H.S.
Schwegel, Randy	Pine River-Backus H.S.	Stolski, Ron	Brainerd H.S.
Scoblic, Joseph	Lester Prairie H.S.	stone, jody	Shakopee H.S.
Scull, Kirby	St Paul Como Park HS	Stork, Dan	New Richland-H-E-G H.S.
Sczepanski, Paul	DeLaSalle H.S.	Strain, Dana	Hastings H.S.
Sedlock, Lenny	Minneapolis South H.S.	Strand, Bryan	Barnesville H.S.
Semmen, James	Lanesboro H.S.	Strand, Curtis	Minnetonka H.S.
Servais, Chris	Burnsville H.S.	Strand, Randy	Adrian H.S.
Seymour, Daniel	New Prague H.S.	Stritesky, Gene	Ogilvie H.S.
Shackelford, Rick	Renville County West H.S.	Strong, Stave	Pine Island H.S.
Shanks, Brian	Truman H.S.	Studnicka, Jamie	St Francis HS
Sherwin, Kelly	Eastview H.S.	Style, David	Glencoe-Silver Lake H.S.
Sibley, Brian	Chaska H.S.	Suardini, Gerry	Woodbury H.S.
Sieben, Michael	Sartell-St. Stephen HS	Sukalski, Trent	Jackson County Central H.S
Sieling, John	Eagle Valley H.S.	Sullivan, Bob "Bubba"	Northfield H.S.
Sikich, Mark	Park H.S.	Sutton, Rick	Eagan H.S.
Simon, Ted	Maple River H.S.	Svoboda, Daniel	Glencoe-Silver Lake H.S.
Simpson, Jeffrey	Truman H.S.	Swaggert, Brent	St Francis HS
Sinclair, Aaron	Little Falls H.S.	Swanberg, Dave	LeSueur-Henderson H.S.
Skillings, Rick	Sauk Centre H.S.	Swanson, James	Maple River H.S.
Slinden, Dan	Eden Prairie H.S.	Swanson, Joel	Sauk Centre H.S.
Sloan, Gary	Grand Meadow H.S.	Swanson, Richard	Duluth Denfeld H.S.
Smalley, Michael	Academy of Holy Angels	Swansson, Lane	Woodbury H.S.
Smart, David	Ada-Borup H.S.	Swansson, Scott	Woodbury H.S.
Smith, Anthony	Maple Lake H.S.	Sweeney, Shawn	Lake City H.S.
Smith, Justin	Woodbury H.S.	Swegarden, Jed	Lake Park-Audubon
Smrekar, Todd	Cambridge-Isanti H.S.	Swenson, Erik	The Blake School
Snyder, Boyd	Royalton H.S.	Swenson, Joel	Royalton H.S.
Snyder, Trent	Spring Lake Park H.S.	Tangen, Donald	Glencoe-Silver Lake H.S.
Sola, Tom	Northfield H.S.	Tanner, Tim	Renville County West H.S.
Solem, Steve	BOLD HS	Taray, James	Floodwood H.S.
Solie, Delles	Owatonna H.S.	Taylor, Steven	St Cloud Tech HS
Soma, Jeffrey	Maple River H.S.	Telecky, Jason	Monticello H.S.

Coach	School	Coach	School
Геrry, Robert	Henry Sibley H.S.	Visser, Darren	Ely Memorial HS
Theisen, Leo	Westbrook-Walnut Grove H.S.	Vold, Chris	Duluth Central H.S.
Thiel, Tony	Wheaton Area HS	Vrieze, Daniel	Dover-Eyota H.S.
Thielen, Jon	Eden Valley-Watkins H.S.	Wackman, William	Spring Lake Park H.S.
Thompson, Dan	Chaska H.S.	Wagner, Steve	Sauk Rapids/Rice HS
Thompson, Davin	Rushford-Peterson H.S.	Waling, Cory	Lancaster H.S.
Thompson, Jacob	Plainview-Elgin-Millville H.S.	Walker, Brian	Red Rock Central H.S.
Thompson, Joel	Mora H.S.	Walquist, Scott	Princeton H.S.
Thompson, Larry	Lakeville South H.S.	Walsh, Randal	Sibley East H.S.
Thompson, Mitchell	Rushford-Peterson H.S.	Walter, Brian	St Agnes HS
Thompson, Nathan	Orono H.S.	Walter, Matthew	Annandale H.S.
Thompson, Steven	Faribault H.S.	Walz, Craig	St Charles HS
Thornton, Mark	Northfield H.S.	Warne, Kent	Marshall County Central H. S.
Thul, Jerry	Maple River H.S.	Wasko, Steven	Two Harbors H.S.
Ties, Joseph	Rochester Mayo H.S.	Watson, Michael	Centennial H.S.
Tietje, Jefferson	St Clair HS	Wegman, Steve	Red Rock Central H.S.
Timm, Rollin	Minnesota Valley Lutheran	Weidauer, Barry	Yellow Medicine East H.S.
Tollefson, Rodney	Sibley East H.S.	Weiland, Jeffrey	Orono H.S.
Tollefsrud, Paul	Mabel-Canton H.S.	Weinandt, Ryan	Dassel-Cokato H.S.
Tomei, Wayne	Shakopee H.S.	Weinberger, Richard	DeLaSalle H.S.
Torgerson, Douglas	Atwater-Cosmos-Grove City H.S.	Weiss, Bill	Chisago Lakes Area H.S.
Townsend, Matt	Columbia Heights H.S.	Wendland, Brad	Waseca H.S.
Traurig, David	Maple Lake H.S.	Wengert, Christopher	Rochester Century H.S.
Tretter, Randy	Upsala H.S.	Whitbred, Charles Jr.	Mora H.S.
Tri, Ray	Eden Valley-Watkins H.S.	Wiebe, Travis	Northfield H.S.
Trisko, Tom	Brandon-Evansville HS	Wieshalla, Jeff	Browerville H.S.
Trobec, Bill	Sartell-St. Stephen HS	Wilke, Rich	Andover H.S.
Trostad, Chris	Crookston H.S.	Will, Grant	Lakeview H.S.
Trowbridge, Philip	Barnesville H.S.	Williams, Jeffrey	Owatonna H.S.
Tschimperle, Scott	Glencoe-Silver Lake H.S.	Wilson, Jonathon	Saint James H.S.
Turek, Terry	LeSueur-Henderson H.S.	Woitalla, Mark	Northfield H.S.
Urbaniak, Karl	Mabel-Canton H.S.	Wold, Douglas	Eagle Valley H.S.
Urbaniak, Keith	Kittson Central H.S.	Wollin, David	Waterville-Elysian-Morristown H.
Jrman, Paul	Long Prairie-Grey Eagle H.S.	Woodley, Bryan	Champlin Park H.S.
Jtermarck, James	Truman H.S.	Woodman, Dean	Underwood H.S.
VanBerg, Eric	Eastview H.S.	Woods, Danny	Academy of Holy Angels
VanBriesen, Cory	Adrian H.S.	Wright, Jamie	Mora H.S.
VanErp, Tom	Wadena-Deer Creek H.S.	Wurtzberger, Brian	Chaska H.S.
VanKley, Doug	Edgerton H.S.	Wyandt, Shane	Farmington H.S.
VanVoorhis, Tom	Champlin Park H.S.	Yahnka, Thomas	Lakeview H.S.
Veach, Nathan	West Lutheran H.S.	Young, Jonathan	Coon Rapids H.S.
Verhel, Andrew	Duluth Denfeld H.S.	Young, Mark	Chaska H.S.
Vesel, Brett	La Crescent H.S.	Zagelmeyer, Michael	Hermantown H.S.
Viesselman, Karl	Northfield H.S.	Zeman, Dick	Lakeville South H.S.
Vik, David	Montevideo H.S.	Ziebarth, David	St Thomas Academy HS
Vik, Jon	Rochester Century H.S.	Zigan, Andrew	Monticello H.S.
Viken, Les	Fosston 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 Terry Turek, P.O. Box 81, Henderson MN 56044.

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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 Smith, George Stolski, Ron Stoterau, Dennis Strand, Dick Strand, Richard Stussy, Lloyd Sullivan, Bob Swanson, Don L. Swanson, Keith Taylor, Dean Thiel, Anthony J. Thole, George Thompson, John Traurig, Leo Trimble, Gary Tuvey, George E Uhlir, David Vagle, Virg Waldner, Pat Bruno Walker, Richard Wemeier, George Willhite, Jack M. Wilson, Bill

Youso, Robert

COACHING CHANGES

Note: Below are just some of the coaching changes in the state, that were known at press time.

New Prague

Tony Buthe stepped down to concentrate on a new district position. Jim Benek, formerly as assistant at White Bear Lake will take over as head coach.

Edina

Kim Nelson resigned as the Hornets head coach to return to South Dakota and will be replaced by Reed Boltmann.

Montgomery-Lonsdale

Tony Barnack resigned as the Redbirds head coach to pursue a college coaching position and is replaced by Tim Klingbell, who had been an assistant football coach at Concordia-St. Paul.

DeLaSalle

Dick Weinberger left after a successful run as the Islanders head coach and was replaced by Sean McMenomy who had been the head coach at Minneapolis Soutwest for four seasons.

Bloomington Kennedy

Dick Weinberger takes over the Eagles program after a successful stint at DeLaSalle.

St. Peter

Marc Bachman stepped down and Brian Odland, formerly of Monticello, was chosen to replace him. Odland had been the head coach at Monticello for seven seasons before going to St. Peter.

Simley

Claud Allaire will take over the Simley program this fall. Allaire takes over for Ray Betton, the Spartans previous head coach.

Rushford-Peterson

Jim Reinhardt retired after a excellent career that included three state championships.

Mitch Thompson and his son Davin Thompson will

be the co-head coaches of the R-P program.

Minneapolis Southwest

David Coffey takes over the Southwest program after Sean McMenomy left to take the DeLaSalle job.

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. Represented 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
Belseth, Mike	1438 Andrews Avenue	Breckenridge	56520	218-643-2442
Canakes, Stav	1680 Windsor Drive South	Shakopee	55379	952-445-0978
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
Lipelt, Roger	740 Quantico Lane North	Plymouth	55447	763-478-5549
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
Peterson, Bob	Box 262	Esko	55733	218-879-4908
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, Don	4222 Chowen Avenue North	Robbinsdale	55422	763-533-9083
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



2009 FOOTBALL RULES CHANGES

1-2-3b NOTE 2 (NEW): All required field markings must be clearly visible.

1-3-1c: Stripes located on the football must be adjacent to and perpendicular to the seam upon which the laces are stitched.

2-14-2; 7-2-5: The definition of a scrimmage-kick formation was clarified to differentiate formations that have been used traditionally for attempting a field goal or kick try from those used for a punt. The circumstances under which the numbering exception can be used have been changed to clarify what can be done on first, second, third and fourth downs.

Table 3-1; 9-8-1g: The mandatory three-minute warm-up period begins immediately following the conclusion of the halftime intermission. The head coach of each team is responsible for his team being on the field for the warm-up period.

3-3-4b5 (NEW): If a penalty resulting in a safety occurs on the last timed down of a period, the period is not extended.

8-2-2; 8-2-3; 8-2-4 (NEW); 10-5-1f: Three rules were refined and a new article created regarding penalty enforcement for dead-ball, non-player or unsportsmanlike fouls that occur during or after a touchdown scoring play. Now, the scoring team, in most situations, has the option of enforcing the penalty on the subsequent kickoff.

9-4-3h: It is now illegal to grasp the opponent's chin strap.

9-4-3k (NEW): The horse-collar tackle has been added to the list of illegal personal contact fouls, regardless of where it occurs on the field. It is illegal to grasp the inside back or side opening of the collar of the jersey or shoulder pads of the runner and subsequently pull the runner to the ground.

9-7-2 EXCEPTION: The kicking team cannot bat a scrimmage kick that has not yet been grounded unless it is toward its own goal line. Scrimmage kicks may only be batted by the kicking team towards its own goal line.

1-2-3g; 9-8-3: A restricted area has been defined where a maximum of three coaches may

communicate with players and substitutes during dead-ball situations. The coaches must move into the team box before the ball becomes live. There will no longer be an allowance for three coaches to remain in an area adjacent to the sideline during play.

Points of Emphasis

- 1. NFHS Guidelines on Handling Contests During Lightning Disturbances
- 2. Illegal Personal Contact
- 3. Blocking and Illegal Blocks
- 4. Helmet and Face Mask
- 5. Uniforms
- 6. Sportsmanship

Source: NFHS Website

THE CAMP OUTREACH PROGRAM

Another new initiative of the MFCA Executive Committee is the Camp Outreach program, which began in the summer of 2005. The program is being coordinated by Wayne Petermeier, head football coach at Browerville high school. In this program, high school football coaches in Minnesota can contact another football coaching staff in order to coordinate a football coaching clinic for their own coaching staff. It is a great way for coaches to learn from other coaching staffs about offensive, defensive, special teams and get some excellent, firsthand knowledge from coaches who are currently using specific offensive, defensive, or other strategies successfully in Minnesota, at the high school level. It gives coaching staffs an opportunity to "pick the brain" of other coaches concerning techniques, program building, conditioning, or just about any topic they can think of regarding high school football.

The clinics presented through this program are free for the staff that makes the request, with the assistance of Coach Petermeier. The high school staff that presents the program is paid \$500 by the MFCA, with funding provided by the Minnesota Vikings. Two high school staffs have already taken advantage of the new initiative and there is currently funding for more.

Coaches who wish to utilize this worthwhile program, or would like further information, should contact Wayne Petermeier. Contact information for coach Petermeier is listed below.

Wayne Petermeier PO Box 45 Browerville, MN 56438 Email: ribsy@browerville.k12.mn.us

RECRUITING FAIR 2009

The 7th annual MSHSFCA Recruiting Fair was held in May at the Double Tree Hotel.

Numerous colleges attended and met with coaches from all over Minnesota high schools. Over 900 Minnesota Juniors were represented in the booklet, the most ever. Almost 200 high school coaches submitted information on their prospective players.

The goal is to continue to increase the size and scope of this event, with more high school and college coaches attending every year. It is a great service that we can offer to our players to enhance their exposure, and the college coaches love it.

Jeff Ferguson, of Totino Grace, has done a great job organizing and coordinating the event for the past several years.

A special thank you to Rob Nielson and Flint Motschenbacher for inputting the data sent in by coaches and printing the booklets.

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 MSHFCA Secretary, Terry Turek.

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

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

Conference representatives should have a "checklist", created by Wayne Petermeier of Browerville, that will help organize MFCA duties. Please contact Coach Petermeier or visit the website to obtain a checklist <www.mshsca.org/football/index. htm>

Conference Representative, School

CLASS 1A

Gopher Valley 1A Ken Helland, LeCenter
Great Polar Red Charlie Campbell, Nashwauk-Keewatin
Little Sioux Mike Damman, MACCRAY
Minnesota Christian Jason Finne, St. Agnes
Northern Plains 1A Peder Naatz, Hawley
Prairie South Wayne Petermeier, Browerville
Southern Minnesota Paul Dunn, Springfield

CLASS 2A

Central Minnesota Ray Tri, Eden Valley-Watkins Gopher Valley 2A Jon Bakken, Waterville-EM **Great Polar White** Dave Louzek, Moose Lake/Willow River Heart-O-Lakes Classic Dave Haugen, Pelican Rapids Hiawatha Valley Gold John Austinson, Byron Northern Plains 2A Peder Naatz, Hawley Prairie North Don Seipkes, Ottertail Central Three Rivers North Bill Ihrke, Plainview-EM Three Rivers South Bill Ihrke, Plainview-EM Tri-Metro West Ron Monson, Minnehaha Academy West Central South Scott Gonnerman, Benson

CLASS 3A

Great Polar Blue Bill Christianson, Pine City Heart-O-Lakes North Chris Trostad, Crookston Hiawatha Valley Blue John Austinson, Byron Minnesota River Terry Turek, LeSueuer-Henderson Sea Range Derek Parendo, Proctor South Central Marc Bachman, St. Peter Southwest Erin Elder, Windom Southwest Denny Hale, Worthington Tri-Metro East Todd Niklaus, St. Anthony West Central North Jay DeCann, Melrose Wright County Paul Lemke, Glencoe-Silver Lake

Conference

CLASS 4A

Big Nine Dave Frisell, Mankato East
Classic Suburban Dave Ziebarth, St. Thomas Academy
Mississippi 8 Mike Hennen, Cambridge-Isanti
Missota Bubba Sullivan, Northfield
North Country Flint Motschenbacher, Detroit Lakes
North Suburban Will Wackman, Spring Lake Park

Representative, School

CLASS 5A

Central Lakes John Ross, Sartell
Classic Lake Kim Nelson, Edina
Lake Rick Sutton, Eagan
Minneapolis Lenny Sedlock, South
NW Suburban Shannon Gerrety, Blaine
St. Paul City Jeff Plaschko, Johnson
Suburban East Beau LaBore, Woodbury

CLASS 9 MAN

Great Northern E, Jeff Gronner, Cromwell Great Northern W Dennis Holsman, Hill City North Tri-County Darrin Byklum, Fisher/Climax **Pheasant North** Mike Mahlen, Verndale **Pheasant South** Chuck Ross, Underwood South East Conference Jason Freed, Houston Southern Confederacy Jim Utermarck, Truman Wally Kostich, Mnt. Iron-Buhl St. Louis County Top-of-the-State Scott Parker, Marshall Cnty Central

COACHES CHECKLIST

Things that should be discussed at your conference and section meetings

- * Everyone should be part of the FOOTBALL Coaches Association. That means that you must sign up for the Football Coaches Association as well as the Parent Association. You must check off Football and pay the EXTRA money. You need this as a head coach for any player or coaching award!
- * Is there anyone we feel would be worthy of the Hall of Fame ? SEE HALL OF FAME BELOW
- * Who is our candidate for CONFERENCE coach of the year? SEE CONF. COACH BELOW
- * Do you have a candidate for Assistant coach of the year? Must be a current or former Butch Nash winner
- * Do you have a candidate for the Butch Nash Award ? SEE BUTCH NASH BELOW

- * Do we feel we have anyone that is "All Star Game" qualified ? SEE ALL STAR GAME BELOW
- * Do we have anyone that is "Mr. Football " qualified ? SEE MR. FOOTBALL BELOW
- * Make sure you send in your Academic All State Team SEE TEAM ACADEMIC INFO BELOW
- * Make sure you send in your Academic All State Individual SEE INDIV. ACADEMIC INFO BELOW
- * Update your email and your assistants email with Flint Motschenbacher SEE FLINT BELOW
- * List any retired coaches in your area that may be interested in becoming a coaching mentor. This is a new program set up through the Football Coaches Association: See Ron Stolski Below

- * Any team interested in the MSHSFCA football
- camp scholarship. Make sure you fill out the form and send it in on time SEE Summer Football Camp BELOW

Coaches

- * Conference Rep. It is your obligation to get to the spring meeting and attend it. If you are not able to attend make sure you have someone from your conference attend the meeting. There is important information discussed at this meeting! It will help you and your conference. Someone from your conference should attend!
- * ALL STAR FORMS AND NOMINATION SHEETS WILL BE SENT TO YOU BY AN ALL-STAR REP AT A LATER DATE. IT IS USUALLY SENT OUT IN DECEMBER.

IMPORTANT CONTACT NAMES FOR FORMS AND ACCOMPLISHMENTS

Individ	lual Academic S	Selection Co	Team	Team Academic Selection Committee							
Class	Name	School	Fax number	Class	Name	School	Fax number				
9 Man	Mike Mahlen	Verndale	218-455-5185	9 Man	Dave Krenik	Cleveland	507-931-9088				
Class 1A	Wayne Petermeier	Browerville	320-594-8105	Class 1A	Wayne Petermeier	Browerville	320-594-8105				
Class 2A	Steve Solom	BOLD	320-523-5410	Class 2A	To be determined						
Class 3A	Scott Tschimperle	Glencoe-Svr Lk	320-864-6475	Class 3A	Ryan Weinandt	Dassell-Cokato	320-286-4131				
Class 4A	Dave Frisell	Mankato East	507-387-7927	Class 4A	Bubba Sullivan	Northfield	507-645-3455				
Class 5A	Rick Sutton	Eagon	651-683-6910	Class 5A	Dave Nelson	Minnetonka	952-401-5905				
Chairman	Mike Watson	Centennial	763-792-5039	Chairman	Con Natvig	Browerville	320-547-2902				

BUTCH NASH HALL OF FAME MR. FOOTBALL SUMMER FOOTBALL CAMP CONFERENCE AND SECTION COY

Jim Dotseth Scott Tschimperle
4180 Trenton Ln. N. stchimperle@gsl.k12.mn.us
Plymouth, MN 55441 Paul Lemke
dotseth@comcast.net plemke@gsl.k12.mn.us

Clay Anderson Wayne Petermeier
Albert Lea High School ribsy@browerville.k12.mn.us
canderson@albertlea.k12.mn.us Browerville: 320-594-8111

COACHING MENTOR PROGRAMALL STAR GAMESCHOLARSHIP PROGRAMHALL OF FAME BANQUETRon StolskiDave FritzeWill WackmanDave Nelsonstolski@yahoo.comdfritze@lightblast.comwwackman@splkpark.k12.mn.usnelson@minnetonka.k12.mn,us

ALL THE FORMS NEEDED ARE AVAILABLE ON THE MFCA WEBSITE: www.mshsca.org/football/index.htm www.mnfootballcoaches.com

MINNESOTA HIGH SCHOOL FOOTBALL CONFERENCE STANDINGS: 2008-2009

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					Gopher Valley A Conference	:e				Great Polar Football Allian	ce -	White	e	
Owatonna	7	0	8	2	Le Center	5	1	9	2	Moose Lake-Willow River	5	0	12	1
Mankato West	6	1	13	1	Mankato Loyola	5	1	8	2	Deer River	4	1	8	3
Winona	5	2	7	3	Blooming Prairie	5	1	8	3	Greenway	3	2	6	4
Rochester Mayo	5	2	5	4	Medford	3	3	4	5	Esko		3	4	5
Rochester John Marshall	4	3	5	4	Bethlehem Academy	2	4	4	5	Two Harbors	1	4	5	6
Faribault	3	4	5	5	Randolph	1	5	2	6	Duluth Marshall	0	5	0	9
Rochester Century	2	5	2		St. Clair	0			7					
Mankato East	1	6		7						Heart O'Lakes Conference	- Cla	assic		
Austin	1	6	2		Gopher Valley AA Conferer	nce				Pelican Rapids	6	0	10	1
Albert Lea	1			7	Waterville-Elysian-Morristow	n7	0	10	1	Warroad	5	1	7	3
7 200	·	·	_	•	New Richland-H-E-G	6	1	8	2	Breckenridge	4	2	8	4
Central Lakes Conference					Gibbon-Fairfax-Winthrop	4	3	5	5	Dilworth-Glyndon-Felton	3	3	6	4
Fergus Falls	6	0	10	1	Martin County West	4	3	4	5	Staples-Motley	2	4	3	6
Sauk Rapids-Rice	6	1	9	2	Minnesota Valley Lutheran	3		5	5	West Central Área	1	5	2	7
St. Cloud Tech	5	1	9	2	Maple River	2			6	Wadena-Deer Creek	0	6	0	9
Brainerd	4	2	7	3	United South Central	2			7					
Rocori	3	4	5	5	Lake Crystal-Wel. Mem.		7		8	Heart O'Lakes Conference	- No	orth		
Sartell-St. Stephen	3	4	4	6		·	•		·	Perham	5	0	9	3
Alexandria	2	4	2		Great Northern East Confe	ren	ce			Pequot Lakes	4	1	5	5
St. Cloud Apollo	2	-	3	6	McGregor	7	1	9	2	Park Rapids Area	2	3	3	6
Willmar	2	5		7	Cromwell	7	1	8	2	East Grand Forks		3	2	7
Little Falls		7	0		Isle	5	3	6	4	Roseau	1	4	2	
Little Falls	U	,	U	,	Wrenshall	4		4	5	Crookston	1	4	2	
Central Minnesota Confere	nce	2			Floodwood	3		3	6		-	•	_	-
Eden Valley-Watkins		0	11	1		Ū			Ū	Hiawatha Valley League - B	Blue			
Pierz	6	1	9	2	Great Northern West Confe	erer	nce			Kasson-Mantorville	6	0	8	2
Belgrade-Brooten-Elrosa			5	5	Northland	7	1	10	2	Rochester Lourdes	4	2	9	2
Maple Lake			5	5	Hill City	3	5	3	5	La Crescent	4	2	5	4
Howard Lake-Waverly-Wins.			4	5	Kelliher/Northome	3	5	3	6	Stewartville	3	3	6	4
Rockford	2			7	Nevis	1	7	1	8	Lake City	3	3	4	5
Holdingford	1	6	1		Laporte	0		0	9	Byron	1	5	2	
Kimball Area	0		1		•					Ćannon Falls	0	6	1	8
Killibali / II Ca	Ü	,		U	Great Polar Football Allian	ce -	Blue							
Classic Lake Conference					Pine City		0	9	1	Hiawatha Valley League - G	iolo	I		
Wayzata	4	0	12	1	Hinckley-Finlayson	4	1	6	4	Zumbrota-Mazeppa	6	0	10	
Minnetonka		1	6	4	Crosby-Ironton	3	2	5	4	Triton	5	1	10	2
Hopkins		2	8	2	Rush City	2	3	3	6	Goodhue	3	3	4	6
Edina	1	3	6	4	Braham	1	4	1	8	Winona Cotter	3	3	3	6
Robbinsdale Armstrong	-		0	9	Aitkin	0	5	1	8	Pine Island	3	3	3	6
	·	•	·	•						Hayfield	1	5	1	8
Classic Suburban Conferen	ce				Great Polar Football Allian	ce -	Red			Kenyon-Wanamingo	0	6	1	8
St. Thomas Academy	6	1	10	2	Chisholm	7	1	10						
Simley	6	1	9	2	Cook County	7	1	8	2	Independent				
Henry Sibley		2	7		East Central	6	2	8	3					
Tartan	4	3	6	4	Barnum	6	2	7	3	Moorhead		0	4	6
North St. Paul	4	3	5	4	Ogilvie	5	3	5		MN Academy for the Deaf		0		2
Richfield	3		5	5	Nashwauk-Keewatin	3	5	3	6	Bemidji	0	1	3	6
Mahtomedi	2			7	Mesabi East	2	6		7					
Hill-Murray	2		3		Ely	2	6		7	Lake Conference	_	•		
South St. Paul		8	0	9	Carlton	2	6	2	7	Eden Prairie		0	11	
	Ŭ	_	Ū	-	Onamia	0	8		9	Rosemount	7		11	
										Eastview	5	3	7	3

Lakeville North		3	7	4	MN Christian Athletic Associ					Osseo	5	3	6	4
Lakeville South		3	8	4	Lester Prairie/Holy Trinity		0	8	2	Anoka		3	5	4
Apple Valley		3	5	5	Providence Acad./Heritage	5	1	5	4	Andover		5	4	6
Bloomington Jefferson		4	4	5	St. Agnes	3	3	3	6	Maple Grove		5	3	6
Eagan		5	4	6	New Life Academy	3	3	3	6	Centennial	2	6	2	
Bloomington Kennedy	1	6	1	8	West Lutheran	2	4	3	6	Elk River	2	6	2	7
Chaska	1	6	1	8	Concordia-Bloom/Beth Acad.	2	4	2	6	Park Center	0	8	0	9
Burnsville	0	7	0	9	St. John's Prep	0	6	0	7					
					•					Pheasant Conference North				
Little Sioux Conference					North Country Conference					Verndale	8		10	
Tracy-Milroy-Balaton		0	10		Duluth East		0	10		Eagle Valley	-	3	7	
Minneota		1	9	2	Detroit Lakes	4	1		4	Hillcrest Lutheran Academy	5			4
MACCRAY		1	8	2	Thief River Falls	3	2	8	3	Bertha-Hewitt	4			5
Dawson-Boyd	6	2	7	3	Duluth Central		3		4	Underwood	3			6
Adrian	4	4	6	5	Grand Rapids	1	4	4	6	Ashby	0	8	0	9
Russell-Tyler-Ruthton			3	6	Duluth Denfeld	0	5	1	7					
Fulda		6		7						Pheasant Conference South				
Ortonville		7	1	7	North Suburban Conference					Clinton-Graceville-Beardsley			13	
Canby		7	1	8	Totino-Grace		0	9	2	Wheaton	-	3	5	4
Murray County Central	1	7	1	8	Irondale	6	1	6	3	Chokio-Alberta/Herman-Nor			-	4
					Spring Lake Park	5	2	6	4	Hancock	3		3	6
Minneapolis City Conferer					Benilde-St. Margaret's	5	2	6	4	Lincoln HI	2		2	
Minneapolis Washburn		0	8	2	Chisago Lakes Area	5	3	-	4	Brandon-Evansville	0	8	0	8
Minneapolis Southwest		1	6	3	Fridley	4	4	4	5					
Minneapolis South		3	4	5	St. Louis Park	3	4	4	5	Prairie Conference - North		_	_	_
Minneapolis North		3	4	5	Robbinsdale Cooper	3	4	4	6	Ottertail Central	4		8	2
Minneapolis Roosevelt		3	4	5	North Branch	1	6	1	8	United North Central	3			6
Minneapolis Henry	1		1	8	St. Francis	1	7	1	8	Pillager	2		2	
Minneapolis Edison	0	6	0	8	Columbia Heights	0	7	0	9	Parkers Prairie	1		1	8
Minnesste Direct Confesser					North Tol Country					New York Mills	0	4	0	9
Minnesota River Conferen LeSueur-Henderson		1	10	ว	North Tri-County Waubun	7	0	10	1	Prairie Conference - South				
Holy Family Catholic		2	10		Ada-Borup	6	1	10		Royalton	3	1	12	2
Jordan		2	7	3	Win-E-Mac	3	4	5	5	Kerkhoven-Murdock-Sunburg			12	
Norwood-Young America		3	6	4	Norman County West	3	4	3	6	Upsala/Swanville Area	3		7	
Belle Plaine		4	6	5	Norman County East	2	5	3 4	6	Browerville	1			4
		4	6	5	Ulen-Hitterdal	0	3 7	0	9	Osakis	0			6
Mayer Lutheran		5	4	6	Olen-Hitterdal	U	/	U	9	Osukis	Ü	-	7	U
Montgomery-Lonsdale		5 7	1	8	Northern Plains A Conferen	CE	Warr	en-		Sea Range Conference				
Sibley East	U	/	ı	0	Alvarado-Oslo		1	8	2	Ashland	6	1	6	1
Mississippi 8 Conference					Lake Park-Audubon	5		10	3	Proctor	6	1	9	3
Buffalo	6	1	9	2	Fosston	5	2	9	3	Cloquet	5	2	7	4
Becker	6	1	8	2	Fertile-Beltrami	5	2	7	3	Hermantown	4	3	4	5
St. Michael-Albertville	5	2			Mahnomen	4	3	6	5	Eveleth-Gilbert	3	4	4	5
Rogers	5	2	7	3	Red Lake County	2	5	3	6	Virginia	3	4	4	6
Cambridge-Isanti	4	4	5	5	Badger/Greenbush-Middle River	1	6	2		International Falls	1	6		7
Princeton	3	4	4	5	Cass Lake-Bena	0	7		9	Hibbing	0		1	8
Monticello	2	-	3	6	Cass Lake-Della	U	,	U	9					
Big Lake	1	6	1	8	Northern Plains AA Confere	enc	e			South Central Conference				
Zimmerman	-	7	2	8	Hawley		0	12	1	Fairmont	5	0	8	2
Ziiiiiieiiiiaii	U	,		0	Barnesville/Rothsay	6	1	7	3	New Ulm	4	2	4	5
Missota Conference					Frazee	5	2	5	4	Waseca	3	2	3	6
Farmington	7	0	8	1	Lake of the Woods	4	3	5	5	St. Peter	2	3	2	7
Hutchinson	6	1	8	2	Walker-Hackensack-Akeley	3	4	3	6	Blue Earth Area	2	4	3	6
Northfield	5	2	10		Pine River-Backus	2	5	3	6	St. James	0	5	1	8
Prior Lake	4	3	4	5	Blackduck	1	6	1	8					
New Prague	3	4	4	6	Bagley	0	7	0	8	Southeast Conference				
Holy Angels	2	5		7	Jugicy	J	,	J	J	Houston	8	0	14	0
Shakopee	1	6		7	Northwest Suburban Confe	rei	nce			Lanesboro	6	2	8	3
Red Wing	-	7	0	9	Blaine		1	11	2	Mabel-Canton		2	7	3
	J	,	J	-	Champlin Park	7	1		1	Grand Meadow		3	6	4
					Coon Rapids	6	2		2	Spring Grove	3	5	3	6
					•									

Lyle/Austin Pacelli	3	5	3	6	St. Paul Harding	1	5	2	7	West Central Conference -	Sau	th		
LeRoy-Ostrander	1		1	8	St. Paul Humboldt	0			8	Atwater-Cosmos-Grove City		0	10	1
Glenville-Emmons	0		0	9	3t.1 dai 1 di ilbolat	·	Ü	•	Ü	BOLD		1	8	2
Gierranie Eminoria	Ū	Ü	·	•	Suburban East Conference	•				Montevideo	4	3	5	4
Southern Confederacy Co	nfer	enc	e		Cretin-Derham Hall	8	0	12	1	Benson	4	3	5	4
Westbrook-Walnut Grove		1	9	2	Woodbury	6	1		2	Minnewaska Area	4	3	4	5
Edgerton	7	1	8	2	Mounds View	5	2		3	Morris Area	4	4	5	5
Hills-Beaver Creek/Ellsworth			7	3	White Bear Lake	4	3		5	Paynesville Area	3	4	3	6
Granada-Huntley-EC/M.L.			6	3	Forest Lake	3	4		5	Yellow Medicine East	3	4	3	6
Alden-Conger	5		7	4	Stillwater Area	3	4		6	Lac qui Parle Valley		7	0	9
Cleveland	3	5	4	6	Roseville	1	6		8	Long Prairie-Grey Eagle		7	0	9
Nicollet	3	5	4	6	Park of Cottage Grove	1	6		7	Long I fame-diey Lagie	U	,	U	,
Truman		6	2	7	Hastings	1	6		8	Wright County Conference				
Janesville-Waldorf-Pembert			2	8	r iustings	•	Ŭ	•	Ū	Orono		0	11	1
Madelia		8	0	9	hree Rivers Conference - N	ort	h			Glencoe-Silver Lake		1	13	
Madena	Ŭ	Ū	Ū		Plainview-Elgin-Millville	5	0	10	1	Waconia	5	2		3
Southern Minnesota Confe	erer	ice ·	- East		Dover-Eyota	4	1	6	4	Litchfield	4	3	7	4
New Ulm Cathedral	5		11	1	Lewiston-Altura	2	3		6	Delano	4	3	6	4
Mc Leod West	3	2	7	3	St. Charles	2	3		6	Annandale	3	5	4	6
Cedar Mountain/Comfrey	3	2	6	4	Wabasha-Kellogg	1	4			Watertown-Mayer		5	3	6
Sleepy Eye		3	3	6	Onalaska Luther	1	4			Dassel-Cokato	1	6		7
Sleepy Eye Saint Mary's	1		3	6						Mound-Westonka		7	0	9
Buffalo Lake-Hector	1		3	6	Three Rivers Conference - S	Sou	th			Modific-Westorika	U	,	U	,
Januaro <u>J</u> anto 1156151	•	·	Ū	•	Caledonia	5	0	13	1					
Southern Minnesota Conf	erer	ice -	- West		Chatfield	4	1	7	3					
Wabasso	5	0	7	3	Rushford-Peterson	3	2	9	3					
Springfield	4	1	9	4	Southland	2	3	5	4					
Renville County West	3	2	5	4	Fillmore Central	1	4	2	7					
Southwestern United	2	3	3	6	Kingsland	0	5	0	9					
Red Rock Central	1	4	1	8	3									
Mt.Lake/Butterfield-Odin	0	5	0	8	Top of the State Conference	e								
					Stephen-Argyle	6	0	9	1					
Southwest Conference					Kittson County Central	5	1	10	2					
Luverne	6	0	12	2	Clearbrook-Gonvick	4	2	6	3					
Marshall	5	1	8	2	Grygla-Gatzke/Goodridge	3	3	4	5					
Jackson County Central	4	2	5	4	Sacred Heart	1	5	1	6					
Redwood Valley	3	3	5	5	Climax/Fisher	1	5	1	7					
Worthington	2	4	2	7	Northern Freeze	1	5	1	7					
Windom Area	1	5	3	7										
Pipestone Area	0	6	1	8	Tri-Metro East Conference									
					St. Bernard's		0		3					
St. Louis County Conferen					St. Croix Lutheran		1	7	4					
Littlefork-Big Falls	8	0	11	1	St. Paul Acad/Mounds Pk Aca				7					
Orr	7	1	8	2	Brooklyn Center	0	3	0	9					
AlBrook	7	1	7	2	T : M . (
Mountain Iron-Buhl	5	3	7	4	Tri-Metro West Conference		^	12	1					
Cherry	5	3	6	4	DeLaSalle	5	0							
Silver Bay	4	4	4	5	Concordia Academy	3	2		5					
Tower-Soudan	4	4	4	5	Breck	2	2		4					
Cook	4	4	4	5	Minnehaha Academy		3							
Bigfork	2	6	2	7	St. Anthony Village	1	3		4					
Cotton	1	7	1	7	Blake	1	4	2	7					
Babbitt-Embarrass	1	-	1	8	West Control Conference	NI	حاء.							
Mesabi Academy	0	8	0	8	West Central Conference -	_		10	1					
					Albany	7								
St. Paul City Conference					New London-Spicer	5	2							
St. Paul Central	6		6	3	Mora	4	3		4					
St. Paul Johnson	5	1	7	3	Foley	4	3		4					
St. Paul Highland Park		2	4	5	Milaca	3	4		5					
St. Paul Como Park	3	3	5	5	St. Cloud Cathedral	2	5		7					
St. Paul Arlington	2	4	2	7	Sauk Centre	2	5		7					
					Melrose	I	6	I	7					

COMPETITIVE SECTION ASSIGNMENTS FOR 2009-10

Competitive Section Assignments in football for next two years.

Section and classes were affected by the MSHSL's new enrollment calculation. School's enrollments in grades 9-12 are totaled, rather than grades 9-11, as had been done in the past. Additionally, 40% of the free/reduced lunch program students are subtracted from a school's enrollment figure. And another change was allowing schools that had 50% or more of their student enrollment to "opt down" a class.

This change in the process caused more "movement" by teams between sections and classes.

CLASS 9MAN

Section: 1

Alden-Conger High School 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 Schoo

Section 2

Avalon School

Cleveland High School
Janesville-Waldorf-Pemberton
H.S.
Madelia High School
Minnesota State Academy for
the Deaf
Nicollet High School
Saint Clair High School
Truman High School

Section: 3

Clinton-Graceville-Beardsley H.S. Edgerton High School Hancock High School Lincoln H I High School Wheaton High School Wheaton High School Coop: 76 "Tri-State Tigers" Campbell-Tintah High School (HOST) Coop: 91 "Chokio-Alberta/Herman-Norcross" Chokio-Alberta High School (HOST) Herman-Norcross High School Coop: 154 "Brandon/Evansville" Brandon High School

Evansville High School

Section: 4

Bertha-Hewitt High School Eagle Valley High School Isle High School Onamia High School Rothsay High School **Underwood High School** Verndale High School Coop: 20 "Ashby" Ashby High School (HOST) Country Bible Christian Coop: 213 "Hillcrest Lutheran Academy" Hillcrest Lutheran Academy (HOST) Synstelien Home School Wangerin Home School Wentzel Home School

Section: 5

AlBrook High School Cotton High School Cromwell High School Floodwood High School Hill City High School McGregor High School Silver Bay (Wm. Kelley) High School Coop: 317 "Nashwauk-Keewatin H.S." Hoppe Home School (The) Nashwauk-Keewatin High School (HOST) Coop: 496 "Wrenshall H.S." Cloquet Christian Academy Wrenshall High School (HOST

Section: 6

Ada-Borup High School Laporte High School Nevis High School Norman County East High School Norman County West High School Northland High School Ulen-Hitterdal High School Waubun High School

Section: 7

Babbitt-Embarrass High School Bigfork High School Cherry High School Cook High School Littlefork-Big Falls High School Mesabi Academy School Mountain Iron-Buhl High School Orr High School Tower-Soudan High School

Section: 8

Clearbrook-Gonvick High School Sacred Heart High School Stephen-Argyle Central High School Win-E-Mac High School Coop: 165 "Climax/Fisher Knights" 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 Coop: 235 "Kelliher/Northome" Kelliher High School (HOST) Northome High School Coop: 277 "Northern Freeze" Marshall County Central H. S. (HOST)

Tri-County High School

CLASS A

Section: 1

Blooming Prairie High School Fillmore Central High School Goodhue High School Medford High School Randolph High School Rushford-Peterson High School Wabasha-Kellogg High School Coop: 46 "Bethlehem Academy" Bethlehem Academy (HOST) Discovery Public School of Faribault

Section: 2

Buffalo Lake-Hector High School Le Center High School Mankato Loyola High School New Ulm Cathedral High School Sleepy Eye High School Sleepy Eye Saint Mary's High School Springfield High School Coop: 81 "Cedar Mountain/ Comfrev" Cedar Mountain High School (HOST) Comfrey High School Coop: 517 "Gr-Hunt-E Ch/Martin Luth" Granada-Huntley-East Chain H.S. (HOST) Martin Luther High School

Section: 3

Adrian High School Fulda High School Murray County Central High School Red Rock Central High School Wabasso High School
Westbrook-Walnut Grove High
School
Coop: 215 "Hills-Beaver Cr/
Ellsworth"
Ellsworth High School
Hills-Beaver Creek High
School (HOST)
Coop: 316 "Mountain Lake/B-O"
Butterfield-Odin High School
Mountain Lake High
School (HOST)
Coop: 424 "Southwestern United"
Round Lake-Brewster (HOST)
Southwest Star Concept H. S.

Section: 4

Atwater-Cosmos-Grove City H.S.
Belgrade-Brooten-Elrosa H.S.
Bethany Academy
New Life Academy of Woodbury
PACT Charter School
Saint Agnes High School
Saint Bernard's School
West Lutheran High School
Coop: 254 "Lester Prairie \ Holy
Trinity"
Holy Trinity High School
Lester Prairie High School (HOST)

Section: 5

Canby High School

Kerkhoven-Murdock-Sunburg H.S. Lakeview High School MACCRAY High School Minneota High School Ortonville High School Renville County West High School Russell-Tyler-Ruthton High

Dawson-Boyd High School

Section: 6

School

Barnesville High School
Browerville High School
Lake Park-Audubon
New York Mills High School
Parkers Prairie High School
Pillager High School
Pine River-Backus High School
Royalton High School
Coop: 458 "Upsala/Swanville"
Swanville High School
Upsala High School (HOST)

Section: 7

Barnum High School Carlton High School Chisholm High School Cook County High School East Central High School Ely High School Mesabi East High School Ogilvie High School

Section: 8

Blackduck High School Cass Lake-Bena High School Fertile-Beltrami High School Fosston High School Lake of the Woods H.S. Mahnomen High School Warren-Alvarado-Oslo High School Coop: 193 "Badger/GB-MR" Badger High School Greenbush-Middle River High School (HOST) Coop: 368 "Red Lake County Rebels" **Red Lake County Central** Red Lake Falls High School (HOST)

CLASS AA

Section: 1

Caledonia High School
Chatfield High School
Dover-Eyota High School
Kingsland High School
Lewiston-Altura High School
Pine Island High School
Winona Cotter High School
Zumbrota-Mazeppa High School
Coop: 392 "Saint Charles High
School"
Hope Lutheran High School
Saint Charles High
School (HOST)

Section: 2

Hayfield High School
Kenyon-Wanamingo High School
Maple River High School
New Richland-H-E-G H.S.
Southland High School
Triton High School
United South Central High
School
Waterville-Elysian-Morristown
H.S.

Section: 3

Jackson County Central High School Lake Crystal-Wellcome Memorial Luverne High School Martin County West High School Minnesota Valley Lutheran Pipestone Area High School Saint James High School Tracy-Milroy-Balaton High School Windom Area High School

Section: 4

G-F-W High School Howard Lake-Waverly-Winsted H.S. Kimball Area High School Maple Lake High School Mayer Lutheran High School Montgomery-Lonsdale High School Saint John's Prep Saint Paul Humboldt High School

Section: 5

B O L D High School Benson High School Eden Valley-Watkins High School Lac qui Parle Valley High School Minnewaska Area H.S. Morris Area School Paynesville Area High School Yellow Medicine East H.S.

Section: 6

Breckenridge High School
Crosby-Ironton High School
Holdingford High School
Long Prairie-Grey Eagle H.S.
Osakis High School
Pierz High School
Wadena-Deer Creek High School
West Central Area School
Coop: 35 "Ottertail Central
Bulldogs"
Battle Lake High School (HOST)
Henning High School

Section: 7

Braham High School
Deer River High School
Esko High School
Eveleth-Gilbert High School
Greenway High School
Hinckley-Finlayson High School
Marshall School, Duluth
Rush City High School
Coop: 308 "Moose Lake/Willow
River"
Moose Lake High School (HOST)
Willow River High School

Section: 8

Bagley High School Dilworth-Glyndon-Felton H.S. Frazee High School Hawley High School Pelican Rapids High School Red Lake High School Walker-Hackensack-Akeley H.S. Warroad High School Coop: 284 "United North Central Warriors" Menahga High School (HOST) Sebeka High School

CLASS AAA

Section: 1
Byron High School
Cannon Falls High School
Kasson-Mantorville High School
La Crescent High School
Lake City High School
Plainview-Elgin-Millville High
School
Rochester Lourdes High School
Stewartville High School

Section: 2

Blue Earth Area High School
Jordan High School
LeSueur-Henderson High School
Minneapolis Roosevelt High
School
Minneapolis Washburn High
School
Saint Paul Highland Park
Saint Peter High School
Waseca High School
Coop: 39 "Belle Plaine/Holy
Family Acad"
Belle Plaine High School (HOST)
Holy Family Academy

Section: 3

Dassel-Cokato High School Fairmont High School Glencoe-Silver Lake High School Montevideo High School Norwood-Young America High School Sibley East High School Watertown-Mayer High School Worthington High School Coop: 370 "Redwood Valley H. S." ENW Learning Center Redwood Valley High School (HOST)

Section: 4

Blake School (The) Concordia Academy-Roseville DeLaSalle High School Minnehaha Academy Saint Anthony Village High School
Saint Croix Lutheran High School
Saint Paul Arlington High School
Saint Paul Johnson High School
Coop: 403 "St.Paul Academy &
Summit/Mound"
Mounds Park Academy
St. Paul Academy and Summit
School (HOST)

Section: 5

reck School Brooklyn Center High School Columbia Heights High School Holy Family Catholic High School Minneapolis Edison High School Minneapolis North Community H.S. Rockford High School Coop: 293 "Henry H.S. / West Metro"

S. (HOST) Coop: 689 "Providence Academy" Heritage Christian Academy Providence Academy (HOST)

Inter District Downtown School

Minneapolis Patrick Henry H.

Section: 6

Albany High School Annandale High School Foley High School Litchfield High School Melrose Area High School New London-Spicer High School Saint Cloud Cathedral High School Sauk Centre High School Zimmerman High School

Section: 7

Aitkin High School International Falls H.S. Milaca High School Mora High School Pine City High School Proctor High School Two Harbors High School Virginia High School

Section: 8

Crookston High School
East Grand Forks High School
Park Rapids Area High School
Pequot Lakes High School
Perham High School
Roseau High School
Staples-Motley High School
Thief River Falls High School

CLASS AAAA

Section: 1

Albert Lea High School Austin High School Faribault High School New Prague High School Northfield High School Red Wing High School Winona High School

Section: 2

Mankato East High School Mankato West High School Marshall High School New Ulm High School Waconia High School Willmar High School Coop: 224 "Hutchinson Tigers" Hutchinson High School (HOST) New Century Charter School

Section: 3

Academy of Holy Angels Chanhassen High School Richfield High School Saint Louis Park High School Saint Thomas Academy Simley High School South Saint Paul High School

Section: 4

Chisago Lakes Area High School East Ridge High School Hill-Murray School Mahtomedi High School North Branch High School Saint Paul Como Park H.S. Coop: 404 "Saint Paul Central" Jennings Community Learning Center Saint Paul Central High School (HOST) Saint Paul Open School Coop: 406 "Saint Paul Harding H.S." Community of Peace Academy Saint Paul Harding High School (HOST)

Section: 5

Becker High School
Big Lake High School
Delano High School
Monticello High School
Princeton High School
Rogers High School
Saint Michael-Albertville H.S.

Section: 6

Fridley High School

Mound-Westonka High School Orono High School Park Center High School Spring Lake Park High School Totino-Grace High School Coop: 43 "Benilde-St. Margarets" Benilde-St. Margaret's School (HOST) Groves Academy

Section: 7

Bemidji High School Cloquet High School Duluth Central High School Duluth Denfeld High School Duluth East High School Grand Rapids High School Hermantown High School Hibbing High School

Section: 8

Alexandria High School
Detroit Lakes High School
Fergus Falls High School
Little Falls High School
Rocori High School
Saint Cloud Apollo High School
Sartell-Saint Stephen High School
Sauk Rapids-Rice High School

CLASS AAAAA

Section: 1

Farmington High School Lakeville North High School Lakeville South High School Owatonna High School Rochester Century High School Rochester John Marshall Rochester Mayo High School

Section: 2

Irondale High School Mounds View High School North High School Roseville Area High School Stillwater Area High School Tartan High School White Bear Lake Area High School

Section: 3

Apple Valley High School Bloomington Jefferson High School Bloomington Kennedy High School Burnsville High School Eastview High School Prior Lake High School Rosemount High School

Section: 4

Cretin-Derham Hall High School Eagan High School Hastings High School Henry Sibley High School Park High School Woodbury High School Coop: 295 "Minneapolis South" Minneapolis South High School (HOST) Minnesota Transitions Charter School

Section: 5

Champlin Park High School Maple Grove High School Robbinsdale Armstrong High School Robbinsdale Cooper High School Wayzata High School Coop: 342 "Osseo" Maranatha Christian Academy Osseo High School (HOST)

Section: 6

Chaska High School Eden Prairie High School Edina High School Hopkins High School Minneapolis Southwest High School Minnetonka High School Shakopee High School

Section: 7

Andover High School Blaine High School Centennial High School Coon Rapids High School Forest Lake High School Saint Francis High School Coop: 14 "Anoka High School" Anoka High School (HOST) Meadow Creek Christian School

Section: 8

Brainerd High School Buffalo High School Cambridge-Isanti High School Moorhead High School Saint Cloud Tech High School Coop: 146 "Elk River" Elk River High School (HOST) Spectrum High School

COMMUNITY SERVICE RECOGNITION

MINNESOTA FOOTBALL COACHES ASSOCIATION

Return to: Beau LaBore, 2665 Woodlane Drive, Woodbury, MN 55125 or e-mail blabore@sowashco.k12.mn.us

Head Coach	first		middle		last	
School Address			City/Zip Code_			
E-mail	Home	phone		Work phone		
Member MSHSCA?	Yes;	No.	Member MFCA?	Yes;	No.	
Class: 9M; A; 2A; 3A; 4A;	5A; Conference	!				
COMMUNITY SERVICE PR	OJECT					
Supervisor:		Date(:	s):	Number of	players involved:	
Describe Project:						
Dumpess /Cook						
Purpose/Goal:						
Community Feedback:						
Submitted by			Hoad Football Coa	ch		
Submitted by:			neau rootball Coa	CII		

MFCA SCHOLARSHIP

The MFCA began awarding scholarships to worthy high school football players with the class of 2008. Will Wackman of Spring Lake Park chairs the committee that selects the award winners from those nominated.

Candidates are judged on the following criteria.

- 1 Academics
- 2. School/Community Involvement
- 3. Essay- On what Football has meant to their life
- 4. Athletic Achievement
- 5. Letters of Recommendation

A good number of players applied in the initial year of the award and they all had fine credentials, making the selection process difficult and competitive. Of these applicants, four were selected. It is hoped that the association will be able to award more players in the future, as long as it is financially viable. The four scholarships were named after former high school coaches, whose names were nominated to the committee. These coaches were selected based on their support of the coaches association and overall impact on high school football

2009 Scholarships Winners along with the college they plan on attending:

Tom Mahoney Scholarship Winner:

Paul Berndt-Mankato West

Don Swanson Scholarship Winner:

Ryan Madsen- Hutchinson

Les Dreschsel Scholarship Winner:

Kevin Lindh- Houston

David Nigon Scholardhip Winner:

Kyle Mulrooney- Andover

Al Siegle Scholarship Winner:

Erik Smith- Ottertail Central

Andy Nelson Scholarship Winner:

Todd Skauge- Underwood

Steve Silianoff Scholarship Winner:

Garrett Glaus- Rosemount

Dave Hylla Scholarship Winner:

Zach Metz-St. Michael-Albertville

"How football has impacted my life"

"The most valuable lesson taught was the importance of teamwork, setting goals, and showing high standards of sportsmanship. I learned to deal with bad calls, be gracious defeat, and the importance of giving it my all."

~Erik D. Smith, Hennings

"The greatest feeling on Earth comes from the thrill of an important football game: adrenaline coursing through the body, crowds roaring their approval, and two teams willing to do anything to secure victory. Football helped me meet new people, developed my work ethic, and taught me the importance of teamwork."

~Zachary Metz, St. Michael- Albertville

"One final lesson I could say I learned from football is to enjoy every moment and every good experience in life. Many things do not last forever and if you can enjoy them while you have them, you will be able to remember them for the rest of your life. Football is definitely one of those great experiences that I will be able to remember the rest of my life."

~Paul Berndt, Mankato West

"To be successful in football you need to hold yourself and others accountable for their individual jobs. Each player is equally important to the success of the team and needs to feel valued for their contribution. In football and in life, humor and camaraderie can make grueling work and life's ups and downs more enjoyable."

~Kyle Mulrooney, Andover

"From all of the brutal practices to the intense games, I have felt myself grow in terms of self confidence, leadership, and my ability to step up in pressure situations. In addition, football is the ultimate team game, and it has helped me learn to work with others to complete any task presented."

~Todd Skauge, Underwood

"Football has had the most impact on my life of any activity I have participated in. I will take the skills I have learned and get through any tough situation I may see in my life with hard work and passion, and will continue to be a great person in all aspects of life with the sportsmanship I have learned and the friendships I have gained. Football has shaped me into a man and I will carry my experiences with me forever."

~Garrett Glaus, Rosemount

"Whether I played one play or half the game, I played with all the motivation and determination necessary to do the best I could. Football has taught me to make the most of every situation as life is rarely what you think it will be."

~Ryan Madson, Hutchinson

"This state championship showed that nothing will just be given to you. It required lots of dedication from the team and work in the weight room and on the practice field. Football has given me a great work ethic and has allowed me to be an example to my teammates on and off the field."

~Kevin Lindh, Houston



FOOTBALL COACHES ASSOCIATION SCHOLARSHIP

The Minnesota Football Coaches Association will award eight \$500 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 2010-2011 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, 2010

Application will be judged on the following criteria

- 1. Academics
- 2. School/Community Involvement
- 3. Essav
- 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, 2010. The check will be mailed to the college during the summer of 2010 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



FOOTBALL COACHES ASSOCIATION SCHOLARSHIP

Name:		School:
Permanent Address:		
City/State/Zip:		Telephone:
E-mail:		
School Address:		
City/State/Zip:		Telephone:
SSN#:	H	lead Coach's Name:
Grade Point Average:	(on a 4.0 scale)	ACT Composite Score:
Anticipated date of Graduation:	College	e Choice:
	Verification of	Application
	to his/her intent to a	provided is accurate and that the essay was written by that ttend a university or college in the fall of 2010. The school d up-to-date.
Student Signature		
School Official:		Signature:
Title:	Phone	2:

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, Coach of the Year Clinic, Minnesota Vikings, National Football Foundation Hall of Fame

Nomination Form

Award Criteria

- Recipient must be a graduating senior.
- The head coach of all nominees must be a current member of the MFCA.
- Nominees cannot have any MSHSL eligibility violations.
- Each player must be nominated by their conference/MFCA representative.
- Conference Nominations
 - Class 5A and 4A conferences will be allowed to nominate two players, if need be.
 - Class 3A, 2A, 1A, and 9 Man conferences will nominate one player.
 - Independent schools will be classified as "one conference".

Selection Process

- Conference Representatives submit nominees by Novemember 5th.
- Selection Committee evaluates nominees and chooses 10 finalists by December 15th.
- The ten finalists will be required to submit one complete game tape to the committee.
- Banquet is held in conjunction with Coach of the Year clinic.

Player's Name	
School	Conference
Head Coach	Current MFCA member ? Yes No
Position(s) Played	

Copy this page and use the back of the form to include statistics, recommendations, and any other information regarding the nominee(s).

Coaches are to mail, fax, or email the form(s) to the Committee chairman.

Clay Anderson

Albert Lea High School Email: canderson@albertleal.k12.mn.us

Mr. Football Committee

Chairman Clay Anderson, Albert Lea, Mike Fritze, Apple Valley Dwight Lundeen, Becker, Don Swanson Retired Coaches Representative, Ron Stolski Brainerd, Scott Gonnerman, Benson, Jeff Weiland, Orono, Rick Sutton, Eagan

MR. FOOTBALL 2008-09

Varmah Sonie

Defensive Back/Wide Receiver/Kick Returner Apple Valley High School Head Coach Mike Fritze Lake Conference

Sonie was chosen by the Mr. Football Committee chaired by Clay Anderson of Albert Lea. After a statewide nomination process, ten finalists were chosen and then the Mr. Football selection was made in December at the annual Mr. Football banquet held at the Doubletree Hotel.

Sonie's head football coach at Apple Valley, Mike Fritze had this to say about his outstanding player.

"Varmah was one of the most explosive football players in school history. Anytime he touched the ball there was electricity in the air, as he was capable of going the distance. With Varmah, the fastest distance between 2 points was never a straight line. A 65 yard punt return usually meant about a 90 yard run, with all the zigzags and cutbacks. And there was never a ball out of his reach, many times exploding 3 feet off the turf in an effort to make a pick or catch a fade route. What Varmah was best at was baiting QBs into thinking receivers were open, only to break on the ball and step in front for the pick. The fans of Apple Valley will miss Varmah and the excitement he provided."

The ten finalists for Mr. Football in 2008 were:

James Peterson, QB, Blaine,

Anders Lee, QB, Edina,

Tydan Storrusten, QB, Pelican Rapids,

Jake Gibbons, RB, Becker,

Kurtis Huisman, RB, ACGC,

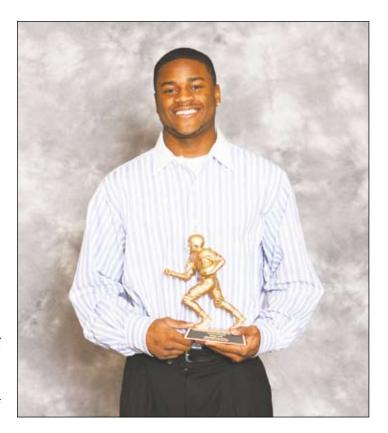
Colby Ring, RB, Brainerd,

Casey Dehn, OT, Owatonna,

Cole Jirik, LB, Northfield,

Brett Skoog, LB, Orono,

Varmah Sonie, DB, Apple Valley



Mr. Football Award Committee

School Coach Anderson, Clay Albert Lea Lundeen, Dwight Becker Swanson, Don Retired **Brainerd** Stolski, Ron Rynerd, Kevin **National Football** Foundation Hall Of Fame Gonnerman, Scott Benson Weiland, Jeff Orono

Eagan

Sutton, Rick

NFF-MN HONORS LEADERS, LEGENDS

On April 19, 2009, the National Football Foundation-Minnesota Chapter (NFF-MN) held its second annual "Honoring Legends, Inspiring Leaders" awards dinner at the University of St. Thomas. The event drew a sold-out crowd of 225 people, including six members of the College Football Hall of Fame:PaulWiggin,JeffSiemon,JohnRandle, Jim Christopherson, John Gagliardi, and Randall McDaniel. Gagliardi, who stands as college football's all-time winningest coach, gave an entertaining keynote address, and McDaniel, a new inductee in both the College and Professional Football Halls of Fame, inspired the crowd as he answered questions from event emcee, Frank Vascellaro of WCCO television.

Coach Jim Malosky was recognized with a standing ovation as he accepted the Distinguished Minnesotan Award for his 40-year tenure and 255-125-13 record as the head football coach at the University of Minnesota Duluth. Gary Smith received the 2009 Fred Zamberletti Award, which recognizes excellence in the profession of athletic training. Lefty Yurek was the recipient of the Outstanding Football Officiating Award for his 39 years of service to amateur football and many other sports. Six College Hall of Fame members also attended and supported the awards dinner. Those attending were Paul Wiggin, Jeff Siemon, John Gagliardi, John Randle, Randall McDaniel, and Jim Christopherson

Eight high school seniors were awarded trophies and thousands of dollars in scholarships. The six top scholar-athletes were Paul Berndt (Mankato West HS), Anders Lee (Edina HS), Kyle Mulrooney (Andover HS), Joe Novitzki (Totino-Grace HS), Ryan Robinson (St. Thomas Academy), and Mike Seidel (Woodbury HS). Ryan Goetzinger of Caledonia, MN, received the Courage Award for his success in overcoming personal hardship to excel in the classroom and on the field. Mychal Frelix of St. Paul Central High School earned the Play It Smart P.R.I.D.E. Award, which recognizes his achievements in the National Football Foundation's Play It





Smart program.

The mission of NFF-MN is to serve Minnesota and the nation by developing leadership, sportsmanship, competitive spirit, and academic excellence in America's youth through promoting amateur football. The annual awards banquet and all other events and fundraising efforts held throughout the year aim to

uphold this mission. Of all the chapters of the National Football Foundation, NFF-MN reached charter status fastest, and membership continues to grow. All individuals are encouraged to become members, regardless of gender, age, or personal experience with football. Those who are interested in becoming a member of NFF-MN should visit www.nffmn.org for further details.

The New Blaine

By Shannon Gerrety

After 24 years of running the same offense, change was not an easy thing to do. The Wing-T Offense had been our offensive trademark for a long time and making the switch to a completely new system wasn't an easy decision to make. After the 2007 football season, we thought it was time for a change. The Wing-T offense had been very good to us over the years, but with some of the struggles we were having with our offensive production, we were looking for something new. We are not suggesting you cannot be successful running the Wing-T, but we were having a difficult time putting points on the board and sustaining drives. Time for a change.

In the early part of the 2008 preseason meetings I proposed a question. What was our most productive offensive play? I thought we would be able say the sweep, trap or waggle. None of those three plays were as productive as I thought they needed to be. In our opinion, in order to run the Wing-T offense efficiently, you need to establish the sweep. Over the past few seasons, I felt we were not doing that well enough. Why? We had to address that precise question. Why couldn't we establish the sweep? We knew the blocking rules, we knew the footwork, we knew the scheme, we had ran it for years, but we still were having a difficult time establishing the sweep. After much deliberation, I blamed it on a philosophical reason.

With other teams in our league spreading out the field and stressing our defense, we had to change the type of kid we had on defense. We needed to take some speed and size from our offense and put them on defense. The type of athlete we were taking from the offense was the same athletes we used to use as halfbacks in the Wing –T. The 190+ pound kid, who could run well, was no longer in the halfback position. We had

been taking them from the offensive side of the ball to play linebacker on defensive side. It's our philosophy at Blaine to 2-platoon our kids. With that being said, the talented halfbacks we used to produce were now on the other side of the ball. Over the course of a few seasons, our prototypical halfbacks had changed. They were still good athletes, but the size of the player had changed. They, consequently, had become a

smaller, more nimble kid. Athletic, yes; but as big and strong, no.

In our league, with the likes of schools as Champlin Park, Anoka, and Maple Grove, the size of their defensive line requires a much bigger back to block the edge and run the sweep. We don't have those kids playing offense anymore, thus the time for change was inevitable.

When thinking about what type of new offense to install a lot of questions come to mind. First thing we had to consider was what type of athletes we have walking the hallways of Blaine. The next thing to ask is how can get some of those non football players out for the team. With our old offense, we typically had one receiver on the field at a time. Most of the athletes, who we were targeting as potential contributors to the success of our program, were the lean, tall, athletic basketball player type of kid that could run. If you know anything about kids you can agree with the fact that kids want to catch footballs in the end-zone. They want to score touchdowns and get their name in the paper. If we wanted to attract those kids to football, we had to put a product on the field that they wanted to be part of.

We also had some skill returning in our program that we wanted to feature.



Our quarterback was returning and we knew he was a playmaking competitor. Surround him with some skill kids, many returning starters on defense, the spread offense was an easy decision. With commitment to the no huddle spread, a sound defense is a nice "ace up your sleeve" to have. A good quarterback that could help you with the transition is also a nice thing to have.

With all of those variables to consider, plus a staff that was eager and willing to put in the hours necessary to be prepared for a season, the decision was an easy one to make. Blaine was changing to the no huddle spread offense.

At a late spring team meeting, we announced the change to our kids. Prior to the meeting we posted sign all over the school announcing a big change to Blaine football. We tried to pique the interest of current players and intrigue news ones as to what was going on. Coaches were asked not to leak the change, but every once in a while they could let something slip out to some of the team leaders about a big change for the next year. Excitement was in the air and the school was buzzing. Kids were anxious as we gathered for the meeting. After some administrative topics were discussed in our meeting, we showed a highlight video of other schools that

were running the spread and told our kids about the "New Blaine." A loud cheer came from the kids. They were excited and ready for the 2008 season. Our next challenge was to keep them excited and have some fun with the install.

I can honestly say the outcome was better than we ever expected. The kids took to the new offense and our season was very successful. We were Co-Champions of the Northwest Suburban Conference, Section 7AAAAA Champions, and we played in Prep bowl XXVII. Our quarterback, James Peterson, was the AP and St. Paul Pioneer Press Prep Football Player of the Year, and we had several other great accomplishments along the way. It was a fun transition for our coaches, players, and fans.



Blaine QB James Peterson executes the option from the shotgun formation.



Blaine center Max Chapman and the Bengal offense get signals from the sidelines.



Blaine WR Nick Rusin makes his way through the Eden Prairies defense.





Blaine QB, James Peterson finds an opening in the Champlin Park defense to connect with receiver Nick Rusin, #5.

Ten Days of Commitment

Head Football Coach, Mike Kesler

Rochester Lourdes

Age: 36 Years old, Graduated from Lourdes in 1991. Went on to play linebacker at SDSU(DII at the time). Head coach at Lourdes for 4 years and have a record of 30-15. We have won the last 3 section 1AAA titles. Made it to the dome in 2006 for the semis and we lost in the quarters to DeLaSalle the last 2 years. I was the D coordinator for 8 years at Lourdes before being named head coach. I am married to my wife Jessie for 9 years and have twins that are 5 (Sam and Molly). I teach PE at Holy Spirit grade school(k-8).

As summer approaches, I have thought a lot about what I could write that could help you as a coach to figure out what your plan/approach is for your program in the summer. Summer is a time for relaxation with your family, friends, and maybe a little time with your players. All of us have a different approach on how to handle the summer time with our football program. How much time should we spend with the kids? How many practices should we have? Do we go to a camp? Who's watching the weight room? Etc. All of these are great questions that as a coach, we need to decide what is best for our program. I am going to write about what we do in the summer and how it has helped our program tremendously.

How much time do we need from our kids in the summer? Three years ago we came up with a "10 Day Philosophy". Basically, we tell our kids we need to see them for ten days in the summer. If you can get your kids to commit to those ten days, you will see the benefit. You will see it the first day of fall camp when you are running drills that they already know how to do and you're not wasting valuable practice time. More importantly, you'll see in your locker room that you already have a team that is "together" because of their time spent in the summer working as a unit. Getting our kids onboard to

this philosophy of ten days has shown that it works for us.

What takes place during those ten days and what about the rest of the summer? In early June, we have two practices (two hours each) before we head to a team camp. A few days after those practices, we head to a four day camp. Lastly, at the end of July, we have a four day team camp for grades 4-12 from 8:00 a.m. to noon. The two days prior to team camp is a time for us to put our basic plays in that we're going to run at team camp. It's good to get the guys together before going out to camp because we haven't had any reps since last fall. The next four days are probably the most important of all. We go out to South Dakota State's Team Camp. We have gone three years in a row and will be headed there again this summer. It is a tremendous camp and for those coaches looking to attend, this one has been excellent. Plus, being a former Jackrabbit and playing for Coach Stiegelmeier, I know our kids and staff would be treated right, just like all the other schools attending. The four days in late July we hold a non-padded team camp. This camp is four hours each day. We bring in kids from grades 4-12 and have them do drills together. It's a great time to review a lot of things and make some adjustments that we noticed at team camp.



Besides our ten days that we do together as a program, our seniors run the rest of their off-season. It's their program, not mine. If our seniors can set the tone when we are not around, then that will benefit us. As a head coach, I want our kids together for ten days in the summer. After that, I hope they will work on their other sports, and more importantly, spend time with their family and friends, because that's what summer is for.

I hope this article helps you in some way. Summer is a busy time for kids with all they have going on. As coaches, these are some of the hardest choices to make, what's too much and what's too little?

If you would like to contact me about anything in our program, please feel free to do so. Best of luck this fall and enjoy your summer!

Evaluating and Reshaping a Program

Head Coach Dan Essler

New London – Spicer HS

Football playing career: Fergus Falls Community College 1981, 1982.

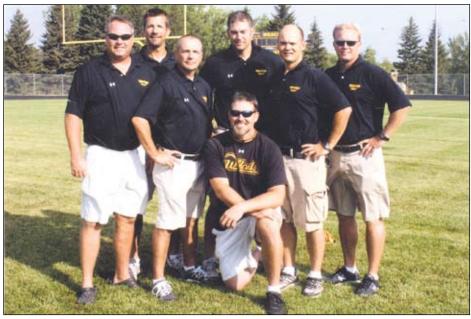
Graduate of Moorhead State University 1986 in with a degree in Physical Education and Coaching License.

Taught and coached at New London - Spicer since 1989. Spent 11 seasons as defensive coordinator under Head Coach Lou Pirrottta. Essler has been Head Football Coach / Defensive Coordinator for the last 9 seasons. Also, Head Girl's Track Coach for the last 17 seasons and combined with the boy's head coach the last 11 seasons.

Family consists of wifer Margaret Essler and sons Jacob(17) and Adam (13).

I began coaching at New London -Spicer in 1989 under an excellent head coach / mentor, Lou Pirrotta. The main coaching concepts Lou taught myself and the others on the present coaching staff were the strategies of the game, how to treat players with respect, and the importance of the weight room. We had some very good teams in the 90's that earned two conference titles and 1 section final appearance. But, we also had a two season stretch when we won only 1 game. The highs and lows of 'talent pool' at NLS was the main reason for the fluctuations in our seasonal success, or lack of success.

After Coach Pirrotta retired, the football team struggled to win, as did most of the boy's sports at New London – Spicer. After five seasons of limited success, we as a football coaching staff and whole coaching department needed to make significant changes in the way our athletes trained in the off-season



and how we ran our football program and practices. The following parts of this article are not really anything new, but, hopefully they are ideas that can help in evaluating your programs whether it is football or any sport.

The #1 reason for our recent success at New London – Spicer is, we have a very good influx of talented athletes. in which their main sport is football. However, many of the players are 2 or even 3 sport athletes. We, as football coaches, strongly encourage our players to participate in as many activities as possible to maintain a competitive edge. This has helped in NLS' success in Football (2006 Conference Champs, 2006 and 2008 Section 6AAA Finals appearances, 2008 State Semi - Finals) Basketball (3 state appearances in 4 years, 2008 State Championship), Wrestling (2 Section final appearances the last 2 seasons), Track (2007 Conference Champs, 2008 Sub-Section Champs).

The #2 reason ties directly into the talent pool we presently have. THE WEIGHT ROOM! From 2000 – 2003 our janitor staff named it, "The Waiting Room" because even the few athletes that went in pretty much just sat around and talked.

The first thing we did was to upgrade the room. The athletes took all the equipment out. The coaches and parent volunteers painted it. Some new equipment was purchased by the Booster Club and Lettermen's Club. We threw out the old, unsafe equipment to give it a brand new look.

Next, we purchased Bigger/Faster/ Stronger computer software. It is easy to use and the program is easy for the athletes to follow. BFS is a great way to get the younger athletes started, but, it can really push and improve even the best athletes we have. You can make up your own lifting programs ranging from a 2 day in-season workout to very difficult 5 day programs for the athletes to follow.

We then went to our Booster Club to fund a weight program for all athletes in the summer. It is free for the athletes, 5 days / week; coaches get paid to staff the weight room for as long as 3 hours a day starting at 6:30 am. The year before we started this program we averaged 6 athletes / day on our sign in sheets. Last summer we averaged over 50 kids / day. New athletes to the summer program are taught proper form, work ethic and etiquette for using the weight room. Squats, bench, cleans and sprinting as part of the workout are critical. We start with kids going into 7th grade and have most of the better athletes in grades 7 – 12 participating. As a coaching staff, we feel this program will enable us to have more successful seasons and fewer 'down years'.

The weight room can only take football teams so far. We felt that our players were lacking certain skills to be highly successful. Gratefully, our Offensive Coordinator, Chad Gustafson decided to start OB/RB/Receiver skill sessions every Tuesday from 7:00 - 8:00 am in the summer before those players would hit the weight room. Long Snapping, punting, kicking, are also worked during these sessions. Coach Gustafson keeps it organized, short and to the point so the players get as many reps as possible during each session. We have had 2 QB's over the last 3 seasons throw for over 1000 yards as well as a 1900 yard rusher and a 1200 yard rusher the last 2 seasons. We now throw, catch and run the football better then we ever have in my 20 years. Most of our other skills are taught during the season.

Next, we looked at our style of play and what type of offense and defense to run. As with most things in coaching we looked at what successful programs were doing. However, as you look at different successful programs they might run totally different schemes. So, we looked for an offense and a defense that maximizes speed. We do have very many big guys so we have attempted to use what is our biggest asset, which is speed.

Coach Gustafson settled on the Wing – T and transformed it into a Wing – I, since our backs liked to run out of the "I" position. We also use a lot of motion to see how teams line up and adjust to the motion. We use the Wing – I as a base but we can run many formations and still run basically the same play out of each

formation.

We settled on the 4-3 defense because of its versatility and the need for speed and quickness. It is simple to go to a 5 man front, 6 man front or even a 3 – man front depending on the offense and the down / distance situation.

Basically, we looked at what perennially great teams do to be successful and tried to adapt it to our types of players we felt we had coming up in our program.

Next up, was changing the attitude and the atmosphere surrounding the program. Winning is contagious. As a staff we felt it became very important to develop a winning attitude starting in the 9th grade and hopefully that success would carry over as the kids developed in the program. Parents and kids want to be part of a winning group.

Three years ago, a group of parents wanted to become more involved with the football program in as many positive ways as possible. Each Wednesday during the season a group of fathers get together to mow, bag, paint and line the field. There are around 30 that show up weekly. We had a very ordinary field before they started. During one of these early sessions, it was decided to add some speakers and music during breaks in the game. Then, someone got a cannon to shoot when we scored. Another parent found someone to donate new goalposts, which everyone pitched in to install for free. Attendance started to increase greatly due to two things: winning and the game atmosphere. Once our stands are full, the fans can now walk along the track and stand back from the end zones. It has become an exciting place to watch a game and enjoy the atmosphere.

Chad Gustafson – Offensive Coordinator, Jeff Boonstra – Offensive Line, Jair Toedter – Defensive Line, Jeff Gabrielson – LB Rick McLain – QB/Rec. and Chad Powers – Offensive and Defensive Line all play a significant part in skill development, game night preparation, and special teams / offensive / defensive schemes.

In conclusion, since we started

evaluating our program on yearly basis we have been fortunate to have successful seasons. One example of evaluating and reshaping an aspect of our program was our 'punt return'. In 2007 we averaged less then 6 yds. / punt return. We felt that was a weak link in our game. Coach Toedter implemented some new ideas and put more emphasis on it during special teams sessions. In 2008 our average was 17 yds./punt return, 2 for touchdowns. Annual evaluations of how we operate as a staff and program has really helped aide in our success the last few years. Hopefully, it limits the number of 'down years' we may have in future years.

Mankato West's Spread Offensive Philosophy

By Head Football Coach Mark Esch

In 2003, I was introduced to the spread offense by Tim Hermann, head football coach at Austin High School. We were about 50 to 60 percent spread in Austin, but the thing I liked most while serving as Offensive Line Coach under Tim was that he was open to new ideas. This sparked an offensive creativity that I tried to carry over here at Mankato West when I started as head coach three seasons ago. With the history of Mankato West, I knew we would get good athletes that could run and catch the football. The spread offense took off right away and we have never looked back. In this article, I want to paint a picture of some of the key elements of the spread.

Many people think that to run the spread offense you must have a great running Quarterback who can throw the ball extremely well. This is not entirely true. Obviously, if you have a kid who can do both it creates a headache for the defense. However, in my experience, you don't need a kid who is great at both. I was extremely fortunate my first year at West to have a QB that excelled at both. In my time at Austin and at Mankato West we've proven that what is necessary from a spread QB is that they are excellent at either one or the other, throwing or running. Our first year in Austin, we went 6-2 in the Big 9 and lost to Farmington 16-7 in the section championship. Our Quarterback was a very average passer, but was a phenomenal runner. In our 2008 state championship season at West, our QB was a great passer and a just above average runner. There are a wide variety of Quarterbacks that fit into the spread offense. The key is finding the right guy at a young age. In our youth football program we now are identifying potential quarterbacks as young as fifth grade. These kids are running a shotgun offense by the time they are in sixth and

seventh grade.

When identifying the spread offense quarterback there are certain things I like to see him do well. From a passing standpoint, the first thing I look for is the slant route. If a quarterback can catch the ball in the gun, step and throw a strike on a slant route I believe he can be taught to throw about any route or pass combination in our system.

Another key route we look at is the bubble route. It sounds simple, but many quarterbacks struggle throwing the bubble. With the zone/read/bubble being a huge part of our offense, it is imperative that our kid can throw the bubble every time it is open. Many times you will see a kid with a great arm struggle throwing a simple pass like the bubble pass. If this is the case, it is usually a simple footwork problem that can be easily remedied.

A third important aspect of any spread quarterback is the ability to read the defense. I understand that this is the case in most offenses, but the spread they must understand both the coverage and the front to be effective. Many times we call our play at the line of scrimmage and any of our play calls could be paired with another play. Our QB must be able to know which play is best, or which decision must be made with paired plays.

Another aspect I like about the spread is you can pinpoint strengths and build upon them. As I mentioned in 2008 we had a great passing Quarterback with excellent wide receivers. We identified early on that our QB threw the 3 step, sprintout, and screen game very well but did not excel at the 5 step game. This outside threat of our passing game forced a lot of teams to play a 5 man box, and as a result, we were extremely



successful running the football. There have also been years where our spread team has excelled at running the football, which creates many one-onone matchups outside allowing an average passing team to throw the ball effectively. As a result of being able to both throw and run effectively, it gives us the ability to spread a the field not just horizontally, but vertically. The goal of our spread philosophy is to make the defense cover every yard of the football field. We stretch the field vertically with our speed. Our three-step or quick pass game can also stretch the field vertically. but is imperative to our horizontal stretch. The final aspect is our run game which stretches the field horizontally (but hopefully vertically too)!

One of my favorite aspects of the spread is that the offense can create problems for any defense by formation. It is usually only a matter of time before a spread offense, if ran correctly, will find a

weak spot in the defense. This may be the case with any offense, but the spread by its nature spreading the field— can create some explosive plays when the weaknesses in the defense are found. We thoroughly look at every formation and try to identify how it is going to be defended each week. We will identify how teams play trips, where they play their alley players, how we can get an advantage on run blocking angles, and several other items that will dictate what we think will be successful. We have coaches assigned to drawing up the defense against each formation on game night so we can also make game plan adjustments between possessions and at half.

Our no-huddle adds a key element to

this game planning package. We can get in a formation, knowing we want to run 3-4 simple plays out of that formation. We can take a look at how the defense has lined up and make the appropriate call. We can also adjust after a play is called if needed. This can take some of the stress off of the Quarterback by allowing the Offensive Coordinator to make key decisions.

Our no huddle system also puts a great deal of stress on the defense. Other types of offense may wear down a defense by pounding the football. The spread offense wears the opposing defense down by making them cover the entire field. This forces all defensive players to run sideline to sideline on almost every play. We have had a great deal of success wearing teams

down with our finesse as opposed to our power.

In summary, there are many benefits to the spread offense and I believe most teams are capable of running the offense. It does require a total commitment and a willingness to learn. The benefits of the spread are numerous and I believe most teams in the state have the ability to achieve success in implementing this offense.

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"The X-Factor for Your Football Program":

Finding ways to motivate your players and make your program One of a Kind By Jason Freed, Houston High School

Often we have football coaches get enthralled with game planning, diagramming plays and defensive schemes, and trying to find a way to put together the perfect offense and defense for the week. In my second year as head football coach at Houston High School, I found myself doing just those things and too be honest it wasn't working out like I thought it would. We just came off of a 0-8 campaign in 2004, and were off to a tough start in 2005. It was then one day in mid September that I noticed something that would change my focus and emphasis as a head football coach. While taking a break in practice, I noticed that the team was split up into cliques and there wasn't really any leadership taking place during this touch part of practice and the players just weren't motivated to be great. Each of these little groups was carrying on their own conversations. It was this moment that changed the way I think about coaching. As I started thinking, I needed to step back from the drills, schemes, and plays and spend more time finding ways to motivate these young men to be great players and men, but to also create a stronger team bond and a group of core leaders, which would help me carry out this plan. As one legendary coach stated:

"It isn't about the X's and O's but rather the Jimmy's and the Joes"

It is this quote I believe is the standard by which the fraternity of high school football coaches should live and coach by. It is the Jimmy's and Joe's who have to perform and execute on Friday night's, but if they are not motivated to do so and if they don' t have the leaders to lead them into battle, it won't matter what plays we have designed and drawn up we ultimately won't be successful with anything, because the players won't believe in what is trying to be accomplished. So it is the foundation of motivating players where this philosophy all starts.

The definition of motivation is "the act or process of providing a force, influence, or stimulus" and in this instance providing that for your football team and its athletes and coaches. In today's day and age, we has football coaches are dealing with what we can call the Generation Y athlete. This athlete is surrounded by being able to get immediate results and information at the click of a mouse, the dialing of a cell phone, the text messaging, and so on. Therefore often times they feel that they should get immediate results on the field and in the weightroom, which often times leads to frustration and a lack of effort. This is where we as coaches need to step in and find ways to not only motivate young men, but also give them achievable process goals that they can reach to help them continue to work towards those major individual and team goals and give them a sense of accomplishment. A process goal is a goal that is a smaller goal that can help you reach the larger goal. As many of you know you can't coach today's athlete like you were able to ten, twenty, or even thirty years ago. When looking at your football team you have to begin to break it down into four different types of players:

- 1.) Result Oriented Players These are your natural born leaders. Don't get in their way, but rather be quick and to the point with them. They will get things done
- 2.) People Oriented Players These are the players who are goofy at times and light hearted. Be sure to ask them

what they think and flat out talk to these players. They want your attention. Every team needs these types of players to keep things relaxed.

- 3.) Security Oriented Players These are your quiet and steady players. Make sure they know where they fit into the big picture and constantly keep an eye on them, because they will be very hard on themselves. Praise is key!
- 4.) Quality Oriented Players These players are introverted and slow perfectionists. Give them a task to do and let them do it, because they will get it done right.

Our mission with our TEAM framework is to find a way to work with each of the four major groups of players and find a way to blend them into the TEAM Framework. We teach them the game of football, life lessons, and the idea of hard work and leadership and each week we will emphasize these things in practices, games, film sessions, weightroom, etc. It is incredibly important to identify these players. Take a minute to write them down somewhere, and maybe you will realize that you need to motivate them in a different way, because maybe you have not classified them properly. You might be surprised, also don't be surprised if you have players who fall into more than one category. This is the first step in the motivation and team building process.

When talking about the TEAM framework, often times you have heard the motto, Together Everyone Achieves More. We strongly believe in this, but we also believe that TEAM stands for Tradition, Energy and Effort, Achievement, and Motivation. When wanting to incorporate this framework you have to break it down into three components with those being coaches, players, and

players and coaches.

When setting up your coaching staff, you have to think of it has its own little team. Having a unified coaching staff is a major key to any football program. When setting up our coaching staff here in Houston, I made sure to find a wide variety of personalities, but also I felt it was incredibly important that the coaches were leaders in the school, but also community. I am a firm believer in the trickledown effect, in which if you have strong leadership at the top, in this case the coaches, those qualities will trickle down into the players, managers, and everyone else involved with the program. Our lines of communication are always open, and honesty is the foundation of our coaching staff, even though at times that may not be what people want to hear. It is important to emphasize spending time with your coaching staff outside of football. All of the coaching staffs in Minnesota spend a great deal of time working on football, game plans, setting up practice schedules, and other such things, but it can be the other things that can make a huge difference. At Houston, our staff has done a variety of things from attending clinics together, coaches meetings, but some of the best things we have done that have promoted unity and a tight bond are having a poker night once a month, golfing, fishing, and our annual Coaches Retreat weekend in April. Our retreat is where we hash out things for the upcoming football season at a local resort nearby Houston. We spend time evaluating the team, our program from top to bottom, evaluating each other as coaches, and every single little thing that we can think of. This has been the single most important event we do each year to not only plan and organize the football program from the youth to the high school, but to also spend time being together. The last thing I will stress with your coaching staff is to make sure you stress the importance of spending time with the family. I don't want my coaches to feel overworked to the point they neglect their families. As we know football season can be a long and strenuous season in which coaches put a lot of stress on themselves. I always

give the coaches Sunday off, and we have our film and breakdown meetings on Saturday morning once that is over they are off until Monday morning film to give them time to spend with their families. Having a coaching staff that wants to work and is motivated to coach and lead will only cause great results.

When dealing with the players we break things down into the in-season and off-season mentality. This is important to do this, but to also find the happy medium between the two seasons. We stress being active and being out for other sports. Competition is the best thing young men can do to become better athletes. Our off-season program is unique in the way that we have the seniors draft off-season teams. We will have a meeting where they are broken up into four teams and will draft the members of the team. The seniors will have a chance to name these teams and then compete throughout the off-season on a variety of things such as: weightlifting competition, weightroom speed workout attendance. community service, etc. This has been a great tool, because it causes your seniors to have to step up and be the leaders of their individual teams. We will put a lot of rewards on the line with examples being t-shirts, meals, dog tags, or anything you think might motivate your athletes. We also make sure to recognize the players in the weightroom by having a 1,000LB and 800LB Club which they can strive to make during the weight competition and also receive T-shirts for achieving this goal. These teams will run all of the way through August camp. Throughout camp they will continue to compete against each other in a variety of games and activities. The culmination of August camp being our team building trip in which we take our team to a secret location to spend a day and a half being together. The rules are no cell phones or I pods. We want them to be living with their teammates and experiencing everything. We will do a wide variety of team building activities from skits, competitive games, team building activities, four way tug of war, conditioning test, and so on. We have found that this is a pivotal point in the year. Last year we made August Camp like Boot Camp and at the end of our team trip we awarded each player who made it through camp a camouflage t-shirt with our motto and a wristband with the same thing to be worn each day and to each football event. I strongly feel this trip is where our team came together last year and formed that eternal bond. When I look back at our last minute drive and defensive stand in the Championship game, I think back to this experience on our team building trip and say it had to have played a role in getting through the adversity and sticking with each other through that tough time in the game. The core of my off-season program is my leadership council. This consists of my captains and seniors. We meet every other week starting in January and through the end of the year. These meetings are a great way for me to bond with the seniors but to also talk about various aspects of leadership themes and to set process goals for the next season. I strongly believe leadership is the ultimate key to any successful team, and these meetings are where we start that foundation of success. This implementation of a leadership council and classes I feel has been one of the major factors in turning around the Houston Football Program.

During the season, we obviously have to shift our focus somewhat, but we as a staff still make sure to make things unique and not monotonous. The players have a chance to set up the practice field each year the way they want it. The senior leaders will paint and put up signs on the practice field, often times of quotes and sayings, they will also assign certain areas of the practice fields to position groups, such as "Hawg Ally" for the lineman. Giving your seniors a sense of ownership will only allow them to be more motivated to not want to fail, but to rather be positive leaders for their teammates. It is also important to continue to preach the idea of leadership, so continue to hold those leadership meetings into the season as well.

When dealing with the relationship between coaches and players there can often be a fine line, but it is so important to make sure everyone is working together. I constantly tell my seniors that it is "their" team and not mine. My job is to guide the ship, but is there job to guide their teammates and to be leaders. We are constantly talking about not having any "weak links" on our team, and we will hold a link ceremony to emphasize this point as well.

The last and probably the most underlying aspect to the idea of motivating your players is to create tradition within your program. I am a firm believer you can't have too much tradition, but you can water down things if you try to do to much at once. Each year as a coaching staff we try to think of one or two new things to try each year and some of them have become tradition and others have failed, but that is ok. Building tradition in your football program is more than just winning football games. It is finding things that you do that other programs don't. This will promote extreme PRIDE in your football program and will be things that your players will never forget. We have a wide variety of traditions that we do within the Houston Football Program. One of the neat things we do since we are the Hurricanes, is raise actual Hurricane Warning Flags before each home game and they follow us to each away game. This is something that our players and fans live for on home game nights and we will have different grade levels, community members, or past alumni raise the flags. If we didn't do this, I am afraid our players couldn't function, that is how important it is to them. We will also use what we call the Football Prayer before each game. look it up, it is an awesome way to build up to kickoff! Allow your players to come up with tradition ideas each year and most importantly create an identity for your program.

By creating an identity you are making your program unique. My goal as a coach is to want players to come back in ten years and talk about all of the things we did as a football program, besides winning games. I challenge you coaches to sit down and evaluate your program from top to bottom each year in regards to tradition, motivating your athletes, coaching staff comradity, and to see if you think your program is truly unique in all phases. The ultimate goal is to give your players and coaches the best

possible high school football experience in your school, conference, region, state, or even the country. Find your niche as a coach when coming up with these ideas and don't be afraid to try things. If you fail you fail, but don't give up on the idea. Once you find your niche that works with your program, you will start seeing the results on the field of play. I strongly believe that the September practice in 2005 was my turning point as a coach and the Houston Football program and by putting more time into the Jimmy's and the Joe's and finding out what types of players they are, what makes them tick day in and day out, and building a program that is unique and one of kind you will ultimately create a football program that your players will want to play for and your coaches will want to coach for.

Feel free to contact me with any questions or ideas. I am always looking for more things to add to my list of ideas and a great book that I have used as a reference for some of these motivational ideas is called the "Motivational Playbook" by Eddie Hill. Best of luck next fall and see you under the lights.

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Inside Linebacker Play

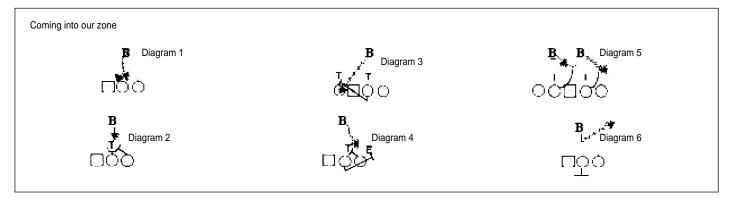
By: Chad Fredericksen Head Football Coach ~ Breckenridge Minnesota

Our philosophy of inside line backer play is based on our players understanding of recognition. We feel that technique is very important and we do take time to coach our line backers on proper techniques and fundamentals. However our main focus is in teaching our line backers how to recognize keys and the process that they will follow to put themselves in the right place to make plays. Practice time can be limited and many times we are faced with the choice of coaching more technique or recognition so in those cases we take recognition.

The first and most important part

the heels or flat footed. They must have controlled momentum going to the LOS. We start out by teaching only the first step that mirrors the guards movement. Eventually working our way to three steps; always explaining to them to keep shoulders square to the LOS and action moving to the line. Diagram 1 shows the "down block." When your guard blocks down we teach the backer to mirror the down and then their eyes can go to the backfield, second level, to find the flow of the ball. They should fill the gap hard keeping their outside shoulder free on the lead block and run your feet on the tackle. In diagram 2 we talk about the

for cutback and finding an open alley to the ball. We coach the linebackers to be extremely aggressive in finding this alley. When teams pull across the ball it creates a natural seam that we encourage our players to run through to the ball. Our initial aiming point is the opposite "A" gap for the run through alley. Once they discover how the alley takes you to the ball they will take it all the time. We do explain to them that if they take the run through and the runner gets the cutback on us or trap then our linebacker is wrong. They have to be disciplined in that they have the cutback responsibility first. There will be times that he will get caught by the



of the recognition process is keying our opponents guards. We teach our linebackers to focus their eyes on the guard covering from the helmet to shoulder pad area. They have to stay disciplined in locking their focus on that guard. Do not allow their eyes to drift into the backfield, that will come later. Explain to them that the guard will take them to the play. Once we have explained this we begin teaching our read step. The read step is a mirror of the guard's step. This step always has to be toward the LOS. It may be at a 45 degree angle or straight ahead but never backward or lateral. We talk about this step being the difference in making the play or not. This read step insures that they are responsible for run first. We coach the player to be up on the balls of their feet to the toes and not on

"base block" and how again the backer needs to take the mirror step to the LOS and their eyes can come off to the second level so they can fill to flow. We explain to the backer that they always need to attack the play by keeping their outside shoulder free. We do this so that if we miss or plug the gap, the ball spills to their partner. In diagram 3 we show the guard pulling towards the ball. A pull toward the ball means that the flow of the ball is moving away from you. We teach our backer to yell "guard" "guard" to help his partner know that the ball is coming his way. We feel the guard call helps the other linebacker to get over the top of blocks to his side. All of this needs to take place at the same time that he is taking his step mirroring the guard. After the guard call they need to understand that they are responsible

blockers and when this happens he needs to attack the blocker head up and not pick a side. If he does choose a side he might be creating the cutback that he is suppose to be defending. Diagram 4 shows the pull away from the ball by the guard. We teach this slightly different than we do the pull toward the ball. In the pull to your side we know that the play is coming to your side so we do not need to make the guard call. We again take the mirror step to the outside but instead of looking directly to the second level we coach them that they need to see who is going to block you. We teach them that their eyes need to go to the tackle or tight end to see which might be coming off to block you. They are taught to rip over the top of the block making sure that their tempo does not beat the flow of the ball. Once they have

ripped over the top of the block then they need to see second level and get to the inside of the run lane. They cannot get caught up in the interference and if they do they have to keep battling to get over the top. Diagram 5 shows how we teach against the zone block. Once again, take the mirror step to the direction of the block. This mirror step and read allows us to beat the guard to the spot in which they are attempting to cut us off. We attack the outside shoulder of the blocker and at the same time we see second level for the flow of the football. We tell them that they cannot get too far over the top of the flow of the football. We are inside out players, meaning that we pursue to the football with an inside out angle. We talk a lot about being the inside of the funnel. Diagram 6 deals with pass blocking. We really feel as though the guard reads are just as valuable in the pass game as in the run. We feel we get a much faster read on pass from the guard than looking to the backfield. We teach them that as soon as the guards head pops up to pass block it's pass. They first take a read step and make sure it's not draw, then we get our heads on a swivel and drop with a purpose. We need to see what is coming into our zone.

Alignment and depthare also important parts that we teach and feel very strongly about. We explain to the players that when reading the guards we cannot get caught up in the line interference. We endlessly tell them that they cannot be closer to the LOS than 5 yards, a little more is fine but never less. When we creep up to close we have a tendency to get caught up in the line interference and get blocked.

In short yardage situations we do things slightly different. We teach our linebackers to read fullback or near back but our teaching does not change. When the back flows away they are still responsible for cutback and look for the run through alley. When the back action is to them they fill hard to flow. We still teach the inside out principle which is the inside of the pursuit funnel. We always make sure that our heels are on the first down marker or the end zone. They always need to be aware of the distance that the opponent has to go to get the first down or score. We always attack the LOS and fill

hard to flow.

Lastly, we coach our players to understand the flow, which is the direction of the play, and tempo, which is the speed at which we attack the play. Flow and tempo are critical when it comes to our second level reads. They need to understand what the best and most appropriate path is to the football. The guard will give us the direction of the play and now they need to see the second level for the flow of the play and the tempo in which we can aggressively attack it. There are certain rules when it comes to flow as well. They need to understand that if flow is outside to their side they can never take a path underneath the block. They must fight over the top. If they take the easy way they will never make the play and it hurts us at the point of attack. The tempo comes into play when they get a good read and get over the top of the block and they don't over pursue the play. Their tempo must fit with the flow. They need to stay to the inside of the ball carrier, we say a yard, and press him to the outside of the funnel. When the inside meets the outside of the funnel is when we impact the ball carrier, pore the fuel. We don't want them to play lateral to the LOS. Better to have a little more depth than get your shoulders turned to the LOS. Turning your shoulders will give the opponent the advantage and you become the prey and not the predator. It is even more crucial that the linebacker understand flow and tempo. When your read goes away and you see the flow at the second level, your tempo has everything to do with your ability to take the alley or the run through. It also is important seeing the flow in defending the trap coming back to you. The flow is away but your tempo has to be disciplined. Meaning that your tempo is first idled down to your responsibility and if you fail to take care of the trap or cutback you are wrong. When the play is going outside, then your tempo should take you to the ball carrier in the backfield once they take the run through.

Our linebacker recognition has also lead us to make some changes recently in what we do against rollout pass. We were running into problems with our backers reading run initially and teams hurting us

in the hook to curl area that our linebacker was not getting to. We made the change to allow for our play side linebacker to have an automatic blitz off the edge as soon as the QB was outside the tackle box. Most of the time the blocker responsible for the edge is focusing on the defensive end and does not realize that our backer is not dropping but coming off the edge. We have also coached our backside backer to replace the play side in his drop zone. It is relatively easy to coach the other backer to replace because his flow is already taking him in that direction. We understand that there is a void in the backside hook to curl but we are willing to take our chances on the QB throwing across his body and across the formation to complete the pass.

We have started coaching this as early as their freshman year. We consider it an introduction year and are not overly concerned with the guard reads at this time. We do start teaching them how to read the backfield and coach them on their responsibilities when it comes to flow to them or away. It really has helped us when we bring them in at the varsity level. They have that prior experience and it helps us transition them into recognition of the guards. Our linebacker play has been very solid over the time that we have been coaching recognition. We feel very strongly that it allows us to play a more aggressive style of defense without having to consistently blitz. It does take time to get the players to understand it but once they experience it there is no going Chad Fredericksen graduated from North Dakota State College of Science, Wahpeton, North Dakota, in 1987 and Valley City State University, Valley City, North Dakota in 1991. He started his teaching career in Warren, Minnesota, and moved to Breckenridge in 1995, where he continues to teach and coach. Chad has 16 years of football coaching experience. He was an assistant at NDSCS and is currently the head football coach at Breckenridge High School. He lives with his wife, Janel, and their three children in Breckenridge.

Vessey Academy Fields First Charter High School Football Program

By Claud Allaire

In 2008, Vessey Academy became the first charter school in Minnesota to offer tackle football. This was the result of the many requests and dreams expressed by our young men. Certainly, there was a feeling that these kids didn't know what football was really all about, nevertheless, we felt we had a duty to help provide them with this lifelong opportunity. For sure, coaching this team while also coaching at Hamline helped me understand that "coaching football" can mean two entirely different things based on the different challenges you face.

Vessey Academy is a free public JROTC high school located in West St. Paul with its mission to help students learn the discipline and leadership necessary to become better citizens. Vessey Academy serves a primarily disadvantaged population of students who come mostly from St. Paul but from throughout the Twin Cities for a number of reasons, many for a second chance at high school. With a student population of 120 students grades 9-12, the thought of even attempting to play 11 man football seemed impossible. Nevertheless, it was a worthy experiment with many benefits and few downfalls. Thanks to the generosity of a number of high schools programs willing to provide us with used equipment, we were able to overcome the overwhelming obstacle of equipment cost. Our answer to finding a home field was simply to play all away games and our practice field was almost a mile away. It is important to mention that our strategy to ensure that our kids would stay with the experience was to schedule practice as a physical education class, making attendance a requirement of the school day. Scheduling was not

difficult as we were happy to play J.V. and sophomore B games. We endedup playing four games including the Minnesota Academy for the Deaf and sophomore B games against North St. Paul, Minnetonka, and Blaine.

Coaching football at Vessey Academy was not like anything you would imagine; It certainly wasn't about technique, strategy, or X's & O's; It couldn't be... It was about teaching skills such as listening, eye contact, paying attention and having a sense of initiative and values such as toughness, resilience, confidence, and teamwork. Starting from ground zero, we had to set short term, progressive goals. For instance, my unstated goal for our first practice was to have a successful dynamic warm-up! The experience could be described as challenging at the very least. We had about 40 kids run through the program, yet we only had about a dozen stay with it from start to finish. The things we all take for granted were a challenge; From finding our way to our practice field to simple things such as substituting with 11 during a change of possession, getting our line set for a cadence, or simple ball management. Our first game against the Minnesota Academy for the Deaf was by far the most challenging sideline experience I have ever had. Offensively, we struggled to get set for a cadence or consistently execute the center quarterback exchange, defensively, we couldn't figure out where to line-up, and on special teams, we couldn't figure out who was supposed to be on the field. Although we thought we were prepared in these areas, we underestimated the role of intimidation and our kids' lack of confidence, initiative, and teamwork. Nevertheless, we learned from the experience and made tremendous strides in our next

three games. We did not win any of them but we became competitive and were actually ahead by halftime in our last game despite the fact that we only had 15 players dressed for that game.

We were fortunate to have a number of guys help coach this team. Kofi Bain, Steve Rivera, and former Gopher Gary Reierson graciously volunteered to help coach. I remember Gary telling me over the Summer that this was a crazy venture and asking me which offense we would run. I responded "you're right; It is a crazy venture but it can be done and I don't think it will matter much which offense we run". Many people ask me if the experience was difficult or frustrating. I don't think coaching is ever frustrating if you know what you're trying to accomplish, you know what you're up against, and you set realistic and progressive goals. What we were trying to accomplish was to put together a team that could compete through a four game schedule, what we were up against was the fact that our kids knew little about football, preparation, teamwork, or how to compete, and we set our progressive goals accordingly. As a result, the experience was far from frustrating and one that provided our kids with the opportunity of a lifetime, to learn valuable life skills and to play high school football.

This will always be a year to year effort for us because of our small numbers and limited resources. I was wondering if our kids' interest would continue now that they know there is more to football than dreaming of playing in the Super Bowl or playing Madden football. We had a core group develop a real passion for football and as of right now, we couldn't not continue the program into next year so here we go again...

MINNESOTA STATE FOOTBALL COACHES 2008 COACH OF

2008 COACH OF THE YEAR

Carl Fruechte, who guided Caledonia to the 2008 state Class AA title, was selected as the MFCA State coach of the year.

Fruechte was an assistant for Mark Froehling when Froehling was head football coach at Caledonia. Fruechte's record at Caledonia is an outstanding 100 and 21 and includes two state championships. Coach Fruechte's family consists of his wife Becky and "three great kids"; Alecia who is attending Minnesota State-Mankato and playing volleyball; Isaac, a junior in high school, and Maria, an 8th grader. Fruechte also cites a "GREAT COACHING STAFF" as an integral part of Caledonia's success.



Mark Woitalla of Northfield was selected as the Assistant Coach of the Year for 2008-09. Woitalla is a long time assistant for the Raider football program. Woitalla has been Northfield's defensive coordinator. The Northfield program has progressed into one of the best 4A programs in the state and Woitalla has been instrumental in the development of the program as an assistant for head coach Bubba Sullivan.





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

198°

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 Mahnomen, 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

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; Conference		School	
Were you Conference Co	ach of the Year?	Yes;No.		
If not, who is your Confer	rence Coach of the Year?		School	
School Address		City/Zip Code		
Coaching background (P	revious schools, years at the	school, and any other sigr	ificant informatio	on).
1				
2				
3				
4				
5				
Years as a head football o	coach Sea	son Record	Career Re	ecord
List other background in	formation that would help t	he committee in their sele	ction (previous ch	nampionships, awards, etc.)
Submitted by:		Signature		

2009 HALL OF FAME INDUCTEES

Football Hall of Fame Annual Banquet

Roger French ~ Brigham Young University

Roger French graduated from Minneapolis Central High School in 1949. He earned three letters in football and basketball, with two more in track. He went on to attend college at the University of Minnesota where he was a three-time letter winner. He graduated in 1952. He started his college coaching career at the University in 1953 as a graduate assistant.

This was the start of a long and impressive college coaching career as an assistant. Roger spent ten years at the University of Memphis, having the #2 ranked defense in the nation. After four years at the University of Wisconsin as a defensive coordinator, he returned to the University of Minnesota and was the offensive line and receiver's coach from 1970 until 1978. He then spent a year at Northern Iowa as an offensive coordinator. He then landed his biggest college coaching job: he went to Brigham Young University where he spent 20 seasons as the offensive coordinator and line coach. After twenty seasons at BYU, Roger left the country and spent a year coaching the Frankfurt Galaxy in the NFL Europe. Following his time in Europe, he went to the Canadian Football League and coached for the Winnipeg Blue Bombers. On his return to the United States, Roger

turned to high school football. He served as an assistant at Bloomington Kennedy for a season and then moved on to Maple Grove for a season. In 2004 Roger came to Patrick Henry High School as head coach serving in that position through the 2008 season.

Roger's coaching achievements include leading the University of Minnesota to their first bowl game in 15 years at the Hall of Fame Bowl, 19 bowl game appearances with BYU, 16 Conference championships with BYU, and a National championship in 1984. He has coached 19 All-Americans, as will as the likes of: Robbie Bosco, Steve Young, Ty Detmer, Jim McMahon, Andy Reid, Tony Dungy, Keith Fahnhorst, and Bart Oaks, along with 50 more NFL players. He coached one Outland Trophy Award Winner (Mo Elewonibi). In 1997 he was awarded the All-American Football Foundation Award as Assistant Coach of the Year. He was inducted into the BYU Hall of Fame in 2004. He served as an honorary Metro All-Star Coach in 2007.

Roger is married to Doty, and has two children, Kathy and Gail. His hobbies include spending time with his family and football.



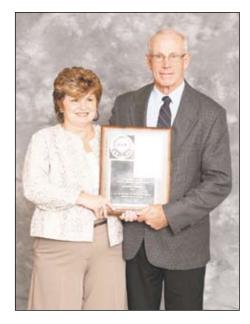
DeWayne Johnson ~ Anoka High School

After graduating from college in River Falls, Wisconsin, DeWayne Johnson's first career stop was at New Richmond, WI. He was there from 1966-69. He served as an assistant football coach and taught math. He then went on to Plymouth High School in Plymouth, WI. He taught math and was head football coach for ten years (1969-1978). He amassed a record of 64-31-1 while in Wisconsin. He won four conference titles, two section titles, and two state championships.

In the fall of 1979, DeWayne moved to Anoka High School. He was there for 24 years teaching math, coaching football, serving as strength and conditioning coordinator, and a sophomore baseball coach. Under his tenure, he lead Anoka to six conference titles, two section titles, and two state championships in Class AA in 1990 and 1994. His record at Anoka was 164-90-1. His career record stands at 230-121-2. D

eWayne is a member of the MFCA and he served as a conference rep for the Northwest Suburban Conference, and the Twin Cities Suburban Conference. He was named Conference Coach of the Year nine times, Section Coach of the Year twice, and the Class AA State Coach of the Year in 1990 and 1994. He has been a member of the University of Wisconsin-River Falls Hall of Fame since 1987. DeWayne was an assistant coach for the 1986 High School All-Star Game and in 1995 he was the head coach for the Metro All-Stars.

DeWayne is married to Sharon and has two sons, Brent and Bart. In his retirement now, he enjoys hunting, fishing, and tennis. He also enjoys spending his winters in Florida.



Dwight Lundeen Becker High School

Dwight Lundeen graduated in 1965 from Cokato High School in Cokato, Minnesota. While in high school, he lettered in football, basketball, and baseball three times each. Dwight then went to St. Cloud State University, where he graduated in 1969. While at SCSU, he lettered three times in track and was the NCC Javelin Champion in 1969. He earned a BA in Education, Physical Education, Health and Social Studies. He returned to SCSU in 1982 for Masters in Administration of Athletics, completing it in 1984. In the fall of 1969, Dwight was hired to teach physical education, health, and geography at Becker High School.

In the fall of 1970, he started the Becker football program and has been their only football coach. His career record is 280-128-3. He led the program to 18 conference titles, 13 section titles, and 6 Prep Bowls, winning the 2005 Class 3A state championship. Dwight was named Conference Coach of the Year many times in the Central Minnesota, Wright County, and Mississippi 8 conferences. He was named Section Coach of the Year 13 times, and was named Class 3A State Coach of the Year in 2005. Dwight coached boy's basketball, wrestling, golf, and track while at Becker. In 1975 he was named Activities Director at Becker, a position he held until he retired in 2006.

Dwight has been an active member of the coaches association. He is a past president and serves on the executive council. He has also been a conference representative. He was active in the MSHSL, serving on the board of directors for five years and president in 1998-99. He has presented at numerous clinics in five different states. Outside of coaching, Dwight is also active helping shape young men's lives. He has been a Fellowship of Christian Athletes Huddle Leader for 30 years, taught Sunday school, an active church board member, golf board member, and a little league coach.

Some of Dwight's many highlights include: being Becker's only coach (calling it "unique"), coaching his two sons while experiencing the Prep Bowl with them, and winning a "State Championship on our 6th try," which "was exciting and rewarding." He goes on to say that "what keeps me coaching is the impact our program has on the young men in Becker Schools... having a positive impact on my players is the most important thing I do."

Dwight is married to Pam and has three children (Mike, Matt, and Kristen). Mike teaches in Milaca and coaches with his father. Mike's wife teaches Spanish at Becker and they have a daughter Gabby who is two. Matt is a teacher and head football coach at Redwood Valley. He and his wife, Amber,



have two children Drew 5, and Kenzie 3. Dwight's daughter Kristin is married to Barry Bennett and she is also a teacher in the Edina school district. In his free time Dwight enjoys racquet ball, golf, and fishing. His travels have taken him to Arizona and Myrtle Beach golfing and Hawaii, Florida, Boston, and Washington DC with his family.

Mike Mahlen ~ Verndale High School

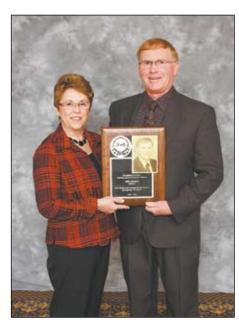
Mike Mahlen is a 1965 graduate from Erskine High School in Erskine, Minnesota. While in high school Mike excelled in athletics, earning four letters in both football and baseball along with three in basketball. After graduation, Mike enrolled at Mayville State University in Mayville, North Dakota. He graduated in 1969 with a BS in Physical Education, Health, and Coaching. Mike was an excellent football player while at Mayville State. He was named All-Conference in 1967 and 1968, All-District in 1968, and team captain and MVP in 1968. After graduation Mike took his first and only job at Verndale.

Mike arrived at Verndale in the fall of 1969. He taught physical education and health for 35 years. In addition, he was head track coach for 20 years. He remains the Athletic Director, a position he's held for 31 years! He has completed 40 years of football at Verndale. He amassed an amazing 314-95-3 record so far. During his forty years, he won 18 conference titles, 13 section titles and two state championships (1997 and 2002). Mike has been named Coach of the Year 18 times in the conference and 13 times in the section. He was named Minnesota 9-Man Coach of the Year three times (1996, 1997, and 2002). In 2002 he was named the Minnesota

Coach of The Year by the MFCA. Mike was also named the Gatorade Power of Influence Award winner in 2007 and was Minnesota's national nominee. He was the Region 6 Athletic/ Activities Director of the Year in 1992 and in 2008. He was Conference Coach of the Year in track 14 times and a district track Coach of the Year eight times.

He is also active in the MFCA. Mike was the association's president (2003), a conference representative, and chair of the 9-Man Academic All-State Team. He also sits on the Football Advisory Committee to the Minnesota State High School League. He is the Section 4 Nine-Man Football Coordinator as well. Some of Mike's most rewarding experiences include: Prep Bowls, relationships with past players and coaches, and his dealings with the MFCA. Another great highlight is "seeing some of my players go into coaching and education because of the experience they had in the Verndale football program."

Mike is married to Sallie who runs Mahlen's Trophy Company. He has two children: Jason, who is a teacher and coach at Chisago Lakes Area Schools-Lindstrom, and his daughter Gena, who teaches in Brainerd at the elementary level. Her husband Justin Sperling is an elementary teacher and coach



in Verndale. They have a son Gavin (2). In Mike's free time he enjoys golf, bowling, and jet skiing. He also travels to spring training and takes baseball trips in the summer.

Dave Hylla ~ Proctor High School

Dave Hylla graduated from Holdingford High School in Holdingford, Minnesota, in 1967. While at Holdingford, Dave earned letters in both football and wrestling. Upon graduation, he attended St. Cloud State University (1967-1971) and earned a teaching degree in both social studies and physical education. While at SCSU Dave played football and was a letter winner.

After graduation, Dave took his first job at Owatonna High School in Owatonna, Minnesota. He was there for five years where he was also an assistant football coach and head girls track coach. He taught social studies and physical education.

In the fall of 1976, Dave left Owatonna High School for a job in Proctor, MN. He served as an assistant football coach for four years before he became the head coach in 1980, a position he held until the summer of 2008. In Dave's 27 year career at Proctor, he accumulated a record of 197-77. He captured ten conference titles and five section titles. Dave's teams were in the state tournament five times, including the last two of his career. Dave was named Conference Coach of Year ten times and Section Coach of the Year five times. Other awards Dave received include: the 1994 710 Perkin's Trophy winner, a 1994 All-Star game coach, and the 1996 Nike Coach of the Year. He was also named a Track Coach of the Year many times.

Dave was an active member of the MFCA; he was a past president and a member of the executive committee where he served as the constitution and by-laws officer. He was also in charge of the academic All-State selection for Class 3A teams. In 2008, he was the Minnesota winner of the Gatorade Power of Influence Award and was its national nominee.



Dave enjoyed attending clinics and socializing with fellow football coaches and working for the association. In his down time he enjoyed fishing, golfing, and cooking. Dave also enjoyed gardening, working outside, spending time at the cabin, and working around the house. He traveled to Canada and the southwestern United States. He has a daughter Ashley (24), who was married this past summer to Mike Bergum; they currently reside in Duluth and she works for a medical records company. Dave was a legend in northeast Minnesota football. As

a testament to him and his character, more than 2,500 people attended his funeral this past summer. According to his assistant coaches, Dave's passion was "coaching football and coaching life's lessons."

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 ORourke 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 Dwaine 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 McMahon 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 Bill Severin Harvey Shew Tony Thiel

1990

Roland Bromberg Gary Gustafson Tom Mahoney Bob ONeil 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

"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, 2010

NAME:	DATE	:	
PRESENT ADDRESS:			
TELEPHONE (HOME):	ity, state, zip) (WORK):		
BIRTHDATE:			
SPOUSES NAME:			
PRESENT EMPLOYMENT POSITION:			
NOMINATED BY:			
ADDRESS OF NOMINATOR:			(zip)
NOMINATOR'S TELEPHONE (HOME):	(WORK)		
Induction into the Football Coaches "Hall of Fame	e" 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, A	thletic Directors, Fans, etc.)		
IN WHICH DIVISION IS THE INDIVIDUAL NAMED A	ABOVE NOMINATED?		
NOMINEES HOBBIES:			
NOMINEES TRAVELS:			
	EDUCATION		
High School(s): School, City/State, Years, Degree Received	ved		

MINNESOTA FOOTBALL COACHES ASSOCIATION 2008 CLASS COACHES OF THE YEAR



Jason Freed ~ Houston 9-Man Coach of the Year



James Cortez Kerkhoven-Sandberg-Murdock Class 1A Coach of the Year



Carl Fruechte ~ Caledonia Class 2A Coach of the Year



Scott Tschimperle ~ Glencoe Silver Lake Class 3A Coach of the Year



Mark Esch ~ Mankato West Class 4A Coach of the Year



Shannon Gerrity ~ Blaine Class 5A Coach of the Year

MFCA - SERVICE AWARD WINNERS



Mike Mahlen ~ 40 Years



Terry Karlsgodt ~ 30 Years



Bruce Rosenow ~ 35 Years



Dave Nelson
Power of Influence and 200 Wins

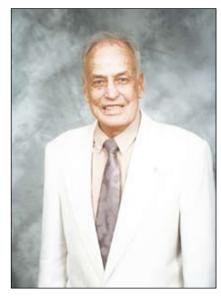
Not pictured: 30 Year Service Award – Jon Bakken; Mike Grant; Kim Nelson; Larry Thompson. 200 Wins – Jon Bakken.

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 <u>active</u> 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, <u>BUT</u>, in all candor, years of service to a program will influence the selection committee's

- choices. 15 or more years in the same program is the general "rule of thumb".
- 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 <u>limited to eight</u> recipients in a given year.

BUTCH NASH

Award Recipients



Scott Berning, St. Michael-Albertville



Jeff Briard, Springfield



Dick Gaughran, Eden Prairie



Steve Guider, Blaine



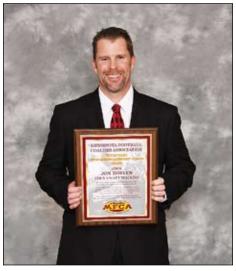
Patrick Hudak, Farmington



Scott Parsons, Brainerd



Vern Schnathorst, Detroit Lakes



Jon Thielen, Eden Valley-Watkins

Butch Nash Award Nomination Form

andidates name in full	First	middle	last
ddress		ity/Zip Code	
-mail	Home phone ()Work ph	one (<u>)</u>
irthdate	College attended	Yea	ar graduated
andidate: Member MSHSCA	?Yes;No. Mem	nber MFCA?Yes;	_No.
lead Coach: Member MSHSC	A?Yes;No. Member	MFCA?Yes;No.	
lass: 9M; A; 2A; 3A; 4A; 5A; Co	nference	School	
chool Address		_City/Zip Code	
urrent football coaching assi	gnment		
oaching background (Previo	us schools, years at the school, a	nd any other significant info	rmation).
1			
2			
3			
4			
5			
	Total num	ber of years as an assistant o	coach
ist other background informatc.	ation that would help the comm	ittee in their selection (previ	ous championships, awards,
	Submitted by:	Head Footb	all Coach
Re	eturn to: Jim Dotseth, 4180 Tre	nton Lane No. Plymouth. M	IN 55441

2008 MINNESOTA CONFERENCE COACHES OF THE YEAR

SCHOOL	COACH	CONFERENCE	SCHOOL	СОАСН	CONFERENCE
n Win-E-Ma	Jeremy Morgenroth	North Tri-County	Winona	John Cassellius	Big Nine
Warren-Alvarado-Osl	ony Gullikson	Northern Plains 1AT	Fergus Falls	Richard Risbrudt	Central Lakes
Barnesville-Rothsa	Bryan Strand	Northern Plains 2A	Eden Valley-Watkins	Ray Tri	Central MN
Blain	Shannon Gerrety	Northwest Suburban	Wayzata	Brad Anderson	Classic Lake
Verndal	Mike Mahlen	Pheasant North	Simley	Ray Betten	Classic Suburban
Clinton-Graceville-Beardsle	Steve Jipson, Brian Dahl	Pheasant South	St.Thomas Academy	Dave Ziebarth	Classic Suburban
Ottertail Centra	Don Seipkes	Prairie North	Blooming Prairie	Chad Gimbel	Gopher Valley 1A
Royalto	Joel Swenson	Prairie South	Le Center	Ken Helland	Gopher Valley 1A
Procto	Derek Parendo	Sea Range	Mankato Loyola	Dan Rotchadl	Gopher Valley 1A
Fairmor	Mat Mahoney	South Central	erville-Elysian-Morristown	Jon Bakken Wate	Gopher Valley 2A
Housto	Jason Freed	So. Confederacy East	Cromwell	Jeff Gronner	Great Northern East
Westbrook Walnut Grov	Leo Theisen, Carter Ross	So. Confederacy West	Northland-Remer	Arlan Jensen	Great Northern West
Edgerto	Andy Fleischman	So. Confederacy West	Pine City	Bill Christianson	ireat Polar Blue
McLeod Wes	Bill Neubarth	So. Minnesota East	Chisholm	Don Quirk	Great Polar Red
Wabass	Joe Kemp	So. Minnesota West	Moose Lake-Willow River	Dave Louzek	Great Polar White
Luvern	Todd Oye	Southwest	Pelican Rapids	David Haugen	leart O'Lakes Classic
Little Fork-Big Fal	Derek Bilben	St. Louis Co. North	Perham	Howard Kangas	leart O'Lakes North
AlBroo	Larry Anderson	St. Louis Co. South	Zumbrota-Mazeppa	Willie Raun	liawatha Valley Gold
St. Paul Centra	Scott Howell	St. Paul City	Kasson-Mantorville	Ivan Kroulik	liawatha Valley Blue
Cretin-Derham Ha	Mike Scanlan	Suburban East	Rosemount	Jeff Erdmann	ake
Plainview-Elgin-Millvill	Bill Ihrke F	Three Rivers North	cIntire Tracy-Milroy-Balaton	Derek Flann, Randy McI	ittle Sioux
Chatfiel	Jeff Johnson	Three Rivers South	Minneapolis Washburn	Peter Haugen	Minneapolis City
Clearbrook-Gonvic	Casey Kroulik	Top of State	Lester Prairie-Holy Trinity	oe Scoblic	Minnesota Christian J
St. Bernard	Jon Medlo	Tri-Metro East	LeSueur-Henderson	Terry Turek	Minnesota River
DeLaSall	Dick Weinberger	Tri-Metro West	Buffalo	Gerard Rohl	Mississippi 8
Alban	Mike Kleinschmidt	West Central North	Farmington	Froehling	Aissota Mark
atwater-Cosmos-Grove Ci	Terry Karlsgodt At	West Central South	Duluth East	Joe Hietala	North Country
Oron	Jeff Weiland	Wright County	Totino-Grace	Jeff Ferguson	North Suburban
			Wauban	Jason McCloskey	lorth Tri-County

2008 MINNESOTA SECTION COACHES OF THE YEAR

CLASS: 9 MAN – SECTION COACH

- 1 Jason Freed, Houston
- 2 Chad Mattson, Alden-Conger
- 3 Steve Jipson and Brian Dahl
- Clinton-Graceville-Beardsley
- 4 Mike Mahlen, Verndale
- 5 Arlan Jensen, Northland-Remer
- 6 Mike Gullingsrud, Ada-Borup
- 7 Derek Bilben, Littlefork-Big Falls
- 8 Terry Ogorek, Kittson County Central

CLASS: 1A – SECTION COACH

- 1 Jim Reinhardt, Rushford-Peterson
- 2 Denny Lux, New Ulm Cathedral
- 3 Paul Dunn, Springfield
- 4 Joel Swenson, Royalton
- 5 James Cortez, Kerkhoven-Murdock-Sunburg
- 6 Jed Swegarden, Lake Park-Audubon
- 7 Don Quirk, Chisholm
- 8 Les Viken, Fosston

CLASS: 2A – SECTION COACH

- 1 Carl Fruechte, Caledonia
- 2 Don Henderson, Triton
- 3 Todd Oye, Luverne
- 4 Paul Henn, Norwood-Young America
- 5 Ray Tri, Eden Valley-Watkins
- 6 Chad Fredricksen, Breckenridge
- 7 Dave Louzek, Moose Lake-Willow River
- 8 Peder Naatz, Hawley

CLASS: 3A – SECTION COACH

- 1 Mike Kesler, Rochester Lourdes
- 2 Terry Turek, LeSueur-Henderson
- 3 Scott Tschimperle, Glencoe-Silver Lake
- 4 Dick Weinberger, DeLaSalle
- 5 Dave Hopkins, Holy Family
- 6 Dan Essler, New London Spicer
- 7 Derek Parendo, Proctor
- 8 Howard Kangas, Perham

CLASS: 4A - SECTION COACH

- 1 Bob "Bubba" Sullivan, Northfield
- 2 Mark Esch, Mankato West
- 3 Dave Ziebarth, St. Thomas Academy
- 4 Dave Muetzel, Mahtomedi
- 5 Earl Bauman, St. Michael-Albertville
- 6 Jeff Weiland, Orono
- 7 Joe Hietala, Duluth East
- 8 Richard Risbrudt, Fergus Falls

CLASS: 5A – SECTION COACH

- 1 Larry Thompson, Lakeville South
- 2 Jim Galvin, Mounds View
- 3 Jeff Erdmann, Rosemount
- 4 Mike Scanlan, Cretin-Derham Hall
- 5 Brad Anderson, Wayzata
- 6 Mike Grant, Eden Prairie
- 7 Shannon Gerrety, Blaine
- 8 Gregg Martig, St. Cloud Tech

WINNINGEST ALL TIME HIGH SCHOOL COACHES 200 OR MORE WINS

Wins	Losses	Ties	Coach	School	Years
314	95	3	Mike Mahlen	Verndale	40
311	143	5	Ron Stolski	Brainerd	47
307	66	6	George Larson	Cambridge	40
287	65	2	Ken Baumann	Mahnomen	32
285	69	2	George Thole	Stillwater	31
280	128	3	Dwight Lundeen	Becker	38
277	89	2	Grady Rostberg	Hutchinson	34
275	133	2	Stuart Nordquist	International Falls	41
267	111	3	Jim Roforth	Osakis	41
265	122	11	George Smith	Mahtomedi	43
264	80	2	Neal Hofland	Chokio-Alberta	35
259	105	13	John Hansen	Osseo	40
259	102	9	Les Dreschel	Red Lake Falls/Crookston	40
256	94	8	Tom Mahoney	Fairmont	38
247	119	3	Buz Rumrill	Glencoe/Silver Lake	33
241	91	0	Dave Nigon	Totino Grace	31
236	110	0	Merrill Pavlovich	Delano	33
236	79	0	Gerhard Meidt	Rothsay/Minneota/Big Lake	32
230	60	0	Mike Grant	Eden Prairie	30
230	65	0	Jim Mader	Albany	26
228	115	0	Carl Lemke	St. Croix Lutheran	36
223	91	1	Jim Simser	Fairmont/New Richland-H	31
222	91	0	Stan Olson	LeRoy-Ostrander	30
221	98	0	Dave Brokke	Granite Falls/YME	29
221	113	1	Jerry Wallskog	LeCenter/BDRSH/	35
220	74	0	Clark Bergloff	Mora	29
219	131	1	Roger Lipelt	Wayzata/Providence Acad.	38
218	105	1	Larry Thompson	Lakeville	28
217	121	1	Don Stueve	Fergus Falls	37
216	130	6	Billy Beck	Lac Qui Parle Valley	39
212	114	0	Terry Karlsgodt	Atwater-Grove City- Cosmos	32
212	121	2	DeWayne Johnson	Anoka	33
212	83	8	Kenneth "Red" Wilson	Bemidji	34
212	64	0	Gary Graham	Browerville	25
208	143	0	Don Seipkes	Henning/Ottertail Central	36
207	64	0	John Bakken	Waterville-Elysian-Morristown	23
207	109	2	Andy Nelson	Lake Benton/Verdi	34
206	89	0	Ron Johnson	Clearbrook/Gonvick Tr.	31
203	73	0	Dave Nelson	Blaine/Minnetonka	25
203	66	1	Stav Canakes	Edina	27
202	106	13	Bruce Frank	Le Sueur	37
200	65	0	Rich Kallok	Cretin-DH	22
200	89	0	Ken Mauer	St. Paul Harding	32
200	120	2	Con Natvig	Swanville	33
200	77	3	Bob Youso	Moose Lake/Willow River	30

ACTIVE HIGH SCHOOL COACHES WITH 100 WINS OR MORE

Wins	Losses	Ties	Coach	School	Years
314	95	3	Mike Mahlen	Verndale	40
311	143	5	Ron Stolski	Brainerd	47
280	128	3	Dwight Lundeen	Becker	38
275	133	2	Stuart Nordquist	International Falls	41
236	110	0	Merrill Pavlovich	Delano	33
230	60	0	Mike Grant	Eden Prairie	30
228	115	0	Carl Lemke	St. Croix Lutheran	36
219	131	1	Roger Lipelt	Wayzata/Providence	38
218	105	1	Larry Thompson	Lakeville	28
212	114	0	Terry Karlsgodt	Atwater-Grove City- Cosmos	32
208	143	0	Don Seipkes	Henning/Ottertail Central	36
207	64	0	John Bakken	Waterville-Elysian-Morristown	23
203	73	0	Dave Nelson	Blaine/Minnetonka	25
197	91	0	Terry Ogorek	Kittson Central	29
196	67	0	Jim Reinhardt	Rushford-Peteson	23
196	112	0	Kim Nelson	Edina	30
195	64	0	Steve Solem	BOLD	22
191	120	0	Richard Risbrudt	Fergus Falls	31
180	59	0	Don Henderson	Triton	21
179	152	0	Dennis Hale	Worthington	34
175	68	0	Leo Pohlkamp	Pierz	23
170	116	0	Earl Bauman	St. Michael-Albertville	28
169	76	0	Randy Strand	Adrian	24
164	78	0	Terry Turek	Le Sueur-Henderson	24
156	11	0	Mark Kroulik	Stephen-Argyle	13
156	57	0	Ivan Kroulik	Kasson-Mantorville	21
149	100	0	Ray Tri	Eden Valley-Watkins	25
148	169	1	Mike Watson	Centennial	33
147	77	0	Bubba Sullivan	Northfield	19
143	68	0	Dean Aurich	Mayer Lutheran	21
143	87	4	Al Siegle-r	Pelican Rapids	25
141	60	0	Bill Hudspith	Esko	19
125	65	0	Mark Messman	Holdingford	18
123	145	0	Ken Helland	LeCenter	27
122	80	0	Dan Ellingson	Hills Beaver Creek	20
121	78	0	Larry Herm	Foley	20
110	62	0	Howie Kangas	Perham	17
109	116	0	Mark Nohner	Lake of the Woods	24
104	52	0	Bill Ihrke	Plainville-Elgin-Milville	15
104	64	0	Mark Froehling	Farmington	17
104	113	0	Bryan Olson	Sauk Centre	24
104	147	0	Dave Krenik	Cleveland	27
101	69	0	Dave Hopkins	Holy Family Catholic	18
100	21	0	Carl Fruechte	Caledonia	10

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.

State Titles	Coach	School(s)	Years
6	Ken Baumann	Mahnomen	1980, 90, 91, 92, 93, 98
6	Mike Grant	Eden Prairie	1996, 97, 2000, 02, 06, 07
6	Mark Kroulik	Stephen	1992
		Stephen-Argyle	2003, 04, 05, 06, 07
5	Dick Hanson	Burnsville	1972, 80, 85, 89, 91
4	Dave Dose	Glencoe-Silver Lake	2000, 04, 06, 07
4	Jeff Ferguson	Totino Grace	2003, 04, 06' 07
4	Rick Manke	Glyndon-Felton	1985
		Detroit Lakes	1992, 93, 95
4	Gerhard Meidt	Rothsay	1972
		Minneota	1986, 87, 88
4	George Thole	Stillwater	1975, 82, 84, 95
3	Lyle Anderson	Cook County	1997, 98, 99
3	Keith Bergstadt	Cromwell	1995, 96, 98
3	Don Henderson	Triton	1994, 2000, 06
3	Ken Jacobsen	Chatfield	1994, 95, 96
3	George Larson	Cambridge	1986, 87, 2000
3	Dave Main	Gaylord	1973,75,79
3	Jim Reinhart	Rushford-Peterson	2002, 04, 06
3	Grady Rostberg	Hutchinson	1983, 84, 98
3	Larry Thompson	Lakeville	1988,92,2003

Central Minnesota Conference

2008 was a competitive season in the Central Minnesota Conference. Eden Valley-Watkins, with an early season win over Pierz, edged the Pioneers for the title. Maple Lake, Belgrade-Brooten-Elrosa and Howard Lake-Waverly-Winsted all were in the battle and finished 4-3. Young squads from Rockford, Holdingford and Kimball look to be improved in 2009.



Fergus Falls' senior #9 Matt Mithaugen works to get every inch as he is tackled by a host of Moorhead Spuds. The game was played in Fergus Falls on August 29, 2008. Mithaugen rushed for 162 yards and scored 2 TD's in the game.



Fergus Falls' junior Nick Risbrudt (#7) makes a diving catch for a touchdown in the third game of the season against Sartell-St. Stephen. The Sabre's #17 Derrick Hollenkamp is chasing him down. Fergus Falls won the game 27-18 played on 9/12/08 in Fergus Falls. Risbrudt had 4 receptions for 75 yards and 1TD in the game.

Conference Standings		Awards			
Eden Valley-Watkins	7-0	Defensive Lineman of the Year	David Stommes	EV-W	Sr.
Pierz	6-1	Defensive Back of the Year	Ryan Tri	EV-W	Jr.
Maple Lake	4-3	Linebacker of the Year	John Long	HLWW	Sr.
Belgrade-Brooten-Elrosa	4-3		Jared McCleary	BBE	Sr.
Howard Lake-Waverly-Winsted	4-3	Offensive Lineman of the Year	Kevin Kramer	EV-W	Sr.
Rockford	2-5	Offensive Back of the Year	Cody Stangl	Pierz	Jr.
Holdingford	1-6		Luke Schiefelbein	Kimball	Sr.
Kimball	0-7	Receiver of the Year	Shane Weller	BBE	Sr.
		Quarterback of the Year	Tyler Geislinger	EV-W	Jr.
			Jackson Illies	BBE	Sr.
		Specialist of the Year	Nate Bigley	Rockford	Sr.

Classic Lake Football

The 2008 Classic Lake Conference Football season was another well balanced, hard fought, exciting example of the best of Minnesota football. Four teams were ranked in the top ten at one time or another and they all finished there.

Four teams started their season with a win, with Wayzata shutting out Rochester Century 42-0, Minnetonka dominates Rochester Mayo 48-13, Armstrong dropped one to Rochester John Marshal by a score of 30-12, Hopkins took it to Owatonna 48-30, and Edina hosted defending North Dakota State Champ, Fargo South and won 40-6.

Minnetonka and Wayzata again met in the conference opener with Wayzata controlling the Skippers 24-7. Edina and Hopkins held an offensive shootout with over 1100 yards of offense and Hopkins on top 56-42. Armstrong lost a close one to Chippewa Falls, Wisconsin, 15-12.

Minnetonka caught Hopkins in week three 45-33, as the Royals lost their starting quarterback early in the game and couldn't stay with them. While Wayzata's defense handled Armstrong 63-7, Edina played non-conference against Washburn and blew them out in the second half 64-25, after trailing at half time.

Edina traveled to Armstrong in the only conference game the following week and hung on to win 35-20. Hopkins manhandled Minneapolis Patrick Henry 40-2 and Minnetonka took out an improved Hastings team 38-21. Wayzata got better with a thrashing of Apple Valley, 44-14.

Week five again saw only one conference game on the schedule, that being Edina hosting Minnetonka. The Hornets took the lead 21-7 in the third period, but the Skippers wore them down to win at the end 28-21. Meanwhile, Wayzata handled Minneapolis North 49-14, Hopkins beat a very tough Rosemount club 32-21, with Armstrong falling to Woodbury 23-10

Hopkins traveled to Wayzata for week six and lost 54-20, the Trojans are rolling! Armstrong was out done by Mounds View 40-14, while Minnetonka, for the second year in a row, headed into a touch stretch in their schedule when they played undefeated and number one ranked, Eden Prairie. 'Tonka gave them a battle, but eventually fell, 22-13. Edina came from behind to nip a very tough Mahtomedi at Homecoming, 29-26.

Minnetonka again played Rock Hurst High School in Kansas City, MO. Rockhurst is often nationally ranked and has won several state titles in Missouri. A nationally televised game on Thursday night saw'Tonka on the short end, 38-7, as the Skippers just couldn't get started. Wayzata clobbered Burnsville, 70-0. The Hornets of Edina traveled to Stillwater for another FSN

2008 Final Star	ndings			
School	Overall	Conf. Record	Pts. For	Pts. Against
Wayzata (Champ)	13-0	4-0	544	111
Minnetonka	6-4	3-1	308	218
Hopkins	8-3	2-2	425	311
Edina	6-4	1-3	350	217
Armstrong	0-9	0-4	103	320

television game and controlled the Ponies 43-14 and Hopkins handled Armstrong 41-10.

The final week of the regular season matched undefeated Wayzata against Edina, in Wayzata. The defensive battle saw a score of 10-10 at half. The second half was more defense as neither team could score and the Trojans finally breaking through with two minutes left to score the game winner to win, 16-10. Other action saw Minnetonka rip Armstrong 39-8, while Hopkins took care of Irondale 42-24.

The first playoff round showed the strength of the league with victories by Edina, 49-6 over Minneapolis Southwest, Wayzata received a bye as the top seed in their section, while Minnetonka walloped Chaska, 62-14 and Hopkins dominated St. Louis Park, 55-19. Armstrong was controlled by Osseo to the tune of 34-10, to end the Falcons' season.

Round Two saw Minnetonka and Hopkins tying up for a rematch, Wayzata hosted Cooper High School and Edina played at Eden Prairie. Eden Prairie came back in the second half to get Edina 20-17, while Hopkins nipped Minnetonka, 24-21. Wayzata's Trojans won handily, 42-7. Hopkins now traveled to Eden Prairie for the section championship, while Wayzata hosted Champlin Park for their section final for the second year in a row.

Wayzata won their way into the State Playoffs 41-15, while Hopkins fought Eden Prairie down to the wire, but came up short, 43-34.

Wayzata's Trojans were in the State Playoffs for the fourth time in five years and seemed to be on a roll. They dominated St. Cloud Tech in the first round, 38-0, and then took out Rosemount in round two, 34-10.

The State Championship game saw Wayzata represent the Classic Lake against a challenging Blaine team that boasted a hot quarterback and tough defense. The Trojans got rolling after a slow first quarter to win their second State Title in four years, 27-7 and finished a perfect season with a 13-0 record! They were truly the top team in Minnesota and averaged nearly 42 points per game and had a dominating defense that gave up less than 10 points per game. Some of their toughest games

were in the Classic Lake Conference as the league had four teams that were ranked in the top ten in the state at one time, or another.

The Classic Lake is heading into its last season together next fall and the future is uncertain, but the teams that make up this

tough conference will continue to be competitive wherever they play. Expect Minnesota's top ten to include Classic Lake teams again next year, as these teams reload for their final league battles. It will be a great finish for a great conference!

2008 Gopher Valley "A" Conference

Conference Standings	Conference Record	Points Scored	Points Allowed	Over-all Record	Coach
Le Center	5 & 1	149	81	9 & 2	Ken Helland
Mankato Loyola	5 & 1	231	93	8 & 2	Dan Rotchadl
Blooming Prairie	5 & 1	198	103	8 & 3	Chad Gimbel
Medford	3 & 3	92	81	4 & 5	Maurice McCabe
Bethlehem Academy	2 & 4	81	90	4 & 5	Scott Hanson
Randolph	1 & 5	73	174	2 & 6	Chris Stanton
St. Clair	0 & 6	47	249	1 & 7	Jeff Tietje

The Gopher Valley "1A" Conference had another fine year with many very competitive games every week. The conference championship was shared by the top three teams, all beating each other. Blooming Prairie defeated Le Center in a hard fought defensive battle that saw Le Center holding a slim 7 - 6 halftime lead, but Blooming Prairie broke loose for two scores in the second half to win 21 - 7. Le Center had a big come from behind win at Mankato Loyola. Trailing 20 - 12 in the 4th quarter Le Center scored and converted a 2 pt extra point pass to tie the game at 20 - 20 with 5:34 remaining in the game, and then kicked a 34 yard field goal with 2 seconds remaining in the game to win 23 - 20. When Blooming Prairie traveled to play at Mankato Loyola, both teams offenses were on a roll, as both teams racked up a lot of yards and points. Mankato Loyola ended up winning the offensive shoot-out 48 - 38. Medford and Faribault Bethlehem both had very strong defensive teams and were very competitive in all their games, but could not break through with a win against the top three teams in the conference. Randolph had a young but competitive team and looks to move up in the standings in 2009. St. Clair played well at times, but struggled to maintain consistency during the season, they also look to show impovement in the conference standings in 2009.

The Conference Coach of the Year honors were shared by the three coaches whose teams tied for the Conference Championship. Coach Chad Gimbel from Blooming Prairie, Coach Dan Rothcahdl from Mankato Loyola, and Coach Ken Helland from Le Center.

Coach Gimbel's Blooming Prairie Awesome Blossoms led the conference in total offensive yards with 420 yards per game. Coach Dan Rotchadl's Mankato Loyola Crusaders led the conference in scoring offense with 38.5 points per game. Coach Maurice McCabe's Medford Tigers led the conference in defense, giving up only 187 yards per game. Coach Ken Helland's Le Center Wildcats tied with the Coach Mcabe's Medford Tigers defense giving up only 13.5 points per game.

Gopher Valley AA

WEM wins 2008 Conference Title with perfect 7-0 record

Led by the top offense and top defense, the Waterville-Elysian-Morristown football team went undefeated in the Gopher Valley Conference in 2008.

The Bucs averaged 342 yards per game on offense and allowed only 162 yards per game on defense.

This was WEM sixth undefeated season in Gopher Valley Conference history and their first title since 2001, when they ended a run of five straight championships.

WEM, coached by Jon Bakken for more than two decades, had the top quarterback in the league, senior Kyle Thelemann, He finished the season completing 57 percent of his passes for 956 yards and eight touchdowns.

Senior Michael Pittmann gained 931 yards on 125 carries and scored 11 touchdowns. Sophomore Jordan Gregor caught 18 passes for 313 yards and two TDs. Juniors Tyler Hering and Reid Roemhildt were among the top 12 in the conference in tackles. Senior lineman Andrew Wolter was a three-time All-Conference selection and senior lineman Chad Melchert and Thelemann were two-time All-Conference picks.

The Bus advanced to the Section 2AA title game, before losing to Triton, 27-10.

NRHEG, led by head coach Dan Stork, finished as the runnerup in the conference with a 6-1 record. Their lone loss was to WEM.

Senior running back Greg Ramaker led the conference in rushing, gaining 1313 yards on 176 carries and scored a league leading 18 touchdowns.

Senior quarterback Payden Peterson tossed a league best 10 touchdowns and a league low, three interceptions.

Ramaker and junior linebacker David Lindell were two-time All-Conference picks. Lindell finished with 78 tackles and five sacks.

Gibbon-Fairfax-Winthrop and Martin County West tied for third place with a 4-3 conference record.

GFW, coached by Pat Hentges, was led by junior running back Jay Rogotzke, who finished second in the conference in rushing with 959 yards gained on 152 carries and 10 touchdowns.

Rogotzke, along with seniors Cody Berger and Luke Youngblum, were each repeat All-Conference players.

Berger led the conference in receptions, with 26, and receiving yards, with 455. Youngblum and junior Josh Boyda were among the top 12 in tackles.

Martin County West, coached by Tom Crosby, was led by senior Kaleb Anderson, Blake Crosby and Sean Crayne, each All-Conference First Team selections.

	Conference	Overall
1.WEM	7-0	10-1
2. NRHEG	6-1	8-2
3. Gibbon-Fairfax-Winthrop	4-3	5-5
3. Martin County West	4-3	4-5
5. Minnesota Valley Lutheran	3-4	5-5
6. Maple River	2-5	2-6
6. United South Central	2-5	2-7
8. Lake Crystal-Wellcome Mem.	0-7	0-8

Anderson gained 371 yards on 78 carries and scored six touchdowns. he was sixth in the conference in scoring. Crosby and Crayne were top linemen for the Mavericks.

Minnesota Valley Lutheran, coached by Jim Buboltz, was led by All-Conference seniors David Voigt, Ben Schone and Seth Hoscheit and junior Galen Holzhueter.

Schone was the second leading tackler in the conference with 95 tackles and four sacks. Voigt finished with 84 tackles and five sacks. Holzhueter had 71 tackles and scored eight touchdowns, four rushing and three receiving.

Hoscheit finished with 563 yards passing and seven touchdowns.

Maple River, coached by Brian Schoeneck, was led by senior All-Conference players Jacob Malakowsky and Brandon Reynolds, both repeat selections.

Reynolds led the conference in tackles with 99, including 54 solos. Malakowsky gained 385 yards rushing on 73 carries and scored twice.

Senior Isaac Obermeyer finished fifth in the conference with 18 catches for 252 yards and three touchdowns.

The Eagles had four of the top seven individual tackle totals in the conference.

United South Central, coach by Brent Schimek, finished with a 2-5 Gopher Valley Conference record.

The Rebels were led by senior Jacob Sonnek and junior Riley Swearingen, both First Team All-Conference picks.

Swearingen was the second leading passer in the conference, completing 77-of-145 for 931 yards and nine touchdowns. He was also the top punter in the conference, averaging 36 yards per kick.

Sonnek was Swearingen's top pass catching target. He caught 19 passes for 263 yards and three touchdowns. Senior Riley Stenzel caught 15 passes for 238 yards and three scores. Sonnek also led the Rebels in tackles with 56, including 34 solos and five sacks.

Lake Crystal-Wellcome Memorial, coached by Duane Escher, finished the season winless.

They were led by senior running back Tyler McMonagle, a First Team All-Conference selection and four Honorable Mention picks in senior Bill Blanck, junior Josh Sonnabond, and sophomores Tom Sandt and Cody Tibbetts.

Post Season Playoff Results

WEM lost to Triton, 27-10, in Section 2AA Title Game

NRHEG lost to Triton, 28-8, in Section 2AA Semifinals GFW lost to Mayer Lutheran, 41-7, in Section 4AA Semifinals Martin County West lost to MVL, 30-24 in overtime, in Section 3AA Quarterfinals

MVL lost to Luverne, 19-12, in Section 3AA Semifinals USC lost to NRHEG, 28-14, in Section 2AA Quarterfinals Maple River and Lake Crystal-Wellcome Memorial did not make the playoffs.

The Great Polar Football Alliance Conference

~ Chisholm & Cook County - Red Division Co-Champions ~

~ Moose Lake - White Division Champion ~

~ Pine City - Blue Division Champion ~

The Great Polar Football conference consists of 22 teams that fall into one of the three divisions according to size. In its second season as a conference, the Great Polar Alliance Conference had two state tournament teams this season in Class A Chisholm and Class AA Moose Lake Willow-River.

The Red Division:

Chisholm and Cook County tied for the Conference Championship in the Red Division. Chisholm scored 12 fourth quarter points in dramatic fashion to beat the previously undefeated Vikings for their share of the conference crown. The very next week, the Barnum Bombers upended the Bluestreaks, 28-20, giving Cook County their share of the championship.

The Chisholm Bluestreaks had a very successful year with a 7-1 conference record. They were led by quarterback Erik Paine who was tough for opposing defenses to contain. His favorite target downfield, senior receiver Taylor Skoglund, gave the Bluestreaks a consistent deep threat. In addition to a strong passing game, all-conference running backs Tucker Lindberg, Spencer Peratalo, and Tyler Simonson were a tough trio to stop with their all-conference teammate John Jensen leading the way. The Bluestreaks lone conference loss came in the final game of the regular season to the Barnum Bombers. The Bluestreaks went on to win the Section 7A championship in an exciting 12-10 win over conference rival East Central.

Cook County's 7-1 season was led by a core group of seniors. Offensive Conference MVP Miles Drake led a Viking attack that rushed for over 3,100 yards on the season. Drake set a conference record, rushing for 364 yards on just 19 carries against Ogilvie. Defensively, the Cook County was led



Cook County tacklers wrap up a Barnum ballcarrier.

by Defensive Conference MVP Brennan Hawkins who had 124 tackles from his middle linebacker position and Sammy Warren who finished the season with 101 tackles from his defensive end position. The Vikings season came to an end at home in the Section 7A semifinals when East Central scored the goahead touchdown on a pass play with four seconds remaining in the game.

East Central had another very successful year on the gridiron. The Eagles had a strong conference record of 6-2 behind the hard running of All-Conference running back David Baxter, who rushed for 1,288 yards and 15 touchdowns. The Eagles were

strong through the air as well with Logan McAllister finding senior end Ben Del Greco on numerous occasions. The Eagles advanced to the Section 7A finals, losing a very close game to Chisholm 12-10. Highlighting their season was a 22-14 road victory over Cook County in the section semifinals.

Ogilvie finished the season with an overall record of 6-3. The Lions fell victim to season-ending injuries to some crucial key players. Ogilvie was led by hard-running All-Conference tailback Michael Anderson. Complementing Anderson were senior tight ends David Krebs and Brady Konechny. All-Conference junior fullback Jed Heins also excelled, adding a dynamic attack to the Lion offense.

Nashwauk-Keewatin had another exciting year of football with their wide-open offensive attack, which was led by strongarmed All-Conference quarterback Justin Peratalo. His main target was senior wide receiver Eric Curto. Senior captain and halfback Jay Woodman also had a terrific year for the Spartans. The 4-5 Spartans averaged nearly 30 points per game and were competitive in nearly every game, losing three of their games by a touchdown or less.

The Barnum Bombers were led by a strong group of seven seniors this year, which included 1,700 yard rusher Erik Johnson, Frankie Barrios, Kyle Duesler, Adam Henninger, Bryce Hebert, Cody Hagenbeck, and Brandon Hansen. The Bombers were very consistent throughout their 4-6 season, putting together a solid running game to go along with a strong defense. In a very tough conference, the highlight of the Bomber season was defeating then undefeated, and eventual section champion, Chisholm, in the final game of the regular season.

Ely started the season very strong with victories over Carlton, Onamia, and Barnum. The second half of the season proved to be a struggle as the Timberwolves also dealt with an injury bug, finishing 3-6 on the season.

The Bulldogs of Carlton finished the regular season with a 3-6 record after losing to Cook County in the opening round of the section playoffs. Defense was Carlton's strength behind the strong play of Sam Kavanaugh, Calvin Wolf, and Adam Schmitz.

The much-improved Mesabi East Giants finished the year 2-7. The Giants were led by halfback Marcus Miranda who finished the season with 1,052 rushing yards.

Onamia had a very young squad that featured only two starting seniors. The Panther's leading rusher was freshman Allen Jenkins who had 1,037 all-purpose yards. A bright spot for the 0-9 Panthers was team leader Chris Logsdon, who was All Conference and finished sixth all-time for single season tackles at Onamia High School, with 126.

The White Division:

The Moose Lake-Willow River Rebel football team won its second consecutive Great Polar Alliance White Division Conference Championship this season with an unblemished 5-0 conference record. The 12-1 Rebels made their third straight trip to the state tournament advancing to the Semi-finals. The team had staggering offensive statistics with White Division

offensive and defensive MVP Nate Zuk rushing for more than 1,600 yards, Austin Jacobson rushing for over 1,100 yards and senior quarterback Joe Bohaty passing for more than 1,000 yards. The Rebel's offensive attack had over 5,300 yards for the season.

Deer River began the season with a solid victory over Rush City at home. After struggling in a loss to Crosby, the Warriors responded by winning seven of their next nine games by defeating every opponent on their schedule except for their two match-ups against Moose Lake. The Warriors finished the season undefeated at home behind the strong play of quarterback Tyler Erzar who scored 16 offensive touchdowns. Tailback Kyle Wilson added 1,682 total yards, including 1,153 rushing yards and thirteen touchdowns. Ethan Grossell added 500 rushing yards and Ben Grossell caught 26 passes for 320 yards and three touchdowns.

The Greenway Raiders had a very good season, finishing with a 6-4 overall record. Two of the Raiders four losses were decided by six points or less. The other two losses came at the hands of conference power Moose Lake. A thrilling 36-34 win in Esko was a Raider highlight. Leading the Raider offensive attack were quarterback Nick Adams, full back Cord Semontink, receiver Mat Estey, and guard Eric Englund. Defensively, Greenway was anchored by senior defensive tackle James Hagen.

Esko started the season by winning games against Hinckley, Braham, Two Harbors and Marshall to start with a 4-0 record. After a few key injuries, the Eskomos finished with five straight losses to Greenway, Deer River, Rush City, Moose Lake, and then Virginia in the section Playoffs. The 4-5 Eskomos threw the ball a great deal as they compiled over 2,000 yards through the air.

The Two Harbors Agates had a tale of two seasons. The Agates finished with a conference record of 1-4. The Agates then finished the second half of the season with a win over Duluth Marshall and playoff wins over Crosby-Ironton and International Falls to advance to the Section 7AAA championship game. Two Harbors came up just short against the Proctor Rails, but ended their season with a strong 5-6 record overall. The Agates were led by their top two rushers in juniors Ryan Guentzel and Scott Comrie. Guentzel rushed for over 1,100 yards and scored 25 touchdowns. Comrie also had over 1,100 yards rushing and scored seven touchdowns. In addition, Comrie was the Agates' leading tackler

It was a challenging season for an inexperienced Duluth Marshall Football squad this season. They started the season with a small squad of 31 players and within the first two weeks, five players were lost to injury. The Hilltoppers were forced to rely on many inexperienced players at the varsity level, finishing with an overall record of 0-9.

The Blue Division:

The Pine City Dragons claimed their second straight Great Polar Alliance Blue Division Conference Championship. Behind offensive MVP running back Haakon Hansen's 1,347 yards rushing, the Dragons went undefeated in conference play.

When Billy Christianson, last year's Blue Division offensive MVP went down with a season ending injury in week three, the Dragons turned to Hansen to carry the load. Hansen responded with 24 touchdowns and over 1,800 yards of total offense. Defensively, Pine City's hard-hitting 3 - 5 scheme continued to keep the Dragons competitive with junior inside linebacker Taylor Gonyea leading the team in tackles.

Hinckley-Finlayson finished the 2008 season with a record of 6-4. The Jaguars were led by a couple of three-year letter winners in Kyle Flagstad and Chris Bostrom. Flagstad stepped in to play quarterback after being an all-conference receiver the previous year. He rushed for nine touchdowns and threw for nine more. He was also the Jaguars leading tackler. Bostrom led the Jaguars in rushing with 921 yards and scored 13 touchdowns. He was also a force on defense finishing just behind Flagstad in total tackles.

Crosby-Ironton had a strong season, finishing with a 5-4 record. The Ranger's defense was led by sophomore linebacker Reed Olanders, who had 120 tackles on the season and recorded five and half sacks. Offensively, the Rangers Derik Midthun threw 18 touchdown strikes and compiled 1,115 yards through the air. Thirty of Midthun's completions were to junior receiver Mark Hoge Jr. Hoge Jr. had 800 receiving yards while catching 16 scoring passes. Junior Matthew Hudrlik added 1,002 rushing yards and six touchdowns.

The Tigers of Rush City finished their season with a 3-6 overall record.

Three of the Tiger's six losses were decided by a touchdown or less. Rush City finished the season strong with solid wins against Esko and Braham before losing in the section playoffs to Greenway in an exciting game where Greenway scored the winning touchdown in the final seconds of play. The Tigers had five underclassmen all make the All Conference team: Justin Bosman, Josh Marty, Kevin Johnson, Tyler Leibel, and

Honorable mention selection Jon Watts.

The Braham Bombers finished the year with a 1-4 conference record and a 1-8 overall record. The season was filled with close contests for the Bombers, which included five losses that were decided by one possession. To top off an unusual season, the lone win for the Bombers took two days to decide. Due to lightning delays, the game versus the Gobblers had to be finished on a Monday afternoon before the Bombers finally claimed a 36-20 victory in Aitkin.

The Gobblers of Aitkin finished their season with a 1-8 record. The highlight of the Gobblers' season was a home victory over Greenway. Junior running back Sam Johnson had the breakout game of his career as he rushed for over 170 yards and scored three touchdowns. The Gobblers were led by halfback Sam Johnson, top lineman Andrew Nyberg, and quarterback Andrew Welshons.

Conference Standings - Red Division

	Conference	Overali
Chisholm	7 – 1	10 – 2
Cook County	7 – 1	8 – 2
East Central	6 – 2	8 – 3
Ogilvie	6 – 2	6 – 3
Nashwauk - Keewatin	4 – 4	4 – 5
Barnum	3 – 5	4 – 6
Ely	3 – 5	3 – 6
Carlton	3 – 5	3 – 6
Mesabi East	2 – 6	2 – 7
Onamia	0 – 8	0 – 9

Conference Standings - White Division

	Conference	Overall
Moose Lake-Willow River	5 – 0	12 – 1
Deer River	4 – 1	8 – 3
Greenway	3 – 2	6 – 4
Esko	2 – 3	4 – 5
Two Harbors	1 – 4	5 – 6
Duluth Marshall	0 – 5	0 – 9

Conference Standings - White Division

	Conference	Overall
Pine City	5 – 0	9 – 1
Hinckley – Finlayson	4 – 1	6 – 4
Crosby – Ironton	3 – 2	5 – 4
Rush City	2 – 3	3 – 6
Braham	1 – 4	1 – 8
Aitkin	0 – 5	1 – 8

Hiawatha Valley Gold

Zumbrota-Mazeppa exploded on the scene last fall with an impressive 8-0 run, winning the HVL Gold for the first time. Their only loss came to eventual State Champions Caledonia in the Section Finals.

Triton had another strong season, and made it to the State Playoffs for the 3rd staight time. (losing a close game to LaVerne in the State Quarters) Winona Cotter, Goodhue and Pine Island, Hayfield

and Kenyon Wanamingo all had rebuilding type years but have a good crop of young talent to make them excited for the 2009 season.

Conference Standings Conference Zumbrota-Mazeppa 8-0 Triton 7-1 Winona Cotter 3-5 Goodhue 3-5 Pine Island 3-5 Hayfield 1-7 Kenyon-Wanamingo 1-7

Hiawatha Valley Blue

Kasson Mantorville won the HVL Blue Conference Championship with a nice record of 7-1. Rochester Lourdes had another strong season with a runner up for the conference championship and made it to State for the 3rd straight time. (Loss a close game to DeLaSalle in the State Quarters) Stewartville and Lake City had experienced seniors that helped

them have steady seasons while LaCrescent, Byron and Cannon Falls played with young talent but will make them excited for the 2009 season.

Conference Stand	ings
	Conference
Kasson-Mantorville	7-1
Rochester Lourdes	6-2
LaCrescent	5-3
Stewartville	5-3
Lake City	4-4
Byron	2-6
Cannon Falls	0-8

The Little Sioux Conference

The Little Sioux Conference wrapped up another exciting season in 2008 with the Tracy-Milroy-Balaton Panthers winning the conference with a perfect

8-0 record. The MACCRAY Wolverines and the Minneota Vikings finished runner-up with 7-1 records in the 10 team conference.

In 2009 the Little Sioux Conference will add two teams, Renville County West and Lakeview, to make a 12 team conference.

TMB. Minneota and Adrian all advanced to

	Conference	Overal
TMB	8-0	10-1
Minneota	7-1	9-2
MACCRAY	7-1	8-2
Dawson-Boyd	6-2	7-3
Adrian	4-4	6-5
RTR	3-5	3-6
Fulda	2-6	2-7
Canby	1-7	1-8
MCC	1-7	1-8
Ortonville	1-7	1-7

2008 awards		
Head Coach of the Year	Derek Flann and Randy McIntire	ТМВ
Assistant Coach of the Year	Jason Kainz	TMB
MVP Offensive Back	Isaac Dolan	TMB
MVP Offensive Lineman	Chris Hansen	TMB
MVP Defensive Back	Colin Bergeson	Dawson-Boyd
MVP Defensive Lineman	Cory Behm	MACCRAY

the section finals.

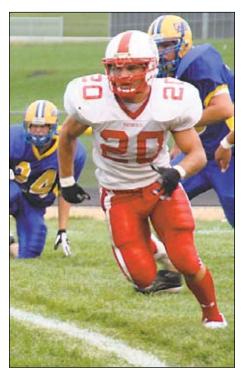
Minnesota River Conference

The 2008 season was one of the most successful overall seasons for MRC teams in recent memory. Five different conference schools made it to their respective section championship game. Three of those teams advanced to the state tournament, the first time that has occurred in the history of the MRC.

The season began with another first as all eight conference teams won their non-conference game. The balance and strength of the MRC was displayed during the regular season as no team went undefeated in MRC play and there were numerous close games throughout the season. The conference title was decided on the final regular season game when Le Sueur-Henderson and Holy Family Catholic squared off with identical 5-1 MRC records. And fittingly, the game was decided in overtime with LSH prevailing, 38-32.

The post-season action saw seven of the eight conference teams win their section quarterfinal game and five advance to the section championship game in three different sections. Two of those games involved rematches of MRC games with Norwood Young America playing Mayer Lutheran in Section 4AA and Le Sueur-Henderson playing Belle Plaine in Section 2AAA. Holy Family played Perham in Section 5AAA. NYA and LSH had lost to their MRC opponents earlier in the year and both teams won the rematch to advance to the state tournament for the second year in a row. HFC won their section for the first time ever. LSH and NYA lost to their respective class' state champion, Caledonia and Glencoe-Silver Lake, while HFC advanced to the Metrodome before losing to eventual state champion Glencoe-Silver Lake.

The MRC coaches, at the conclusion of the regular season, chose post-season honors. Most Valuable Offensive Backs: Jared Van Dorpe, LSH and John Westerhaus, HFC; Most Valuable Offensive Lineman, Mike Wentzlaff, LSH; Most Valuable Defensive Linemen, Nick



MRC MVP Defensive Back(LB) Johnny Krocak of Montgomery-Lonsdale pursues the ball carrier.

Zamudio, LSH and Clint Aretz, NYA; Most Valuable Defensive Back, Johnny Krocak, Montgomery-Lonsdale; Most Valuable Special Teams Player, Lee Gonzales, Jordan; MRC Coach of the Year, Terry Turek, LSH.



MRC Co-Most Valuable Offensive Back Jared VanDorpe of LSH looks for a gain vs. Norwood Young America



MRC Most Valuable Offensive Lineman Mike Wentzlaff, LSH, leads the blocking for an LSH back.

	MRC	Overall	Head Coach
Le Sueur-Henderson	6-1	10-2	Terry Turek
Holy Family	5-2	10-3	Dave Hopkins
Jordan	5-2	7-3	Jay Lepper
Norwood Young America	4-3	7-4	Paul Henn
Mayer Lutheran	3-4	6-5	Dean Aurich
Belle Plaine	3-4	6-5	Justin Johnston
Montgomery-Lonsdale	1-6	4-6	Tony Barnack
Sibley East	0-7	1-8	Chuck Hartman

Mississippi 8 Conference

The 2008 football season was another outstanding year for the Mississippi 8 Conference. The Mississippi 8 consisting of Becker, Big Lake, Buffalo, Cambridge-Isanti, Monticello, Princeton, Rogers, St. Michael-Albertville and Zimmerman has established many rivalries and great competition in its first four years of existence.

Becker, led by co-conference coach of the year Dwight Lundeen, and Buffalo, led by co-conference coach of the year Gerald Rohl shared the conference championship. Becker used a quick strike offense and a rock solid defense to win their 3rd Mississippi 8 conference title. Buffalo used a traditional wing-t offense spreading the ball among three backs and a very efficient passing attack along with an attacking defense to share the conference title. Both of these squads earned a section final berth and both teams fell a little short of a trip to the state tournament.

The St. Michael-Albertville Knights and Rogers Royals were

the runners-up in the M-8 with identical 5-2 records. Coach Earl Bauman's Knights used a multiple set offense and a punishing defense to win their second consecutive Section 5AAAA championship and earn a trip to the State Tournament. They won their quarterfinal game against Fergus Falls before falling to Mankato West in the state semifinals. Coach Mark Franz used a balanced offensive attack combined with a physical defense as his formula for success. Rogers set a school record for wins in 2008.

The Cambridge-Isanti Bluejackets led by Todd Larkin and the Princeton Tigers

led by Scott Walquist finished tied for 5th in the conference. The Bluejackets experienced a frustrating season, but ended on a positive note with big wins over Rogers and Anoka. Princeton relied on a shot-gun option attack on offense and big, bruising defense causing problems for several teams in the M-8.

The Monticello Magic coached by Brian Odlund used a spread offense and a quick defense to finish 2-5 in the M-8. Coach Brett Wedlund's Big Lake Hornets experienced a trying season finishing with a 1-6 record in the conference. The Zimmerman Thunder coached by Tom Kish battled hard each and every week. They finished the conference schedule with zero wins, but used their tough schedule to upset Breck in the section quarterfinals.

The 2008 season also featured many outstanding individual performances in the Mississippi 8 Conference. St. Michael-Albertville's QB Jason Dehmer was named the Most Valuable Player in the Mississippi 8. His teammate Jordan Scherber was named Secondary Player of the Year. Princeton's Phillip Klaphake



STMA quarterback Jason Dehmer looks for an open receiver.

	Conference	Overall	Head Coach
Becker	6-1	8-2	Dwight Lundeer
Buffalo	6-1	9-2	Gerald Rohl
St. Michael/Albertville	5-2	10-3	Earl Bauman
Rogers	5-2	7-3	Marc Franz
Cambridge-Isanti	4-4	5-5	Todd Larkin
Princeton	3-4	4-5	Scott Walquist
Monticello	2-5	3-6	Brian Odlund
Big Lake	1-6	1-8	Brett Wedlund
Zimmerman	0-7	2-8	Tom Kish

was named the Most Valuable Quarterback, Cambridge-Isanti's Christian Metz was named the Most Valuable Receiver and Roger's Josh Carey, Buffalo's Taylor Vick and Becker's Jake Gibbons were named Most Valuable Runningbacks. Most Valuable Offensive Lineman was Bruce Manz from Buffalo and Most Valuable Defensive Lineman was Andy Mortenson from Rogers. Tony Nelson from Cambridge-Isanti was the Most Valuable Linebacker and Brady Schrupp from Becker was the Most Valuable Special Teams Player.

The Mississippi 8 Conference will be welcoming new head coaches to Big Lake and Princeton for the 2009 season. Both Brett Wedlund and Scott Walquist have stepped down after the 2008 season. Long time assistant coaches form STMA, Scott Berning (2009 Butch Nash recipient) and Tim Anfenson, have also resigned after the 2008 season. We wish all of them the best of luck in the future. Dwight Lundeen was inducted into the MFCA Hall of Fame as he begins his 40th year as the only head coach the Becker Bulldogs have ever known. Congratulations Coach Lundeen.

Missota Conference 2008

Farmington ran the table in the Missota, winning the conference title for the third time in the last four years. Coach Mark Froehling's Tigers dominated their opponents as their smallest margin of victory in the conference was 14 points. The undefeated Tigers then faced a very tough Lakeville South team in the playoffs and finished the season with an outstanding 8-1 record. Coach Froehling earned his 100th victory this season and was selected as conference coach of the year. Farmington Assistant Coach Pat Hudak was honored as a Butch Nash Award Winner for his great work as a coach.

A fairly young Hutchinson squad put together a very successful 2008 campaign. Andy Rostberg's Tigers started 1-2, but reeled off seven straight wins en route to a section championship match-up with eventual Class AAAA Champions Mankato West, which included a dramatic 17-15 playoff victory over Marshall. Two of Hutchinson's three losses were to eventual state champions.

The Northfield Raiders used the rugged Missota Conference competition as a springboard into the playoffs. After starting 1-3, Bubba Sullivan's Raiders won nine in a row including a heart-stopping Section Championship win over Winona, scoring the go ahead touchdown with 6 seconds left on the clock. The Raider went on to surprise many with two upset victories over Mahtomedi and Orono before succumbing to Mankato West in the Prep Bowl. Northfield Defensive Coordinator Mark Woitalla was selected as Assistant Coach of the Year for Minnesota for his outstanding coaching.

Matt Gegenheimer's Lakers of Prior Lake competed strongly in the Missota this year. The Laker elevens highlight victory was in the final game of the regular season as they knocked off New Prague in the battle for an upper half finish in the Missota.

The New Prague Trojans led by Tony Buthe played their most exciting football games of the year in the playoffs. The Trojans beat Austin 31-28 in the first round then lost a controversial down to the wire game against Winona 21-22.

The Academy of Holy Angels gridders highlight victories came at the hands of Missota foes Red Wing in week four and Shakopee in week six. Coach Mike Smalley's Stars also played excellent football in a televised opening day loss to Hill-Murray.

Under Coach Jody Stone, the Shakopee Sabers have shown steady improvement. They opened the season with an impressive 22-12 victory over St. Paul Central and found success again in week five against Red Wing.

First year coach, Matt Schultz increased participation numbers and leads a rebuilding phase at Red Wing.

2008 Final Stan		A
	Conference	Overall
Farmington	7-0	8-1
Hutchinson	6-1	8-3
Northfield	5-2	10-4
Prior Lake	4-3	4-5
New Prague	3-4	4-6
Holy Angels	2-5	2-7
Shakopee	1-6	2-7
Red Wing	0-7	0-9

New Prague's Buthe Moves to Administrative Post

At the end of the season, Coach Tony Buthe announced that he is stepping down as Head Football Coach at New Prague after 14 successful seasons to take a job as Special Education Director for the district.

Tony's teams won three section championships during his tenure, twice advancing to The Dome. Coach Buthe's teams were always well coached and competitive. They relied on a physical style of defense, innovative offensive schemes, and well prepared special teams. He developed a strong program based around a team and family concept. When asked his highlights of his New Prague teams, he says, "The opportunity to work with such great young men in New Prague will be something that I will remember and cherish for a lifetime. It is not the games we played that I will remember, rather it was the journey with the teams to be the best we could be that will last forever." On coaching in the Missota Conference, Tony remarked, "I truly believe that the Missota is one of the top five football conferences in the state year in and year out. The coaches in our conference are all great people and the conference will always be strong both in football teams and in character and integrity as long as our current coaches stay coaching."

Hutch to leave Missota in 2010

The 2009 football season will mark Hutchinson's final season in the Missota Conference as they will join the Wright County Conference in 2010.

North Suburban Conference

The 2008 football season was another outstanding year for the North Suburban Conference. The NSC, consisting of Benilde St. Margaret, Chisago Lakes, Columbia Heights, Cooper, Fridley, Irondale, North Branch, Saint Francis, Saint Louis Park, Spring Lake Park, and Totino-Grace, was once again one of the strongest and most competitive in the state of Minnesota.

Totino- Grace, led by Conference Coach-of-the-Year Jeff Ferguson, won the North Suburban Conference title. As usual, the Eagles were stingy on defense and had a high scoring (38.3 points per game) offense. The #2 ranked Eagles advanced to the section 6AAAA section final before falling to #1 ranked Orono in a thriller by the score of 19-17.

The Irondale Knights continued their success in the NSC with a 6-1 record. Coach Ben Geisler used a spread offense filled with great athletes to finish second in the conference and with a lot of key returnees will once again make a push for a championship in 2009.

Co-head coaches John Hanks and Patrick Krieger of Benilde-St. Margaret's, Bill Weiss of Chisago Lakes, and Jeff Schlieff of Spring Lake Park all used the same formula to tie for third place in the NSC with 5-2 records. The formula was a ground oriented attack with "Bend, but don't break" defenses.

The St. Louis Park Orioles, led by Andy Ewald, made huge strides in 2008. After going 0-9 in 2007, Coach Ewald installed a spread offense to highlight junior quarterback Greg Hynes and improved to a 4-5 mark in the 2008 campaign.

The NSC welcomed three new coaches in 2008: Lambert Brown of Fridley, John Biezuns of Cooper, and Phil Link of North Branch. Each of these programs fielded highly competitive teams and have laid a foundation for future success.

Saint Francis' Chris Lindquist and Matt Townsend of Columbia Heights both had challenging 2008 seasons. However, both teams have a solid core of returning players and 2009 should see improvement from both the Saints and Hylanders.

The 2008 season also featured many outstanding individual performances in the North Suburban Conference. Running back Chichi Ojika of Irondale was voted the Most Valuable Player in the NSC. Senior All -State Free Safety Brandon Meath of Totino-Grace was named the Defensive Player of the year. Senior running back Tom Brooks of Spring Lake Park and Hynes of St. Louis Park were Co-Offensive Player of the Year. Totino-Grace's Mason Perry, Defensive Tackle, received the Conference's Defensive Lineman of the Year Award. Gopher recruit Jimmy Gjere, a junior from Irondale, received the Conference's Offensive Lineman of the Year Award and Joe Novitski of Totino-Grace was awarded the Special Teams Player of the Year award.

2008 Final Standings				
	Conference	Overall		
Totino-Grace	7-0	9-2		
Irondale	6-1	6-3		
Chisago Lakes	5-2	7-4		
Spring Lake Park	5-2	6-4		
Benilde St. Margaret's	5-2	6-4		
Fridley	3-4	4-5		
St. Louis Park	3-4	4-5		
Cooper	3-4	4-6		
North Branch	1-6	1-8		
St. Francis	1-6	1-8		
Columbia Heights	0-7	0-9		

Northwest Suburban Conference

2008 was another great year in the NWSC. With records of 7-1, Blaine and Champlin Park were Co- Champions. Congratulations to Shannon Gerrety, Mike Korton and their staff's for an awesome season. Congratulations should also go out to Coon Rapids for a great season finishing in third place with the conference record of 6-2. The league was very competitive again this season.

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 2009 will bring.

Congratulations to Blaine for representing the Northwest Suburban Conference in Prep Bowl XXVII. 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 Championship game. Good job!!

The conference awards were spread evenly this year. The Most Valuable Offensive Player Award went to Blaine's Senior quarterback James Peterson. Champlin Park's

AJ VanVoorhis and Seth Mathis won the Most Valuable Defensive Players of the Year award. The Most Valuable

2008 Conferenc	e Standings	
Blaine	7-1	
Champlin Park	7-1	
Coon Rapids	6-2	
Anoka	5-3	
Osseo	5-3	
Andover	3-5	
Maple Grove1	3-5	
Centennial	2-6	
Elk River	2-6	
Park Center	0-8	

Offensive Lineman Award went to Jon Lehman of Coon Rapids and the Most Valuable Defensive Lineman award was received by junior Di-Jon Starr of Blaine. The Most Valuable Special Teams Player of the Year Award won by AJ Van Voorhis of Champlin.

Blaine's Head Football Coach Shannon Gerrety received the Coach of the Year Award. Congratulations to all the NWSC award winners.

Pheasant North Conference 2008

2008 was another solid year for the Pheasant North Conference. With an undefeated 8-0; 5-0 record, the Verndale Pirates came away with another championship. Verndale represented the North in the state tournament, where they lost to the eventual state champions, the Houston Hurricanes in a tough 14-6 contest. IT was the second year in a row Verndale was defeated by the title team. Verndale was led by a strong rushing attack in All-Stater Matt Moenkedick and junior Amos Schmidt. Also, an experienced line helped pave the way to almost 4,000 yards rushing. Moenkedick was voted as the conference MVP and Make Mahlen received Coach of the Year. Verndale will need to replace some key seniors if they want to repeat as conference champions. They will look to Amos Schmidt and also an experienced line that features a couple future threeyear starters in Jon Kalhase and Clay Cottell.

The conference showed throughout the year that any team

was up for a challenge. Finishing second in the conference and in their section 5-3/4-1 was the Rebels from Eagle Valley. Led All Stater Devon Egeness, Eagle Valley displayed an arsenal of weapons through the air and also with the feet of Julius Stone.

Hillcrest, 5-3; 4-1 was welcomed back this year and as always, proved to be very tough team with their spread offense and very quick quarterback. They will look to make their mark again next year.

Rounding out the final three teams were Bertha-Hewitt at 4-4; 2-3, Underwood 3-5; 2-3, and finally Ashby Arrows went through a rebuilding year at 0-8;0-5. Underwood did feature the conference MVP lineman in Cody Peterson, who proved to be a force again each night.

It looks like next year will be another great year for the Pheasant North Conference. As always, this conference will be a tough battle for the crown.

Prairie North Conference

The Prairie North Football Conference found the Otter Tail Central Bulldogs returning to the top of the league. Lat year the United North Central Warriors defeated OTC for the championship with the Bulldogs returning to form this year to regain the title.

The season started tough for the Prairie North with OTC being the only team winning their first game. OTC defeated Osakis 20-6 while UNC lost to Browerville 22-40, Pillager lost to KMS 0-35, Parkers Prairie lost to Royalton 16-49 and New York Mills lost to USA 0-42. The second week found OTC opening conference play with a 28-0 win over Parkers Prairie. Pillager picked up their first win by a score of 52-0 over New York Mills. UNC lost to Royalton 6-45. In week three all 5 teams lost with OTC losing their first game to Browerville by the score of 0-19. UNC lost to USA 6-24, Pillager lost to Royalton 6-47, Parkers Prairie lost to Osakis 0-33 and New York Mills lost to KMS 6-41. The fourth week found OTC back on the winning track with a 56-13 win over New York Mills, UNC winning their first game of the season with an 8-6 win over Pillager and Parkers Prairie losing to KMS 14-55. The second half of the season found OTC getting a huge win over eventual Class A State Champions KMS by the score of 16-12 and Parkers Prairie won their first game with a 26-14 win over New York Mills. UNC lost to Osakis 40-42 and Pillager lost to USA 0-34. Week six found OTC defeating Pillager 43-14 and UNC defeating Parkers Prairie 34-21. New York Mills lost to Browerville 12-36. Week seven found OTC defeating USA 28-16, UNC defeating New York Mills 30-12 and Pillager defeating Parkers Prairie 30-7. The last week of the

regular season found OTC defeating UNC 35-14 while Pillager lost to Osakis 20-30, Parkers Prairie lost to Browerville 25-42 and New York Mills losing to Royalton 28-62.

The Prairie North did not fair very well overall as a conference in section play-off action with OTC being the only team winning. OTC defeated Wadena-Deer Creek by the score of 41-6 while UNC lost to Pelican Rapids 20-56, Pillager lost to Osakis 6-32, Parkers Prairie lost to Mahnomen 7-34 and New York Mills lost to Browerville 0-49. In section semi-final action OTC then lost a tough game to eventual section winner Breckenridge by the score of 0-7.

Final conference standings then were OTC 4-0 with an 8-2 overall record, UNC 3-1 with a 3-6 overall record, Pillager 2-2 with a 2-7 overall record, Parkers Prairie 1-3 with a 1-8 overall record and New York Mills 0-4 with an 0-9 overall record. Many of the conference teams were young this year which should mean they should be better next year. Highlight of the season for the conference was when OTC defeated KMS which came back to win the Class A Football Championship.

OTC also dominated the all-conference awards with senior Erik Smith being named the most valuable defensive back, senior Dustin Torgerson being named the most valuable defensive lineman, junior Shane Winkler being named the most valuable offensive back and senior Kyle Owings being named the most valuable offensive lineman. Erik Smith was then named the Prairie North and South overall most valuable defensive player.

Prairie Conference South

Prairie Conference South has great year from start to finish. The Prairie Conference South had two teams not only play well throughout the play-offs but would have the State Champion and the Runner-up.

K-M-S (Kerkhoven-Murdock-Sunburg) led by head coach James Cortez Won their first ever state championship. The Fighting Saints started the season out with four convincing wins over Pillager, Osakis, New York Mills, and Parkers Prairie. They then hit the loss column with two straight losses a 12 - 16 loss to OTC (Ottertail Central) and a loss to Royalton by the score of 7 - 22. From that point on it was full speed ahead. Two more convincing wins to end the regular season over Browerville and USA (Upsala Swanville Area) and the Fighting Saints were ready for the play-offs. A big win over Renville County West in the first round found them matched up against a very tough opponent in Dawson-Boyd.K-M-S would hang on to earn a tough victory by the score of 24 - 21. A 42 - 35 win over Minneota would give the Fighting Saints a Section Championship. With two big victories over Fosston (47 - 14) and Springfield (41 - 7) it would set up

Prairie Conference South

KMS ROYALTON	12- 2 12 - 2	State Champions 1A State Runner Up 1A
USA	7 – 3	State number op 1A
BROWERVILLE	6 – 4	
OSAKIS	4 – 6	

the rematch from the Prairie Conference regular season loss to Royalton. The Fighting Saints gave the ball to junior running back Joel Bauman a Prep Bowl record 44 times behind their big offensive line and he would gain 289 yards on the day. Senior QB Kevin Steinhaus would keep the defense on their heels all day with outstanding deception off the play-action pass. The Fighting Saints would win their first State Championship by the score of 33 – 22.

Not to be out done were the Royals from Royalton. Led by

head coach Joel Swenson Royalton opened the season with three huge wins over Parkers Prairie, UNC (United North Central / Menhaga-Sebeka), and Pillager. A 22 – 23 loss to USA seemed to make a statement to the Royals and what a statement it was. Four lopsided victories to finish out the regular season over Browerville, KMS, Osakis and New York Mills got the Royals ready for the Play-offs. Two big wins over Saint Agnes (72 - 34) and Lester Prairie/Holy Trinity (42 - 16) would find the Royals in the Section Championship against a tough Saint Bernard's School. The Royals would keep rolling with a 36 - 28 victory and it was off to the State Play-offs. Things would not get any easier for the Royals as they faced a very well balanced and formidable opponent Rushford-Peterson. The Royals would win this grudge match by the score of 20 - 14. A 42 - 20 win over Lake Park-Audubon would set up the much anticipated matchup and rematch between KMS and the Royals. It was a great hard fought football game but in the end the running of Joel Bauman and the skills of Kevin Steinhaus were too much to overcome. The Royals fell by the score of 22 - 33.

USA led by co-head coaches Jay Loven and Randy Tretter started the season where they had never been before, six wins to open the season. A big win over New York Mills in the first game and a double overtime thriller over Browerville and then wins over UNC and Royalton had the Patriots flying high. Two more wins over Pillager and Osakis kept the Patriots momentum going. Their next opponent had only one loss on the season and in a very tough battle of back and forth football the Bulldogs of OTC would pull away in the end to hand USA its first loss of the season. The Patriots would then have to face eventual State Champion KMS. The Patriots would have a hard time moving the ball and found themselves in the loss column to end the Regular season. The play-off's began and the Patriots opened up against the Lions from Ogilvie. A convincing win by the score of 29 – 8 and the Patriots would play Saint Bernard's School in the second round of the play-offs the Patriots could not get the offense on track and their defense would be on the field to long. They would end up losing 19 - 41 to end their

Browerville led by head coach Ribsy Petermeier would have an up and down season. A big win to start the season over UNC and a battle of wills in the second game that found the Tigers lose in double overtime on a blocked field goal try would take the Tigers to a one and one record. A big win over OTC seemed to get the Tigers back on track as they also defeated Osakis. Next up for the Tigers were the Royals from Royalton. The Royals were just too big and strong as the Tigers would put up a fight for three quarters but the speed and power of Royalton wore them down. A win over New York Mills the next week and a loss to KMS with one game remaining in the regular season found the Tigers at four and three. A win over Parker Prairie ended the regular season. The Tigers would win their first round play-off game over New York Mills and would lose to Mahnomen 6 – 23 in the final minutes to end their season.

The Silverstreaks from Osakis had a new man at the helm

this year as Pat Kalpin took over the duties as head coach. The Silverstreaks would try to find their way throughout the season. Two losses to begin the season by two very good football teams OTC and KMS would have Osakis looking to find a way to right the ship. A big win 33 – 0 over Parkers Prairie got them going in the right direction. A bump in the road by Browerville would find the Silverstreaks at one and three on the season. Up next was a very exciting win over UNC by the score of42 - 40. Two more losses to USA and Royalton put Osakis at two and five on the season. Things got better after that. A win over Pillager to end the regular season would find Osakis playing Pillager again in the first round of the play-offs. They would beat the Huskies and now play Lake Park-Audubon. The Silverstreaks would lose 7 – 0 to the eventual section champions.

Overall the Prairie Conference South played tough hardnosed football all year long and week after week they proved how tough and competitive each team was.

2008 Southeast Conference Write Up

"Houston Repeats as Conference Champion and Wins 9 Man State Title"

Houston outlasted the other six teams of the Southeast Football Conference to win their second straight conference and Section 1 Nine Man title.

The Hurricanes, who are coached by Jason Freed in his fifth year as head coach, were at the top of the conference along with Mabel-Canton and Lanesboro for much of the whole season. The Hurricanes finished the regular season with a perfect 8-0 record, and finished in the final AP poll with a #3 ranking. Lanesboro, Mabel-Canton, and Grand Meadow also spent time during the year with in the AP rankings, showing the conference has great parity. The Hurricanes were able to complete the section playoffs by winning their second straight Section 1 title and state tournament berth. For the second straight year, Houston and Verndale squared off in the State Quarterfinals for a trip to the Metrodome. This repeat matchup ended up being one of the greatest nine man games and atmospheres of the season. Under a snowy and rainy night sky at Spring Lake Park High School, the Hurricanes and Pirates put together a bruising and hard hitting quarterfinal match up, by winning 14-6. The Hurricanes were able to come out on top and earn their first ever trip to the Metrodome. In the state semifinals the Hurricanes topped Ada-Borup 56-14, matching them up with the Clinton-Graceville-Beardsley in the 9 Man State title game. In another memorable game, the Hurricanes came back with a two minute drive and a final defensive stand in the fourth quarter to defeat CGB and win the school's first ever team state title and the first ever state title for a nineman team from Southeast Minnesota, finishing off the year with a perfect 14-0 season.

Statistically, the Hurricanes were at the top of the conference as a team. They finished the conference schedule in ranked both first in offense and defense, scoring 50.8 PPG and allowing only 9.9 PPG. Offensively the Hurricanes were led by senior Kevin Lindh, who finished the season with 1674 yards rushing on 165 carries, and 26 touchdowns. Andy Sires, senior signal caller, finished the year going 80 of 144 for 1597 yards, and 26 Touchdowns to 1 interception. Brett Benson lead the team in receiving with 20 catches for 493 yards and 10 TDs. As a team, 13 different players scored touchdowns. Defensively the Hurricanes were a balanced unit and were lead by a host of seniors, who contributed to many tackles and sacks. Lindh and Pete Kildahl each had 10 sacks, while Zach Stackhouse and Brett Benson led the team in tackles, and Benson added 8 interceptions to his defensive totals.

The Hurricanes garnered many honors with Lindh finishing the campaign earning All State Honors with in the AP All State team as well as the 9 Man All State team. Lindh was also named the Offensive Player of the year in the conference and will be playing in the All Star Game this summer. Pete Kildahl and Andy Sires were also on the 9 Man State team as well, while Kildahl was also named the Lineman of the Year in the Southeast Conference. Coach Jason Freed was the Conference and Section Coach of the year. He also earned honors as the Minnesota Vikings High School of the Year and the MFCA 9 Man Coach of the Year.

Mabel-Canton finished second in the conference with a 6-2 record. Much like the Hurricanes they were led by a strong corp of seniors. Coached by Karl Urbaniak, the Cougars finished year averaging 41.9 PPG and allowing 17.9 PPG, both ranking second in the conference. The Cougars were a balanced team led by seniors Sam Storlie, Laurence Caldwell, Blaine Coyle, and Mike Williams, but it was junior Dalton Stoen who finished third in the conference in rushing and will prove to be a vital piece of the Cougar attack next fall. Storlie led the Cougar defense in many statistical categories and was named the Conference Defensive Player



The Houston defense awaits the offense.



Houston defense vs. Verndale offense in the playoffs.

of the year. The Cougars continued to show a balanced offensive and defensive attack under the tutelage of Head Coach Karl Urbaniak.

Lanesboro finished their 2008 campaign third in the conference with a 6-2 record, and a trip to the Section Finals. The Burros had a potent offense averaging 41.9 PPG and allowing 25.6 PPG. The Burros sported a sound ground attack and leading the way was All Conference selection Colin Bakke with 756 yards and 9 Touchdowns. Other key members of the Burro attack were quarterback Brett Hungerholt and senior runningback Ethan Hall. The Burros played in the Section Finals for the 3rd time in four years and are coached by James Semmen.

The Grand Meadow Superlarks, under the direction of Gary Sloan, finished their 2008 campaign in fourth place with a 5-3 record. The Superlarks were lead by All-Conference players Michael Gehling, Andrew Hardecropf, and Quentin Stejskal. Gehling and Stejskal each finished around 500 yards rushing and had six touchdowns apiece. Hardecropf paved the way on the offensive line and played a vital role in the passing game as well. Overall the Suparlarks averaged 33.4 PPG and gave up 25 PPG.

Spring Grove finished the year fifth in the conference under the guidance of second year coach Zach Hauser. The Lions showed a potent offensive attack averaging 27.8 PPG and a muchimproved defense. The dual threat weapon of Chris Connelly led the Lions. Connelly finished the year with 16 total touchdowns, 2 two-point conversions, fifteen extra points, and 1 field goal. He had 880 yards rushing and 285 yards receiving. Throwing the ball to him as senior Colin Kurk who threw for 1,144 yards and 10 touchdowns.

Lyle Pacelli finished sixth in the conference with a 3-5 record. Led by Head Coach Mark Buntje, the athletics averaged 27.5 PPG and allowed 33.4PPG. The athletics were led by a host of players including quarterback Matt Buntje and wide receiver Brady Stier who caught 43 passes for 437 yards and 4 touchdowns. Running backs Nate Williamson and Justin Hutchinson were named to the All Conference team as well. One of the highlights for Buntje and the Athletics was the opening of their new field in Lyle.

LeRov Ostrander and Glenville Emmons finished the final conference standings seventh and eiahth respectively. LeRoy-Ostrander under the direction of first year head coach, Steve Hoff, had a 1-7 record and were statically led by quarterback Michael Knight and wide receiver Josh Rowe. Knight led the league in passing yards and Rowe was the leader in receiving yards. Head Coach Derek Nelson and all conference selection Garett Schumaker led Glenville Emmons.

Season Awards

Coach of the Year Jason Freed Houston

Offensive Player of the Year Kevin Lindh Houston

Defensive Player of the Year Sam Storlie Mabel-Canton

Lineman of the Year Pete Kildahl Houston

	Conference	Overall
	Conterence	Overali
Houston	7-0	14-0
Mabel-Canton	6-1	7-3
Lanesboro	5-2	8-3
Grand Meadow	4-3	6-4
Spring Grove	3-4	5-4
Lyle-Pacelli	2-5	3-6
LeRoy-Ostrander	1-6	1-8
Glenville-Emmons	0-7	0-9

Southern Minnesota Conference

Both New Ulm Cathedral and Springfield advanced to the state tournament with Springfield making a great end of season run, advancing to the state semifinals losing to eventual class 1A champion KMS. 2008 ended a long and successful program for Mcleod West. Mcleod West school district has since dissolved

leaving no more football or other activities, their players and coaches will be missed! Renville County West has moved on to another conference which leaves the Southern Minnesota Conference back to 10 teams and one division for the 2009 season.

Conference Standings - WEST DIVISION

	Conference	Overall
Wabasso:	6-2	5-0
Springfield:	5-3	4-1
Renville County West	5-3	3-2
Southwest United	3-5	2-3
Red Rock Central	1-7	1-4
Mountain Lake Butterfield Odin	0-8	0-5

Offensive Player of the year: Derek Riley Wabasso Defensive Player of the year: Brennen Boettger Springfield

Lineman of the year: Cole Gigstad Renville County West Coach of the year: Joe Kemp Wabasso

Conference Standings - EAST DIVISION

	Conference	Overall
New Ulm Cathedral	8-0	5-0
Mcleod West	6-2	3-2
Cedar Mountain/Comfrey	5-3	3-2
Sleepy Eye Public	3-5	2-3
Sleepy Eye St. Mary's	3-5	1-4
Buffalo Lake Hector	3-5	1-4

Offensive Player of the year: Derek Wilfahrt New Ulm Cathedral

Defensive Player of the year: Derek Skovbroten Sleepy Eye Public

Lineman of the year: Joe Kubesh Buffalo Lake Hector Coach of the year: Bill Neubarth

Suburban East: Three In-A-Row for Cretin Derham Hall

Cretin Derham Hall became the first team to win three consecutive Suburban East Conference Championships. While the SEC began in 2001 the Raiders joined the league in 2005. The Raiders were almost four for four, but their first campaign was denied by White Bear Lake in 2005. The loss to the Bears stands as Cretin Derham Hall's only defeat in conference play. Since that game, the Raiders have 25 straight victories (29-1 in the SEC).

The Raiders three-peat was paced by the league's top offense. The Raiders (8-0, 12-1), which was the only team that played each conference team, scored just short of 39 points per contest. Their attack was led by Mark Alt who completed 64% of his passes for 1519 yards and 14 touchdowns as Raiders racked up 395 yards per game. The Raiders won the Section 4-5A Championship over Woodbury to advance to state for the 17th time in 18 years. The Raiders season ended in the Metrodome for the second straight year when they lost to Blaine in overtime.

The conference runner-up was Woodbury. The Royals (6-1, 9-2) had a balanced attack that featured the leagues second best offense and defense. The Royals joined CDH as the only teams to surpass 3,000 yards in the regular season. The Royals featured the Conference Offensive MVP Tyler Wakasugi, who rushed for 827 yards on 133 carries.

The Royals also led the conference in turnover ratio. Woodbury's bid for the SEC and section titles were thwarted by Cretin Derham Hall.

The other SEC representative in the 5A state playoffs was the Mounds View Mustangs. Despite losses in the first and last games, first to Woodbury and second to CDH, Mounds View had a sixgame win streak in which they outscored their opponents by an average of 40-7. Mounds View (5-2, 8-3) advanced to the state playoffs for the fourth time in six years when they defeated conference foe Roseville in the Section 5-5A finals. The Mustangs failed to advance to the Dome losing 12-0 to Rosemount in the snow at Griffin Stadium in St. Paul.

White Bear Lake (4-3, 5-5) led the conference in rushing for the second straight year. The Bears amassed 289 yards on the ground each contest. The tandem of quarterback Justin Hauswirth and fullback Ben Cammack combined for 110 points, the highest total of any two players on one team. The Bears sought a second straight section title game against Mounds View but were denied by Roseville. Forest Lake (3-4, 4-5) finished a game behind WBL in the conference standings. Forest Lake lost Mike Schultz, their leading rusher in 2007, in the first game. Though Schultz would return to the team, his replacement Zach

Riedeman averaged 7.1 yards per carry and scored eight touchdowns in the regular season. The Rangers lost a seesaw battle to Andover in the first round of the playoffs, 38-37.

Stillwater (3-4,4-6) relied on Jesse George who ran for 781 yards which was the second best total in the conference. Stillwater rallied in the first round of the playoffs to beat higher seeded North St. Paul 31-24.

The Ponies season ended at the hands of eventual section champion Mounds View.

Roseville (1-6, 3-8), Park (1-6, 2-7), and Hastings (1-6, 1-8) each posted one conference victory. Roseville's win came against Hastings, Hastings win came against Park, and Parks win came against Roseville. The Raiders of Roseville struggled early in the season when they lost their primary back Tony Kablan. When Kablan returned, he sparked Roseville to upset wins over Irondale and White Bear Lake. The Raiders, who lost 35-0 to Mounds View in week four, gave the Mustangs all they could handle in the section final before falling 15-8. Park was led by three-year starting quarterback RC Kilgore, Kilgore, a dual-threat, threw six touchdown passes and ran for a touchdown every 10 times he carried the ball (10 rushing touchdowns total). Park lost in the opening round of the playoffs to district rival Woodbury. The Raiders of Hastings could not duplicate their season-opening win over Park. Jake Ryan was one of the conference's most efficient passers completing 57% of his passes for just short of 1,000 during the regular season. Hastings lost a second battle with CDH in the first round of the playoffs.

Woodbury became the fourth team in the SEC with artificial turf at their home

Conference Standings				
	Conference	Overall		
Cretin Derham Hall	8-0	12-1		
Woodbury	6-1	9-2		
Mounds View	5-2	8-3		
White Bear Lake	4-3	5-5		
Forest Lake	3-4	4-5		
Stillwater	3-4	4-6		
Roseville	1-6	3-8		
Park	1-6	2-7		
Hastings	1-6	1-8		

Season Awards

Most Valuable Player on Offense:	Tyler Wakasugi	FB	Woodbury
Most Valuable Player on Defense:	lan Goldsmith	FS	Mounds View
Offensive Lineman of the Year:	Zach Mottla	C	Cretin Derham Hall
Defensive Lineman of the Year:	Brett Johnson	DE	Mounds View
Coach/ Staff of the Year:	Mike Scanlon		Cretin Derham Hall

stadium. They joined CDH (home field at UST), Mounds View, and Park. This fall, East Ridge High School will open up the fifth home field with turf. Located in Woodbury on the Cottage Grove border, district 833's third high school will draw its students from both Woodbury and Park. The Raptors will be led by Ray Betton.

The SEC will be represented in the Minnesota High School Football All Star Game by four schools. Woodbury players include linebacker Mike Willett and wide receiver Cooper Wahlo, Jr. Royals head coach Beau LaBore will assist the Metro coaching staff. CDH also has two players in linebacker Harry Pitera and running back Marcus Binns. Mounds View free safety lan Goldsmith, the Conference Defensive MVP, and Stillwater defensive back Luke DeWall will also play.

Caledonia and Plainview-Elgin-Millville Win Divisions

Caledonia Wins State AA Championship
Rushford-Peterson's Jim Reinhardt and Glen Bernard Retire

2008 TRC North Division	Standings	2008 TRC South Divisi	ion Standings
Plainview-Elgin-Millville	5-0, 8-0, 10-1	Caledonia	5-0, 7-1, 13-1
Dover-Eyota	4-1,5-3,6-4	Chatfield	4-1, 6-2, 7-3
St.Charles	2-3, 3-5, 3-6	Rushford-Peterson	3-2,6-2,9-3
Lewiston-Altura	2-3, 3-5, 4-6	Southland	2-3, 5-3, 5-4
Wabasha-Kellogg	1-4, 2-6, 2-7	Fillmore Central	1-4, 2-6, 2-7
Onalaska Luther	1-4, 1-7, 1-8	Kingsland	0-5, 0-8, 0-9

Carl Fruechte was named the 2008 Minnesota Football Coach of the Year. He deserved that title as his Warriors won the TRC South Division, the Section 1 AA Championship, and the Class AA State Championship (his second title and third championship appearance). Congratulations to Coach Fruechte and his staff on a fantastic season. Jeff Johnson's Chatfield Gophers had an excellent season finishing second in the TRC South Division.

Bill Ihrke reached a coaching milestone by posting his 100th career win during the 2008 campaign as the Plainview-Elgin-Millville Bulldogs had an undefeated regular season, winning the TRC North Division Championship, and finishing as the Section 1 AAA runner-up. Tom Passe's Dover-Eyota Eagles started slow and came on strong, finishing second in the TRC North.

The long time Rushford-Peterson coaching duo of Jim Reinhardt and Glen Bernard comes to a close as the pair has decided to retire from the varsity football ranks. The Trojans had another great season going to the state play-offs by winning the Secction 1 A. Jim Reinhardt was an extremely successful coach and was a past State Class Coach of the Year in Class A. Glen Bernard was a Butch Nash award winner and a former Minnesota Assistant Coach of the Year. Congratulations to both men for fine careers. The father and son duo of Mitch and Davin Thompson will be taking over the R-P program next fall; both have been involved in the Trojan program for a while.

Top of the State Conference

The 2008 season brought on many changes to the conference. Climax/Fisher began its first season in Top of the State as Red Lake County Central departed to coop with Red Lake Falls in the Pine to Prairie Conference.

The Kittson County Central Bearcats, consisting of Kittson Central and Lancaster High Schools, advanced to the state semifinals in just their second cooperative year. Veteran Coach Terry Ogorek led his Bearcats to a 10-2 record. Terry Kent, veteran KCN coach, led a strong defense that powered them through the playoffs.

Stephen-Argyle Central, coached by Mark Kroulik, once again captured the Top of the State Conference title. The Storm, finishing at 9-1 for the year, saw both of its streaks of 76 consecutive wins and 5 straight Prep Bowl titles come to an end at the hands of the KCC Bearcats.

Conference Standings		
	Conference	Overall
Kittson County Central	9-1	10-2
Stephen-Argyle Central	8-1	9-1
Clearbrook-Gonvick	5-3	6-3
Goodridge/Grygla-Gatzke	3-4	3-5
Sacred Heart	1-8	2-8
Climax/Fisher	1-6	1-7
Northern Freeze	1-6	1-7

The Clearbrook-Gonvick Bears (6-3), under Top of the State Conference Coach of the Year Casey Kroulik, were once again

third in the conference with their only losses being to Kittson County Central and Stephen-Argyle. The Bears were lead by the Conferences' Lineman of the Year Jordan Oien.

The Goodridge/Grygla-Gatzke Blue Devils were the turnaround team of 2008. Just a year ago they battled through a winless season, only to revive the program finishing with the fourth seed. The physical style of football played by the Blue Devils showed their conference opponents that they will be a force to be reckoned with in 2009.

Sacred Heart, under second year head coach Tim Everett, ended their season at 2-8. The Eagles were nipped in a couple of close contests that could have gone either way. Three of their losses came at the hands of Section Champion Kittson County

Central and Conference Champion Stephen-Argyle. Coach Everett clearly has his program moving in the right direction.

The Climax/Fisher Knights battled injuries at key positions throughout the year. Coach Darrin Byklum kept his team working hard and competitive in each and every game. Climax/Fisher's record, 1-7, was not indicative of level of football shown by the Knights.

The Northern Freeze, a cooperative program of Tri-County and Marshall County Central, were led by junior running back Alex Borowicz. Head coach and T.O.S. Conference President, Scott Parker, had a positive season despite their record. The Freeze look to be a force in years to come.

West Central South

The ACGC Falcons claimed the WCC South crown with an unbeaten conference record of 7-0. They finished the regular season at 8-0 and overall record of 10-1, losing to EV-W in the Section 5AA championship game. The Falcons, coached by Terry Karlsgodt, averaged 43 points per game on offense, while their defense averaged giving up 8 points per game. ACGC was led by senior running backs Kurt Huisman and Deron Buboltz.

Steve Solem's BOLD Warriors had another exceptional season. The Warriors finished conference play at 6-1. Leading the Warriors running attack were running backs Mitch Neubauer and Taylor Wertish, as well as their QB Grant Solem.

The WCC South conference had a four way tie for third place. Benson, Minnewaska, Montevideo, and Morris all finished conference play at 4-3. Benson, coached by Scott Gonnerman, went to the air in a "spread" style offense. The Braves averaged 396 yards on offense per game and had 5 of the top 10 receivers in the conference. Minnewaska, coached by Steve Hill, had a balanced

attack. The Lakers averaged 17 points per game. QB Mike Wittemore's favorite target was Nick Moliter. They averaged 16 yards per hook-up. Montevideo, coached by Dave Schimming, was led by QB Eric Brandon completing 55 of 110 passes, for 670 yards with 8 TD's and RB Brock Ackerman had 160 carries for 864 yards and 11 TD's. Morris, coached by Jerry Witt, also had a balanced run vs. pass attack. At the helm for the Tigers was Matt Wulf QB, Taylor Nohl at WR and Tyler Hansen at RB.

Paynesville and YME finished conference play at 3-4 each. Paynesville, coached by Ted Nett, went to the ground with RB Shane Kampsen leading the way. The Bulldogs averaged 352 yards and 26 points offensively. The Sting of YME, coached by Mike Gaffney, were led by QB Jordan Hagert, WR Anton Leiseth, and RB Tyler Sand.

The LQPV Eagles, coached by Mark Bjornjeld, and LPGE Thunder,

Conference Standings			
	Conference	Overall	
ACGC	7-0	10-1	
BOLD	6-1	8-2	
Benson	4-3	5-4	
Minnewaska	4-3	4-5	
Montevideo	4-3	5-4	
Morris	4-3	5-5	
Paynesville	3-4	3-6	
YME	3-4	3-6	
LQPV	0-7	0-9	
LPGE	0-7	0-9	

Conference Awards		
MVP	Kurtis Huisman	ACGC
"D" Player of the Year	Josh Vosika	BOLD
Co-MV Lineman	Joel Slinden Jeff Jerve	ACGC Montevideo
MV Back	Deron Buboltz	ACGC
MV WR	Dan Martin	Benson
Coach of the Year	Terry Karlsgodt	ACGC

coached by first year coach Paul Urman, finished the loop at 0-7. LQPV was led by Baxter DuFrane, while the Thunder was led by Joseph Pesta.

Wright County Conference

2008 Two State Tournament Teams

The Wright County Conference sent two teams to the state tournament in 2008;Orono in 4A and Glencoe Silver Lake in 3A. Orono's bid for a perfect season ended when they lost to Northfield in the semi finals. GSL went on to win their third consecutive state championship, fifth in the past nine seasons, defeating for the second year in a row DeLaSalle 42-21.

Orono was the WCC champion going undefeated. GSL finished second losing to Orono is week 3 20-6. Orono opened its newly remodeled stadium in 2008 giving it the first artificial turf in the WCC. Orono coach Jeff Weiland was named the conference coach of the year for his teams outstanding conference play and also section coach of the year honors. Congratulations to Coach Weiland and the Spartans on an outstanding season.

GSL's new head coach Scott Tschimperle had a memorable first season. He earned section coach of the year honors leading his team to its third consecutive state championship. Tschimperle was also named the Class 3A State Coach of the Year by the MFCA.

At the time of this article there are no coaching changes to report in the conference. One big news item is that starting in the fall of 2010 Hutchinson will be joining the WCC. This will bring the total number of teams to 10 with an equal split of 4A and 3A teams.



GSL's Aaron Lueders breaks in the free for a big gain against DeLaSalle in the 3A Prep Bowl



GSL's Tyler Lang, fills in at fullback, and breaks a big touchdown run against DeLaSalle in the 3A Prep Bowl

gs	
Conference	Overall
7-0	11-1
6-1	13-1
5-2	7-3
4-3	6-4
4-3	7-4
3-5	4-6
2-5	3-6
1-6	2-7
0-7	0-9
	Conference 7-0 6-1 5-2 4-3 4-3 3-5 2-5 1-6

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.

STANDARDS

Gold Awards – Top teams from each class regardless of section will win Gold award plaques. The standard will likely be established using the top eight team GPA's from each class until a standard is set.

Silver Awards – The Silver awards are the second level recognitions for the next 10 to 12 teams after the Gold teams. Once again, future GPA standards will be determined based on the top 18 to 20 teams in both gold and silver categories. Silver plagues will be awarded.

Bronze Awards – The next 12 to 16 teams in each class will receive certificates.

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 MFCA.
- * Forms must be submitted to the class representatives by November 1st and award winners must be submitted to the committee by November 8th.

TEAM ACADEMIC ALL STATE REPRESENTATIVES

Class	Name	School	Fax Number
9 Man	Dave Krenik	Cleveland	507-931-9088
1A	Wayne Petermeier	Browerville	320-594-8105
2A	To be determined		
3A	Ryan Weinandt	Dassell-Cokato	320-286-4131
4A	Bubba Sullivan	Northfield	507-645-3455
5A	Dave Nelson	Minnetonka	952-401-5905
Chairman	Con Natvig	Browerville	320-594-8105

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=11 3A=14 1A=12 4A=15 2A=13 5A=16

- 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
9 Man	Mike Mahlen	Verndale	218-445-5185
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Steve Solem	BOLD	320-523-1031
3A	Scott Tschimperle	GSL	320-864-6475
4A	Rick Sutton	Eagan	651-683-6910
5A	Todd Olson	Richfield	612-798-6129
Chairman: Mike Watson, Centennial, 763-792-5039			

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)		
3)	28)	
4)	29)	
5)		
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)		
23)		
24)	49)	
25)		
Send Team Application to (Fax Numbers): 9 Man: Dave Krenik, Cleveland 507-931-9088 Class 1A: Wayne Petermeier, Browerville 320-594-8105 Class 2A: To be determined Class 3A: Ryan Weinandt, Dassel-Cokato 320-286-4131 Class 4A: Bubba Sullivan, Northfield 507-645-3455 Class 5A: Dave Nelson, Minnetonka 952-401-5905 Chairman: Con Natvig, Bowerville	Composite (Signature of verifying school official) Title	
	Class 5A, 4A and 3A make copy of pag	ge 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 <u>Starter</u> Of	fense: Defens	se:
Circle Class: 9-Man 1A 2A 3A	4A 5A Kicking Game:	
Accumulative High School G.P.A.	Attach a Transcript or list	t 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:

- 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.
- 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.
- 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.

Send Individual Application to (Fax Numbers):

9 Man	Mike Mahlen	Verndale	218-445-5185
1A	Wayne Petermeier	Browerville	320-594-8105
2A	Steve Solem	BOLD	320-523-1031
3A	Scott Tschimperle	GSL	320-864-6475
4A	Rick Sutton	Eagan	651-683-6910
5A	Todd Olson	Richfield	612-798-6129

Chairman: Mike Watson, Centennial, 763-792-5039

2008 ACADEMIC ALL STATE TEAMS

T	Cooch	T	Cond
Team	Coach	Team	Coach
9-MAN - GOLD		East Grand Forks	Todd Schumacher
Wheaton	Tony Thiel	Albany	Mike Kleinschmidt
Stephen/Argyle Cetral	Mark Kroulik	Montevideo	Dave Schimming
Ada-Borup	Mike Gullingsrud	Melrose	Jay DeCann
Nicollet	Tom Murphy	Dassel-Cokato	Ryan Weinandt
Hills-Beaver Creek/Elsworth	Dan Ellingson	New London-Spicer	Dan Essler
Cleveland	Dave Krenik	Foley	Larry Herm
Westbrook-Walnut Grove	Leo Theisen & Carter Ross	Toley	Larry Mermi
Verndale	Mike Mahlen	CLASS 3A - SILVER	
verridate	Winte Warner	Maple River	Brian Schoeneck
9-MAN - SILVER		P.E.M. (Plainview-Elgin-Millville)	Bill Ihrke
Nevis	Shawn Klimek	Pine City	Bill Christianson
110113	Shaviirianiek	Glencoe Silver Lake	Scott Tschimperle
CLASS 1A - GOLD		Minnewaska	Steve Hill
Wabasso	Joe Kemp	William Crushu	Steve i iii
Osakis	Patrick Kalpin	CLASS 4A - GOLD	
Springfield	Paul Dunn	Willmar	Ken Heitzman
Mankato Loyola	Dan Rotchadl	Sauk Rapids-Rice	Bill Magnuson
Adrian	Randy Strand	New Prague	Tony Buthe
Le Center	Ken Helland	Spring Lake Park	Jeff Schlieff
Rushford	Jim Reinhardt	Detroit Lakes	Flint Motschenbacher
Fillmore Central	Chris Mensink	Chisago Lakes	Bill Weiss
Timilore certain	Cinis Mension	St. Michael-Albertville	Earl Bauman
CLASS 1A - SILVER		Northfield	Bubba Sullivan
Red Lake County	Brian Remick		20.000 20
Wabasha-Kellogg	Nick Richmond	CLASS 4A - SILVER	
Bethlehem Academy	Scott Hanson	Holy Angels	Mike Smalley
Parkers Prairie	Scott Peterson	Little Falls	Aaron Sinclair
Royalton	Joel Swenson	Mound Westonka	Kyle Inforzato
Lakeview	Grant Will	Orono	Jeff Weiland
K-M-S	James Cortez	Princeton	Scott Walquist
Lewiston-Altura	Brent Olson	Richfield	Lee Herman
Cook County	Mitch Dorr	Red Wing	Matt Schultz
CLASS 2A - GOLD		CLASS 5A - GOLD	
Minnesota Valley Lutheran	Jim Buboltz	Eastview	Kelly Sherwin
Eden Valley-Watkins	Ray Tri	White Bear Lake	Bob Jackson
Pelican Rapids	Dave Haugen	Cambridge Isanti	Todd Larkin
Hayfield	Gary Heide	Edina	Kim Nelson
Pierz	Leo Pohlkamp	Eden Prairie	Mike Grant
Tracy Area	Randy McIntire & Derek	Brainerd	Ron Stolski
Flann	,	Lakeville North	Mike Zweber
Montgomery-Lonsdale	Tony Barnack	Andover	Rick Wilkie
St. James	Lee Carlson		
CI 4 CC 2 4 CU 1/		CLASS 5A - SILVER	
CLASS 2A - SILVER	C. I.F I.	Rosemount	Jeff Erdmann
Caledonia	Carl Fruechte	Woodbury	Beau LaBore
Benson	Scott Gonnerman	Shakopee	Jody Stone
United South Central	Brent Schimek	Rochester Mayo	James Miller
Luverne	Todd Oye	Lakeville South	Larry Thompson
Waterville-Elysian-Morristown	Jon Bakken	Blaine	Shannon Gerrety
Frazee	Jim Rader	Minnetonka	Dave Neslon
CLASS 2A COLD		Farmington	Mark Froehling
CLASS 3A - GOLD		St. Louis Park	Andrew Ewald

Jon Johnson

Litchfield

ACADEMIC ALL STATE INDIVIDUALS

Class 9-Man	Matthew Haugen Pelican Rapids	Tom Sawatzke Monticello
Matt Moenkedick Verndale	Jacob Sonnek United South Central	Rob Tunheim Orono
Erik Aakre Stephen/Argyle Central	Joe BohatyMoose Lake/Willow River	Trey Welch Marshall
Sam Thielen	Michael PittmanWaterville/Eleysian	Brad WeistMankato West
Todd SkaugeUnderwood	Morristown	
Kellen Albrecht Kittson County Central	Mike Weber	Class 5A
Taylor SwansonStephen/	Aaron LindahlBenson	Tyler Derus Bloomington Jefferson
Argyle Central	Erik SmithOttertail Central	Tyler ErstadLakeville North
Derrick Foss	Nate ZukMoose Lake/Willow River	Garrett Glaus Rosemount
Wesley Green		Ty Groskreutz
	Class 3A	Mike HartwellLakeville North
Robert Astleford Orr Justin Knakmuhs Westbrook Walnut	Josh Hoeft Watertown-Mayer	Sam KarelCretin-Derham Hall
Grove	Stephen Girard Milaca	Mike Seidel Woodbury
Elliott Scheck Houston	Kris Olson Foley	Aaron BurtRochester Mayo
Jeremy WestermanChokio-Alberta/	Brian KargAnnandale	John EppelEdina
Herman-Norcross	Brendan Mochoruk East Grand Forks	Jack Gavin Elk River
Tierman Norcioss	Matt Pick Plainview-Elgin-Millville	J.T. HolcombeShakopee
Class 1A	Zach Rockers Holy Family	Max Jacoby
Jeremy Labat Lakeview	Eric Brandon	David KliethernesNorth
Ben Del Greco East Central	Isaac Obermeyer Maple River	Anders Lee Edina
Kevin SteinhausK-M-S	Leland Spohn	Kyle Mulrooney Andover
Taylor FreetlyK-M-S	Luke Reiter New London Spicer	Tony NelsonCambridge-Isanti
Ryan Weiner Royalton	Mike Starke Annandale	Scott Ramey Brainerd
Joseph FinkMankato-Loyola	Dustin Gilyard Foley	Derek Waldbillig Farmington
Alan Dostal	Tom SchrederWatertown-Mayer	
Badger/Greenbush/Middle River	Aaron Solbrack Litchfield	
Eric Derosier Red Lake County	A. J. Barker DeLaSalle	
Danny ParsleyAdrian	Class 4.0	
Matthew Zellmer Blooming Prairie	Class 4A	
Andrew Nack Osakis	Rob Allen	
Miles Orack Cook County	Dan Bergeson	
Tony Becker Rushford-Peterson	Paul Berndt	
Drew MathewsBethlehem Academy	Zachary DuBoisSt Paul Highland Park	
ŕ	John Gans Sauk Rapids-Rice	
Class 2A	D.Tyler Hartein Orono Michael Heesch St. Paul Como Park	
Ben Schone Minnesota Valley Lutheran		
Micah Dose Minnesota Valley Lutheran	Michael Hinnenkamp Totino Grace	
Nathan King Zumbrota-Mazeppa	Philip Klaphake Princeton	
Grant SolemBOLD	Paul Kratzke Mankato East	
Sam DooyemaLuverne	Zach Merz St. Michael-Albertville	
Eric Iverson Montgomery Longdale	Jared Pawelk Waconia	

Derek Silbernagel Chisago lakes

Eric Iverson Montgomery-Lonsdale

Andy Dingmann Kimball Area

2008 STATE FOOTBALL TOURNAMENT

The 2008 Prep Bowl was played using a two day format with four games being played on Friday and two games on Saturday. Familiarity was the key word for the 27th Prep Bowl as two games were rematches from the 2007 title games and two other pairings had teams playing each other for the second time this season. The two day attendance total was 31,347.

Class 9Man- Jason Freed coached Houston to a 22-16 victory over Clinton-Graceville-Beardsly, coached by co-coaches Steve Jipson and Brian Dahl. Houston scored a fourth quarter touchdown to win the program's first state title.

Class A- Kerkhoven-Murdock-Sunburg won its first state title by defeating Royalton, 33-22. KMS, coached by James Cortez, had lost to Royalton earlier in the season, but was able to defeat Joel Swenson's Royals with a steady ground game.

Class AA-The Caledonia Warriors, coached by Carl Fruechte, earned their second consecutive state championship by defeating the same opponent from the 2007 title game, the Luvern Cardinals, coached by Todd Oye. Caledonia controlled the game from the beginning, jumping out to a 17-0 lead and defeating Luverne 47-7.

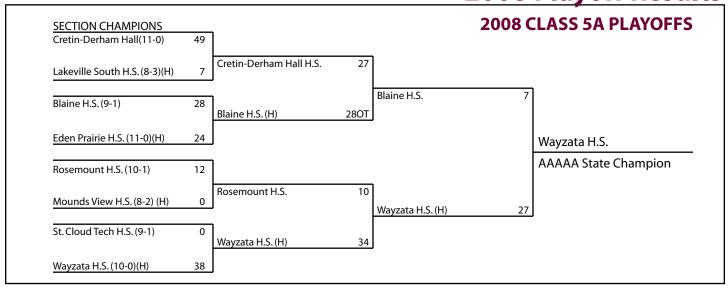
Class AAA- Glencoe-Silver Lake won their third consecutive state championship over the same opponent they met in the 2008 Prep Bowl. GSL was coached by first year head coach Scott

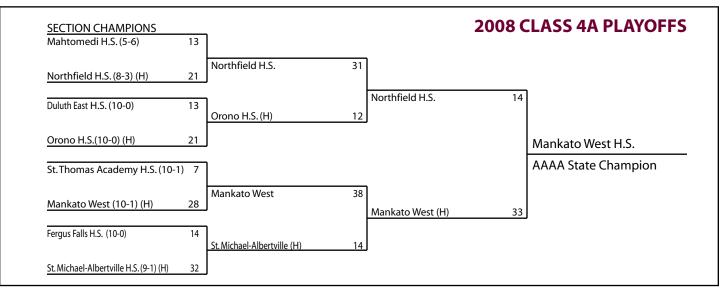
Tschimperle and the Panthers established a new Prep Bowl rushing record in their 42-21 victory. Dick Weinberger coached the Islanders back to the Prep Bowl

Class AAAA- Mankato West, coached by Mark Esch, earned their third title overall with a 33-14 win over the Northfield Raiders, coached by Bubba Sullivan. The two teams had played earlier in season, with West winning that game also.

Class AAAAA- Wayzata's passing game proved the difference in the Class 5A game with the Trojans gaining over 200 yards via the pass. The state championship was Wayzata's second under head coach Brad Anderson. Blaine, coached by Shannon Gerrety, kept the game close into the third quarter before Wayzata pulled away.

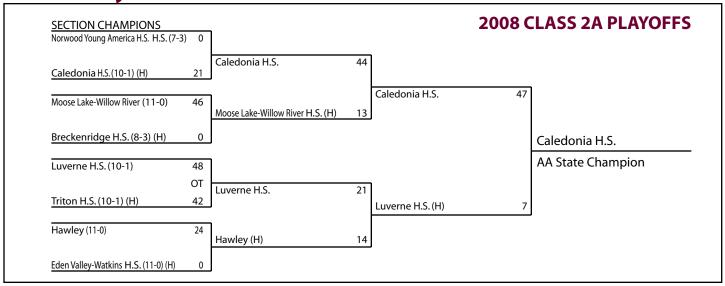
2008 Playoff Results

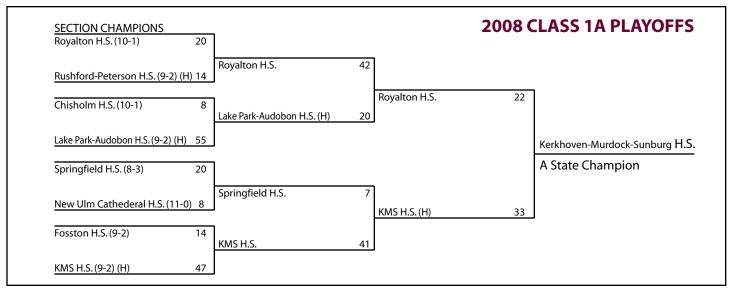


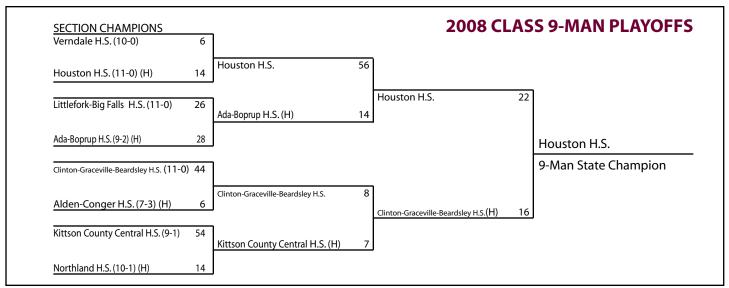




2008 Playoff Results



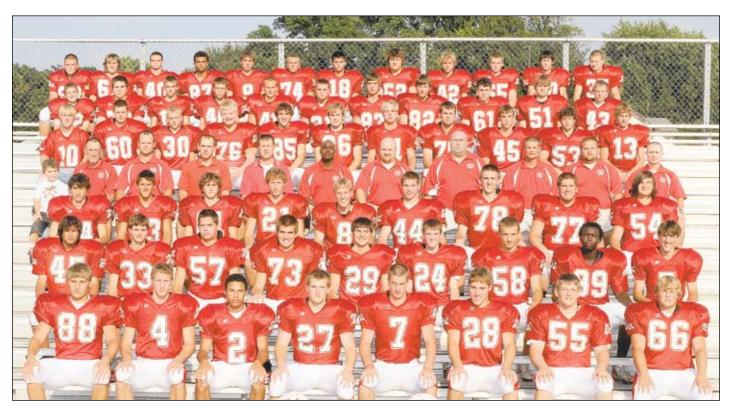




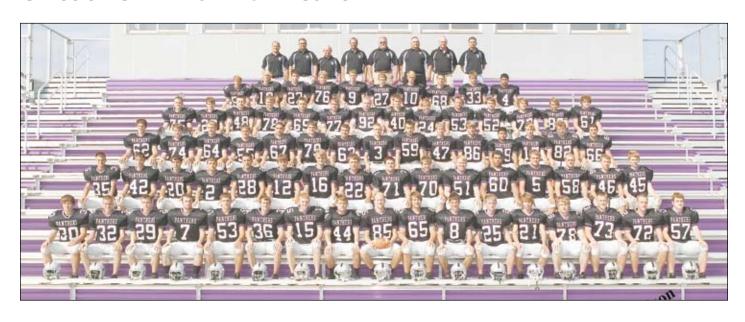
CLASS 5A CHAMPION ~ WAYZATA



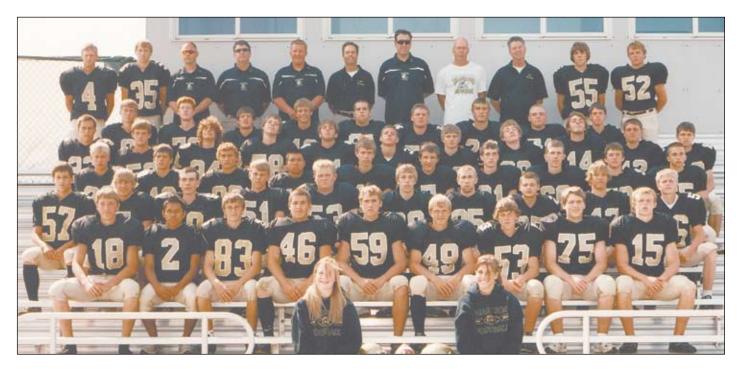
CLASS 4A CHAMPION ~ MANKATO WEST



CLASS 3A CHAMPION ~ GLENCOE SILVER LAKE



CLASS 2A CHAMPION ~ CALEDONIA



CLASS 9-MAN CHAMPION ~ HOUSTON



CLASS 1A CHAMPION ~ KERHOVEN-MURDOCK-SUNBERG

Photo not available.

36th Annual Minnesota High School

7:00 P.M. SATURDAY, JUNE 27, 2009 • ST. CLOUD STATE UNIVERSITY

ALL STAR FOOTBALL GAME

METRO: 54

John DenHartog - Hopkins

The Metro All Star football team took control of the annual contest in the second quarter and never looked back in dominating the Outstate squad 54-13. The Metro point total was the largest in game history. The Metro passing game made numerous big plays at crucial times in the game and the Outstate team was never able to establish a consistent offensive attack nor stop the Metro offense.

The game was competitive for most of the first half as the Metro team held a 20-13 lead with several minutes left in the first half. But a TD just before half time gave the Metro squad a two touchdown lead and they spent most of the second half expanding that lead, outscoring the Outstate team 27-0 in the last two quarters.

Several players were recognized for outstanding performances during the game. Outstate players Cole Jirek, DE, Northfield was selected as the Outstate's outstanding

OUTSTATE: 13

Mark Esch - Mankato West

defensive player and Aaron Richter, WR, Mankato West, was chosen as the Outstate's most valuable offensive player. The Metro team players recognized were Blair Townsend, QB, Coon Rapids, as the most valuable offensive player and Varmeh Sonie, DB, Apple Valley as his team's most valuable defensive player.

This was the 36th consecutive All Star football game played in the series and the 47th all time. The Metro victory evens the series at 15 victories each for the Metro and the Oustate teams since the game began using the Metro vs. Outstate format. The first six years for the All Star game had a North vs. South format.

Co-sponsored by the

Minnesota Football Coaches Association, Champions Choice, and American Express

Your support helps benefit the MFCA Award Activities. Thanks for helping!

> Dave Fritze Game Manager



2009 OUTSTATE ALL-STAR FOOTBALL

#	Name	Position	School/City	Conference
1	Christian Metz	DB	Cambridge-Isanti	Mississippi 8
2	Isaac Dolan	QB	Tracy-Milroy-Balaton	Little Sioux
3	Chad Peterson	RB	Winona	Big 9
4	Dakota Fiene	DB	Lakeview, Cottonwood	Independent
5	Tydan Storrusten	QB	Pelican Rapids	Heart O'Lakes
6	Jordan Smith	WR		
7	Kyle Melcher	RB	Owatonna	Big 9
8 8	Joe Vuicich	DB	Virginia	Sea-Range
9	Todd Bestgren	LB	Rochester Lourdes	Hiawatha Valley
10	Jay Hilbrands	WR	MACCRAY	Little Sioux
11	T 1 M II			Big 9
12			Benson	West Central
13	Damon Andrews	WR	Triton, Dodge Center	Hiawatha Valley
14	Miles Drake	DB	Cook County, Grand Marais	Great Polar
	Matt Moenkedick		The state of the s	
	Aaron Richter			
	Ryan Goetzinger			TI D'
	Derek Wilfahrt			
27	Taylor Freetly	TE	Kerkhoven-Murdock-Sunburg	
	Jake Gibbons			Mississippi 8
	Kevin Lindh			Southeast
	Skyler Murray			
	Kris Olson			W . C . I
	 Tyler Lang		•	
	Colby Ring			
	Nic Johnson			
			Cambridge-Isanti	
50			<u> </u>	Northern Plains A
53				
61				
	Justin Knakmuhs		• •	Southern Minnesota Confederacy
	Brent Cole			Heart O'Lakes
69				Minnesota River
74				
75				
76				
	Josh Johnson	OI		
	Sam Dooyema			
	Kevin Vaadeland			
	Nate Zuk		•	
	Tyler Gimmestad			
	Cole Jirik		Northfield	Missota
	Matt Wicklund			

OUTSTATE STAFF

Head Coach: Mark Esch - Makato West

Honorary Coach: Deryl Ramey - Willmar & Brainerd **Assistants:**

James Cortez - Kerkhoven-Murdock-Sunburg Jason Freed - Houston Todd Oye - Luverne Vern Schnathorst - Detroit Lakes Scott Tschimperle - Glencoe-Silver Lake

2009 METRO ALL-STAR FOOTBALL

#	Name	Position	School/City	Conference
1	Seth Mathis	LB	Anoka	Northwest Suburban
2	Marcus Binns	RB	Cretin-Derham Hall	Suburban East
3	Chase Vogler			Lake
4	Ian Goldsmith	DB	Mounds View	Suburban East
5	Tate Christopherson	DB	Osseo	Northwest Suburban
6	Blair Townsend			
7	Taylor Nelson	TE		
	James Peterson			Northwest Suburban
9	A.J. VanVoorhis	DB		Northwest Suburban
10	Averey Duncan			Tri-Metro
11	Garrett Glaus			Lake
12	Tyler Swanson	WR	Lakeville North	Lake
13	Luke DeWall	PK, DB		
14	Varmah Sonie	DB	Apple Valley	Lake
16	Chris Osborn			Lake
17	Mike McNamee			
	Montez Wilkerson		Hopkins	Classic Lake
	Harry Pitera			
	Ismail Karon			
	Chris Leivermann			
	Terrell Sinkfield			•
	Brett Skoog			
	Brandon Meath			
	Tobi Saporu			
	Stephen Johnson			
	Mike Willett			Suburban East
	Matt Garin		•	
	Bryce Nelson			
	Kyle Mulrooney			Northwest Suburban
	Jared Cross			
	Spencer Harris			
	Eric Dooley			
	Rob Bathe	OL	Wayzata	Classic Lake
68				
69	•		•	
	Tom Olson			
73			Buffalo	
	Thomas Flack	DL	Burnsville	
	Cooper Wahlo, Jr		 Woodbury	
	Alex Jensen		Eastview	
84				
90				· · · · · · · · · · · · · · · · · · ·
	Steve Parks		Apple Valley	

METRO STAFF

Head Coach: John DenHartog - Hopkins

Honorary Coach: Stan Skjei - Bloomington Jefferson **Assistants:**

Marc Franz - Rogers
Dick Gaughran - Eden Prairie

Beau LaBore - Woodbury Mike Zweber - Lakeville North

Dave Hopkins - Holy Family Catholic, Victoria

Minnesota State High School Coaches Association, Inc.



PO BOX 519, Detroit Lakes, MN 56502 JOHN ERICKSON, EXECUTIVE DIRECTOR



(218) 847-6796 (H) (218) 847-5493 (FAX) www.mshsca.org jomar@lakesnet.net

NAME (Print)				
(Last)	First) (Middle Initial)			
SCHOOL				
HOME MAILING ADDRESS				
CITY	ZIP CODE	ZIP CODE		
ADMINISTRATIVE REGION NO	COMPETITIVE SECTION NO			
EMAIL ADDRESS	HOME PHONE # ()			
DUES PAYABLE: Check One				
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NUMBER OF YEARS COACHING, INCLUDIN	3 2007 - 08 SCHOOL YEAR			
(This includes Minnesota and all s	ites)			
SPORT ASSOCIATION DUES (Must join parent organization before you can join individual Sport Associations)	(Please Circle or list your coaching assignments High or Elementary)	DIRECTORY INFORMATION (Please Circle or list your coaching assignments, Head, Asst., Jr. High or Elementary)		
ADAPTED ATHLETICS				
ATHLETIC DIRECTORS				
BASEBALL(Mar. 7 Deadline\$10 (H)				
BOYS BASKETBALL (Dec. 1 Deadline)\$10 (H)				
GIRLS BASKETBALL (Dec. 1 Deadline)\$15 (H)				
CROSS COUNTRY (Oct. 1 Deadline) \$10(B) \$10(G) \$1				
FOOTBALL (Oct. 1 Deadline)\$20(H)	90.743.7 (e. 90)			
Retired Life				
HOCKEY (Jan. 7 Deadline)				
Retired Life				
NORDIC SKIING (Dec. 15 Deadline)				
ALPINE SKIING (Jan. 15 Deadline)		-		
BOYS SOCCER (Oct. 1 Deadline)\$10(H)	5(4)	420.00		
GIRLS SOCCER (Oct. 1 Deadline)\$10(H)	5(A) WISHSCA DUES			
BOYS SWIMMING (Jan. 30 Deadline)		ance)		
GIRLS SWIMMING (Oct. 1 Deadline)\$10(H)				
BOYS TENNIS (Mar. 15 Deadline)	T TITLE & ATTA ATTAINS	\$10.00		
GIRLS TENNIS (Oct. 1 Deadline)\$10(H)	• • • • • • • • • • • • • • • • • • • •	Washington Washington		
TRACK & FIELD (Mar. 15 Deadline)\$15(H)		S		
BOYS LACROSSE		Ψ		
	TOTAL	¢		
	IUIAL			

Reasons Why MSHSCA Membership is Beneficial - www.mshsca.org

- 1. Executive Director available to work for you on a daily basis.
- 2. Dues include a \$1,000,000 Liability Insurance for classroom and coaching.
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- 8. Provides potential for clinics for any sport association that wishes assistance.
- Offers a national clinician exchange for our qualified high school clinicians.

- 10. Opportunity to be recognized as Minnesota Coach of the Year.
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- 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

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